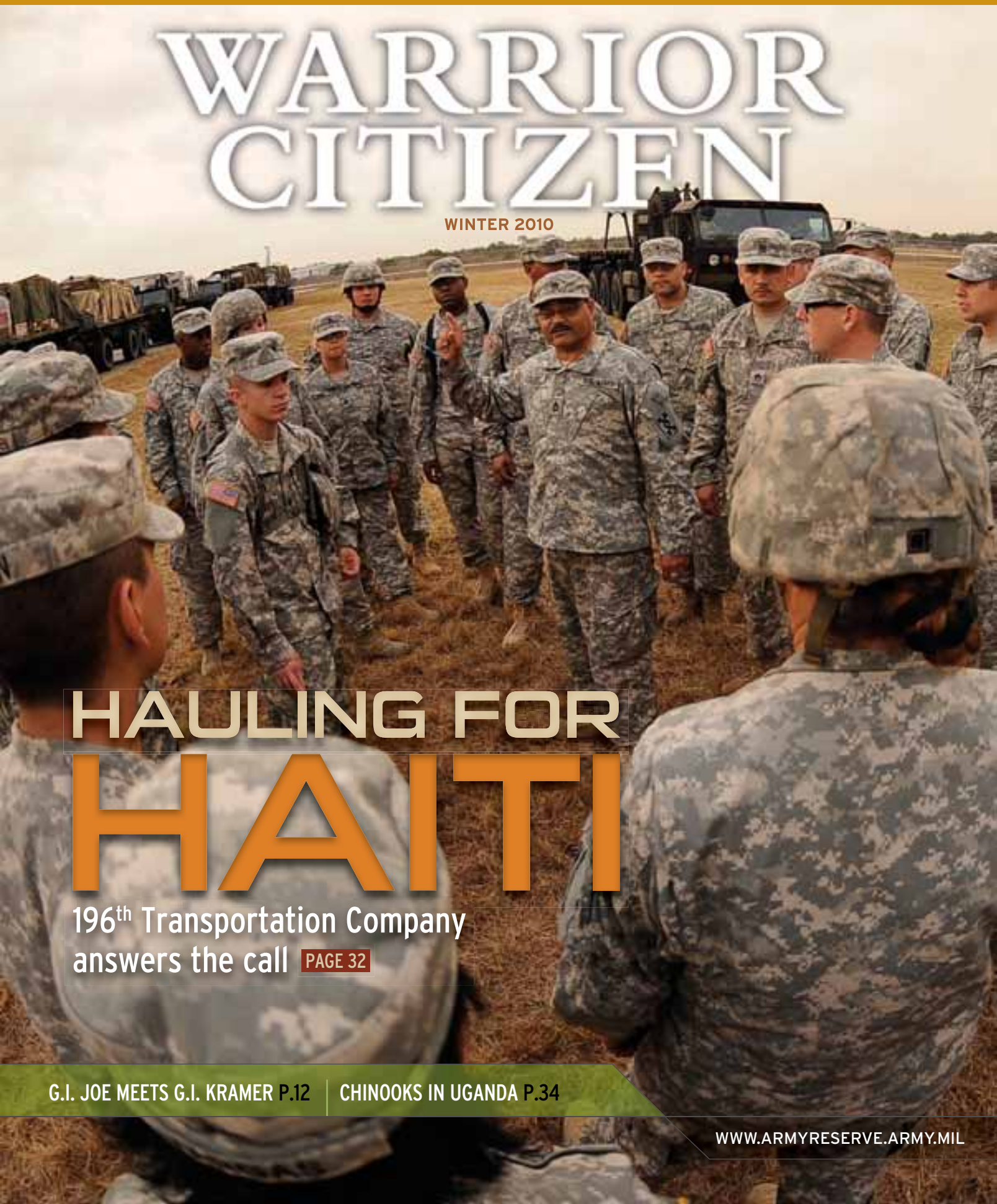
THE OFFICIAL MAGAZINE OF THE U.S. ARMY RESERVE

WARRIOR CITIZEN

WINTER 2010



HAULING FOR HAITI

196th Transportation Company answers the call PAGE 32

G.I. JOE MEETS G.I. KRAMER P.12 | CHINOOKS IN UGANDA P.34

WWW.ARMYRESERVE.ARMY.MIL

COMPREHENSIVE SOLDIER FITNESS

STRONG MINDS ★ STRONG BODIES

The **Global Assessment Tool** is a key CSF program element that provides you with your baseline in four dimensions of strength: **emotional, social, spiritual** and **family.** Over time, you will have the opportunity to track **self-development** and **growth** in these areas. To find out more about the CSF program and to take the GAT, visit **www.army.mil/csf.**

www.army.mil/csf

U.S.ARMY

WINTER 2010 ★ VOL.55 NO.01

Spc. Samantha Greeninger, an Army Reserve medic from Cincinnati, Ohio, assigned to the 629th Forward Surgical Team of Columbus, Ohio, spends time with a Ugandan child at the Pajimo Clinic in rural Uganda.

Photo By Maj. Corey Schultz

contents

DEPARTMENTS

2 Editor's Note
3 Photo Contest Winner
4 From the Top
6 Blogs and Web Sites
8 News You Can Use

PEOPLE

12 G.I. Joe Meets G.I. Kramer
14 Wigley Receives Soldier's Medal for Quick Actions Following Helicopter Crash
15 Training Helps Oswald Save Life of Afghan Accident Victim
15 Bristol Mayor Praises Quick-Acting Soldiers
16 Juroff Shows Calm During Fort Hood Chaos

MY ARMY RESERVE LIFE

17 Major General Ingram Retires
18 The National Museum of the Army Reserve: Keeping History Alive
22 Orlando's 912th AG Brings A Bit of Home to Afghanistan Troops
23 Kaiserslautern's 406th AG Takes Top Logistics Honors
23 Water Trucks: Symbol of Commitment to Iraqis

ARMY RESERVE COMMUNITIES

24 The Gift of Education
26 Wounded Warrior Project "Soldier Ride" Brings Awareness on Two Wheels
27 WWII Veteran Provides Comfort to Wounded Service Members
28 Veteran's Day in Las Vegas
29 Two Hats
30 2010 U.S. Army All-American Bowl
31 AR-RAP Top Performers

TRAINED AND READY

32 Hauling for Haiti
34 Chinooks Airlift Troops, Supplies in Uganda
36 Ugandans Get Medical Care During Natural Fire 10
38 Nurse Delivers Baby in Rural Uganda
39 It's Like Moving a City: 923rd Movement Control Team Helps with Iraq Drawdown
40 Civil Support Teams Train with Multi-Gas Detection Systems
41 Reserve Medics Train Beside Civilian Counterparts
42 75th BCTD Supports Battle Command Training
43 7th CSC Medical Experts Lend Helping Hand in Swaziland
44 WARRIOR-CITIZEN 2009 Photo Contest Winners

» EDITOR'S NOTE

In this month's issue, Operation Unified Response (page 32), Exercise Natural Fire 10 (page 34), and MEDFLAG 09 (page 43) take center stage with stories and photos of Haiti earthquake relief efforts, and Soldiers providing supplies and medical care in northern Uganda. From Swaziland comes a story about Army Reserve Soldiers using their expertise to help this country improve its response in case of medical disasters. The 196th Transportation Company answered the call for Haiti earthquake relief and moved nearly 300,000 pounds of bottled water, non-perishable food and comfort items from Fort Pierce, Fla. to an airport at Opa-Locka, Fla. for delivery to the earthquake victims in Haiti. Army Reserve aviation, civil affairs, military police and medical units all played important roles in the humanitarian mission known as Natural Fire 10. Medical Support Unit-Europe from Mannheim, Germany took part in MEDFLAG 09, a joint and combined military exercise led by U.S. Army Africa in support of U.S Africa Command.

Also, in our PEOPLE section we profile Soldiers who have made a difference in their community through their quick thinking and bravery and saved the lives of Soldiers and/or civilians they have come to know by happenstance (pages 14-17). Capt. Sam Wigley received the Soldiers Medal for his actions to aid and assist following a helicopter accident at Texas A & M University.

In Afghanistan, Master Sgt. Joseph Oswald used his civilian skills to preserve the life of a local truck driver when his cement truck rolled over trapping the Afghan driver inside. He rendered immediate medical aid in an effort to stabilize the driver and prevent further injury. Oswald was awarded the Army Achievement Medal in recognition for his efforts.

Eight Army Reserve Soldiers in Bristol, Conn. were at the right place at the right time when they put their military training into action to aid an auto accident victim during a Memorial Day celebration. Using their medical, firefighting, traffic and crowd control skills the Soldiers extricated the woman from her car, assessed her injuries and stabilized her. They helped reroute traffic to make way for emergency equipment all prior to emergency medical technicians arriving at the scene. For their actions they were praised by the Mayor in a proclamation and given a key to the city.

And out of the mayhem and chaos that occurred from the Nov. 5, 2009 tragedy at Fort Hood, calmness came from one Army Reserve Soldier, Sgt. Jeannette Juroff. Working as a civilian Human Resource Specialist at the Fort Hood Soldier Readiness and Processing Center, Juroff credits her Army training for "keeping her in the fight" and for "doing the right thing" in rendering aid to a fallen comrade. Her heart-warming story begins on page 26.

I hope you enjoy reading about these Soldiers who made a difference in their communities and the myriad of other places around the world where Army Reserve Soldiers serve the nation and the causes of peace and freedom.

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. Michael D. Schultz
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
Army Reserve Sgt. 1st Class Edwin Lopez, center, briefs the convoy crews at the Fort Pierce, Fla. airport on Monday, Jan. 25, 2010 in support of Operation Unified Response. The supplies included bottled water, non-perishable food and other comfort items for Haiti earthquake relief. The convoy moved supplies from Fort Pierce to the Opa-Locka, Fla. airport. Lopez, from Kissimee, Fla., is a member of the 196th Transportation Company, an Army Reserve unit based in Orlando, Fla. Photo by Timothy L. Hale, Army Reserve Public Affairs.

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.

AND THE WARRIOR CITIZEN 2009 PHOTO CONTEST WINNER IS…

FIRST PLACE

Sgt. 1st Class Ron Burke, 211th MPAD, MND-B PAO

Congratulations, Sgt. 1st Class Burke! See the story and other honorable mentions, pg. 44.

» FROM THE TOP

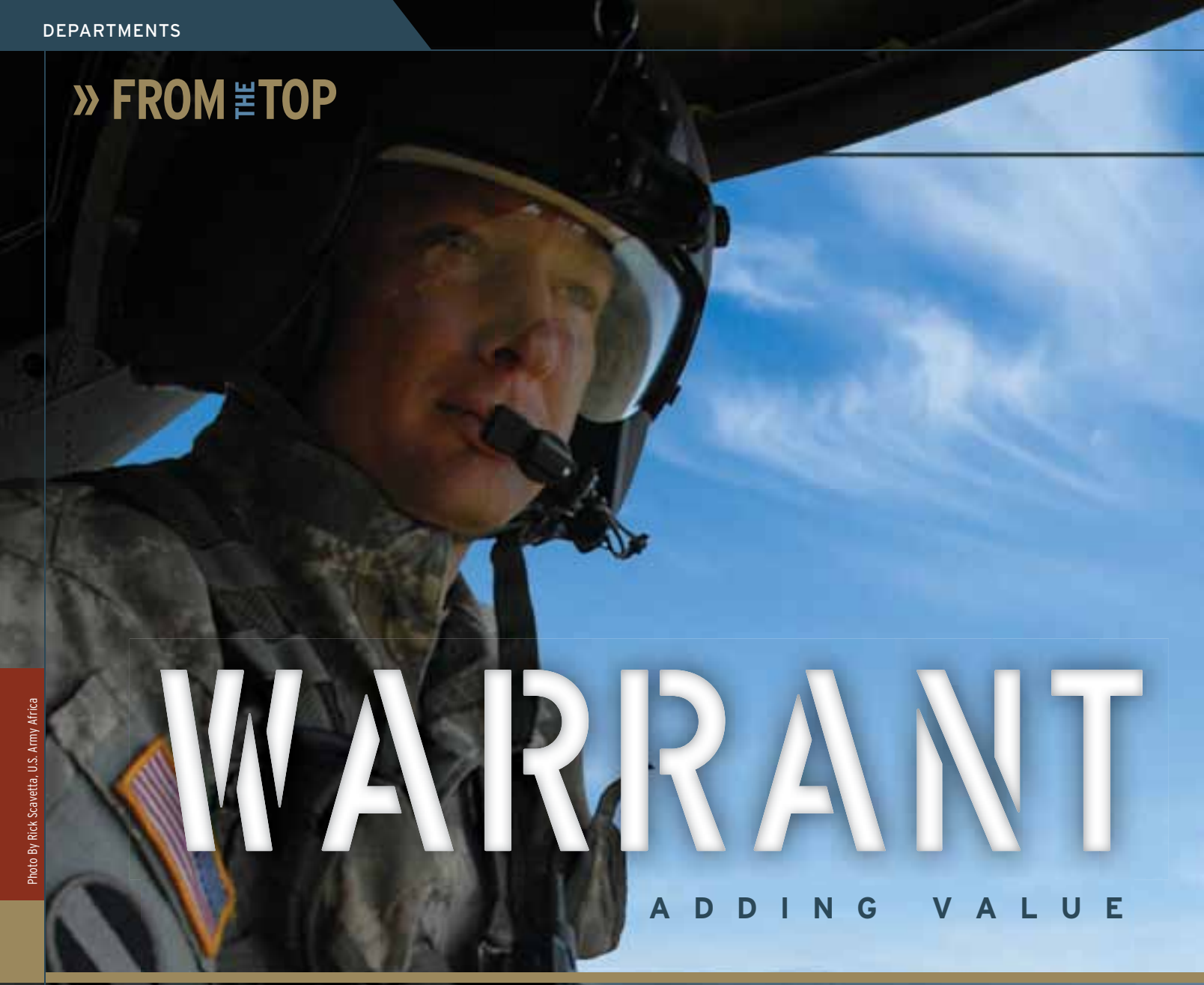


Photo By Rick Scavetta, U.S. Army Africa

WARRANT

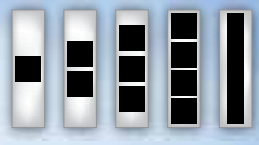
ADDING VALUE

By Chief Warrant Officer 5 James E. Thompson
Command Chief Warrant Officer
U.S. Army Reserve

THERE ARE FEW OPPORTUNITIES FOR A YOUNG MAN OR WOMAN to complete high school, and in less than two years be paid to fly a multimillion dollar helicopter. The average Army helicopter pilot during the Vietnam War was a smart, young warrant officer who was a scant 19 years of age. Warrant officers continue to perform duties in 16 branches and 65 MOSs across the Army Reserve. Warrant officers add specialized, technically focused leadership skills that are invaluable to the operational Army Reserve of the 21st Century.

Warrant officers are the unsung and often unseen quiet professionals who work with our officers, non-commissioned officers and enlisted Soldiers to make today's Army and Army Reserve the war fighting powerhouse it is. There is evidence that suggests Napoleon used warrant officers as communications links between his commissioned officers and the rank-and-file soldiers; however warrant officers did not officially enter the U. S. Army until July 9, 1918, when 40 candidates graduated the first warrant officer course. Today there are approximately 3,000 warrant officers in the Army Reserve.

The Army warrant officers have evolved substantially since 1918. Today warrant officers upon promotion to Chief Warrant Officer 2 are commissioned officers who perform many of the duties of those early warrant officers. Due in no small part to the Global War on Terror, Army warrant officers continue to evolve from the early days as technicians with little or no leadership duties to the



"Army warrant officers continue to evolve from the early days as technicians with little or no leadership duties to…leaders and officers…still possessing the superb technical skills…which the Army depends on heavily as the integrators of modern systems, technical trainers and leaders of Soldiers in the Army."

—Command Chief Warrant Officer 5 James E. Thompson

OFFICERS

TO THE RESERVE FORCE

warrant officer of the 21st century trained as a leader and officer yet still possess the superb technical skills that make a warrant officer a value-added commodity which the Army depends on heavily as the integrators of modern systems, technical trainers and leaders of Soldiers in the Army.

Today Army warrant officers serve in a variety of roles not normally associated with their counterparts of the strategic Army Reserve of the past. Today Army warrant officers are filling roles as commanders such as those in our Criminal Investigative Detachments, commanders and Vessel Masters in our fleet of watercraft, pilots in command of rotary and fixed wing aircraft and as command chief warrant officers. CCWOs perform duties similar to those associated with a command sergeant major advising the senior leaders of the Army Reserve on recruiting, training, retaining and use of warrant officers in the operational Army Reserve.

As the CCWO—Army Reserve, I am the senior warrant advisor to the Chief, Army Reserve, Lt. Gen. Jack C. Stultz. On a recent trip to Afghanistan with Lt. Gen. Stultz, I had the opportunity to visit with some great Army Reserve Soldiers and warrant officers serving in many remote areas in support of the mission there. Many of these Soldiers are on their second and third deployments. They are doing great things to support the operational mission in Afghanistan.

We continue to search for top NCOs in the Army Reserve to become warrant officers. Soldiers interested in becoming warrant officers may contact the Army Reserve Careers Division Special Missions NCO at their local Reserve Center. A career as a warrant officer offers the opportunity to continue to grow and serve as an officer in the Army Reserve.

It is a privilege to serve as the CCWO–AR. I am committed to serving the Soldiers and families of the Army Reserve as we transform from the Strategic Force in Reserve of the 20th Century to the Operational Army Reserve of the 21st Century, complimenting the world's best Army. ★

» BLOGS AND WEB SITES

WWW.ARMY.MIL/CSF

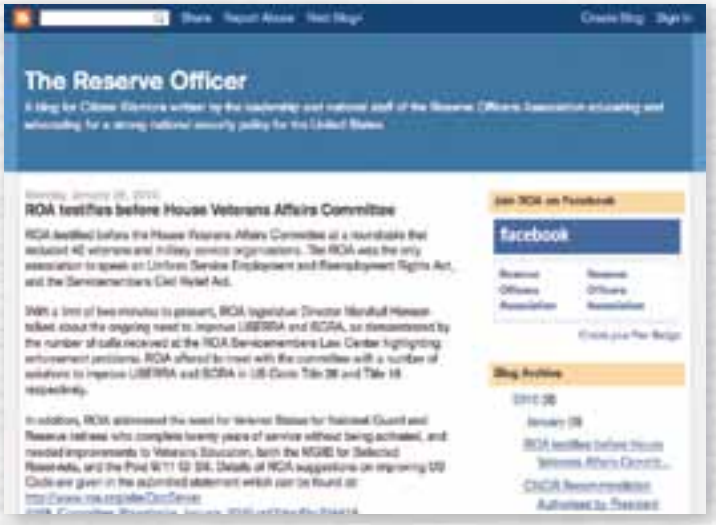
COMPREHENSIVE SOLDIER FITNESS marks a new era for the Army by equipping and training our Soldiers, families, and Army civilians to maximize their potential and face the physical and psychological challenges of sustained operations. The program, based on more than 30-plus years of scientific study and results, uses the Global Assessment Tool to create individual assessments and tailored virtual training on the Soldier Fitness Tracker.

WWW.SFT.ARMY.MIL

VISIT THE SOLDIER FITNESS TRACKER, a web-based system that provides feedback and assessment following completion of the GAT Training (above). The tracker measures your individual dimensions of strength, identifies needs, and links you to existing programs.

WWW.FACEBOOK.COM/MYARMYRESERVE

FOLLOW AND CONTRIBUTE to the U.S. Army Reserve on the official fan page on Facebook, where you will find the most recent news stories, videos, and photos that are distributed by Army Reserve Communication. For more information, see www.usar.army.mil.



WWW.RESERVEOFFICER.BLOGSPOT.COM

A BLOG FOR CITIZEN WARRIORS written by the leadership and national staff of the Reserve Officers Association educates and advocates for a strong national security policy for the United States. The ROA is the professional association for all uniformed services of the United States. Chartered by Congress and in existence since 1922, the ROA advises and educates Congress, the President, and the American people on issues of national security, with unique expertise on Reserve issues. The ROA advocates for adequate funding of equipment and training requirements, recruiting and retention incentives, and employment rights for all members of the Reserve.

WWW.MILITARYONESOURCE.COM/MOS/ARMY.ASPX?MROLE=MEMBER&BRANCH=ARMY&COMPONENT=RESERVE

EDUCATION, RELOCATION, PARENTING, STRESS—you name it—Military OneSource is here to help you with just about any need. Available by phone or online, our free service is provided by the Department of Defense for active-duty, Guard, and Reserve service members and their families. The service is completely private and confidential, with few exceptions. **HAVE A CONCERN?** Start solving it today with Military OneSource.

» NEWS YOU CAN USE

COMPREHENSIVE SOLDIER FITNESS

By Melissa Russell
Army Reserve Communications

Master Sgt. Don Hammons maintains the most familiar dimension of strength at the post gym at Fort McPherson, Ga.

Photo By Timothy L. Hale, Army Reserve Public Affairs

FORT MCPHERSON, Ga. — Soldiers selected to attend the Master Resiliency Trainer Course were well prepared for intense physical rigors. Mentally and physically tough, this group of NCOs—some members of the command staff and some Drill Sergeants—including the Commandant of the U.S. Army Reserve Drill Sergeant School—were the best of what nearly 235 years of finely honed Army training can produce.

Except for some of them, the results to the initial test were an unexpected and slightly uncomfortable surprise.

"A lot of us thought we should re-take the test," said Master Sgt. Don Hammons, an MRT Soldier assigned to U.S. Army Reserve Command at Fort McPherson, Ga.

Values in Action, a 240-question test, ranks 24 different character strengths, and gave these future trainers a different kind of look at what they're really made of.

For Hammons, the survey revealed that his greatest strength was the ability to love and be loved. "It was a touchy-feely strength that I was a little surprised by. We (the Army) value personal courage, loyalty…the core values."

The MRT Course is a 'train the trainer' course designed to prepare these and other Soldiers to help implement and maintain the Comprehensive Soldier Fitness Program, a comprehensive and scientific approach to making the hard-core a little more flexible.

The 30 years of science was developed and geared for use by the Army at the University of Pennsylvania's Positive Psychology Center to build Soldiers' ability to face challenges and bounce back from adversity.

Now in the initial implementation phase, the CSF program has defined five dimensions of strength that are measured using the Global Assessment Tool, a survey that Soldiers in all components will be required to complete by May 31st.

PHYSICAL — Performing and excelling in physical activities that require aerobic fitness, endurance, strength, healthy body composition and flexibility derived through exercise, nutrition and training.

EMOTIONAL — Approaching life's challenges in a positive, optimistic way by demonstrating self-control, stamina and good character with your choices and actions.

SOCIAL — Developing and maintaining trusted, valued relationships and friendships that are personally fulfilling and foster good communication including a comfortable exchange of ideas, views and experiences.
SPIRITUAL — Strengthening a set of beliefs, principles or values that sustain a person beyond family, institutional, and societal sources of strength.
FAMILY — Being part of a family unit that is safe, supportive and loving and provides the resources for all members to live in a healthy and secure environment.

According to Brig. Gen. Rhonda Cornum, the director of Comprehensive Soldier Fitness, "The Army is committed to a true prevention model, aimed at the entire force, not just people in the throes of crisis. CSF assessment and training enhances resilience and coping skills, enabling Soldiers to grow and thrive during this very demanding period of our Army."

Ongoing operations and lengthy tours have taken a toll on the force, said Command Sgt. Major Travis Williams, the commandant of the U.S. Army Reserve Drill Sergeant School at Fort Jackson, S.C. "We're in tumultuous times. We've been an Army at war for more than eight years."

Realizing the importance of CSF made implementing it a top priority for Williams. "The Army Reserve Drill Sergeant School has nine detachments with four of them at 100 percent completion of the GAT and we are working hard at getting the remaining five detachments to one hundred percent," Williams said. "I told my Soldiers, 'you're not going to get paid until you're done.'"

The GAT can be completed in as little as twenty minutes and the results, which measure fitness in each of the program dimensions, are confidential. An individualized training program is then created using a web based system called the Soldier Fitness Tracker that provides feedback and assessment while linking existing programs with identified needs. MRTs will support CSF by conducting routine training to promote the five dimensions of strength.

The GAT will be made available to Families and civilians as well as Soldiers. According to Cornum, the CSF program represents the Army's investment in readiness of the force and the quality of life of Soldiers, Families, and civilians, to provide Soldiers the critical skills they need to take care of themselves, their families and their teammates.

In retrospect, Hammons agrees the not-so-tough guy results had an upside. "At the time I had no idea of the enormity of the program. After my initial skepticism, it taught me something about myself. I really do have a genuine concern for my Family and my Soldiers." ✪

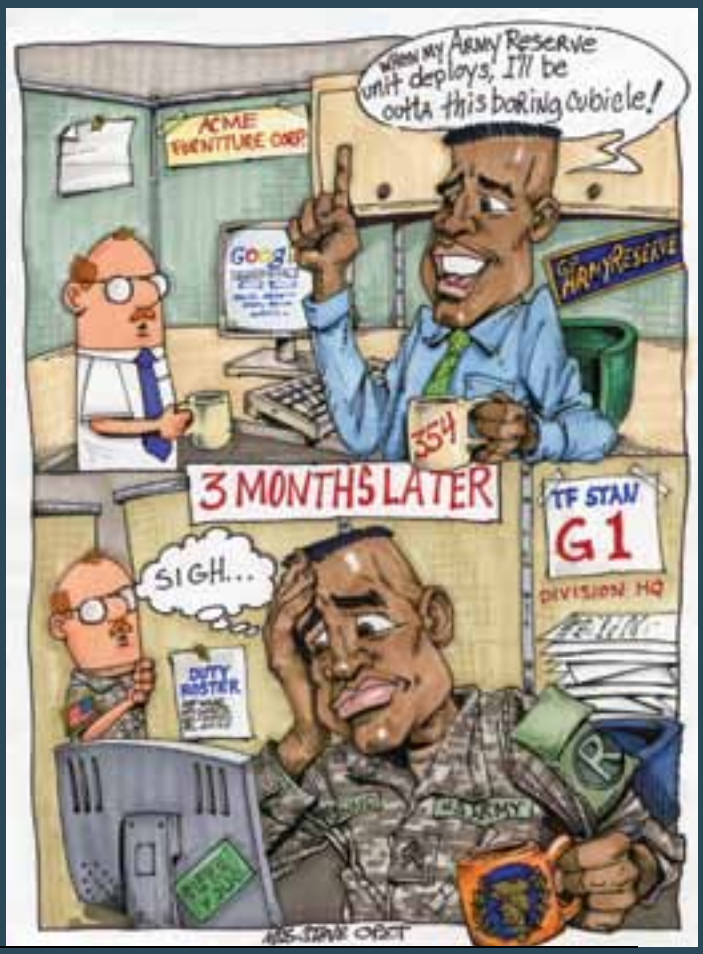
The GAT training is now available for Soldiers, Families, and Army civilians at the Comprehensive Soldier Fitness web site http://www.Army.mil/CSF. The link to the Soldier Fitness Tracker is https://www.sft.army.mil.

go

Photo By Sgt. Crystal Adamosky, 316th ESC PAO

Master Sgt. Don Hammons and his wife Jenni (center) enjoy some Family time at home with sons (from left to right); Josh, 13 and twins Willie and Charlie, 7.

THE O.P. By Master Sgt. Steve Opet



» NEWS YOU CAN USE

FINAL STEEL BEAM PLACED AT USARC/FORSCOM HEADQUARTERS

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

The final I-beam is lowered into place at the topping ceremony of the USARC/FORSCOM headquarters building. The tree symbolizes the strength of the building while the flag represents patriotism, supporting Soldiers and construction by an American company, in this case Hensel Phelps.

FORT BRAGG, N.C. — The final steel beam was lifted into place on the joint U.S. Army Reserve Command USARC/U.S. Army Forces Command FORSCOM headquarters building at a ceremony here on Thursday, Dec. 3, 2009, just five days shy of the one-year anniversary of the ceremonial groundbreaking.

"It was a sense of pride that we've gotten this far in a year," said Daniel Davis while watching the last beam go into place. Davis is the resident engineer from the Savannah District, U.S. Army Corps of Engineers. "It's a sense of accomplishment that we're going to finish this building on time like we promised our customers—USARC and FORSCOM." He added that the building is pushing 40 percent construction completeness.

The first piece of structural steel was placed on July 20, 2009, according to Adam Rogers, senior project manager for Hensel Phelps, the lead construction contractor for the project.

Construction workers and U.S. Army Corps of Engineer personnel sign the last remaining I-beam at the topping ceremony of the USARC/FORSCOM headquarters building at Fort Bragg, N.C. The ceremony was held just five days shy of the one-year groundbreaking anniversary and four and half months after the first iron was placed.

"In less than five months, we've laid the last piece of steel," Rogers said.

Pre-cast 15-foot by 30-foot brick and concrete exterior wall panels are already being placed on the building. "We'll start adding windows next week," Rogers said.

For Sherrie Glass, chief of the USARC Base Realignment and Closure liaison team at Fort Bragg, her work there is really going to start ramping up.

"Since I'm the G-1 representative, I'm getting a lot of human resources questions," she said. "The canvas letters for our civilian workforce will be issued in March 2010. I'm anticipating the recruitment [for vacant positions] in the summer of 2010."

Advanced parties from both USARC and FORSCOM will move into the J wing of the Old Bowley School across the street from the new headquarters.

Construction of the new joint headquarters was outlined in the 2005 BRAC, which called for the closure of Fort McPherson, Ga., the current home of both USARC and FORSCOM.

The new USARC/FORSCOM headquarters building at Fort Bragg, N.C., photographed on Dec. 3, 2009, is six stories tall and will have 700,000 square feet for approximately 2,800 military, civilian, and contracting employees.

The $300 million project includes the co-located headquarters of both commands and four information technology structures totaling 700,000 square feet.

Once completed, the six-story facility will house approximately 2,800 military, civilian, and contracting personnel.

Keeping in line with all new Army construction projects, the USARC/FORSCOM project will satisfy the Leadership in Energy and Environmental Design Silver criteria established by the U.S. Green Building Council. Under the criteria, the project will feature low-flow water fixtures, native landscaping, local vegetation, day-lighting, an under-floor air distribution system, and a high percentage of recycled content.

The new facility is changing the face of Fort Bragg and is expected to be the cornerstone for future development on the post.

"The main headquarters building is going to be one of, if not the most prominent buildings on Fort Bragg," said Catherine Bingham, Savannah District, U.S. Army Corps of Engineers project manager.

"These facilities reflect the significance of a four-star headquarters and are centered on the historic polo field. They will be the focal point of this district and all of Fort Bragg."

The project is expected to be completed in time to meet the Sept. 15, 2011, BRAC guidelines. Both USARC and FORSCOM employees will start the move from Fort McPherson to temporary facilities at Fort Bragg early in 2011. ✪

To view more photos from the event, visit the Army Reserve Flickr site at http://bit.ly/4vwymn. go

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

Where does the Army Reserve stand when it comes to the stop loss process?

Army Reserve Soldiers retained under stop loss will only accrue retroactive stop loss special pay while serving on active duty in their stop loss period under the provisions of 10 USC 12301(G), 12301(H), and 12302. Retroactive stop loss special pay will be paid in a lump sum for the months served in stop loss status. This period will begin no earlier than the mobilization date and conclude upon REFRAD. Stop loss special pay will not be authorized for the periods of pre-mobilization or post-deployment/reintegration.

What is the latest information on obtaining retirement benefits before age 60?

The National Defense Authorization Act for 2008 reduces the retirement age for Reserve Component Soldiers from age 60 to a lesser age but not below age 50 for those who served on active duty in an eligible status on or after Jan. 29, 2008. If a Soldier is called to active duty for the express purpose of Overseas Contingency Operations (i.e., the Global War on Terror) or its derivatives on or after Jan. 29, 2008, each day on active duty counts toward a reduction in retirement age. However, even though each day counts, days are credited in aggregates of 90 days within any fiscal year.

There are Army Reserve Soldiers who would like to serve full-time beyond a scheduled deployment or call-up. What are their options and what is the process?

Based upon your skills and the needs of the Army Reserve, a Reserve Soldier could apply to be an Active-Guard-Reservist. AGR Soldiers serve full time and enjoy the same benefits and entitlements of Active Duty Soldiers, including full pay, medical care for themselves and their immediate Family and the opportunity for retirement after 20 years of Active Service. Soldiers serving within the AGR Program are stationed worldwide in positions that directly support the Army Reserve. If you would like to apply for the Active Guard Reserve, visit the U.S. Army Human Resources Command Website or call 1-800-318-5298.

There are Army Reserve Soldiers selected for promotion but cannot be promoted because they cannot find a slot? What are their options?

As the Army Reserve has evolved, so has our structure. Reducing the number of support headquarters and creating more deployable commands has produced more specialized capabilities in our core competencies: medicine, transportation, supply, civil affairs, military police, engineers, intelligence and chemical, among others. With our transformation essentially complete, the time is right to shape the force to meet the challenges of the future; the needs of the Army and the nation; and the needs of our Soldiers, their Families and their employers. In 2010…we will develop a very precise human capital strategy to meet our nation's future military needs by ensuring the right people with the right skills in the right units at the right time and continue to identify locations where our Soldiers can simultaneously add value to both the civilian workforce and the Army Reserve.

For the full Q&A from the Soldiers Town Hall, visit the Army Reserve site at http://armyreserve.army.mil. go

G.I. JOE® MEETS G.I. KRAMER

By Sgt. Myra Kennedy
Public Affairs Office
75th Battle Command Training Division

HOUSTON — Stressful days turned into relaxing nights after finding a passion for action figures depicting combat Soldiers.

Lt. Col. Richard Kramer, a training officer for 1st Brigade, 75th Battle Command Training Division located at Ellington Field in Houston, Texas, started assembling G.I. Joe action figures only three years ago as a way to express his talent and learn more about military history of period era Soldiers.

This G.I. Joe collection is a line of military-themed action figures, articulated and produced by the toy company Hasbro®. The original 12-inch line that was established in 1964 depicts realistic action figures. The initial product represented the branches of the U.S. armed forces with the Action Soldier representing the Army.

"Most of them I buy online, but others I make myself. A lot of times, I'll make a figure for a retiree as a request from someone," said Kramer.

He explains that making these figures requires a tremendous amount of historical research, creativity and concentration to capture all the details.

He said understanding why certain pieces of equipment or weapons were used sheds remarkable insight into military strategy. As an Observer, Controller/Trainer with the 75th BCT Division, a unit that trains commanders and

World War II 101st Airborne trooper checks his gear. Complete with Mowhawk haircut and warpaint, Kramer spends hours researching and creating exact general issue items for his action figures.

Photo By Staff Sgt. Suzy Hoffman-Horne

Photo By Maj. Mark Williford

Lt. Col. Richard Kramer poses in front of a glass display case showcasing his action figures at the Armed Forces Reserve Center at Ellington Field in Houston, Texas.

their staffs on the military decision making process, his hobby forces him to study the history of military operations through each unique project.

"I put whiskers on their faces. I paint them. I can also put a weapon on their hand. I add the scope on a rifle, add a magazine and paint all details to make it look real," he said.

One of his action figures, a World War II 101st Airborne paratrooper, involved countless hours of research and craftsmanship.

Kramer said he purchased miniature leather jump boots and spent hours developing a weathered look. Another project involved recreating a meal within a German paratrooper's mess kit that included a glue substance that looked like oatmeal. He sanded and repainted the MP-40 submachine gun to look as realistic as possible and spent weeks looking for miniature web and uniform items. In one project, he designed a pack of cigarettes and glued it into the hand of the American Soldier. At times, he handcrafts maps, spoons and pencils for many of the items.

He even soils uniforms to recreate the appearance of a battle hardened trooper.

Kramer said he researches archives to make sure the uniform is correct to a particular campaign, battle and unit. He considers every aspect. One Desert Storm era figure included the "chocolate chip" desert camouflage pattern uniform, night vision goggles and the ever-ready protective mask carrier. A D-Ring is carefully attached to the figures load bearing web belt suspender to add realism.

But to Kramer, this hobby requires more than a creative mind to assemble a figure which could take weeks or even months to complete.

"You have to be history knowledgeable to put these things together. You have to do a lot of reading, a lot of sourcing, but it's a hobby, something I enjoy and it helps me stay current with military history," he said.

Kramer has on display some of his historical pieces at the Armed Forces Reserve Center, Ellington Field, as part of his collection which show uniforms worn by the Army during different wars.

"It's a relaxing hobby. After a long, super stressful day, I work on these and my problems disappear," Kramer said. ✪

WIGLEY RECEIVES SOLDIER'S MEDAL FOR QUICK ACTIONS FOLLOWING HELICOPTER CRASH

Story and Photo By Staff Sgt. Todd Pruden
372nd Mobile Public Affairs Detachment

NASHVILLE, Tenn. — What started as a routine training flight at Texas A&M University for a UH-60 Blackhawk helicopter crew on Jan. 12, 2009, ended in a fatal accident and a Soldier's Medal for one Army Reserve officer's quick action.

Capt. Sam L. Wigley, platoon leader for Company C, 1st Battalion, 158th Aviation Regiment, received the Soldier's Medal for his actions to aid and assist following a helicopter accident.

About 190 ROTC cadets at Texas A&M were participating in a training exercise on the university campus in College Station, Texas. Capt. Sam L. Wigley, platoon leader for Company C, 1st Battalion, 158th Aviation Regiment, was an ROTC instructor when the accident occurred.

According to the narrative that accompanied the award, a Texas Army National Guard helicopter, departing a staging area at the University and bound for Camp Swift, Texas, climbed to approximately 150 feet, began to spin out of control and crashed.

"When I saw the helicopter lose control, I knew it was going to come down. And I yelled for the cadets to get down," Wigley said.

Wigley said that he fell to the ground in a defensive position, and instructed his cadets to do the same.

"After that, I really didn't think about anything. It was just doing," he said.

Wigley ran up to the left side of the aircraft which carried five crewmembers and removed the pilot, 1st Lt. Ellis Taylor.

"He was the one person who was looking around and was responsive," said Wigley.

"When I pulled (Taylor) out, it gave me access to the power controllers and fuel levers," Wigley said "I pulled those (levers) off, turned the battery switch off and then came back to him to make sure he was OK.

Wigley then went around the aircraft and checked on the co-pilot, who was responsive. He then went to the rear of the crew compartment of the aircraft to check on the crew chief and recognized the Soldier was not breathing. He rendered first aid to get the Soldier to start breathing on his own.

"I then came around and checked on 2nd Lt. Zachary Cook (a recent Texas A&M graduate) who was in the back. I gained situational control of the cadets who were around the area, and then consolidated (them) at the park across the street," said Wigley.

Wigley, who received his Soldier's Medal during a Sept. 13, 2009, ceremony here, said it was nice to receive the award for his actions, but was humble accepting it.

"I'd trade all of the fanfare for Jan. 12 to be a normal day," he said. ✪

EDITOR'S NOTE

The crash claimed the lives of Cook and Sgt. Charles C. Mitts. Cook was part of the ROTC cadre at Texas A&M while Mitts was a member of the Texas National Guard. Rudder failure was blamed for the crash.

TRAINING HELPS OSWALD SAVE LIFE OF AFGHAN ACCIDENT VICTIM

By Maj. Shelton Smith
Public Affairs Office
Joint Sustainment Command–Afghanistan

KANDAHAR AIRFIELD, Afghanistan — As U.S. forces are now taking extra precautions to protect the lives of Afghan citizens in southern Afghanistan, an Army Reserve Soldier used his civilian skills to preserve the life of a local truck driver.

Master Sgt. Joseph Oswald, a Joint Sustainment Command - Afghanistan civil-military operations NCO from Cincinnati, Ohio, was returning from one of the entry points to Kandahar Airfield Aug. 21, 2009, when he witnessed a concrete truck lose control and roll over into a ditch on the side of the road.

"I immediately stopped to assist the driver, who was trapped inside the crushed cab of the vehicle," Oswald said. "I removed a broken window and the windshield to gain access to the trapped driver."

When he got to the driver, Oswald knew exactly what to do based on his extensive civilian and military training. A Cincinnati-based Federal Aviation Administration-certified repairman and quality assurance technician, Oswald rendered immediate medical aid in an effort to stabilize the driver and prevent further injury.

Oswald has completed several first-responder training courses ranging from CPR and fire fighting courses to emergency medical responder, combat lifesaver, and hazardous materials response training.

As a former environmental, health, and safety trainer, Oswald has also provided many hours of training to more than 1,000 fellow employees on all phases of emergency responses and safety in both the workplace and the home.

"I started emergency first-aid treatment on the casualty to control the bleeding and prevent shock," Oswald said. "I contacted and provided [emergency responders] with the information they would need for the crash site and the required equipment they would need to recover the casualty."

This cement truck rolled over, trapping its Afghan driver, before Master Sgt. Joseph Oswald, an Army Reserve Soldier from Cincinnati, Ohio, arrived and pulled the injured driver to safety.

Photo By Master Sgt. Joseph Oswald

While caring for the wounded driver, Oswald removed his uniform top and used it to help protect the driver from further injury from the jagged edges of the broken glass. He continued to care for the driver until emergency help arrived some 20 minutes later, then remained at the accident scene helping to direct traffic around the crash site.

Oswald was awarded an Army Achievement Medal in recognition of his efforts. ✪

Bristol Mayor Praises Quick-Acting Soldiers

Soldiers listen closely as Mayor Arthur J. Ward reads the proclamation in recognition of the 368th Engineer Battalion. Left to right are 1st Lt. Peter Torromeo, Sgt. James McLaughlin, Spc. Brett Haynes, Spc. Christopher Elliott, Spc. James Dixon, and Spc. Natasha Cunningham. Not pictured are Spc. Kurtis Haberman and Spc. Christine Bashor.

Story and Photo By Sgt. 1st Class Mayra O'Neill-Dalton
362nd Mobile Public Affairs Detachment

BRISTOL, Conn. — Eight Soldiers from the 368th Engineer Battalion were at the right place at the right time, putting their training into action at the aid of an auto accident victim. For their quick response and bravery, the Londonderry, N.H.-based Soldiers were lauded by Bristol Mayor Arthur J. Ward with a proclamation and a key to the city on Nov. 4, 2009.

On May 24, the Soldiers were in Bristol for the city's Memorial Day celebration being held that weekend. They were enjoying themselves as special guests of the American Legion when they heard the crash. The victim lost control of her car during slick road conditions when she was cut off by another vehicle. Her vehicle flipped several times and hit a telephone pole.

Spc. Natasha Cunningham, an Army Reserve firefighter with the 468th Engineer Company, Danvers, Mass., saw smoke coming out of the flipped car and quickly called her fellow Soldiers for help. They had to act quickly, because telephone wires had landed on the car.

Sgt. James McLaughlin, a team chief with the 339th Engineer Detachment, Danvers, Mass., and a firefighter in the Boston area, immediately assessed the situation.

"I first needed to make sure the woman was not severely injured, so I yelled 'nobody touches her,' just in case she had suffered any spinal injuries," said McLaughlin. Once he was sure she was in stable condition and that her injuries were not life-threatening or causing any damage, McLaughlin and his fellow Soldiers pried the car doors open to remove her from the car.

Using their medical, firefighting, traffic, and crowd control skills, the Soldiers extricated the woman from her car, assessed her injuries and stabilized her. They helped reroute traffic to make way for emergency equipment, all prior to emergency medical technicians arriving at the scene.

In his proclamation Mayor Ward wrote, "The City of Bristol and the victim of this life-threatening accident are greatly indebted to Spc. James Dixon, Spc. Kurtis Haberman, Spc. Christine Bashor, Spc. Natasha Cunningham, Sgt. James McLaughlin, Spc. Christopher Elliott, Spc. Brett Haynes, and 1st Lt. Peter Torromeo for their quick action and compassionate character.

"Their military training took over, and there was not one moment of hesitation; they took charge of the situation and there is no doubt in my mind they saved that young lady from further injury," said Ward. "The Soldiers of the 368th are now Bristol residents from afar; you are Family." ✪

JUROFF SHOWS CALM DURING FORT HOOD CHAOS

By Master Sgt. Dave Thompson
Public Affairs Office
75th Battle Command Training Division

FORT HOOD, Texas — "I was taking my lunch break when someone screamed, 'There's shooting, shooting at medical!' I didn't believe it. I was saying to myself, 'Did I hear right? No way, impossible.' … and then screams, cries, and shouts of 'Get down, take cover!'"

Photo By Sgt. Jeannette Juroff

Sgt. Jeannette Juroff (left), an Army Reserve Soldier with Headquarters and Headquarters Company, 1st Brigade, 75th Battle Command Training Division, embraces Pvt. Jia Sun, 20th Engineer Battalion, at a memorial ceremony at Fort Hood, Texas, honoring the victims of the Nov. 5 Fort Hood shootings. Juroff is a civilian Human Resource Specialist at the Fort Hood Soldier Readiness and Processing Center and had processed Sun's paperwork moments before the gunman opened fire.

These were the remarks of an astonished Jeannette Juroff as she recalled that fateful Nov. 5, 2009, afternoon here, as members of the military came under a terrorist attack that left 11 Soldiers and two civilians dead and 31 others wounded.

Sgt. Jeannette Juroff is an Army Reserve Soldier with Headquarters and Headquarters Company, 1st Brigade, 75th Battle Command Training Division.

She was working at her civilian job as a Human Resource Specialist at the Fort Hood Soldier Readiness and Processing Center when Maj. Nidal Malik Hasan allegedly went on his deranged shooting spree.

Amid the mayhem and chaos of people scrambling to escape the gunman, the 32-year-old Juroff ran into the SRP conference room to call 911 and noticed an injured Soldier writhing in pain on the floor.

She made several attempts to call the police but could not get through. It was at this moment that she received a phone call from Capt. Andrew Duncan, a member of her unit. She quickly told him what was happening and urged him to call the police.

"I was speaking with Sgt. Juroff during the attack," said Duncan. "I could hear the rounds going off as we spoke. 'Someone is going crazy and shooting everyone, call 911 now!' she said."

Juroff ended the call and turned her attention back to the wounded Soldier. She could hear the shooting, the horrified screams of other victims, and people running for cover, and she willed herself to suppress the instinct to run as well.

"I knew I had to remain calm because he seemed very scared. I wanted to run but I took a deep breath and got the nerve and casually walked up to the kid," said Juroff. "I talked to him for a bit, '… Hey, what's your name, what do you do for fun?' He was only 18; a young kid from Idaho."

Juroff said the Soldier, Pfc. George Stratton, had sustained a severe bullet wound to his left shoulder. As other wounded began pouring into the room, she told the medic who was helping Stratton to go assist someone else while she continued to monitor his condition.

"His shock symptoms were very severe," said Juroff. "His breathing was extremely shallow and he was fading in and out and just wanting to go to sleep." She continued engaging him in random conversation to calm him and keep him awake while applying pressure to his wound to control the bleeding, and then she assisted in relocating him outside to get him evacuated.

While waiting to load Stratton into an ambulance, Juroff experienced the full scope of the carnage along with the persevering spirit of the American Soldier.

"Once outside by the curb, we saw all the injured; head, chest, leg wounds … Soldiers taking their shirts off, ripping them and balling them up for pressure bandages and pillows. I told Stratton he was doing well and was going to be just fine."

"The emergency medical technicians showed up asking, 'Are there any more wounded?' They were hesitant on staying in the building a second longer because the area was still not secured, but a fellow EMT

bravely hollered out, 'We are here now and we will take him. Load him up!'"

Three weeks passed since the shooting, and after undergoing several surgeries, Stratton was recovering well. He and his family credited Juroff for saving his life. For Juroff, the entire incident still seems surreal as she searches for answers as to why someone, a Soldier and officer of all people, might resort to such violence against his own. She credits her Army training for "keeping her in the fight" and for "doing the right thing" in rendering aid to a fallen comrade. She also rejects the notion that she was somehow a hero in all this.

"I think there are people who just don't have a conscience to leave another person bleeding … or dying," said Juroff. "My conscience is connected to my spirituality and would not allow me to walk away from that situation without helping. There were many heroes that day. There were people who died because they tried to knock the gunman over to save others and they died immediately. All I did was apply pressure and talk to somebody."

Juroff takes comfort in commiserating with her co-workers and other survivors and drawing on her faith to get her through the difficult aftermath. "I think God had me in the right place just so I could be there for that kid." I think he spared my life for some purpose, and I will continue to help others in any way I can." ✪

MAJOR GENERAL INGRAM RETIRES

Story and Photo By Sgt. Paul Edwards
304th Public Affairs Detachment

Maj. Gen. Christopher Ingram smiles after being awarded the Distinguished Service Medal following a 35-year Army career. Ingram retired as the commanding general of the 70th Regional Readiness Command in Seattle.

FORT LAWTON, Wash. — Maj. Gen. Chris Ingram, commanding general of the 70th Regional Readiness Command in Seattle, Wash., said goodbye to an Army career that spanned 35 years in an emotional and laughter-filled ceremony here on Oct. 4, 2009.

Reflecting on a career that began as an infantry platoon leader in 1974, Ingram said that through the years, there were four key elements to his success: gratitude, humility, humor, and pride. He was emotional when he spoke of the support he had received from past Soldiers and the NCO Corps, saying that "the phrase 'Backbone of the Army' is not said in haste." The audience laughed along as Ingram recalled playful banter and practical joking between junior officers at staff meetings held with senior officers. He brimmed with pride as he told stories of how Soldiers under his command regularly exceeded even the greatest of expectations: "They didn't meet my expectations at all … they blew them away."

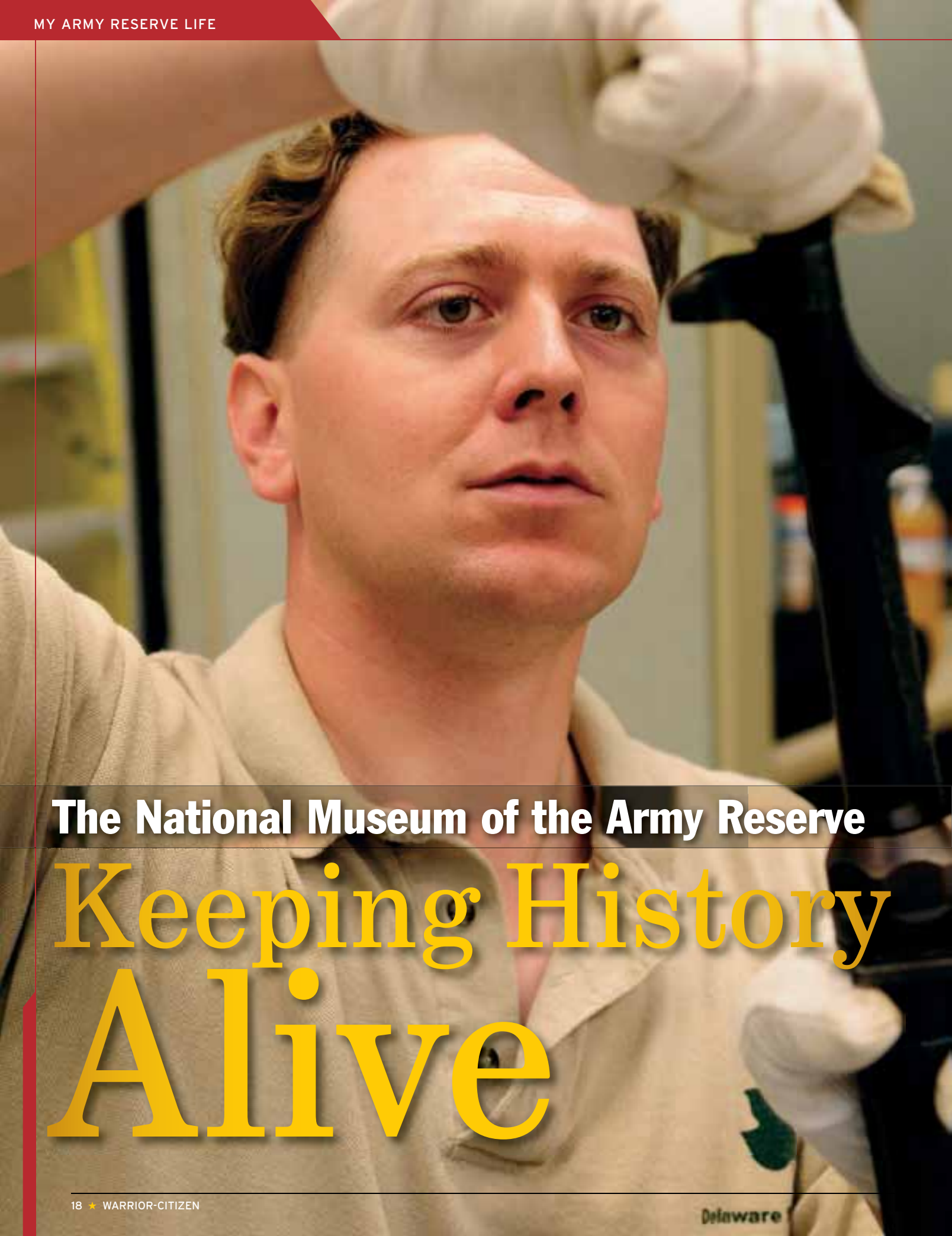
Surrounded by Family and friends, Washington's Army Reserve Ambassador, Fred Aronow, and Army Reserve Command Deputy Commander, Maj. Gen. James Sholar, Ingram wept as he recalled stories of loyal Soldiers and Family sacrifices. "All of my officer evaluation reports are filled with the achievements of other people," he said.

The ceremony took place in the Pence Auditorium at Fort Lawton's Harvey Hall. Ingram received certificates of retirement and appreciation as well as gifts presented by Sholar and Col. David Ochs, acting commander of the 364th Expeditionary Sustainment Command. After the ceremony marking his retirement, Ingram also attended the activation of the 364th ESC at Fort Lawton's parade field. This event heralded the new flagging of the 70th RRC, which was deactivated on the same day Ingram retired.

Gail Ingram, the general's wife, praised the retiring officer for some of those very same qualities. "Chris is one of the most irritatingly humble people I know," she said. "Time after time throughout his career, he refused to take the credit for things he had done."

Sholar thanked Mrs. Ingram for her part in supporting and sacrificing for her husband's career, presented her with a certificate of appreciation and joked, "Gail, you can do whatever you want with him now." Mrs. Ingram also received a bouquet of flowers.

Ingram retired officially on July 1, 2009. He and his wife reside in Kent, Wash. They have two grown sons and two granddaughters. ✪



The National Museum of the Army Reserve

Keeping History Alive

> History is a guide to navigation in perilous times. History is who we are and why we are the way we are.
>
> – David C. McCullough, award-winning author of '1776' and 'John Adams'

FORT McPHERSON, Ga. — Most buildings in the U.S. Army are not thought of as being the keepers of history. But for the Headquarters, United States Army Reserve Command, you cannot walk anywhere inside its walls without seeing the history of America's Citizen-Soldiers.

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

Thanks in part to the efforts of Chris Kolakowski and Chris Ruff, chief and deputy chief curators, respectively, of the National Museum of the Army Reserve, the headquarters building is indeed a testament to that history. The pair oversees the 45 display cases that can be found from the basement floor to all four main floors, each charting the history of the Reserve fighting force.

"Because of the function the Army Reserve has played since its creation in 1908, it has been an essential part to the Army fighting and winning its wars," Kolakowski said. "That's an important aspect of our national defense that sometimes gets lost and needs to be remembered."

It doesn't take long to see that both men share a passion for all historical periods, as evidenced by the reservoir of knowledge of the people, places, events and dates they can spout off at any given moment.

Kolakowski believes, as the Greeks and Romans did, "somebody's not truly dead until you forget their name or what they did. By using these stories to educate and inspire today's Army Reserve Soldiers and the American people about the great tradition of federal Citizen-Soldiers, it makes preserving Army Reserve history very important."

With approximately 2,900 artifacts dating back to the 1700s, the Army Reserve historical collection runs the gamut—uniforms, weapons, insignia, photographs, documents, military accoutrements, boots, hats and helmets—of not only American troops, but those of nations who have fought against us.

Artifacts in the collection come from a variety of sources. Many come from units that have cased their colors for the last time, veterans who donate their fair share and Family members who also make donations.

One of the more significant items in the collection is the Medal of Honor posthumously presented to 1st Lt. Donald Pucket. A commissioned Reserve officer who joined the Army Air Corps, Pucket piloted a B-24 bomber in the second raid on Ploesti in 1944. "To have one (Medal of Honor) in your collection is pretty significant," Kolakowski said.

1st Lt. Donald Pucket's Medal of Honor is just one of the Museum's many prized artifacts.

Previous page: Chris Ruff disassembles a German MP-40 machine pistol at the National Museum of the Army Reserve, Fort McPherson, Ga.

This page: Chris Kolakowski, foreground, and Chris Ruff place artifacts in the Italian Campaign exhibit case at the National Museum of the Army Reserve, Fort McPherson, Ga.

Chris Ruff is reflected in the glass as he places badges on a German NCO mannequin in the Italian Campaign exhibit case at the National Museum of the Army Reserve, Fort McPherson, Ga. Looking on at left is Chris Kolakowski.

The most recent Family donation was the uniform, boots and photographs of Staff Sgt. Matt Maupin, captured and killed by insurgents in Iraq. The Maupin Family was invited to the USARC headquarters in 2008 for the emotional unveiling of a display where they were able to see and touch his uniform one last time.

If the NMAR is in need of artifacts for a display, Kolakowski and Ruff can usually cull them from the Army Historical Clearing House at Anniston Army Depot in Alabama. "It's like a time capsule from the arsenal of democracy," Ruff said. "It's like the final scene in 'Raiders of the Lost Ark' with the vast warehouse of artifacts… minus the Ark of the Covenant," Kolakowski added with a smile.

Most displays start as an idea or a story that needs to be told. The process, from concept and research, to artifact selection, fabricating mounts and installation, can take up to six weeks.

For Ruff, it's the artifacts and uniforms that drive his passion for museum work.

"I really enjoy working with artifacts. I think it's one of my favorite aspects of this job," Ruff said. "I also enjoy designing exhibits and doing research for them as well. You have to know what's right—if a particular uniform is right for a particular exhibit that you're putting together."

Chris Kolakowski researches a Browning Automatic Rifle at the National Museum of the Army Reserve, Fort McPherson, Ga. "We work together on the stories, then it's my job to research and write the exhibit labels," he said.

Ruff also has another unusual skill—uniform tailoring. He studied under a tailor at Colonial Williamsburg where he learned the 18th century tailor's trade. His skills help make many of the uniforms in the exhibits look battle-worn instead of new and pristine.

"I can make men's clothing from that period," he said. "I also make reproduction uniforms and equipment for re-enactors and private collectors from time to time—18th century primarily but also Civil War-era garments, and even some World War I and World War II on a limited basis."

For Kolakowski, his skills lie in research and writing.

"When we do exhibits, Chris (Ruff) takes care of the artifacts and uniforms, we work together on the stories, then it's my job to research and write the exhibit labels. Trying to craft informative labels and stories that are not too long…it's harder than you think," Kolakowski said. He pointed out that recently they had to sum up Vietnam in less than 200 words while still hitting all the major high points of the Army Reserve's role during the conflict.

Even though the museum is located inside of the headquarters, both men encourage current and past Army Reserve veterans to come by and visit. They'll even give you a personal tour.

"People have to realize this is what we do. Come by and see us and do what you can to support this because it is a worthy cause," Ruff said. "We are the caretakers of the physical history of the Citizen-Soldier."

"This is your history. This is the history of the Army Reserve," Kolakowski said. "This is the legacy that has been bequeathed to you. These artifacts will be here long after he and I are retired and gone. Our job is to make sure that these artifacts are preserved and interpreted the best way we can so the next generation can have them in either as good or better condition than what we have them in now." ✪

★ For more information on the NMAR, visit their web site at http://www.usar.army.mil/arweb/History/Pages/NMAR.aspx

★ Under Base Realignment and Closure, the NMAR is scheduled to relocate when Fort McPherson closes in 2011. There are a number of options on the table but a final decision has not been reached.

★ Both Kolakowski and Ruff have had experience with other museums as well. They both recently participated in the stand-up of the National Infantry Museum at Fort Benning, Ga. Ruff also interned at the National Marine Corps Museum in Quantico, Va.

★ Kolakowski is now the director of the Patton Museum at Fort Knox, Ky.

Chris Kolakowski, left, and Chris Ruff determine artifact layout for an Italian Campaign case in the workroom at the National Museum of the Army Reserve, Fort McPherson, Ga.

Orlando's 912th AG BRINGS A BIT OF HOME to Afghanistan troops

Story and Photo By Senior Airman Evelyn Chavez
Combined Security Transition Command–Afghanistan Public Affairs

FORWARD OPERATING BASE LIGHTNING, Afghanistan — "Mail is like Christmas," is an expression often said by deployed troops anticipating a gift box of goodies or a hand-written letter from loved ones.

While mail delivery takes place six days a week in the states, troops mentoring the Afghan Security Forces at Forward Operating Base Lightning in Gardez, Afghanistan, feel lucky when they receive mail three days a week.

Sgt. Keith Garmany, one of the base's mail clerks deployed from the 912th Adjutant General Company in Orlando, Fla., understands how important it is to the men and women serving here.

"We definitely come out and pick mail up at least twice a week, and we make sure all the mail is picked up and delivered to the troops," said Garmany.

There is a whole process to picking up mail for military members located at FOB Lightning. Convoy reconnaissance must be set up and approved, and personnel receive a safety briefing before the 15-20 minute drive.

After arriving at the pick-up location, Garmany and Spc. Dan McClain, also a 912th mail clerk, take accountability of the mail and begin their sorting routine for loading and unloading the packages.

"We average about eight to ten loads of mail for pick-up, which isn't too bad because it makes the day go by faster," said McClain.

Loading the packages onto the truck is a sweaty two-and-a-half hour physical process any time of the year for the two-man team. After the last item is loaded, the Soldiers drive the load to FOB Lightning, arrange a "mail call" announcement, and distribute the packages to designated mail handlers who carry the parcels to the military members' work centers.

"The troops give us a hand when we arrive," said McClain. "They usually sort out the mail according to different offices, and this makes it so much quicker to deliver."

While the designated handlers help unload the mail, others help stack boxes and call out the names. The mail rapidly disappears into the various offices, ready to be anxiously opened by its addressees and shared with fellow troops, similar to a Christmas morning. ✪

U.S. military members gather to assist with the delivery of mail at Forward Operating Base Lightning in Afghanistan. Base postal workers travel by convoy two days each week to pick up and deliver the mail to Airmen, Sailors, and Soldiers assigned to the base located on the outskirts of Gardez.

Kaiserslautern's 406th AG Takes Top Logistics Honors

By Sgt. 1st Class Eugene Pomeroy
Public Affairs Office
7th Civil Support Command

Photo By Carmen Jones

From the left, Sgt. Cedric McCoy, Staff Sgt. Tracey Potter, and Sgt. David Graham of the 406th Adjutant General Battalion proudly display their Combined Logistics Excellence Award this past June.

KAISERSLAUTERN, Germany — The 406th Adjutant General Battalion, Human Resources Company in Kaiserslautern, Germany, received top honors in the 2009 Army Chief of Staff's Combined Logistics Excellence Awards Competition.

The unit won the Supply Excellence Award in the Army Reserve Level 1, Unit category during the CLEA ceremony held June 2, 2009, in Alexandria, Va.

"This is the most competitive category with the greatest number of units competing for this prestigious Department of the Army award," said Lt. Col. Kelley Donham, 7th Civil Support Command's deputy for supply and logistics.

Staff Sgt. Tracey Potter, Sgt. David Graham and Sgt. Cedric McCoy of the 406th AG Bn. accepted the award from Lt. Gen. Mitchell H. Stevenson, deputy chief of staff for supply and logistics.

The 406th AG Bn. distinguished itself by having the most efficient command supply discipline program in the 7th CSC and the Army Reserve.

"It was an honor for us to represent the unit and for us to win," said Potter.

Potter joined the 406th AG Bn. shortly after it was formed in 2007 and started the supply room "from scratch." Her supply room did so well in the annual inspection by the 7th CSC that two months later she was asked to compete Army-wide against other Reserve and National Guard supply programs.

According to Master Sgt. Okey Tredway, 7th CSC supply and logistics, "We were pleasantly surprised with the result."

The CLEA ceremony combines the Army Award for Maintenance Excellence, the Deployment Excellence Award, and the Supply Excellence Award. It honors installations' and units' excellence in maintenance, deployment, and supply operations. Potter and her team competed against 95 units from 50 different categories representing the best of Army logistics programs and have contributed significantly to Army readiness. ★

Water Trucks: Symbol of Commitment to Iraqis

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

BAGHDAD — At a small ceremony in Aqur Quf, two potable water trucks were turned over to the local government by U.S. Forces here, Nov. 5, 2009.

The Mercedes-Benz trucks hold 2,500 gallons of water, cost $76,000 apiece, and come with a two-year manufacturer's guarantee, said 1st Lt. James Hester, an Army Reserve civil affairs officer assigned to the 422nd Civil Affairs Battalion, attached to the 4th Stryker Brigade Combat Team, 2nd Infantry Division.

"I want these trucks to benefit the people of Aqur Quf," said Hester, addressing the crowded local government council meeting. "If these trucks won't benefit the people, then I'll take them back."

There was a loud, collective uproar of 'no's' as the Iraqis in the room all agreed that the water trucks were to help the people of the small community on the outskirts of northwestern Baghdad.

"The goal of the vehicles is to give you a tool to empower yourselves to give fresh water to your people," Hester said, addressing different sheiks, Iraqi Security Forces, local government members, and farmers. "My job is to just give you a gift to help you help your people."

The trucks replaced a 90-day re-occurring $5,200 contract that U.S. Forces previously had to distribute potable water to locals, added Hester, a native of Tybee Island, Ga.

"The Aqur Quf region has had an issue with potable water since 2003," explained a grateful Hadir Ali Kadeem, a chairman for the local council. "It's a very nice gift, and we will be able to deliver water for five villages, which is about 15 percent of the people in Aqur Quf."

Capt. Keith Roberts, an infantry company commander who operates in the area, agreed that getting potable water has been a problem in the area.

"The local people have been given an opportunity here, and if they want it, they'll take it," said Roberts. "They need to maintain the trucks, get drivers, and go to the distribution point themselves."

Many of the people get their water straight from canals and wind up getting sick, added Roberts, from DuPont, Wash., assigned to Company A, 4th Battalion, 9th Infantry Regiment, 4th SBCT, 2nd Inf. Div.

Not only will the trucks employ local Iraqis, but giving them to the Iraqis will also save large sums of money for U.S. Forces in the long run, explained Hester.

The stark white, brand-new trucks will soon be painted with "The city of Aqur Quf" on their sides and be symbols of progress and pride for the members of the community as well as a representation of the commitment U.S. Forces have for Iraqis. ★

the gift of education

Story and Photos By
Sgt. Joshua Risner
Public Affairs Office
Multi-National Division–Baghdad

Col. Maria Zumwalt, a native of Bayamon, Puerto Rico, chats with students of the Shab Female School in Baghdad on Nov. 5, 2009. Zumwalt is the commander of Brigade Special Troops Battalion, 1st Brigade Combat Team, 1st Cavalry Division.

BAGHDAD — Education is essential for a child growing up in the world today. That is no less true in Iraq, where schools are a building block for a child's future.

Three schools were officially re-opened here, Nov. 5, 2009, thanks to Multi-National Division–Baghdad Soldiers.

The Shab Female School, Yassamin School, and Monte Tenaybo Schools were in shambles before they came to the attention of Army Reserve civil affairs Soldiers, according to Staff Sgt. Frank Halstead, Brooklyn, N.Y., of the 1479th Civil Affairs Company. The 1479th is attached to 1st Brigade Combat Team, 1st Cavalry Division.

"All three schools had to be completely redone because they were a mess," Halstead said. "They had to be painted and cleaned, the wiring had to be redone, and the walls on the outside needed repair. Basically they were just the shells of buildings."

So Halstead and his fellow civil affairs Soldiers took up the contracts and set to work. They arranged for the repairs to be made and periodically checked the work to make sure things were being done correctly.

"We had to make sure they were done up to standard," said Halstead. "Finally it all came together, and the people have schools now."

On opening day, the students gathered to sing songs and perform skits for the Soldiers and officials who came to see the work come to fruition.

Iraqi girls perform a skit for Iraqi officials and Soldiers during a re-opening ceremony at Yassamin School in Baghdad. The project was a joint effort between government officials of Iraq and U.S. forces.

"It feels pretty good because today you actually get to see the kids' reactions – it's not just a bunch of older people standing around talking to each other," said Halstead. "The kids were happy. They looked like they wanted to be in school, and to me that's a good thing."

For 1st Lt. Lacey Rector, the girls at Shab Female School were a welcome sight.

"It's nice to see females, because you don't see them very often over here," she said. "It's nice to see that they are being educated as well."

Rector, from Willoughby Hills, Ohio, is assigned to Headquarters and Headquarters Co., 1st Brigade Special Troops Battalion, 1st BCT, 1st Cavalry Division.

The project is another example of the continued commitment of U.S. Forces to helping the Iraqi people, according to Halstead.

"We're here to help, not hurt, them," he mused. "They know if their children are being educated, then that's going to help them in the long run. They appreciate it."

With three more schools operational in the Baghdad area, more children are getting the chance to better themselves and their communities by getting an education. It is one more thing that U.S. Forces are doing to make Iraq a better place. ✪

Maj. Gen. David N. Blackledge, commanding general of the U.S. Army Civil Affairs and Psychological Operations Command (Airborne), in the black and yellow Army shirt, participates in a 20-mile Wounded Warrior Project "Soldier Ride" through the post.

Wounded Warrior Project "SOLDIER RIDE" Brings Awareness On Two Wheels

Story and Photo By Staff Sgt. Sharilyn Wells
Public Affairs Office
USACAPOC (A)

FORT BRAGG, N.C. — Whether on two wheels or three, wounded veterans and their supporters took to the streets to participate in the Wounded Warriors Project's "Soldier Ride" on Oct. 8, 2009. Maj. Gen. David N. Blackledge, commanding general of the U.S. Army Civil Affairs and Psychological Operations Command (Airborne), participated in the 20-mile ride through Fort Bragg.

"The thing I love about cycling and these kinds of events is it's all about camaraderie, which is what the military is all about," Blackledge said before the ride.

Retired Sgt. Daniel Smith participated in his first ride after breaking his back in 2006. Smith said that without the love and support from his wife, he would not have the sense of accomplishment he felt following the ride.

Soldiers from several organizations on Fort Bragg participated in the five-day event. Soldiers traveled each day by bus to a different location, including Raleigh and Charlotte, where they met community leaders and supporters as they rode as much as 50 miles.

Blackledge, a twice-wounded combat veteran and advocate for Soldiers' mental health care, had no hesitation to participate in the "Soldier Ride" and is a supporter of cycling for wounded warriors. Blackledge was injured twice in Iraq as a brigadier general, once in 2004 when his convoy was ambushed and again 15 months later in a suicide bombing attack. Following his recovery, Blackledge was promoted to major general and recently assumed command of USACAPOC (A) after working for two years as the assistant deputy chief of staff for Mobilization and Reserve Affairs at the Department of the Army headquarters in Washington, D.C.

"Whether you're a wounded warrior or a wounded warrior supporter, it's a great day and it's a great chance to work together for a common cause," Blackledge said.

"Soldier Ride" is a program of the Wounded Warrior Project that provides rehabilitation opportunities to injured Soldiers and raises the public's awareness of those who have been severely injured during military operations. The Wounded Warrior Project is a non-profit organization that aims to honor and empower wounded warriors, according to the organization's Web site.

"There are people every day that come back from these conflicts wounded, and we can't forget that," said Wounded Warrior Project Alumni Director Ryan Koles following the race. "You can't let that get out of your memory whether you see it on the news or not. We'll be here for a very, very long time." ★

WWII VETERAN **PROVIDES COMFORT** TO WOUNDED SERVICE MEMBERS

Story and Photo By Kerry Larsen
Public Affairs Office
88th Regional Support Command

YAKIMA TRAINING CENTER, Wash. — Al Lind was recognized by the U.S. Army Reserve for his support to the Quilts of Valor Foundation with a plaque presentation last fall at the U.S. Army Yakima Training Center. Brig. Gen. Frank Cipolla, deputy commanding general of the 88th Regional Support Command at Fort McCoy, Wis., presented Lind with the Commanding Generals Blue Devil Award on behalf of Maj. Gen. Glenn J. Lesniak, who leads the 88th RSC.

Three generations of the Lind family attended the event in the YTC Emergency Operations Center, along with about 40 friends.

Lind, 91, is a World War II veteran and a former prisoner of war. Through the Quilts of Valor program, he has assisted in the creation of more than 400 quilts. Lind and his wife, Helen, reside in Quincy, Wash.

"I just wanted to thank him from the bottom of my heart, because what he is doing is a great service to my Soldiers and to his country, too," said Cipolla, regarding Lind's lifetime contributions. "If it wasn't for our World War II veterans and what they did, we would not be here. You know what they say, freedom isn't free. At times, you have to fight for that freedom."

Lind presented Cipolla with one of his quilts during the event, which was very emotionally charged at times.

"I've received letters and phone calls from veterans who have received a quilt," Lind said. "One of them stopped in about three weeks ago from Bellevue [Wash.], and just wanted to shake my hand. I've heard from a head nurse in Iraq, a major I think. She thanked me for all the quilts.

"I've been at this about two years and hope to continue doing it for many years to come," said Lind.

The mission of the QOV Foundation is to cover all wounded and injured service members from the Global War on Terrorism, whether physical or psychologically, with wartime quilts called Quilts of Valor. So far, more than 24,000 Quilts of Valor have been distributed. For more information on the Quilts of Valor Foundation, visit www.qovf.org.

Catherine Roberts of Seaford, Del., started the Quilts of Valor Foundation in 2003 when her son, then with the 630th Military Police Company, was deployed from Germany to Iraq. By virtue of being an Army mother, she joined other Americans who send their loved ones into harm's way. She started the group by appealing to both quilt-toppers (those who piece the top of quilts together) and long arming groups (those who machine quilt) to volunteer their fabric, talents, and time to make wartime Quilts of Valor that would comfort the wounded. ✪

Al Lind, 91, is a World War II veteran and a former prisoner of war. Through the Quilts of Valor program, he has helped create more than 400 quilts. Lind and his wife, Helen, reside in Quincy, Wash.

VETERAN'S DAY IN LAS VEGAS

Story and Photo By Staff Sgt. Carlos Lazo
302nd Mobile Public Affairs Detachment

First Sgt. Keith Barlow, 191st Army Band, leads all three of the 63rd Regional Support Command's Army Reserve bands during the annual Veteran's Day Parade in Las Vegas on Nov. 11.

LAS VEGAS — All three of the 63rd Regional Support Command's Army Reserve bands participated in the annual Veteran's Day parade in downtown Las Vegas on Nov. 11, 2009. More than 80 Soldiers from the 191st, 300th, and 395th Army Bands took part in the event, honoring the nation's veterans with the support of the local community.

"It's an honor to be a part of this event," said Maj. Gen. Bruce A. Casella, commander of the 63rd RSC.

"I'm proud to see our Soldiers perform for such a great community of military supporters, like the folks here in Las Vegas."

Hundreds of onlookers cheered the veterans, who were just a fragment of the larger parade, which had more than 100 local and national participants.

The parade made its way down 4th Street from the Gass Street intersection toward the Freemont part of town, with Boy and Girl Scouts, marching bands, current members of the military, and hundreds of Junior ROTC cadets from local high schools in tow.

Led by 1st Sgt. Keith Barlow, 191st AB, the three bands were among the first participants in the parade, playing the Army song and other military scores along the route. This is the first time all three of the bands participated in the parade together.

"We're celebrating the most important event of the year," said Las Vegas Mayor Oscar Goodman. "The whole community comes out, and we pay tribute to the young men and women of the Armed Forces for the sacrifice they make and that their Families make while they serve us."

A Medal of Honor recipient and military heroes from the Vietnam War were among the veterans who came out for the parade.

This year's parade in Las Vegas was the largest Veteran's Day parade west of the Mississippi River and second largest in the nation.

"This is the best parade we've ever had," said Goodman. "I think it was made special because of the wonderful music of the bands that were here. ✪

Two Hats

By Melissa Russell
Army Reserve Communications

CORAL GABLES, Fla. — In cities away from military installations, the service of Reserve Soldiers can go unnoticed as they make seamless transitions between Soldier and Citizen. As Army Reserve Ambassador to the state of Florida, Ambassador Don Slesnick works hard to see that doesn't happen. As Mayor of Coral Gables, Mayor Don Slesnick has an actual say in preventing it.

At the Dec. 15 City Commission meeting, Slesnick, along with city officials, pledged a statement of support and resolution to Reserve Soldiers as an essential component to the strength of the nation and the well-being of the community.

The resolution was approved by members of the City Commission in front of representatives from the Employer Support of the Guard and Reserve. Slesnick often works in concert with ESGR, and shares their mission to recognize Reserve Soldiers for their efforts in preserving national security. They also share a common goal of ensuring Reserve Soldiers' employment and career opportunities are not limited or reduced because of their service.

As a mayor, this Army Reserve ambassador is in a great position to assist in educating the public and community leaders about the capabilities and values of the Army Reserve and Soldiers who live and work in the community. As an Army Reserve ambassador, he participates in many receptions and ceremonies on behalf of Reserve Soldiers.

"It's the least that we could do," said Slesnick, a Vietnam War veteran who retired from the Army Reserve in 1994. "These honorable reservists and their Families give so much of their lives to protect our country that they shouldn't have to worry about their employment when they return. They deserve all the support, especially from the business community." ✪

ABOVE: As both Army Reserve Ambassador to the state of Florida and Mayor of Coral Gables, Florida, Donald D. Slesnick, II (Lieutenant Colonel, USAR—1994, Retired) keeps busy at the work of supporting Reserve Soldiers and their communities. In addition to his many civilian honors, he is an active member of Rotary Club of Coral Gables, Greater Miami Chamber of Commerce Executive Council, Miami-Dade Commission's Aviation Blue Ribbon Panel, and Dade Cultural Alliance, among other organizations. He resides in Coral Gables where he enjoys time with his wife Jeannett Black Slesnick and his two children, Kathleen and Donald III.

Spc. David Hutchinson of the Army Reserve's 420th Engineer Brigade in Bryan, Texas, flips the game coin as Gen. Peter W. Chiarelli, U.S. Army Vice Chief of Staff, and Command Sgt. Maj. Dennis M. King, U.S. Army Accessions Command, look on at the start of the U.S. Army All-American Bowl game. Hutchinson earned a Silver Star while serving in Afghanistan with the 420th in 2008.

2010 U.S. ARMY ALL-AMERICAN BOWL

Story and Photo By Sgt. 1st Class Robert R. Ramon
4th Expeditionary Sustainment Command Public Affairs Office

SAN ANTONIO — More than 90 Soldier Heroes and 90 elite high school athletes from around the country participated in the 10th Anniversary U.S. Army All-American Bowl at the Alamodome here on Jan. 9, 2010. Thirty-five Army Reserve Warrior Citizens were among the Soldier Heroes selected for the event.

Participating Soldier Heroes are veterans of either Operation Enduring Freedom or Operation Iraqi Freedom and recipients of an Army Commendation Medal with V device or higher. Many have received Purple Heart or Bronze Star medals, and one Army Reserve Soldier, Staff Sgt. David Hutchinson of the 420th Engineer Brigade, Bryan, Texas, has also been awarded the Silver Star Medal. Each Soldier participated in a variety of All-American Bowl game-week events, interacted with the top high school football players in the nation, and talked about their Army Reserve experience.

"We're here to mentor them and teach them a little bit about what life [in the Army Reserve] is like," said Army Reserve Staff Sgt. Genevieve Chase, a military intelligence specialist with the 301st Military Intelligence Battalion in Phoenix, Ariz.

For the past ten years, the All-American Bowl has been the nation's premier high school football event including notable players such as Adrian Peterson, Reggie Bush, and Tim Tebow. Soldier Heroes mentor each athlete by sharing with them the

characteristics of an Army Strong Soldier—loyalty, duty, respect, selfless service, honor, integrity, and personal courage.

The All-American Bowl is an opportunity for the American public to learn firsthand what it means to be a Citizen Warrior.

"There's a growing gap between those who have served and those who haven't served in our Armed Forces," said Lt. Gen. Benjamin C. Freakley, commanding general of the U.S. Army Accessions Command. This event is one way to "break stereotypes and connect America's Army with America and make sure those young men, their parents, coaches, and teachers understand that your Army is about options and opportunity, education, and leadership."

Army Reserve Soldiers such as Capt. Tamara Bruch, a military police officer with the 81st Regional Support Command in Fort Jackson, S.C., relished the opportunity to interact with some of the most talented athletes in the nation.

"Being here is an outstanding opportunity to support the talented youth of our country," said Bruch. "I'm honored to be here." ★

ABOVE: Players from the U.S. Army All-American Bowl West Team salute Soldiers in the audience before the start of the U.S. Army All-American Bowl game at the Alamodome here Jan. 9.

Soldier Hero greets his player counterpart at pregame introductions.

TOP REGIONAL RECRUITING ASSISTANTS
OCT-DEC 2009

REGION 1
Pfc. Timothy Stonge
Tolland, Conn.

REGION 2
Spc. Donald Walker
Leechburg, Pa.

REGION 3
Spc. Jacquelyn Lott
Virginia Beach, Va.

REGION 4
Pfc. Erik Koenig
Simpsonville, S.C.

REGION 5
1st Lt. Richard Dixon
Orlando, Fla.

REGION 6
Spc. Phillip Lester
Atlanta, Ga.

REGION 7
2nd Lt. Christopher Yanez
Seattle, Wash.

REGION 8
2nd Lt. Jason Baumann
Fond Du Lac, Wis.

REGION 9
Pvt. Jonathan Kelley
Lawrence, Kan.

REGION 10
Ret. Larry Vera
Reynoldsburg, Ohio

REGION 11
Cpt. William Ang Abrigo
San Francisco, Calif.

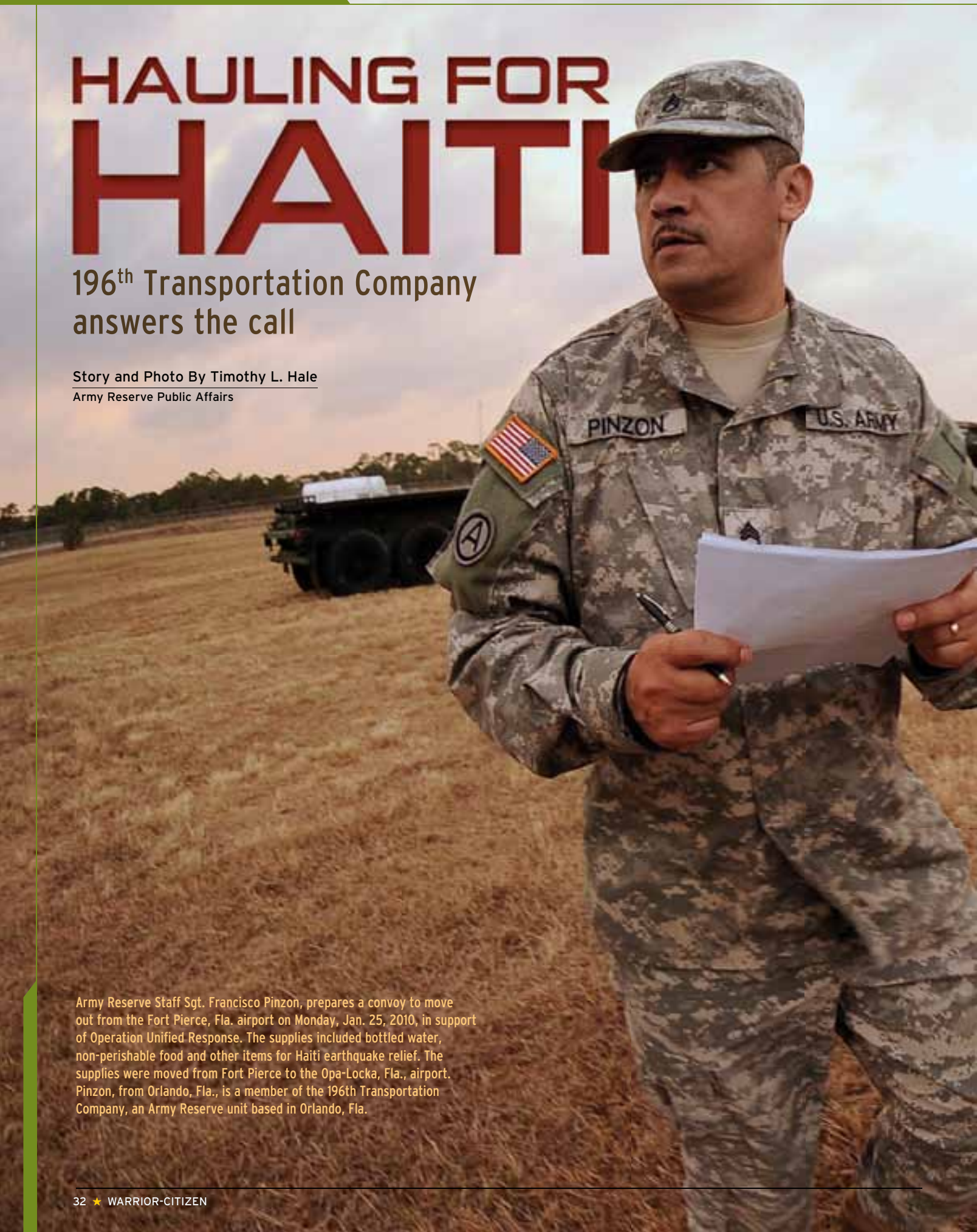
REGION 12
Pfc. Denise Dynes
McKinney, Texas

REGION 13
Spc. Daniel Nelson
Layton, Utah

HAULING FOR HAITI

196th Transportation Company answers the call

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



Army Reserve Staff Sgt. Francisco Pinzon, prepares a convoy to move out from the Fort Pierce, Fla. airport on Monday, Jan. 25, 2010, in support of Operation Unified Response. The supplies included bottled water, non-perishable food and other items for Haiti earthquake relief. The supplies were moved from Fort Pierce to the Opa-Locka, Fla., airport. Pinzon, from Orlando, Fla., is a member of the 196th Transportation Company, an Army Reserve unit based in Orlando, Fla.

FORT PIERCE, Fla. — Towering clouds, tinted with orange, drifted over the airfield near this south Florida town. A small white light illuminated the inside of a Humvee as Staff Sgt. Francisco Pinzon scanned the convoy route. "Just checking the route one more time," he said, cutting off the light, and stepping out into the waning darkness.

With sunrise still about an hour away, Pinzon and nearly 50 other Army Reserve Soldiers from the 196th Transportation Company were making final preparations for their upcoming mission.

That mission—to deliver nearly 300 thousand pounds of bottled water, non-perishable food and comfort items to the earthquake victims in Haiti.

Warrant Officer Roger Londono, a maintenance officer with the 196th said the men and women of the 196th worked tirelessly with "no complaints".

"We're helping out the (local) community and we're seeing how the community is coming together to help out Haiti," Londono said. "And I feel like we are doing our part to help out Haiti as well."

Utilizing the Palletized Loading System, the 196th needed 17 PLS trucks, 14 PLS trailers, plus assorted support vehicles to move the cargo. Leaving the airport at Fort Pierce, two separate convoy runs were needed to move the supplies more than 100 miles south to an airport at Opa-locka, Fla. From there, the much-needed supplies were loaded on civilian aircraft and delivered to Haiti. The mission was accomplished in just two days.

Working out of a hanger at Missionary Flights International, Army Reserve Soldiers kept track of each individual pallet, calculating weights and balance, and making sure that each one met Army standards for transport safety.

Scores of volunteers at MFI started collecting items soon after the earthquake hit according to Allan Colson, purchasing agent for Missionary Flights International. He was quick to praise the Army Reserve for its support.

"It's a real God-send to be able to move these things so quickly," Colson said.

"We had this (hanger) empty two days ago and filled it up and these guys (Soldiers) are doing a bang up job of getting things out of here so we can fill it up again."

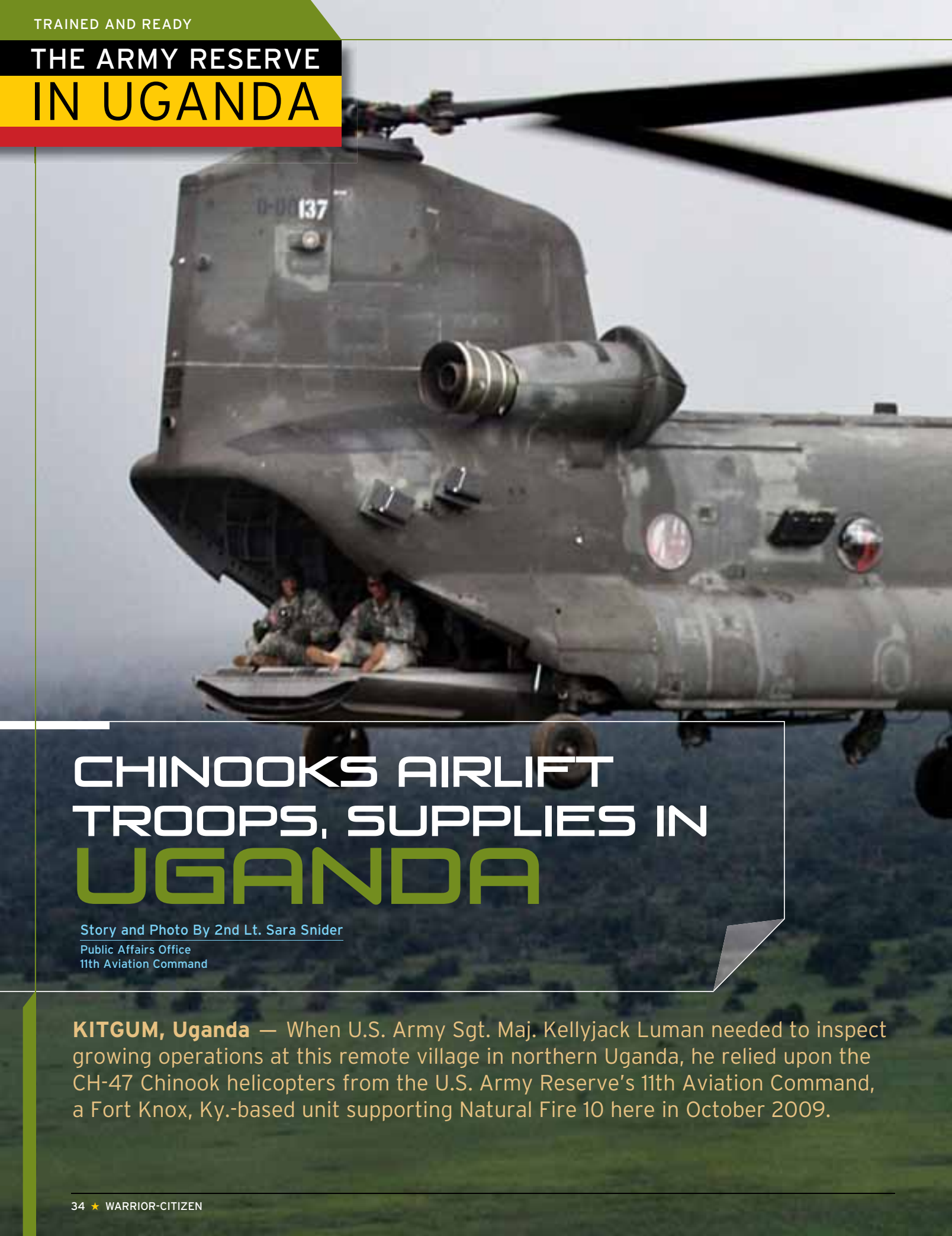
Volunteers from the Big Heart Brigade, a logistics support organization, also provided support to the mission.

"Without the Army Reserve's involvement, they (MFI) would have had a very difficult time moving these supplies," said Alan Mentser, a BHB spokesperson.

With so many Army Reserve assets currently serving in overseas contingency operations, Sgt. Crystal Salvi, a truck commander with the 196th, a veteran of multiple convoy runs in Iraq, said this mission was also "extremely important".

"In 2003, I went to Iraq," the Cambridge, Mass. native said. "I was hauling fuel from Camp Cedar to Baghdad International Airport. Now I get to help Haiti in their distress. Our entire team is working extremely well together. No one is complaining because we know we're doing something good." ★

THE ARMY RESERVE
IN UGANDA



CHINOOKS AIRLIFT TROOPS, SUPPLIES IN UGANDA

Story and Photo By 2nd Lt. Sara Snider
Public Affairs Office
11th Aviation Command

KITGUM, Uganda — When U.S. Army Sgt. Maj. Kellyjack Luman needed to inspect growing operations at this remote village in northern Uganda, he relied upon the CH-47 Chinook helicopters from the U.S. Army Reserve's 11th Aviation Command, a Fort Knox, Ky.-based unit supporting Natural Fire 10 here in October 2009.

A 7th Battalion, 158th Aviation Regiment Chinook flies over Uganda providing transport from the Southern Airfield to the Northern Forward Area Refueling Point during the October '09 Natural Fire 10 exercise.

The flight was a first of many for the Chinook aviators, who airlifted supplies and troops around Uganda. Having the 11th Aviation Command at Natural Fire 10 is key, Luman said.

"It's a really long drive from our headquarters here in Entebbe to Kitgum—we're talking roughly an eight hour drive," Luman said. "We'll move more than 500 people both up there and back, plus supplies vital for life support during the exercise."

Operating in Africa is an extreme effort for a U.S. Army Reserve aviation unit to undertake, said Maj. Doyle Riley, Company D, 7th Battalion, 158th Aviation Regiment.

"From dismantling the aircraft in Kansas to transporting our helicopters and gear aboard a Russian aircraft to Africa, then rebuilding the Chinooks at Entebbe airfield and beginning operations a week ahead of schedule—those were monumental tasks we accomplished," Riley said.

In the cockpit, Riley and Chief Warrant Officer 4 Ron Erkie piloted the mammoth two-rotor helicopter through the Ugandan skies. Nearby, Chief Warrant Officer 4 Dwayne McQuade and Chief Warrant Officer 4 Jim Hand flew their sister ship alongside, carrying a group of aviators who were learning the air routes north from Entebbe.

Luman and Col. Eric Nantz, U.S. Army Africa's operations officer, led a site survey team to Kitgum to check on construction of a camp that will house Soldiers from Uganda, Burundi, Tanzania, Rwanda, Kenya, and the United States during the exercise. The team also inspected the forward area refueling point, known to aviators as a FARP, where they will land during operations to take on fuel.

Luman stated his firm belief that there is no difference between active and reserve component Soldiers. He was impressed to see a stateside Reserve unit tackle the mission with such enthusiasm.

"Getting the aircraft here, ready to go early, assisted U.S. Army Africa staff greatly, allowing us to check out the areas where our Soldiers will live and work," Luman said. "Without the 11th Aviation, it would have taken two days out of our time to drive there and back." ★

THE ARMY RESERVE IN UGANDA

KITGUM, Uganda — Army Reserve Soldiers from across the United States were in northern Uganda working in an exercise with U.S. Army Africa and five East African nations to improve disaster management response and provide medical care.

UGANDANS GET MEDICAL CARE DURING NATURAL FIRE 10

Story and Photos By Maj. Corey Schultz
Army Reserve Public Affairs

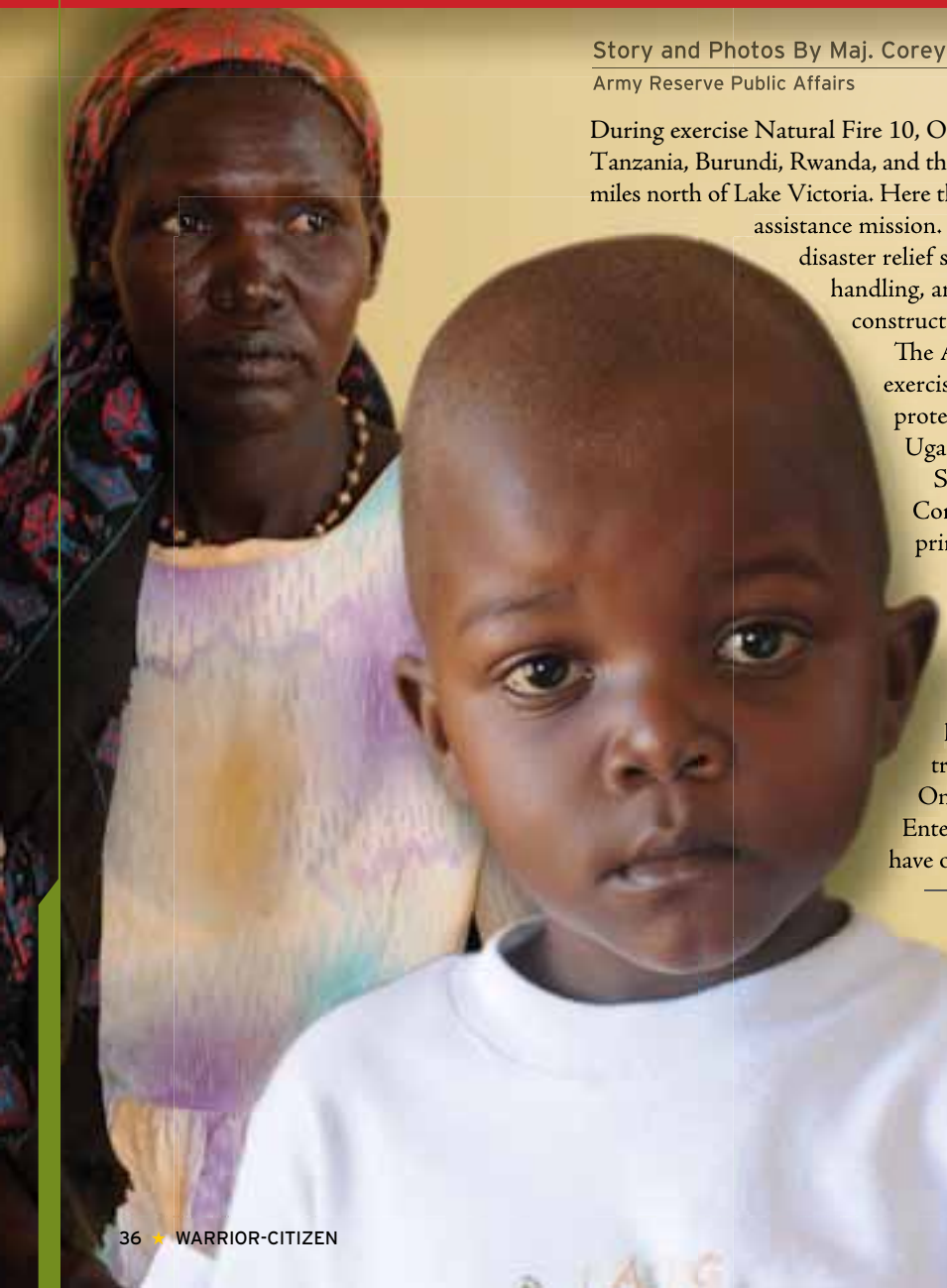
During exercise Natural Fire 10, Oct. 15-25, 2009, personnel from Uganda, Kenya, Tanzania, Burundi, Rwanda, and the U.S. set up an operating base in Kitgum, about 200 miles north of Lake Victoria. Here they trained and worked together on a humanitarian assistance mission. The exercise included practicing responses to disaster relief such as convoy operations, crowd control, weapons handling, and vehicle checkpoints. Also, medical, civil affairs, and construction personnel traveled daily into the communities.

The Army Reserve played an important role in the exercise, providing all the aircraft as well as civil affairs, force protection, and medical care for both U.S. Soldiers and Ugandan citizens.

Soldiers of the 11th Theater Aviation Command's Company D, 7th Battalion, 158th Aviation Regiment, primarily from Louisville, Ky. and Olathe, Kan., provided all the air mobility for Natural Fire 10.

They operated three CH-47 Chinook helicopters and two C-12 turboprop planes.

The Army Reserve aviators flew personnel and cargo back and forth daily and also conducted sling load training in Kitgum. They provided crucial rapid transit from the staging area in Entebbe out to the field. On Oct. 15, Chinooks carried about 200 personnel from Entebbe to Kitgum, saving almost 10 hours that would have otherwise been spent on the road. On Oct. 21, they



Residents of the rural Kitgum area wait to see a doctor at the Pajimo Clinic. As part of a U.S. Army Africa exercise, Natural Fire 10, U.S. Army Reserve Soldiers worked side-by-side with Ugandan and Tanzanian providers as well as U.S. Navy dentists to treat more than 700 local residents per day, extracting teeth, providing medications for malaria, parasites and skin infections, and even issuing eyeglasses.

LEFT: Capt. Polly Ann Lasley, a medical provider from Greenville, S.C., and a Ugandan Army translator talk to a local resident about her medical condition. **RIGHT:** Army Reserve Capt. Shawn Shumand, a nurse with the 7225th Medical Support Unit of Columbus, Ohio, sorts medicines at the triage station of the Pajimo Clinic in the Kitgum district.

were again called upon for a critical mission: medevac for a seriously injured Ugandan Soldier.

The Soldier had been working at a construction site when a steel beam fell 20 feet and struck him on the head. 1st. Lt. Matthew Boyer, 629th Forward Surgical Team, Columbus, Ohio, was the medical officer in charge at the scene and arranged for the injured man to be treated.

"That's what we do, save life, limb, and eyesight," said Maj. Scott Armen, a surgeon from Gainesville, Fla., who led the team assessing and stabilizing the injured Ugandan.

The pilots and crew of Co. D spun up a Chinook and the Soldier was flown to a Kampala hospital within about 90 minutes. Without the Chinook, it would have been an eight- to 10-hour drive over rough dirt roads, which the patient may not have survived.

Medical personnel from the 7225th Medical Detachment, Greenville, S.C., provided care for local Ugandans. They set up at the Pajimo Medical Clinic outside of Kitgum and worked side by side with their U.S. Navy, Ugandan, and Tanzanian counterparts, treating more than 500 patients per day. The team included doctors, dentists, pharmacists, nurses, physician assistants, and medics. They provided medical, dental, optometry, and pharmacy services and even had a psychological nurse, Lt. Col. Jimmy Paulk, who counseled victims of domestic violence and persons with psychological problems. Patients were also given medicine and vitamins to take home with them.

The large volume of patients seen at the clinic was the result of the 310th Psychological Operations Company, Atlanta, Ga. 310th Soldiers went out into the communities with translators to issue announcements ranging from advice on how to prevent the spread of disease to directions to the local clinics, such as Pajimo. The Psyop personnel then returned to the clinic to gauge the effectiveness of their message.

Maj. Scott Armen, a surgeon from Gainesville, Fla., and other members of the 629th Forward Surgical Team of Columbus, Ohio, prepare an injured Ugandan Soldier for stitches. The Soldier was hit in the head by a steel beam at a construction site, and the 629th provided immediate care so that he could be flown to a hospital in Kampala, 200 miles south.

Military Police Soldiers from the 400th MP Battalion provided force protection, guarded the gates, and patrolled the forward operating base so that all the exercise participants remained safe. They also provided escort and security for numerous distinguished visitors, such as Gen. William E. Ward, the commanding general of U.S. Africa Command and Maj. Gen. William B. Garrett, III, commander of U.S. Army Africa.

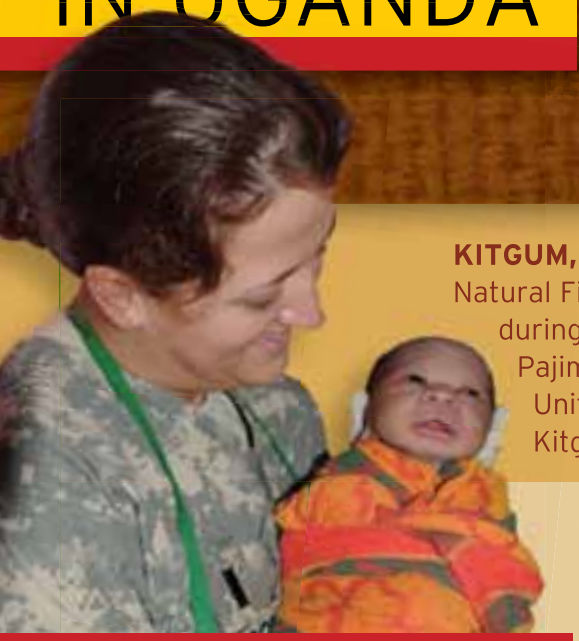
"The Ugandans have been very friendly," said Staff Sgt. Aubrey McElroy, an MP with the 304th MP Company, Bluefield, W. Va. "On one of our personal security detachment missions, we escorted a Ugandan general to a radio station for an interview. They found out we didn't have Internet back on the FOB, so they let us get on their e-mail to tell our Families we had made it OK."

Exercise Natural Fire 10 concluded on Oct. 25. By then, thousands of Ugandans in the Kitgum district interacted with Army Reserve personnel fulfilling the intent of the exercise: to bring the U.S. and East Africa into a closer partnership. ✪

THE ARMY RESERVE IN UGANDA

Nurse delivers baby in rural Uganda

KITGUM, Uganda — When 1st Lt. Victoria Lynn Watson deployed to Uganda for Natural Fire 10, she never imagined using her labor and delivery nursing skills during the exercise. But when a Ugandan woman, Linda, arrived in labor at Pajimo Medical Clinic, where the Army Reserve's 7225th Medical Support Unit was partnering with East African medics to offer healthcare to the Kitgum community, Watson sprang into action.



1st Lt. Victoria Lynn Watson, an Army Reserve nurse deployed to Uganda with the 7225th Medical Support Unit, swaddles a newborn.

Story and Photo By Maj. Corey Schultz
Army Reserve Public Affairs

She checked her watch. It was nearly 2:30 p.m. when medics hurried the 19-year-old expectant mother from the clinic gates where hundreds had gathered to receive care.

While pregnancy was not a planned treatment, the Pajimo Clinic staffs a midwife, Stella Betty Lamono, who was eager to assist Watson. If the U.S. Army Reserve officer were home in Abilene, Texas, she would do the same.

"This is what I do. I'm a labor and delivery nurse in my civilian job," Watson said, hurrying past Ugandan families clutching medicines and awaiting dental checks. "This is what I live for."

Watson serves with the 7231st Medical Support Unit in Lubbock, Texas, but volunteered to augment the 7225th for Uganda.

Once in the clinic's maternity ward, Watson and Pfc. Kendra Hinds, a U.S. Army Reserve medic from Lubbock, Texas, joined Lamono. Lamono asked the lieutenant to work with her to deliver Linda's child.

Lamono and her Ugandan assistant prepared the delivery room. Watson examined the woman—nine centimeters and having contractions. Her watch read 3 p.m.

Hinds had never helped a woman give birth, so Watson talked her through the exam as they felt the mother's stomach to see where the baby was.

"You can feel the contractions," Watson said to Hinds. "Her sides and belly get hard. Feel here ... that's the head. It's in the right place, that's good. The baby is aligned right."

Lamono produced a Pinnard Horn, a wooden listening device not often seen in America, that is used to hear the baby's heartbeat. Watson and Hinds took turns listening.

Then Lamono said, "You are delivering. You should name the baby."

"OK, I'll name the baby," Watson said, in a light-hearted way. "How about, let's see... Gracie for a girl? Yes, I like Gracie."

"And a boy?" asked Lamono.

"Okay, for a boy... Cage. I like Cage."

Lamono translated. Linda smiled, amused despite her obvious discomfort. It was nearly 3:30 p.m., the baby was coming, and the delivery team still had things to do.

Meanwhile, Linda's sister arranged swaddling clothes on the receiving table at the other side of the room.

"How many weeks is she?" Hinds asked.

"Thirty-eight," Lamono said, confidently.

The contractions continued. The mother remained stoic despite the lack of any pain medicine. Sweat beaded on her face, veins throbbed along her neck. She would lie calmly, then moan softly, and slap the nearby wall. Hinds grabbed a cloth and patted her face and held her hands through contractions.

"Most girls in the States would be yelling and hollering by now," Watson said.

Unlike in the States, the clinic had no monitors, electrical gadgetry or air conditioning. It did have clean water, sterilized equipment, and a trained midwife, plus her U.S. counterparts.

It was around 4 p.m. when the mother groaned and slapped the wall again.

"She's in second stage," Watson said. "All she has to do now is push."

A few minutes passed, the mother began to push—Hinds held her hand and continued to comfort her. Then came a loud cry from a healthy baby boy. It was 4:30 p.m.

Watson wiped him down. He waved his tiny hands and stared around the room with large, alert eyes. Lamono tied up the stump of the umbilical cord.

"You delivered the baby, what name did you pick for a baby boy," Lamono said, reminding Watson.

"Cage," Watson replied. "But I can't name her baby. It's her baby!"

Hinds placed the infant into his mother's arms. The new mom smiled.

"What is she going to name him?" Watson asked. Lamono translated. Linda answered—and Lamono began to laugh.

"What did she say?" Watson asked.

"She decided she liked the name you picked," Lamono said. "She named her little boy 'Cage'."

Outside, U.S. and East African medics were closing up for the day, handing out the final doses of vitamins and routine medications, when they learned the good news. An officer took out the records reflecting the number of people treated, changing 714 to 715, to add Cage—Kitgum's newest resident.

"It's pretty amazing there's a little one out here that I named and that I helped bring into this world," Watson said. "Pretty amazing." ✪

It's Like Moving a City

Story and Photos By Spc. James Clifton
314th Public Affairs Operations Center

923rd Movement Control Team Helps with Iraq Drawdown

VICTORY BASE CAMP, Iraq — During the coming months the U.S. military combat troop strength in Iraq will be reduced to approximately 50,000. With the reduction of the number of troops comes the drawdown of their cargo, supplies, vehicles, and other mission-related equipment.

Imagine having to evacuate a city of 100,000 people with all their belongings in under a year and relocating them halfway across the world. This is essentially the task for the Bakersfield, Calif.-based 923rd Movement Control Team.

"It is our responsibility to track the movement of items in and out of country," said Sgt. 1st Class John Patrick Cole, the 923rd detachment NCO in charge and Des Moines, Wash., native. "We are the central hub of Iraq."

In coordination with the 21st Cargo Transfer Company from Fort Lewis, Wash., the 923rd helps to oversee the Redistribution Property Assistance Team yard, Cargo Release Shipping Point, and Foreign National yard. The RPAT yard specializes in receiving and distributing military vehicles to and from other units and areas. The CRSP stores and moves all cargo and equipment that comes through the Victory Base Camp area. The FN yard caters specifically to commercial cargo movement such as gasoline and food rather than equipment and vehicles.

When a family moves across town or to a new state, they contact moving companies to transport their belongings safely to their new home. This process involves planning ahead and a bit of paperwork. The 923rd MCT's mission is very similar to this.

When any military unit wishes to move cargo through the Victory Base Camp area, they fill out a Transportation Movement Request and submit it to the 923rd where it is digitally stored and tracked. The information is copied onto digital tracking devices that are attached to all shipping containers.

When cargo is ready for inbound or outbound movement, the 21st CTC guides and coordinates the loading and unloading of convoys. Anywhere from 50 to 100 requests are received and processed by the 923rd per week. The time it takes for this process varies on the size of the convoy.

Back at the 923rd's main office, Soldiers oversee theater and corps movement operations, maintain radio contact with convoy commanders in order to provide emergency assistance, and update receiving MCTs on expected convoy arrival times.

If a problem arises with convoy movement, it can quickly bring the mission to a halt, said Capt. Angel A. Rivero, 923rd detachment commander. "We do everything we can to avoid that."

Prior to this deployment, only a few Soldiers from the 923rd were experienced. More than half had to cross-train and receive several months of specialized training in preparation for their mission.

"I am very proud of these people," said Rivero, a St. Cloud, Fla., native. "They have diverse backgrounds and we use it to our benefit. The things they do reflect the quality of the Soldiers in the unit. We set the tone for other MCTs. I feel very fortunate to have good NCOs and Soldiers."

Bakersfield, Calif., natives Sgt. Sonia Villasenor and Spc. David Villasenor are among the few with previous MCT deployment experience. This husband-and-wife team deployed in 2005 to Balad Airbase and operated the north and south entry control points there. Sgt. Villasenor also brings her civilian expertise as a cargo inspector for YRC North American Transportation located in California. Together, they provide a wealth of knowledge to the other Soldiers in their unit.

As troops redeploy, the 923rd has a large responsibility to make the drawdown of equipment flow seamlessly.

"Our numbers are small but our eyes, ears, and hands are far out-reaching," said Cole. ✪

EDITOR'S NOTE
Also contributing to this article is Pfc. Christine Bernat, 314th Public Affairs Operations Center.

A KBR employee operates a crane to load a Container Express of cargo onto a semi-trailer truck in preparation for an outbound convoy at the Cargo Release and Shipping Point at Camp Liberty. The 923rd Movement Control Team is responsible for overseeing the CRSP yard and monitors all convoy movements that come through the Baghdad area.

CIVIL SUPPORT TEAMS TRAIN WITH MULTI-GAS DETECTION SYSTEMS

Story and Photo By Sgt. 1st Class Eugene Pomeroy
Public Affairs Office
7th Civil Support Command

Staff Sgt. Ralph Lahens, 773rd Civil Support Team, operates the AreaRAE Multi-Gas Detection System during a recent exercise at Daenner Kaserne in Kaiserslautern, Germany. When a CST is fully deployable, it can be on the road within two hours to support civil authorities in the event or suspicion of an attack.

KAISERSLAUTERN, Germany — When disaster strikes you can count on the Army Reserve Soldiers from the 771st and 773rd Civil Support Teams to suit up and detect the hazards that lurk in the air.

The 771st and 773rd CSTs trained on AreaREA Multi-Gas Detection Systems at Daenner Kaserne recently as part of the 7th Civil Support Command's transformation into a force that can support civil authorities in a chemical, biological, radiological, and nuclear incident. The one-day chemical, biological, radiological, and nuclear training conducted by RAE Systems representative Frank Moddemann was designed to train the trainer.

"It was very fine training," said Sgt. Tony Luther from the 771st CST in Bamberg, Germany. "I was appreciative of the fact that we got it directly from a technician from the company. It gave us a lot more insight because it's one of those skills you have to continuously use."

Luther was one of four Soldiers who will return to train the rest of his unit.

The system consists of a Rapid Deployment Kit, a laptop computer that connects remotely to four to 32 detectors. The detectors, resembling large transistor radios, monitor oxygen levels and combustible and toxic gases such as benzene, carbon monoxide, and chlorine. The AreaRAE also has the ability to detect gamma radiation. Exposure to gamma rays can cause serious damage when absorbed by living tissue and are therefore considered a health hazard.

"You put the detectors up around a "hot" zone, move away, and monitor what is happening from a safe location, up to three to four miles away," said Moddemann.

It was very important for the Soldiers to set the units up and become familiar with them, he added.

Lt. Col. Timothy Pelfrey, commander of the 773rd CST, said the training was excellent and provides the CSC with a capability it hasn't had before.

"I believe this is the first time the 7th Civil Support Command can demonstrate and showcase its [CBRN] capabilities to the rest of the European theater," said Eryn Seidl, the 7th CSC's CBRN operations specialist.

Civil support teams were first fielded by the National Guard in 2000. The 2nd CST from New York was the first National Guard team to respond to a terrorist attack when it was sent to Ground Zero after 9/11. When fully deployable, a CST can be on the road within two hours to support civil authorities in the event or suspicion of an attack.

With more than 900 European-based Army Reserve Soldiers, the 7th CSC is now entering a new phase as it becomes a fully deployable, operational command

The 7th CSC's new structure will provide foreign consequence management, civil affairs, and command and control capabilities to U.S. Army Europe and Seventh Army. ✪

Reserve medics TRAIN BESIDE Civilian counterparts

Story and Photo By Maj. William D. Ritter
Public Affairs Office
Army Reserve Medical Command

NASHUA, N.H. — A new training program brought Army Reserve medical Soldiers to the Radisson Nashua Convention Center for combat medic sustainment training, Oct. 15-19, 2009. Held in conjunction with the National Federation of Licensed Practical Nurses' convention, healthcare specialists and licensed vocational nurses gathered to receive part of their mandatory, bi-annual medical training.

The 2009 Healthcare Specialist Sustainment Conference is the second iteration of a 28-hour continuing education program to train medics. By condensing the training into a four-day event, commanders get re-certified Soldiers without losing multiple battle assemble training periods.

"Our main goal is to re-certify as many Army Reserve medics as we can," said Sgt. Maj. Michael Robinson, the event organizer. "But one of the added benefits that we are providing is time. Time for commanders to utilize their Soldiers for other mission requirements."

According to Staff Sgt. Joellan Schroeder, the conference also benefited first line leaders.

"I'm a platoon sergeant, so I have a lot of administrative things to do [at battle assembly]," she said. "My time is valuable. This conference is an excellent way for me to get my CEUs [Continuing Education Units] done without [adversely] affecting my weekend drill time."

Robinson, part of the Army Reserve Medical Command's Medical Readiness and Training Command, organized the conference to coincide with the NFLPN event.

"Enlisted medical Soldiers never had their own training conference, like officers do, to pass on information and network," he said. "This event lets them mingle with their fellow medics and their contemporaries in the civilian field."

Spc. Barbara Snow, a civilian emergency room medical technician at Nellis Air Force Base in Nevada, said she benefited from a joint conference with the NFLPN.

"[The nurses] are a wealth of knowledge for us," she said. They can give me information on injury trends that I wouldn't think to look for."

Combat medics are required to take 72 hours of refresher training bi-annually. The training is a continuing education requirement for the Emergency Medical Training Basic course they initially qualified in for the Army.

The Nashua sustainment conference featured training focused on tactical medical care, medical education and individual competence testing.

Soldiers trained on a wide variety of tasks including bleeding control, tourniquet application, emergency bandaging, amputation treatment, and applying splints.

They used Advanced Life Support simulators to practice many of the tasks they trained on. These technologically advanced mannequins emulate many body functions vital for realistic training.

The conference also offered attendees the opportunity to test their skills against one another in competition. The first medical simulation warrior competition was set up in the convention center parking lot. Planners used the ALS simulators to present competitors with various medical traumas. Soldiers were judged on their expertise dealing with care under fire and tactical field care.

At the end of the conference, event winners walked away with trophies and bragging rights among their fellow medics. But the real winners were the medical commanders around the country who are getting their Soldiers back with half of their bi-annual sustainment training completed at no cost to them. ✪

Sgt. Margie McKernan (center), 801st Combat Support Hospital, Detachment 1, works with fellow combat medics retraining on the Advanced Life Support simulator as part of the combat medic sustainment training conference.

EDITOR'S NOTE
Also contributing to this article was Sgt. Kirk Bell, Public Affairs Office, Army Reserve Medical Command.

75th BCTD Supports Battle Command Training

Story By Maj. Mark Williford
Public Affairs Office
75th Battle Command Training Division

The Desert Sun slips away into the horizon during USARC's support of Operation Lucky Strike.

Photos By Maj. Christopher Malone, 75th Battle Command Training Division

CAMP ARIFJAN, Kuwait — The old adage, "Luck is when opportunity meets preparation," proved true for nine 75th Battle Command Training Division Soldiers.

The division's years of command and staff experience paid off when Lt. Gen. William G. Webster, Jr., commanding general of Army Central Command, invited members from the 75th and other reserve organizations to serve as Observer Controller/Trainers for Operation Lucky Strike, a command post exercise held at Camp Arifjan, Kuwait, from Aug. 18-30, 2009.

A Command Post Exercise, also known as a CPX, is a training exercise that may be conducted in garrison or in the field. It is the most common exercise used for training the battalion staff, subordinates, and supporting leaders in order to successfully plan, coordinate, synchronize, and exercise command and control over operations during mission execution. The event allowed 75th Division Soldiers, headquartered in Houston, to display their expertise and exercise organizational experience during the ARCENT event.

ARCENT, also known as Third Army, serves as the Coalition Forces Land Component Command.

"The exposure to a Combined/Joint Operation at echelons above division proved invaluable for 75th Division OC/Ts," said Lt. Col. Jeff Ragland, 1st Brigade operations officer.

The CPX prepared the ARCENT staff for Operation Bright Star conducted in Egypt in October 2009.

Twenty-one Army Reserve Soldiers were selected from the 75th BCTD, 104th Brigade. The 926th Engineer Brigade, based in Montgomery, Ala., also supported the exercise. Col. Randy Thompson, a 75th Battle Command Group commander, served as exercise director.

ARCENT Soldiers pause to view exercise data during Operation Lucky Strike held at Camp Arifjan, Kuwait. Army Reserve Soldiers from across USARC, including members of the 75th Battle Command Training Division, coached, trained and mentored 3rd Army staff officers during the exercise.

Ragland said that since the unit was at a strategic level, the normal tactical model of observations to After Action Reviews presented a unique challenge and simply "did not work as well" at this level of command.

Using their combined years of experience, the team created an AAR concept using six broad themes: standard operating procedure review, battle rhythm, building the bench through cross training, knowledge management, safety and rehearsals.

Webster praised the team and indicated an interest in having the OC/Ts return for future CPX events.

Maj. Chris Malone said traveling to Kuwait and working with the ARCENT was rewarding.

"This was the first time I was able to OC an Army Level staff's operations," said Malone. "Our observations and recommendations were well received." Malone said an AAR technique of story boarding the AAR allowed ARCENT's staff to include their observations and review cause and effect situations."

The 75th BCTD is the Army Reserve's only Battle Command Staff Training Division. In 2008, the organization trained Active, Guard, and Reserve commanders and their staffs, who represented 8,500 Soldiers from 78 brigades and battalions in preparation for deployments to Iraq and Afghanistan. ★

7TH CSC MEDICAL EXPERTS LEND HELPING HAND IN SWAZILAND

Col. Morgan M. Gray, commander of the Medical Support Unit-Europe in Mannheim, Germany, holds a Swazi orphan during MEDFLAG 09.

Story and Photo By
Sgt. 1st Class Eugene Pomeroy
Public Affairs Office
7th Civil Support Command

MBABANE, Swaziland — Two Army Reserve medical professionals offered their expertise to help Swaziland improve its response in case of medical disasters.

Col. Morgan M. Gray, commander of the Medical Support Unit-Europe in Mannheim, Germany, and Capt. Charles A. Pastor, a medical doctor assigned to the MSU-E, took part in MEDFLAG 09, Aug. 3-14, 2009.

MEDFLAG is a joint and combined military exercise led by U.S. Army Africa in support of U.S. Africa Command to improve medical disaster preparedness and humanitarian assistance management and share the Army's medical expertise with Swaziland military leaders and Ministry of Health officials.

The three-phase MEDFLAG exercise, in addition to promoting medical and security cooperation between the U.S. and Swaziland militaries, also aimed to improve interoperability between Swaziland military and government ministries enhancing the Swazi's capabilities to respond to disasters and medical emergencies.

During the first phase, Gray and Pastor provided training on the military decision-making process, how to respond to disasters and pandemics, and demonstrated how inter-ministerial cooperation is essential in responding to disasters. Representatives from Swaziland's Ministries of Health, Agriculture, and the Umbutfo Swaziland Defense Force took part.

"They were very interested in the presentation. The Ministry of Health and the Ministry of Defense worked well during the pandemic influenza tabletop exercise supporting the importance of inter-ministry coordination during disaster response," said Gray.

He added that Swaziland recently created a national disaster pandemic task force and since the country recently had a cholera outbreak, the pandemic exercise was very relevant and helpful in further developing their capacity to manage medical emergencies. Swaziland also has a tremendous challenge with HIV. Combined with tuberculosis, which is also prevalent in the country, many Swazis are considered at high risk during an influenza pandemic.

During phase two, Gray helped supervise and script the narration of a mass casualty exercise conducted by Swaziland military and first responders.

"We came up with a script to explain what all the actions were as they were occurring during the mass casualty exercise," said Gray. "This event was observed by many U.S. and Swaziland dignitaries, and they seemed impressed by the rapid response and effective treatment and evacuation performed by the Swaziland first responders."

In phase three—the humanitarian civic action phase—veterinarians, dentists and other medical personnel went into each of Swaziland's four districts, setting up clinics in schools and treating animals at various sites.

"I've been to quite a few African countries before. It's a stark reality how these countries live," Gray said. "In some of the areas, they don't have much medical care.

"Many are still being seen by the local tribal doctor who uses the stuff that's been around for ages: traditional methods and remedies with herbs," he said.

The Ministry of Health is doing a tremendous job attempting to improve the health of the Swazis with the resources it has and is grateful to the medical and humanitarian projects such as MEDFLAG 09 that provide some very helpful assistance, said Gray.

During the two-week exercise, roughly 2,400 medical and dental patients were seen and treated during visits to Swazi villages. At veterinary sites, nearly 10,500 animals received treatment.

Gray also supervised an outreach project to the Emmanuel Khayalethu orphanage in Motjane. Exercise participants donated more than $800 worth of food, supplies, and toys for the orphanage.

"I guess the most rewarding thing was to see the children's faces. It was like Christmas in the summer time," Gray said. "I think it was a very productive exercise. All the participants gained from it, both the U.S military and the Swazis." ✪

WARRIOR CITIZEN 2009

Congratulations to the winners of the 2009 Army Reserve photo contest!

After receiving numerous submissions, a panel of judges has selected the winner from a talented pool of Army Reserve photographers, who presented us with many top-notch shots. Three photos received honorable mention. Congratulations to our winners, and sincere thanks to all who took the time to enter.

FIRST PLACE

Mile-long trek concludes Combat Lifesaver course
Photo by Sgt. 1st Class Ron Burke, 211th MPAD, MND-B PAO

BAGHDAD – Pfc. Kenny Lawson of Battery E, 3rd Battalion, 4th Artillery Regiment attached to the Division Special Troops Battalion, 1st Cavalry Division, from Philadelphia, quickly administers an IV into the vein of Pfc. Lauren McKeehan, a supply clerk with Headquarters Support Company, DSTB, 1st Cav. Div. from Texarkana, Ark. The event took place July 22, 2009, during a mile-long final training exercise of a three-day combat lifesaver course here. The Soldiers wasted no time moving McKeehan after Lawson secured the IV line on her arm with tape.

PHOTO CONTEST WINNERS

HONORABLE MENTION

Joint mission uproots, disrupts insurgent activities

Photo by Staff Sgt. Mark Burrell, 211th MPAD, MND-B PAO

BAGHDAD – Sgt. Jacob Facemyre (foreground), a cavalry scout from Charleston, W. Va., steps up and over a canal as 1st Lt. Will Hargis (left background), a platoon leader, and Huntington, W. Va., native, both assigned to B Troop, 1st Battalion, 150th Armored Reconnaissance Squadron, 30th Heavy Brigade Combat Team, and Iraqi Army 1st Lt. Mohammed Adel Jassim (right background), commander of 3rd Company, 1st Battalion, 23rd Brigade, 17th IA Division wait for their turn to cross during a joint patrol in southwestern Baghdad, Sept. 21, 2009.

HONORABLE MENTION

Joint palm grove sweep maintains vigilance

Photo by Sgt. Jon Soles, 211th MPAD, MND-B PAO

BAGHDAD – Pvt. Jason Kruger of Kitty Hawk, N.C., (left) and Pfc. Gary Hill of Gastonia, N.C., both M-249 Squad Automatic Weapon gunners, pull security in a palm grove during a weapons cache search with the Iraqi National Police near Doura, here, June 13, 2009. Both Soldiers are infantrymen assigned to Company A, 252nd Combined Arms Battalion, 30th Heavy Brigade Combat Team, North Carolina Army National Guard. The operation lasted about four hours in intense three-digit temperatures.

HONORABLE MENTION

Maj. John Chovanes, M.D. and Frankie Pryor, son of Maj. John P. Pryor, speak at ceremony

Photo by Spc. Kevin D. Harrison

FORT DIX, N.J. – Maj. John Chovanes, M.D. speaks to Frankie Pryor at a memorial ceremony held in honor of Frankie's father, Maj. John Pryor, M.D. at the 99th RSC Headquarters, Sept. 27, 2009. Maj. John Pryor died in Mosul, Iraq during his second combat tour. He was assigned to the 1st Medical Detachment, Forward Surgical Team, an elite triage unit that operates on the front lines, based at Fort Totten, N.Y. at the time of his death.

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

Picture yourself $2000 richer...

Strengthen your unit, your future and your bank account. Become an RA today and receive these benefits:

- Prompt payments
- Ability to nominate Non-Prior Service, Prior Service and Officer Future Soldiers
- Earn credit for nominating friends and family
- Work with the recruiting professional of your choice
- Earn Strength Station points to redeem for FREE recruiting materials
- Increase the strength of your unit

Introducing Strength Station:

Strength Station is AR-RAP's new promotional supply store where you can order **FREE** items to assist in recruiting Future Soldiers. Use your Strength Station points to get windbreaker jackets, polo shirts, t-shirts, tumblers, pens, notebooks, business cards and much more at no cost to you; we'll even cover the shipping and handling charges. Visit **www.AR-RAP.com** today for additional details on how to place your order for **FREE** Army Reserve merchandise.

U.S. ARMY
ARMY RESERVE
AR-RAP.com

Recruiting Assistance Program

Visit www.AR-RAP.com or call (866) 837-2541 for more information.