



Army Reserve, Garrison DPW: *Searching for ways to \$AVE*



The cantonment area at Fort Bragg, N.C. is shown in this night aerial image, Feb. 21, 2013. The post's Directorate of Public Works partnered with the Army Reserve's Alpha Company, 1st Battalion, 169th Aviation Regiment, to see where light energy was being wasted. DPW officials will analyze the images to see where taxpayer dollars can be saved by simply turning out the lights when facilities are not occupied. Read more about it on Page 6. (Photo by Timothy L. Hale/Army Reserve Command Public Affairs)

INSIDE THIS ISSUE

CARE
PAGE 4

SMASHING
the
BARRIERS

BUFFALO
PAGE 8



SOCIAL
PAGE 9



CLICK HERE TO FOLLOW US ON FACEBOOK:



WAMC's Troop and Family Medical Clinic now open



Hundreds of Soldiers, civilians, and medical staff attended the ribbon cutting for the new Troop and Family Medical Clinic on Fort Bragg, N.C., Feb. 1, 2013. The clinic, located at the corner of Knox and Woodruff streets, is conveniently located near the U.S. Army Forces Command/U.S. Army Reserve Command headquarters.

*Story & photos by Timothy L. Hale
Army Reserve Command Public Affairs*

FORT BRAGG, N.C. - Officials with Womack Army Medical Center cut the ribbon on the new Troop and Family Medical Clinic, Feb. 1, 2013.

Located at the corner of Knox and Woodruff streets, the new 51,000 square-foot facility provides outpatient medical care for active duty service members and their dependents, as well as retirees. Services will include primary care, optometry, laboratory services, pharmacy, radiology, physical therapy, and pediatrics.

"We're very excited," said Maj. Erin Stibral, the clinic's officer in charge. "The facilities are beautiful ... it should be better for us and the patients."

The clinic's previous location at Pope Army Airfield is now closed. 🇺🇸



Col. Steven J. Brewster, Womack Army Medical Center commander, addresses the audience at the ribbon cutting for the new Troop and Family Medical Clinic on Fort Bragg, N.C., Feb. 1, 2013.



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Sequestration, furloughs, and budgets focus of USARC town hall



Addison D. (Tad) Davis, IV, U.S. Army Reserve Command command executive officer, standing, addresses USARC Soldiers, civilians, and contractors on the effects of sequestration and potential civilian furloughs. "There are going to be people out there feeling the pain, much more than others," Davis said.

*Story & photo by Timothy L. Hale
Army Reserve Command Public Affairs*

FORT BRAGG, N.C. – U.S. Army Reserve Command Soldiers, civilians, and contractors filled the Kerwin Conference Room to standing room only, Feb. 26, 2013, to hear the latest information as the March 1 sequestration deadline loomed.

At stake is the furlough of hundreds of USARC civilians, the possible elimination of temporary and term employees, and the possible curtailment of existing contracts.

Ultimately, if sequestration hits, USARC civilians will most likely absorb a significant amount of cuts through lost wages and benefits.

USARC officials said if sequestration is implemented, civilian employees will be on unpaid furlough one-day per week for 22 weeks starting in late April.

"There are going to be people out there feeling the pain, much more than others.

There are going to be folks out there that are hurting," said Addison D. (Tad) Davis, IV, USARC command executive officer.

"This is the time for us to get our arms out there ... and do the things we know we can do and should do to help them out," he said.

But the USARC budget director said even if Congress passes a budget or passes another continuing resolution after the sequestration deadline, it may not alter its long-term effects.

"The effects of the sequester will continue to impact a budget or a continuing resolution unless Congress passes, and the president signs, something to specifically impact the spending cuts that the sequester was designed to make automatically," said Col. Mo Ottinger, USARC G-8 budget director, in an interview following the first town hall.

"There (sequestration and budget) are essentially two issues," Ottinger said. "In

order for the sequester to change, Congress and the president have to do something specific to preclude the automatic cuts of the sequester happening or continuing."

Davis said Army Reserve leadership is trying to minimize the impacts on civilians should sequestration and the resulting furloughs occur.

Plans are in the works to hold mini-seminars, sessions with civilian personnel, and even financial advisors to help employees cope with the effects of the cuts.

"Our goal is to set folks up for success as we go through that process," Davis said.

He asked employees to do some homework on their own by reviewing the "Guidance for Administrative Furloughs," and the supplemental guidance, both of which can be found on the Office of Personnel Management website.

Davis said these documents will provide many answers that employees may be looking for before and after sequestration. 



U.S. Army Reserve
“WE CARE”
Celebrating Life

“When they hear of an issue, they cannot hide that issue. They need to make it known. Because we’re talking about a person’s life.”

— JOSE MOJICA

Army Reserve Suicide Prevention Manager

SMASHING
the
BARRIERS

Story and illustration by Timothy L. Hale/Army Reserve Command Public Affairs





Mojica said the Army Reserve is reaching out to local communities to find out what resources are available to assist Soldiers and their Families.

“It’s about getting the communities involved,” he said. “Because, these are Citizen-Soldiers and the community must also engage, but they cannot engage if we don’t reach out to them and commanders are doing exactly that.”

Mojica said it really is about the whole community coming together to help Soldiers and their Families.

In the end, Mojica said “We Care” involves everyone communicating with each other. If Soldiers are uncomfortable going to a commander, there are other outlets where their voices and concerns can be heard. They include chaplains, battle buddies, or even organizations found in local communities.

“When they hear of an issue, they cannot hide that issue. They need to make it known,” Mojica said. “Because we’re talking about a person’s life.”

He said holding on to potentially negative information could result in more people being seriously injured.

“We cannot afford that,” he said. “I’d rather rule on saying something and saving that Soldier’s life and maybe, saving the lives of others, than holding back.”

“Ask the right questions to get the right answers. That’s what it’s all about,” he said. 🌟

“We need to let everyone understand that it’s all about promoting life,” said José Mojica, the Army Reserve Suicide Prevention program manager at Fort Bragg, N.C.

“When we go to the other extreme, that is all a negative,” he said. “We need to get away from that negative and keep it on the positive side.”

The biggest obstacle has been and continues to be the stigma associated with seeking help, Mojica said.

“To tell you that the stigma does not exist is incorrect; it’s out there,” he said. “We’re trying to get the message out ... that it’s OK to ask for help; it’s not a sign of weakness. As a matter of fact, it should be looked at as being strong, as being courageous to ask for help.”

Despite what many Soldiers may think, Mojica said that commanders are willing to listen and help.

“Commanders are approachable. Do not get intimidated,” he said. “They want to help, they are engaged, but they can’t help if you don’t tell them you need help.”

Mojica said that he and Army Reserve leaders are getting the word out through suicide prevention program managers, Applied Suicide Intervention Skills Training, or ASIST, to let Soldiers, Families, and Army civilians know “it’s not going to hurt anyone’s career if you come out to ask for help.”

He said commanders want to be involved and are willing to “roll up their sleeves” to help Soldiers. However, the geographic dispersion of Army Reserve units and Soldiers serving in those units can be a challenge when they only see Soldiers one weekend a month.

In the first eight weeks of 2013, the Army Reserve suffered the loss of 11 Soldiers from its ranks.

Not from combat deaths but from suicide.

While there are no black or white answers as to why Soldiers, Family members, or Army civilians take their own lives, Army Reserve leaders are focusing on celebrating life while encouraging and embracing those who need help.

The Army Reserve “We Care” campaign is challenging every leader, across the force, to engage in this fight for life.

“We Care” is designed to smash communication barriers in order to help Soldiers, their Families, and Army civilians cope with stress, depression, and family struggles.

U.S. Army Reserve
“WE CARE”
Celebrating Life
Helpful resources for
Soldiers, Families, & Civilians

- **U.S. Army G-1 Suicide Prevention**
www.armyg1.army.mil/hr/suicide
(Go here to find links for prevention organizations and programs)
- **National Suicide Prevention Lifeline**
1-800-273-8255
- **Army Reserve Fort Family Hotline**
1-866-345-8248 or help@fortfamily.org
- **Military One Source**
1-800-342-9647



Army Reserve, Garrison DPW: *Searching for ways to \$AVE*



The cantonment area at Fort Bragg, N.C. is shown in this night aerial image, Feb. 21, 2013. The image shows vehicles in a brightly lit motor pool after normal duty hours.

*Story & photos by Timothy L. Hale
Army Reserve Command Public Affairs*

FORT BRAGG, N.C. – In an ongoing effort to save taxpayer dollars, the post's Directorate of Public Works reached out to Army Reserve aviation for help.

Garrison energy officials here figured the best way to look for wasted energy was to go up – literally.

Partnering with the Army Reserve's Alpha Company, 1st Battalion, 169th Aviation Regiment, based here at Simmons Army Airfield, a DPW official boarded a UH-60 Black Hawk helicopter during a previously-scheduled night training mission to find the hot spots on post.

The mission to find wasted light energy was in response to a Jan. 23, 2013 memorandum from the Assistant Secretary of the Army for Installations, Energy, and Environment. The memo outlines the way ahead for installations to save energy costs and holds commanders "accountable for energy use in the facilities they occupy."

Gregory Bean, the garrison DPW director, said this Army-wide effort ties directly into the utility consumption reports his office sends out to organizations on Fort Bragg.

"If you don't take ownership of your costs, you will never conserve," Bean said. "If you don't know what it costs to operate your facility, it's not real to you. What we're trying to do is showcase where we are wasting energy ... and encourage you to conserve energy and conserve costs."

What is the best way to find who is wasting energy?

Fly over an installation at night, take photographs of areas in question, and see who is unnecessarily burning the midnight oil, so to speak.

Thomas Blue, Fort Bragg, DPW, Operations and Maintenance Division, energy manager, said he is looking at "what buildings, what facilities we would have the potential of simply flipping the switch and turning the lights off."

Blue said that of Bragg's \$46 million

annual utility bill, lighting facilities accounts for 20 percent. Heating and cooling facilities accounts for 60 percent, while the remaining 20 percent is from "plug loads" that come from items such as computers, copy and fax machines, refrigerators, and coffee pots.

"We did some calculations and estimated that turning 50 percent of the fixtures off in the interiors of buildings ... that would save roughly \$4.5 million a year, and that's including the barracks," he said.

The night flight mission demonstrated how the Army Reserve adds value to the existing active component.

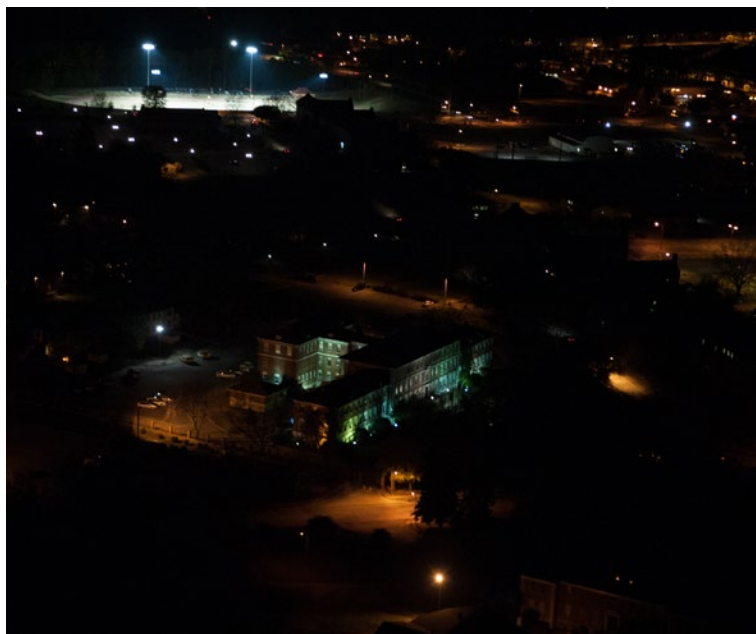
"It reinforces the fact that the Army Reserve is a true force multiplier and part of the total Army effort," said Addison D. (Tad) Davis, IV, U.S. Army Reserve Command command executive officer.

Davis, who served as Fort Bragg garrison commander from 2000-2003, knows it takes commitment to conserve energy on the sprawling 160,000 acre post.



“This night-time mission, focusing on energy usage on an installation that houses active, guard and reserve organizations, personifies our commitment to being a team player,” he said.

Davis said assisting the garrison also “reinforces our commitment to energy security and energy conservation measures. If we



Hedrick Stadium shines bright at the top of this night aerial image at Fort Bragg, N.C., Feb. 21, 2013. In the foreground is the 18th Airborne Corps headquarters.



The U.S. Army Forces Command and U.S. Army Reserve Command headquarters is shown in this night aerial image at Fort Bragg, N.C., Feb. 21, 2013. The building is equipped with many energy saving measures to include lighting that automatically turns off a majority of the interior lights during overnight hours. The Fort Bragg Directorate of Public Works partnered on an existing mission with the Army Reserve's Alpha Company, 1st Battalion, 169th Aviation Regiment to see where light energy was being wasted in an effort to reduce the post's energy consumption.

can help out the installation by assisting them in determining where energy waste is occurring, that's a benefit that we can all take credit for.”

One stop on the mission included documenting light energy being used at the U.S. Army Forces and U.S. Army Reserve Command headquarters. Davis said the images “reaffirmed what we're doing here at this headquarters to reduce energy consumption as part of the overall Bragg effort.”

Looking down on the post from the air gives the DPW staff a “bird's-eye-view and the access and the perspective we simply couldn't get from the ground,” Blue said.

“When you're up in the air at night, it should become much more obvious than driving around down on the ground,” he said.

And there is plenty of ground to cover.

According to Blue, the main cantonment alone is comprised of 33 million square feet of building space. Add in post housing and the square footage jumps to 49 million square feet.

“That's a lot of buildings because we don't have many big buildings – Soldiers' Support, Marshall Hall, and Womack – those are our three biggest. Our median size of building is about 4,000 square feet. That's a lot of buildings,” he said.

Once the images are analyzed, Blue said his team would catalog the areas in question, find out who is in the facilities and what the needs are to have those lights on at night.

“We certainly could not afford to hire somebody to take us up for this. This is an incredible benefit,” Blue said. 🇺🇸



Buffalo Soldiers highlighted in display



Buffalo Soldier prints, by famed historical artist Dale Gallon, hang in the U.S. Army Reserve Command Headquarters on Fort Bragg, N.C., Feb. 12, 2013. The prints, located on the first floor near the USARC G-4, are in commemoration of Black History month.

*Story & photos by Timothy L. Hale
Army Reserve Command Public Affairs*

FORT BRAGG, N.C. - Six prints depicting the heroic actions of the Buffalo Soldiers are now on display in the U.S. Army Reserve Command headquarters here.

The prints, by noted historical artist Dale Gallon, show scenes from campaigns in the American southwest and the Spanish-American War.

"They were given the name 'Buffalo Soldiers' because of the way they would charge across the plains after the Indians," said Dr. Lee Harford, Office of Army Reserve History director.

In his research, Harford said the Indians looked upon the Buffalo Soldiers as "fierce warriors." That's why they gave them the nickname."

Harford said one of the more famous episodes in Buffalo Soldier history occurred in Cuba in 1898.

He said members of the 10th Regiment were led up Kettle Hill, San Juan Heights, by then lieutenant John "Black Jack" Pershing, who would later command the Allied Expeditionary Force in World War I.



Acting Color Sergeant George Berry of Troop G, 10th U.S. Cavalry Regiment, carries the national flag of his own command as well as the standard of the 3rd U.S. Cavalry Regiment in the assault upon the Spanish works on Kettle Hill, San Juan Heights, Cuba, July 1, 1898.





Army Reserve Family Programs launched their Facebook a few weeks ago. Soldiers and their Families can use the page to find out valuable information to assist with programs or specific needs they may have. The website address is <https://www.facebook.com/ArmyReserveFamilyPrograms>. (Photo courtesy of Army Reserve Family Programs)

Family Programs launches social media

Story by Timothy L. Hale
Army Reserve Command Public Affairs

FORT BRAGG, N.C. – Getting information to Army Reserve Soldiers and their Families has become a little easier thanks to social media.

The Army Reserve Family Programs directorate recently launched its Facebook page in an effort to communicate more effectively – especially with younger Soldiers and Families.

“It certainly will enhance how we communicate with all the different generations,” said Sonia Wriglesworth, ARFP director.

Wriglesworth said it became obvious to her staff that younger Soldiers would much rather pose questions and receive answers via text, emails or the internet than in the more traditional face-to-face information exchange.

She said a good example of how social media helps communication efforts was



Army Reserve Family Programs also has a Twitter feed. Soldiers and Families can follow the latest information, such as disaster recovery. The website address is <https://twitter.com/FamilyPrograms>. (Photo courtesy of Army Reserve Family Programs)

during the recent snowstorm in the Northeast and tornadoes in the Southeast.

“Because of the geographic dispersion, outreach is certainly the key for us to keep connected with Soldiers and Families ... and for them to keep connected with us,” she said.

Even though their social media presence is still in its infancy, Wriglesworth said the feedback so far has been positive.

“They’ve been very pleased with just the fact that we have a Facebook page,” she said. “We’re connecting the pieces together. Probably in the next six months we’ll really get a feel for what Facebook is bringing to us.”

For more information about their social media, visit the ARFP website (<http://www.arfp.org>), scroll to the bottom and click on their Facebook (<https://www.facebook.com/ArmyReserveFamilyPrograms>) and Twitter (<https://twitter.com/FamilyPrograms>). 🐦



Army Reserve journalists shine

By Timothy L. Hale
Editor, USARC Double Eagle

After a week of judging, the winners of the 2012 Army Reserve Lt. Col. Wetzel "Scoop" Brumfield "Best in the Army Reserve" journalism competition have been chosen.

More than 180 entries in the writing, photography, and community relations categories, and more than 60 broadcast entries were judged by active duty public affairs practitioners and journalists from the Fayetteville Observer.

The winners, which were selected from 24 print, 22 broadcast, and three community relations categories, move on to represent the Army Reserve at the 2012 U.S. Army Maj. Gen. Keith L. Ware Public Affairs Competition.

First place winners at the Keith L. Ware competition will represent the Army at the Department of Defense Thomas Jefferson Awards competition in April.

2012 Brumfield Public Affairs Competition Community Relations & Print Category Winners ("Best in Army Reserve")

COMMUNITY RELATIONS – CATEGORY C:

FIRST PLACE: USACAPOC(A) – Operation Toy Drop

CATEGORY C: MAGAZINE-FORMAT PUBLICATION

FIRST PLACE: Office of the Chief, Army Reserve – Warrior-Citizen Magazine

SECOND PLACE: 807th MDSC – The Pulse **THIRD PLACE:** USACAPOC(A) – The Peacemaker

CATEGORY D: NEWSLETTER/FIELD NEWSPAPERS

FIRST PLACE: 316th ESC – The Steel Sustainer

CATEGORY E: WEB-BASED PUBLICATION

FIRST PLACE: USARC – The Double Eagle

SECOND PLACE: AR-MEDCOM – Warrior-Medic Online **THIRD PLACE:** 81st RSC – The Wildcat

HONORABLE MENTION: 364th ESC – The Sustainer

CATEGORY F: OUTSTANDING INITIATIVE IN NEW MEDIA

FIRST PLACE: USCAPOC(A) – USACAPOC(A) New Media

CATEGORY H: WEBSITE

FIRST PLACE: USCAPOC(A) – USACAPOC(A) Website

SECOND PLACE: 108th TC (IET) – 95th Unit Website

Third Place (TIE): 108th TC (IET) – 108th Unit Website

Third Place (TIE): 416th TEC – 416th Unit Website

CATEGORY I: NEWS ARTICLE

MILITARY

FIRST PLACE: Lt. Col. Christopher Black, 108th TC – Drill Sergeant School

SECOND PLACE: Staff Sgt. Tony Foster, First Army West – Wounded Warriors

THIRD PLACE: Sgt. Joseph Vine, 305th MPAD – Pacific Best Warrior

HONORABLE MENTION: Staff Sgt. Brent Powell, 300th MPAD – Reserve Task Force

CIVILIAN

FIRST PLACE: Timothy L. Hale, USARC – EBR Training

SECOND PLACE: Timothy L. Hale, USARC – Back to Basics

CATEGORY J: NEWS FEATURE ARTICLE

MILITARY

FIRST PLACE: Sgt. Jeannette Twigg, 200th MP Cmd – Baltimore Youth

SECOND PLACE: Spc. John Carkeet, 143rd ESC – Chute for



represent the Army at the Department of Defense Thomas Jefferson Awards competition in April.

Congratulations to this year's winners, best of luck in the upcoming competitions. We look forward to seeing your entries for the 2013 competition later this year.

the Sea

THIRD PLACE: Spc. Justin Snyder, 354th MPAD – Playtime **CIVILIAN**

FIRST PLACE: Timothy L. Hale, USARC – Army Reserve's Best Warrior

SECOND PLACE: Timothy L. Hale, USARC – Riggers Ready for Toy Drop

CATEGORY K: HUMAN INTEREST FEATURE ARTICLE **MILITARY**

FIRST PLACE: Sgt. 1st Class Michel Sauret, 354th MPAD – Afghanistan Work

SECOND PLACE: Sgt. Marc Loi, 391th MPAD – Fueled by Passion

THIRD PLACE: Spc. Jacquelyn Slaughter, Redskins Game **CIVILIAN**

FIRST PLACE: Timothy L. Hale, USARC – Sixty Years of Service

CATEGORY L: PERSONALITY FEATURE ARTICLE **MILITARY**

FIRST PLACE: Sgt. Dennis DePrisco, 416th TEC, Wichita Fire-fighter

SECOND PLACE: Staff Sgt. Tony Foster, First Army West – Minister

THIRD PLACE: Sgt. Marc Loi, 391th MPAD – Happy to Be Infantry

CIVILIAN

FIRST PLACE: Timothy L. Hale, USARC – Opet's Odyssey

SECOND PLACE: Deborah Williams, 108th TC – WWII Chaplain

CATEGORY M: COMMENTARY

MILITARY

FIRST PLACE: Staff Sgt. Richard Harris, 108th TC – Twenty-three seconds to bad

SECOND PLACE: Master Sgt. Steve Opet, USARC – UPL

THIRD PLACE: Master Sgt. Steve Opet, USARC – Height and Weight

CIVILIAN

FIRST PLACE: Timothy L. Hale, USARC – Double Eagle Express

CATEGORY N: SPORTS ARTICLE

MILITARY

FIRST PLACE: Staff Sgt. Peter Barardi, 316th ESC – Land and Water Challenge

Second Place (TIE): Maj. Edward Kuppinger, 108th TC – 98th



Combatives Tournament

Second Place (TIE): Sgt. 1st Class Marisol Hernandez, 416th TEC – A March to Remember

CIVILIAN

FIRST PLACE: Timothy L. Hale, USARC – Warriors on the Water

CATEGORY O: STORY SERIES

FIRST PLACE: 316th ESC – My first deployment

CATEGORY P: PHOTOJOURNALISM

MILITARY

FIRST PLACE: Staff Sgt. Peter Barardi, 316th ESC – Taking the Dive

SECOND PLACE: Sgt. 1st Class Joel Quebec – Aerial Gunnery

THIRD PLACE: Sgt. 1st Class Joel Quebec – Selfless Service

CIVILIAN

FIRST PLACE: Timothy L. Hale, USARC – Spartans Football

SECOND PLACE: Randy Belden, 88th RSC – Youngest Soldier

CATEGORY Q: PHOTOGRAPH

MILITARY

FIRST PLACE: Sgt. 1st Class Joel Quebec – 100th Army Band

SECOND PLACE: Staff Sgt. Peter Barardi, 316th ESC – Litter Carry

THIRD PLACE: Sgt. 1st Class Marisol Hernandez, 416th TEC – One More Push-Up

CIVILIAN

FIRST PLACE: Timothy L. Hale, USARC – Overcoming Obstacles

SECOND PLACE: Timothy L. Hale, USARC – Warriors on the Water

THIRD PLACE: Timothy L. Hale, USARC – Ruck March Reflections

CATEGORY R: PICTURE PAGE

FIRST PLACE: USARC – Operation Toy Drop 2012

SECOND PLACE: Staff Sgt. Peter Barardi, 316th ESC – Learn to Fight

THIRD PLACE: 290th MP BDE – Top Prize

CATEGORY S: DEPLOYED PHOTOGRAPH

FIRST PLACE: Staff Sgt. Peter Barardi, 316th ESC – Abrams Load

CATEGORY T: CONTRIBUTION BY STRINGER – WRITING

FIRST PLACE: Lt. Col. Robert Hefner, 75th TD – Rusty Spike

SECOND PLACE: Staff Sgt. Sharilyn Wells, USACAPOC(A) – Different Side of the Story

THIRD PLACE: Staff Sgt. Kristen Walker, 316th ESC – Being Homesick

HONORABLE MENTION: Brig. Gen. Allan Elliott, 108th TC – Some Good Advice

CATEGORY U: CONTRIBUTION BY STRINGER – PHOTOJOURNALISM

FIRST PLACE: Staff Sgt. Felix Fimbres, USACAPOC(A) – Super Team

CATEGORY V: JAMES P. HUNTER AWARD FOR OUTSTANDING NEW WRITER

Staff Sgt. Peter Barardi, 316th ESC

CATEGORY X: ARMY RESERVE CIVILIAN JOURNALIST OF THE YEAR

Timothy L. Hale, USARC

**2012 Brumfield Public Affairs Competition
Broadcast Category Winners
("Best in Army Reserve")**

CATEGORY H, TELEVISION INFORMATION PROGRAM

FIRST PLACE:

356th Broadcast Operations Detachment, Fort Meade, MD

"316th ESC Best Warrior Competition 2012"

CATEGORY J, TELEVISION NEWS REPORT

FIRST PLACE:

SSG Joy Dulen, 335th Signal Command (Theater), East Point, GA

"Reservists Strive for Best Warrior"

SECOND PLACE:

SPC Mark O'Rear, 326th Mobile Public Affairs Detachment, Reading, PA

"Road Warriors"

THIRD PLACE:

SFC Adam Stone, 316th Expeditionary Sustainment Command, Coraopolis, PA (Deployed)

"Pittsburgh Soldiers Enjoy Real Texas Experience"

CATEGORY K, TELEVISION FEATURE REPORT

FIRST PLACE:

SPC Mark O'Rear, 326th Mobile Public Affairs Detachment, Reading, PA

"Recipe for Success"

CATEGORY M, LOCAL TELEVISION NEWSCAST

FIRST PLACE:

Headquarters, U.S. Army Reserve Command Public Affairs, Fort Bragg, NC

"The USARC Report"

CATEGORY N, REGIONAL TELEVISION NEWSCAST

FIRST PLACE:

Headquarters, U.S. Army Reserve Command Public Affairs, Fort Bragg, NC

"Army Reserve Today"

CATEGORY O, DEPLOYED TELEVISION NEWS REPORT

FIRST PLACE:

SFC Walter Talens, 311th Expeditionary Sustainment Command, Los Angeles, CA

"Counter Narcotics Fight"

SECOND PLACE:

SFC Walter Talens, 311th Expeditionary Sustainment Command, Los Angeles, CA

"Zabul PRT Engineers Inspect School Construction"

CATEGORY R, DEPLOYED TELEVISION FEATURE REPORT

FIRST PLACE:

SFC Adam Stone, 316th Expeditionary Sustainment Command, Coraopolis, PA (Deployed)

"Kuwait National Guard and U.S. Army: That's Logistics!"

CATEGORY U, MILITARY BROADCAST JOURNALIST OF THE YEAR

SFC Adam Stone, 316th Expeditionary Sustainment Command, Coraopolis, PA (Deployed) 🇺🇸

Who Were Brumfield and Ware?

Brumfield established the reserve component MOS-qualification for enlisted journalists. He was also one of the first inductees into the U.S. Army Public Affairs Hall of Fame in 2000.

Ware, a World War II Medal of Honor recipient, is considered by many to be the father of modern Army public affairs and journalism.

After serving as as Deputy Chief and Chief of Information for the Department of the Army from September 1964 through November 1967, Ware was given command of the 1st Infantry Division in Vietnam. Six months after assuming command, while moving forward to get "first hand" observations of the offensive operation in progress, he was killed when his helicopter was shot down on September 13, 1968.



From Lore to Evidence: Bridging the past to the future

*By Deborah Foster-King
Army Reserve Archivist*

Historical accounts without documented evidence – whether written, photographic, oral, or an artifact – are, largely, nothing more than lore.

Research requires pragmatic evidence to define historical value and a means by which that evidence is preserved.

The U.S. Army Reserve Command, Office of Army Reserve History, established, manages and maintains that means with the U.S. Army Reserve Historical Research Collection – a records holding facility, gathering historically significant documents and copies.

Located at the USARC headquarters on Fort Bragg, N.C., the USARHRC bears witness to Army Reserve activities; its programs and projects; operations and exercises; through reports, correspondence and orders, is approximately 2,200 cubic feet of classified and unclassified organizational history.

These records, personal papers, and manuscripts, are preserved in cold storage or a controlled environment – ideally, 68 degrees Fahrenheit with a relative humidity of 45 percent. Governed from creation in accordance with the regulatory requirements, these documents are deemed permanent and do not fall under the retention schedules regulated in the Army Records Information Management System. This ever-evolving historical evidence in key data and charter documents, references the most significant/instrumental USAR command (and subordinate command) actions (provisional through operational), and safeguards policies, directives, initiatives, and regulations for use by staff and outside researchers.

Every organization from the Office, Chief of Army Reserve down to the lowest level organization must submit commander and organizational semi-annual historical reports. OARH uses this information for developing and publishing the annual/biannual historical summaries that capture the footprint of Army Reserve significant functions, missions, and accomplishments.

In 1995, Dr. Lee Harford, Army Reserve History director and command historian, hired the first Army Reserve archivist to build the Army Reserve Historical Research Collection. As the collection custodian, I am charged with developing institutional knowledge, reaching out to the field for new acquisitions, processing collections, and providing research assistance.

The goal is to organize the records so that researchers find what they are looking in minimal time. As a researcher pours over information, we can further support discoveries with suggestions for more refined research strategies or recommend alternative source information based on researchers' initial findings or needs. Ultimately, the greater goal is a satisfied customer.

Over the years, research topics have included transformation, the Gulf War Syndrome; the third star for the USAR command-



Deborah Foster-King, the archivist with the Office of Army History, examines uniforms from a new acquisition. The examination process of donated or collected items will determine if the items fits the scope of the Army Reserve's historical research collection. (Photo by Chris Ruff/Office of Army Reserve History)

ing general (information provided which aided in elevating the CAR position from major general to lieutenant general); participation in the 1996 Summer Olympic Games in Atlanta, Ga.; and reserve components contributions since 9/11. Researchers have come from within the Army Reserve ranks, other military agencies, and university graduate students.

The USARC command historian office officially became the Office of Army Reserve History in 2001. Since then, the OARH mission has become even more critical and relevant – preserving the history of the entire Army Reserve, worldwide – documenting contingency, as well as peacetime operations.

In 2005, then Secretary of the Army, Francis J. Harvey, indicated that the preservation of Army records is "... of enduring significance and indispensable for ensuring complete, accurate, and objective accounting of the Army's activities to the American people All elements of the U.S. Army must ensure that official

See ARCHIVES, Pg. 16





U.S. Army Reserve Command leadership and members of the North Carolina Defense Business Association, pose for a group photograph at the USARC headquarters, Jan. 29, 2013. The NCDBA provides information, connections, and networking opportunities to its nearly 300 members to build relationships and promote defense related business within North Carolina.

N.C. defense business leaders visit USARC

*Story & photos by Timothy L. Hale
Army Reserve Command Public Affairs*

FORT BRAGG, N.C. – More than 120 business leaders with the North Carolina Defense Business Association visited the U.S. Army Reserve Command headquarters, Jan. 29, to learn about the capabilities of the Army Reserve.

Lt. Gen. Jeffrey W. Talley, USARC commanding general, shared how the Army Reserve fits into the total Army concept of operations during his presentation.

Joy Thrash, NCDBA executive director, said the organization provides information, connections, and networking opportunities to its nearly 300 members to build relationships and promote defense related business within North Carolina. She said that some business owners might be reservists themselves or employ reserve Soldiers, so visiting USARC was a good fit.

“We just want to help get the message out across the state of the footprint that the Army Reserve Command has in North Carolina,” Thrash said.

Addison “Tad” Davis, IV, USARC chief executive officer, said partnering with organizations like the NCDBA is extremely important.

“It’s a combination of enhancing the awareness of the Army Reserve as a whole, our mission, our capabilities, and what we do,” Davis said. “(We are) also looking for opportunities where we can partner on public-private ventures and other opportunities ... where we can bring together the unique requirements that the Army Reserve has and the unique skill sets the private sector has.”

Talley said military-civilian partnerships are a key component of the Army Reserve.

“Most of our Reserve force are traditional reservists,” Talley said. “They rely on civilian employment to pay their rent, their mortgage, put food on the table.

“Whether it’s in North Carolina or across the United States, we have so many engaged employers ... and what I want to do is find a way for them to help us bring the individual leader readiness of our Sol-



Lt. Gen. Jeffrey W. Talley, U.S. Army Reserve Command commanding general, greets a member of the North Carolina Defense Business Association at the USARC headquarters, Jan. 29, 2013.

diers to the next level,” Talley said.

Davis said there are approximately

See BUSINESS, Pg. 16

Do I still need to get a flu shot?



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By Lt. Col. Sharon Tucker
USARC Surgeon's Office

Influenza, or flu, season usually peaks in January or February, but it can occur as late as May.

Early immunization is most effective, but it is not too late to get the vaccine in December, January, or beyond.

The flu is a contagious respiratory illness caused by a flu virus. Flu seasons are unpredictable and have the potential to impact the Army Reserve unit readiness and their mission.

In the United States each year over 25 million flu cases are reported, there are over 150,000 hospitalizations due to serious



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complications, and over 30,000 deaths occur.

The primary method for preventing the flu and its complications is by vaccination.

Being vaccinated has been shown to offer substantial benefits including reducing not only illness, but also the use of antibiotics, time lost from work, hospitalizations, and deaths.

There are two methods of vaccination, a shot and nasal spray, both protect against the same viruses.

Flu vaccines (the shot and nasal spray) cause antibodies to develop in the body. These antibodies provide protection against infection from the flu viruses that are in the vaccine.

It takes about two weeks after the vaccination for antibodies to develop in the body and provide protection. In the meantime, you are still at risk for acquiring the flu, and this is why it is better to get vaccinated early in the fall before the flu season is under way. You cannot get the flu from the flu shot or the nasal spray. The flu shot contains inactivated (killed) flu viruses that cannot cause illness.

The nasal spray contains weakened live viruses. Mild reactions such as muscle soreness, headaches, and fever are common side effects after receiving the flu vaccine.

If you experience a severe reaction such as difficulty breathing, hives, or facial swelling, seek medical attention immediately.

The Centers for Disease Control and Prevention, and the Food and Drug Administration closely monitor the safety of seasonal flu vaccines.

For additional information, speak with your doctor, contact your local or state health department, or the CDC at 1-800-232-4636 (1-800-CDC-INFO) or visit CDC's website at www.cdc.gov/flu.



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Consider a two-week self-challenge



By Chaplain (Maj.) Mike DuCharme
USARC Chaplain's Office

For the past three years my son has expressed interest in becoming a Navy SEAL.

I have waited to see if it is a passing phase he will outgrow or if this is a calling God is placing upon his life.

As he continues to express interest in this career path we are reading books together on what it takes mentally and physically to get through the initial training for SEAL selection referred to as Basic Underwater Demolition School or BUDS.

BUDS training culminates in a week of especially intense training appropriately titled "hell week". Every book we read has an interesting commonality; to get through the training a candidate needs to concentrate only on today. It is when one tries to determine if he can make it through the entire program that he becomes overwhelmed and "drops on request" from the program.

In another program vastly different with its own set of challenges is Alcoholics Anonymous. Those in recovery are told to take it one day at a time and even one hour at a time when cravings are particularly intense. Sobriety is too overwhelming when a person talks of abstaining from alcohol for life.

In my own life I remember taking language classes in seminary where I studied in preparation for the ministry. The languages of Greek and Hebrew were, pardon the pun, indeed Greek to me. With the other classes I took simultaneously I became overwhelmed when looking at the semester in its entirety. Life was far more manageable when I organized academic and other commitments into weekly and daily blocks.

By now, I am sure you understand the point of this article. Life becomes manageable when our focus is living in the now rather than the future. It is in the future that we project outcomes producing worry, fear, anxiety and the inability to cope and often these scenarios do not materialize as our minds have envisioned.

One only has to look back to the turn of the millennium and the infamous Y2K dilemma. Predictions were that computers would not be able to distinguish the year 2000 from 1900 because they operated from a two digit year sequence and catastrophic results would include automobiles not running; computers malfunctioning causing numerous outages bring cities to their knees. We were told to stock up on basic necessities in preparation for the ensuing catastrophe. The only problem with the theory was that Jan. 1, 2000 came and went without a glitch.

Now I am not suggesting we not plan for the future or live by a philosophy that minimizes the difficulties and tragedies of this life. But I do believe the natural human tendency is to live more in the unknown future than the reality of here and now and that produces much of our anxiety and worry.

Jesus once said, "So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today." He said this from the life context of his listeners living in dependence upon and seeking to please God. For His part, God would in turn take care of the practical necessities for their daily living.

All of this brings me to offering you a two week challenge.

Week one is observation week. Be intentional in observing your thoughts. When you find yourself anxious or worried ask yourself, "Where am I living, the future or the now?"

Week two of the experiment is more extreme. Continue to live as in the first week but now intentionally ask how God would have you to think and act trusting He will provide for your needs.

As you attempt this two week experiment the words of a personal trainer friend come to mind, "Radical changes produce radical results." 🏋️‍♂️

Thought of the Month:

"So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today."

-Bible, Matthew 6:34

FORSCOM/USARC Christian Bible Study

The U.S. Army Forces Command and U.S. Army Reserve Command
hosts a weekly Christian Bible study.

Studies are held each Tuesday, starting at 11:30 a.m., Room 1901 near the USARC G4.
Please come and share a time of fellowship and worship with us.

**"All Scripture is breathed out by God and profitable for teaching,
for reproof, for correction, and for training in righteousness, that the
man of God may be competent, equipped for every good work."**

Second Timothy 3:16-17





ARCHIVES, from Pg. 12

records of both peacetime and wartime operations are preserved, regardless of medium.”

In Dec. 2012 memorandum, Lt. Gen. Jeffrey W. Talley, USAR chief and USARC commanding general, explained why collecting command histories is so important. “... having the proper documentary evidence will provide the source material for published accounts of the unit’s Soldiers in action ...,” Talley said.

“The USAR Historical Research Collection was established... looking at the history of the organization through unit leader’s eyes... [to capture] the CG’s or the staff chief’s perspective when determining what should be preserved historically.... to document important mission planning and execution ...,” Harford said.

These documents support the implementation and development of decisions while detailing success or failure. Documents of this type further demonstrate how vital the decision-making process is

for the Army Reserve.

The most recent addition, which took three years to acquire – is a seven-box donated collection. It reflects, among other things, the 157th Separate Infantry Brigade’s participation in the Cold War.

The collection represents a Soldier’s effort to gather a unit’s contributions, enabling future researchers to examine yet another instance of the exemplary valor; that which is the role of the Army Reserve – bridging the past to the future. 🇺🇸

U.S. Army Reserve Historical Research Collection

Deborah E. Foster-King, archivist

910-570-8180

deborah.e.fosterking.civ@mail.mil

**For Army Reserve artifacts, contact the
National Museum of the Army Reserve,
U.S. Army Reserve Command**

Chris Ruff, curator

910-570-8182

christopher.m.ruff8.civ@mail.mil

Jennifer Friend, museum specialist

910-570-9595

jennifer.l.friend8.civ@mail.mil

Opet's Odyssey

By Master Sgt. Steve Opet



Foundation course for new hires

Civilians hired after Sept. 30, 2006, must complete the required Foundation Course.

The FC is the first course in a series of courses, provided by the Army’s Civilian Education System, to prepare the Army civilian to build their careers and become Army leaders.

All Army civilians who were hired after September 2006 window are required to take the FC prior to enrolling in either of the CES courses.

The FC provides a foundation in leader principles, Army doctrine, team building, group dynamics, effective communication, values, and administrative requirements expected of Army civilians.

The course is available through distance learning.

The FC is also available to all of the Army civilians for self-development. Self registration is through the Civilian Human Resource Training Application System web-site <https://www.atrrs.army.mil/channels/chrtas/default.asp>. 🇺🇸

BUSINESS, from Pg. 13

10,000 Army Reserve members, including Soldiers, mobilized augmentees, military technicians, and civilians, serving in more than 40 Army Reserve centers across North Carolina.

“I think it’s great that the communities in North Carolina reach out to the military – all branches of the military,” Thrash said. “But being from this area, it’s great to reach out to the folks here directly on Fort Bragg and it’s rewarding for me to spread the good news about the Army.” 🇺🇸



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Reviewing civilian personnel training records

At different points in our lives, we all rely on personal Authoritative Data Sources, otherwise known as ADS.

While you may not readily recognize this acronym, a common association can be college transcripts.

All of those grades and credits are averaged to produce a single number: the cumulative grade point average, which is an ADS.

Your transcript can show prospective employers how hard you work, where you excel, and how your skills could best be used to benefit their organization or unit.

The same holds true for our civilian personnel (military technicians and Department of the Army civilians). The ADS is the Defense Civilian Personnel Data system.

The Army Training Requirements and Resource System is the ADS for Military Personnel and is also applicable to our military

technicians (who are dual-status reservist and civilian).

The ATRRS regularly provides update data to the DCPDS. Unfortunately, the training completion data is not consistently updated in DCPDS.

Therefore all civilian personnel should review their training records in ATRRS and the DCPDS to ensure accuracy and that equivalent credit for Professional Military Education is accurately reflected in DCPDS.

Instructions to assist Army Reserve civilians to self certify training results and records is on Enclosure 4 of USARC memorandum AFRC-CSP, subject: Civilian Training and Leader Development Policy Fiscal Years (FY2013) and can be accessed on the Civilian Personnel Management Office SharePoint home page website located at <https://xtranet/sites/cpmo/Pages/default.aspx>.

Plan now for training opportunities

Time management and planning for self-development is not always a high priority for many of our Army Reserve civilian personnel.

If you are a military technician, your dual status makes prioritization of career planning even more challenging.

As a Soldier, military training or career field requirements are outlined for you and enforced by your unit leadership.

But what have you done lately for your other role as an Army civilian?

Are you one of those individuals that do not “let the grass grow under your feet” and has expectations for promotions in your civilian career, as well as your military career?

Have you mapped out the educational requirements for those civilian position promotions in the future?

Do you know what civilian career field you are in?

If not check out Army Career Tracker at <https://actnow.army.mil> for that information.

When you know your civilian career program you will be better informed to develop your individual development plan, or IDP, and complete the civilian training required to achieve your career goals.

Pending DOD-level financial issues may affect some future Army civilian training opportunities.

Regardless, it is always a good time to make some plans to complete those Civilian Education System courses, at least those that can be done on-line.

Completion of the phase one portion of the CES courses will set you up for the phase two (Resident) training and helps in competing for other training or professional development opportunities.

The CES is the foundation of the Army's leader development program for all Army civilians.

It is a sequential, progressive, and integrated curriculum that

combines distance learning and resident instruction.

The resident instruction phase of CES courses is quota managed through the U.S. Army Reserve Command, Civilian Personnel Management Office, Civilian Training and Leader Development Branch and centrally funded by Army headquarters.

Civilians are eligible to attend the CES course that is targeted at their grade level. GS-01 through GS-09 civilians are eligible to attend the CES Basic Course; GS-10 through GS-12 civilians are eligible to attend the CES Intermediate Course; and GS-13 through GS-15 civilians are eligible to attend the CES Advanced Course.

More information on CES courses, as well as instructions on how to enroll can be found on the Civilian Training and Leader Development website at <http://www.t3ac.army.mil/Pages/Homepage.aspx>.





ACROSS THE ARMY

Leadership course hones command team skills

*Story by Sgt. 1st Class Michel Sauret
354th Mobile Public Affairs Detachment*

FORT DIX, N.J. — Maj. Oscar Rubio worked as the French fry guy at a McDonald's when he was 16.

His job requirements were simple: Grab the fries from the freezer, stage them, fry them, salt them, package them and serve.

But what if the fryer exploded suddenly, injuring the manager standing there?

Would it be in his job description to save lives and put out the fire?

"That's called going beyond the 'rational limits' of the job," said Rubio during a class on leadership to a group of 30 leaders.

Rubio used the story to present a point: It's the leader's job to inspire Soldiers to go beyond the minimum requirements.

The instructors taught a dozen topics during the Company Team Leader Course at Fort Dix, N.J., the last week of January. The course included topics such as "followership," ethics, personality styles, commander vision and motivating Soldiers. This group of students was one of 24 scheduled classes that Rubio will teach this year with his three-man team of instructors around the country.

"The stuff we teach here would make a commander's life a lot easier," said Capt. Ken Dobbe, senior instructor, a Chicago native.

When he was a company commander, Dobbe said he could have avoided a lot of mistakes and hardships if he had taken this course when it was available.

Mistakes to avoid: clash of personality conflict, lack of vision, inability to motivate Soldiers, poor stress management, and the list goes on.

The instructors armed commanders and their staffs with the tactics to overcome those mistakes.

"Prior to this course, I had a basic idea the course would enable commanders to strengthen relations with their command teams," said Capt. Michael Wilson, commander of Headquarters, Headquarters Detachment, 402nd Quartermaster Battalion, Petroleum, of Ellwood City, Pa. "I really felt it would be a beneficial tool for my personal commander tool box."

Wilson's expectations were not disappointed.

"Honestly, I think these instructors are excellent. The (Army Reserve Readiness Training Center) schools I've been to have been fabulous," he said.

The course is unlike most other leadership classes the Army teaches. Instead of students coming to learn as individuals, company commanders bring their first sergeants, unit administrators and other staff members with them. It's a total team concept from day one to graduation.

"It's given me a better idea for planning and training and dealing with leadership positions at the company level," said 1st



Capt. Ken Dobbe, senior instructor, of Orlando, Fla., teaches a class on overcoming resistance to change during the Company Team Leader Course at Fort Dix, N.J. in late January. (Photo by Sgt. 1st Class Michel Sauret/354th Mobile Public Affairs Detachment)

Sgt. Michael Schreiber, of Horse Head, N.Y., first sergeant for Company G, 3rd Battalion, 78th Training Division. "I've been a first sergeant for three-and-a-half years. This would have been nice to have two-and-a-half years ago."

The course was not just instructive, but interactive.

The instructors included video clips from funny commercials, popular war movies and television shows to enforce the points made in class. The instructors were funny, direct and challenged command teams to think through the problems that affect their units.

This isn't the typical leadership training that bores people to death.

"We hear the success stories," said Dobbe of the feedback they receive after each class, sometimes even months later. "It works because it's relevant."

Instead of assigning abstract or hypothetical problems, the course forces leadership teams to address the very real and imminent problems they face at their own units: Lack of motivation, Soldiers who continually fail to meet standards, poor military bearing ... Every commander and first sergeant knows these issues well.

"You have to make it as realistic as possible. You have to use past experiences (from the students) ... The whole purpose is to use the rest of the class's knowledge to resolve the problems we all face," said Master Sgt. Christopher Cassano, course manager, from Bennington, Vt.

Dobbe said that almost every class begins with at least a few students who question whether this course might be worth their time.

"Even my naysayers by the third morning are drinking the

See LEADER, Pg. 19





ACROSS THE ARMY

Army Reserve Teen Panel member reaches out



Katie Harris, 18, an Army Reserve volunteer, takes part in a skit with children of the 560th Military Police Company, during the Yellow Ribbon Reintegration Program Feb. 16 in Mesa, Ariz. A member of the Youth Leadership and Education Development program, Harris travels around the country to work with teens whose Army Reserve parents are deployed or will be deployed.

*Story & photo by Sgt. Marc Loi
200th Military Police Command*

MESA, Ariz. – Eighteen year-old Katie Harris sits in an empty hotel conference room as dusk falls, creating a purple hue along the skyline.

Just moments earlier, she'd said goodbye to a group of about a dozen younger teenagers – all with parents either already deployed or about to deploy in support of Operation Enduring Freedom.

With a quiet moment and time for herself – she'd been working since about 6 a.m. – Harris begins to plan. Yet, unlike

LEADER, from Pg. 18

Kool-Aid,” said Dobbe.

The effects can be infectious.

“We want this to be a viral course,” said Rubio.

He said that this course really has the ability to impact the Army for the better, because these company leaders go back to their units and instill their vision and reinforce the standard with new enthusiasm. That breeds an infectious environment where Soldiers grow and impact others for the better.

That, of course, starts with a team of instructors that practice what they preach.

“We are a good metaphor for the course,” said Rubio. Every member of the team said they love working together. “We got lucky. We do mesh. We tie in well together. We know where each one starts and where the other can pick up ... If we were a (company) command team, we would work very well together.” 🇺🇸

the majority of her friends, the high school senior isn't planning Saturday night escapades and outings. Harris, a volunteer with the Army Reserve, is planning for the next day's events as one of the leaders of the Youth, Leadership, Education and Development Program for the 200th Military Police Command.

Developed as a means to give voice to the thousands of children of Army Reserve Soldiers, YLEAD serves as a medium of communications between young family members and military leaders. It ensures children who have to bear the burden of a parent going to war understand the larger reasons for their parents' absence. The program also educates commanders about the unique challenges military children face.

Harris is the only 200th MPCOM representative on the Army Reserve's Child, Youth & School Services' Army Reserve Teen Panel, which allows teens an opportunity to develop effective strategies and implement solutions for issues they face as military youth.

Throughout the year, Harris and other teen panel members plan and execute initiatives in support of Army Reserve youth and their families.

Herself a military child – she was born at Fort Bragg, N.C., and has a birth certificate proving she is an “82nd baby” – Harris quickly volunteered to be a leader with the program after attending a workshop last summer, working with other military children to address their needs and concerns as well as help them through the deployment process.

“When I was a child and my dad had to deploy, it definitely didn't occur to me that there were others like me,” said Harris, whose father deployed to Bosnia when she was a child.

“I definitely saw a little bit of a younger me in them – I was an only child, too, so it was just me. So, I definitely understand what they're going through.”

Yet, it isn't just the experiences themselves that drove her to volunteer. Even as a young child – after both parents had left the military and moved to Southern California – Harris' parents took her along with them as they volunteered for the local military parades.

This, along with both parents being commanders of local Veterans of Foreign Wars and American Legion, instilled in Harris a sense of volunteerism that is second-nature, she said.

“It's not something that I picked or [begrudgingly] volunteer for,” Harris said. “I enjoy doing it.”

Volunteerism, in this case, often means flying around the U.S., talking to other teens during the Yellow Ribbon Reintegration Program that helps family members better prepare for deployments before, during and after they happen.

Though the job comes without pay, Harris said the joy is in connecting other children with one another and ensuring they know there are others like them during the loneliest times of deployment. 🇺🇸



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