

# CACOM COURIER

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**COMMANDING GENERAL** 

Brig. Gen. Alan Stolte

**PUBLIC AFFAIRS OFFICE:** 

Lt.Col. Patty Brewer
Sgt. First Class Joseph Bicchieri
Sgt. Erick Yates

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## pitit - Reflection for the Season

s I walk and work with people as a Pastor of Community Outreach and as a Chaplain, I am struck by how much pain there is in this world. Even people who look beautiful, successful, and happy on the outside, are often carrying really deep burdens in the present and even deeper wounds from the past. In popular culture, music, art, and theatre, the themes of pain and bitterness are often in conversation but without a lot of hope. Meanwhile, the advertisements all around us portray happy, pain-free people who invite us to an apparently fulfilled life, if we just buy this particular product or purchase this wonderful new experience. We are tempted ... but we know this is not really the solution to the very real pain in our lives.

any times, I hear people tell me the stories of their pain, sorrow, trial and/or suffering, and I have to say, "I can only imagine what that feels like." But increasingly, as the years go on and my own pain experiences broaden and deepen, I can say, "I know what you are going through. I have been there. May I share with you the comfort I received from G\_D in that hard place?"



Chaplain (Lt. Col.) **Nicolas Camacho** 

enri Nouwen - who was a Dutch-born Catholic priest, professor and writer - has given us the words to walk with each other as people who can bring healing, not in spite of our pain, but because of our pain. This is a mystery, but it is very real.

God comforts us in all our troubles, so that God comforts us in all our troubles so that we can comfort those in any trouble

with the comfort we ourselves receive from God. 2Corinthians 1:5,6



### Awards & Promotions



Fort Meade, Maryland – Sgt. 1st Class Desmond Burgess, former Signal Support Systems Chief for the 352nd Civil Affairs Command, is awarded the Meritorious Service Medal by Maj. Matthew Daly, 352 HHC Commander, and Lt.Col. John Rodriguez, G6. Burgess is awarded the MSM for various accomplishments including improving the G6 efficiency through utilization of the SharePoint Ticketing system. During an eight-month period, the help desk completed over 550 tickets while supporting 1,200 users throughout the command. Burgess also planned, established and sustained a complex video teleconferencing call with multiple connection points in order to provide the 352 leadership with enhanced communication capabilities to deployed teams. In order to accomplish these tasks, Burgess created a cohesive G6 sectiowith high spirit de corps. Photo by Sgt. Erick Yates



Fort Meade, Maryland – During November 2014 Battle Assembly, Maj. Curtis D. White is pinned his new rank of Lt.Col. by his mother Mrs. Carol White as Brig. Gen. Alan L. Stolte, 352 CACOM Commander looks on. Special honor and recognition was given to Lt. Col. White's father, Ret. Army Command Sgt. Maj Curtis White.











FORT BRAGG, North Carolina - - Soldiers from the U.S. Army Civil Affairs and Psychological Operations (Airborne) Command participated in the 17th Annual Randy Oler Memorial Operation Toy Drop December 5 and 6 at Fort Bragg, North Carolina. The exercise is currently the largest joint airborne operation in the world. This year Allied Nation participants included Italy, Germany, Indonesia, Latvia, Netherlands and Poland. Soldiers who donate toys to local communities get the chance to earn foreign jump wings from the jumpmasters of these countries. The late Sgt. 1st Class Randy Oler, a USACAPOC (A) Soldier, established the first Toy Drop in 1998, as a way to give to children in need.

peration Toy Drop 2014

Happy Holidays 2014















Holiday 2014 **CACOM COURIER** 









CACOM COURIER Holiday 2014

## News You Can Use: Flu Shot Information

Below is a link for FAQ regarding vaccinations and Tricare, but it really is as simple as going to the pharmacy, showing their ID card and receiving the vaccination.

https://www.hnfs.com/content/hnfs/home/tn/prov/benefits/benefits\_a\_to\_z/flu\_shot/flu\_shot.html

## Questions & Answers

Q: Are there any other TRICARE providers who can provide the flu vaccine?

A: A convenient care clinic (CCC), urgent care clinic or retail network pharmacy that is TRICARE-authorized may also provide the flu vaccine.

## Where To Go

Convenient care clinics are civilian health care clinics that can treat minor illnesses and may offer preventive services such as flu vaccines. They are usually located in high-traffic, retail-based locations that can include some retail pharmacies (e.g., CVS). Most CCCs are typically open seven days a week and appointments are usually not necessary.

You can locate CCCs and urgent care clinics through Health Net's Network Provider Directory.

http://www.express-scripts.com/TRICARE/pharmacy/docs/VaccinationPharmacyList.pdf