

The WILDCAT

THE OFFICIAL QUARTERLY PUBLICATION OF THE 81ST REGIONAL SUPPORT COMMAND

VOLUME 19
Edition 1

Health and Wellness

April - June
2015



Wildcat Spotlight: Staff Sgt. Toni Walker

*Get in shape and stay in shape:
Tips from a MFT*

81st Wins Safety Award for 3rd straight year



**Army Physical
Fitness Uniform
& what you need
to know.**
- Page 6



**Reserve Center
named in honor
of fallen Soldier**
- Page 9

Inside The WILDCAT

Commander's Comments	Page 3
Civilian Retirement Services	Page 4
Chaplain Notes	Page 5
New Army Physical Fitness Uniform	Page 6
81st RSC Wins Safety Award	Page 7
120-Day Calendar	Page 8
Orangeburg Reserve Center Ceremony	Page 9
Wildcat Spotlight: Staff Sgt. Toni Walker	Page 12
Director of Emergency Services	Page 14
Safety Message	Page 15
Director of Logistics	Page 16
Army Performance Triad	Page 17
Family Programs: Summer Camps	Page 18
Legal Review: Army Bands	Page 19
Women Leaders of the 81st RSC	Page 20
Strategic Plan Update	Page 22

Letter from the Editor:

Hello! I am pleased to offer you the newest edition of The WILDCAT. It has been several years since the 81st RSC has published a quarterly newsletter. Our new commanding general is very interested in telling the story of our Wildcats. The history of this organization goes back to WWI and I am proud to share with you the stories of our historic and current achievements.

Each quarter, The WILDCAT will carry with it a theme that is appropriate with the upcoming quarter. We will also share stories of events that happened inside the 81st pawprint during the previous three months and looking forward to the next four months.

My hope is to give you, the reader, the best snapshot of the 81st RSC and become a reliable resource of information. As we develop this newsletter, I am going to rely on feedback from you, the reader. If there things you would like to see inside The WILDCAT, specific topics or information that we have not included, please go to the following link and provide me the information I need to bring you the information that is important to our customers.

https://ice.disa.mil/index.cfm?fa=card&sp=134944&s=959&dep=*DoD&sc=2

Enjoy this edition of The WILDCAT!

Sgt. 1st Class John Fries
Chief Public Affairs NCO / Editor

81st RSC Command Team

MG Janet L. Cobb - Commanding General
BG Kate Leahy - Deputy Commanding General
Mr. Peter Quinn - Chief of Staff
CW4 Brenda Bethany - Command Chief Warrant Officer (Acting)
CSM Ronald Law - Command Sergeant Major

Mission:

The 81st Regional Support Command provides essential customer care and services to Soldiers, Civilians, and their Families in the Southeast Region, Puerto Rico and the Virgin Islands, enabling supported commanders and leaders to maximize resources and meet global requirements.

Vision:

Be the best Regional Support Command – in the eyes of our supported commanders – committed to excellence, living the Army Values, and focused on Wildcat P.R.I.D.E.

The WILDCAT Publication Staff

LTC Laura Steele - Public Affairs Officer
Mr. Michael Mascari - Public Affairs Specialist - Media Relations
Ms. Jackie Wren - Public Affairs Specialist - Community Relations
SFC John Fries - Chief Public Affairs NCO
SSG Toshiko Gregg - Public Affairs NCO
SSG Toni Walker - Public Affairs NCO
SGT Kandi Huggins - Public Affairs NCO

All website and email hyperlinks are enabled in the PDF format for quick, easy access!



On the Cover: Full-time Soldiers, assigned to the 81st RSC Headquarters on Fort Jackson, conduct Physical Readiness Training (PRT) together once a week. The exercises are led by a different section every week giving our Wildcats different challenges each time.

Commanding General

Maj. Gen. Janet L. Cobb

I am happy to say that The WILDCAT is again alive and well. This is the first issue of the newsletter published in several years. Between these pages the 81st staff will provide valuable information to our down trace units, our AMSA and ECS staffs, and our supported customers that span across nine states, Puerto Rico and the Virgin Islands. I know I speak for the whole team when I say we are proud to serve as your Regional Support Command and this publication should serve as another avenue for support. For those Wildcats who are far from the Headquarters, I pledge that we will continue to reach out to you during my command tenure. DCG Brig. Gen. Kate Leahy, CSM Ron Law, Chief of Staff, Pete Quinn and I have already been on the road to see a number of our AMSA, ECS, RPAC and band sites in the last four months.

Officially, I've been in command of the 81st since September, and it is my honor to serve alongside the men and women who support our Army Reserve Soldiers located in the southeast. When visiting Wildcats at our duty locations or when meeting our customers, the term "Wildcat Pride" that defines our culture also describes my experience. Pride is displayed when ECS 125 won the 2014 USARC level Army Award for Maintenance Excellence. Pride describes the new facility we dedicated in Orangeburg, SC and named in honor of an Orangeburg native and fallen hero, Staff Sgt. Anthony Thompson. Pride describes the professionalism and detail that goes into hosting our Yellow Ribbon and

Strong Bonds events. When I see the pride that goes into the work our Soldiers and civilians are doing, I am clearly justified when I state that the 81st is the best RSC in the eyes of our supported commanders. The Third Quarter FY15 is a busy time for Citizen Soldiers. Many will attend Annual Training. Others will report to OES and NCOES schools and specialty training. I look forward to my first 81st AT alongside the Soldiers of HHC. Whether you wear the Wildcat patch or not, I urge you to enjoy this valuable time. Renew and refine your technical and tactical skills and challenge your peers to do the same. As Citizen Soldiers we have the unique opportunity to be valued members of our communities while also being valued members of the Army family. As a career Reserve Soldier, I understand both the joys and challenges of the commitment we have made. This short time spent away from family, friends, job and community is a sacrifice, but one I know makes us all more well-rounded citizens. While on duty, whether in the field or performing administrative tasks I charge you to do two things:

1. Take care of yourself – be safe, get engaged during training and return home a better, more ready Soldier.

2. Take care of each other – look out for your buddy, encourage and push them towards becoming strong and resilient, and make sure they are well physically and mentally.

Lastly, when I heard the theme of this first issue was "Wellness," I remembered that



Maj. Gen. Janet L. Cobb
81st RSC Commanding General

many things fall under the wellness umbrella. Wellness encompasses physical, mental and spiritual health, all things that we often care deeply about for others but not always enough when it applies to us. If you are unaware, the 81st has a robust Chaplain team, medical support staff and our superb "Well-being Branch" which includes drug/alcohol prevention, sexual harassment/assault prevention, suicide prevention and several master fitness trainers. The information, assistance and support all exist within our 81st structure and I guarantee whatever your affiliation to the Army Reserve, if you have questions we have answers. Test my staff – I am confident they will lend a helping hand with "Wildcat Pride."



Headquarters, Headquarters Company Commander

Maj. Kristen Brockman

I've been fortunate enough to be the HHC Commander for the 81st RSC since July 2012 and will be changing command with MAJ Shawn Morgan on 18 April 2015. Now that I'm getting so close to the date, I have been reflecting upon the last couple years and the changes I've seen in this command. We've experienced major changes in leadership, processes, and in structure. We've excelled in almost every area command-wide. We've dealt with budget issues, sequestration, furlough and increased responsibility with decreased staff. All the while, we have maintained our excellent standing in USARC and in our communities. This is an organization that I have been so proud to serve, as a commander, as a member of the Army Communities of Excellence (ACOE) Writing Team, and as a member of Team Wildcat, the strategic planning team. Over the past couple years, I have learned a lot about strategic planning. The

81st RSC is among the best of the commands in this aspect. But as we have gone through ACOE site visits and conducted focus groups for our strategic plan, I have realized that much of what we do is not common knowledge throughout the command. I encourage you to research our efforts in the ACOE and read the packet! You'll learn a lot more about this organization than you know now. There are so many things that happen behind the scenes. It is so important for our workforce to know the big picture, to understand the mission and vision, and to know how each individual fits into the overall environment. Every single person in this organization is important, everyone answers to the overall mission in some way, and everyone's voice is absolutely necessary to achieving our vision to "be the best." I encourage you to read the ACOE packet, to participate in Town Halls, to volunteer to serve on Team Wildcat, and to share your innovative ideas! I'm so blessed to have been a part of this command, and to continue serving here as the Chief Force Integration Officer until Summer of 2016. I enjoy walking in the door every day and thank each of you for creating an environment where that is possible. Wildcats Never Quit!

81st RSC holds Civilian Retirement Services Training

Story by: Sgt. 1st Class John Fries

FORT JACKSON, S.C. - Imagine if you will, working your entire career and the day comes to announce your retirement only to find out that you need to work two more years because you miscalculated your credible years of service. Civilian employees of the 81st Regional Support Command took the next step to ensure this doesn't happen to them.



Photo by Sgt 1st Class John Fries

Mary Shutter, retirement specialist for the Federal Employee Retirement Services, briefs civilian employees of the 81st Regional Support Command during a two-day retirement seminar held at the 81st RSC Headquarters on Fort Jackson, S.C.

The 81st RSC hosted a two-day retirement services seminar on Fort Jackson for approximately 150 civilian employees that serve the 81st RSC. Ms. Donna Ford, Administrative Officer for the Directorate of

"It's not really a retirement seminar, it's more like a retirement education."

Joe Collins, AMSA-54G, Augusta, GA

Human Resources said that DHR plans to hold civilian retirement training every two years.

"A lot of these people are within five years of retirement," said Ford. "I hope that we can broaden the category to give people as much time as possible to plan for retirement, because you should really start plan at age 20, but not everyone does."

The training offered many separate briefings to educate participants on how to successfully prepare for retirement. Representatives from Federal Employee Retirement Services, Tricare, Veterans Affairs, Thrift Savings Plan, Social Security all held briefings and answered individual questions the participants had concerning their own retirement plans.

Joe Collins, who works at Area Maintenance Support Activity (AMSA)-54G in Augusta, Ga., attended the event and talked about

the need for getting this type of information out to the workforce.

"There is no one there to tell us how to get our military buy-back information so that's why I'm here. [I wanted to] make sure I did it the right way," said Collins. "When you are in these [AMSA] shops, there is no one there to give you this administrative information. It's not out there, so you gotta come to this retirement seminar to get it."

By the end of the training Collins said that he received all the information he needed and even provided him more than he expected.

Collins said, "now I know how Social Security plays with the VA disability rating. I was given bad information about that and come to find out it was not true because Social Security and the VA disability are two separate things."

Other classes offered at the event included financial planning, military deposits, military retirement for military technicians and long term care.

Participants also had the opportunity to meet one-on-one with Civilian Personnel Advisory Center representatives so they can answer very specific questions that are geared toward their individual situation.

"It's not really a retirement seminar, it's more like a retirement education," said Collins.

For more information about civilian retirement services, log into the Civilian Human Resources Training Application System (CHRTAS) <https://www.atrrs.army.mil/channels/chrtas/student> or Defense Connect Online (DCO) <https://www.abc.army.mil/retdco.html> and register for events at Fort McCoy, Wisconsin or Fort Knox, Kentucky.

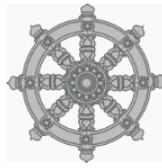
The 81st RSC also conducts various military retirement services training throughout the nine-state area of responsibility and Puerto Rico. For information about military retirement contact SFC Lloyd Robertson at Lloyd.q.robertson.mil@mail.mil. **W**

A graphic featuring social media logos for Facebook, Flickr, and DVIDS. Above them is the U.S. Army logo and the text "WWW.ARMY.MIL THE OFFICIAL HOMEPAGE OF THE UNITED STATES ARMY". Below the logos is a laptop displaying a website with various news items and images.

www.facebook.com/81stwildcats
www.dvidshub.net/unit/81RSC
www.flickr.com/81stwildcats
www.army.mil/wildcats

Stay connected through all of our social media outlets

Chaplain Notes



One of the things I most admire about my current primary care manager is his emphasis upon my being proactively involved taking preventative measures. His advice is applicable not only for medical but also spiritual health and wellness. As a chaplain, I am privileged to participate in the spiritual matters of Soldiers, Civilians and their Families. Often people come to me during situations of calamity and grief where together we discern the Lord's direction and His comfort in the midst of the storm. These times of calamity are often a person's "first time in a long time" moment for proactively seeking God's presence in their lives.

Like my doctor's approach to medical health-care, I suggest people take a more proactive approach in their spiritual care. Chaplains provide complete confidentiality to those seeking spiritual counsel. In fact, we are the only military personnel able to offer complete confidentiality. In addition to our personal interaction, we act as a conduit in providing people with access to resources available to military members and their families. Below are links for two such resources.

The next time you struggle with a life issue or just need someone to listen, it is my hope your chaplain will come to mind as a great resource in your developing and maintaining spiritual health and wellness.

CH (LTC) Michael DuCharme

The Military OneSource link is a gateway to a variety of tools and programs providing the means for problem solving and creating opportunities for quality of life improvement
<http://www.militaryonesource.mil>

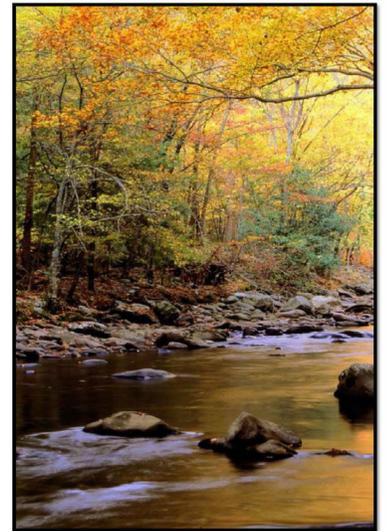
81st Regional Support Command
 Strong Bonds Program Fy 2015

To register, please visit our website:
<http://81strscsbprogram.wix.com/home>

- 15-17 May, St. Augustine, FL
- 26-28 June, Memphis, TN
- 17-19 July, Fort Walton, FL
- 21-23 August, Gatlinburg, TN

Strong Bonds is a chaplain-led program of instruction taking place over a weekend in a resort setting where Soldiers and Family members learn positive methods of communication and proactive tools for relationship development.

<http://81strscsbprogram.wix.com/home>



- All locations have Single, Married and Family events.
- There is a strict 400 mile (each way) travel restriction.



Are you GREEN?

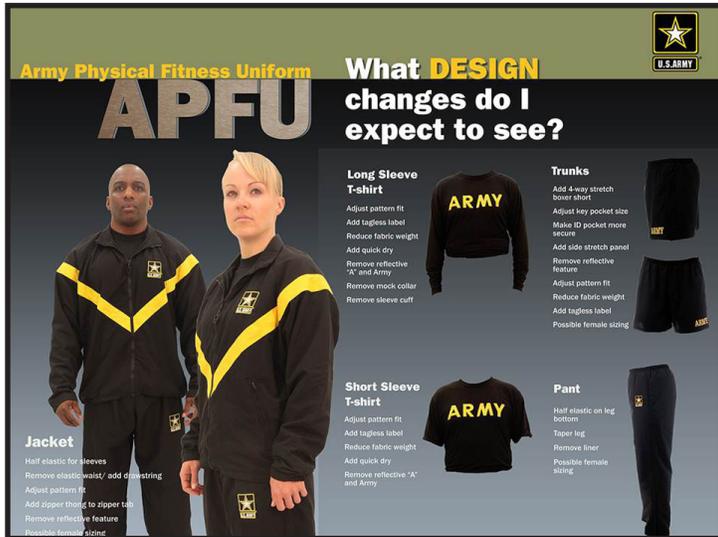
Check "My Medical Readiness" in AKO to make sure you are up to date on all of your readiness requirements.

- | | |
|---------------------------------------|----------------------------------|
| - Post Deployment Health Reassessment | - Periodic Health Assessment |
| - DNA | - Vision Readiness |
| - Dental Readiness | - Hearing Readiness |
| - HIV | - Deployment Limiting Conditions |
| - Immunization Profile | - Unit Influenza |



New Physical Fitness Uniform: What's in the bag?

Story by: Army News Service



The new Army Physical Fitness Uniform (APFU) is now available for purchase on military bases and will be phased in with normal uniform exchange programs

WASHINGTON (Army News Service) - A new Army Physical Fitness Uniform is now available to service members.

Its design is based on Soldier feedback, said Col. Robert Mortlock, program manager, Soldier Protection and Individual Equipment, Fort Belvoir, Virginia.

There's a three-year phase-in program and the cost will be about \$3 less than the current IPFU, or Improved Physical Fitness Uniform, he said.

The Army Physical Fitness Uniform, or APFU, program was actually initiated because of Soldier feedback. A February 2012 Army Knowledge Online survey of some 76,000 Soldiers found that Soldiers had issues with the IPFU, he said. They liked its durability but believed the IPFU's textiles had not kept pace with commercially-available workout clothes. They also had concerns with other things, particularly modesty issues with the shorts, especially in events like sit-ups. Those concerns were expressed by males as well as females.

The issue was of such concern that Soldiers were purchasing spandex-like under garments to wear beneath the trunks, Mortlock said.

Another issue was that there were not enough female sizes in the IPFU, he said, meaning IPFUs that would fit all shapes and sizes.

PEO Soldier worked closely with the Natick Soldier Research Development and Engineering Center to develop a new PT uniform that met Soldier concerns but did not cost more than the IPFU. The APFU met the goal of controlling costs and improving performance by adopting lighter high tech moisture wicking fabric. The APFU introduces multiple sizes, including female sizing, and has solved the modesty issue, Mortlock said.

The fabric of the trunks will continue to be made with durable nylon fabric, but it is lighter than and not as stiff as the IPFU trunks. Also,

there will be a four-way stretch panel inside the trunks, sort of like bicycle pants, which eliminates the need for Soldiers to purchase their own under garments. The trunks include a bigger key pocket and a convenient and secure ID card pouch.

In all, some 34 changes were made to the new APFU,

The APFU has five parts: the jacket and pants which resemble warm ups, trunks or shorts, and the short- and long-sleeve T-shirts, he said. The ensemble is modular; meaning parts of the APFU can be mixed and matched, for example, short- or long-sleeve T-shirts with the pants or trunks. During PT formations, the platoon sergeants will determine the appropriate combo.

Soldier feedback not only determined the form, fit and function of the APFU, it also determined its look. The Army made prototypes of the APFU in a variety of colors and designs and taken to a series of Soldier town halls at Fort Hood, Texas, Fort Bragg, North Carolina, and Joint Base Lewis-McChord, Washington. Soldier feedback was solicited about the design features as well as the preferred color scheme.

Then, the Army launched a second AKO survey, in which more than 190,000 responded, Mortlock said. Soldiers overwhelmingly favored a black T-shirt with gold lettering and a black jacket with gold chevron and the Army logo.

About 876 Soldiers at Fort Wainwright, Alaska, Joint Base Lewis-McChord, Fort Bragg, Fort Sill, Oklahoma, Fort Hood and Fort Jackson, South Carolina, wore the APFU during PT for a three-month period, providing feedback on form, fit, comfort and so on, Mortlock said. The APFU also was tested for things like durability, laundering, fiber strength, color fastness and color maintenance after laundering.

A key part of testing addressed the concern of some Soldiers that a black shirt may cause over-heating. Instrumented tests showed that the lighter weight material and superior moisture wicking fabric more than compensated for any increased heat from the dark material.

The response to the APFU was "overwhelmingly positive," he said, particularly with the trunks.

Not only that, Soldiers said they wear the APFU on weekends and off-duty outside the installations, Mortlock said, adding that many said they wouldn't wear the current IPFU off-duty. That means communities across the country will soon see Army pride as Soldiers do their workouts.

The APFU will come in two types, the Clothing Bag variant, and the Optional APFU, which will be visually the same as the APFU Issue variant, but uses some different materials. The individual items of the two variants can be mixed together. The Optional APFU variant is available for purchase in Army military clothing sales stores.

The Clothing Bag issue variant will be issued to Soldiers from the clothing initial issue points, starting between April to June 2015, and to Reserve, National Guard, and Senior ROTC from July-August 2015. The APFU will be phased in as the IPFUs are used up and worn out. The mandatory wear date will go into effect approximately October 2017, or about three years after the APFU is introduced. **W**

81st RSC Wins the Trifecta

Story by: Michael Mascari

FORT JACKSON, S.C. - Third time is not just a charm; it's a way of life for the 81st Regional Support Command Safety Office.

The 81st RSC has won the Army Reserve Commander's Excellence in Safety Award for the third year in row.

Dan Heath, chief of Safety and Occupational Health, credited his staff, teamwork and a focus on safety for their success.

"This award is a reflection of our commitment to safety and it's a product of the due diligence of our safety specialists and our employees at all of our facilities."

For Heath, winning safety awards has been a way of life. In a previous assignment as the Safety Manager for the 89th Regional Readiness Command in Wichita, Kansas, he and his team claimed the award three years in a row. He brought this experience to the 81st and incorporated much of what he learned into the safety plan.

"We work with our employees at our [maintenance] shops to assist with safety programs. We are a full-service safety office," Heath said.

The RSC received the award based on a commitment to best practices and safety record. The award criteria includes number of accidents, inspections, completed Composite Risk Management training, Additional Duty Safety Officer and Commanders Safety Course

training, and other unit-driven programs, like the Motorcycle Safety Course.

The 81st safety team visits every facility in the RSC's system (247) and they inspect every facility the Command owns or leases (190) annually.

Tameica Turner, Senior Safety Occupational Health Specialist, submitted a packet for the award this year hoping to recognize the success and commitment of the teams' members.

"This is a hardworking team that strives to be number one. They are on the road nonstop, away from their families, missing out on a lot of things. They deserve this award. They make a lot of sacrifices. When given the opportunity, I thought they should be recognized. "

Chief of Army Reserve Lt. Gen. Jeffrey Talley will present the award to 81st Commanding General Maj. Gen. Janet Cobb and Command Sgt. Maj. Ronald Law in the spring. Turner said that is fitting that the leadership gets to receive the trophy.

"We get a lot of support from our senior leaders. They are 100 percent behind us. All of our directors sit on our safety council. If you don't have that, it is very difficult getting the resources you need." **W**

A Government Travel Credit Card Awareness Tip

Did you know the Government Travel Credit Card (GOVCC) is an authorized and is the preferred method of payment for expenses incurred for you and authorized Family members while in a TDY status? Many Soldiers are not aware of this fact!

We are asking all Soldiers, Commanders and Travel Approving Officials to help us get this information out... Especially to those Soldiers and Families participating in the Yellow Ribbon Reintegration Program.



"This award is a reflection of our commitment to safety and it's a product of the due diligence of our safety specialists and our employees at all of our facilities."

Dan Heath, 81st RSC Chief of Safety and Occupational Health



The Army Reserve Commander's Excellence in Safety Awards from 2012 and 2013 are on display at the 81st RSC. A third trophy, the 2014 award, will be on display when the Commanding General receives the trophy this spring. (Photo by Sgt. 1st Class John Fries, 81st RSC)



Your input is extremely important to the content we provide. Please take a moment to complete a 10 question survey.

https://ice.disa.mil/index.cfm?fa=card&sp=134944&s=959&dep=*DoD&sc=2

120 Day Calendar

APRIL						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 DONSA	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22		24	
26	27	28	29	30		
MAY						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15 	16 
17 	18	19	20	21	22 DONSA	23
24 31		26	27	28	29	30
	HOLIDAY					
JUNE						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8		10	11	12 	13 
14 	15	16	17	18	19	
21	22	23	24	25		27
28	29	30				
JULY						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 DONSA	3 HOLIDAY	4
5	6	7	8	9	10	
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Observances/Holidays:

- APRIL - Sexual Assault Prevention
 - Month of the Military Child
 - Days of Remembrance (April 23-30)
 - Army Reserve Birthday (April 23rd)
 - Gold Star Wives Day (April 5th)

- MAY - Asian American / Pacific Islander Month
 - Memorial Day (May 31st)

- JUNE - LGBT Pride Month
 - Army Birthday (June 14th)

- JULY - Independence Day (July 4th)

Training Events & Programs:

- APRIL - Headquarters Annual Training (18th - 24th)
 - 100th Army Band Performance (23rd, Ponder Creek Estates, Louisville, KY)
 - 208th Army Band Performance (25th, 11-108th Bn. Dining Out, Concord, NC)
 - 208th Army Band Performance (25th, Reserve Officer Association Banquet, Shaw AFB)
- MAY - Battle Assembly (1st - 3rd)
 - AMSA Shop Supervisor Workshop (4th-8th)
 - Strong Bonds (15th -17th, St. Augustine, FL)
 - Yellow Ribbon (15th - 17th, Orlando, FL)
 - Physical Security Workshop (13th, 14th, Birmingham, AL)
 - 208th Army Band Performance (16th, Armed Forces Day Celebration, Greenville, SC)
 - 208th Army Band Performance (16th, University of Florida Entrepreneurship Program, Gainesville, FL)
 - Pre-Retirement (Military) Training (16th, New Orleans, LA)
 - 100th Army Band Performance (25th, City of Blue Ash Memorial Day Parade, Cincinnati, OH)
- JUNE - 208th Army Band Performance (9th, YMCA Military Day, King, NC)
 - Physical Security Workshop (10-11, Ft. Bragg, NC)
 - Yellow Ribbon (12th-14th, Orlando, FL)
 - 208th Army Band Performance (13th, Army Birthday Ball, Puerto Rico)
 - Pre-Retirement (Military) Training (20th, Ft. Bragg, NC)
 - 208th Army Band Performance (20th, New Hanover County Library Kids Music Fest, Kure, Beach, NC)
 - Strong Bonds (26th-28th, Vicksburg, MS)
 - 100th Army Band Performance (26th, Boone County Parks Concert, Union, KY)
 - Pre-Retirement (Military) Training (27th, Smyrna, TN)
- JULY - 100th Army Band Performance (11th, Nitro Convention and Visitors Bureau, Nitro, WV)
 - 208th Army Band Performance (11th, 2nd BN/347th Regt Change of Command, Fort Gordon, GA)
 - Physical Security Workshop (15-16, Ft. Jackson, SC)
 - Strong Bonds (17th-19th, Ft. Walton Beach, FL)
 - Pre-Retirement (Military) Training (18th, Ft. Buchanan, PR)
- AUG - Warner-Robbins Army Reserve Center Memorialization (1st, Robbins, GA. / 313th Army Band will perform)

Orangeburg Reserve Center Named for Fallen Soldier

Story by: Sgt. Kandi Huggins and Sgt 1st Class John Fries



Maj. Gen. Janet Cobb assists the Thompson family with the unveiling of the memorial plaque in honor of Staff Sgt. Anthony Orlando Thompson which will be mounted to the outside of the Army Reserve Center that now bears his name.

ORANGEBURG, S.C. - Soldiers, veterans, community leaders and family members came together to recognize a fallen Soldier on Feb. 21, 2015. The U.S. Army Reserve Center in Orangeburg was memorialized in honor of Staff Sgt. Anthony Orlando Thompson, an Orangeburg native, who died in 2003 during combat operations in Tikrit, Iraq.

The 81st Regional Support Command hosted the ceremony at the facility which opened in October, 2014. During her address to the crowd of over 100 people, Maj. Gen. Janet Cobb, the commander of the 81st RSC, talked about the importance of remembering all of those who gave so much in defense of our freedoms.

"I never thought my dad would get all of this and I'm really grateful for that. I'm honored and I'm pretty sure he's honored up in heaven about this. Today was just a great day."

Jakwon Thompson, Son of Staff Sgt. Anthony O. Thompson

"Long after we who are here today are gone, those who travel past this place will say, 'He must have been something,'" said Cobb. "A building named after him, Soldier, Hero, a son of Orangeburg, a son of South Carolina. He really must have been a special man. Yes, he was special. Because he volunteered to wear his nation's cloth, special because of who he was and is to his family, and special to his comrades, his buddies and his nation

because of his honor and sacrifice."

Thompson's surviving family members who attended the ceremony saw the event as bitter sweet. Jaykwon Thompson, who was only 4 years old when his father was killed, said that he had already come to terms with his father's death, but the day's events had stirred up many emotions he didn't even know he had left.

Standing in front of the plaque that adorns his

father's name, which will be displayed at the Reserve Center, Thompson said. "I never would have thought that my dad would get all this and I'm really grateful for that. I'm honored and I'm pretty sure he's honored up in heaven about this. Today was just a great day."

Others who attended the ceremony understood the significance and honor bestowed to Thompson's memory.

"[The] community needs this to build [its] pride and give it a process to begin to heal," said Tommy Olds, an attendee of the event and commander of the South Carolina Combat Veterans Group, VA Hospital, Columbia, South Carolina. "This isn't a building, it's a memorial. Even though it's history, it's a reminder that people are still suffering."

Olds said even though the sacrifice of a Soldier is great, the sacrifice of their family is even greater. He said the Reserve center was a monument to keep Thompson alive and to keep the sacrifices of all Soldiers alive.

The Reserve center was named after Thompson after a nomination submitted to the 81st RSC by Sgt. 1st Class Calvin Snell, senior human resources noncommissioned officer,

415th Chemical Brigade, Orangeburg, S.C.

Snell's previous commander told him to nominate someone to name the building when the building was being built in 2012. Snell knew the Thompson family because he grew up with one of the older brothers.

"It felt great being a part of the memorialization, because Anthony paid the ultimate sacrifice," said Snell. "He only did seven years and made Staff Sergeant, that's impressive and means he was doing awesome things in the military. It was the best fit that a hero from Orangeburg has a building named after him."

Ceremonies, dedication, memorials are all ways Soldiers, the Army and the country re-

Staff Sergeant Anthony Thompson (right) was killed during combat operations in Tikrit, Iraq when a rocket-propelled grenade struck his HMMWV during an ambush. Thompson's awards and decoration include the Combat Action Badge, the Bronze Star Medal, the Purple Heart, the Army Commendation Medal, the Army Achievement Medal, the Army Good Conduct Medal, the National Defense Service Medal, the Kosovo Campaign Medal, the Iraq Campaign Medal, the Global War on Terrorism Expeditionary Medal and the NATO Kosovo Medal.



member the service members that sacrificed their lives in service to this nation.

"He's smiling seeing what the Reserve, the people of this town, this community and what that young man did for him to keep his memory alive, because there's a lot of them from Orangeburg who died and nobody even know their names," said Olds.

He said today told the human side of life and that's what needs to be heard.

The 46,000 square foot facility replaces the former Orangeburg Army Reserve Center located on John Calhoun Drive and will be home to the 41th Chemical Company and the 414th Transportation Company. **W**

1917

**Organized as Headquarters
81st Division
Camp Jackson, SC**

**Inactivated at Hobokan, NJ
in June 1919**

1947

**After WWII - became the
81st Division Reserve, acti-
vated in Atlanta, GA. While
considered for recall during
the Korean War, the 81st
was not activated. Inacti-
vated in December, 1965.**

19

**81st Regional
Command (R**

1942

**81st Division reactivated for
WWII combat at Camp
Rucker, AL**

**Inactivated in January 1946
in Japan.**

1967

**Designated the 81st US
Army Reserve Command
(ARCOM)
ARCOM units were mobi-
lized and deployed to
Vietnam for a year in 1968 &
Operation Desert Storm in
1990**

WILDCATS NEVER QUIT WILDCATS NEVER QUIT WILDCATS NEVER QUIT WILDCATS NEVER QUIT

1917-1919

**Supported WWI combat
operations at St. Die,
Meuse-Argonne & Alsace-
Lorraine, France.**

1968

**Three ARCOM units were
deployed for one year to
support combat operations
in Vietnam**

1944-1946

**Completed training at Fort
Rucker, AL for operations in
the Pacific Theater including
Angaur, Peleliu, Ngesebus,
Kongauru, Garakayo, Ngulu
Atoll, Pulo Anna, Kyangel
and Pais Islands. inactivated
in Japan**

1990

**81st ARCOM units
(52 units, 5,902 Soldiers)
were some of the first
Reserve units to be
up for Operation Desert
Storm**

1996
Regional Support
(RSC) activated

2006
RSC established at
Fort Jackson

2003
Redesignated 81st Regional
Readiness Command

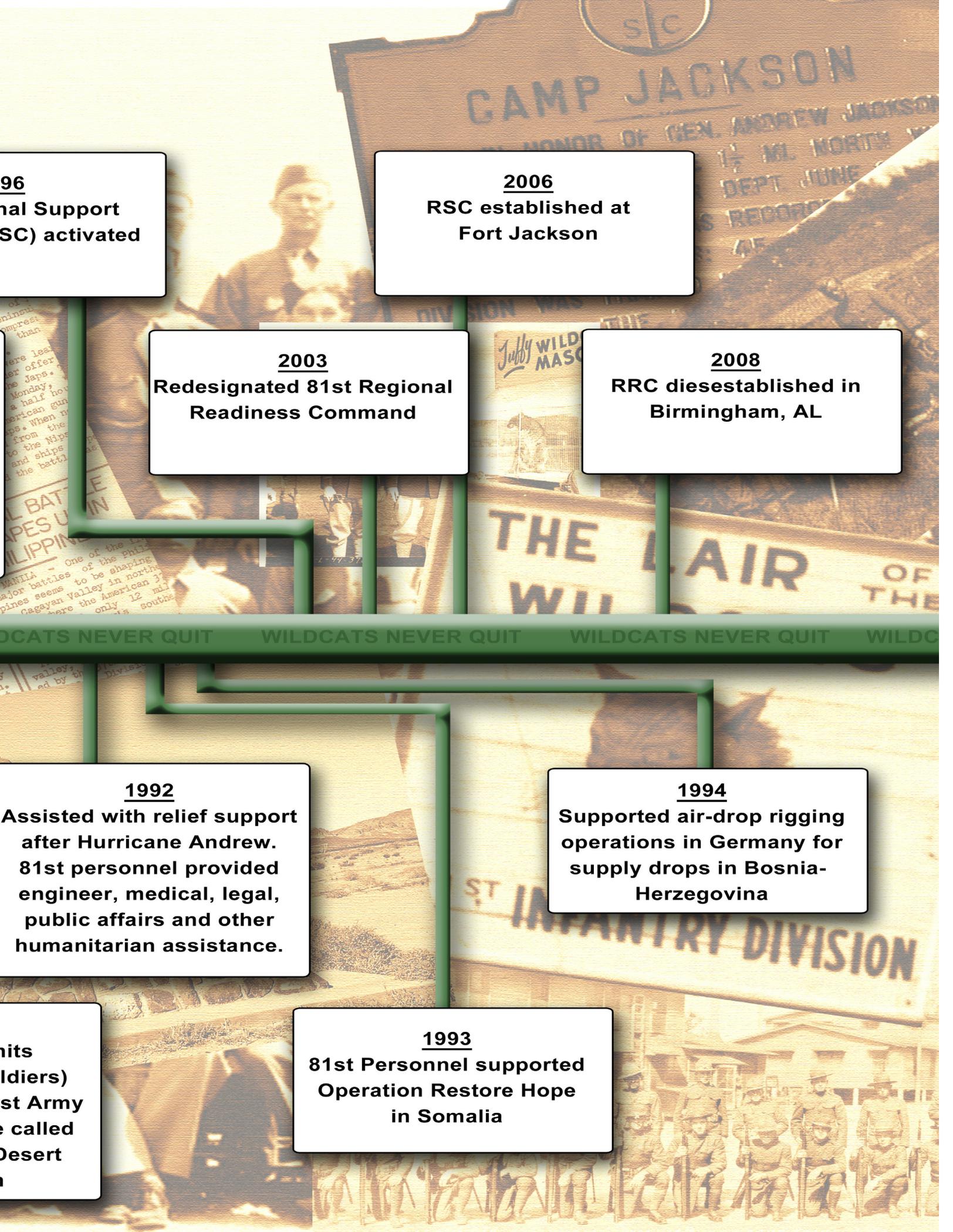
2008
RRC disestablished in
Birmingham, AL

1992
Assisted with relief support
after Hurricane Andrew.
81st personnel provided
engineer, medical, legal,
public affairs and other
humanitarian assistance.

1994
Supported air-drop rigging
operations in Germany for
supply drops in Bosnia-
Herzegovina

Units
(Soldiers)
1st Army
are called
Desert
Storm

1993
81st Personnel supported
Operation Restore Hope
in Somalia



Wildcat Spotlight

Staff Sgt. Toni Walker

W) How long have you been in the Reserve? Did you serve on active duty?

TW) I have been in the Reserve for 5 years. I have been mobilized twice, but I've been a Reservist my whole career so far.

W) What is your job and why did you select that MOS?

TW) I chose to be a mental health specialist because in 2002 my husband flew AH-64's for the Army and was involved in helicopter crash killing his co-pilot and nearly killing him. He had a total of 8 surgeries in order to get him fully rehabilitated, however, it was the hidden wounds that nearly destroyed our family. My husband suffered from PTSD and TBI and it took us a year to get the help we needed. I experienced the devastation it had on our family first hand and I wanted to be able to share my experience, strength and hope in order to help other Soldiers and their family members who are suffering from similar experiences.

W) Tell me about the Disney Runs, how many races and how many miles did you run? Over how many days?

TW) I completed the Dopey Challenge which is 4 Disney races totaling 48.6 miles over a 4 day period. Day one is the Pluto 5K, Day 2 is the Minnie Mouse 10K, Day 3 is Donald Duck's ½ Marathon and Day 4 is Mickey Mouse Marathon. If you complete all 4 events you get 6 medals. Pluto medal for the 5K, Minnie medal for the 10K, Donald medal for the half, Mickey medal for the full, Goofy medal for doing both the ½ and full and Dopey medal for doing all 4.

W) Do you think there is a direct correlation to the names of the last two medals and what people think of you for running so much over 4 days?

TW) Yes, they think I'm completely Dopey. People already think I'm crazy, so this just confirms it.

W) Have you always enjoyed running?

TW) Interestingly enough, I hate to run, and I don't know if it's reverse psychology or what, but I just don't want something to be out there that I can't do or can't overcome. It is one of the reasons why I decided to run a marathon. I had no desire ever to run a marathon, but in 2009 I had an opportunity to run a marathon for The Leukemia and Lymphoma society, a non-profit organization that raises money for cancer research, so I figured why not? It is then when I



decided that I wanted to challenge myself beyond what I thought I was capable of doing and I was doing it for a good cause. Here I was complaining and hating to run, when there are Cancer patients out there having to go through Chemotherapy, so who was I to complain? My excuses were invalid at that point, and as a result I raised over \$4500 to help with Leukemia and Lymphoma cancer research.

W) What is it about running that you enjoy?

TW) What I love most about running is going to organized running events. I run with a group called Team RWB, which is a national non-profit service organization that enriches the lives of America's veterans by connecting them to their community through physical and social activity. It's more than just running and social events but it's a group of people who share a common bond to help motivate, encourage and inspire each other to do great things for themselves and the community. I love that I can go to any event in the nation with my Team RWB shirt on and instantly connect with other Soldiers and veterans. I've become a little obsessive compulsive with my collection of medals and it just keeps getting bigger and bigger, especially with Disney races. I plan on completing my Disney races with the Dumbo Double Dare at Disneyland in September. You get three medals.. 1 for the 10K, one for the ½ marathon the next day and the Dumbo medal for doing both in the same weekend. And last but not least you get a Coast to Coast medal for doing two Disney races one on the east coast and one on the west coast in the same calendar year. After this I swear I'm done with my obsessive compulsiveness with Disney medals... My set will be complete with a total of 10 medals... crazy, I know.



W) How do you prepare for such a race weekend?

TW) I followed a 29 week training program that Disney provides when you sign up for their races. It was very easy to follow and not too demanding. Basically you had to walk 30-45 minutes two days a week and on the weekends run about 3-4 miles and slowly increase your

mileage to 22 miles on the last few weekends like 2 weeks before the race. My goal for this race was to complete and not to compete. I wanted to ensure that I was still walking after all was said and done.

W) What other goals in running do you have?

TW) My ultimate goal that I want to accomplish is to complete an Ironman triathlon. I watched ABC Wide World of Sports when I was a kid and was fascinated and in awe of the athletes that were competing in an Ironman triathlon in Hawaii. Ever since that time, I've always wanted to complete an Ironman and hear them say "Toni Walker, you are an Ironman."

W) What are your goals for your military career?

TW) My goals for my military career are to learn as much as I possibly can and to be constantly open and willing for any opportunity to make me a better Soldier. I feel that as long as I work hard, help others and live the Army Values that there is no limit to where my military career is headed. I personally would love to be a CSM in the Reserve or commission as an officer, but I have no idea what the future holds, so we shall see. But if the first 5 years of my Army career is any predictor of how the next 15 years will be, well then I'm looking forward to where I'm headed! **W**



SHARPTM
SEXUAL HARASSMENT/ASSAULT RESPONSE & PREVENTION

APRIL-SEXUAL ASSAULT AWARENESS MONTH



Sexual Assault Reporting Options

Sexual Assault is the most underreported crime in our society and in the military. Department of Defense (DoD) prefers that sexual assault victims receive support and medical services as needed and offenders be held accountable for their crimes. However, DoD recognizes that some victims willingly forego medical and support services to avoid command or law enforcement involvement. DoD's first priority is for victims to be protected, treated with dignity and respect and to receive the medical treatment, care and counseling that they deserve.

Under DoD's confidentiality policy, military victims of sexual assault have a choice of two reporting options:

Restricted Reporting (RR): Allows a victim to disclose the details of the assault to specifically identified individuals and receive medical treatment and counseling, without triggering the official investigation process. Reporting sexual assault to any agency or individual not listed below may result in an unrestricted report.

Report confidentially to:

- SARC/SHARP Specialist
- VA/SHARP Specialist
- Healthcare Provider

Eligibility:

- Soldiers
- Military dependents 18 years of age or older

Unrestricted Report (UR): Allows a victim to disclose the details of the assault and receive the same services under restricted reporting, to include an investigation. The victim may notify current reporting channels (e.g., Chain of Command, law enforcement) or SARC & VA/SHARP Specialists.)

Eligibility:

- Soldiers
- Military dependents 18 years of age or older
- DoD Civilians when stationed OCONUS
- U.S. contractor personnel when authorized to accompany Armed Forces in a contingency operations OCONUS

THOMAS M. WHITE, JR
Sexual Assault Response Coordinator (SARC)
81st Regional Support Command
BLDG 2179 Sumter Avenue (Room 101)
Fort Jackson, SC 29207-6070
Office # (803) 751-3564
SHARP HOTLINE # (803) 724-0262
Non-emergency # (910)-257-7616



Do you know someone who you has great Wildcast PRIDE? Nominate them to be in our next spotlight of The WILDCAT. Simply follow the link below, submit thier name and tell us why you feel they should be recognized.

https://ice.disa.mil/index.cfm?fa=card&sp=134944&s=959&dep=*DoD&sc=2



Deployed or know someone who is deployed and has children between 3 - 18 years old? You can receive a grant for up to \$500 for your dependants for youth programs.

Apply for a grant for youth sports, fine arts, camps, and tutoring programs up to \$500. Certain restrictions apply, see website for additional information.

<http://www.ourmilitarykids.org/>



Director of Emergency Services

Ms. Laura Steele

USARC/81st RSC Facility Physical Security Inspection Schedule

Ms. Laura Steele and Mr. David Gallo are the only approving authorities for changes or deletions to the inspection schedule. If you have questions, please contact Mr. David Gallo at 803-751-9097 or david.r.gallo.civ@mail.mil



Rendering of Ray "The Dice Man" Semko by Staff Sgt. Joseph Gose Jr.

Annual security awareness training was conducted at the 81st RSC headquarters in March. Ray Semko provided an entertaining and informative briefing on subjects including Integrity, OPSEC and Espionage.

Antiterrorism

The current Force Protection Condition (FPCON) is ALPHA with BRAVO measures. The National Terrorist Advisory System (NTAS) alert level remains ELEVATED. For additional information on ALPHA and BRAVO measures, please reference USAR Supplement 1 to 525-13, AR 525-13 or DODI 2000.16.

Advantor IDS Panel Replacement Contract

The USARC Physical Security Division continues work with USACE-Louisville and Advantor Systems (Installer) to complete phase 1 of the IDS replacement contract. There are approximately 300 replacement sites completed and operational using the new alarm system. Problems continue with signal strength over hard-line telephone lines as primary communications and the means in which the alarm panel must be programmed with the Central Monitoring Station (CMS) at Fort McCoy. Other issues include missing equipment and availability of proper personnel to complete the replacement IDS panel. The G-34 published OPOD 15-074 (Physical Security Intrusion Detection System (IDS) Migration Optimization) to help facilitate coordination between OFTS Commands, RSCs and Facility Coordinators in order to complete a pre-installation checklist and verify availability of necessary personnel on the date of installation to ensure site readiness. By the end of FY15, all contracted replacement sites must complete IDS migration to the new alarm panel. Way-ahead: Current contracted sites have been scheduled out to the end of July 15 in all four RSC's. The DES staff will work with each scheduled site POC to ensure equipment is located, all lines of communication are working, and personnel will be present on the date of scheduled install. For more information, please contact Mr. Jaye Jordan at 803-751-9298 or timothy.b.jordan4.civ@mail.mil

Physical Security Workshops

There are 5 workshops scheduled in the 81st AOR for the remainder of FY 15.

- 412th TEC, Birmingham, AL, 13-14 May . POC: MSG Jared Dean, 912-433-0343, or jared.t.dean.mil@mail.mil
- USACAPOC, Ft Bragg, NC, 10-11 Jun. POC: CPT Mary Nelson, 910-908-4749, or mary.m.nelson.mil@mail.mil
- 81st RSC HQ, Ft Jackson, SC, 15-16 Jul. POC: Mr. David Gallo, 803-751-9097 or david.r.gallo.civ@mail.mil
- 108th TNG CMD, Charlotte, NC, 25-26 Aug. POC: Mr. David Polite, 704-227-2820x4224 or david.i.polite.civ@mail.mil
- 335th SIG CMD, Atlanta, GA, 03-04 Sep, POC: SFC Joshua Wright, 678-420-1610 x 2376 or joshua.b.wright8.mil@mail.mil

Social Networking Safety Tips

Social networking sites allow people to interact with others and find people with similar interests or backgrounds. Social networking sites enjoy worldwide popularity, underscoring the need to understand potential risks associated with the use of these sites. A person's online activities may inadvertently expose excessive information about their identity, location, relationships, and affiliations, creating an increased risk of identity theft, stalking, or targeted violence. A safer social networking experience is available by accepting some basic assumptions and following a few recommendations.

Assumptions:

- Once something is posted it can quickly spread. No amount of effort will erase it.
- You are not anonymous on the Internet.
- There are people on the Internet who are not who they purport to be and will take advantage of you if afforded the opportunity.
- Participating in more social networking sites increases your attack surface and overall risk.
- Everyone on the Internet can see what you post, from where you post it, who your friends and associates are, the comments your friends make and your "witty" replies.
- An embarrassing comment or image may come back to haunt you.

Recommendations:

- Do not post anything you would be embarrassed to see on the evening news.
- Do not accept friend/follower requests from anyone you do not know; independently verify identities.
- Do not post personally identifiable information.
- Be cautious about the images you post. What is in them may be more revealing than who is in them. Images posted over time may form a complete mosaic of you and your family.
- Do not allow others to tag you in images they post. Doing so makes you easier to locate and accurately construct your network of friends, relatives and associates.

SAFETY OFFICE
MR. DANIEL HEATH
(803) 751 – 7321

Motorcycle Training Guidance

Spring is the time when Soldiers get the urge to ride the open road on a motorcycle. The 81st RSC Safety Office has a program to pay for a Soldier's tuition to these courses at any MSF-certified rider course location in your local communities. Arrangements must be made in accordance with 81st RSC MOTORCYCLE PROGRAM USER GUIDE

<https://www.us.army.mil/suite/doc/35979236>. This guide was emailed to all MSC EOCs and safety officers in our area with instructions to distribute to all units and is available on the 81st RSC sharepoint in Safety Documents. The POC for this program is Mr. Sylvester Chisolm (sylvester.s.chisolm.civ@mail.mil).

The short summary of requirements are: You need the Basic Rider's Course before you ride. You need advanced training within one year and sustainment training every three years after that. The 81st RSC will pay the tuition for this training. We cannot pay RPA costs, nor can we reimburse tuition that has already been paid.



Photo by: Sgt. 1st Class John Laughter

Sleeping in Facilities

With a reduction in available funds for Lodging in Kind (LIK), units are beginning to inquire about procedures to request authorization for Soldiers to sleep in USAR facilities. USAR policy and fire codes put stringent requirements on use of USAR facilities as incidental sleeping quarters. Authority for this use is retained by the CG, 81st RSC. Requirements are detailed in memorandum, HQ 81st RSC, AFRC-SSC-SA, 18 October 2011, subject: Requests to Utilize Army Reserve Centers as Incidental Sleeping Quarters

(<https://www.us.army.mil/suite/doc/36494038>). This memorandum was distributed to all MSC EOCs and safety officers and is available on the 81st RSC sharepoint in 81st RSC Policies.

2015 Spring/Summer Safety Campaign

The 2015 Spring/Summer Campaign is the first installment of the Army's new warm-weather safety awareness effort. The campaign's multimedia products will focus on spring and summer topics to include sports/recreation, driving, home safety and more to help keep you safe while enjoying the warmer weather. All seasonal campaigns will be found at

<https://safety.army.mil/MEDIA/SeasonalSafetyCampaigns.aspx> when issued. Topics include leadership in safety, sports/recreation, tactical safety, motorcycle safety, and driving safety using articles, posters, videos, and web resources. The new format of three installments per year, each falling under the umbrella of the larger campaign, is designed to better address your needs, as well as the needs of your units' leaders and Soldiers. Work these resources into your safety briefings or pass them around through email links.

Points of contact:

Mr. Daniel Heath, Chief, Safety and Occupational Health.
803-751-7321

Ms. Tameica Turner, Safety and Occupational Health Specialist
803-751-3060
(MS, AL, and senior SOHS for all issues)

Mr. Sylvester Chisolm, Safety and Occupational Health Specialist
803-751-3201
(NC, SC, Motorcycle Safety, Radiation Safety)

Ms. K.D. Hammonds, Safety and Occupational Health Specialist
803-751-2430
(KY, GA, LA Family Safety)

Mr. Ronald Friday, Safety and Occupational Health Specialist
803-751-2290
(TN, FL)





Directorate of Logistics provides Base Operations (BASOP) Support

The DOL provides BASOP support to supported Army Reserve commands in nine states of the southeastern United States and Puerto Rico, enabling the war-fighting functions of the Army Reserve to meet global requirements across the full spectrum of operations. DOL's vision is to continue to be the leading provider of logistical BASOP support services, responsive to the needs of the Army Reserve.

DOL's four critical BASOP Services include New Equipment Fielding Facility, GSA Fleet Management, Furniture Management and Facility Kitchens.



FACILITY KITCHENS

- Manage the Food Service Kitchen Program & Life Cycle replacement for appliances.
- Annual kitchen assessment in accordance with TB Med 530.
- Maintain kitchen property accountability on installation property book.
- Repair request initiated from customer using the Customer Service System (CSS).



FURNITURE MANAGEMENT

- Furniture funding by unobligated end-of-year funds.
- Manage facility furniture replacement program (service contract with UNICOR).
- Office furniture replacement fielding goal to replace twenty-six facilities per year.
- Relocate revitalized furniture or workstations.
- Support repair requests initiated from Customer Service System (CSS).



GSA FLEET MANAGEMENT

- Manage a fleet of more than 300 vehicles in the region.
- Support regional utilization policy (81st RSC 56-11).



NEW EQUIPMENT FIELDING FACILITY

- Classroom with network access to support operational training and technical training for up to 30 personnel.
- Two large bays to support new equipment training and processing.
- Regional center support coordinating distribution plans, support plans, processing sites and training resources with USARC's Synchronization Officer and Program Manager.



15 Jan 15, ECS -125 (G), Fort Bragg, NC along with Ms. Naranjo (MAST) were recognized by USACPOC (United States Army Civil Affairs and Psychological Operations Command) for their support with Operation Toy Drop. ECS-125 (G) provided equipment support to ensure this operation was a success.



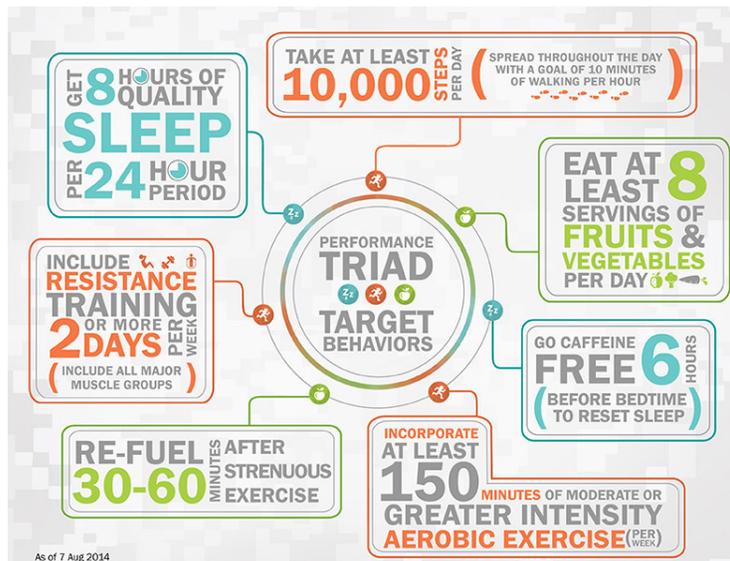
- 1 FY14 Army Award for Maintenance Excellence (AAME).
- 2 FY14 Chief of Staff, Army Supply Excellence Award (CSASEA).
- 3 Mr. Ferguson presents the AAME to Mr. Hausler (ESC Manager).
- 4 Mr. Ferguson presents the CSASEA award to Ms. Naranjo (MSAT).
- 5 Mr. Charvos presents Mr. Watkins (SES) with the Commander's Award for Civilian Service.
- 6 Mr. Ferguson speaks to the employees of ECS-125(G).

By the Numbers - Army Performance Triad

Story by Master Sgt. Sheri Murphy

Soldiers are the most sophisticated and complex Army weapon system. As members of the Profession of Arms, Soldiers must be ready to defend our nation with optimal performance. Soldiers must be ready physically, cognitively and emotionally. The Professional Soldier Athlete is a strong, fit, fighting machine able to physically dominate the enemy. Healthy sleep, activity, and nutrition combine to optimize Soldiers' physical abilities and strength. The Performance Triad is all about YOU, your mission, and your readiness. It outlines how sleep, activity, and nutrition can improve your physical, mental, and cognitive dominance. While each component of the Performance Triad is important, your performance is optimized when you focus on all three areas together.

Sleep is your secret weapon! You need 7-8 hours every 24 hour period. Anything less impairs mental abilities such as thinking and judgment. Individuals who routinely get 5-6 hours of sleep perform much like a person with a blood alcohol content of 0.08 and sleeping 5 hours or less a night for 5 days results in a 20% cognitive



decline. Adequate sleep stimulates the release of growth hormones, which leads to muscle growth, bone building, fat burning and helps you recover and learn. Maintain a consistent, regular routine that starts with a fixed bedtime and wake-up time.

Physical activity is essential to your performance, your physical readiness, and your health. Your fitness level, your exercise and work out plan, and your movement throughout the day are all parts of activity. The Performance Triad highlights three activity targets. First, get at least 10,000 steps per day (about five miles). This

Individuals who routinely get 5-6 hours of sleep perform much like a person with a blood alcohol content of 0.08

sounds like a lot but if you sit less and move more you can achieve this goal. Second, get at least 150 minutes per week of moderate aerobic activity + 75 minutes of vigorous aerobic exercise per week. Moderate activity is simply a brisk walk, light jogging (under 6 mph), light to moderate weight training or PRT Recovery and Prep Drills. Vigorous activity is about a 60-90% effort; running (6 mph or greater), fast cycling, soccer, basketball or heavy weight training. Last, but not least, do 2-3 sessions per week of total body strength training per week. This is defined as any exercise that causes muscles to contract against an external resistance with the expectation of increased strength, endurance or size (i.e. weight machines, free weights, resistance bands, yoga).

Proper nutrition and eating for performance will enable you to train and perform at your top level. Proper fueling is all about getting the right nutrients at the right time to maximize your training results. Fueling before you exercise protects muscle tissue and increases energy levels and improves overall performance by 25-50%. Conversely, refueling 30-60 minutes after you exercise can increase your muscles' energy stores and improve recovery by 50% (this can be as simple as a glass of chocolate milk). Your performance nutrient plan should consist of approximately 55-70 % carbohydrates, 12-15 % protein, 20-25% fat, a balance of other nutrients (vitamins and minerals) and at least 8 glasses of water a day. Think of your body as a high performance machine and fill it with high quality food and fluids to get maximum performance.

Using the Performance Triad's scientifically-proven principles of sleep, activity and nutrition to target changes in your daily routine will help you become stronger, faster, leaner and mentally sharper. **W**

Director of Public Works Update

Col. Sean McDonald

The 81st RSC conducted a Facility Coordinator Course at Fort Jackson from 27-29 January 2015. The course was the first iteration where the RSC was able to fund the attendance of Coordinators from the field instead of requiring OFTS commands to fund their representatives.

As a result, attendance for the course was 78 personnel, up from an average of 20-25 attendees. During the course, Facility Coordinators were given training from all directorates connected to the facility mission. Attendees were given time to ask questions in an open forum, as well as having the opportunity to interact with the 81st RSC staff outside the classroom. The end state was the graduation of a large group of Facility Coordinators better prepared to execute their duties across the 81st RSC AOR.



Col. Sean McDonald talks to a large group of facility coordinators during the facility coordinator training conducted at the 81st RSC headquarters in January. Photo by Sgt. 1st Class John Fries

Mark your calendars as the 81st RSC will be conducting another course this FY during the week of 17-21 August 2015. **W**



2015 SUMMER CAMP INFORMATION

When thinking about sending your child to camp, consider the following factors:

Age: The child's age is very important when determining whether a child is ready for residential/overnight camps. Generally children under the age of 7 are not ready for residential camps, and a day camp is a great way to prep them for overnight camps.

Location: Camps that are local can reduce travel costs and makes it easier to visit. A camp located further away may offer geographical experiences that may not be available closer to home. They can also promote a sense of independence in the child, which is something you can decide if your child is ready for that independence.

Length of camp: You should also consider if you would like to drop off and pick up your child every day, pick them up at end of the week, or if your child is ready for a camp that extends longer than a week.

Co-ed, girls only, and boys only: Each has their own positives and negatives. You and your family should determine what your child is ready for and what best meets the needs of your child.

Traditional or specialty: Traditional camps don't usually have a specific focus and offer a wide range of activities like archery, rock climbing, swimming, and more. Specialty camps offer traditional activities, but they also have a main focus. For example "Basketball camp" would focus on basketball, but still offer opportunities for other activities.

Parents should look for a camp that offers various programs that are organized for the many ages of campers attending. Always keep the safety and well being of your child in mind and make sure that the camp has staff trained to guide campers at building skills, making choices, and trying new adventures. Achievement is a major factor for children at camp so ensure the camp is filled with opportunities for achievement and skill building.

Special Needs Camps
www.seriousfunnetwork.org

American Camping Association
www.acacamps.org

Kids & Teen Summer Camps Guide
<http://www.allensguide.com/>

Army Reserve Camping Opportunities
<http://www.arfp.org/cyss.php>

Camp Erin, Moyer Foundation Bereavement Camps
http://www.moyerfoundation.org/programs/CampErin_About.aspx

Military Teen Adventure Camp
https://www.extension.purdue.edu/Adventure_camps/campsloc.html

Specialty Camps for Children
http://kidshealth.org/parent/system/ill/finding_camp_special_needs.html

2015 DoD/USDA Partnership for Military Families Child & Youth Reintegration Support Camps
http://4-hmilitarypartnerships.org/military-family/dod_usda/2015-military-camps/2015-camps/index.html

For further information, please contact Child, Youth and School Services Specialist located at the 81st RSC:

Feel free to visit the Army Reserve Family Programs website @ www.arfp.org/cyss

81ST RSC

ARMY BANDS



Legal Review: Marching to the Beat of a 81st RSC Drum

By Angela Moore, Command Paralegal (Civilian)

One of the most visible and effective builders of esprit de corps and cohesion within the Army are our Army bands. These bands are a vital part of strategic outreach encompassing Soldier support, family support, recruiting support, public diplomacy, community relations, and education. Army bands serve as augmentees to the Army's public image and exhibit the highest professional performance and appearances of standards that best symbolize the Army and serve the Nation. In accordance with Army Regulation (AR) 220-90, Army Bands, the Army band's mission is to provide music throughout the spectrum of military operations that will instill in our forces the will to fight and win, foster the support of our citizens, and promote our nations interests at home and abroad.

There are three Army bands within the 81st RSC: 100th Army Band, located at Fort Knox, Kentucky; 208th Army Band, located in Concord, North Carolina; and the 313th Army Band, located in Birmingham, Alabama. These bands perform at a wide variety of events. They participate in official military functions, such as military ceremonies, tours, worship services, and other events on military installations and sponsored by the military such as open houses, Army birthday celebrations, organizational days, dedications of official government facilities, and annual branch-specific celebrations. Bands perform at civilian events sponsored by federal, state, and local governments and at parades, rallies and concerts sponsored by other civilian organizations that further community relations, support recruiting programs or celebrate a national holiday.

However, there are restrictions on the types of events our bands may support. In accordance with AR 220-90, prohibited events in-

clude participating in performances as background, or dinner music events sponsored by other than military or official Government entities; political meetings, ceremonies and like events, whether on or off the installation; public programs held away from a military installation where the band is expected to perform back-up support for other entertainers; events for which there is an admission or other fee imposed; events for which band participation would selectively benefit or appear to selectively benefit any person, group, or corporation including all affiliations (profit, nonprofit, religious or quasi-religious, sectarian, ideological, fraternal, political, or commercial); motion picture premieres or regular movie presentations, fashion shows, or similar events sponsored or conducted for the sole benefit of commercial interests; parades (such as Christmas parades) sponsored primarily to support the commercial aspects of a holiday or event; Civilian-sponsored beauty contests or pageants and similar events; and events that are solely designed to stimulate sales or increase commercial business.

Should any organization desire the presence of one of the Army bands, they must complete and submit an electronic or hard copy version of the 81st RSC Musical and Ceremonial Request. Blank request forms may be obtained from Ms. Katrice Singletary at katrice.e.signletary.civ@mail.mil or Mr. Roy Hall at roy.l.hall.civ@mail.mil of the Director of Plans and Training (DPT) Office. All completed requests should be submitted to the 81st RSC DPT office not less than 60 days in advance of the scheduled event. Submit all requests to Ms. Katrice Singletary at katrice.e.singletary.civ@mail.mil. All requests must undergo a legal review by the 81st RSC OSJA to ensure the proposed events meets the requirements discussed above. These reviews may take some time, so please do not wait until the last minute to make your request.

If you have any questions, please contact Ms. Katrice Singletary at 803-751-2940 or the email address listed above. **W**

The Women Leaders of the Wildcat Team

Story by: Jackie Wren

FORT JACKSON, S.C. – March has been nationally recognized as Women’s History Month since 1987. It is a time to honor women past and present for their contributions to our society and our Army.

The Army Reserve has an exceptionally high number of opportunities for women to serve in increased leadership positions and this is illustrated through the Army Reserve leadership around the country. Of the four Regional Support Commands, three of them are commanded by women, and the 81st Regional Support Command uniquely is led by a female commanding general, Maj. Gen. Janet Cobb and deputy commander, Brig. Gen. Mary-Kate Leahy.

“The plethora of female role models at the highest ranks across the Army Reserve is pretty phenomenal,” said Leahy. “I think the Army as an organization is so much further ahead of the rest of society when it comes to having a promotion system based recognizing and rewarding competence and not tied to gender, race or ethnicity.”

In 1978 the Women’s Army Corps was disbanded and women were integrated into the U.S. Army for the first time. There may be an impression that there were no leaders for young female Soldiers to look to for mentorship in those early days of integration, however when Maj. Gen. Cobb joined the WAC in 1974 there was a female veteran and mentor that was instrumental to her choice in serving in the Army Reserve over other services.

“I enlisted in 1974 which was kind of unusual at the time,” said Cobb. “Col. Day Fullbright was my high school government teacher; she was a WAC during WWII, and the first female colonel in the Army Reserve. The Army Reserve was looking to enlist young women, and she served as a mentor early on and explained the Army Reserve to me.”

Since then, women have risen to all levels of leadership including the recent inclusion of women in combat duty positions. Both leaders acknowledge an increase in female mentors as they have progressed in their careers.

“It was some years later when I was a field grade officer before I really met a senior female who served as a mentor,” said Maj. Gen. Cobb. “As a battalion commander I worked for then Major General, Ann Dunwoody –

outstanding officer great mentor. She was all about not telling me what to do as a woman, but what to do as a senior leader.”

“I had a few female mentors,” said Brig. Gen. Leahy. “Really more in the second half of my time in the Army. When I look across my whole Army experience, on active duty, as a TPU Reserve Soldier and in the AGR program, I have had a lot more female role models during my time in the Army Reserve component.”

Though both leaders are proud to serve with each other in these positions, they point out that leadership has no gender, and the road to climbing up the ranks as a female involves the same values and skill as climbing the ranks as a male – their advice for any young leader is the same.

“Your reputation is everything – we all try to do what’s right come what may,” said Cobb.

“Be a servant leader, put your men and women above yourself, put their welfare and the mission above yourself and treat people fairly and equal. We all have to meet the Army standard.”

“Do the very best you can in every assignment the Army gives you,” said Leahy. “Be the leader you wish you had, and hold yourself to a high standard. Seek out and be a role model to others.”

The 81st Regional Support Command has a



Maj. Gen. Janet Cobb conducts physical readiness training during battle assembly. She feels it’s important for leaders to set a positive example for others to follow. Photo by Sgt. Kandi Huggins.

rich history as an organization dating back to World War I. The unit’s current command leadership team is just marking another milestone in the Wildcat history as the unit’s first female command team, but the legacy they hope to leave behind reaches beyond gender lines.

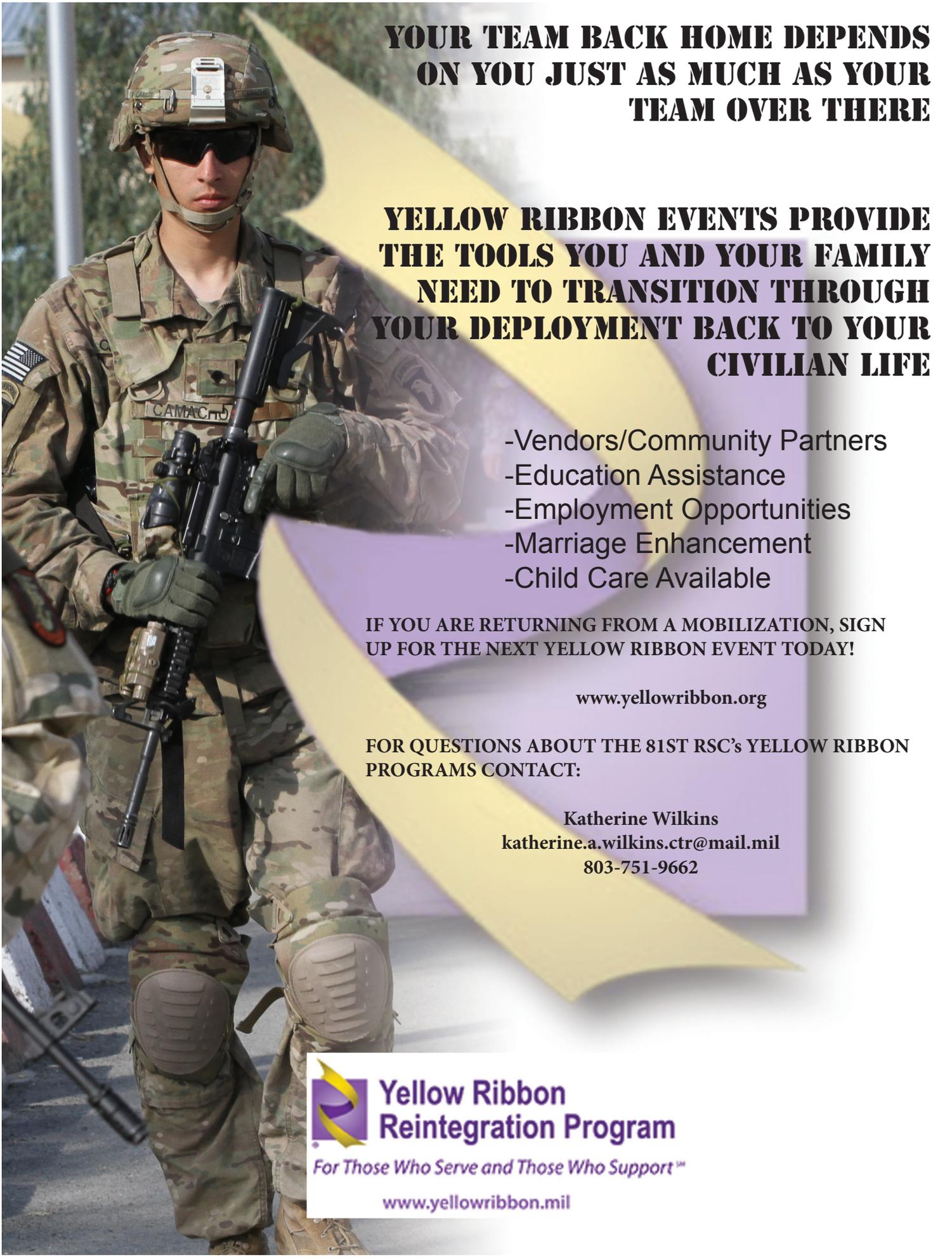
“We’re all here and we’re all serving, and I don’t think any of us think about ourselves as ‘women’ leaders until it’s pointed out,” said Cobb. “I would like to leave the legacy that I am a team builder. I hope people will say; she was able to build a team, she was wise enough to hire people that were smarter than her and that there was great camaraderie in those teams.”

There is no denying that women are leaving their mark at all levels of leadership in the 81st team, and that is something Brig. Gen. Leahy is proud of.

“It’s pretty neat that we’re both here,” said Leahy. “But I see great female leaders across the command, and hopefully it sends a very positive message that the opportunities that await them are really limitless.” **W**



Brig. Gen. Mary-Kate Leahy was formerly the 81st RSC’s Inspector General before moving to her previous assignment. Her promotion to Brigadier General brought her back to The Wildcats as the Deputy Commanding General. Photo by Sgt. 1st Class John Fries.



**YOUR TEAM BACK HOME DEPENDS
ON YOU JUST AS MUCH AS YOUR
TEAM OVER THERE**

**YELLOW RIBBON EVENTS PROVIDE
THE TOOLS YOU AND YOUR FAMILY
NEED TO TRANSITION THROUGH
YOUR DEPLOYMENT BACK TO YOUR
CIVILIAN LIFE**

- Vendors/Community Partners
- Education Assistance
- Employment Opportunities
- Marriage Enhancement
- Child Care Available

**IF YOU ARE RETURNING FROM A MOBILIZATION, SIGN
UP FOR THE NEXT YELLOW RIBBON EVENT TODAY!**

www.yellowribbon.org

**FOR QUESTIONS ABOUT THE 81ST RSC's YELLOW RIBBON
PROGRAMS CONTACT:**

Katherine Wilkins
katherine.a.wilkins.ctr@mail.mil
803-751-9662

 **Yellow Ribbon
Reintegration Program**
For Those Who Serve and Those Who Support™
www.yellowribbon.mil

Strategic Planning Update

The focus of our strategic planning efforts has always been to improve our ability to serve our customers. Our approach this year has changed: we are focused on involving the workforce at all levels to develop our objectives and refine our plan. This has delayed publishing FY15 guidance but is establishing a foundation for all future planning efforts.



What we have accomplished so far:

- Reestablish quarterly newsletter to better inform our workforce and customers of our efforts and opportunities
- Conduct civilian recognition at Chief of Staff town hall meetings to better honor Wildcat accomplishments
- Publish FY15 Strategic Plan Brochure



Sixty Wildcats participated in our focus group discussions to refine our objectives. Mr. Quinn presented Two-Star notes from MG Cobb to recognize their contributions.

What we will accomplish soon:

- Establish automated interactive phone directory
- Establish Knowledge Facilitator (Website and SharePoint) position
- Complete civilian command climate survey this month
- Reestablish new employee orientation
- Conduct Wildcat Workshops for our professional development
- Publish FY15 Strategy and 81st RSC Transformation Plan

Mission: The 81st Regional Support Command provides essential customer care and services to Soldiers, Civilians, and their Families in the Southeast Region, Puerto Rico and the Virgin Islands, enabling supported commanders and leaders to maximize resources and meet global requirements.

Vision: Be the best Regional Support Command – in the eyes of our supported commanders – committed to excellence, living the Army Values, and focused on Wildcat PRIDE

One-hundred, eighty-eight Wildcats provided feedback on our Mission and Vision statements. Based on their input, we kept our Vision statement and refined our current Mission statement to include the Virgin Islands.

Important Upcoming Dates

- 🐾 MAY – FY16 Strategic planning workshop
- 🐾 JUN – FY16 Strategic planning surveys and focus groups
- 🐾 AUG – Publish FY16 Strategic plan