

THE

Railsplitterz

Summer 2015



84TH

T R A I N I N G
C O M M A N D



Gas Gas Gas!

Setting the stage for
Best Warrior



84th Training Command

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Two Star Takeaways

It's been a quick six months since I took command and I want to thank everyone for their outstanding professionalism and dedication. We're halfway through the exercise season and the 84th continues to excel. We've continued the integration of the Army Total Force Policy into our Combat Support Training Program and so far our team has trained more than 8,000 Reserve, National Guard, and Active Duty Service members. We'll train more than 200 multi-component units by the end of summer. We're relied upon to provide the most realistic and relevant training platform in the Army Reserve and through everyone's hard work, we've upheld that reputation.

Good reputations are hard to attain and even harder to keep. We're very mission-oriented here in the 84th and I want to maintain that focus. However, I also want to broaden the focus just a little. To stay the best in the field, we

must continue to seek improvement...both personally and professionally, and as teams and individuals. Just like our OC/Ts observe and coach during training exercises, we, as leaders, need to take the time to coach and mentor each member of our team. Take the time to conduct initial and quarterly counseling with your Soldiers. Use that feedback to establish goals, develop an action plan, and to assess improvement. Regular counseling is just one part of building the team and this is just one opportunity as leaders to grow and develop the force.

Another opportunity to develop our force is through training and education. Whether it's professional military education or continuing their civilian education, both avenues are gateways for career growth. Encourage your team to apply for schools and to complete training that will enhance their career. While it's easy to grow stagnant,



we're in the business of developing teams and growing leaders. It's up to all of us to encourage that growth. So counsel your Soldiers and ensure they're getting the education and training that they need to be successful.

We have a lot to do in the upcoming months, but thanks to our outstanding group of Soldiers, Civilians, and Families, I'm confident that we have the right team to get the mission done. Stay safe and enjoy your summer. Strike Hard!



From the Trenches

FROM THE TRENCHES

It is said that how a command performs is a direct reflection of its leadership, I would argue that it's a reflection of its members. Maj. Gen. Carpenter has mentioned that he is impressed with the quality of noncommissioned officers in this command and I agree, you're the best.

NCOs are where the "rubber meets the road." We are the backbone of the Army and of the command. I want you to keep this in mind as we prepare for a busy summer.

As NCOs, we set the standard, whether it's consistently doing the right thing or something as simple as wearing our uniforms properly, we are the standard bearers. We should be proud that we have U.S. Army across our hearts and Old Glory on our shoulders and we should show it. Take pride in wearing the uniform and ensure others do too; it represents our team.

Responsibility comes with knowing your job and we, as NCOs, should be the subject matter experts, we

need to know our jobs, be confident in our leadership skills and proficient in Warrior tasks.

Similar to our OC/Ts who are responsible for training service members for success, we are accountable to train our Soldiers to be the best. We must ensure they're doing the right thing to prepare them for career growth. As leaders, we need to know our Soldiers and their families and always look out for their welfare. Strike Hard!



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78th Training Division



2015 Warrior Exercise

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86th Training Division



2015 Warrior Exercise

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91st Training Division



2015 Combat Support Training Exercise

FORT HUNTER LIGGETT, Calif. - U.S. Army Reserve Soldiers awoke March 8 in the Golden State and kicked off the final week of the 84th Training Command's Combat Support Training Exercise 91-15-01 with the same intensity as day one, two weeks prior.

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Spiritual

Ops

BOY SCOUT MOTTO:

Trustworthy / Helpful / Friendly /
Courteous / Kind / Obedient /
Cheerful / Thrifty / Clean / Reverent



GIRL SCOUT MOTTO:

Honest / Fair / Friendly / Helpful /
Considerate / Caring / Courageous /
Strong / Respect myself and others /
Respect Authority / Use resources
wisely / Make world a better place /
Be a sister to every girl scout.

SOLDIER'S CREED: I am an American Soldier. I am a warrior and a member of a team. I serve the people of the United States, and live the Army Values. I will always place the mission first. I will never accept defeat. I will never quit. I will never leave a fallen comrade. I am disciplined, physically and mentally tough, trained and proficient in my warrior tasks and drills. I always maintain my arms, my equipment and myself. I am an expert and I am a professional. I stand ready to deploy, engage, and destroy, the enemies of the United States of America in close combat. I am a guardian of freedom and the American way of life. I am an American Soldier.

What is it about creeds and mottos? As a chaplain I could have included in the examples above some church creeds from different faiths, but then you might accuse me of being a little too preachy. So, I will stick to finding common denominators in mottos that many non-commissioned officers and officers dutifully recited in your early years as boy scouts and girl scouts. The words and phrases have a common theme, and relate to the creed we recite as soldiers. We want to do what is right. We don't want to be guilty of overconsuming alcohol and negatively interacting with others. None of us intend commit acts of sexual assault. None of us wants to go down the path of depression and wind up contemplating suicide. So why is our society and even our military in the situation of needing to create programs to

try and prevent all that I have just mentioned? Could it be that we have forgotten what it means to follow the best desires of our heart? Could it be that our faith has grown cold and that we just don't have enough strength to fight our inner demons? Could it be the tide of doing what is right is too much work because it may seem like you are the only one who cares to do what is right? I would encourage you as your command chaplain to do what is right in all situations.

There is always someone watching you. Now, I am not talking about the all seeing eye of God....although that is true. I am talking about the fact that there is someone watching you. It may be a co-worker, a family member or even someone who doesn't particularly like you. They are watching to see what you are made of. What makes you tick? How do you react to

adversity? How do you do your job? With integrity?

Character or who you are when nobody is looking will be what defines you....the choices you make reflect who you are becoming. As your command chaplain let me encourage you to reconnect with your faith. Don't lose hope. Surround yourself with positive people. We at the 84th Training Command are supposed to oversee training in all areas that involve what it means to be a soldier. Lead by example. Influence others. Motivate others.

Train others in what you do and mentor them in who you are.

Chaplain (Col.) David J. Hunter

SOLDIER SPOTLIGHT:

SGT. DEE MCMURDO

NAMED 84TH TC'S BEST WARRIOR



84th TC Best Warrior Competition

[Story](#)

[Photos](#)

USARC Best Warrior Competition

[Video](#)

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It's a Family Tradition



FORT KNOX, Ky.--The daughter of this combat veteran and Army Reserve officer was given a few options when it came to living with her parents after graduating from high school... [Story](#)



Event	City	State	Dates	Ages	Website for more information
Military Maker Camp	Clearfield	Utah	22-26 June	Ages 10-14	<u>http://utah4-h.org/htm/4hmilitarykids</u>
DoD Career Pathfinders Camp	Tucson	Arizona	23-26 June	Ages 13-18	<u>http://4-hmilitarypartnerships.org/dod-camps/2015camps/2015_youth_camps/youth_campsyouth_camp_az_dod_career.html</u>
Joint Reserve Component Teen Leadership Summit 2015	Dahlonega	Georgia	28 June-3 July	High School	<u>http://georgia4h.org/jointreservesummit/</u>
Georgia Military Youth High Adventure Camp	Dahlonega	Georgia	19-23 July	Ages 12-15	<u>http://4-hmilitarypartnerships.org/dod-camps/2015-camps/2015_youth_camps/youth_camps/youth_camp_georgia.html</u>

HELP A BATTLE BUDDY

Many people get depressed at one point or another throughout life. Feelings of depression can become difficult for anyone, whether caused by a life-changing event, environmental stress, or mental illness. Unfortunately some get so depressed, they consider suicide as an option to escape their emotional pain. Most people who contemplate suicide don't really want to commit suicide. They may not be aware of the resources that are available to help them cope.

If you know someone who is suicidal, an important step to saving their life is by learning suicide prevention strategies and seeking professional help. The resources below could save a life. Help a battle buddy out.



Fort Family:
1-866-345-8248
Military Crisis Line:
1-800-273-TALK/8255
Military One Source:
1-800-342-9647
**Wounded Soldier
and Family Hotline:**
1-800-984-8523



Battle Buddy App
*Free download to
iPhone or Android*

American Foundation for Suicide Prevention: www.afsp.org

Tragedy Assistance program for Survivors (TAPS):
www.taps.org

Comprehensive Soldier Fitness: www.army.mil/csf

Defense Center for Excellence for Psychological Health and Traumatic Brain Injury:
www.dcoe.health.mil

Military OneSource: www.militaryonesource.com

Suicide Prevention Program Information: www.preventsuicide.army.mil

National Suicide Prevention Lifeline: www.suicidepreventionlifeline.org

Suicide Prevention Training For Families: www.armyg1.army.mil/hr/suicide

Suicide Prevention Program Manager: Pamela Chappell

pamela.a.chappell.civ@mail.mil, 502-624-4556 or BB: 910-728-3224



SHARP™

SEXUAL HARASSMENT/ASSAULT RESPONSE & PREVENTION

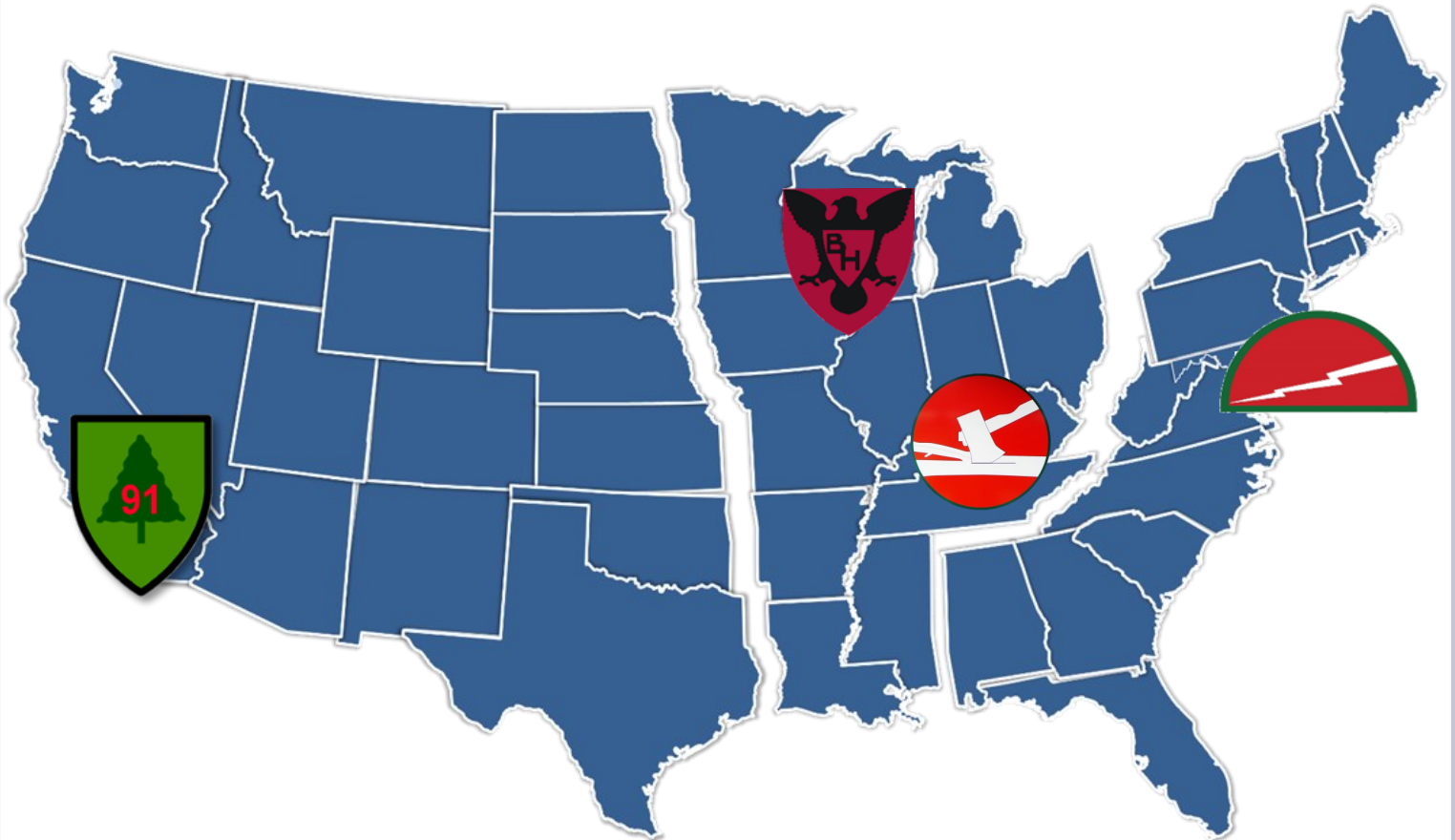
“Sexual assault will not be tolerated. We must work together and “know our part” and “do our part” to prevent and eliminate this crime from harming our society.” - Maj. Gen. Scottie Carpenter

We Must Eliminate Sexual Assault within our Army

For the many years our forefathers fought
We cannot allow our Army to be destroyed by Sexual Assault
Our DA Civilians and Family members too; count on us to know the right things to do
We must be fearless leaders to end this crime
We must promote training so this crime can be defined
We must promote speaking out to protect and defend
Take every complaint serious and investigate to the end
We can win and win we must; against this poison that is harming us
There is no time for us to not know what to do; for we are an Army committed to the truth
Our Soldier's lives are at stake; so there is only one decision we can make
Commanders you must not tolerate sexual assault from Civilians, E1 to GO; if they are convicted you must let them go
We must change the Army's culture to gain others trust
This is simply another war between the predators and us
Live the core Army Values for in these we can defend; it is up to us to make a difference to win
If not for ourselves for others to see, that we are Army Strong as we claim to be
Act and intervene to prevent sexual assault
Let us never forget what we have already been taught; our Warrior Ethos, Soldier, Civilian, and NCO Creed those are who we should aspire to be
We have always destroyed the threat and this one is no different
We cannot ignore that this too is our mission
No excuses will be tolerated; and no investigation will be stopped
We will eliminate sexual assault from the bottom to the top

*Disclaimer: "This poem does not constitute endorsement by the U.S. Army or federal government"
Written by: LTC Lenora Young, 84th Training Command, G1 Programs and Services Branch

84th Training Command: From Coast to Coast



Click on the unit patch to link to it's Facebook page



*Do you know anyone that might be
interested in a 4 year Army ROTC Scholarship?*

Contact Susan Massey, 502.624.7501

or susan.m.massey6.civ@mail.mil

Deadline to apply is July 15, 2015



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