



The
DOUBLE
"Twice the Citizen! Army Strong!"

EAGLE

OCTOBER 2015, Vol. 4 No. 7



FREEMAN & MOORE WIN

U.S. ARMY FORCES COMMAND MARKSMANSHIP COMPETITION

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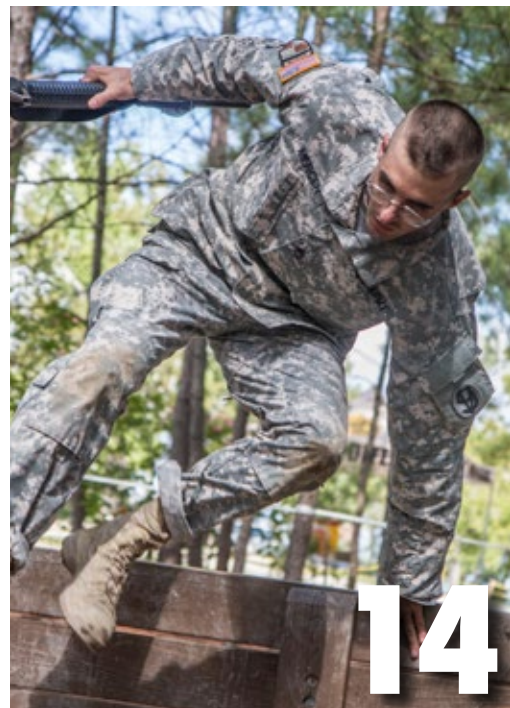
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COVER STORY:

Capt. Kirk Freeman, with the 98th Training Division and a member of the U.S. Army Reserve Marksmanship Team, prepares to engage targets with his M4 rifle during the Limited Visibility event on the final day of the U.S. Army Forces Command Weapons Marksmanship Competition Sept. 23, 2015, at Fort Bragg, NC. The three-day FORSCOM competition features 27 marksmen from the U.S. Army, U.S. Army Reserve, and the National Guard in events for the M9 pistol, the M4A1 rifle, and the M249 SAW, or Squad Automatic Weapon, to recognize Soldiers who are beyond expert marksmen. The multi-tiered events challenge the competitors' ability to accurately and quickly engage targets in a variety of conditions and environments. (Photo by Timothy L. Hale/U.S. Army Reserve Command)



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DOUBLE EAGLE





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THE OFFICIAL PUBLICATION OF
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PUBLIC AFFAIRS OFFICE,
FORT BRAGG, N.C.

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PUBLIC AFFAIRS AWARDS:**"BEST IN THE ARMY RESERVE"**

WINNER: 2012, 2013, 2014

DEPT. OF THE ARMY

MAJ. GEN. KEITH L. WARE AWARD

HONORABLE MENTION: 2013



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Double Eagle back issues.**

The COLORS of Cancer

On Aug. 16, 2012, my wife, Natalie, was diagnosed with Stage 3B melanoma – a half-stage away from Stage 4 – the killer melanoma.

A mole located on her right side near her upper ribcage had gone rogue and developed into cancer.

Thanks to a fantastic oncology staff at the University of North Carolina-Chapel Hill, I am happy to report that she is cancer free. No chemotherapy, no radiation. However, the surgeons performed two very invasive surgeries three weeks apart to remove 24 lymph nodes under her right arm.

Before her first surgery, we both knew that October is Breast Cancer Awareness month which means a wash of pink appearing everywhere from bumper stickers to retail stores.

But that got us thinking. "Does melanoma or any other cancer have a color?"

A quick online search showed us more colors and cancer awareness months than we could have possibly imagined.

As I was scanning through the colors, Natalie asked, "What color do I have?" Knowing that her favorite color is yellow, I was actually hoping that would be her color.

"Is it yellow?" she asked.

"No. That is for bone cancer and sarcoma," I replied.

"How about purple or blue?" she insisted.

"Nope. Not those either," I said.

"Well, what is melanoma's color?" she finally asked.


I looked up from my computer and said, "Black" knowing that she was looking for something bright and cheerful to help her through this unexpected diagnosis.

"Well, that's not really a fun color. But then again, no kind of cancer is fun," she said.

We set out to find every kind of black that we could. Ribbons, rubber bracelets, baseball caps, and I even found her a nice Swarovski crystal bracelet for her to wear.

So as we enter the pink wash of breast cancer awareness month, let us not forget there are plenty of folks out there fighting their own personal cancer battle every day.

Some of them are right here in the U.S. Army Reserve Command headquarters. They may be sitting in a cubicle right across from you – as I found out a few weeks ago.

As a USARC Family, we should support them any way we can in their personal battle, no matter the color of their cancer. 




Timothy L. Hale
Editor



Timothy L. Hale, a U.S. Air Force veteran, is an award-winning photojournalist and editor of the USARC Double Eagle. He is a member of a number of professional organizations to include: Nikon Professional Services, National Press Photographer's Association, and the North Carolina Press Photographer's Association. The views expressed in this column are expressly his own and do not necessarily reflect those of the U.S. Army Reserve Command, the Department of the Army, or the Department of Defense.

“MARKSMANSHIP”



LIMITED VISIBILITY. Master Sgt. Russell Moore, with the 416th Theater Engineer Command and a member of the U.S. Army Reserve Marksmanship Team, engages targets with his M9 pistol during a Limited Visibility event on the final day of the U.S. Army Forces Command Weapons Marksmanship Competition Sept. 23, at Fort Bragg, NC. The three-day FORSCOM competition features 27 marksmen from the U.S. Army, U.S. Army Reserve, and the National Guard in events for the M9 pistol, the M4A1 rifle, and the M249 SAW, or Squad Automatic Weapon, to recognize Soldiers who are beyond expert marksmen. The multi-tiered events challenge the competitors' ability to accurately and quickly engage targets in a variety of conditions and environments.

SHIP MATTERS”

U.S. Army Reserve wins 2-out-of-3 at FORSCOM Marksmanship Competition

Story & photos by TIMOTHY L. HALE
U.S. Army Reserve Command

FORT BRAGG, N.C. - After thousands of rounds, hundreds of paper targets, and even robotic targets on wheels, two U.S. Army Reserve Soldiers shot their way to winning two out of three at the U.S. Army Forces Command Marksmanship Competition, Sept. 21-23.

Capt. Kirk Freeman and Master Sgt. Russell Moore won top honors in the M4 rifle and M9 pistol categories, respectively. Sgt. Ben Mercer finished second in the M249 Squad Automatic Weapon category. All three men are members of the U.S. Army Reserve Marksmanship Team.

The three-day FORSCOM competition featured 27 marksmen from the U.S. Army, U.S. Army Reserve, and the National Guard in events for the M9 pistol, the M4A1 rifle, and the M249 Squad Automatic Weapon, to recognize Soldiers who are beyond expert marksmen. The multi-tiered events challenge the competitors' ability to accurately and quickly engage targets in a variety of conditions and environments.

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In his opening remarks, Command Sgt. Maj. Scott Schroeder, the FORSCOM command sergeant major, told the competitors that “marksmanship matters” whether Soldiers are qualifying on a range, in combat, or in a competition match.

“Every trooper has to be able to engage the enemy in combat,” Schroeder said. “First round strikes matter. If I get first round

strikes, that’s less ammo that I have to carry.”

In addition to recognizing the top pistol, rifle, and machine gunner, Schroeder said the goal of the competition was to “show the training possibilities that exist at their home station so they can integrate these things into their marksmanship training programs.”

Schroeder added that by hav-

ing feeder competitions starting at brigade and battalion level and working upwards it provides a “culture of competition, increased training opportunities and creativity. When faced with a challenge they (Soldiers) need to come up with a creative solution. It can’t be a playbook, they have to be able to audible.”

The competition provided plenty of opportunities for Freeman, Moore, and Mercer to think outside the box and come up with firing solutions to achieve maximum scores.

Some of the wrinkles in the competition included targets moving around the range on small four-wheeled platforms called Robotic Human Type Targets and a platform suspended from chains.

Long-Range Expert

Freeman, with the 98th Training Division, is no stranger to competition.

He has earned the President’s Hundred tab for rifle marksmanship 11 times, he’s the defending Interservice Rifle champion (2014 & 2015), Long Range Service Rifle National Champion (2012, 2013 & 2015) and has been on four national rifle trophy teams.

For Freeman, adding moving

See **MARKSMEN**, Pg. 9



LONG-RANGE EXPERT. Capt. Kirk Freeman, left, with the 98th Training Division and a member of the U.S. Army Reserve Marksmanship Team, waits for the next M4 rifle event to begin on the final day of the competition. Freeman, opposite page top left, checks the wind speed before one of the events; engages targets with his M4 rifle, top right; and is positioned on a suspended platform as he engages a target.





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targets ramped up the competition.

“I’m normally used to shooting point targets,” Freeman said. “So being able to bring that out here and demonstrate that you can take those skills on a point target and apply those to a moving target, or a night fire, it works.”

Freeman said the night fire was his biggest take-away from the competition.

“I didn’t struggle on it but I didn’t excel on it,” the Hickory, N.C. native said. “I didn’t get 40 out of 40 but I didn’t make a fool out of myself either. That’s something I personally need to train with.”

Precision Pistol

Moore, with the 416th Theater Engineer Command, is also no stranger to competition.

A distinguished rifle and pistol marksmanship badge holder, his precision with the M9 pistol was readily apparent in the Dot Torture drill.

Through a series of under 10-second engagements with one to five rounds each, Moore’s groupings were so tight it appeared that rounds entered and exited through the same hole.

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PRECISION PISTOL. Master Sgt. Russell Moore, with the 416th Theater Engineer Command and a member of the U.S. Army Reserve Marksmanship Team, prepares for the Robotic Human Type Target scenario, opposite top, and engages the RHTTs with his M9 pistol through a window, bottom. His precision with an M9 is displayed on the Dot Torture target sheet, this page top. Moore, bottom, shares some of his techniques with fellow pistol marksmen during a break in the competition.





SAW GUNNER. Sgt. Ben Mercer, top, with the 416th Theater Engineer Command and a member of the U.S. Army Reserve Marksmanship team, qualifies with his M249 Squad Automatic Weapon, or SAW, during the first day of the competition. Later in the evening, he sights his weapon with a laser before a night-fire event.

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“Marksmanship in this competition was huge, but so was keeping your head, having a plan, stress management, and course of fire memory,” Moore said.

The San Antonio native said teamwork played a big part in his success.

“We all shared gear, ideas, and trained amongst each other. You can’t come here being a ‘one way only’ shooter,” he said.

Moore said the competition also showed him the types of non-standard training that can be conducted on any range.

“I really want to emphasize the types of non-standard training that can be conducted,” Moore said. “Get away from standard square ranges, continue to emphasize to have an imagination to what type of training that can really be accomplished, and still have some fun, valuable training.”

SAW Gunner

Mercer, also with the 416th, not only contended with the tasks but also a temperamental M249.

But like any good Soldier, he kept working through the issues to place in the top tier of the category.

“We basically hit every scenario,” Mercer said, recalling night fire, close quarters and even qualifying wearing a chemical protective mask.

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HEAVY LIFTING. Mercer, top, looks ahead to the finish line as he pulls a 175-pound mannequin during the Stress Fire event on the second day of the competition. He then catches his breath after crossing the finish line, bottom.



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“Being a combat match, you had to be able to clear the weapon when it jammed and with a sense of urgency. All of that plays into the competition,” the Springfield, Missouri native said.

With the challenges he faced, Mercer said that was a value-added that he can share with others.

“Being a M249 team leader, the level of proficiency I gained here is something that I can bring back to my entire company to any situation that might come up,” Mercer said.

Mercer said coming to this competition was valuable for him.

“Marksmanship matters, especially in the U.S. Army Reserve. Coming here and winning in the rifle and the pistol and placing in the top in the M249 shows that we can really bring a lot to a competition like this,” Mercer said.

Showcasing Talent

Brig. Gen. Michael J. Warmack, U.S. Army Reserve Command deputy chief of staff for the G-3/5/7, said winning two-out-of-three is a testament to the capabilities and the caliber of the U.S. Army Reserve.

“This showcases Total Army and the importance of the U.S. Army Reserve,” Warmack said. “Soldier readiness is what we’re focused on this year and these NCOs and this officer have demonstrated, by example, Soldier readiness at the highest level. It displays the talents the U.S. Army Reserve brings to the total force both in uniform and in civilian skills.” 🇺🇸



M249 QUALIFICATION. Mercer applies a lubricant, top, to his M249 Squad Automatic Weapon during the first day of the competition. Sweat drips from Mercer’s face as he puts on his body armor for a qualifying session.

Competition Breeds Confidence; Confidence Breeds Better Training



BUILDING CONFIDENCE. Master Sgt. Russell Moore, left, with the 416th Theater Engineer Command and a member of the U.S. Army Reserve Marksmanship Team, engages targets with his M9 pistol during the DotTorture event on the final day of the U.S. Army Forces Command Weapons Marksmanship Competition, Sept. 23, at Fort Bragg, N.C. Moore won the overall pistol competition.

Story & photo by **TIMOTHY L. HALE**
U.S. Army Reserve Command

FORT BRAGG, N.C. - The U.S. Army Reserve Marksmanship Team and Competitive Program has a long and storied tradition of winning competitions.

Consisting of Combat Team, Service Rifle Team, Service Pistol Team, and Mobile Training Team, the teams collectively represent the forefront of small arms skill and are the only formally proven and acknowledged experts on the proper use and training of small arms across the U.S. Army Reserve.

Team officials say the shooter-instructors are some of the world's best-trained small arms marksmen, conducting small arms training, hosting marksmanship events, and competing at major venues around the world.

But it's not about just competing and winning like they did at the U.S. Army Forces Command Marksmanship Competition, it's about making better marksmen out of every U.S. Army Reserve Soldier.

By Army Regulations 350-66 and 140-1 (Chapter 7), units are directed to conduct small arms programs and competitions.

"In order for our Soldiers to become better marksmen, our team can offer training to all of our units across the force, by the regulations, down to

the company level," said Sgt. Maj. James Mauer, the ARMT sergeant major.

Mauer said on average, 120-150 Soldiers are trained during regional or national events.

As an example, in 2012 members of the team traveled to Fort Bragg to train 2nd Battalion, 504th Parachute Infantry Regiment, 82nd Airborne Division troopers on the M14 Enhanced Battle Rifle within days of their deployment to Afghanistan.

Team members said that better training comes from competing in marksmanship competitions.

"The importance of having our own marksmanship team is we're able to take the best of the best from all of our units and send them to compete and win," said Brig. Gen. Michael J. Warmack, U.S. Army Reserve Command deputy chief of staff for the G-3/5/7. "Then we're able to take them and send them back down to our units and build Soldier Readiness and do some great, innovative training," Warmack said.

To find out more about the U.S. Army Reserve Marksmanship Team and Competitive Program, visit them online at <http://armyreservemarksmanship.info> or <http://www.usarshooters.org/History.html>. 🇺🇸



MERCER, VIDLER COMPETE WITH ARMY'S BEST DRILL SERGEANTS

Story & photos by Sgt. First Class **BRIAN HAMILTON**
108th Training Command

FORT JACKSON, S.C. - In 1972, the U.S. Army Reserve selected its first Drill Sergeant of the Year.

On Sept. 10, 2015, it chose its 44th.

During a ceremony held on Fort Jackson, South Carolina, Staff Sgt. Mark Mercer, 95th Training Division (IET), was presented the Ralph E. Haines Jr. award for excellence as the U.S. Army Reserve's top drill sergeant.

For four days, Mercer competed in a head-to-head competition with Staff Sgt. Russell Vidler, 98th Training Division (IET) Drill Sergeant of the Year, for the coveted title.

"I think I'm still in shock. It's just surreal. There are just so many emotions going through my head right now. It just shows that hard work pays off," Mercer said.

Mercer takes over for Staff Sgt. Christopher Croslin, also from the 95th Training Division (IET), who won the competition in 2014.

The two, along with four other contestants from the active component in addition to six AIT Platoon Sergeants were pushed to their physical and mental limits in a wide range of events that included a physical fitness test, numerous obstacle courses, day and night land navigation and a grueling 12-mile ruck march under hot and humid weather conditions.

The competitors were also evaluated on their ability to perform and teach more than 50 basic combat training tasks ranging from physical readiness training to disassembly and reassembly of the M249 Squad Assault Weapon.

Both Mercer and Vidler admitted preparation was key to the competition but with the added stressors of the numerous events not everything went as planned.

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FIT TO WIN. U.S. Army Reserve Drill Sergeant of the Year contestant, Staff Sgt. Mark Mercer, 95th Training Division (IET), leaps over the high wall on the Fit to Win obstacle course during the four-day TRADOC Drill Sergeant of the Year competition held at Fort Jackson, S.C., Sept. 7-10. Mercer is in a head-to-head competition with Staff Sgt. Russell Vidler, 98th Training Division (IET), for the title of top drill sergeant in the U.S. Army Reserve.

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"You can study and know everything in the book, but once you get worn out and you face physical fatigue and mental fatigue, it just wears on your mind. I just tried to stay consistent with everything," Mercer said.

At one point, the two were asked to teach an Initial Entry Training Soldier how to perform a hand salute immediately after finishing the Fit-to-Win obstacle course.

Exhausted and out of breath, competitor after competitor struggled to get the correct words out to properly instruct the young Soldier in the timed event.

"I did a lot of running and rucking. I spent a lot of time going over the modules. I tried to think about the task presented to me and what I wanted to say before I ever said anything, obviously that didn't help," joked Vidler during the round-robin medical tasks event.

Staff Sgt. Jonathan Miller, whose duties as the 2014 active component Drill Sergeant of the Year include setting up and running this year's competition, disagreed.

"Truthfully, when you look at how Drill Sergeants Vidler and Mercer stacked up against the active duty Army drill sergeants, the competition was very close," Miller said. "You can tell they put a lot of time into this. They prepared. They studied. They pushed themselves to the limit. Those two really put their best foot forward for this year's competition and it showed."

Mercer, who became a drill sergeant in 2009, says he loves being a drill sergeant.

"You get to impart all types of knowledge on people that never knew what they were getting themselves into," he said. "You get to see the beginning product and you get to see the end product. The changes you see are astronomical. They're physically fit and knowledgeable. It's very gratifying."

Both candidates said before the competition, that if selected as Drill Sergeant of the Year, they would use their time to improve the selection process in the reserve program.

"I want to raise the bar for the reserve program.



WINNER. Staff Sgt. Mark Mercer, left, is presented the Ralph E. Haines, Jr. Award by Command Sgt. Maj. Robert J. Riti, 108th Training Command command sergeant major, after winning the U.S. Army Reserve Drill Sergeant of the Year title.

ONE MORE. U.S. Army Reserve Drill Sergeant of the Year contestant, Staff Sgt. Russell Vidler, opposite page, 98th Training Division (IET), does a celebratory chin up after completing the final obstacle of the confidence course during the competition.

Drill sergeants are charged with instilling the standards and I want to ensure we are meeting or exceeding those standards; from height, weight and physical fitness to training. Training and preparedness is key and I don't think we do that enough," Vidler said.

The tension and anxiety finally passed as the winners were announced. Command Sgt. Maj. Robert Riti, 108th Training Command (IET) command sergeant major, presented the award and both competitors breathed a sigh of relief that the competition was over.

"It was difficult. I left everything out there. Everything I had is still out there on Fort Jackson somewhere." 🇺🇸

To find out more about the annual
U.S. Army Drill Sergeant of the Year competition,
visit their website at
www.army.mil/drillsergeant/competition.html



Seaborn first female Cyber Soldier in U.S. Army Reserve

Story by **BRIAN GODETTE**
U.S. Army Reserve Command

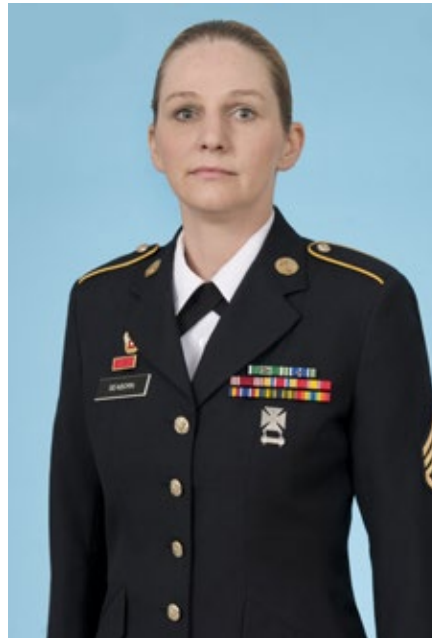
FORT GORDON, Ga. – In a year of ground-breaking achievements for women in the military, the induction of Cyber Soldiers, and Citizen-Soldiers continuously proving their worth in the private sector as well as military, one U.S. Army Reserve Soldier stands out.

Staff Sgt. Lydia Seaborn recently became the first Army Reserve female graduate from the 25D Cyber Network Defender military occupational specialty course at Fort Gordon. That achievement was only intensified by the fact that Seaborn also became the first female Distinguished Honor Graduate and the first TPU (Troop Program Unit) Army Reserve Soldier to graduate the active duty Army MOS School.

Only a few months prior in February, Lt. Gen. Jeffrey W. Talley, Chief of the U.S. Army Reserve, signed the statement of support signifying the beginning of the partnership with the Army Reserve to educate and employ Cyber Soldiers during the Army Reserve Private Public Partnership Cyber Security Signing.

“The power of the Army Reserve is matching civilian professional skills with their military careers; this is a powerful and effective way to maintain Soldiers’ advanced skills demanded by the Army and DOD,” said Talley.

Seaborn, a Florida native who currently works at the Library of Congress as a Security Advisor, has been in the U.S. Army Reserve since 2002, after



Staff Sgt. Lydia Seaborn

completing active duty service.

“I have held many different positions while in the Army Reserve,” Seaborn said. “I have been a system administrator, a domain admin, an Information System Security Officer, an Intrusion Detection analyst, an Organizational Inspection Program Auditor, and most recently I have served as a Forensic Analyst with a small dabble in some Malware Analysis training.”

Seaborn is the epitome of Talley’s vision of matching civilian professional skills with their military career, utilizing all of her cumulative training in her civilian career where she provides

oversight for the Library’s Continuous Monitoring Program, and serves as the liaison for all annual audits.

“All of the certifications you obtain during the course will help to advance you in your civilian career in the Cyber Security field,” Seaborn said.

“The demand for these Cyber Security professionals and Cyber experienced Soldiers far outpaces the current inventory,” said Talley.

In the male-driven Information Technology field, women like Seaborn are even more of an inventory rarity, making her accomplishments that much brighter.

“It really feels great to make such great strides not only as a Reservist, but as a female Soldier,” Seaborn said. “I feel humbled, and extremely blessed to have had the experience.”

Seaborn, who has a vast IT background in and

out of the military, was intrigued when first learning about the opportunity for the newly offered 25D MOS.

"I remember an article many years ago in the Army magazine, when it first mentioned this new concept called 'Cyber Warfare', and I thought that would be the most AMAZING MOS, 'I bet I could do that!' and that's all there was to it," Seaborn said.

"I inquired about it throughout the years, and gained information on it when I could. Once I finally had the information I needed for applying as a Reserve Soldier, I jumped on it, had my packet ready a week later," she added.

Showing up to the course and being the only female in her class and one of two females in the course alone, was not the only challenge Seaborn had to brace herself for.

"It was very mentally draining, and it was hard spending the time away from my family," Seaborn said. "Many people have used the term 'drinking from a firehose', but this course I think is the definition of it.

"It is a lot of material, and you need to retain it and utilize it," Seaborn said. "You need to find the right balance between studying and maintaining focus, and allowing yourself some mental relaxation."

Described as a "bleeding heart" by many who know her, Seaborn's compassion and patience for many things in life helped her to find the right balance between the rigorous coursework and mental relaxation.

Even completing any of the most rigorous military courses in the world couldn't compare to being a mother for Seaborn, or even another experience only few women have shared.

"One thing most people don't know is that I actually served as a gestational surrogate for a couple I know, carrying and delivering their baby for them," Seaborn said. "Being able to help grow a life is such a unique gift to give a couple who cannot do it on their own, and it was such an amazing experience. I wouldn't trade it for anything."

The family aspect of Seaborn's life has been a strong factor in her military and civilian career success.

"My husband has been extremely instrumental to all of my success," Seaborn said. "He has always given his complete trust in decisions I have made,

supported me through all of it, and managed the household through my countless business trips in both my military and my civilian job."

The most recent decision for Seaborn being the start of the 25D course which many like Talley feel has, and will continue to be a huge impact on the Army Reserve.

"It has a tremendous impact on the Army Reserve, just as it does in the Active component or anywhere else in the world," Seaborn said. "The Army Reserve isn't just one weekend a month like most people think.

"My unit I serve with right now supports an ongoing initiative that provides security and network monitoring, incident response and forensic analysis in the field to various middle-eastern countries to include Kuwait and Afghanistan," she said. "Every year there is a deployment rotation and our Soldiers go overseas to provide Cyber security expertise that is needed."

The accomplishments Seaborn has achieved wouldn't be as significant to her if it didn't reinforce the drive of other women in the field to have the same opportunities and take advantage of something that was once seen as male dominated.

"I would hope that it serves as an example for other female soldiers to not let the difficult choices stand in your way when it comes to going out there and grabbing what you want," she said.

"I have noticed over the past few years that there are a lot more females now than when I first started working in the field, and a good majority of them do not have any military background," she added. "I think the growth in the civilian sector is on par with the growth in the military, but there is still a ways to go."

From women successfully completing Army Ranger School, to off-duty female U.S. Army Reserve combat medics saving the lives of strangers, women in the military have been standing out, and in the midst of it all, Seaborn, one of the U.S. Army's newest cyber defenders, has knocked down her own doors.

"I know if I can do it, anyone else can with the right foundations, focus, and dedication," Seaborn said.

For more information about the Cyber Network Defender MOS, visit the U.S. Army Signal School website at <http://www.signal.army.mil/index.php/79-signal-news-flash/755-25d>. 

BRING IT HOME:



(FILE Photo U.S. Army Reserve)

SAFETY DURING FAMILY EVENTS

Story by EREWA L. JAMES
USARC Safety Office

All year long, U.S. Army Reserve Citizen-Soldiers are drilling, attending intense training exercises and working hard at their civilian job. Citizen-Soldiers are always sacrificing to make themselves and the Army Reserve better. We all know that without the unwavering support of their Families this would not be possible.

Often during the year, the various commands stop all training activity and dedicate a day to honoring the Soldiers and their Families with an organized Family Day. There are all kinds of fun activities such as softball, volleyball, sack races, rock climbing, and swimming.

There is plenty of food and beverages at these events and everybody has a great time. But, the planning behind the scenes is not often readily apparent. A lot of hard work goes into assuring every Family Day is a safe event.

For every event, risk management is applied and two critical questions are asked. "What can go wrong and cause injuries?" and "What can we do to mitigate the risk?" Some of the risks that are addressed for U.S. Army Reserve Family Events planning include:

- Transportation considerations to and from the event location
- Traffic and parking controls
- Tents are properly secured
- Weather and emergency response plans
- Adequate communications capability

- Food prepared and maintained in a clean and controlled environment
- Fire extinguishers appropriately positioned
- Play and recreational areas evaluated for hazards
- Trained life guards around pools or swimming areas
- Inspecting and checking sporting equipment
- Tailoring recreational events for children and adults
- Planning for medical responses (heat injury, bumps and scrapes, etc)
- Adequate water, shelter and perhaps even cooling vehicles/areas

During the fall and winter holidays, Citizen-Soldiers will travel on vacations, to Family reunions and even just enjoy long weekends with Family and friends.

Each of these events occurs away from the structure and discipline of the military.

Whether at the unit for an organized gathering or with Family on holiday, the dangers remain substantially the same.

The big difference is that Citizen-Soldiers must assume the additional roles of Leader and Risk Planner for private Family time.

"Bring It Home." Apply your training at home doing your best to identify and assess the risk likely to occur. Implement countermeasures that reduce risk and eliminate hazards to you and your Family.

The holidays can be your best time of year, maximize Family safety and make the most of your time away from duty. 🇺🇸

ARMY RESERVE FACT:

Each year, approximately 90 percent of U.S. Army Reserve fatal accidents occur when Citizen-Soldiers are away from duty, i.e. Troop Program Unit Soldiers Not in a Duty Status. Just about one-third of these fatalities occur from October to December every year! Often, the accident investigation reveals the Service Member died while participating in activities with Family and close friends.

DON'T LEAVE YOUR PROFESSIONAL DISCIPLINE BEHIND

DON'T GET SPOOKED BY FEAR, ANXIETY

By CHAPLAIN (MAJ.) RAYMOND W. LEACH
USARC Chaplain's Office

I have a personal love for late fall, specifically the month of October.

Although I was due in September, I hung on until nearly Halloween, much to the chagrin of my mother, a former Army Nurse Corps Soldier, who anxiously wondered if I would ever arrive.

In fact, when I finally did, she delivered me by herself because the other nurses had given up!

The other reason I enjoy October is more obvious. The allure as a kid dressing up as someone or something else and wandering door-to-door, "scaring" for free candy, a memory that has stuck with me long into adulthood.

Seems like an appropriate time to talk about fear and anxiety. We certainly have many opportunities for both in our world. We wouldn't even be scratching the surface to talk about general fears we might face, the fear of failure, rejection, loss, commitment, broken relationships, financial disaster, punishment, suffering and death, fear of the future...and there is even phobophobia, the fear of fear itself.

According to the Anxiety and Depression Association of America, "Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults...[and] cost the U.S. more than \$42 billion a year." It appears we have more to fear than fear itself, no disrespect meant for President Franklin Roosevelt.

I believe that a large proportion of the fear and anxiety we have in our lives is caused by prioritizing

our personal goals and objectives over and above those God may have for our lives. While we may have a good idea of what we want to do and accomplish and what brings us joy and a sense of success, God has an even higher perspective and deeper wisdom. Working at odds to the purpose we were made for can be profoundly frustrating and stressful.

On the flip side, I have found that having a deep sense of purpose has carried me through my most tense, stressful, and fearful times in life.

Knowing that I am seeking God's direction and doing my best to attentively follow God's leading, staying on the path God illuminates before me has helped me step carefully through the dangerous corridors and dark alleyways of my life.

I haven't always been at peace or comfortable through these distressing times, but I have drawn consolation in knowing I wasn't at odds with my Creator.

From childhood, I have tried to live my life by the principles found in Proverbs 3:5-6, "Trust in the Lord with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths." (NKJV)

Proverbs 9:11 (MSG) says, "Skilled living gets its start in the Fear-of-God, insight into life from knowing a Holy God."

I trust you and your loved ones will find anxiety levels reducing and fears shrinking as you pursue God and God's incredible plan for your life. 🌈

FORSCOM/USARC Christian Bible Study

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

**Studies are held each Tuesday,
starting at 11:30 a.m., Room 1901 near the USARC G-4.
Please come and share a time of
fellowship and worship with us.**

Family Programs co-hosts Master Trainer Course

Story & photo by Contributing Writer

ORLANDO, Fla. - In August, the U.S. Army Reserve Family Programs, or ARFP, co-hosted the pilot Office of the Secretary of Defense Master Trainer Course, or OSD MTC, with OSD/Reserve Affairs.

The five-day MTC certifies graduates to lead Instructor and Briefer Trainer Courses at their unit or base following the train the trainer model to teach or enhance skills in presenting, instructing, briefing and facilitating various training venues. Eight OSD core trainers led the class, which split into two main groups and at times smaller working groups to facilitate learning.

“(The MTC training) helps me support Soldiers and Families because (it ensures) they get quality training,” said Rochelle

Wheeler, Ph.D., Family Programs Director for the 88th Regional Support Command. “They don’t walk away saying ‘this was a waste of time.’ In order to deliver quality, you have to know what quality is.”

“It’s always a good opportunity to share best practices and work with other services,” said James Cousar, ARFP Training Manager, “this is an opportunity to work together.”

While the students from across the United States and one from Germany were there to develop and enhance various public speaking and training skills, Cousar noted during his opening remarks the event also provided an excellent venue to establish valuable networking contacts.

“I do a lot of presenting at all

levels,” said Patrick Fowler, Family Programs Coordinator for 3rd Medical Deployment Support Command. “(This training) adds credibility and validates our position knowing Soldiers and Families can depend on us to deliver quality training.”

At the end of the week’s training, 43 newly certified Master Trainers, seven from the Navy Reserve, two from the Yellow Ribbon Reintegration Programs, eight Employer Support of the Guard and Reserve and 26 from ARFP including, nine directors, 10 coordinators, four volunteers, and three contract training specialists headed back to their home stations ready to train others in developing and strengthening their ability to present, instruct, brief and facilitate. 🌐

MASTER TRAINERS. Kevin Gilbert, Ph.D., left, Family Programs Director for the 84th Training Command, Wanda Ramos, center, volunteer for the 1st Mission Support Command, and Sandra Bramble, volunteer for the 4th Expeditionary Support Command, collaborate on an exercise during the Master Trainer Course in Orlando, Fla.. The five-day MTC certifies graduates to lead Instructor and Briefer Trainer Courses at their unit or base following the train the trainer model to teach or enhance skills in presenting, instructing, briefing and facilitating various training venues.



October Double Eagle Effect Recipients

Angelo Walker is the HARC/CPAC for the ARIMD directorate, providing timely and accurate services for the ARIMD team. He was one of the first members at USARC and worked with Ft McCoy CPMO and CPAC to hire over 13 Dept. of the Army civilians over the last 15 months, which was crucial to the operations of the ARIMD. He directed the coordination and preparation of three conferences over the last 12 months.



Year after year, Juanita Jenkins spends her personal funds and personal time decorating the Command Group and the surrounding area. She lends her decorating talents to those who ask her for help. She uses her keen sense of style to make our holidays better. Her decorations help us all feel the holiday spirit.



Master Sgt. Arren Moore, Sgt. 1st Class Soklay Kong, and Lt. Col. Christine Adams, were the recipients of the Double Eagle Effect Award from Maj. Gen. Luis R. Visot, (second from left), USARC chief of staff, at USARC headquarters, Sept. 8, 2015, at Fort Bragg, NC. Moore, Kong, and Adams distinguished themselves by providing first-class communications connectivity support so that Visot could host a promotion ceremony for a U.S. Army Reserve colonel stationed at Fort Hood, Texas via videoteleconference.



KODES, MUSICK are the Faces of USARC

NAME: Sgt. 1st Class James Kodes III, senior human resource sergeant for the Secretary General Staff.

HOW LONG HAVE YOU BEEN IN THE U.S. ARMY RESERVE? I'm going on 14 years.

WHY DO YOU CONTINUE TO SERVE IN THE U.S. ARMY RESERVE? The first reason is to provide for my family. Second is to continue serving my country. I have great honor in that.

TELL US ONE THING THAT MOST PEOPLE DON'T KNOW ABOUT YOU THAT YOU WANT THEM TO KNOW. I'm very competitive, within myself and overall. I love sports and growing up I always played sports and pushed myself to do the best I can.



NAME: Michele Musick, executive assistant for the Chief of Staff and Chief, U.S. Army Reserve.

HOW LONG HAVE YOU BEEN ASSIGNED TO USARC? I started working at USARC, Oct. 7, 2013. I've been an Army civilian since June 25, 2007.

WHY DO YOU CONTINUE TO SERVE IN THE U.S. ARMY RESERVE? I like what I do and I love people. I like being around the military and serving Soldiers.

TELL US ONE THING THAT MOST PEOPLE DON'T KNOW ABOUT YOU THAT YOU WANT THEM TO KNOW. Being a Signal Soldier, my favorite duty station was Fort Knox, Ky. I worked for the brigade signal officer. I worked with the old equipment like the crank telephones! I did eight years and ten months and it was a really great experience.



7th CSC Soldiers, 25 other nations conduct Ukraine disaster response drill

Story & photo by Sgt. 1st Class MATTHEW CHLOSTA
7th Civil Support Command



DISASTER TRAINING. Left, Master Sgt. Trey Thompson, patient administrator, Medical Support Unit-Europe, 7th Civil Support Command and additional members of the MSU-E triage “patients” with simulated injuries during a NATO exercise in the Ukraine 2015, Sept. 24.

LVIV, Ukraine — Soldiers from the 7th Civil Support Command joined the Defense Threat Reduction Agency-Europe and 25 allied and partner nations as part of the U.S. Army Europe “Strong Europe” campaign in support of the NATO consequence management exercise Ukraine 2015, Sept. 21-24.

Army Reserve Soldiers from the 7th CSC’s Headquarters and Headquarters Company, the Medical Support Unit-Europe, the 773rd Civil Support Team, the 2500th Digital Liaison Detachment and the 361st Civil Affairs Brigade participated in the Euro-Atlantic Disaster Response Coordination Center’s emergency disaster response command post and field training exercise.

In total, the 7th CSC sent 25 Soldiers to Ukraine. Overall, the exercise featured more than 1,100 participants, including over 800 Ukrainian civil emergency responders.

The mission for the 7th CSC Soldiers was to train in planning and conducting foreign consequence management operations in support of NATO allied and partner nations in a realistic training environment, according to Col. Tyra Harding, the officer in charge of the 7th CSC effort and the U.S. Headquarters Element during Ukraine 2015.

“Three of the 7th CSC missions are foreign consequence management, humanitarian assistance and disaster response,” she said. “The goals for the U.S.

team in this exercise were to develop relationships and interoperability.”

The 7th CSC team was able to meet its training objectives in several ways, Harding said.

“The 773rd Civil Support Team participated in various exercise scenarios with Hungary and Poland’s hazmat units,” she said. “In addition, the Medical Support Unit-Europe worked with emergency first responders from Spain, Moldova and Ukraine to establish a robust triage site.”

During the first two days of the exercise, the 7th CSC and units from different countries trained together, practicing tactics and techniques and to learn each other’s standard operating procedures. The goal was to integrate as cohesive partner teams to respond to the exercise scenarios during the final two days.

On day three, the exercise portion began. The NATO EADRCC Direct Staff was in charge of creating and sending out the training events to the participants and observing their responses.

“We execute disaster scenario injects and help manage the overall conduct of the exercise,” said Lt. Col. Jason Welch, the executive officer for the 2500th Digital Liaison Detachment, 7th CSC, as the day kicked off.

One of the scripted training events involved an earthquake caused by fracking. The disaster led to a mine collapse, a chemical explosion and a forest fire.

“We’re actually working with several different nations,” said Lt. Col. Valens Plummer, the lead physician with the MSU-E.

The MSU-E worked with Ukrainian, Moldovan and Spanish emergency services, conducted initial assessments, triage of “patients” with simulated injuries and transportation of “patients” from a simulated building collapse.

“It actually has been an excellent experience working with them [the Ukrainian search and rescue],” Plummer said.

The U.S. augmented the Ukrainians and worked as a totally integrated team, he said.

“I’ve been very pleased with the interaction that we’ve had with them, Plummer said. “One thing that I’ve actually learned that it is possible, just, even though you have different languages, to be able to work together.”

An additional technology was also tested during triage, called Telemedicine.

Telemedicine is a NATO Science for Peace and Security Program with a solar powered satellite dish, connected to a laptop and a video streaming capable camera.

Using Telemedicine, Plummer was able to speak to a specialist in Romania, who was able to consult about the best course of treatment for a simulated patient.

Also on day three at a different location, the 773rd CST partnered with Hungarian and Polish CBRN teams to assess suspected chemical, biological, radiological or nuclear sites lead by the Ukrainian and Armenian search and rescue units.

“We all have different tactics, techniques and procedures and learning each other’s and being able to coordinate activity and work together has been outstanding,” said Staff Sgt. Shawn McKenna, a site survey team leader, 773rd CST, 7th CSC. “It’s a great learning experience for everybody, them as well as us.”

One CBRN scenario on day three saw the combined partnered U.S./Hungarian team conduct a site survey. They took samples from the simulated residence of a suspected hemorrhagic fever patient, which were handed over to the Polish CBRN lab for testing.

“It was very good to work together to cooperate with the American side,” said Laszlo Csok, team leader of the Hungarian CBRN team. “This mission together was successful, so I appreciate it. It enhanced the cooperation between nations. I hope that we have some similar opportunity in the future to work together again.”

Day four included a massive demonstration event with a realistic collapsed building scene straight out of a Hollywood blockbuster. It included smoke, simulated explosions, airplanes, parachute rescuers, search and rescue canine units and a forest fire followed by a closing ceremony.

“Our participation in this exercise allows us to work with and develop relationships with the allied countries in a non-kinetic environment,” Harding said.

“We’ve built strong bonds and communication during this realistic training scenario with our NATO allies and partner nations which will strengthen our ability to respond in the event of a real world disaster emergency response,” Harding said. 🇺🇸



**Don't deal with a
problem alone. Reach
out to a helping hand!**

- ▶ Talk to your Battle Buddy and chain of command
- ▶ Call the National Suicide Prevention Lifeline at 1-800-273-TALK [8255]

It takes COURAGE to ask for help when needed