

THE Railsplitter

Fall 2015



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**COMBINED ARMS BREACH:
THE PINNACLE OF TRAINING
CSTX 86-15-03**



84th Training Command

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Cover Photo: Units from the 1st Infantry Division and Wisconsin National Guard joined Army Reserve units for the 86th Training Division's 1st Combined Arms Breach at Fort McCoy, Wisconsin. U.S. Army Photo by SGT Robert Farrell, 86th Training Division Public Affairs (Released).

Two Star Takeaways

I am extremely proud of what this command continues to achieve and as we approach the holiday season, I want you to take some time and enjoy the festivities with your family and friends. We discussed many things during the Senior Leader Workshop and as I travel from place to place, one of the things that has remained in the forefront of my mind has been the importance of being resilient. We're all Army Reserve Soldiers, Civilians, and Family members, and we all face multiple challenges. Whether it's finding the right work/life balance, staying up-to-date on professional education, or keeping yourself physically fit, we all have to maintain a sense of balance so we can achieve what we need to in order to be successful.

With that in mind, it's imperative that you take a moment to recharge. It's all a part of resiliency and being physically, mentally, emotionally, and spiritually fit makes you a better Railsplitter. The next few months will be busy with festivities and I want you to enjoy the brief pause in training. Now we're all professionals, so it goes without saying that I expect you to uphold the standards, values, and ethics of the 84th TC, but I want you to take the time to find your balance so you can return refreshed and ready to focus.

We have a lot of exciting training planned for 2016. The 78th TD will kick it off in January with their WAREX, followed by their CSTX in February. The 91st TD has



Maj. Gen. Scottie Carpenter

back-to-back exercises in May and June, while the 86th TD closes out the exercise season in July and August. We are scheduled to train nearly 41,000 Soldiers during the next year, and if we expect them to be the best, then we need to be the best. So find your balance, stay focused, and get ready to rock and roll after the New Year. Strike Hard!



Command Sgt. Maj. Tom Jennings



From the Trenches

The 84th Training Command prides itself on providing realistic and relevant training for each of its six annual Combat Support Training Program Exercises. We want to ensure service members are ready to deploy when called upon.

Individual Soldier readiness also falls into this realm. As NCOs, we shouldn't have to concern ourselves with this because we always set the example. We should ensure that the Soldiers we lead are physically and mentally ready, green in their MEDPROs and up to date in their military schooling.

How do we do this considering we are mostly TPU Soldiers? By living up to the NCO Creed that states "I will communicate consistently with my Soldiers and never leave them uninformed." You are probably thinking, there is no way I am able to do this considering that I only see my Soldiers two days a month. So how do we communicate with them? It is as simple as picking up your cell phone and calling them or texting them to see how they are doing.

The more engaged you are with your junior enlisted

Soldiers, the more you demonstrate that they are thought about and cared for.

It's also very important that your Soldiers understand their mission is and how they support the Army Reserve individually.

I would like to wish you all a Happy Thanksgiving and Merry Christmas.

The Command thanks you and your families for your selfless service and dedication to duty. Strike Hard.



Top Stories

78th Training Division



2015 Combat Support Training Exercise

JOINT BASE MCGUIRE-DIX-LAKEHURST, New Jersey – Soldiers training in simulated battlefield injuries during Combat Support Training Exercise 78-15-02 on Fort McCoy, Wisconsin.

[Global Lightning](#)

[Video](#)



86th Training Division



2015 Combat Support Training Exercise

FORT MCCOY, Wisconsin – The 86th Training Division hosted more than 70 Army Reserve, Active Duty, and Army National Guard units for its Combat Support Training Exercise 86-15-03.

[Operation Bulldog](#)

[Video](#)

91st Training Division



2015 Warrior Exercise

FORT HUNTER LIGGETT, California - The 91st Training Division's Warrior Exercise (WAREX) was selected to be featured during the 2015 Canada/U.S. General Officer Staff Talks. Lt. Gen. Jeffrey W. Talley, Chief of Army Reserve and Commanding General of the U.S. Army Reserve Command, along with Canadian and U.S. senior leadership, observed training at Hunter-Liggett. The WAREX was linked to the Big Lots West Exercise and the National Training Center Rotation 15-08.5.



[Operation Caucasus Restore](#)

[Story](#)

[Photos](#)

[Photos](#)

Spiritual Ops



The Strong Bonds program is chaplain-led training designed to increase individual and Family resilience and readiness through relationship education and skills development. This is official Army Training, where Soldiers are on orders. Participants must live within 400 miles of the event location.

Soldiers are allowed to attend one Strong Bonds event every other year.

Registration for the events opened on Oct. 1, 2015. Each venue has a cap, and when the event is full, it will close.

For FY16, Strong Bonds will provide childcare for dependent children ages 6 and under for all of our events: Singles, Couples, and Families. If you have a child age 7 or older, please plan on attending a family event. All dependents who attend Strong Bonds must be enrolled in DEERS.

For more information on Strong Bonds programs in your area, please contact Sgt. 1st Class Michael Rorie, 84th Training Command Spiritual Ops.



Sgt. 1st Class Michael D. Rorie, Senior Chaplain Assistant NCO, Blackberry: 910-728-1961, email: michael.d.rorie.mil@mail.mil

2016 DATE	LOCATION	WHO CAN ATTEND	HOST
Jan. 15-17	Spokane, WA	Couples/Singles	88th RSC
Jan. 22-24	Dallas, TX	Family	63rd RSC
Feb. 12-14	New Orleans, LA	Couples/Singles	81st RSC
Feb. 19-21	Kansas City, MO	Couples/Singles	88th RSC
Feb. 19-21	Anaheim, CA	Couples/Singles	63rd RSC
March 4-6	Portland, OR	Couples/Singles	88th RSC
March 18-20	Orlando, FL	Couples/Singles/ Family	81st RSC
March 18-20	San Antonio, TX	Couples/Singles	63rd RSC
April 8-10	Chicago, IL	Couples	88th RSC
April 15-17	Redondo Beach, CA	Couples/Singles	63rd RSC
April 22-24	Des Moines, Iowa	Couples	88th RSC
May 13-15	Anaheim, CA	Family	63rd RSC
May 20-22	Minneapolis, MN	Couples/Singles	88th RSC
May 20-22	Nashville, TN	Couples/Singles	81st RSC
June 2-5	Indianapolis, IN	Family	88th RSC
June 10-12	Dallas, TX	Couples/Singles	63rd RSC
June 17-19	Savannah, GA	Couples/Singles/ Family	81st RSC
June 23-26	Salt Lake City, Utah	Family	88th RSC
July 7-10	Seattle, WA	Family	88th RSC
July 15-17	San Antonio, TX	Family	63rd RSC
July 22-24	Fort Walton Beach, FL	Couples/Singles/ Family	81st RSC
July 28-31	Denver, CO	Family	88TH RSC
Aug. 12-14	Charlotte, NC	Couples/Singles/ Family	81st RSC
Aug. 19-21	Anaheim, CA	Family	63rd RSC
Aug. 19-21	Fort Wayne, IN	Couples	88th RSC
Sept. 2-4	San Diego, CA	Couples/Singles	63rd RSC

SOLDIER SPOTLIGHT:

SGT. 1ST CLASS PAMELA CHAPPELL



Big Cat Country 105.5 is hosting a “Spirit of Patriotism” promotion that highlights military members in the local Fort Knox community. SFC Pamela Chappell, the Command’s Chaplain Assistant, was the first one on Fort Knox selected to do an interview.

Click the link to listen:

<https://www.dvidshub.net/audio/41523/spirit-patriotism>

Sgt. 1st Class Chappell with Jordan Rivers, DJ from Big Cat Country 105.5



Introducing someone who could arguably be the “most interesting doctor” in the Command. Dr. Kevin Gilbert, our Family Programs Director and an ordained Christian elder, has a biography that reads like a who’s who of the U.S. Army Special Forces Community and civilian ministry.

He served nine years as a special operations Soldier and participated in several deployments including Operation Urgent Fury in Grenada in 1983, the Iraqi Sovereignty Campaign, and Operation Iraqi Freedom. Gilbert closed out his active duty Army enlisted career by serving as a Military Freefall Parachutist Instructor at the U.S. Army John F. Kennedy Special Warfare Center, Fort Bragg, North Carolina.

As an Army Reservist, Gilbert serves as the chaplain for the 303rd Maneuver Enhancement Brigade, Fort Shafter, Hawaii. He received a direct commission as an Army Reserve Chaplain in 2006 after his wife retired from the Army Nurse Corps with more than 20 years of service.

His awards include the Armed Forces Expeditionary Medal with a campaign star and Arrowhead Device for spearheading the combat parachute assault on Grenada, the Combat Infantryman Badge, the Static Line Jumpmaster Badge with one bronze service star denoting a combat parachute assault under fire and the Military Freefall Jumpmaster Badge.

Gilbert’s civilian ministry resume is just as lengthy reflecting the 20 years of work in congregational ministries in rural, suburban, and urban areas throughout North Carolina, South Carolina, Texas, Alabama, Georgia, Kentucky, Hawaii, Saipan, as well as in Odessa, Ukraine.

Gilbert brings a wealth of experience that will assist him and his staff in offering relevant programs and responsive services to each of the Training Divisions. “I offer my hand to help grow unit readiness through real Family engagement,” said Gilbert. He’s on a mission to help increase the resiliency and readiness of U.S. Army Reserve Families in each of the Command’s units across the country. With his background, that mission is bound to be successful.



Dr. Kevin Gilbert,
Family Program Director

HELP A BATTLE BUDDY

We Need To Talk About Suicide Prevention

The stigma surrounding issues of mental health and suicidal behavior still stands as a sad barrier to treatments proven to save lives. Watching out for each other every day is a collective responsibility for the Defense Department's military and civilian workforce. Preventing military suicide is one of DoD's highest priorities, and something I'm personally committed to as the Suicide Prevention Program Manager for the 84th Training Command. We must dedicate ourselves to actively work not only monthly, but every day to fulfill our collective responsibility to watch out for each other and take care of each other.

Human beings are fragile, and suicide is a complex and devastating event that affects us all. The painful loss of life and its heartbreaking aftermath spread beyond the individual and immediate family, taking a toll on fellow service members, friends, neighbors, coworkers, and society itself.



While preventing suicide takes all of us working together, it begins with a personal commitment. When someone is going through challenges and comes to you for help, it doesn't make them weak. It means they're strong, because asking for help when you need it takes courage and strength. What we need to remember, is that these brave individuals shouldn't be avoided or stigmatized, they need to be embraced. Whether you're a service member, a veteran, a DoD civilian, or a friend or family member of someone who is, you have the power to make a difference. It only takes one person to ask one question or make one call and that single act can

save a life.

The battle to prevent suicide cannot be waged on a single front. It will only be won if we stand together and take every opportunity in our homes, at our duty stations, and in conversations with friends and mentors to support each other and be there for those in our communities who need our help. By fighting as one team, we will help prevent suicide.

If you or someone you know needs help, please contact me.

Suicide Prevention Program Manager: Pamela Chappell

pamela.a.chappell.civ@mail.mil, BB: 910-728-3224 or IPhone: 910-852-1955

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

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:



SHARP™

SEXUAL HARASSMENT/ASSAULT RESPONSE & PREVENTION

The holiday season is quickly approaching and most of us will travel and attend festivities where alcohol may be served. While alcohol is never the cause of sexual assault, it is a factor in almost all sexual assaults cases.

Alcohol may make it easier for a perpetrator to commit a sexual crime against someone and can even prevent someone from remembering that the assault occurred.



You can increase your safety in situations where alcohol is present by following these steps:

- ◆ **Keep an eye on your friends and use the buddy system.** Go out in a group, plan to arrive together and leave together. If you decide to leave early, let your friends know. If you're at a party, check in with them during the night to see how they're doing. If something doesn't look right, intervene. Don't be afraid to let a friend know if something is making you uncomfortable or if you are worried about their safety.
- ◆ **Tell others where you and your friends are going.** Tell at least one person where you and your friends are going to be. If you are going on a date, tell two to three people where you are going and with whom.
- ◆ **Have a backup plan.** Plans change sometimes and you might realize that it's not safe for you to drive home or your group with might decide to go somewhere that you do not want to go. Always have a Plan B in case you decide to leave. Ask someone you can trust to be available in case you need them to pick you up.
- ◆ **Be aware of what you drink.** If you don't know what's in it, don't drink it. Avoid large-batch drinks and drinking from someone else's cup, you never know what might be in it.
- ◆ **Never leave a drink unattended.** Take the drink with you and avoid using the same cup for refills.
- ◆ **Don't accept drinks from people you don't know or trust.** This may be challenging in some settings, like at party or on a date. If you choose to accept a drink from someone you've just met, go with the person to the bar to order it and watch it being poured.
- ◆ **Trust your instincts.** If you feel unsafe or uncomfortable for any reason, do not ignore these feelings. Go with your gut, get somewhere safe, and find someone you trust.
- ◆ **Know your limits.** Monitor how you feel before and after each drink and know when to stop.
- ◆ **Be aware of sudden changes in how your body feels.** Do you feel more

Always intervene; it's an act of **CARE:**

Create a distraction (do what you can to intervene interrupt the situation). A distraction can give the person at risk a chance to leave the situation and it can bring awareness to the situation.

Ask directly ("Do you need help?"). Ask questions to the person at risk to see if they need assistance.

Refers to an authority. Sometimes the safest way to intervene is to refer to a neutral party with the authority to change the situation, like a security guard.

Enlist others. It can be intimidating to approach a situation alone. Enlist another person to support you.

intoxicated than you should? Some drugs are odorless, colorless and tasteless and can easily be added to your drink without you noticing. If you feel uncomfortable, tell a friend and have them take you to a safe place. If you suspect you or a friend has been drugged, call **911** and be upfront with healthcare professionals so they can administer the right tests.

For more information on

Teen Council

Contact the Teen Council Mentor

Ms. Joyce M. Hall

Army Reserve Child, Youth, and School Services

Joyce.m.hall.ctr@mail.mil (502) 624-2450

84th Training Command: From Coast to Coast

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



Hey, saw u at that event the other day, what were u doing?

Volunteering

Looked like fun, how can I volunteer?

You have to be an 84th Training Command Teen Council member

What's that?

A group of teens. We get together to talk about Army Reserve issues...from our point of view.

We also learn cool things...like how to make healthy life choices...how to get ready for college or to find a job.

They're helping us be good leaders...we help in the communities and reach out to other teens. Sometimes we even go on training trips...it's kind of awesome. 😊

Sounds fun 😊...can I join????

Suuuuurrrree. Your mom or dad has to be part of the 84th Training Command and you have to have a 2.5 GPA... and you gotta want to make a difference.

That's me!!!! 🙌🙌🙌

Cool. 😊 I'll tell our Teen Council mentor. She'll get you an application.

Thanx...see u soon!

2016 Combat Support Training Program Exercises

91st Training Division

WAREX April 30 - May 16

CSTX June 4 - June 24

86th Training Division

WAREX July 16 - July 30

CSTX August 6 - August 26

78th Training Division:

WAREX January 23 - February 6

CSTX February 27 - March 18

[Click here to see the "84th Training Command's 2015 Year in Review" Video](#)



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