



The **DOUBLE EAGLE**

"Twice the Citizen! Army Strong!"

JUNE 2016, Vol. 5 No. 3



MOELLER, OROZCO BEST WARRIOR WINNERS

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COVER STORY:

Soldiers competing at the 2016 U.S. Army Reserve Best Warrior Competition at Fort Bragg, N.C., May 4, began the second full day of competition with a 10-kilometer forced march. This year's Best Warrior Competition will determine the top noncommissioned officer and junior enlisted Soldier who will represent the U.S. Army Reserve in the Department of the Army Best Warrior Competition later this year at Fort A.P. Hill, Va. (Photo by Sgt. 1st Class Brian Hamilton/108th Training Command (IET))

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DOUBLE EAGLE



 DOUBLE EAGLE
"Twice the Citizen Army Strong!"
JUNE 2016 Vol. 5, No. 3

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The frailty of life

In September 2013, I wrote an article entitled "[Ayden's Way](#)," the story of 5-year-old Ayden Atticus Frail.

The nephew of U.S. Army Reserve Command Chief Warrant Officer 5 Thomas Baker, with the USARC Safety Office, Ayden was fighting an intense battle against Stage 4 [Neuroblastoma](#) – a cancer that develops from immature nerve cells found in several areas of the body.

Diagnosed on Thanksgiving 2012, Ayden underwent numerous surgeries and medical procedures to give him a chance at life.

After more than nine months of treatments, Ayden came to Fort Bragg to live out one of his dreams – to be an Army helicopter pilot – as a guest of Alpha Company, 1st Battalion, 169th Aviation Regiment, a U.S. Army Reserve unit at Simmons Army Airfield.

That day at Simmons, it seemed as if the disease had left his body. He clambered around the UH-60 Black Hawk like a regular aviator. Ayden was presented with aviator wings for the flight suit he wore that was the perfect size for a boy his age.

In the two years that followed, Ayden made remarkable strides, so much so, he was able to return to school full-time with his younger sister. Even his hair grew back. It seemed as though, he had beaten the odds.

A couple of weeks ago, I saw Baker and asked how Ayden was progressing.

With a visibly heavy heart, Baker said the disease had come back — apparently with a vengeance.

Ayden, now 7, is again in the fight for his life.

The Facebook page set up by his parents, [Ayden Atticus Angels](#), again shows a young boy struggling to survive the treatments.

But Baker said through it all, the Family's faith remains strong that Ayden will see this battle through to the end - no matter what that end will be.

Three years ago, Ayden's grandmother, Terri Pena said, "He says that God sent him here to show everyone how to love one another. He has brought thousands upon thousands of people, through his Facebook page, together ... for one common cause. We're all about love and Ayden's gift is to show love to everyone. Ayden is the light of our lives, the sunshine is in his smile. He's a miracle."

So let us remember that all life is precious — a frail gift that we often take for granted.

No matter what your belief system may be, let us remember Ayden and his Family in our thoughts and just maybe, he can beat this disease one more time. 



Timothy L. Hale
Editor



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Timothy L. Hale, a U.S. Air Force veteran, is an award-winning photojournalist and editor of the USARC Double Eagle. He is 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, and/or the Department of Defense.



Spc. Michael S. Orozco, second from left, representing the 416th Theater Engineer Command, and Sgt. 1st Class Joshua Moeller, representing the 108th Training Command (Initial Entry Training), were named the Soldier and Noncommissioned Officer of the Year during an awards ceremony at the U.S. Army Reserve Best Warrior Competition, May 6, at the Iron Mike Conference Center, Fort Bragg, N.C. Orozco and Moeller will represent the U.S. Army Reserve at the Army Best Warrior Competition later this year at Fort A.P. Hill, Va. Pictured with Orozco and Moeller are Brig. Gen. Michael J. Warmack, left, U.S. Army Reserve Command G-3/5/7, and Command Sgt. Maj. James P. Wills, interim command sergeant major of the U.S. Army Reserve. (Photo by Timothy L. Hale/U.S. Army Reserve Command)

Moeller, Orozco named 2016 U.S. Army Reserve Best Warrior winners

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

FORT BRAGG, N.C. - Sgt. 1st Class Joshua A. Moeller and Spc. Michael S. Orozco were named the 2016 [U.S. Army Reserve Best Warrior](#) Noncommissioned Officer of the Year and Soldier of the Year, respectively, at an awards ceremony, May 6, at the Iron Mike Conference Center on Fort Bragg.

Moeller, a senior drill sergeant with 2nd Battalion, 413th Infantry Regiment, [95th Training Division \(Individualized Training\)](#), [108th Training Command \(Individual Entry Training\)](#), and

Orozco, a horizontal construction engineer and squad leader with the 387th Engineering Company, [416th Theater Engineer Command](#), were among the 39 Best Warrior candidates who started the competition May 2.

Periods of heavy rains, unseasonably cool temperatures, and about six hours of sleep during 48-hours of field events, added even more pressure on the Warriors. On the second day of competition, the Warriors started their day with a challenging 10km

ruck march in the early morning darkness on a sandy and often muddy course with a challenging water crossing and an uphill finish.

On the third day, the Warriors again started in darkness with a land navigation course. Once finished, they were airlifted to a 10-station combat skills testing event deep in the heart of the [Fort Bragg](#) training area.

“The ruck march was a big gut check,” said Moeller, from Riverside, California. “The combat skills testing was really deep into the tasks. You really had to be on your game.”

Orozco said the challenge for him was being exposed to new training.

“I got to see a lot of new Warrior Tasks and Drills that I had never seen at other levels (of competition),” said Orozco, from Scottsdale, Arizona. “This competition also hit me with some Warrior skills I hadn’t seen since basic training and I had to pull those out of the bag and refresh myself.”

THE SOLDIER’S BOND

The camaraderie gained during the week was an added benefit, Moeller said.

“It’s an individual competition but it’s a team sport, just like the Army,” Moeller said. “We couldn’t get through it without the camaraderie and encouragement of our fellow soldiers. That was the best part.”

For Orozco, that camaraderie led him to meet others in the [U.S. Army Reserve](#) from different military occupational specialties and skill sets.

“The camaraderie was high and it was good that we got to meet each other,” Orozco said. “We’ve exchanged numbers so if we ever need to contact each other and help each other we can.”

He also said the competition helped bond the Warriors together, especially as the competition progressed and fatigue started to set in.

“Anytime someone was down or feeling bad, we’d pick each other up. It was great,” he said.

That bonding quickly developed with the four women competing in this year’s competition — Spc. Sarah E. Preston, representing the [U.S. Army Reserve Legal Command](#), Spc. Kayla Bundy, representing the 108th Training Command, Staff Sgt. Madison K. Peters, representing the [Military Intelligence Readiness Command](#), and Sgt. Elizabeth Fowler, representing the [84th Training Command](#).

“I think it was an immediate click,” said Peters,

from Houston, Texas. “We have the same personalities. We’re all Type-A females who love the military and we’re here to be the best and it was a connection with all of us.”

TINY BUT MIGHTY

Bundy was by far the smallest competitor in this year’s competition. Standing at 5-feet tall, her heart, drive, and determination, not only caught the attention of the drill sergeant training cadre’ but her fellow Best Warrior candidates as well.

“It was the way that I was raised from day zero,” said Bundy, a native of Saint George, Utah. “My parents taught me that you need to set an example for those around you. They’ve always told me that I’m a leader and I try to be one every single day.”

Despite her size, Bundy, who also competes in rodeo events, said she overcomes her physical size limitations by having a strong mind.

“Some of the challenges were more mental than physical,” she said. “My body will always keep

See **BEST WARRIOR** Pg. 6



Spc. Kayla Bundy, a Wheeled Vehicle Mechanic representing the 108th Training Command (IET), navigates the Weaver at the Air Assault Obstacle Course at the 2016 U.S. Army Reserve Best Warrior Competition at Fort Bragg, N.C. May 4. (Photo by William K. Gillespie /319th Mobile Public Affairs Detachment)

BEST WARRIOR

from Pg. 5

moving if I tell it to. There's definitely some physical factors that I'm lacking and some book knowledge that I'm lacking. I'm planning on coming back after I get my E-5 (sergeant). I'll be back."

THREE AND OUT

For Staff Sgt. Orval Emery, from Wichita, Kansas and representing the [75th Training Command](#), this was his third year competing. After finishing as a runner-up in 2012, Emery returned last year but a costly mistake ended his chance at winning.

At 45-years-old, Emery was the oldest Warrior this year.

"I was in the running. I competed hard. I think I finished in the top part of the pack which was good," Emery said.

"I've done this a few times and I've never seen a group of this high quality," Emery said. "We were all business but everyone was in it for each other, helping each other out. And you had two high-speed, low-drag Soldiers take it all."

Emery also had high praise for Bundy.

"That IOTV (Improved Outer Tactical Vest)

weighed as much as she did. And she made it in (on the ruck march) on time to the standard," Emery said. "That young lady has heart. That motivates me for the future of this Army. It's awesome to see that."

INCREASED READINESS

While this is a competition for ultimate bragging rights of who is the best in the U.S. Army Reserve, the ultimate goal is to help Soldiers and NCOs realize how to take a training event like Best Warrior, and use that to raise individual and unit readiness.

"In addition to the boost in morale and esprit de corps, when you prep up and train for a competition like this, you boost your own individual readiness," said Sgt. 1st Class Aaron Butler, the event NCO in charge of this year's U.S. Army Reserve Best Warrior. "When you boost individual readiness you, in turn, affect collective readiness because you are contributing to the greater good of the unit. Success breeds success but only if those skills and experiences are passed on."

Win or lose, the knowledge and skills gained this past week has an added benefit for each Warrior —



Staff Sgt. Orval Emery, left, representing the 75th Training Command, and Sgt. Andrew Crane, representing the United States Army Reserve Legal Command, discuss strategies while preparing for the squad tactics lane at the 2016 U.S. Army Reserve Best Warrior Competition at Fort Bragg, N.C., May 5. (Photo by Sgt. Darryl L. Montgomery/319th Mobile Public Affairs Detachment)

increasing their individual and unit readiness.

“Going forward is huge, for me as an individual and for my unit back home,” Moeller said. “I’ve seen the best the U.S. Army Reserve has to offer and I’m going to take that experience back and bring my unit up to that level with the training we’re already doing.”

Butler said the winners and runner-ups will return home and then prepare for the Army-level competition.

“As we ramp up for the Department of the Army competition at the end of September, we’re going to be putting together some training plans for them to make sure they are going to represent the best the U.S. Army Reserve has to put forward at Fort A.P. Hill, Virginia,” Butler said.

MOVING FORWARD

Now, Moeller and Orozco have their sights set on the [Department of the Army Best Warrior Competition](#) this fall.

“I know I’m going up against the entire Army’s best,” Moeller said. “That means I really need to bring my game and step it up a few notches and really study hard for this next one.”

Orozco is expecting no less of a challenge at the Army-level competition.

“I’m expecting long days, short nights, and to win again,” Orozco said.

EDITOR’S NOTE:

In addition to being named the NCO of the Year, Moeller was also recognized with the highest Army Physical Fitness Test score.

The NCO of the Year runner-up was Sgt. 1st Class Robert D. Jones, [Army Reserve Careers Division](#). He also was awarded the highest M4 rifle qualification score.

The Soldier of the Year runner-up was Spc. Carlo Deldonno, [3rd Medical Command \(Deployment Support\)](#). 🇺🇸



(L-R) Sgt. 1st Class Joshua Moeller, representing the 108th Training Command (Initial Entry Training), the 2016 U.S. Army Reserve Noncommissioned Officer of the Year, Spc. Michael S. Orozco, representing the 416th Theater Engineer Command, the 2016 U.S. Army Reserve Soldier of the Year, Spc. Carlo Deldonno, representing the 3rd Medical Command (Deployment Support), the Soldier of the Year runner-up, and Sgt. 1st Class Robert D. Jones, representing the Army Reserve Careers Division, the NCO of the Year runner-up. Their selection was announced at the U.S. Army Reserve Best Warrior Competition awards luncheon, May 6, at the Iron Mike Conference Center, Fort Bragg, N.C. Orozco and Moeller will represent the U.S. Army Reserve at the Army Best Warrior Competition later this year at Fort A.P. Hill, Va. (Photo by Timothy L. Hale/U.S. Army Reserve Command)

Best Warrior Competition increases individual, unit readiness for all involved

Story by Sgt. CHRISTINA DION

319th Mobile Public Affairs Detachment

FORT BRAGG, N.C. - It's well-documented the [U.S. Army](#) and [U.S. Army Reserve Best Warrior](#) competitions increase individual readiness for the Soldiers competing. However, it also improves unit readiness for those involved with planning and support, which [Gen. Robert B. Abrams](#), commander of [U.S. Army Forces Command](#), said is his number one priority.

Training guidance from Abrams stressed that all training events must have a direct correlation to individual and unit readiness and that's the underlying intent for the 2016 U.S. Army Reserve Best Warrior Competition held May 2-5, said Sgt. Maj. Paul J. Klikas, operations and training noncommissioned officer in charge for the [U.S. Army Reserve Command](#), based at Fort Bragg.

"The individual supporting tasks, which support the collective task of executing the BWC, enhance many of our Soldiers' Skill-Level 1 and 2 tasks, which include mission command, mission planning, risk assessments, vehicle and weapon familiarization and operation, and staff management," said Klikas. "If you are participating in an exercise, whether an overseas deployment training exercise, combat support training exercise, Best Warrior, etc., if it is not enhancing or



Pvt. Selena Moore, human resources specialist with the 518th Sustainment Brigade, explains what she learned about the XM-2 simulator to Staff Sgt. Joshua Owens, a drill sergeant with the 108th Training Command, at Range 68 at Fort Bragg, N.C., April 30 in preparation for the 2016 U.S. Army Reserve Best Warrior Competition May 2-5. (Photo by Sgt. Christina Dion/319th Mobile Public Affairs Detachment)

improving readiness, then stop doing it. If it doesn't facilitate readiness, reevaluate your training methodology and create a training plan which is designed to improve readiness."

For the past nine months Sgt. 1st Class Aaron Butler and Sgt. 1st Class Casey Martin, both BWC noncommissioned officers in charge, planned the U.S. Army Reserve Command-level competition under the leadership of Klikas.

Part of the planning process includes knowing the tasks and skills laid out in current programs of instruction, which get updated periodically. For example, Martin explained that some POIs used in what he calls "hip-pocket training" were updated in the past 18 months. Most of the drill sergeants here went through drill sergeant school more than two years ago.

Additionally, many arrived realizing they had not honed their skills in all areas as much as they needed, especially with some of the weapon systems. Sgt. David Brown, a drill sergeant with the [98th Training Division, 108th Training Command](#), said it's been several years since he worked hands-on with a few of the weapon systems included in this year's competition.

"These weapon systems are not readily available at the unit level which makes staying proficient a challenge," Brown said. As NCOIC of the weapon systems lane, Brown said it's imperative that he and his team be proficient in all of the systems before the competitors arrive.

Not all of the support staff are drill sergeants, but that doesn't mean other Soldiers involved aren't getting good training as well.

It takes bus drivers to move Soldiers, administration personnel to complete behind-the-scenes accountability and tracking, and leaders from all different military occupational specialties to run an event of this size.

"The BWC is a collective training task for the support staff engaged in executing mission command," Klikas said. "Additionally, the individual tasks, which support the collective task, will not only contribute to mission success but will also serve as a combat multiplier for those Soldiers returning to their home station."

He noted the training they receive during the BWC will give them more confidence at the unit level which translates to executing a variety of skill-level tasks. This confidence leads to a better training venue and thereby individual and unit readiness.

"Stop to think about what happens each morning when we get up and we start a unit movement," he said. "Being in charge of a formation, moving Soldiers, maintaining accountability. These are all trainable, testable tasks. Here, we are taking a lot of individual tasks and combining them into a collective training event called the Best Warrior Competition, developed to select the most qualified noncommissioned officer and enlisted Soldier in the United States Army Reserve." 🇺🇸



Army Reserve drill sergeant, Sgt. 1st Class Kelly Foronda, 95th Training Div. (IET), checks to ensure if Sgt. Muhammad Ali, 3rd Medical Command (Deployment Support), completes a successful push-up during the Army Physical Fitness Test at the 2016 U.S. Army Reserve Best Warrior Competition at Fort Bragg, N.C., May 3. (Photo by Sgt. 1st Class Brian Hamilton/108th Training Command (IET))



A 2016 U.S. Army Reserve Best Warrior competitor fires downrange at the 50-meter pop up target while pyrotechnics light up the night sky during the M4 carbine qualification portion of the competition at Fort Bragg, N.C., May 4. This year's Best Warrior Competition will determine the top noncommissioned officer and junior enlisted Soldier who will represent the U.S. Army Reserve in the Department of the Army Best Warrior Competition later this year at Fort A.P. Hill, Va. (Photo by Sgt. Christina M. Dion/319th Mobile Public Affairs Detachment)

2016 U.S. ARMY RESERVE BEST WARRIOR IN PICTURES

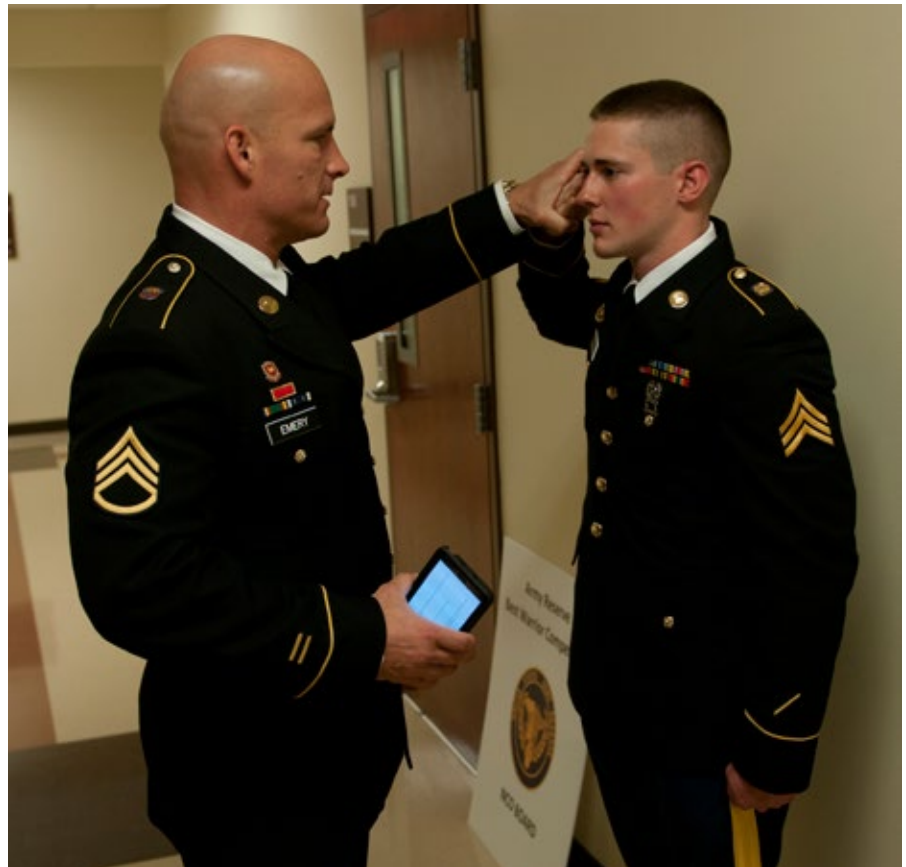
U.S. Army Reserve print journalists from the 319th Mobile Public Affairs Detachment, Fort Jackson, S.C., and the 108th Training Command (IET) turned their cameras towards the 39 U.S. Army Reserve Best Warrior candidates who competed for top honors at the 2016 U.S. Army Reserve Best Warrior Competition, at Fort Bragg, N.C., May 2-6. The following pages are some of the highlights they captured during the competition.

Gallery begins on page 12



The Best Warrior candidates began a rainy, first full day of competition at the 2016 U.S. Army Reserve Best Warrior Competition with the Army Physical Fitness Test, above, at Hedrick Stadium on Fort Bragg, N.C., May 3. (Photo by Sgt. 1st Class Brian Hamilton/108th Training Command (IET))

Staff Sgt. Orval Emery, left, a Combat Engineer with the 75th Training Division, helps Sgt. John Dana, a Motor Transport Operator with the 377th Theater Sustainment Command, with his salute prior to an appearance board. (Photo by Staff Sgt. William K. Gillespie/319th Mobile Public Affairs Detachment)





Soldiers competing at the 2016 U.S. Army Reserve Best Warrior Competition at Fort Bragg, N.C., May 4, began the second full day of competition with a 10-kilometer forced march, that included a water crossing, above, near the end of the route.

Spc. Kayla Bundy, left, with the 108th Training Command (IET), takes the final few steps on the uphill finish to complete the 10-kilometer forced march. (Photos on this page by Sgt. 1st Class Brian Hamilton/108th Training Command (IET))



Spc. Christopher Elam, above, a Multi-channel Transmission Systems Operator representing the 335th Signal Command (Theater) leaps over the Six Vaults at the Air Assault Obstacle Course at the 2016 U.S. Army Reserve Best Warrior Competition at Fort Bragg, N.C. May 4.

Sgt. Marcus Jackson, right, a Dental Specialist representing the U.S. Army Reserve Medical Command, navigates the Weaver at the Air Assault Obstacle Course. (Photos on this page by Staff Sgt. William K. Gillespie/319th Mobile Public Affairs Detachment)





Staff Sgt. Alex Hermann, left, representing the United States Army Civil Affairs and Psychological Command (Airborne) assembles an M249 during a mystery event, at the 2016 U.S. Army Reserve Best Warrior Competition at Fort Bragg, N.C. May 4.

A drill sergeant, above, with the 98th Training Division, 108th Training Command (Initial Entry Training) looks on as a competitor at the 2016 U.S. Army Reserve Best Warrior Competition at Fort Bragg, N.C. assembles a M249.

Spc. Michael Orozco, below, with the 416th Engineering Command (Theater), engages targets during M4 rifle night range qualification at the 2016 U.S. Army Reserve Best Warrior Competition at Fort Bragg, N.C. May 5. (Photos on this page by Sgt. George Thurmond II/319th Mobile Public Affairs Detachment)





A Soldier, above, provides cover fire during the squad tactics lane at the 2016 U.S. Army Reserve Best Warrior Competition at Fort Bragg, N.C., May 5.

Sgt. 1st Class Daniel Aparicio, representing the 80th Training Command, makes a 9-line unexploded ordnance call during the 2016 U.S. Army Reserve Best Warrior Competition at Fort Bragg, N.C., May 5. (Photos on this page by Sgt. Darryl L. Montgomery/319th Mobile Public Affairs Detachment)





Soldiers, above, watch for enemy combatants while searching for a high value target in the squad tactics lane at the 2016 U.S. Army Reserve Best Warrior Competition at Fort Bragg, N.C., May 5.

Spc. Georges Weeks, left, representing the 80th Training Command, and Staff Sgt. Travis McCorkendale, representing the 416th Theater Engineer Command, take part in the Combat Life Saver lane at the 2016 U.S. Army Reserve Best Warrior Competition at Fort Bragg, N.C., May 5. (Photos on this page by Sgt. Darryl L. Montgomery/319th Mobile Public Affairs Detachment)



(FILE PHOTO courtesy of U.S. Army Reserve Command Safety Office)



Clearing Weapons

- **SOLDIERS:** Will follow all instructions and ensure the weapons chamber is empty;
- **COMMANDERS:** Ensure specific guidance for safe weapons handling, including step-by-step clearing instructions are included in their unit SOP;
- **NCOs:** Assume a great responsibility to prevent negligent discharges as they are present and leading critical operations

- **Observe and reinforce proper clearing and handling procedures at every opportunity.**

- Weapon ALWAYS on SAFE and maintain muzzle awareness
- Finger off trigger and every weapon ALWAYS treated as a loaded weapon

- **Constructing a clearing area...**

- Place a tray with rubber matting below the clearing barrel aiming point to catch dropped ammunition
- Cover the floor with matting to prevent cartridge damage or primer detonation of dropped ammunition
- Mark a 36-inch safety zone around the entire clearing barrel—a 4-inch wide red line is required (Field expedient methods may require use of red tape, colored tiles, bell ropes, cones, etc.)
- Post written clearing instructions immediately adjacent to the clearing barrel
- Inspect clearing barrels and areas not less than annually to ensure suitability for continued use
- Inspect, maintain or replace clearing barrels whenever a discharge occurs or the filler becomes wet

- **Overseeing clearing barrel operations...**

- Assure the barrel and clearing area is properly established

- Consider conditions and bring whatever is needed for safe operations (i.e. flashlights when dark)
- Establish a distraction free line outside the 36-inch clearing barrel zone
- Allow only one Soldier within the clearing barrel zone at a time
- Read written instructions aloud, providing time for the Soldier to implement each step correctly
- Maintain control of the Soldier while clearing weapons and correct wrong or unsafe actions on the spot
- Inspect each Soldier's weapon to assure it is properly cleared

- **All Soldiers must...**

- Be authorized to bear arms and comply with all requirements and leader/armorer instructions
- Clear, at a minimum, during issue and turn-in to ensure safe operations
- Report hazards and accidents to safety personnel and command

"Ready in 2016" For more information on Clearing Weapons contact your armorer and safety officer/NCO and review the Unit SOP and weapons specific Technical Manuals for safety instructions. 🇺🇸

Be prepared for 2016 hurricane season

Story by KATHRYN ANDERSON
USARC Safety Office

The Atlantic hurricane season runs from June through November. In the eastern Pacific, it is May 15 through Nov. 30. Are you prepared?

A hurricane is a type of tropical cyclone, which is a storm with strong winds rotating about a moving center of low atmospheric pressure.

Hurricane Stages

The [Saffir-Simpson Hurricane Wind Scale](#) is a 1 to 5 rating based on a hurricane's sustained wind speed. A Category 1 hurricane has the lowest wind speeds, while a Category 5 hurricane has the strongest. These are relative terms because lower category storms can sometimes inflict greater damage than higher category storms, depending upon where they strike and the particular hazards they bring. In fact, tropical storms can also produce significant damage and loss of life.

Hurricane Safety Tips

BEFORE A HURRICANE: Have a disaster plan and a pet plan ready. Before a storm threatens, contact your veterinarian or local humane society for information on preparing your pets for an emergency. Board up windows and bring in outdoor objects that could blow away. Make sure you know which county or parish you live in and know where all the evacuation routes are located. Prepare a disaster supplies kit for your home and car. Include a first aid kit, canned food and a can opener, bottled

water, battery-operated radio, flashlight, protective clothing and written instructions on how to turn off electricity, gas, and water. Have a NOAA weather radio handy, with plenty of batteries, so you can listen to storm advisories. Have some cash handy also following a hurricane. You may be temporarily unable to access your bank. Fill your car's gas tank full with gasoline.

DURING A HURRICANE: Stay away from low-lying and flood prone areas. Always stay indoors during a hurricane because strong winds will blow things around. Leave mobile homes and to go to a shelter. If your home is not on higher ground, go to a shelter. If emergency managers for your area say to evacuate, do so immediately.

AFTER A HURRICANE: Stay indoors until it is safe to come out. Check for injured or trapped people without putting yourself in danger. Watch out for flooding, which can happen after a hurricane. Do not attempt to drive in flooding water. Stay away from standing water; downed or underground power lines may have electrically charged the water. Do not drink tap water until officials say that it is safe to do so. Are you prepared? 🌪️

Be informed. Make a plan. Build a kit.

Check out these websites for more information:

<http://www.osha.gov/SLTC/emergencypreparedness/>

<http://www.ready.gov/>

<http://www.redcross.org/prepare/location/home-family>

HURRICANE STAGES	
TROPICAL WAVE	A low-pressure trough moving generally westward with the trade winds.
TROPICAL DISTURBANCE	An organized area of thunderstorms that usually forms in the tropics. Heavy rains and gusty winds accompany a tropical disturbance and they maintain their identity, typically, for 24 hours.
TROPICAL CYCLONE	A generic term for any organized low-pressure that develops over tropical and sometimes sub-tropical waters. Tropical depressions, tropical storms, and hurricanes are all examples of tropical cyclones.
TROPICAL DEPRESSION	A tropical cyclone in which the maximum sustained surface wind is 38 mph (33 knots) or less.
TROPICAL STORM	A tropical cyclone with maximum sustained surface winds that range from 39 to 73 mph (34 to 63 knots).
HURRICANE	A tropical cyclone with sustained heavy rains and gusty winds of at least 74 mph (64 knots).

Words and Deeds

By CHAPLAIN (LT. COL.) CHARLES CAUSEY
USARC Chaplain's Office, Deputy Command Chaplain

"You are about to embark upon the Great Crusade, toward which we have striven these many months. The eyes of the world are upon you...I have full confidence in your courage, devotion to duty and skill in battle. We will accept nothing less than full Victory!"

Dwight D. Eisenhower, June 6, 1944

One presupposition that exists today is that deeds are everything and words are irrelevant.

There is an oft-quoted saying by men, especially during warfare, that one should be a man of deeds, and not words.

In churches, people say, "He can talk the talk, but can he walk the walk?"

Four hundred years ago, Shakespeare's contemporary, John Fletcher, wrote that, "Deeds, not words shall speak for me."

However, it takes both words and deeds to be successful in life, even in warfare. Heroic deeds of men and women are necessary, but persuasive speeches about the reasons for war are also necessary. Soldiers will not die in vain.

Leaders must exhort warriors to fight, and explain to them the cause which puts their lives in jeopardy. There are crucial battle speeches in history given by men like Napoleon, Stonewall Jackson, and Eisenhower, speeches that moved men into action, and they were just as important as the deeds of conquest.

The same is true in our Family life, in our careers,

and in our community. Our deeds are absolutely critical to be successful, but so are our words, and there needs to be synthesis between the two.

We simply cannot tell our children to do the right thing, they must be persuaded with our good words. We cannot only be faithful to our spouse or boss, they need us to engage with them verbally, and they need us to be people of our word. We have to perform good deeds to accomplish goals, but we must also influence others with our good words.

Both words and deeds are important. And not only are both important, they must be aligned so our life is not rendered useless.

Two of the most influential men in history, Jesus and Moses, were said to be mighty in both words and deeds (Luke 24:19 & Acts 7:22). Both words and deeds are crucial for an exemplary life. And, our words and deeds must be aligned to be an individual of integrity.

Here are some of the questions to ponder:

- Are you a person that is mostly talk and no action?
- Or, are you a person of deeds but struggle to communicate?
- Is there a continuum between your words and deeds?

If you would like to learn how to enhance communication skills please look into an Army Reserve Strong Bonds weekend event by going to www.strongbonds.org and click on events. 🇺🇸

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.



FILE PHOTO - Toondren Bond, a Fort Family Outreach and Support specialist with the U.S. Army Reserve Command Family Programs telephone call center, works the overnight shift at Fort Bragg, N.C., Aug. 8, 2012. The call center operators provide informational resources to Army Reserve Soldiers and Family members 24 hours a day, 365 days a year. (Photo by Sgt. 1st Class Joel Quebec/81st Regional Support Command)

Everyone struggles, Fort Family can help

Story by Contributing Writer
Army Reserve Family Programs

FORT BRAGG, N.C. - Everyone struggles from time to time. Some with household bills or tuition, others with finding childcare or employment.

Sometimes worry can make even sleep impossible, especially when pairing a stressful situation with a deployment.

For Soldiers and Families of the [U.S. Army Reserve](#), there is a team standing by to help connect them to services and programs to

ease their struggles. Even if the call is made in the middle of a restless night.

Fort Family Outreach and Support Center operates from within the Headquarters, [U.S. Army Reserve Command's Army Reserve Family Programs](#) at [Fort Bragg, North Carolina](#), and is staffed by compassionate and knowledgeable support specialists 24 hours a day.

Fort Family's tagline as the

"Rally Point" for Family Programs serves as a candid visual, as all the resources available to Soldiers and Families in their time of need are rallied into one convenient place.

Support from Fort Family can include things as simple as assistance in acquiring a new Power of Attorney, that expired while a Soldier or Family member was deployed, to finding contact information for Family Programs.

"Whether helping someone

find out how to get an ID card made, or assisting a family whose house was just destroyed by a natural disaster, we are there to help,” said Maj. Lisa D. Yanity, Fort Family Project Officer. “Anything they need is important to us because it’s important to them. It’s why we are here.”

Large-scale impact has also been felt by Soldiers and Families through routine well-being calls placed by Fort Family support specialists as they pro-actively reached out during natural disasters and other crisis events.

One senior enlisted Soldier received an outreach call from Fort Family after suffering severe thunderstorms and flooding in his area. The Soldier was unaware the Federal Emergency Management Agency had set up a disaster assistance center that would assist him before receiving the outreach call.

During a devastating hurricane in 2015, Fort Family placed a disaster assistance call to the Family of a deployed Soldier to find their home was so severely flooded the spouse and four children needed to evacuate their home. Fort Family collaborated with the command to provide emergency services to the Family, such as drinking water, clothing, financial assistance and food vouchers.

Routine well-being calls reveal many opportunities for supporting Army Reserve Soldiers in situations they would not have thought to reach

out on their own. They can also make a powerful impression by simply reminding service members they are part of the Army Family.

“The Army Reserve is a family,” said [Lt. Gen. Jeffrey Talley](#), chief, Army Reserve and commanding general, U.S. Army Reserve Command, “and Fort Family wants to help you.”

That Family encompasses communities prepared to support its Army Reserve Families through grants, loans and other services when applicable, as well as a team of specialists at Fort Family ready to connect them at any time, from anywhere.

“It is also important to understand what we mean by Family,” explained Yanity. “It can be mom, dad, neighbor, friend – whoever is in that Soldier’s life and considered Family to them – that is who we are here to support.”

A Family member was recently reconnected with her brother after calling Fort Family to help locate him. Since her Army Reserve sibling had outdated contact information in his file, a support specialist assisted in finding the Soldier and reuniting them just in time for Easter.

Fort Family has helped Soldiers with a wide variety of unresolved issues such as receiving medical care and surgeries for injuries sustained while deployed, drug addiction treatment, and finding financial assistance in an emergency.

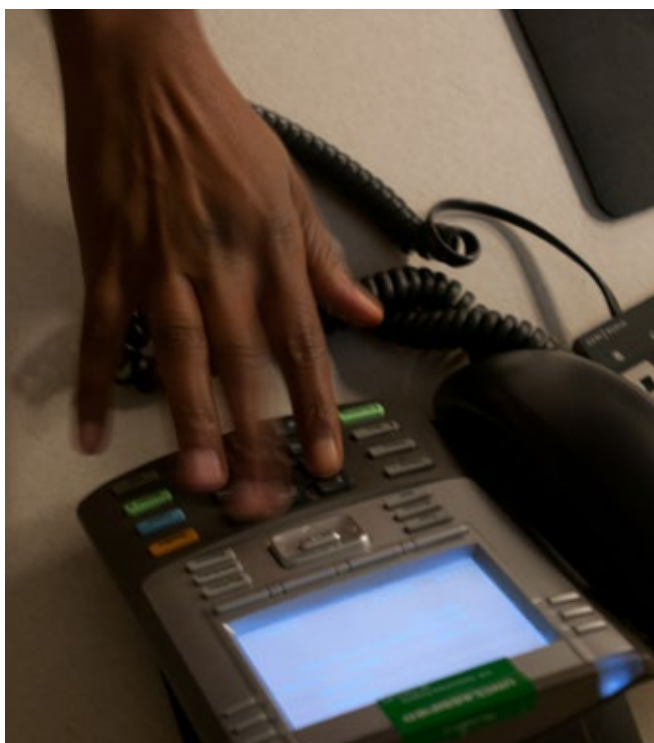
One spouse stated she felt Fort Family genuinely cared for her Family by their actions to help her husband receive treatment for a Line of Duty training injury through the Wounded Warrior Project, after meeting dead ends for assistance on their own.

It is true everyone struggles from time to time, but members of the Army community do not need to go it alone. While the outreach and support specialists at Fort Family are ready to assist 24x7x365, they can only help those they can reach.

“We are here, 24 hours a day,” said Yanity. “Call us. We can’t help if we don’t know you need us.”

Connect to the Rally Point for Family Programs at www.arfp.org or call 866-345-8248.

For more information about Army Reserve Family Programs’ service and resources, visit www.arfp.org, contact Fort Family at 1-866-345-8248 or your command’s Family Programs Director or Coordinator. Anytime. Anywhere. 24x7x365. 🇺🇸



USARC civilians recognized at May Town Hall

FORT BRAGG, N.C. - During the May Town Hall, a number of U.S. Army Reserve Command civilians were recognized for outstanding service as well as milestone time in service awards. Presenting the awards were Maj. Gen. Megan P. Tatu, U.S. Army Reserve Command chief of staff, James B. Balocki, U.S. Army Reserve Command Services and Infrastructure director, and Howard J. Henderson, U.S. Army Reserve chief executive officer. (Photos by Maj. David E. Finn/U.S. Army Reserve Command Secretary of the General Staff)

From top on this page:
Angie Sutton, U.S. Army Reserve Command protocol chief, was recognized with the Commander's for Civilian Service.

James Runyan, U.S. Army Reserve Command G-33, was recognized for 30 years of civilian service.

E'Meka Mosquera, U.S. Army Reserve Command Internal Review, was recognized for 15 years of civilian service.





Brian Numerick, U.S. Army Reserve Command Physical Security, was recognized for 15 years of civilian service.



Jennifer Trail, U.S. Army Reserve Command Internal Review, was recognized for 15 years of civilian service.



Rhonda Vinson, U.S. Army Reserve Command Safety, was recognized for 15 years of civilian service.



364th ESC in final stages for Exercise Anakonda 16



U.S. Army Reserve Humvees and a Heavy Expanded Mobility Tactical Truck belonging to the 364th Expeditionary Sustainment Command are tied down on the ARC (American Roll-On Roll-Off Carrier) Integrity transport ship on the way to the port of Szczecin, Poland, April 23, in preparation for Exercise Anakonda 16. The 364th is the largest U.S. Army Reserve contingent participating in Anakonda 16, a Polish-led, joint multinational exercise taking place throughout Poland from June 7-17. The exercise involves more than 25,000 participants from 24 nations is a premier training event for U.S. Army Europe and our Allied partners. The ARC Integrity arrived in Poland, May 20. (Photo by Maj. Marvin Baker/364th Expeditionary Sustainment Command)

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

SZCZECIN, Poland - It has been a very busy month for the men and women of the [U.S. Army Reserve's 364th Expeditionary Sustainment Command](#).

From offloading hundreds of pieces of equipment, to setting up their tactical operations center, the 364th, based in Marysville, Washington, is the largest U.S. Army Reserve contingent participating in [Exercise Anakonda 16](#).

Anakonda 16 is a Polish-led, joint multinational exercise taking place throughout Poland from June 7-17.

The exercise involves more

than 25,000 participants from 24 nations and is a premier training event for U.S. Army Europe and America's Allied partners.

In addition to U.S. and Polish forces, military members from Albania, Bulgaria, Canada, Croatia, Czech Republic, Estonia, Finland, Georgia, Germany, Hungary, Kosovo, Latvia, Lithuania, Macedonia, Romania, Slovakia, Slovenia, Spain, Sweden, Turkey, and the United Kingdom, are participating in Anakonda 16.

The exercise will combine the capabilities of the active Army, U.S. Army Reserve, and Nation-

al Guard in multiple scenarios leveraging air assault, airborne operations, armor, combat aviation, conventional and air defense artillery, engineering, and medical assets, alongside Allied partners.

The 364th ESC is the theater-opening unit, charged with setting the stage for the exercise and all the participating units.

"We've been here since May 9 and it's been very busy. We had to be here before the other subordinate units arrived this way it will be easier for them to get settled and ready for the exercise," said Maj. Marvin Baker, 364th ESC

public affairs officer.

“We are the theater opening unit for all the maneuver units that are coming, to include [1st Armored Brigade Combat Team, 3d Infantry Division](#); [82nd Airborne Division](#), [173rd Airborne Brigade](#), [2nd Armored Cavalry Regiment](#), [4th Infantry Division](#), other units already in Germany, National Guard units coming from the U.S. and all of our Allied partners from 24 nations,” Baker said.

In addition to the 364th ESC, other U.S. Army Reserve units participating in Anakonda 16 are: 469th Quartermaster Company, Mountain View, California; 483rd Quartermaster Company, Marysville, Washington; 328th Adjutant General Company, Fort Sam Houston, Texas; 236th Transportation Company, Decatur, Illinois; 592nd Ordnance Company, Billings, Montana; 716th Quartermaster Company, Jersey City, New Jersey; 129th Transportation Company, New Century, Kansas; 361st Engineer Company, Macon, Georgia, the 380th Transportation Company, Riverside, California, the 326th Mobile Public Affairs Detachment, Reading, Pennsylvania, and the 228th Combat Support Hospital, San Antonio, Texas.

The U.S. has been participating in Anakonda exercises since their inception in 2012 at the request of Poland. Held every other year, U.S. involvement demonstrates a commitment to both Poland and [NATO](#). Anakonda 16 also validates the requirements set by the [NATO Wales Summit](#) in September 2014 and sets conditions for success at the NATO biannual summit in July. 🇺🇸



U.S. Army Reserve Soldiers with the 364th Expeditionary Sustainment Command set up their tactical operations center near Warsaw, Poland, May 13, in preparation of Exercise Anakonda 16. (Photos by Maj. Marvin Baker/364th Expeditionary Sustainment Command)

MOTORCYCLE PMV-2

You've checked your ride, but are your battle buddies ready for the road?



STANDARDS



TRAINING



DISCIPLINE

Training, Discipline and Standards

Training, discipline and standards are the bedrock of our Army, and as Soldiers, you've been taught what right looks like. As leaders, you have a duty and a responsibility to maintain standards in your formations. You also have an obligation to your Soldiers and their Families to manage risk and take action to correct problems. In our fight against accidental injuries and fatalities, knowledge is the weapon of choice. Visit <https://safety.army.mil/mmp> for more information on safe riding.

