

The WILDCAT



81ST REGIONAL SUPPORT COMMAND, FORT JACKSON, SC

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Maj. Yolanda Ellerbee signs the 81st Regional Support Command's Red Ribbon Week Proclamation during a ceremony held Oct. 22 at the headquarters building on Fort Jackson. Ellerbee is the HHC commander.

Wildcats celebrate Red Ribbon Week

Story and photos by: Sgt. 1st Class Mark Bell, Public Affairs NCO

FORT JACKSON, S.C. – Army Reserve Soldiers, civilians and family members stood shoulder-to-shoulder to form a unified alliance against drugs on Oct. 22 to help kick off a week-long Red Ribbon Week awareness celebration.

Led by Maj. Yolanda Ellerbee, the “Wildcats” of the 81st Regional Support Command signed a letter of proclamation to declaring a drug-free life during a ceremony at the command headquarters building here.

Ellerbee said it's important that she stands first to sign the proclamation to show that the “Wildcat” family stands firm against drugs.

“It is important for me to personally sign the Red Ribbon Week Proclamation because it is for our Soldiers, civilians and family members to know that drugs and drug abuse are negative issues affecting quality of life and we must work together to help save lives.”

Red Ribbon Week began after the kidnapping, torture and brutal murder of Enriqu   “Kiki” Camarena, a Drug Enforcement Administration agent in Mexico in 1985. Shortly afterwards, the Camarena’s hometown of Calexico, Calif., donned red ribbons in his honor. The red ribbon became their symbol for prevention in order to reduce the demand of illegal drugs.

In 1988, the first National Red Ribbon Week was proclaimed by the U.S. Congress and chaired by Nancy Reagan.

Today, the Red Ribbon celebrations like the 81st Regional Support Command’s activities bring millions of people together to raise awareness of the dangers of alcohol, tobacco and other drugs, and to encourage prevention, early intervention, and treatment services, said Niecole G. Ducksworth, the 81st RSC’s Alcohol and Drug Control Officer.

It is the largest, most visible prevention awareness campaign observed annually in the United States, she added.

see RIBBON on page 4

Command Corner

By: Command Sgt. Maj. James Wills

To the mighty Wildcats, I want to say thanks for a warm reception and welcome to the team. I can't think of a better place to be during this time in our American history, concerning the future of our military. The one thing we can count on is that for the first time in history the USAR is stronger than ever and a viable slice of the Full Spectrum Operational Force. I recently had the pleasure of attending the Army Reserve's Fall Senior Leader Conference in Phoenix, Ariz. where the audience was addressed by Gen. (ret) Dennis Reimer and the Vice Chief of Staff of the Army, Gen. Peter Chiarelli, who stated "we can't just put the Reserves back on the shelf. We can't continue as we have historically, cutting the Reserves and ramping them up in a just in time effort. We have invested too much as have you in a well trained force. We must recognize the need of maintaining the Reserves as a viable part of our formations." So, I ask for each of you to be proud in the aspect that you represent a well respected organization, the largest professional organization in the world. Kudos to each of you for your efforts in making the Army Reserve what it is today.

My next issue is a major concern for me. Our greatest commodity is our Soldiers, civilians, and their families. I ask for your support in developing the climate of a Soldier, civilian or family member needing or asking for emotional or spiritual help as not being a sign of weakness.

Today's environment is very fast pace and may appear to be very cruel in terms of financial obligations, employment requirements, the loss of jobs, family illness, loss of family, being alone during holiday events, etc. Individuals don't have the ability to recuperate from major impacted events in their lives as in the past. We have to take pride in our relationship among our 81st family. If one of our own is down and out, we need to encourage them to seek the spiritual or behavioral assistance required to help get them back on track. Having behavioral health issues or emotional issues is no different than having the flu or another illness, with the appropriate treatment and professional assistance, there can be full recovery. This is the way we have to view behavioral health issues, it's no different than treating the common flu. Let's not allow our Soldiers, civilians or family members to become a victim or patient without the appropriate level of support or medical attention.

Safety should be everyone's instinctive responsibility to do the right thing. I ask you to take the approach that what you do is setting the example for your children. Your actions are a sign of approval for your children or Soldiers to do what you do. So, if you get in the car and don't buckle-up, why would your son or daughter do so?



It also signifies to a young Soldier that if you aren't buckling up there isn't a need for them to do so. Motorcycle maintenance for our riders is imperative. Winter is on the way and many motorcycle owners haven't been able to get their bike out and ride for the summer, so having a last day chance to get out and ride that thrill before winter is likely. Be sure to check the air pressure in your tires and ensure you follow all the pre-riding checks before jumping on for what could potentially be that last ride. It's not worth the chance of being a "cowboy" in nature to lose your life for that 30-minute ride down the street. In addition, I encourage leaders to be aware of whom our bikers are and ensure they have the required training and licensing according to the USAR to ride legally. Regardless of the state law, it is a DoD law that requires you as a Soldier (AGR or TPU), DAC, or Mil-Tech to wear your motorcycle helmet at all times. Safety First, Always!

Finally, Lisa and I want to wish you a very blessed Thanksgiving!

The Wildcat



Maj. Gen. Bill H. Gerety
Commanding General

Brig. Gen. Mark C. Arnold
Deputy Commanding General

Mr. James P. Eggleton
Chief of Staff

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The views and opinions expressed are not necessarily those of the 81st RSC, the U.S. Army Reserve or the Department of the Army. For more information, contact the 81st RSC Public Affairs Office, 1525 Marion Avenue, Fort Jackson, S.C. 29207 or at (803) 751-9694. Deadline for submission of articles is the 20th of each month.

What is Family Resiliency ?

By: Christy Burns, Family Programs Director

Every November, military communities around the world celebrate "Military Family Month".

As a member of a military family, you know that service members, their spouses, and their children are likely to have significant stress in their lives at one time or another. While most families do very well managing the unique demands of military life, you may have noticed that some people and even entire families seem to be especially able to keep moving forward during periods of high stress. The following information will help you understand the concept of resilience and how you can work to nurture it in your family.

Resilience is the ability to withstand, overcome, and adapt in positive ways to an immediate crisis or an ongoing challenge.

Being resilient doesn't mean that a person avoids emotional pain and suffering when faced with a crisis. Instead, it means that he or she is able to recover and perhaps grow even stronger from the experience.

Experts are beginning to find answers to questions about what makes some people more resilient than others and identify things we can do to increase resilience in ourselves and our families.

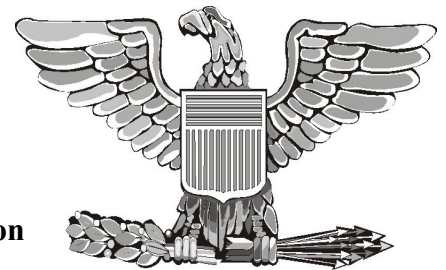
Resilient families view crises as shared challenges that together they can understand, manage, and make meaningful in some way.

They see their emotions as human and understandable under the circumstances and believe in their ability to learn from their experiences and move forward.

Family members see each other's strengths and offer encouragement for overcoming difficulties as well as accepting what can't be changed.

To find out more about ways to strengthen your family's resiliency, I encourage you to go to www.MilitaryOneSource.com website or call 1-800-342-9647.

Military OneSource offers a free 24-hour service available to all active duty, Guard, and Reserve members (regardless of activation status) and their families.



CONGRATULATIONS!

...to the following on their selection for promotion to Colonel:

LTC Mona Henrybennett, LTC Jerry Crandall and LTC Sylvia Drayton



REMEMBER...

Daylight Saving Time ends on Sunday, November 7, at 2 a.m.!

Don't forget to set your clocks BACK one hour before going to bed Saturday night, Nov. 6th.

Did you know?

You now have more time to apply for a bonus compensation?

Military personnel and veterans whose service in Iraq or Afghanistan was extended under stop-loss provisions now have until December 3rd to apply for the bonus compensation earned.

The Defense Department recently announced that service members have until Dec. 3 to submit claims for retroactive stop-loss special pay, a benefit of \$500 for each full or partial month served under stop-loss between Sept. 11, 2001, and Sept. 30, 2009.

The program was designed to compensate military members who involuntarily served extended time.

The original deadline for claims was Oct. 21, but the continuing resolution signed last week to fund agencies through Dec. 3 provides service members additional time to apply.

More than 145,000 people qualify for the special pay, but fewer than half of those eligible have submitted claims. The average payment is nearly \$3,800. Department of Army service members and veterans can apply for the benefit online at <https://www.stoplosspay.army.mil/default.aspx>.

Army Reserve Family Programs has an online meeting place for teens?

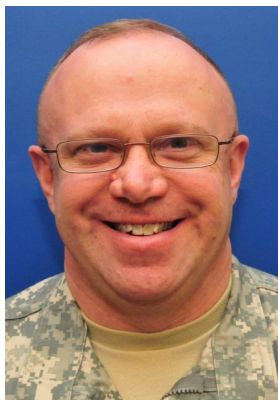
The Army Reserve Family Programs Teen Virtual World/Second Life provides a virtual Army Reserve installation where geographically dispersed teens can meet to collaborate, learn, and create a community through social networking. After an orientation and tutorial, teens are able to navigate, easily customize avatars and move on to access the installation. ARFP Teen Virtual World is a virtual world in Second Life that is only available to teens of the Army Reserve who have been invited into the program by a parent or sponsor through the ARFP.org website.

In order to access this virtual community, you will need to register and create an avatar for use in our private environment.

To get started:

1. Go to www.arfp.org, click on the "ARFP Teen Virtual World" link.
2. Fill out the registration form to validate your AKO email address and send an invitation to your teen to join.
3. Once your AKO email address has been validated, your teen will receive an email with easy to follow instructions from ARFP.org.

Chaplain's Corner



November brings two holidays to mind and they are Veterans Day and Thanksgiving. Of these two holidays, Thanksgiving is the best known one due to it being the official start of the Christmas holiday season. But how often do we think of Veterans Day being more than just a day off? It was originally started to remember the end of World War I. Over time it has come to mean a time of remembrance for all those who have served.

How often do we take time to remember the ones that have served, including those that are serving now? We may give it a thought in passing and that is it. Keep in mind that serving our nation and fighting, or being willing to fight and die, to keep our nation free is something that we need to pass on to our children and to future generations.

The people of Israel, as a nation, would erect stone monuments to remind them of what those that had gone before them had done or that God had done for them. The future generations were to ask what the stones meant and then the parents were to go into the history of the nation and how God had protected them. We need to do the same thing with our children. We need to remind them of the cost that has been paid for our country and that we should all be willing to pay that cost ourselves.

As we come to this Veterans Day holiday take time to remind our families about what it means and that it is to remind us that we all need to be willing to sacrifice and to serve in whatever way we can to keep our country free.

CH (Lt. Col.) Richard Savage

Upcoming Strong Bonds Dates:

January 28, 29, 30 – New Orleans, LA (40 couples and 40 singles)
February 4, 5, 6 – Hilton Head, SC (40 couples)
February 25, 26, 27 – Orlando, FL (40 couples and 40 singles)
March 4, 5, 6 – Savannah, GA (40 couples and 40 singles)

RIBBON...

(continued from page 1)

"Our end goal is to raise awareness of drug use and the problems related to drugs facing our community here in the Fort Jackson area," she said. "Our program is founded on encouraging our Soldiers, civilians and family members to promote drug-free lifestyles."

From a 5-kilometer walk around Fort Jackson's Semme's Lake to other dynamic activities held throughout the week, Ducksworth said she developed interactive activities that would truly show the impact of the use of drugs and alcohol while attempting seemingly easy tasks.

Sgt. 1st Class AuJour Washington, a human resource NCO within the command, uses Army values and morals and applies those same principles to his personal life.

Together with his wife Wanda, they practice a positive family model and use open communication to ensure they have the pulse of their 11 and 16 year old boys.

(continued on next page)

Wildcat Holiday Gala

**Saturday, November 20th
6 p.m.**

**Fort Jackson Officer's Club
3630 Semmes Road**

Cost is \$26.50

**Military: Dress Mess/
Dress Blues
Civilian: Black Tie**

**Social Hour begins at 6p.m.
Dinner served at 7 p.m.**

**Make checks payable to
81st RSC Informal Fund and
R.S.V.P. to Susan Swanson
before November 12.**

This open communication provides several benefits. In addition to finding out what is happening in the daily lives of their young men, the Washingtons often stress where the road of drugs leads and how living a drug-free life will reap benefits ten-fold as their children build their own families later in life.

"Whenever news, sports or even personal stories occur that are drug related, I take the opportunity to use it as a teaching tool and converse with them not only to ensure they get the desired message, but to check on what's going on in their lives," he said.

As NCOs lead from the front at work, Washington takes that same approach at home and refuses to allow drugs, alcohol or smoking into his own personal life.

"Not only would a life of drug use most certainly hinder me from reaching my potential and accomplishing all that God has planned for me here on Earth, it would cause me to be a hypocrite if I were to try and teach my children otherwise," he said. "In my opinion, there is nothing worse than a hypocrite."

Ducksworth said when people choose to

use drugs and alcohol in their lives, it really has an impact on not only themselves but on others around them.

"We read in the news where people die because someone was impaired behind the wheel," she said. "At some point we need to ask ourselves, when enough is enough?"

This "enough" was decided early in raising her family for Christa Burns, the Family Programs director for the 81st RSC.

"I think there are many, many life examples parents can share with their children to explain to them why we want to raise them to say 'no' to drugs and alcohol," Burns said. "I believe, as a parent, I must lead by example when it comes to raising my children and now my grandchildren."

As a grandmother, Burns has simple advice for young families trying to make the right choices in a difficult situation — communication with children.

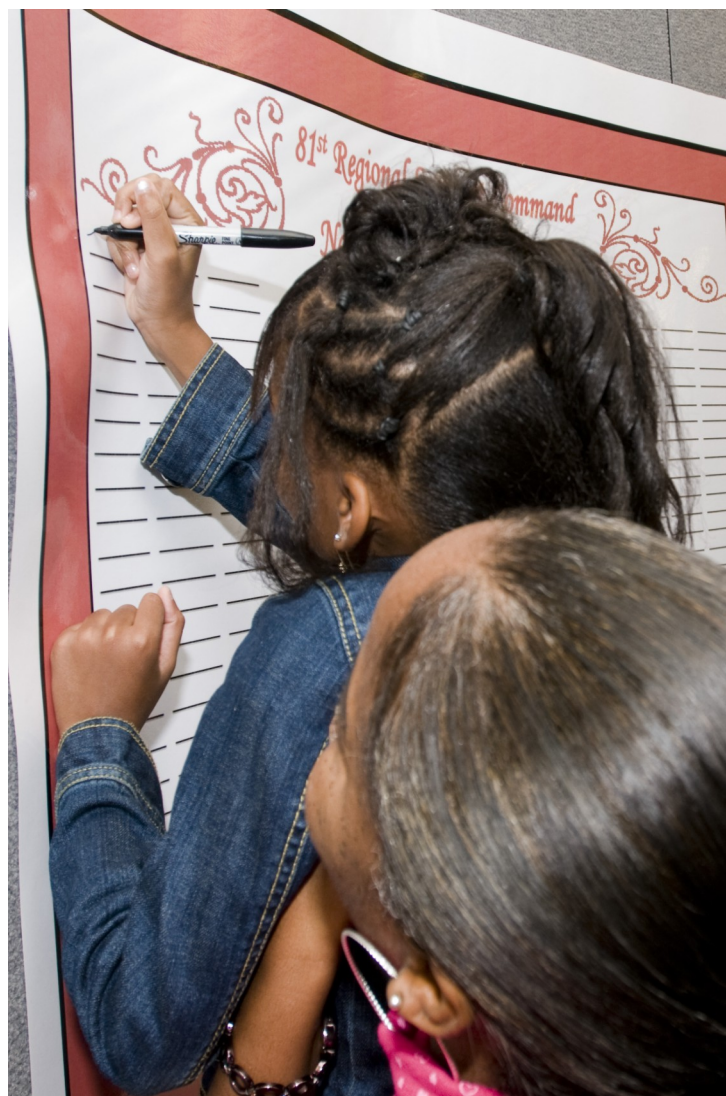
"As parents, it is our responsibility to communicate with our kids about the tough subjects with regard to life — drugs, alcohol, sex, dating violence, and suicide to name a few," she said. "We surely do not know all the answers, but we do have a responsibility to address the tough subjects and hopefully advise our children to select the correct path — not the wrong path — when it comes to drugs and alcohol."

Ducksworth agreed with Burns, and said the education begins with a simple conversation with a child at home.

"If we promote a safe, drug-free life in our homes, we can provide deterrence and increase public awareness that we stand a better chance with eliminating drug usage," Ducksworth said.

As the week's events come to a close, Ellerbee hopes the "Wildcat" team makes the commitment to live a drug-free life.

"We also need to pay tribute to those who have lost in the fight against drugs, and remember that together we can all make a difference," she said.



Jania Young, 7, signs a Red Ribbon Week proclamation to live a drug-free life during an Oct. 22 ceremony at the 81st Regional Support Command located at Fort Jackson, S.C. Jania is the daughter of Audrey Young, who is a Yellow Ribbon Reintegration Program specialist with the 81st RSC.

SRP team ensures Soldier readiness

Story and photo by Gail E. Anderson, Public Affairs Specialist

During a typical week, the 81st Regional Support Command Soldier Readiness Processing team will process between 50 and 200 Soldiers that are about to deploy overseas.

“Optimally, I have a staff of about 37 mobilized Soldiers on the team,” said Master Sgt. Dartalian Harris.

Harris is the non-commissioned officer in charge of the 81st SRP team and he said that the team’s mission is to ensure that all deploying Soldiers have been cleared through Level 2 of the SRP procedure.

“My team supports the war on terrorism by ensuring that we, more than ever before, send Soldiers that are more mentally and medically fit to the mob site,” added Harris.

Harris said that there are actually three levels of SRP; Level 1 is given to the Soldier back at his/her home station, Level 2 is received 30-60 days prior to the Soldier arriving at the mobilization site and Level 3 is given while the Soldier is at the mob station.

“Level 2 is what we’re here for – a lot of the Soldier’s information should have already been updated at home station – we’re here to make sure it has been. We’re more of a ‘check and balance’ system,” said Harris.

“The level 2 SPR wasn’t designed to actually have a Soldier go through the entire process over again and take three, four, or five days. It’s to make sure that you’re validated and that you have completed the process before arriving at your mob site,” said Harris.

However, Harris said some parts of the SRP process cannot be

avoided during Level 3: “For example, HIV shots have to be administered within three months of deployment, so everyone will have an HIV done; for females, a pregnancy test has to be done, so those are some things that will be done again and it doesn’t matter if you’ve already done that, you’ll still have to go through it again at Level 3,” said Harris.

During an SRP, a Soldier will routinely go through about seven different checkpoints to include the personnel, security, finance, legal, chaplain, inspector general and medical stations.

To a Soldier who has never deployed before, an SRP might seem like a harrowing experience but for Auburn, Ala. native Pfc. Dennis Shelton, a motor transport operator with the 941st Transportation Company, this was not the case.

“When we first got here I thought it was going to be, everyday, tons of paperwork but I’m surprised that I’m almost finished and this is just my second day. It’s not at all what I expected, everything went very smoothly,” said Shelton.

This jubilation is also being echoed by more battle hardened Soldiers who have deployed before.

“I would say the staff was pretty comforting, helpful and knowledgeable and very professional in what they do. In my opinion, I don’t see how any improvement is needed. I don’t see how they could make this any easier,” said Spc. Jesse King.

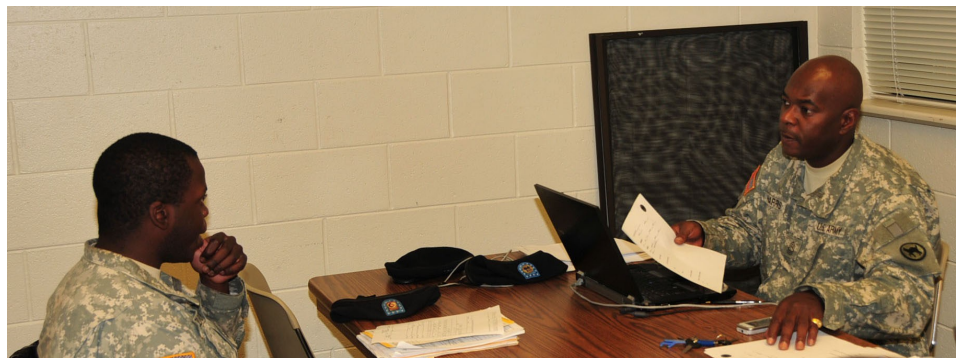
King, also from the 941st, deployed to Camp Arifjan, Kuwait in 2007 and says this SRP is a lot better than the first one he went through.

“This one (SRP) seems to be better organized and runs a lot faster. In my opinion, its run a lot smoother,” added King.

The entire SRP team takes pride in the fact that they have seemingly streamlined the process and made it more efficient for Soldiers.

The SRP team is the last line of defense in ensuring that the Soldier is good to go, before he or she gets to the mob site and Harris is very proud of his team and the job they are doing.

“I love this team. I have a mixture of older, experienced, staff members and young, enthusiastic, Soldiers who are aggressive ‘go-getters’ who want to be leaders and who want to be here,” said Harris.



Master Sgt. Dartalian Harris (right) helps Pfc. Dennis Shelton get through a Soldier Readiness Processing station at Fort Jackson, Oct. 20. Harris is the noncommissioned officer in charge of the 81st Regional Support Command's SRP team and has been working with the team for two years.

Wildcats get new physical readiness training

Story and photos by: Sgt. 1st Class Mark Bell, Public Affairs NCO



Sgt. 1st Class Robert Rayborn talks through the new physical readiness training exercises prior to execution of individual events during a recent physical training period after work.

Out with the old, in with the new. Non-commissioned officers assigned to the Army Reserve's 81st Regional Support Command here are spending their after-work hours learning new tricks of the trade. That trade is the Army's newest unit fitness program -- the Physical Readiness Training.

Led by Sgt. 1st Class Robert Rayborn, the non-commissioned officer-in-charge of the emergency operations center for the command, Soldiers mentally threw away the old school way of thinking and opened their minds to a positive change in a new Army.

Rayborn said the new program is designed to prepare Soldiers and units for the physical challenges of fulfilling the mission in complex operating environments.

"The 'traditional' program was designed for fitness," he said. "The new program takes it to the next level. It is designed to strengthen and condition our Soldiers in a manner that more closely mimics the actions that will be required of them while fulfilling their mission."

Unlike the old physical training program built around pushups, sit ups and running, the PRT is designed for all phases of the Army Force Generation cycle.

Rayborn said it also has programs for conditioning Soldiers that have temporary profiles and

getting them back to full capabilities.

With two simultaneous combat operations in Iraq and Afghanistan and numerous other state-side mobilizations and overseas deployments, the Army Reserve force has been pulled numerous directions.

The success of those missions comes from a formula that includes being both physically and mentally fit to accept challenges of being in a new Army Reserve.

Rayborn said the notion that citizen warriors are not mission-ready is a thing of the past.

"First and foremost, Army Reservists are Soldiers," he said.

"We are an integral part of the operational Army that can be called on at any time to fill a mission."

Rayborn and other NCOs believe that is their inherent responsibility as leaders and Soldiers to be physically ready to respond.

"This program provides all of the information that leaders and Soldiers need to design their own

fitness routine to use between battle assemblies to ensure that they are as physically ready as our active-duty counterparts," he said. For one human resource NCO, the new program is a welcome change.

Master Sgt. Juliet Jones, originally from Nottingham, England, said physical fitness will always be a daily part of a Soldier's life and any change for the better is a change she will tackle head on.

"It's important to maintain our fitness level, because we are Soldiers period," she said. "We may be called on at anytime to deploy or mobilize, and we should be fit and ready to fight. There is one regulation, one standard period."

After the week-long training event, Rayborn said he hopes Soldiers understand the advantages and utilize the principles of the program.

"I want them to see the benefit of the new activities and apply them," he said. "NCOs are the trainers. It is incumbent that each NCO conducts standards-based, performance-oriented, and mission-focused PRT. This is the future."



A graphic training aid lies nearby in the grass as Soldiers train.

NATIONAL NATIVE AMERICAN HERITAGE MONTH

