

The WILDCAT



81ST REGIONAL SUPPORT COMMAND, FORT JACKSON, SC

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(Photo by: Lt. Col. Mike Brady)

Members of the 81st Regional Support Command color guard walk onto the field in Charlotte, N.C., during pre-game activities wearing replica World War II uniforms, Nov. 7. The Wildcats participated with other Armed Forces branches of service during the game between the Carolina Panthers and New Orleans Saints.

Wildcat color guard honors WWI veterans

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

CHARLOTTE, N.C. – A thunderous roar of more than 73,000 fans welcomed the color guards from all five branches of the U.S. Armed Forces during a Carolina Panther football game against the New Orleans Saints Nov. 7.

As part of Panthers' military appreciation day activities, Army Reserve Soldiers from the 81st Regional Support Command, based at nearby Fort Jackson, S.C., carried "Old Glory" and the Army flag and its 178 campaign streamers onto the football field.

Wearing replica World War II uniforms and armed with authentic M1 Garands, the four-Soldier color guard honored those of the 81st Infantry Division who fought and died in campaigns in the Western Pacific and South Philippines – the most notable battle being on Angaur Island.

As Sgt. 1st Class Robert Rayborn carefully laced the leggings covering his boots and olive drab pants before stepping out onto

the blue and silver painted field, he said being a member of any military color guard is the highest honor for him as a Soldier.

"Being able to present America's colors is an amazing honor for a service member in uniform," he said. "Our flag represents everything about the United States; it is an international symbol of freedom."

Rayborn said that when he sees the red, white and blue colors presented at events like football games it instills him with a great sense of personal pride as well as a reminder of all who have served their country.

"Remembering all of those that have served before me is important to me," he said about past and current conflicts. "Veterans are the reason we can do the things we do in this country because of those that have served. Our freedoms, rights and liberties are here because citizens were willing to serve their country. That service must never be forgotten."

see VETERANS on page 4

Command Corner

By: Command Sgt. Maj. James Wills

Everyone should have made it through the Thanksgiving holiday and Black Friday events and life is back to normal for a few weeks prior to the Christmas holiday celebration and kick-off of celebration and festivities.

I especially want to make mention of the need for our 81st Wildcat family members (Soldiers, civilians, and families) to take a step back remembering safety first at all times. As we all get caught up in the efforts of trying to be at multiple places at once, purchasing and wrapping gifts, preparing meals or stopping to pick up that one last item that was forgotten, things become overwhelming and short-cuts are taken. It is imperative to always err on the side of safety, make sure seat belts are worn, no driving and texting and talking on a cell phone, make sure that your tires are at the appropriate tire pressure, anti-freeze level is where it needs to be, belts are not cracked or broken, and general maintenance has been performed appropriately.

November's battle assembly was a very busy event but a very rewarding one as well. I am proud of the effort of all the Soldiers who coordinated and conducted the Army Physical Readiness Test. Things were well coordinated and ran very professional.

My hat is off to the Soldiers who were out there giving it their all to meet the standards of the APRT and especially to Col. Leahy, Lt. Col. Henry-Bennett, Capt. Bruch, and Master Sgt. Washington for scoring 290 or above. The turnout was very good and there were

no accidents or medical issues reported as a result of the safety considerations made. "Kudos" to the Wildcat team! I want to remind everyone that six months will go by very fast, and it will be on us very soon to turn around and perform the next APRT. I ask each and every Soldier to take the Comprehensive Soldier Fitness program serious. This is not something that you work on just before taking the APRT but should be working toward it as an enduring part of your everyday living. I encourage you to educate your family and friends on the requirements you have in being a Soldier and incorporate them into your fitness and well-being routines along with comprehensive fitness.

Soldier Self Development is upon us and it is imperative that each and every Soldier get educated on and understand their individual requirements under the new SSD program. Soldiers will soon be required to complete online training before attending levels of NCOES. For instance, there's an estimated 80-hours of correspondence that has to be completed prior to attending Warrior Leader Course. Soldiers will not be allowed to attend their next prescribed level of NCOES without completing the appropriate SSD levels. You can enroll into SSD-1 by going to www.atrrs.army.mil and registering for Course No. 1-250-C49-1.

The Best Warrior Competition is just around the corner. The 81st RSC HHC will conduct a BWC in February and the 81st RSC regional competition will be held in April.



I encourage our Soldiers to step out in the forefront of this awesome opportunity. The BWC accomplishment is something that will follow you all throughout your career. This is a great way for our enlisted Soldiers to get out in the spotlight showing their abilities to set the standards of accomplishment.

Another great opportunity for our enlisted Soldiers is the Staff Sgt. Audie Murphy Club. Forthcoming from DHR is a memo that will explain the intent for the 81st RSC to start conducting a quarterly SAMC board in February.

I have recently had the great opportunity to get out and visit with the 100th and the 313th bands and had my first battle assembly with the HHC. I am extremely proud of the Soldiers of this command and what I have witnessed thus far. It is great to see such professionalism and commitment among our leadership and Soldiers. You all certainly represent the heritage and the lineage of the Wildcats and the motto of "Wildcats never quit!"

In closing, Lisa (my wife) and I especially want to wish each and every member of the command and their families a blessed and wonderful Christmas holiday and Happy New Year. Please be safe and spend every moment you can with your friends and families!

The Wildcat



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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.

Tips to prevent holiday stress

By: Christy Burns, Family Programs Director

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

Acknowledge your feelings. If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings.

Reach out. If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship.

Be realistic. The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well.

Set aside differences. Try to accept family members and friends as they are, even if they don't live up to all your expectations. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday

stress and depression too.

Stick to a budget. Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget.

Plan ahead. Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for party prep and cleanup.

Learn to say no. Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every activity.

Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt.

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. With a little planning, you may find that you enjoy the holidays more this year.

FORCE PROTECTION THOUGHT OF THE WEEK

10 KEY INDICATORS OF POTENTIAL TERRORIST ASSOCIATED INSIDER THREATS



8. Purchasing bomb making materials or obtaining information about the construction of explosives.

Did you know?

That you might be eligible to use the YMCA for free?

Many deploying units are not aware that their Soldiers (and their families) can use the local YMCA before, during and after deployment. According to Jennie Mixon at the Army Services YMCA Resource Center, most YMCAs already take part in the program which allows for 3 months of use prior to mobilization date, the entire mobilization, and then 3 months after demobilization (total of 18 months).

ASYMCA pays the fees directly to the local YMCAs. Families can use the YMCA during the deployment, but it must be used at least eight times per month to remain active. However, these eight times can include participation in YMCA team sports. Families also qualify for a limited amount of free respite child care.

If your local YMCA does not participate, contact Mixon at jmixon@asymca.org. She said he is often able to convince them to join the program since there is virtually no cost.

How to apply for family medical leave?

It is important that each federal employee know the appropriate form to use when applying for leave under the Family and Medical Leave Act, which can be used for his or her own or a family member's serious health condition. Employees are encouraged to use the WH 380-E or WH 380-F forms, which are located at the following links: <http://www.dol.gov/whd/forms/wh-380-e.pdf> or <http://www.dol.gov/whd/forms/wh-380-f.pdf>

The 208th Army Reserve band will be playing in Newberry?

The band will perform a holiday concert Saturday, Dec. 18, at 8 p.m., at the Newberry Opera House. Tickets are available by calling (803) 276-5179.

When, where you can get a flu shot?

Moncrief Army Community Hospital will host a flu shot drive from 10 a.m. to 1 p.m. at the Fort Jackson commissary December 3, 7, 10, 14 and 17.

You can follow the 81st RSC on social media?

The 81st RSC now has a Facebook page. You can follow the 81st WILDCATS at: <http://www.facebook.com/81stwildcats?ref=ts>

Chaplain's Corner



The end of the calendar year is commonly designated in our country as "the holiday season." There has been a movement in our country toward generic public recognition of holidays rather than specific holy days. In the wake of a widespread effort to be inclusive and offend nobody, many religious people have become offended that all public references to their holy days are being removed from the public sphere.

December happens to be filled with holy days commemorated by several major faith traditions. While Christmas is fixed on our calendars on December 25, the Jewish and Islamic lunar calendars have also deposited Hanukkah, Muharram (the Islamic New Year) and the Islamic holy day of Ashura this year.

The definition of "holy" is "dedicated to God, or set apart for God's purposes." Ironically, the word "holiday" is actually derived from "holy day."

But somehow, along with the spelling, the meaning seems to have changed through the years. The common understanding of "holiday" is a day set aside for ourselves, rather than a day set apart for God. And when I think of it that way, I begin to get mad. As a Christian, I want to run out and put a "Jesus is the Reason for the Season" bumper sticker on one side of my car, and "Keep Christ in Christmas" on the other.

But then I suddenly realize the best thing I can do for myself is to dedicate not just one day, or a holy season, but my whole life to God. I know this sounds strange if you do not believe in God, but if I have experienced the love of God and believe he has made me for his own good purpose, it provides a perspective on life that gives me peace in a world that can otherwise drive me crazy. Only when I get a glimpse of my life from God's perspective can I recognize there really is no difference between a holiday and a holy day.

So, in the truest sense of the word, I wish you all Happy Holidays!

CH (Col.) Glenn Winter

VETERANS...

(continued from page 1)

As he and other members of the color guard finished donning the combat field gear most notably worn by Tom Hanks in "Saving Private Ryan," the Army flag was carefully uncased from its protective covering. Soldiers located the red and yellow "Lexington" battle streamer and fixed it to hang forward. The sounds of last-minute readjustments to helmets, field packs and the functions checks of the two rifles were easily drowned out by the sounds of screaming fans at the pre-game event.

Command Sgt. Maj. James Wills, the senior-enlisted Soldier for the Wildcat command, said color guards are important because they represent the heartbeat of America.

"They are the centerpiece of a heraldic military that has served this nation since its establishment," he said. "It is a reflection of our Soldiers who have fought to defend the citizens of the United States. The color guard represents a thread of our history,

(continued on next page)

VETERANS (continued from page 4)

which, if you look at the history of the United States, you can't look upon without seeing our military having been there as a part of it."

As the color guards stepped onto the field, the game announcer introduced each branch of service. The deafening applause quietly came to a whisper as the crowd prepared for a tradition that kicks off all sporting events from coast to coast – the national anthem.

As old and young either saluted or placed their right hand over their hearts, Wills stated that he hopes those fans in attendance saw the color guards and felt a compassion for all service members who so willingly stepped forward to protect and defend the nation and its people.

"These color guards reflect the commitment our military has in defending the nation and those who have gone before us to do the same," he said.

For one member of the citizen-warrior color guard, freedom is something sacred and should never be taken for granted.

Staff Sgt. Jeremy Glasco, a command chaplain assistant, said America should honor those who gave their lives for such a noble cause as freedom.



Sgt. 1st Class Robert Rayborn, a member of the 81st Regional Support Command color guard stands on the field Nov. 7 during pregame activities wearing a replica World War II uniform.

"If we fail to recognize those patriots who sacrificed so much for our freedom then we are more likely to take our liberty for granted," he said. "It is when we don't appreciate something it becomes abused."

Wills said one of the most important elements of any color guard are the enlisted service members carrying and protecting the colors.

Since the establishment of the military and the flag, Wills said it has been the enlisted Soldier carrying the colors, as typically the command sergeant major is the "keeper of the colors."

"Our enlisted Soldiers are truly a reflection of our best of the best making greater sacrifices in combat and making a difference," Wills said. "The non-commissioned officer corps remains the 'backbone' of the Army."



At left, Staff Sgt. Jeremy Glasco stands at attention before the game. Above, the 81st RSC color guard presents the colors at the National Football League's Bank of America field, in Charlotte, N.C.

You have mail! (and a whole lot more!)

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

You may not have stopped to consider it before, but there's a lot of behind the scenes action that take place before that piece of mail shows up in your box down at the mailroom. No one knows this better than John Young, a services support specialist here at the 81st Regional Support Command.

Young is an assistant official mail manager (AOMM) for the 81st and he is the person responsible for the daily pickup and delivery of both official mail and distribution for the 81st RSC.

Young usually starts his day around 8 a.m. by taking care of any administrative or clerical duties that are required by the position; responding to email messages, gathering outgoing mail, sorting and labeling distribution envelopes and parcels and filling out the official forms necessary to ship those parcels and documents.

The heaviest labor of his day comes when he actually goes to the official mail and distribution center, here on post, to mail outgoing items and collect incoming mail.

"I try to go somewhere around 10:30 because the mail room is only open for one hour a day for pickup, between 10:30 and 11:30, so I have to go over there during that time. If not me, then Ms. Newman would normally go over there because she is the official mail manager (OMM)," said Young.

On a typical day, Young will pick up anywhere between 25 – 100 pieces of mail for the RSC. "Generally, most of our incoming mail is dependent on health

services branch or Directorate of Public Works and what they get. DPW gets the bulk of what normally comes in because they get all the bills. They get all the bills that have to be paid for all of our facilities," said Young. "HSB gets a majority (of the incoming mail) because of their packets because of cases going in and out."

When asked if there was any time of month or year that his workload was atypical, Young replied: "The only other time my workload seems to be a little heavier is when board season rolls around. That's because then, you've got all of those incoming promotion packets which go straight to the Directorate of Human Resources. During board season I'll normally pick up about 200 packets or more a month."

Along the same lines of mail handling is incoming and outgoing parcels that are picked up or delivered by commercial carriers.

Young says that all of this has to be tracked by signing for, and logging in, each piece of mail or parcel that arrives at the 81st. But mail handling is just one of the many other things that Young

is responsible for. There are other daily duties he conducts in his capacity as a service support specialist. Young also takes care of giving training classes to facility OMM's, conducting inspections at facilities and he is also tasked as the forms manager for the 81st RSC.

"That means any 81st form that needs to be created or changed has to be done by me. I'm the one who has the license and the program to create or change any of our 81st RSC forms. I'm currently working on revising the comp time for travel form," said Young.

Young said his service support activities also include: publications ordering, print duplication, compact disc duplication, document binding, lamination and small presentation production.

With all of that happening on a daily basis, it appears as if his office is much more than just a mailroom and he prefers to give it a more politically correct term.

"I think I'll start calling it the 81st RSC services support center," smiled Young.



John Young sifts through a stack of accountable items during his routine mail run at the Fort Jackson official mail and distribution center. Young picks up about 25-50 pieces of mail daily.

Helping others to help themselves

By: Christy Burns, Family Programs Director

(Photo by: Gail E. Anderson)



Continually seeking new ways and resources to help military service members and their families in need of assistance is what the Inter-Service Family Assistance Committee is all about.

On November 9, approximately 55 people gathered to attend the ISFAC meeting held at the 81st Regional Support Command.

The ISFAC is a voluntary military community cooperative partnership organized to allow service providers to engage in multi-service networking to help connect service members and families to local military and/or community resources.

Service providers from the Army, National Guard, Army Reserve, Marines and the U.S. Army Corps of Engineers attended the ISFAC quarterly meeting and listened to presentations from helping agencies such as Harvest Hope, American Red Cross, Soldier and Family Assistance Center, Survivor Outreach Services and Recovery Care Program for wounded, ill and injured Soldiers, among others.

The ISFAC is an asset to service providers who strive to meet the

needs of our service members and their families. They receive up to date information, network with key family service providers and agencies throughout the state of South Carolina, establish important contacts in order to expand service delivery well beyond the installation, armory or reserve center. The ISFAC creates a network of experts who share knowledge, training and professional resources that help solve everyday challenges service members and their families encounter. In short, the whole purpose of ISFAC is to reduce duplication of efforts. In other words, “work smarter, not harder.”

Sgt. Bobbie Sinner, a family programs manager for the 742nd Maintenance Company of the South Carolina National Guard, says she learned of some new services available to her by attending this meeting.

“I found out more about Harvest Hope Food Bank and that the Soldiers can actually go there and get assistance from them if they need it,” said Sinner.

For Charles James, from the U.S. Army Corps of Engineers,

Charles James (far left) and Sgt. Bobbie Sinner (far right) were just two of about 55 people that listened to Dr. Deborah Hauck (center), speak to attendees at the quarterly meeting of the Inter-Service Family Assistance Committee, Nov. 9.

the primary thing he took away from this meeting was the gaining of a network of resources.

“I am learning about agencies that are out there that can help my families in the southeast region. These types of resources are just perfect for the job I am doing with Family Readiness,” said James.

59th Troup Command, South Carolina Army National Guard, family readiness support assistant Rochelle Tindal said she attended the meeting to obtain additional resources to assist the family members of deployed Soldiers.

“I work with the Commanders to make sure Soldiers’ family members are supported through deployment and when Soldiers get back from deployment, I help them find jobs and tell them about all the community resources available to them,” said Tindal.

The 81st RSC family programs branch co-hosted this quarterly ISFAC meeting in an effort to enhance and improve key community partnerships within the state. To be an effective program it is vital to participate in local, state and regional committees in order to build relationships and network with military service organizations, government and helping agencies in the region in order to provide assistance to Soldiers and family members.

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“Wildcats Never Quit!”