

Fort Lee welcomes
return of Maj. Gen.
Fogg, wife Janie at
CASCOM Change
of Command event

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FORT LEE TRAVELLER

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RECOVERY READY

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mission in storm-ravaged Carolinas

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Are you financially ready for a massive emergency or disaster?

Being financially prepared for a large-scale emergency or natural disaster means a lot more than having a stash of cash set aside.

Laying the groundwork that ensures effectiveness and easy access to several categories of personal and home care information can be an enormous benefit when the unexpected happens and community members face the daunting task of putting their lives back together.

Experts from the national home mortgage company Freddie Mac offer the following tips for getting organized and preparing for worst-case situations.

- **Compile information.** The Federal Emergency Management Agency (www.fema.gov) offers a 44-page “Emergency

Financial First Aid Kit” that includes fillable checklists and preparation tips. It is a handy and free way to compile important information such as driver’s license numbers, birth certificates, insurance policy details, mortgage statements, Social Security numbers, bank account and credit card data, health insurance cards, medication and health records, as well as household contact information including landlords, doctors, schools, employers, contractors, lawyers and insurance agents.

Most insurance companies also advise thorough documentation of high-dollar valuables. This includes capturing photos or video of those items and maintaining a record of costs (including original re-

ceipts if available), condition, identifying characteristics and other details that attest to the value of the item.

- **Review your paperwork.** Examine your insurance policies and financial paperwork to be sure they’re current and meet expected needs. If updates or additions are required, get that done as soon as possible so you’re not put in a situation where time slips away and coverage is inadequate when it’s needed most.

Set up an appointment with your insurance agent to discuss policies and find out what you can expect. For example, many homeowner’s plans cover alternative living expenses that can help provide

SEE **EMERGENCY PREPARATIONS**, page 11

CID warns Army community of disaster fraud schemes, scams

QUANTICO – The Criminal Investigation Command is urging Army community members to be on the lookout for disaster fraud charitable schemes and repair scams.

“Disaster fraud is prevalent after man-made or natural catastrophes such as the recent Hurricane Florence that caused widespread damage to the Carolinas, mainly as the result of storm surge and massive flooding,” said Chris Grey, a CID spokesman.

“Dishonest individuals or contractors

will use this opportunity to inflate damage estimates or swindle homeowners in repair, debris removal and other cleanup scams. These thieves also will exploit the disaster by seeking out those wishing to support affected victims. They will solicit donations for fictitious charities, sending fraudulent e-mails or creating phony websites to pull in contributions or personal information resulting in identity theft.”

CID emphasized the long-standing OPSEC

rule about not responding to unsolicited email (spam) or blindly opening links or attachments that can be programmed by scammers to reveal personal data or may possibly contain viruses or hijack codes with demands to pay a ransom for deactivation.

Scammers are adept at getting their victims emotionally invested in the prospect of helping those in need, CID special agents further noted. Those who want to give should research the most reputable options

for doing so. Seek out basic information like the name, address, telephone number and if the charity is registered. Also request proof that a contribution is tax deductible and the requesting agency is tax exempt. Be cautious of out-of-state organizations – especially if their address is a post office box. When the money is finally handed over, make sure it’s directly to the charity and not a third-party “representative.”

SEE **DISASTER FRAUD**, page 13



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ON THE COVER



T. Anthony Bell
 Spc. Christina Deal, 54th Quartermaster Company, awaits instructions to park her vehicle during preparations for a possible deployment in support of Hurricane and Tropical Storm Florence relief efforts Sept. 17. Story and photos, Page 5.

Familiar face returns to Fort Lee fold; takes top leadership job at CASCOM

Amy Perry

Production/News Assistant Editor

At a packed Lee Theater Monday, hundreds of community members welcomed Maj. Gen. Rodney D. Fogg and his wife Janie back into the Sustainment Center of Excellence fold – this time as the commanding general and first lady of CASCOM.

Just three months ago, Fogg concluded his fifth assignment here when he passed the Quartermaster General colors to Brig. Gen. Douglas M. McBride Jr. In a complicated twist of fate, it was Fogg taking the reins of CASCOM from McBride during Monday's formalities.

Lt. Gen. Theodore D. Martin, deputy commanding general and chief of staff at Training and Doctrine Command, oversaw the ceremony and recognized the CASCOM team for its strength and resiliency during recent adversity.

"This command is truly remarkable," he said. "You have an awesome team here with seasoned leaders of character who get the job done. Each one of you represent the best that we, as a nation, can offer to train our most valuable asset – America's sons and daughters."

Martin praised McBride for his "tremendous leadership" while serving as the interim CG, and noted how much he appreciated his commitment to Fort Lee.

"We have been blessed with an extraordinary leader of CASCOM in Brig. Gen. McBride," said Martin. "We are very fortunate he will remain here and reassume his role as Quartermaster General."

"To Brig. Gen. McBride, on behalf of all of us here today, I would like to recognize your superior leadership during this challenging transition," Martin continued. "You set a great example for all to follow."

McBride said he welcomed the opportunity to keep CASCOM running smoothly during his tenure, and he thanked the team for its support.



Amy Perry

Maj. Gen. Rodney D. Fogg takes the CASCOM colors from Lt. Gen. Theodore D. Martin, TRADOC deputy commanding general and chief of staff, during a change of command ceremony Sept. 17 at the Lee Theater. Fogg took the reins of the organization from Brig. Gen. Douglas M. McBride, who served in an interim capacity and is returning to his duties as Quartermaster General and commandant of the QM School.

"The past few weeks has been particularly busy and particularly challenging," he said. "But through it all, the CASCOM and Fort Lee team has stepped up to all challenges and has been steadfast and loyal to the mission, and most importantly, to each other."

"The way the team has come together speaks of our ability to keep CASCOM training on track and moving forward, even through adversity," McBride continued. "I am immensely proud of this team, and I want to thank you, once again, for your dedication and your commitment."

According to Martin, the entire TRADOC team sent its best wishes to the Fogg family for another successful assignment here.

"The Army hit the jackpot when they selected the Fogg family for command at Fort Lee and CASCOM," the lieutenant general said. "Rodney is battle-tested and battle-proven. No one knows more about logistics and training Soldiers than Rodney Fogg."

Martin said his wife pointedly reminded him to thank Janie Fogg for the undoubtedly exhausting job of relocating their home twice in such a short time period.

"She said it's important to recognize

Janie, especially since she's done two moves in three months and set the conditions for Rodney to come in here and take this bucking bronco of a Center of Excellence under control," he said. "If you've ever done a move – and I'm sure most of you have – (you can imagine the difficulty of) picking up your family and moving, then three months later, moving them back in the midst of a hurricane (threat). It does not get any more difficult than that. So, on behalf of Gen. Stephen Townsend (TRADOC CG) and my wife, we salute you."

McBride also welcomed the Fogg family and joked about the frequency of their connected change of command ceremonies.

"This is the third time in two years we've shared the podium, but somehow – uniquely, this time – I managed to get in front of you," remarked McBride, who took command from Fogg for his last two assignments. "The Fogg family is a great example of agility that our Army senior leaders must have. They move to the sound of the gun whenever and wherever they are needed."

Fogg said he is genuinely happy to be back at Fort Lee, although he didn't expect it to happen so quickly. He served for about three months as the deputy chief of staff for operations, G-3, Army Materiel Command, Redstone Arsenal, Ala.

"It's an absolute honor for Janie and I to stand before you today," Fogg said. "I am very happy to be back at Fort Lee because we have so many friends and family here. I'm humbled to be taking charge of the U.S. Army Combined Arms Support Command. This is the where we started, 31 years ago, as a second lieutenant in the Quartermaster Corps."

Fogg recognized the Soldiers, civilians and families in CASCOM.

"Thank you for your service and sacrifice," he said. "I look forward to the journey ahead. The greatest part of being a commander is working with outstanding professionals every day."

"Command is a privilege and a distinct honor," Fogg further observed. "I'm excited to be rejoining the CASCOM and Fort Lee team as we continue to support our Army in everything we do."



Amy Perry

Members of the Joint Service Honor Guard march forward as they prepare to place headgear at the Missing Man Table during the Commemoration of the 50th Anniversary of the Vietnam War and POW/MIA National Recognition Day Luncheon Sept. 13 at the Lee Club.

Post event honors sacrifices of POWs, missing personnel

Community members and guests from the local area gathered for the annual Commemoration of the 50th Anniversary of the Vietnam War and POW/MIA National Recognition Day Luncheon Sept. 13 at the Lee Club.

The Robert E. Lee Chapter of the Association of the U.S. Army sponsored the observance in conjunction with the U.S. Army Garrison, Fort Lee.

Sgt. Maj. Darrick A. Brown, Joint Mortuary Affairs Center SGM, was the guest speaker. He shared his thoughts about the long-practiced military occupation that he now oversees, and how those experience have affected his life. The annual POW-MIA observance, he further noted, is emblematic of America's duty to not forget and bring those still missing home.

"I am constantly reminded of 82,232 service members listed as missing in action from past conflicts," he said. "(We have a) responsibility to Vietnam War veterans, prisoners of war and those missing in action. We continue to recognize their sacrifice and (ensure) our accountability of U.S. service members until the number of missing in action is at zero.

"It is never too late to pay tribute to the men and women who answered the call of duty with courage and valor," Brown continued. "They reflected the pride of our nation in the faces of our enemy as they endured the rigors of combat and hardships as prisoners of war."

During opening remarks, Garrison Commander Col. Hollie Martin said that next year marks the 50th anniversary of the first news story about prisoners of war and those missing in action in Vietnam.

"The story inspired families of missing service members to seek the answers and raise awareness of our responsibility to look for those who were not able to make it home on their own," she said. "Their persistence helped bring home prisoners of war from many previous battlefields. From February to April in 1973, Operation Homecoming repatriated 591 United States prisoners of war."

In addition to the guest speaker, the event included a Missing Man Table and Honors Ceremony performed by the installation's joint service honor guard. The 392nd Army Band provided music.

SEE POW-MIA, page 13

NEWS BRIEFS

Kenner Columbus Day Weekend Schedule

Kenner Army Health Clinic and Troop Medical Clinic 2 will be open Oct. 5 (training holiday) for patient care. Mosier Consolidated Troop Medical Clinic 1 will be closed that day. All clinic facilities and services will be closed Oct. 8 in observance of Columbus Day.

To schedule appointments, call the Kenner appointment line at 1-866-533-5242. To request authorization to visit an urgent care center after-hours or when the clinic is closed, call the nurse advice line at 1-800-TRICARE and choose option 1.

For an emergency, dial 911 or go to the nearest emergency room.

'Hire Vets Now' Network Event in Norfolk

An information and enrollment event for the Hire Vets Now Fellowship is set for Sept. 27, 11 a.m. - 1 p.m., at Vista Point Conference Center, Naval Station Norfolk.

This free, new initiative offers intern opportunities with Virginia Values Veterans Certified Employers for service members who will be transitioning from active duty to the civilian workforce.

For details, visit www.dvs.virginia.gov or email r.dare@vachamber.com.

TSA Job Fair at Soldier Support Center

Hiring managers with the Transportation Security Administration, Office of Intelligence and Analysis, will be present at a Job Fair Sept. 28, 10 a.m. - 1:30 p.m., in the Soldier Support Center, 1401 B Ave., room 124.

An informational flyer about the event is linked to the "Upcoming Events" listing at www.lee.army.mil. For information regarding job opportunities, visit www.usajobs.gov/Search/?k=TSA.

Exchange Offers Gaming System Prize

Four authorized shoppers have a chance to win a PlayStation 4 Pro video game console and the new "Destiny 2: Forsaken" game during the Army and Air Force Exchange Service Rockstar and Exchange Destiny 2 Sweepstakes through Sept. 30.

Thirty second-prize winners will win a "Destiny 2" PS4 game. To enter, visit www.shopmyexchange.com/sweepstakes. The winners will be announced on or about Oct. 1.

Retiree Appreciation Day set for Sept. 29

Military retirees and their spouses can expect a wealth of information, resources, services and special recognition at the annual Fort Lee Retiree Appreciation Day set for Sept. 29, 8 a.m. - 1 p.m., in the Soldier Support Center, building 3400, B Avenue.

The guest speaker is Lt. Col. Maria Bentinck, deputy director of the Army Retirement Soldier for Life office. The event will include a Kenner Army Health Clinic health fair, and representatives from the American Red Cross, USO, Veteran Affairs and others will provide information and answer questions. A free lunch for military retirees and family members will be available. For details, call 804-734-6555.

Flu Vaccine Opportunities

Kenner Army Health Clinic beneficiaries who are retirees can receive flu vaccines on Retiree Appreciation Day, Sept. 29, 9 a.m. - noon, at the Soldier Support Center.

Other upcoming opportunities include Kenner's annual Volksmarch and Health Fair, Oct. 20, 10 a.m. - 2 p.m., in the clinic's A Avenue parking lot. All adults and youngsters are welcome at the Volksmarch. Shot records are required for children, 3 years of age and older. Vaccines for children under 3 years of age will be available at Wilkerson Pediatric Clinic after Oct. 1. Walk-in clinics are set for Tuesdays and Thursdays, 4-6 p.m. Active duty service members will be vaccinated with their units.

For updates on vaccine availability in the clinics, call the Flu Hotline at 804-734-9266.



T. Anthony Bell

During deployment preparations on Sept. 17 for Hurricane Florence relief, Pfc. Brenna Palomo (LEFT), 111th Quartermaster Company, awaits instructions to park her cargo vehicle at the unit motor pool, and Spc. Zachary Folks (RIGHT), 54th Quartermaster Company, guides vehicles through the motor pool.

Installation troops stage equipment for possible deployment to Carolinas

T. Anthony Bell

Senior Writer/Special Projects

Two units here may become part of the massive humanitarian relief mission in the Carolinas where flooding and wind damage from Hurricane and Tropical Storm Florence has left residents with austere and potentially life-threatening conditions.

The 54th and 111th Quartermaster companies – elements of the 11th Transportation Battalion, 7th Trans. Brigade (Expeditionary), headquartered at Joint Base Langley-Eustis – have been prepping since Sunday for the possibility of joining the ever-growing relief and recovery efforts that are already being supported by a massive National Guard and Reserve task force.

As of press time, Lt. Col. Damien Boffardi, commander of the 11th Trans. Bn., did not know how many of his personnel would deploy in support of the effort or in what capacity the units might serve, but confidently said they are ready.

“With everything going on across the East

Coast, you have to be prepared regardless,” he noted Monday afternoon amidst throngs of Soldiers and bustling activity in the unit motor pool. “That’s because readiness is the most important thing across the Army.”

Hurricane Florence, which had been downgraded to a category one storm before it made landfall in North Carolina Friday, pummeled coastal residents with 90 mph sustained wind speeds and unrelenting rain exacerbated by the system’s snail pace south-westerly movement. By the time it was reclassified as a tropical storm on Sunday, Florence had caused widespread flooding and power outages affecting hundreds of thousands.

As of Tuesday morning, national news outlets were reporting 32 storm-related casualties. Wilmington, one of the largest cities in North Carolina, is mostly inaccessible due to flood waters. Military trucks and helicopters are among the emergency assets providing rescue support and humanitarian supply movement. Support troops on the ground include Army Sustainers who are performing search and

rescue, transportation, refueling and several other humanitarian assistance missions.

The 54th and 111th QM companies are highly specialized logistical units whose primary missions are to recover and care for remains during war and conflict. It has an array of high-water operating vehicle assets to fulfill its mission to include Humvees, cargo trucks and load-handling systems.

If called upon to support the DOD effort, there is a possibility unit personnel may employ some of their core competencies, however, they are more likely to undertake common logistical requirements such as transporting people, supplies and equipment.

“Right now, it’s all about having the vehicles prepped and ready to go,” said Boffardi, downplaying mission specifics. “It’s not about what we’re going to be doing, where we are going or anything else.”

Spc. Zachary Folks, a 54th QM Co. Soldier and Bamberg, S.C. native who said most of his hometown was not impacted by the storm, was clearly appreciative of this potential opportunity to help others who were not as fortunate.

“I woke up this morning so grateful to be able to go to the refrigerator and get something to eat. My clothes were intact and everything else was safe and sound,” he said, noting he recently spoke to family members who said they are OK. “We owe it to our citizens to help, to give a lending hand. I’m looking forward to helping those families in need.”

The 54th and 111th are Fort Lee’s only deployable elements and the Army’s only active duty mortuary affairs units.

The 7th Trans. Bde., also has several other units preparing for disaster relief. If those elements are deployed, they will bolster a force of 13,000 Soldiers from active duty units, the National Guard and Army Reserve that are contributing to the DOD mission in several states.

As of Sunday, Total Army assets included 90 rotary wing aircraft with more available if necessary; 30 watercraft; and roughly 3,000 water-fording vehicles. Additionally, the force has available 4,500 cots, 200 medical beds and 18 water purification systems.

Furthermore, the Army Corps of Engineers has deployed more than 100 personnel assigned to support various aspects of the mission and has pre-positioned 132 power generators to assist with electricity requirements.

AMERICA'S MILITARY | SPOTLIGHT

Spc. Markell McKee

Unit: Public Health Activity, Fort Bragg, N.C.
Military occupational specialty: 68R – veterinary food inspection specialist

Age: 24

Hometown: Savannah, Ga.

Marital status: single

Time in service: 45 months

How you would describe your personality: “I’m a team player, but there are things I like to do on my own.”

Strengths: “I’m enjoyable, helpful, etc.”

Weaknesses: “I’m very stubborn. I don’t like changing my beliefs.”

Pastimes: “Playing video games with my brother; martial arts (jujitsu); reading; and collecting stuff like longboards, hats and swords.”

Worst fear: “Dying alone.”

Favorite Book: “‘A Series of Unfortunate Events’ (by Lemony Snicket)”

On person you admire: “My mom. She pushed me to be the person I am today.”

If you could do anything, anywhere right now, where and what will it be? “I would go to



T. Anthony Bell

Japan and try out the food.”

Your ideal life: “Having a nice job, a family and being able to take care of them.”

If you won the lottery ... “No one would know because nothing would change. I would put most of the money in savings and pay off my car and student loans.”

Talk about your upbringing in Savannah: “I have three siblings – a brother and two sisters – and we grew up being close to each other, espe-

cially me and my brother. He and I have always been together – summer camp, school, everything. He’s always going to be there for me, and I’ve always been his protector. He is the smart one, but I am the physical one (McKee’s brother attends medical school in Hampton Roads).”

Something about you that would surprise people: “I’m a shy person.”

What you believe in: “Morals. If you don’t have them, then, what do you believe in? What do you have to guide your behavior?”

When you have been most satisfied: “My first year of college. I was a track star.”

One life-changing moment: “When I got out of college (in his sophomore year). My financial aid didn’t go through, so I had to make a life decision. That’s why I joined the military. I didn’t want to go back to Savannah. I wanted to move forward in my life.”

Your expectations when you joined: “I actually expected it to be more physical, but it’s more mental – paperwork, classes, etc.”

Why you chose the 68-Romeo MOS: “I picked it because I (noticed) we’d work closely with the military working dogs, and I love animals. It is just a thing right now because the de-

gree I’m working on is physical therapy.” (Editor’s note: Army Veterinary Services comprises food inspection and animal care. There are MOSs for each, but the two are historically linked and often jointly conducted at many locations.)

What you do on a typical day: “I inspect (food products and spaces at) the commissary. I make sure there are no conformance (deficiencies) in the store. An example is rotten vegetables or chemicals stored near foods.”

What you like about your job: “You get to see what happens in the background of the facilities you inspect.”

What it means to wear the uniform: “You’re representing the United States to the world when you wear the uniform. You’re an ambassador. What you do has a bearing on what others think about the military.”

Best thing about the Army: “The stability.”

Worst thing about the Army: “The (current) physical training test. I feel like anyone can do a 2-mile run, pushups and sit-ups. I like the new PT test. It is more geared to wartime functions.”

Where you see yourself in five years: “I see myself as a staff sergeant.”

– Compiled by T. Anthony Bell

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Troops ready for BOSS STRONG competition



T. Anthony Bell

Members of the Fort Lee Better Opportunities for Single Soldiers program who plan to compete in the annual BOSS STRONG competition later this year pose at the BOSS Center on 27th Street recently. From left to right are Specialists Kintavious Cash, Markell Mckee and Jesse Tardieu, Cpl. Michael Edwards and Specialists Michael Golisano and Tanner Poush. BOSS STRONG promotes physical fitness, Soldier morale and esprit de corps and is designed to "development group cooperation and effectiveness through competition and team self-confidence and leadership qualities," according to literature. Six-person teams will undertake several fitness, volunteer and life-skill challenges to gain points in a battle against teams from other installations. It is organized into two phases – the garrison competition set for Aug. 6 - Sept. 30 and the championship scheduled for Oct. 29 - Nov. 11 at Fort Bragg, N.C. Stay tuned for updates about the Fort Lee team.

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Suicide survivor shares new outlook at special Lee Theater presentation

T. Anthony Bell

Senior Writer/Special Projects

According to published sources, more than 1,600 people have killed themselves leaping from the Golden Gate Bridge.

Kevin Hines came close to joining that unfortunate crowd. The San Francisco native is among the 2 percent who survived the roughly 220-foot, four-second plunge likened to the force of a moving truck hitting a concrete wall.

Hines' attempt to end his life 18 years ago stemmed from the torment caused by bipolarity with features of psychosis. The unlikely occurrences surrounding his survival include a seal who kept him afloat in the chilly waters of the San Francisco Bay; a woman, who after witnessing his descent, called a Coast Guard friend whose crew just happened to be patrolling nearby and got to Hines three minutes before he "could get hypothermia and drown;" and a foremost back surgeon who was leaving the hospital as Hines arrived but remained to repair his fractured vertebrae.

"So, all these things came into play to save my life," he told a Lee Theater audience during his Sept. 12 presentation in conjunction with Suicide Prevention and Awareness Month. "When you look at the factors separately, maybe it's coincidence, but four, five, six things? Literally, if they didn't happen at the time they happened, I would be dead five times over.

"I get to be here, and I have this raging passion to try and help other people stay," he vowed.

Roughly 50 community members were on-hand to see the bald, clean-shaven, T-shirt-and-jeans-wearing 37-year-old recount his experiences with earnestness, zeal and even humor. Featured in his presentation were his drug-addicted parents, a deceased brother who was his only biological sibling, his divorced adoptive parents and his ongoing mental health issues.

Indeed, tragedy is a well-traveled road for Hines, and uncertainty often lurks on his horizons. However, he has settled with the notion – bought to him as an epiphany in a psyche ward – that going all out to live is the only way he can survive.

"I realized if I don't fight tooth and nail every day for my mental health, then I'm going to die," he said.

Hines admitted he still endures the pain leading to his suicide attempt, and is still plagued by ideations, although to a lesser extent. As a result, the battle for his well-being has forced him to change his perspective about living. "Pain is inevitable but suffering is optional" is a comment he made several times, pounding home the message that reaching out



T. Anthony Bell

Kevin Hines spoke to troops about suicide prevention Sept. 12 at the Lee Theater.

to someone is life's greatest counterpunch to agony and despair.

"Anytime you're hurting for any reason – brought about by anything – turn to someone who loves you, or any individual with the empathy to listen, and tell them your truth," Hines said. "Because if you share your pain, you can survive."

Hines said his wife and father are important members of his support team, but other factors impact his everyday life as well. First, he is an exercise enthusiast who works out several times a day. Second, he is devoted to healthy eating. Bringing up anything about nutrition can send him into frenzied interest, causing his carotid artery to bulge and his voice to heighten. His on-stage declaration made it clear how he feels about food consumption.

"Fast food is poison," he said. "It pollutes your brain and gut and does irrevocable damage to your mind, causing depression, paranoia, hallucinations, mania and everything I live with every day."

Hines also said unhealthy foods cause mood swings and aggression. He recommended the best-selling book "Genius Foods" by Max Lugavere with Paul Grewal, M.D., for healthy eating ideas that could help lower the suicide rate.

He further advocates the practice of meditation, saying it is a proven means to reduce stress, increase focus and combat anxiety and depression.

Perhaps the most eye-opening assertion Hines made was his contention military cadences are not only call-and-response songs leaders use to keep troops enthusiastic and organized during marching and running formations but a way to instill beliefs and values. He said when troops repeat words and phrases over and over, it becomes a mantra with the potential for manifestation. He had audience members recite the following as a demonstration.

"We are powerful. We are strong. We are one. We will fight the pain; survive the pain; in spite of the pain. We fight today to live tomorrow. We will never die of our own hands"

Word and phrase repetition has its roots in religious practices that are thousands of years old, said Hines, noting the chants used in Buddhism.

"What we say, we become, we believe, we are," said Hines. "If we say, 'I will never die by my hands' (one or more times) every single day, I believe we will reach zero suicides in the military, and I believe it can work for civilians."

Hines said the preceding cadence – or a variation – should be performed at the beginning, middle and end of each physical training running session. It uses powerful keywords that, over time, will become actions.

"The brain operates on keywords," said Hines. "If you use an algorithm on social media (sites), you can define the keywords that save lives, and you can pull out all the keywords that lead people to suicide for bullying ... You can also pull out keywords that can lead to people always surviving."

Hines seemed acutely aware his idea might be considered far-fetched and even simplistic but said he has studied Department of Defense suicide reports, statistics and strategies over the years and is convinced cadences are the answer.

"The (current) cadences are wrong," he said. "You're teaching (Soldiers) to kill, to fight and survive in physical form; not teaching them to survive mentally. If we repeat things in our head, we retrain our brain. We conquer our inner critical voice – that means every negative thing said to us ... stays in your brain for the rest of your life. It's in your pocket memory. When you are in pain, it flares up and hurts you emotionally. Lethal and emotional pain can be depleted and destroyed through the repetition of words that have been scientifically proven to save people and give them the resilience they need to stay alive."

This was Hines' first visit to Fort Lee and is the first time he has shared his cadence idea. He has not made a proposal to the Army or Department of Defense, however, it is an idea he cultivated over a 20-year period.

"It firmly believe this is it," he said. "Maybe that's grandiose; maybe that's stupid, simple or dumb, but I have been racking my brain and reading the DOD reports for years. Nothing I've proposed has given me this flashpoint. This is it."

For more about Hines, visit www.kevinhinesstory.com.



Contributed Photo

Sgt. 1st Class Matthew Usera, a senior drill sergeant with Delta Company, 16th Ordnance Battalion, 59th Ord. Brigade, shares his experience with future Soldiers participating in the North Dakota National Guard Recruit Sustainment Program drill weekend Aug. 21-26 at Camp Grafton, N.D. The visit was an opportunity to share best practices in military training and observe and offer feedback to the cadre leading the RSP program.

Installation Soldiers support Recruit Sustainment Program

Amy Perry

Production/News Assistant Editor

Enlisted representatives from the Ordnance School and CASCOM headquarters participated in a North Dakota National Guard Recruit Sustainment Program drill weekend recently. The visit was an opportunity to share best practices in military training and observe and offer feedback to the cadre leading the RSP program.

Sgt. 1st Class Matthew Usera, a senior drill sergeant at Delta Company, 16th Ordnance Battalion, and Master Sgt. Brian

Benge, CASCOM National Guard liaison, described the six-day trip to Camp Grafton near Devils Lake, N.D., as valuable from both training and knowledge-broadening perspectives.

RSP is a National Guard and Reserve system that prepares recruits for basic training and reinforces Soldier concepts for split-option Soldiers – those who don't go to advanced individual training directly after basic.

“The preparation of (National Guard) Soldiers prior to basic training is much greater than any other branch of the Army,”

Usera noted. “Witnessing what the RSP unit does to prepare their Soldiers prior to shipment was very interesting and eye opening.”

Cadre members and recruits at the RSP camp were eager to gain knowledge from trainers in the active duty component, Usera further observed.

“The group of individuals I focused on was the cadre who had been selected or volunteered for the RSP mission,” he said. “The rank levels ranged from specialist or corporal to E-7 platoon sergeants. These cadre are expected to emulate

an environment they have only limited training in, whereas it is an everyday process for myself.

“The main point I wanted to get across is that they are the first line of defense before these Soldiers ship out,” Usera continued. “They need to know the standards and emulate them at all times. Much like our environment in initial entry training, it only takes one drill sergeant doing the wrong thing to cause a wake that effects hundreds of Soldiers who are in turn having to be retrained by other drill sergeants or NCO's down the line.”

The visit also was an opportunity to learn about training practices in other parts of the Army, which “helped tremendously” in Usera's view.

“Master Sgt. Benge had the unique experience of being a first sergeant for the Colorado National Guard and fully understood the importance of the program,” Usera said. “I went into this from the perspective of not knowing what it was all about, and like many things, it is difficult to understand until you have seen it for yourself.

“Thanks to this visit, we now have groundwork to implement additional training for our drill sergeants on how the RSP operates and prepares Soldiers prior to shipment. For a senior drill sergeant,” Usera said, “this is an incredibly useful batch of knowledge that can assist us in dealing with Soldier issues along with having a better understanding of the importance of the Enlisted Reserve and National Guard Liaisons that are associated with our organization.”

These types of programs, he further observed, are helpful to bridge Army components.

“Networking is a key element in the military because it gives us better understanding of different career fields and components throughout the force,” Usera said. “Although it is only one state we have visited so far, we now have developed a relationship that will not only improve the RSP but also the understanding of how they develop our soldiers prior to arriving to AIT and BCT.”



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EMERGENCY PREPARATIONS, continued from page 2

an individual or family with temporary housing needs, meals and other life necessities if displaced. Conversely, most plans do not cover “acts of God,” which could include flooding, tree damage, lightning strikes and other natural maladies. Setting up that additional coverage usually requires an implementation period, which further supports the argument to get it done sooner rather than later.

• **Seek mortgage relief.** In the event of an emergency, having access to your mortgage information can be critical, as you may be eligible for mortgage relief.

“When FEMA announces that individual assistance programs have been extended in major disaster areas, we quickly respond by offering mortgage relief options for those effected individuals,” explained Yvette Gilmore, Freddie Mac VP, Single-Family Servicer Performance Management. “This includes suspending mortgage payments for up to 12 months so victims of natural disasters can focus on what’s important: their own safety and that of their families.”

It’s important to know who to contact and

when, Gilmore noted in acknowledgement of the recommendation to prepare paperwork and collect data early. Having an “information arsenal” makes it possible for individuals in crisis to begin reaching out for help as soon as it is safe to do so.

• **Get secured.** It’s wise to invest in the best protection possible for your vital information. Consider storing the documents you would need immediate access to following an emergency in a home safe that offers protection from damaging natural elements, fire and, if evacuating, potential vandalism from intruders.

Safety deposit boxes at banks are another good option for protecting valuables, but keep in mind they may not be accessible if the facility is closed due to power failure. Making arrangements for trusted family members to have access to the boxes is smart also in the event the owner is incapacitated or dies.

• **Get smart.** Unfortunately, crises tend to bring out scam artists. Be wary of post-disaster rip-offs and anyone offering to provide you with immediate assistance for money. Government officials will never ask for money and

will always show their ID badges. An Army CID advisory about these types of scams is included in this issue of the Traveller.

More disaster preparedness tips and re-

sources are available at the following websites: www.acsim.army.mil/readyarmy; www.ready-virginia.gov and www.FreddieMac.com/blog.

– State Point Media and Staff Reports



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Forum to focus on what Army leaders know about families

WASHINGTON -- How do Army leaders define readiness for Soldiers, much less for their family members? How do families influence unit readiness? What develops, strengthens and sustains self-reliance and readiness?

Those topics will be center stage during Military Family Forum I set to take place Oct. 8 at the 2018 Association of the United States Army annual meeting and exposition in Washington, D.C.

The Army asked scientists at the Research Facilitation Laboratory in 2017 to build a new portrait of military family readiness by reviewing literature from the last 10 years related to family readiness. The Research Facilitation Laboratory is part of the Army Analytics Group.

Research Facilitation Laboratory scientists reviewed more than 400 studies on military family readiness published from 2007 to 2017. Their summary and findings have been published in "What We Know About Military Family Readiness: A Decade of Research Evidence from 2007-2017." Their review identified 16 indicators of family readiness and presented the evidence base that described the effect of each indicator.

Dr. Stacy Hawkins, principal investigator at the Research Facilitation Laboratory, will open the forum with a presentation and discussion of the 16 indicators of military family readiness. An expert panel will follow to discuss the importance of family readiness connections to adult functioning, relationships, deployment experiences, social connection and networking. Vice Adm. Raquel "Rocky" Bono, director of the Defense Health Agency, also will present on TRICARE.

"What is clear to me from this report," said Helen Roadarmel, chief of the Soldier and Family Readiness Division, Office of the Assistant Chief of Staff for Installation Management, "is that Soldiers carry family responsibilities and issues -- and sometimes problems -- into the unit. Sixty percent of all Soldiers have a spouse or dependents, in



U.S. Army photo by David Poe

addition to parents, siblings and others."

"Soldiers and families value support programs; they value consistency and predictability," Roadarmel added. "Their trust in the Army and its leaders is influenced by their perception of the care

and concern shown to them. The evidence supports continued investment in family programs and services."

The Army, and the nature of military lifestyle, places many demands on its Soldiers and -- inevitably -- their families.

A child joins a 2nd Armored Brigade Combat Team, 1st Armored Division Soldier at the Silas L. Copeland Arrival/Departure Airfield Control Group facility at Fort Bliss, Texas, July 5. The topic of family readiness will be center stage during Military Family Forum I set to take place Oct. 8 at the Association of the United States Army annual meeting and exposition in Washington, D.C.

Two decades of conflict amidst a shifting political and cultural landscape have changed Army demographics, policies and culture. Soldiers and their families have weathered changes while successfully sustaining readiness and lethality over the same period.

"Every Army Family has unique needs," said Dee Geise, acting deputy director of Installation Services for the Assistant Chief of Staff for Installation Management. "Our job is to provide the programs and services that strengthen the self-reliance and personal readiness of Soldiers and families -- to prepare them for the challenges they will face as a part of military life and to ensure they have skills and resources to successfully navigate and overcome those challenges."

Previous research assessments on readiness were published in 1993 and 2007, summarizing then-current information on Army Families and their effect on Soldier and unit readiness. When combined, these reports summarize 800 studies, surveys and analyses from 1983 to 2017 -- over 35 years of data related to how families influence outcomes important to the Army: morale, retention and readiness. The evidence helps military leaders make decisions about policies, programs and services that affect the readiness of military families, Soldiers and units.

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DISASTER FRAUD,

continued from page 2

Another potential scam threat is copycat websites that become more prevalent and active during natural disasters. They typically include links that appear authentic because of their similarity to known web addresses. It's the same for some social media platforms. The scammers are not only adept at making the sites and "click-ons" look authentic, they also employ messaging and emotional imagery in an effort to get unsuspecting visitors to donate to those in need.

For those reasons, it's always wise for those who want donate to directly access a reputable organization's website without using a link that has been sent via email or social media, CID advised. Be sure to check the organization's verification. Most sites use a check mark behind the name to let users know they are on or viewing a verified account.

Additionally, some crowdfunding and fundraising websites and accounts may not be used for the intended purpose of helping disaster victims, so beware of solicitations from those posing as legitimate organizations. It is important to verify all organizations before donating.

In addition to charitable donation and email

scams, community members also should beware of contractor and home repair fraud.

"A key point to keep in mind is that legitimate and licensed repair contractors are quickly booked," said Special Agent William Stakes Jr., CID's Economic Crime program manager. "Do not overlook normal precautions and do not hire an untrustworthy or questionable freelancing handyman because you are eager to start the repairs quickly. Do your research when hiring repair contractors."

Stakes provided other red flags and important points to consider when hiring a contractor including the following:

- Ensure the people hired are legitimate. Seek licensed companies and obtain at least three itemized bids before choosing a contractor.
- Be suspicious of contractors who ask for cash and/or full payment up front (advanced fee scheme).
- Get a written estimate and don't sign a blank contract. Get a second set of eyes to look over the contract. It's always best to get a second opinion.
- Don't sign over your insurance settlement check and don't pay with cash. Credit cards and checks provide trackable payment information.
- Have the work inspected; holding the final

payment until the repairs are completed to your satisfaction.

- Don't be pressured or fall for someone claiming to offer a "one-day-only" special or discount for hiring them on the spot.

- Beware of swindlers peddling "mold-free" certificates – there are no laws requiring homeowners to produce this credential.

- A good proactive measure is to take pictures with the contractor, collect business cards and make note of the contractor/vehicle licenses. Fraudsters are unlikely to cooperate with these protective measures.

Those who think they've become a victim of any of these scams should file a complaint with the Federal Trade Commission. In situations where identity theft is suspected, notify your financial institution and consider the options for obtaining replacement cards with different account and access codes.

For more information on CID or to report a felony-level crime, contact your local CID Office or the Military Police or visit www.cid.army.mil.

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
continued from page 4


National POW/MIA Recognition Day was established by an act of Congress in 1998. The 2008 National Defense Authorization Act allowed a commemoration program for the 50th anniversary of the Vietnam War. Its objectives are to honor veterans and their families for their sacrifices, highlight the contributions of the armed forces, and recognize those who made contributions on the domestic front, among others.

Memorial Day 2012 was the official start of the commemoration. It is scheduled to conclude on Veterans Day, 2025.



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Family and MWR's TenStrike Bowling Center invites all youngsters in the community to join the Youth Bowling League. Team competitions begin at 9 a.m. Saturdays, September - March. Youth may sign up at the center on C Avenue.

To learn more, visit lee.armymwr.com/promos/youth-bowling-league.

'Godspell' Continues at Theater | Sept. 21-23

"Godspell" - the first production of the Lee Playhouse 2018-2019 main stage season - continues Sept. 21-22, 8 p.m., and Sept. 23, 3 p.m., at the Lee Theater, 1100 Mahone Ave. All shows are open to the public.

Tickets are \$15 for adults and \$7 for youth, 16 years old and under. For reservations, contact the box office at 804-734-6629.

WWI Caravan Tour | Sept. 22

Petersburg National Battlefield will conduct a three-hour auto caravan tour to commemorate the last allied push in World War I - the Meuse Argonne Offensive - Sept. 22, 9:30 a.m., starting at the Eastern Front Visitor Center, 5001 Siege Road, Petersburg.

The free excursion will focus on sites relevant to World War I including trenches where Camp Lee Soldiers trained during the war. Reservations are required.

For details, contact Park Ranger Betsy Dinger at 804-732-3531.

PBNB 'Lost Battalion' Film | Sept. 28

The movie "The Lost Battalion" will be shown Sept. 28, 6:30 p.m., at the Petersburg National Battlefield Eastern Front Unit Visitor Center Auditorium, 5001 Siege Road, Petersburg. The film showing is free.

Visitors will be able to learn more about the American Soldiers who, without food or water and surrounded by the enemy, continued to fight during the Meuse Argonne Offensive.

For details, call 804-732-3531.

Petersburg Ghost Walks | Starting Sept. 28

Featuring costumed, lantern-carrying storytellers and a tour through 400 years of ghostly history, the Petersburg Haunts program kicks off Sept. 28, 7 p.m., at the Petersburg Courthouse, 7 Courthouse Ave. The tours will continue every Friday and Saturday night through Oct. 27 and on Halloween, Oct. 31. Costumes may be worn.

For details, email info@petersburghaunts.com or visit www.petersburghaunts.com.

VSU Military Appreciation Game | Sept. 29

Virginia State University's Military Appreciation Day, featuring a football game with division rival Shaw University, is set for Sept. 29, 6 p.m., in Rogers Stadium on the campus at 1 Hayden St., Petersburg.

The event is free for active duty military, veterans and family members.

For details, visit www.vsu.edu.

Swing for Pink Golf Tournament | Oct. 1

The annual Swing for Pink Golf Tournament will be held Oct. 1, 11 a.m., at Sycamore Creek Golf Club, 1991 Manakin Road, Goochland County. All proceeds will benefit the Richmond-based Reach Out for Life advocacy group for women's health and early detection of breast cancer.

The tourney format will be a 4-person scramble. The fee is \$125 per player.

For details, visit www.reachoutva.org or call 804-977-3920.

Explore Veterans Affairs Info Session | Oct. 3

The Virginia Department of Veterans Affairs will hold an information workshop on commonwealth-provided benefits Oct. 3, 9 a.m. - 2:30 p.m., in the Soldier Support Center, building 3400, Room 126.

The free event will include details on VA health care and resources, home loans, filing claims, life insurance and more.

For details, call 804-734-6612 or email army.lee.sftap@mail.mil.

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