



1ST MSC GAZETTE

430TH QUARTERMASTER **EARTHQUAKE** RELIEF MISSION

SPC ISAMAR
MIRANDA **PURPLE**
HEART RECIPIENT



1ST MSC GAZETTE

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BRIG. GEN. JEFFREY W. JURASEK
SENIOR FEDERAL ARMY OFFICER
IN THE CARIBBEAN



We must take care of soldiers 24/7 and know what is going on with their lives.

We must be aware of family or civilian employment situations that affect our Soldiers, and that, tips the delicate balance of an Army Reserve Soldier too far in, one direction.

We must have the support of families and civilian employers; without it, we lose Soldiers.



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430TH QUARtermaster COMPANY INSTALLS SHOWERS AND LAUNDRY UNITS DURING EMERGENCY IN PUERTO RICO

Story by: Sgt. Katherine Ramos, 363rd PAD

Photo by: Spc. Eduardo Rivera, 363rd PAD

GUANICA, PR— The 430th Quartermaster Company, U.S. Army Reserve Virgin Islands and Puerto Rico, mobilized, installed and started operating shower and laundry units at different dislocated civilians camps, Jan. 14, in response of the strong earthquake and several aftershocks that have rattled residents in Puerto Rico.

On Jan. 7, a magnitude 6.4 earthquake struck the south region of Puerto Rico, at 4:24 am local time, causing significant damage. Guanica, Yauco, Ponce, Penuelas, Mayaguez and Guayanilla were the municipalities with the most reported damage to housing and roads.

According to the Puerto Rico Emergency Management Agency, many shelters were opened through the southern region with over 4,000 dislocated civilians accounted for.

In less than 24 hours after receiving the mission assignment, the 430th Quartermaster Company, mobilized and deployed with their equipment to the most affected areas, as part of a Defense Support to Civil Authorities mission.

Sgt. 1st Class Victor Polanco is the Noncommissioned Officer in Charge of the operation. "One laundry unit has the capacity to wash 300-350 loads on an 8 hour shift," said Polanco while explaining the equipment capabilities.

Polanco is an experienced leader, who also participated on the Hurricane Maria Relief Mission that took place back in 2017. "The laundry units are designed for military operations, however adjustments were made, so it could fit the current civilian necessities," said Polanco.

A total of 24 shower heads and 3 laundry units were installed at

the Mariano "Tito" Rodriguez Coliseum, Guanica. Shower units were also installed in Ponce, Guayanilla, Peñuelas and Yauco. Meanwhile, laundry services were available at Ponce and Guanica.

Staff Sergeant Hector Degró, Laundry and Shower Specialist, acknowledged the support from sister units of the 1st Mission Support Command, during this mission. "We received support from the 597th Quartermaster Company, which is also a laundry and shower unit, and the 268th Transportation Company," said Degró.

Degró took advantage of the opportunity to express his solidarity to the critical situation that the island faces. "This is a mission in support of the people of our island, that serves as a valuable experience," said Degró.

Lastly, Degró expanded on the importance of continuous training for mission success. "Since we are constantly training, the equipment installation can result simple, keeping in mind some natural delays that we may encounter," said Degró.

As part of its regular mission, Soldiers from the Army Reserve are deployed around the globe in support of the needs of the nation. Currently, the command has hundreds of Soldiers serving in different countries.



PONCE, P.R. — Soldiers from the 430th and 597th Quartermaster Company, 268th Transportation Company, recieved an initial mission brief from Staff Sergeant Jonathan Cabrera, on Jan 15.

IDENTICAL TWINS WITHIN THE 1ST MSC

Story by: Sgt. Katherine Ramos, 363rd PAD
Photo by: Spc. Jaime Torres, 363rd PAD

Identical twins and brothers in arms, Spc. Bryant Omar Ramos and Bryant Yohel Ramos, from the U.S. Army Reserve Virgin Islands and Puerto Rico, recently served together in a DSCA mission.

Omar and his twin brother, Yohel joined the U.S. Army Reserve in 2014, as Cargo Specialist (88H). “We both have been connected and most of the time, we tend to have the same thoughts, such was the case, when we decided to join the Army,” said Omar.

The Ramos twins were part of the DSCA mission at the southern region of the island in the aftermath of the 6.4 earthquake, of Jan.7, that has displaced thousands of citizens from their homes.

Since their enlistment, the twins, have been assigned to the 390th Transportation Company, in Ceiba. “Because of our dynamic at work we have had the opportunity to serve together on missions,” said Omar.

For the twins, the crisis after hurricane Maria, in 2017, represented one of the most challenging aspects on their career.

During Maria, the twins, conducted transportation missions, supplying citizens with water and food to different locations, including to their hometown, Morovis, where they grew up.

As expected, confusion is always generated among their comrades, even from their leadership. “One time, my brother greeted our unit commander, who minutes later bumped into me in a different setting, and shockingly asked, How did you make it here before me?” said Omar who then revealed to him having a twin brother.



From left to right, Spc Bryant Omar Ramos and Spc. Bryant Yohel Ramos.

YOUNG PURPLE HEART RECIPIENT

Story by: Spc. Miguel Miolan Germosen, 363rd PAD

Fort Buchanan, PR- Purple Heart recipient, Spc. Isamar Miranda, U.S. Army Reserve Virgin Islands and Puerto Rico, was interviewed by the media, Nov. 8, at the command's headquarters.

During the interview, Miranda reflected about her commitment to continue serving the needs of the Nation, as a young veteran, and spoke about the moment she was expelled from her tactical vehicle as a result of an enemy attack. "I could not see anything because of the smoke and all the dust generated from the impact," said Miranda.

During her deployment to Afghanistan, Miranda, was leaving with her comrades on a convoy, when all of the sudden a car bomb attacked the vehicles. "Everything happened so fast, that I really did not feel anything because of the adrenaline," said.

"Sgt. Maj. Angel Rivera and Sgt. 1st Class Jonathan Perez, were always looking out for me since day one," said Miranda, as she acknowledged the positive influence of leadership.

For this young veteran, this mobilization represented her first deployment as a unit Supply Specialist. Part of her duties include the organization of equipment, and movement of sensitive items, among other responsibilities.

Miranda, aims to keep serving in the military for at least 20 years until retirement. Part of her personal aspirations includes the completion of a Bachelor's Degree in Communications and to open her own production company.



“EVERYTHING
HAPPENED SO
FAST, THAT I
REALLY DID NOT
FEEL ANYTHING
BECAUSE OF THE
ADRENALINE,”

SPC. ISAMAR MIRANDA
166TH RSG





GET READY FOR



**IMPROVES SOLDIER
AND UNIT READINESS**



**TRANSFORMS THE ARMY'S
FITNESS CULTURE**

1



3-REPETITION MAXIMUM DEADLIFT



FITNESS COMPONENTS:
Muscular strength, balance and flexibility



STANDARD EQUIPMENT:
60 pound hex bar and plates



INITIAL OPERATION CAPABILITY
60 pound and 100 point scores:
140 pounds and 340 pounds

2

STANDING POWER THROW



FITNESS COMPONENTS:
Explosive power, balance and flexibility



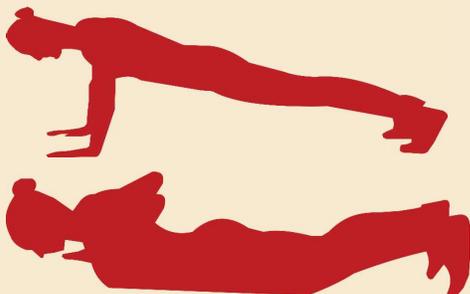
STANDARD EQUIPMENT:
10 pound medicine ball



INITIAL OPERATION CAPABILITY
60 pound and 100 point scores:
4.5 and 12.5 meters



3



HAND RELEASE PUSH UP AND ARM EXTENSION



FITNESS COMPONENTS:
Muscular endurance



STANDARD EQUIPMENT:
None



INITIAL OPERATION CAPABILITY
60 pound and 100 point scores:
10 and 60 repetitions

THE ACFT

Infographic by: Spc. Eduardo Rivera, 363rd PAD



**REDUCES PREVENTABLE INJURIES
AND ATTRITION**



**ENHANCES MENTAL TOUGHNESS
AND STAMINA**

4



SPRINT-DRAG-CARRY



FITNESS COMPONENTS:
Agility, anaerobic, muscular
and strenght endurance



STANDARD EQUIPMENT:
Climbing bar
2x 40 pound kettlebells and
90 pound sled



INITIAL OPERATION CAPABILITY
60 pound and 100 point scores:
3:35 and 1:40 minutes

5

LEG TUCK



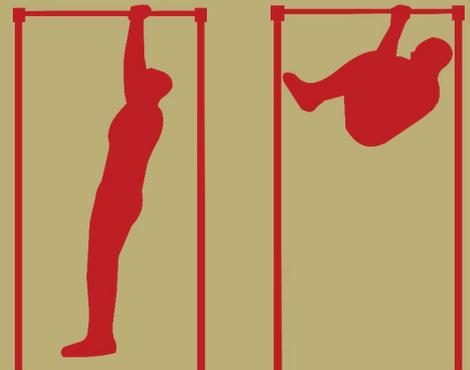
FITNESS COMPONENTS:
Muscular strenght and endurance



STANDARD EQUIPMENT:
Climbing bar



INITIAL OPERATION CAPABILITY
60 pound and 100 point scores:
1 and 20 repetitions



6



2 MILE RUN



FITNESS COMPONENTS:
Aerobic endurance



STANDARD EQUIPMENT:
Two mile run on level field, track or
running surface



INITIAL OPERATION CAPABILITY
60 pound and 100 point scores:
21:00 and 12:45 minutes

THE STORY OF TAYROS RETIRED MILITARY WORKING DOG BROUGHT BACK FROM COMBAT

Story by: Sgt. Katherine Ramos, 363rd PAD
Photos from Primera Hora



FORT BUCHANAN, P.R.—During Veterans Day, Nov 11, the island of Puerto Rico heard about the story of Maj. Jay Rodriguez Bonano, from 1st Mission Support Command, headquarters of the U.S. Army Reserve Multifunctional Geographical Command for the Caribbean, and Tayros, a retired Contract Military Working Dog (MWDs) brought back from combat.

This is no ordinary dog. Tayros, a 12-year-old Belgian Pastor, served five years in the military at different installations in Iraq and Afghanistan.

In 2014, Tayros, was serving along with the U.S. Army Reserve 512th Transportation Company patrolling for explosive devices at the Traffic Control Points. This is when Tayros met Rodriguez Bonano, who is also a veteran.

“In Afghanistan every day felt like Monday, that is how we used to say. We worked all day, ensuring Soldiers' safety and having accountability of the inbound traffic,” said Rodriguez Bonano during an interview with a local newspaper.

“During that time, we made a special bond,” said Rodriguez Bonano, describing his connection with the canine.

After the mobilization, Rodriguez Bonano, redeployed to the States, and it was not until 2016 that he reencountered Tayros, who was under the K9 Hero Haven, a non-profit organization, in Pennsylvania.

Part of the organization's goal is to take in K9's from different federal agencies such as U.S. Customs & Border Protection, law enforcement and, Contract Working Dogs.

Rodriguez Bonano described to Primera Hora, the decision-making process of the organization prior giving the canine for adoption. “After they heard my story, saw the recommendation

from Tayros's past owner, we initiated the documentation needed for adoption,” said the officer.

“At the beginning, they thought the dog would not recognize me, because of the year-gap in between, but the dog recognized at first sight,” said Rodriguez Bonano. As part of the adoption process, the organization needs to ensure that the working dogs will be happy for years to come, that is why they discussed the expectations, the dog's individual needs and personality traits.

After culminating the adoption process, in December 2018, Tayros, was finally integrated into the Rodriguez Bonano's family in Gurabo, Puerto Rico.

“Having the opportunity of adopting a dog and taking care of the one that took care of you while deployed, it is a formidable experience,” said the proud owner of Tayros. “He is not just a dog, he is a dog that served along my side”. This story was shared, on the different social media platforms thousands of times. Users described this story as a “big gesture of love” that showcases the value of loyalty that members of the Armed Forces live every day.





“ I have been four years in the program. The dynamic of sharing knowledge through the different levels is fascinating. ”

Cadet Sabrina Gutierrez



ROTC: 100 YEARS IN PUERTO RICO

Story by: Spc. Eduardo Rivera, 363rd PAD
 Photos by Nora Colon, civilian

RIO PIEDRAS PR- The Army Reserve Officer Training Corps (ROTC) celebrated its 100th anniversary in Puerto Rico, Nov 7, in a ceremony held at the facilities of the University of Puerto Rico (UPR) in Rio Piedras.

“Today we celebrate an enduring commitment to our nation on behalf of the University of Puerto Rico, and the many cadets' who over the last 100 years, have walked this sidewalk on their way to serve in defense of the freedom of our nation,” said Lt. Col. Orlando R. Rojas, Professor of Military Science.

During the ceremony, Army cadets from the Rio Piedras “Taino Warriors”, Mayaguez “Bulldogs” along with Air Force cadets, conducted a rappelling demonstration showcasing their training to the audience.

Distinguished civilians

and military personnel were present during the celebration including Brig. Gen. Jeffrey W. Jurasek, Senior Federal Army Officer of the Caribbean, and Maj. Gen. (Ret.) Felix A. Santoni, Civilian Aide to the Secretary of the Army Emeritus, among others.

Maj. Gen. José J. Reyes, The Adjutant General- Puerto Rico National Guard, served as the guest speaker for the ceremony. “Over several years, a series of courses were developed to source our Nation's needs for leaders. This entity is a unique concept that blends three elements, civilian experiences, higher education and the proper mix of military skills,” said Reyes.

The event included the 2019 Hall of Fame Induction Ceremony by acknowledging the outstanding accomplishments of officers from the Puerto Rico ROTC Program.

Females, like Cadet Sabrina Gutierrez, have been an integral

part of Army ROTC since the first group of women was commissioned in 1976. “I have been four years in the program. The dynamic of sharing knowledge through the different levels is fascinating. After commissioning, since I'm studying accounting, I aspire to be an Officer in the Branch of Finance,” said Gutierrez.

When President Woodrow Wilson signed the National Act of 1916, the creation of today's largest commissioning source in the American military took place. Since then, the Army ROTC has provided military training at different schools and universities across the country.

During the past 100 years, the Army ROTC has contributed tremendously to Puerto Rico, by creating leaders, good citizens and by investing millions of dollars in the local economy.

U.S. VETERANS FROM PUERTO RICO: ALWAYS ACCOMPLISHING THE MISSION

Story by: U.S. Army

FORT BUCHANAN, PR- Veterans from different generations in Puerto Rico had the special opportunity to meet at the U.S. Army Reserve-Puerto Rico headquarters, Nov. 11, and reflect about the true meaning of serving the Nation in uniform.

Victor Labarca, President of the 65th Infantry Regiment Association (Borinqueneers), and Korean War Veteran, met with Sgt. 1st Class Cesar Méndez, a Mortuary Affairs Noncommissioned Officer, who deployed 72 hours after the September 11, 2001 attacks, with the 311th Quartermaster Company, and Spc. Anthony Collazo, a Personnel Administration Specialist who recently returned from Korea, after successfully completing a mission with the 271st Human Resources Company.

"I am very proud to see these young Soldiers who serve with great sense of dedication," said Labarca who served in Korea in 1950, wearing the Sentry Box uniform patch, also known as Garita, currently used by the U.S. Army Reserve Multifunctional Command for the Caribbean. "That patch is very special. To us in Korea it meant that we had a piece of Puerto Rico with us in the battlefield," added Labarca.

For Collazo, his mission in Korea, wearing the Garita patch, was defined by his visit to the monument built in Seoul to honor the Borinqueneers.

"I did not know the 65th



Victor Labarca, President of the 65th Infantry Regiment Association (Borinqueneers), and Korean War Veteran (center) met with Sgt. 1st Class Cesar Mendez (right), a Mortuary Affairs Noncommissioned Officer, who deployed 72 hours after the Sept. 11, 2001 attacks, and Spc. Anthony Collazo (left) who recently returned from Korea, at Ft. Buchanan.

Infantry Regiment was so important for the Korean people. It was a very emotional experience when I visited the monument that the people of Korea built to honor the Borinqueneers and their sacrifices," said Collazo.

For Méndez, having the opportunity to share experiences with Labarca and Collazo, represents a privilege. "This encounter between different generations of veterans clearly showcases how the U.S. Soldiers from Puerto Rico have been a critical part of the defense of the United States," said Méndez.

"The United States Army has changed throughout the years. However, something that has been a constant is the commitment to serve, the dedication to duty of the Soldiers, especially of the Soldiers from Puerto Rico," added a proud

Méndez.

Labarca also reflected about the role of the current generation of Soldiers from Puerto Rico.

"On Veterans Day all I do is to remember. And you, the new generation of Soldiers help me in the process of remembering all the sacrifices we had in Korea. We remember our mission back in 1950, and feel happy that you will now pick up the baton and continue the mission of defending liberty and democracy," said an emotional Labarca.

Since 1922, Soldiers from the U.S. Army Reserve-Puerto Rico, the largest federal U.S. Army command in the Caribbean, have played a critical role in the defense of the Nation, serving in different countries around the world.



U.S. ARMY RESERVE SOLDIERS BRING ON THE HOLIDAY SPIRIT!



As part of their commitment with local communities in Puerto Rico, Soldiers of the U.S. Army Reserve Multifunctional Geographic Command for the Caribbean, 2-238th Training Support Battalion, visited the Hogar Ninito de Jesus orphanage and personally delivered toys to the kids. (U.S. Army photo by Sgt 1st class Jason Herman/released)

Story By: U.S. Army

SAN JUAN, PR- As part of their commitment with local communities in Puerto Rico, Soldiers from the U.S. Army Reserve Multifunctional Geographical Command for the Caribbean, 2-348th Training Support Battalion, visited the Hogar Niñito Jesus orphanage, and delivered toys and essential items, Dec 7.

"We have a great connection with these children. At their young age, they have gone through very difficult times, and for us they are warriors. From warriors to warriors, we came here to express our admiration to them for their keen sense of resilience. To see how these

kids face adversity with a smile, fill our hearts with energy to continue moving forward," said Sgt. 1st Class Onellys Rivera, Human Resources Noncommissioned Officer assigned to the Army Reserve Battalion.

Meanwhile, Ana Santiago, the orphanage's Director of Institutional Development, stated the Soldiers' visit had great meaning for the kids.

"This is an excellent initiative. The visit of these Soldiers had a positive impact in our children, who received them with open arms and a lot of love. This interaction greatly helps our children to develop social skills. It was a magic connection between the Soldiers

and the children," said Santiago. As part of the visit, the soldiers spent time and played with the children. "Helping these kids, is to help the future of our island," said Rivera.

With centers around Puerto Rico and the Virgin Island and with an estimated economic impact of \$285 million dollars, the Army Reserve represents the largest federal U.S. Army command in the Caribbean.

Since 1993, the Hogar Niñito Jesus orphanage offers shelter and protection to newborns up to 7 years old kids, who are victims of abuse, and who have been removed from their homes by the State Department of Family.

OVER 136 YEARS OF COMBINED MILITARY SERVICE

Story and photo by: Sgt. Katherine Ramos, 363rd PAD

Fort Buchanan, P.R- Five Soldiers with over 136 years of combined military service, were honored in a solemn ceremony at Fort Buchanan, Jan 25, as they successfully culminated their Army Reserve career.

“Today we will experience one of the oldest and richest traditions in the United States military,” said Jammy Serrano, master of ceremony, as an opening remark. “Many years of faithful service, those of us who remain on duty, can only offer gratitude as a token of appreciation”.

The retirees were Lt. Col. Carlos G. Rivera Torres, Maj. Frankie D. Fuentes, Sgt. Maj. Carlos H. Rentas, 1st Sgt. Luis Cotte Aponte and, Master Sgt. Wilbin C. Colon.

Rivera, who performed duty as the command’s Emergency Management Officer, entered military service in 1988, as an enlisted soldier with the 597th Supply Company. Rivera was part of a broad number of emergency management operations in Puerto Rico.

Fuentes entered the United States Marine Corps in 1997. Throughout the years, he has deployed and supported combat operations, such as Operation Iraqi Freedom and Operation Enduring Freedom in Afghanistan. In addition Fuentes was activated for the hurricane relief operations in Puerto Rico.



Left to right: Maj. Frankie Fuentes, Sgt. Maj. Carlos H. Rentas, Master Sgt. Wilbin Colon and, 1st Sgt. Luis Cotte Aponte, during their Retirement Ceremony.

Rentas entered military service in 1983, as a policeman in Cleveland Ohio. After serving multiple active duty and reserve component assignments, completed his final duty, as the Command Sgt. Maj for the 166th Regional Support Group.

Cotte entered military service in 1982 as a recon scout Infantry Soldier. Received a Combat Action Badge during his deployment with the 969 Quartermaster Detachment in Balad Air Base Iraq.

Colon entered military service in 1997 as an Automated Logistical Specialist. Prior to transferring to the U.S. Army Reserve in 2004, Master Sgt. Colon, was part of the 626th Brigade Support Battalion, 101st Airborne Division, 25th In-

fantry Division and the 2nd Battalion 18th Field Artillery Regiment.

During the event, the honorees received their retirement flag and a certificate of appreciation signed by the President of United States.

Finally Colonel Gilberto Soto, honor guest for the event, gave the command, “Publish the Orders!”, as an official transition to the Retired Reserve.

“Thank you for your great service to our Nation, for living the Army values, for your unquestionable commitment to duty and for representing the best to our Nation –you are all Soldiers for life- enjoy your well-deserved retirement,” said Soto.



Left: Sgt. Oscar Suero, Military Police assigned to the U.S. Army Reserve in Puerto Rico explains the concept of operations of the medical screenings at Fort Buchanan, April 2.

Below: Sgt. Gadiel Araujo, Military Police assigned to the U.S. Army Reserve in Puerto Rico, conducts medical screening at the Borinqueneers Gate in Fort Buchanan, April 2.



U.S. ARMY RESERVE IN PUERTO RICO FIGHTS COVID-19

Story and photos by Sgt. Katherine Ramos, 363rd PAD

FORT BUCHANAN, P.R.- Soldiers from the 166th Regional Support Group, U.S. Army Reserve in Puerto Rico, and subordinate units, started providing military police and combat medic support to Fort Buchanan, in response to the COVID-19 emergency, April 2.

Soldiers from the 301st, 613th and the 215th Military Police Detachments, along with combat medics of the 49th Multifunctional Medical Battalion, reported to the Directorate of Emergency Services, to conduct medical screenings at the installation's entry control points.

Sgt. Oscar Suero, Military Police from the 301st Military Police Detachment, explained that part of the medical screening includes initial questions to the visitors about their recent travels, health care visits and possible exposure to a COVID-19 patients.

"The Soldiers at the Borinqueneer's entrance will ask the visitors, if during the last fourteen days, they have been outside of Puerto Rico or in a foreign country," said Suero.

Following the set of questions, Soldiers will measure the visitor's current temperature using a laser thermometer. "The temperature must be below 100.4° in order to pass this portion of the medical screening," said Suero. Once the medical screening is completed, visitors would have their identification verified prior entering the military installation.

"If a person presents fever during the medical screening, giving a lecture of 100.4° or above, the person will be escorted outside of the Borinqueneer's Gate and, most importantly, will be recommended for medical attention," said Suero.

Information obtained during the medical screening will be recorded by the installation Emergency Services for statistics purposes.

Visitors are encouraged to follow the guidelines established by the Centers for Control Disease and Prevention and local civil authorities. "The safety measures include covering your mouth and nose with a mask or a cloth, and if available, the use of latex gloves to cover your hands," said Suero.

"This is a very important mission. To be able to apply my military skills and experiences during this emergency, is of great personal satisfaction to me," said Suero. The U.S. Army Reserve in Puerto Rico is in the fight against the virus and is committed to ensuring the health and safety of the military community.

TRAVEL RISK
TRIPS
PLANNING SYSTEM



SAFETY.ARMY.MIL

PREVENTION IS ONE CLICK AWAY

US ARMY RESERVE



PUERTO RICO



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