



# What Does It Take to Make a Best Warrior?



Before sunrise, drill sergeants assigned to the 108th Training Division, grade competitors during push-ups for the Army Physical Fitness Test in the 2012 U.S. Army Reserve Best Warrior Competition at Fort McCoy, Wis., July 16. The five-day competition started with the APFT event. (Sgt. 1st Class Mark Burrell/Army Reserve Command Public Affairs)

*Story by Timothy Hale  
Army Reserve Command Public Affairs*

FORT MCCOY, Wis. – Months of coordination meetings and site visits are over for a group of noncommissioned officers from the U.S. Army Reserve Command headquarters at Fort Bragg, N.C.

This group of 17 USARC staff were able to see their efforts come to fruition at the 2012 U.S. Army Reserve Best Warrior competition held here, July 14-20.

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The ultimate goal was to find the top NCO and Soldier who will represent the Army Reserve at the Department of the Army Best Warrior competition later this year at Fort Lee, Va.

Sgt. Maj. Richard "Mitch" Prater, the USARC G-37 Operations sergeant major overseeing this year's competition, said holding a Best Warrior competition for the Army Reserve benefits the entire Army.

"I mean that in the respect to competing on an equal plane with all three

components: active component, National Guard, and reserve," Prater said. "For the first time in our history, we've generated enough experience, expertise, and wealth of knowledge to compete with our counterparts."

Prater said the competition is not only for exposure, but it also sends a message about the quality of Army Reserve Soldiers.

"To let everyone else know we're here to play, we're here to stay," Prater said. "We

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Read the stories, view photos, and watch videos on all of this year's Army Reserve Best Warrior candidates at the Best Warrior Features section on DVIDS.

<http://www.dvidshub.net/feature/2012BestWarriorCompetition>





# Rios, Swan named Army Reserve's best

*Story by Timothy Hale*

*Army Reserve Command Public Affairs*

FORT McCOY, Wis. — The U.S. Army Reserve Command announced the winners of the 2012 Army Reserve Best Warrior Competition, July 20 at the American Legion Post in Sparta, Wis.

The 2012 Army Reserve Best Warrior Non-commissioned Officer of the Year is Staff Sgt. Jeffrey Rios. A Corrections Specialist, Rios is a native of Ozone Park, N.Y. Rios represented the 84th Training Command in the competition.

The 2012 Army Reserve Best Warrior Soldier of the Year is Spc. Michael Swan. A Track Vehicle Repairer, Swan is a native of Gurley, Ala. Swan represented the 335th Signal Command in the competition.

Rios and Swan will go on to represent the Army Reserve in the Department of the Army Best Warrior Competition in October at Fort Lee, Va.

Lt. Gen. Jeffrey W. Talley, Chief of the Army Reserve, said the 43 NCOs and Soldiers competing in this year found out the competition was not for the faint of heart.

"As you found out, there's no wimp factor here," Talley said. "This is a well-rounded, tough competition that tries and tests the skills that make our Warrior-Citizens Army Strong. I'm proud of every one of you who have endured the physical and mental challenges it takes to be an Army Reserve Best Warrior."

Swan said he had to take a breath when they called his name.

"That was a deep gasp after they said, 'Michael Swan,'" he said. "I was pretty struck by that."

Swan said he plans on focusing on any shortcoming he had during the Army Reserve competition and working on making those events better for him at the Department of the Army competition.

"That's what I'm going to work on," Swan said. "Whatever they throw at me, I'm going to come out there to the next level and bring myself up physically and mentally."

Rios praised his fellow competitors in this year's competition, but like Swan, he was also shocked at the announcement.

"I'm going try my best, I'm going



**Lt. Gen. Jeffrey W. Talley, Chief of the Army Reserve, center, gives a thumbs up with Staff Sgt. Jeffrey Rios, left, and Spc. Michael Swan, right, at the 2012 Army Reserve Best Warrior competition at Fort McCoy, Wis., July 20. Rios, a native of South Ozone Park, N.Y., and Swan, a native of Gurley, Ala., will represent the Army Reserve at the Department of the Army Best Warrior competition later this year at Fort Lee, Va. (Photo by Sgt. 1st Class Mark Burrell/Army Reserve Command Public Affairs)**

to try the hardest that I can," Rios said referring to the Department of the Army competition later this year.

"I'm going to train every day," he said. "I'm going to talk to the competitors from last year and see what they encountered."

Other honors at the awards banquet were as follows:

Best Warrior runner-up (Non-Commissioned Officer category): Sgt. Orval Emery, a Chemical Operations Specialist representing the 377th Theater Support Command, from Wichita, Kan.

Best Warrior runner-up (Soldier category): Spc. Ivan Pimentel, a Human Resources Specialist representing the 75th Training Division, from Modesto, Calif.

Highest Army Physical Fitness Score: Spc. Lucas Delay, a Military Policeman representing the 200th Military Police Command, from Davison, Mich.

Highest Weapons Qualification: Spc. Carl Best, an Intelligence Analyst representing the Military Intelligence Readiness Command, from Lincolnshire, Ill.

NCO Combatives Winner and overall combatives champion: Sgt. Anthony Mitchell, a Public Affairs Broadcast

Specialist representing the 3rd Medical Deployment Support Command, from Chicago, Ill.

Soldier Combatives Winner: Spc. Dustin Chavez, an Operating Room Specialist representing the 807th Medical Deployment Support Command, from Pollock Pines, Calif.

The week started with candidates competing in Best Warrior Competition represented 205,000 Soldiers serving in the U.S. Army Reserve.

The 21 NCOs and 22 junior enlisted Soldiers spent the week on a variety of Army challenges that tested the limits of their physical and mental capabilities to include: Army Physical Fitness Test, night land navigation, urban orienteering, weapons qualifications, Warrior Tasks and Battle Drills, 6.2 mile ruck march, written exam and essay, a sergeants major board appearance, and a Modern Army Combatives tournament.

Their military backgrounds and experience represent the entire spectrum of the Army military occupational specialties with many of them having deployed to Iraq, Afghanistan, and Kuwait.



## BEST, from Pg. 1

can do what you do and we've won it (Army level) a couple of times, which means we can do it just as good or better."

More than 160 tactical and technical subject matter experts from across the entire Army Reserve put 43 NCOs and junior enlisted Soldiers through their paces in the grueling, weeklong competition.

The planning for this year's event started weeks after last year's Army-level competition. After-action reviews from Warriors, their sponsors, and training cadre were incorporated to make this year's event more challenging than its predecessors.

"In November we started putting everything together for our operations order," said Master Sgt. Richard Long, with the USARC G-37 Individual Training section and this year's planning cell team leader. From there, Long said the team coordinated with different Army Reserve units, made site visits, and synchronized their efforts with Fort McCoy directorates and personnel.

Long, who worked on last year's planning team, said all the support personnel have strived to make this year's competition better.

"I want to make this the best that it can be," Long said. "I want to make it better than Department of the Army ... so that we know we have the very best that we're sending forward."

The competition is a massive logistical challenge that includes securing transportation, weapons, ammunition, personal equipment, meals, lodging, communications, and medical and range support.

"We like McCoy because it's a user friendly post," said Sgt. 1st Class Juan Ayala, with the USARC G-4 logistics section. "All the people here at Fort McCoy; you walk up to them and they do their best. They do 200 percent to help you."

Fort McCoy offers the Army Reserve state-of-the-art training and a centralized location in the U.S. to host the competition. The ranges have the latest training aids and are manned by personnel who have honed their techniques, providing a realistic training environment for the Warriors.

"We've gotten enough experience with these folks and enough continuity with them that now we don't have to reinvent the wheel," Prater said. "Fort McCoy has really bent over backwards

**“It's worth every nickel and then some. ... When you look at the resources and planning, it crosses all of the commands, and it's the only event that all of our commands have a vested interest in.”**

**– Sgt. Maj. Richard “Mitch” Prater**  
USARC G-37 Operations Sergeant Major

to make sure that they facilitated our needs.”

Master Sgt. Paul Caswell, Fort McCoy garrison training and administrative NCO, has been supporting Best Warrior for the past three years.

Caswell said that what makes McCoy an ideal place for the competition is the ability to house, move, and train transient units with state-of-the-art facilities.

“That’s what we do here,” Caswell said. “Come to Fort McCoy and let us give you the resources to train.”

Prater said the investment in dollars and hours of work planning and executing the competition is worth it.

“It’s worth every nickel and then some,” Prater said. “We have the opportunity to use training dollars to have a competition that is more like a training event. When you look at the resources and planning, it crosses all of the commands, and it’s the only event that all of our commands have a vested interest in.”

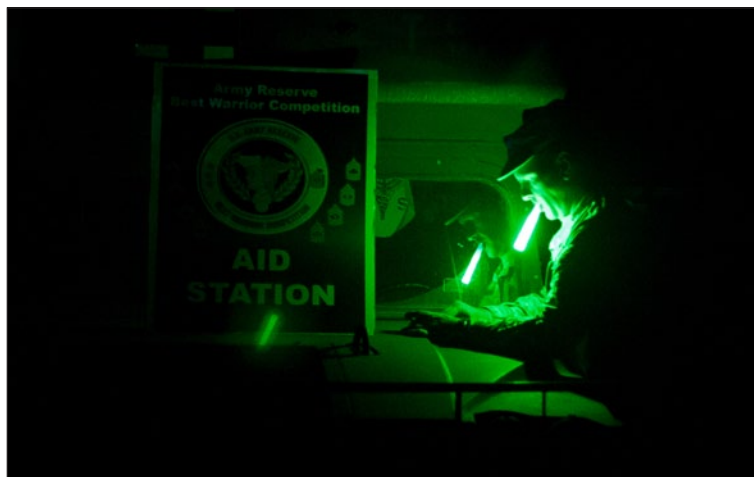
In the end, Prater said the Best Warrior competition highlights the best of the 205,000 men and women serving in the ranks of America’s warrior-citizens.

“This is an opportunity for two people – an NCO and a junior enlisted Soldier – to walk away saying they are the best of the Army Reserve,” he said.

“They’re going to get exposure that nobody else will get. They will get media attention. They’ll get the command’s attention. They’ll get to see most of the country and all the units,” he said.

“They become the face of the Army Reserve,” Prater said. “Leaders will come and go, but the Soldiers will remain.”

**Staff Sgt. Jason Sutton, with the 11th Theater Aviation Command, Fort Knox, Ky., watches a UH-60 Black Hawk prepare to lift off with Best Warrior candidates during the helicopter lift mystery event at the 2012 U.S. Army Reserve Best Warrior competition at Fort McCoy, Wis. on July 16. Sutton, from Flint, Mich., is the non-commissioned officer in charge of the helicopter mystery event.**



**Master Sgt. Ricky Bousman, reviews a heat category reading prior to the start of night land navigation at the 2012 U.S. Army Reserve Best Warrior Competition at Fort McCoy, Wis., July 17. Bousman, a native of Nashville, Tenn., is the operations noncommissioned officer in charge of the 3rd Medical Deployment Support Command, Fort Gillem, Ga., and the Best Warrior Medical Liaison for the USARC. (Timothy L. Hale/Army Reserve Command Public Affairs)**





# Relationships with Non-Federal Entities (Part II)

*Lt. Col. Lance Von Ah*

*USARC Staff Judge Advocate Office*

In last month's Double Eagle article, I addressed official travel to Non-Federal Entities events and use of Government property and resources.

This article will cover co-sponsoring events with NFEs and contact with potential contractors.

As a review, an NFE is any organization that is not a part of the U.S. Government.

Examples include: the Association of the United States Army; the Reserve Officers' Association; and any contractor working at the U.S. Army Reserve Command headquarters.

## **Co-sponsorship of Events with Non-Federal Entities**

**GENERAL RULE:** USARC employees, organizations, and commands are prohibited from co-sponsoring events with NFEs except in limited circumstances.

**LIMITED EXCEPTIONS:** Commands may co-sponsor civic or community activities, except for fundraising and membership events, where the commander determines that the activity is unrelated to the purpose or business of the co-sponsoring NFE, or the purpose or business of any of its members.

Commands may co-sponsor a conference, seminar, or similar event with a NFE when all of the following requirements are met:

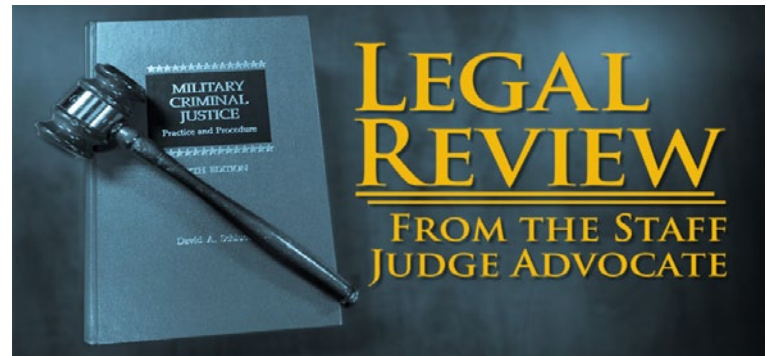
1. The head of the unit finds the subject matter involves scientific, technical, or professional issues relevant to the mission of the unit;
2. The head of the unit finds that the purpose is to transfer Federally developed technology or to stimulate wider public interest, and the event is open to all interested parties;
3. The NFE is recognized as a scientific, technical, educational, or professional organization approved by the Department of Defense Component Designated Agency Ethics Official. The DAEO for Department of the Army is the Army General Counsel;
4. The command enters into a written agreement with the NFE. Contact your servicing ethics counselor for specific requirements included in the agreement.
5. All co-sponsorship agreements must be submitted through command channels to the Army General Counsel for approval before they are signed by the parties. Accordingly, units and activities should allow sufficient time to process their requests fully to the Army level.

## **Contacts with Potential Contractors**

**PROTECT GOVERNMENT INTEGRITY:** Army Reserve personnel must be sensitive to whether a meeting, action, or release of information could give a competitive advantage to a potential contractor. All similarly situated contractors must receive equal treatment to preserve competitiveness and maintain a level playing field.

## **STEPS TO FOLLOW WHEN MEETING WITH POTENTIAL CONTRACTORS:**

Before meeting with a contractor, Army Reserve personnel should instruct the contractor to send a letter, facsimile, or e-mail stating the name of the firm, the topic for discussion, and any current contracts, competitions, or active



proposals that the company has pending with the USARC or Department of the Army.

1. If the topic for discussion is an ongoing solicitation or a project that has not been issued to the general public, refer the contractor to the contracting office responsible for the procurement, and notify your Staff Judge Advocate.

2. If the contractor wants to give a demonstration of a product or service, contact the appropriate contracting office to obtain a vendor's demonstration agreement.

3. If the primary objective of the meeting is to receive information, then document the general topic of discussion. Personnel may ask questions, but should avoid having the contractor send follow-up information (e.g., "unsolicited proposals").

Do not say anything that could be construed as committing the Government to a particular acquisition strategy. The vendor's demonstration agreement should clearly state that the Government makes no commitment to the vendor because of the demonstration.

4. Do not release "inside" information which is not otherwise available to the public (or to a relevant community of DoD contractors), such as: information not releasable under the Freedom of Information Act; information protected by the Privacy Act, trade secrets, and classified material; advance procurement information/Army requirements, and other acquisition information.

5. Personnel should be aware that many former civilian employees and retired military personnel go on to work for defense contractors. In order to prevent conflicts of interest, some of these former employees or military personnel are subject to limitations on their contacts with the Government regarding procurement matters.

6. Do not meet with a contractor about an ongoing solicitation. Contractors must use normal procurement channels for information on a pending solicitation. The contracting officer is the only official authorized to give the contractor directions.

7. Contractors occasionally offer small gifts during meetings. Personnel may accept food and refreshments not amounting to a meal (e.g., coffee and donuts).

Army Reserve personnel may also accept presentation items, such as commemorative coins, or other items worth less than \$20.00. Personnel should not accept any gift from a contractor that exceeds \$20.00 in value. Consult an ethics counselor when something other than a nominal gift is offered.

Soldiers should contact their servicing Judge Advocate with any questions **BEFORE** taking action involving NFEs.





(Left) Pfc. Ciara Hayes, 402nd Quartermaster Battalion, New Castle, Pa., leads other students as she steadies herself on the last station of the confidence course, during the Paralegal Warrior Training Course, July 24, 2012, at Fort McCoy, Wis. The two week course helps paralegal Soldiers perfect their tactical and technical skills. (Photo by Staff Sgt. James Shell, 220th Public Affairs Detachment)

(Above) Soldiers participate in the annual Paralegal Warrior Training Course, July 24, 2012, at Fort McCoy, Wis. Training included participating in the confidence and obstacle course. (Photo by Pfc. James Bradford, 372nd Public Affairs Detachment)

# Paralegals hone tactical, technical skills

*Story by Army Sgt. 1st Class Marisol Hernandez  
416th Theater Engineer Command Public Affairs*

FORT McCOY, Wis.-- Over 40 paralegal specialists found themselves honing their tactical skills in a two-week refresher course tailored to sharpen, enhance, and develop their technical skills, here, July 13-27, 2012.

Week one of the Paralegal Warrior Training Course focused on classroom instruction including administrative separations, courts-martial, Article 15's, fiscal law, information security, law of war, operational law, and military justice online – a new tool mandated by the Judge Advocate General of the Army which allows for input of cases.

"As paralegals we rely heavily on regulations and the Manual of Courts-Martial," said Staff Sgt. Bryce C. Harris, a returning student with the 108th Sustainment Brigade, Trail Defense Services out of Chicago. "It's important we keep up with changes to military law," he added.

The main goal of PWTC, taught by qualified paralegal instructors, is to provide paralegals with the best training possible to ensure they are fully capable of providing the necessary paralegal support to their units and their commanders.

"The main focus of this course is for the students to take the knowledge that they gained ... and take it back to their units, applying the train-the-trainer method," said Master Sgt. Rodney Tello, Course Director and Chief Paralegal noncommissioned officer for the United States Army Reserve Command Staff Judge Advocate Office, Fort Bragg, N.C.

For Spc. Jermecia Paylor, 8th Medical Brigade, the training became more than a refresher course since she hasn't had a chance to apply her paralegal skills back at her unit.

"The three and half years I have been in, I haven't done my MOS job," she said. "I have lost all my skills I learned at AIT."

"It's nice to have a course like this, to keep us on our toes," she added. "It's paralegal training along with warrior training; so it's the best of both worlds."

Week two focused on Warrior Tasks and Battle Drills to include drill and ceremony, physical readiness training, urban operations, weapons qualification, handling POWs and civilians on the battlefield, land navigation, confidence and obstacle course, and building leadership skills.

According to Master Sgt. Stephen Minyard, USARC SJA, week two encompassed all skills as the student ran through scenarios which helped them apply what they learned under stressful situations.

It starts with students setting up a base of operations at a military operation on urban terrain site and then working through a series of scenarios to include applying the rules of engagement, Minyard said.

The course ended with a student-led dining-in that allowed the students to experience Army traditions and allowed them to brush up on military history.

The course is conducted yearly and is open to all enlisted Soldiers in the Reserve and National Guard. After completion of the course, all students leave with a certificate of training and a graduation certificate.







Margaret Corbin lies wounded at the Battle of Fort Washington, in northern Manhattan, N.Y., Nov. 16, 1776 in this Don Troiani painting.

## *Women Warriors and Spies of the American Revolution*

*By Jennifer Friend*

*National Museum of the Army Reserve*

It is not uncommon today to see women in uniform providing the same services as their brothers in arms. However, there was a time when women could be imprisoned, fined, or banished from town just for dressing in men's clothing.

During the American Revolution women were taking on responsibilities and roles in which they were never allowed to before, but they were still thought of as unimportant outside of domestic issues.

Most men of the times regarded women as submissive, harmless, and incapable of comprehending the depth of politics and the strength necessary for warfare. Women used this to their advantage. In many instances, women on both sides would go unnoticed and were able to discover vital information that was used throughout the war.

Contrary to how women were expected to behave, Revolutionary America

forced women to act upon their own political beliefs and make choices in order to survive. Left alone to manage the family farm or business and raise any children left behind, many women had to defend their property and lives from military foragers from the Continental and British armies, British Indian allies, and desperate deserters.

More often than not, they were left destitute and homeless with very few options. Many of these women took up arms to fend off marauders, fight alongside their husbands, fathers, and brothers, or secretly join the army to fight as a common Soldier.

This time period gave birth to not only a new and united country, but to some of the greatest historical figures in history; the "Molly Pitchers", secret spies and messengers, and heroic Soldiers, all of which were women.

Molly Pitcher appears to be an enigmatic historical figure that is rather difficult to pin down. Many historians agree

"Molly Pitcher" is more of a figure-head or nickname representative of the many women who fought alongside the men during the American Revolution. Similar to "Rosie the Riveter", a name given to the women of World War II who went to work in factories replacing men who had gone to war. The "Molly Pitchers" of the Revolution were women that brought water to the men manning the cannons; the water was used to cool off the cannons so they could swab, reload and fire again. Little documentation and research has been compiled compared to the male historic figures, but we do have information on a couple of well-known "Molly Pitchers"; as well as the spies, messengers, and Soldiers in petticoats.

Our first runner-up is Mary Ludwig Hayes for her heroic feats and unwavering performance at the battle of Monmouth. According to the diary left behind by Pvt. Joseph Plumb Martin, the following events occurred during the battle:

A woman whose husband belonged to







the artillery and who was attached to a piece in the engagement, attended with her husband at the piece the whole time. While in the act of reaching a cartridge and having one of her feet as far before the other as she could step, a cannon shot from the enemy passed directly between her legs without doing any more damage than carrying away all the lower part of her petticoat. Looking at it with apparent unconcern, she observed that it was lucky it did not pass a little higher, for in that case it might have carried away something else, and continued with her work.

Another woman, whose courage equals that of Hayes, is Margaret Corbin. Margaret was married to John Corbin, an assistant gunner with the First Company of the Pennsylvania Artillery. She assisted the other women in the camp washing, cooking, and nursing when needed, but on November 16, 1776, she took on a more dangerous task. The British and Hessians mounted an attack on Fort Mifflin in northern Manhattan. Corbin's artillery was ordered to hold off the attacking Hessians with what few cannons they had. During the battle, Margaret was assisting with the water to cool off the cannons. John was soon forced to take over the cannon when the gunner was killed. Margaret took over as assistant gunner without hesitation. Within moments, John was struck dead. Not able to grieve during the battle, for the British were closing in, Margaret took John's place as gunner and began loading and firing until she was hit with grapeshot that struck her shoulder, chest and jaw. It is said that Margaret's cannon was the last to cease firing. When the British seized Fort Mifflin, Margaret was captured with the remaining American troops. All of the wounded were paroled and sent to Pennsylvania to recover. Eventually she received a pension for her services.

Many women enlisted in the Army to fight as common Soldiers by disguising themselves as men. Deborah Samson, the most famous of these women, enlisted under the name of Robert Shurtleff with the Fourth Massachusetts Regiment. She served for two years and received several battle wounds before her secret was revealed by a French doctor when he was tending to a severe gunshot wound to her leg. She was honorably discharged and received a pension in her later years with the assistance of Paul Revere.

Lydia Darragh was a devout Quaker and nurse turned spy. During the British occupation of Philadelphia, the Darragh's household was used to house British Soldiers. When high level officers used her rooms to hold secret meetings, Lydia took it upon herself to take notes. She would then smuggle the information out of her house under the pretense of purchasing flour or some other item. One night in particular she sent a message through to Gen. George Washington concerning a planned attack by Gen. William Howe.

Anne Bates lived in Philadelphia and worked as a school



**Lydia Darragh, a Quaker housewife turned spy during the American Revolution. (Courtesy photo: David Gillespie)**

teacher. She was married to a British Soldier and began her spy career around 1778. Using the pseudonym Mrs. Barnes, she posed as a peddler and sold her goods to the Americans while secretly passing along secret information to the British. It is said she had even infiltrated Washington's camp.

Of the most famous female spies shrouded in mystery, is Agent 355 who was part of the famed Culper Ring. In June 1778 Washington ordered Maj. Benjamin Tallmadge, Chief of Intelligence, to form a spy ring comprised of secret citizen-spies. The secret agency was known as the Culper Ring, named after the aliases of the leaders of the operation. Most of the agency's operations occurred in the Long Island region of New York. This organization was so secret that Washington did not know all of the agents involved. Documentation surfaced in the 1940s which uncovered a mysterious agent known only as 355 (pronounced, three-fifty-five). The numerical code was designed by Tallmadge and used to encode messages, sometimes using invisible ink to communicate. Not much is known about 355 except of her exploits. She is credited with uncovering the traitorous scheme of Benedict Arnold and Maj. John Andre, the head of British Intelligence in New York. Shortly thereafter, it is thought she was discovered and sent to a British prison ship where she died or was executed.

Whether grand lady, farmer's wife, or pacifist, women supported the war on both sides performing a wide range of services, heroic feats, and a number of mundane and unappealing tasks to ensure their armies could continue to fight. Although we have come to learn of a few of their stories, thousands remain unspoken and unwritten.



# Reaching out to homeless area veterans



*Master Sgt. Anthony Pamplin*  
*USARC Master Chaplain Assistant*

*"And don't forget to do good and to share with those in need.  
These are the sacrifices that please God."  
Hebrews 13:16*

A recent article in the *Fayetteville Observer* listed some troubling statistics about veterans struggling to fit back into society.

The Fayetteville Veterans Affairs Office estimates there are more than 500 homeless veterans in the local area.

Advocates for the homeless believe that Fayetteville is seeing only the beginning of a problem that will persist and grow because of the impact that war has had on military members and their families.

You may have heard the statement made by President John F. Kennedy, "Ask not what your country can do for you, but what you can do for your country."

Here is how you can help.

The USARC Chaplain's Office is collecting sundry items for Veterans Empowering Veterans, an organization that helps home-

less veterans in Fayetteville and the surrounding area.

VEV's mission is to assist homeless and disenfranchised veterans to effectively transition back into society through self-empowerment and life skills training.

All VEV volunteers are either military veterans or spouses of veterans.

The Chaplain's office encourages each of you to join us in showing our former and present heroes that we care by dropping off sundry items at the USARC Chaplain's office, 4710 Knox Street.

The donation basket is located on the 1st floor, room 1507.

Sundry Items Include:

Deodorant  
Shampoo & Conditioner  
Soap, Lotion & Razors  
Toothbrushes, Dental Floss & Mouthwash  
Laundry Soap  
Feminine Products  
Combs & Hair Brushes  
Adhesive Bandages

We ask that you only drop off the items listed above, however, VEV is also in need of the following other products: non-perishable foods, canned goods, produce meats, clothing items, used furniture, lamps, rugs, and small kitchen appliances.

These items can be taken directly to the VEV drop off and distribution point located at 614 Person St, in Fayetteville.

If you are unable to deliver these items, please give VEV a call at (910) 223-3213 and they will gladly pick them up.

To find out more about VEV visit their website at <http://www.veteransempoweringveterans.org>.

*"For God loves a person who gives cheerfully."  
2 Corinthians 9:7*



Master Sgt. Anthony Pamplin, USARC master chaplain assistant, third from the right, helps workers at My Sister's House shelter in Atlanta, Ga., unpack sundry items collected by USARC employees in this July 2010 file photo. The USARC Chaplain's Office is again collecting sundry items that will be delivered to homeless veterans in the Fayetteville, N.C. area. (Timothy L. Hale/Army Reserve Command Public Affairs)





# Yellow Ribbon 2.0: Helping Soldiers, Families return to life

Story by Bruce Townshend  
USARC Yellow Ribbon Project Manager

To borrow and paraphrase an old advertising slogan, we've "come a long way Baby!"

When the U.S. Army Reserve implemented the Yellow Ribbon Reintegration Program in October, 2008, the major units were given a list of topics that had to be covered and basic set of ground rules for spending money but not much else.

Mandated by Congress in 2008 and written into law, the YRRP was conceived by the National Guard as a way to help their returning Soldiers more easily resume their normal day-to-day lives after return from mobilization and deployment.

Congress liked the YRRP so much that they tapped the Department of Defense to adopt the program for the reserve component of all the services.

"While it is a relatively new program, it is certainly part of deployment cycle support for any unit," said Terry Stegemeyer, U.S. Army Reserve Command Yellow Ribbon program manager.

"It allows deploying Soldiers and their Families opportunities to receive resources and support that will prepare and sustain them through a deployment and enhance positive relationships with the unit's rear detachment, Family support staff, and community partners."

## YRRP's Beginnings

Before implementing YRRP, Soldiers from the reserve components were given a handshake, a pat on the back, maybe a combat patch for their right shoulder and then told "Great job! Go home and thanks."

Soldiers and Families experienced all sorts of problems re-establishing marital and Family relationships, getting back into their everyday jobs and even re-assimilating into our American culture and their neighborhoods.

Some of the earliest resources brought in and still being provided are the Employer Support for the Guard and Reserve, or ESGR, Military One Source, Army One Source, the Red Cross, Military Family Life Consultants, Personal Financial Consultants, Legal Assistance, Tri-Care, and Delta Dental.

With experience comes wisdom, and the current YRRP program has taught the planners that changes were needed to make it easier to plan and execute by the units and make it more Family friendly.

Soldiers are expected to attend and Families are highly encouraged. Childcare and age-appropriate activities are provided during events so Soldiers can bring their children.

So, the Army Reserve released a new operations order in July 25, 2012, that refines the YRRP.

## Yellow Ribbon Reintegration Program 2.0

Instead of the two pre-deployment events conducted now, the new program will have only one. It will be conducted over a weekend, about 30-45 days before unit mobilization.

The two during deployment events for the Family members will remain but they will be scheduled closer together since almost all unit deployments are for nine months rather than for a year.

"We have fielded a new commander's tool to ease the burden of preparation and execution at unit level," Stegemeyer said. "That will assist with identifying and monitoring attendance while streamlining notification, orders preparation, and attendance monitoring. The Yellow Ribbon points of contact in your commands have worked hard to schedule events and make registration for events much easier and clearer," he said.

All Yellow Ribbon events hosted by the Army Reserve are listed on the Yellow Ribbon website, [www.yellowribbon.org](http://www.yellowribbon.org) or [www.yellowribbonevents.org](http://www.yellowribbonevents.org).

Pre-deployment events are

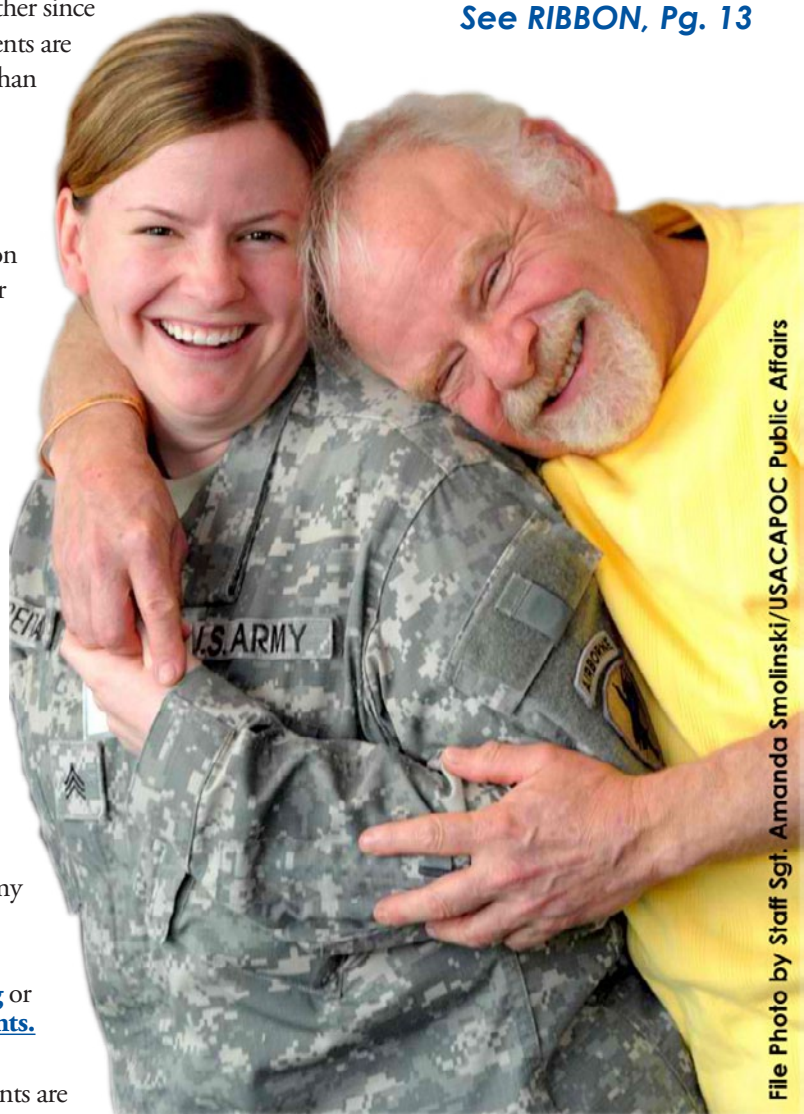
designed to be unit specific and for the Soldiers and Families of the unit to attend together. Those events held during the deployment are generally tailored for the Family members of a specific unit.

Finally, the final three post-deployment events remain spaced at about 30, 60 and 90 days after release from active duty, or RE-FRAD, are conducted by the four Army Reserve Regional Support Commands in larger hotels, in typically airline hub cities across the country.

They are conducted with the Soldiers attending in civilian clothes rather than in uniform to make it more relaxed and enjoyable for them and their Families, with more than 600 Soldiers and Families attending on average.

The final three events concentrate speci-

**See RIBBON, Pg. 13**



File Photo by Staff Sgt. Amanda Smolinski/USACAPOC Public Affairs



# DoD announces 2012 Freedom Award winners

ARLINGTON, Va. – On July 19, the Employer Support of the Guard and Reserve, or ESGR, a Department of Defense agency, announced the 15 recipients of the 2012 Secretary of Defense Employer Support Freedom Award.

The Freedom Award is the DoD's highest recognition given to employers for exceptional support of Guard and Reserve employees. These employers distinguished themselves from the 3,236 nominations received from Guardsmen and Reservists, or family members acting on their behalf.

This year's recipients are:

Basin Electric Power Cooperative - North Dakota  
Caterpillar, Inc. - Illinois  
Citi - South Dakota/New York  
Crystal Springs United Methodist Church - Mississippi  
Delta Airlines - Georgia  
Gary Jet Center - Indiana  
iostudio - Tennessee  
Kalamazoo Department of Public Safety - Michigan  
L-3 Communications - Utah/New York  
Nyemaster Goode - Iowa  
Port of Seattle - Washington  
Siemens Corp. - Delaware/District of Columbia  
Tennessee Valley Authority -Tennessee  
Uniform Color Company - Michigan  
Verizon Wireless - New Jersey

Freedom Award recipients stand out by going above and beyond what the law requires of Guard and Reserve employers.



They go to extraordinary lengths to support their military employees through both formal and informal initiatives. The 2012 recipients have provided such outstanding support as special hiring and career development programs for Guard and Reserve members; maintaining an open door policy for deployed employees' family members

in need of assistance; and forming internal veterans' networks that maintain contact with deployed colleagues, organize care package drives, and advise managers on issues related to employing members of the military.

"On behalf of the Secretary of Defense, I thank the 2012 Freedom Award recipients for taking such exceptional care of the Guard and Reserve members they employ," said Assistant Secretary of Defense for Reserve Affairs, Jessica L. Wright. "Our military could not meet today's national security demands without the Guard and Reserve, who in turn could not provide such dedicated service without the cooperation of their employers at home. These Freedom Award recipients have distinguished themselves nationally for their remarkable efforts, and we greatly appreciate their unwavering support."

A selection board comprised of senior DoD officials, business leaders and prior awardees selected the 15 recipients. Since 1996, only 160 employers have received the Freedom Award. The 2012 honorees will be recognized at the 17th annual Secretary of Defense Employer Support Freedom Award Ceremony in Washington, D.C. on September 20th.

For more information about the Freedom Award and this year's recipients, visit [www.FreedomAward.mil](http://www.FreedomAward.mil).

## "Mmmm Toasty!" Quiznos officially open



Maj. Gen. James "Boe" Young, Jr., U.S. Army Reserve Command chief of staff, third from left, and Brig. Gen. Kenneth C. Roberts, U.S. Army Forces Command, deputy chief of staff for operations aviation and maneuver support, second from right, cut a ribbon officially marking the opening of Quiznos cafe' and Kilroy's coffee shop on the first floor of Marshall Hall at the FORSCOM-USARC headquarters, July 18, 2012. Those present for the ribbon cutting were: (L-R) Nicole Ritson, Kilroy's co-manager, Lt. Col. John Bates, USARC executive officer for Services and Infrastructure Core Enterprise, Burr and Linda Johnson, Quiznos/Kilroy's concessionaires, and Mary Hanna-Johnson, Kilroy's co-manager. (Photo by: Lt. Col. Bill Nutter, U.S. Army Reserve Public Affairs Office)





# Military Technician training dates for 2013 now in ATRRS

The US Army Reserve Command, Civilian Personnel Management Office Civilian Training and Leader Development is the responsible agent/quota manager for the Army Reserve Technician Entry Training, or ARCET, course number 921-140, the Unit Administrator Basic Course, or UABC, – course number 921-110, and the Unit Pay Administration Course, UPAC, – course number 921-710.

All Military Technician personnel hired on or after January 1, 2009, are required to attend the ARCET, UABC, and or UPAC. Newly assigned MT personnel have priority over other personnel in scheduling. The remaining MT population will have an opportunity to attend these courses when seats are available.

Attendance requirements are as follows:

- All newly hired MTs personnel must attend the ARCET course within 90 days of their assignment date.
- Unit Administrator and Unit Administrator Technician personnel must attend all three courses within 180 days of their assignment date.
- Unit pay administrators must attend the UPAC within 180 days of their assignment date.

Army Reserve leadership must take responsibility and become personally involved in the school-seat scheduling process. The unit Army Training Requirements and Resources System Training Coordinator/Manager is the responsible agent for the ATRRS enrollment and follow-up processes.

NOTE: Active Guard Reserve and Troop Program Unit personnel may attend UPAC and UABC courses if they perform the duties as a Unit Administrator or Unit Administrator Technician.

## HOW TO OBTAIN ADDITIONAL INFORMATION:

For course information, please access the ATRRS website at: <https://www.atrrs.army.mil/atrrs2.aspx> and click on Course Catalog, and enter the course number.

## FUNDING:

The Army Reserve Readiness Training Center funds student travel for USAR Army Civilians and AGR. The ARRTC does not fund Troop Program Unit Soldier, AC or contractor personnel. Students funded by the ARRTC will utilize the Defense Travel System to request authorization for travel only when a valid reservation is reflected in ATRRS.

For more information, contact Katherin deLeon at (910) 570-9026, or by e-mail: [USAR\\_ATRRSPZ@usar.army.mil](mailto:USAR_ATRRSPZ@usar.army.mil).

## RIBBON, from Pg. 11

cally on providing all the resources and assistance necessary for Soldiers and their Families to reconnect and reintegrate, get back to work, identify physical, emotional and mental health issues, provide access to college education programs, find employment assistance, open the gateway to the Department of Veterans Affairs system and a host of other services. Soldiers should attend the events hosted by the RSC that covers the state in which they reside, but exceptions are made when it makes sense.

The post-deployment events are open to all Soldiers and Family members and are not necessarily designed for the Soldiers to attend with their whole unit. The emphasis is on reunion and reintegrating back into the Family and the community.

The updated YRRP also allows Soldiers to attend Yellow Ribbon events hosted by other services, if dates for attendance are more efficient for the Soldier. It also allows members of other services to attend Army Reserve events.

For more information on the specifics of the Yellow Ribbon Program, please visit our Facebook page by typing U.S. Army Reserve Yellow Ribbon Program in the search bar from your page.

## Opet's Odyssey

By Master Sgt. Steve Opet





# AROUND THE HEADQUARTERS

## **FORSCOM-USARC Safety Stand Down, Aug. 13-16**

U.S. Army Forces Command and U.S. Army Reserve Command Special Troops Battalion will hold a combined Safety Stand Down, Aug. 13-16 in the Kerwin Conference Room.

The purpose of the stand down is to bring awareness to motorcycle and vehicle safety based on an increase in motor vehicle accidents and fatalities.

The one hour sessions will be conducted on the following dates and times:

Aug. 13 - 1:00 p.m.

Aug. 14 & 15 - 9:00 a.m. and 1:00 p.m.

Aug. 16 - 9:00 a.m.

For more information, contact Maj. Pamela S. Tindal, STB, S3 at 910-570-8271 or [pamela.s.tindal.mil@mail.mil](mailto:pamela.s.tindal.mil@mail.mil), or Wayne McKinney at 910-570-7903 or [wayne.d.mckinney.civ@mail.mil](mailto:wayne.d.mckinney.civ@mail.mil).

## **Orientation dates for new USARC personnel through Dec. 2012**

The USARC Civilian Personnel Management Office has scheduled the following personnel orientation dates for all new USARC personnel.

- August 23 - Room 4901 (L)
- October 25 - Room 4901 (L)
- December 20 - Room 4906 (L)

This training is mandatory for all military and civilian employees assigned to the USARC headquarters.

For more information, you may contact Katherin deLeon at 910-570-9026 or email: [USARC\\_ATTRSPZ@usar.army.mil](mailto:USARC_ATTRSPZ@usar.army.mil).



## **Bronze Order of Mercury presented**

Col. Brian S. Sneddon, Deputy Chief of Staff, U.S. Army Reserve Command G-2/6, left, presents Master Sgt. Craig Garner with the U.S. Army Signal Corps' Bronze Order of Mercury award for superior support to the US Army Signal Regiment during a U.S. Army Reserve Command G-2/6 directorate recognition ceremony at the Marshall Hall Kerwin Conference Room, July 12, 2012, at Fort Bragg, N.C. The Bronze Order of Mercury recognizes those people who have demonstrated the highest standards of integrity, moral character, professional competence and selflessness, and who have contributed significantly to the promotion of the Signal Corps and the Signal Regimental Association. (Courtesy photo)

## **IDR refresher class to be held Aug. 17**

Registration is now open for U.S. Army Reserve Command headquarters personnel who need a refresher class in the Integrated Data Retrieval & Reporting tool.

The IDR Overview/Refresher class for Human Resources users will be held Aug. 17 in the computer lab, Room 2902, from 8:30 - 11 a.m.

To attend the training, contact Ted Oliver at 910-570-9025, in the Civilian Personnel Management Office.

You must have a reservation from Mr. Oliver to attend the training. Seating is limited.



[www.facebook.com/USArmyReserveCommand](http://www.facebook.com/USArmyReserveCommand)





# 'Pockets of excellence' across Army, but health of the force still needs some work

C. Todd Lopez  
Army News Service

FORT RILEY, Kan. — Vice Chief of Staff of the Army Gen. Lloyd Austin capped off a week-long series of visits to several Army bases, with a final visit to Fort Riley, Kan., July 27, 2012. The series of visits was part of an effort to develop a better understanding of the "health of the force."

During the trip, the vice talked to installation senior leaders and brigade and battalion commanders about issues involving the Integrated Disability Evaluation System, sexual assault and sexual assault prevention, suicide prevention and wounded warrior care.

Army leaders Austin talked with during the visit are concerned with taking care of their Soldiers, and are also concerned about having the right resources to do so. Finding ways for the Army to provide those resources was one of the goals of the visits, Austin said.

When Austin and the senior leaders who accompanied him on the trip return to Washington, D.C., they will consolidate their observations, analyze the needs of commanders in the field, and find better ways to provide them with what they need to take care of their Soldiers, the general said.

"The policy changes that need to be made, we'll endeavor to make those policy changes — to speed up processes, to improve the quality of delivery of service," Austin said. "And where there are resources that need to be applied we'll look at getting more resources out to the field as well. We'll also endeavor to share best practices."

Austin said that getting resources to the field, including more behavioral health providers, is something that he suspected was going to be seen as a challenge. He said his trip to the field has shown that to be true.

What the general also said was that during his trip, he learned that installation commanders are concerned about taking care of their Soldiers and that many are already working on solutions for suicide, sexual assault and sexual harassment prevention, for instance, that warrant a

further look for use across the force.

"We've had the opportunity to meet with and talk with leaders and commanders and health professionals and others," Austin said. "And what these discussions have confirmed for me is that we've made progress in a number of areas. Indeed, there are pockets of excellence at every installation."

Still, Austin said, the Army has a way to go to achieve its goals. The purpose of his visit was to identify "best practices" already in place and decide how to implement them across the force and identify friction points in delivering services to Soldiers and their families.

"We will do what is necessary, because this is about taking care of our most precious asset, and that is our people," Austin said.

## Suicide Prevention

A key goal of Austin's trip was to address efforts being made in suicide prevention, and to also ask commanders what tools they need to help fight back the suicide trend in the Army. The general said suicide "is the toughest enemy I've ever faced."

The suicide problem in the Army is a "complex problem set," he said, that requires a "sophisticated solution."

The solution will require a number of agencies working together to build resiliency into Soldiers and families.

Brig. Gen. Donald M. MacWillie, the commander of Fort Riley, said at his installation he is attacking suicide on "four fronts." The first of those is to simply engage with Soldiers.

"We're letting them know that life is good," he said. "And with that, it takes courage and strength when you come forward and say you need some help. If we can break through that -- that very bottom level -- we see success."

MacWillie also said that at Fort Riley, educating and empowering leaders is part of the solution. There, he said, he wants his leaders to know their Soldiers, to know the indicators of suicide, and to also know the stressors that may cause suicide. He also said that they are educating Soldiers to know how to identify in other Soldiers the signs of suicide, and emphasizing the need

for Soldiers to take care of one another.

The Fort Riley community is also working with academia, such as at Kansas State University, and also with professionals locally to learn more about the suicide problem and to learn ways to combat it.

Finally, MacWillie said, Fort Riley has integrated 214 behavioral health providers on post who are "integrated down to the lowest level, down to where the Soldiers see that behavioral health provider."

Surgeon General of the Army Lt. Gen. Patricia Horoho, one of those who accompanied Austin on the trip, said increasing the number of behavioral health providers is something the Army has been "working really aggressively" at since 2007. Since then, she said, the Army has increased behavioral health providers by 83 percent, and is now working to embed those providers into brigade combat teams, as well as to make behavioral health a part of a Soldier's primary care experience.

"It's making sure that behavioral health — the mental and the spiritual, the total aspect of our Soldiers and our family members -- is in the fabric of who we are and it's one component of wellness," Horoho said.

## Keeping Soldiers Connected

A difficult time for Soldiers, and one potentially at the center of the very problems Austin is investigating now, is when they transition from one installation to another. Making that transition is something the Army is working to get a handle on, said Lt. Gen. Michael Ferriter, commander, U.S. Army Installation Management Command, and assistant chief of staff for installation management.

"A lot of the issues that we have today occur in those first couple months of that transition," Ferriter said. The general also accompanied Austin on the installation visits.

As Soldiers move around the Army, Ferriter said, it's important for them to stay connected to the Army, and to retain a sense of belonging. The Army, he said, has a sponsorship program that helps make that possible. In November, the Army published a requirement that all Soldiers

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transitioning to a new installation must have a sponsor that will help them integrate into their new unit.

Additionally, Ferriter said, about two-thirds of military families live in the local communities off base. The Army is working to make stronger connections with those communities, with community groups, and with sports teams, for instance, to ensure that military families stay engaged.

Finally, Ferriter said, the Army is working, from headquarters-level in Washington, to further efforts that help keep military spouses employed when they move from state to state as part of the transition process. Continuity, Ferriter said, is critical. To that end, the Army has worked to develop a program where credentials that military spouses might need to do their jobs can be transferred from state to another during a transition. About 23 states now participate, he said.

The Army is also making a similar effort that will allow the children of military families to transfer school credits from one school to another.

"What we offer is a full layer cake of opportunity to create stability and certainty during this time of a lot of movement," Ferriter said.

### Commanders are Engaged

Following the visit around the force, at installations chosen both for their size and their diversity, Austin said he came away with one clear picture of the Army's health.

"The overriding piece of feedback is that commanders are engaged and are very concerned about taking care of their troops and are very focused on building a better force," Austin said.

Lt. Gen. Howard B. Bromberg, deputy chief of staff, Army G-1, another participant in the visits, said he was impressed to have found that commanders are already engaged with their Soldiers to tackle the very problems that the senior leader team visited to address.

"What I was really encouraged with on this trip was the open dialogue amongst commanders and young Soldiers about our increase in behavioral health, our increase in willingness to talk about suicide, to talk about the challenges of military life," Bromberg said. "We talked to several family members as well and talked about their challenges. I think as we go through and we increase our numbers of trainers and resiliency, increase our number of people who understand the challenges our Soldiers face -- I think that's how we are going to attack (it)."

Sgt. Maj. of the Army Raymond F. Chandler III, who also participated in the six-installation tour, said it was important for Soldiers to see leadership from the highest levels of the Army -- leaders they don't often interact with -- tackling the problems that affect them.

"Soldiers really want to know their leaders are doing everything they can -- including from a Department of the Army level, who they really don't hear too much from -- and that they are working on these issues diligently and aggressively as can be," Chandler said. "I think they wanted to hear from the folks here that we are engaged, we are working this and we are going to help them in many of the areas we talked about."

Austin said if the Army is going to tackle the problems it faces with suicide, sexual assault, behavioral health issues, and Soldier

care, it must continue to do what he and his team have already done.

To really get at the problem, Austin said, requires getting down to the lowest levels "and take a knee beside that commander, and say tell me what's going on specifically and what resources do you need to better fight that fight. That's worked for me in every fight I've been in, never failed me, and every time I've seen us get our leadership focused on a specific issue, we're successful."

During the week, Austin and his team visited Fort Bragg, N.C.; Fort Hood, Texas; Fort Benning, Ga.; Fort Stewart, Ga.; and Fort Gordon, Ga. They concluded their trip at Fort Riley.



## Harvard Senior Executive program now accepting applications for FY2013

The Army is now accepting civilian nominations for the FY13 Harvard Program for Senior Executive Fellows, or SEF.

This program is open to Army civilian managers at the GS-14/15 or equivalent levels. Army receives approximately 11 allocations per session.

There are 3 sessions for FY 13:

<u>Class Dates</u>	<u>Nomination Packet Suspense to DA</u>
Oct. 14 - Nov. 9, 2012	Aug. 20, 2012
Feb. 10 - Mar. 8, 2013	Dec. 7, 2012
Apr. 14 - May 10, 2013	Feb. 22, 2013

This program is designed to build executive skills in political and public management, negotiation, human resource management, policy-making, organizational strategy, communication, ethics, and leadership.

Harvard SEF focuses on skills associated with the Office of Personnel Management's executive core qualifications, or ECQs.

Candidates for the Senior Executive Service are strongly desired.

Tuition for this 4-week program is \$19,600. Commands are responsible for tuition and all other associated costs.

Interested AR personnel should contact the U.S. Army Reserve Command Civilian Training and Leader Development section [USARC\\_cpmo\\_tld@usar.army.mil](mailto:USARC_cpmo_tld@usar.army.mil), (910) 570-9147/8343/9026.







**Don't deal with a  
problem alone. Reach  
out to a helping hand!**

- ▶ Talk to your Battle Buddy and chain of command
- ▶ Call the National Suicide Prevention Lifeline at 1-800-273-TALK [8255]

**It takes COURAGE to ask for help when needed**





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