

THE Railsplitter

Winter 2015



84TH

TRAINING
COMMAND



TAKING ON JONAS
WAREX 78-16-01



84th Training Command

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Two Star Takeaways

As we move into exercise season, I want to inform everyone what we, as a command, should be focused on. A few months ago, the command distributed my training guidance for the next couple of years. In that document, I identified seven "Commander's Priorities" that I want command teams to be aware of. These priorities include: Lead and grow leaders to serve the Army, Soldier readiness and care for our force, Mandatory training, Individual training, Combat Support Training Program (CSTP), Unit Training Management (UTM), Safety and Risk Management. While the training guidance goes into further detail about each of my priorities, there is one priority that is at the forefront right now: Soldier Readiness and care for our force. This is a significant issue throughout

the Army Reserve and we, as leaders, need to fix it. Our command is not meeting the Army medical readiness standard of 85%, specifically in Periodic Health Assessments (PHA) and Dental Readiness. This is unacceptable and Commanders need to implement a plan to rectify this and to meet the standard by the end of September 2016.

We also need to ensure that our Soldiers are physically fit, mentally tough, and emotionally strong. While this can be challenging for Army Reserve Soldiers, there are tools that Commanders can use to help them. The Ready and Resilient Campaign (R2C) is designed to improve the readiness and resiliency of our Soldiers, Civilians, and Family members. Part of the R2C is the Comprehensive Soldier and Family Fitness (CSF2) which provides self-



Maj. Gen. Scottie Carpenter assessment and training to help Soldiers, Civilians, and Families sustain physical, emotional, spiritual, family, and social balance. This command is just not a network of units, I look at it as one extended family and we need to work together to help the 84th TC achieve the next echelon of success.



From the Trenches

The 84th Training Command is recognized as the premier executive agent for collective training across the U.S. Army Reserve. With this in mind, I want all of our non-commissioned officers (NCOs) to understand the importance of readiness. Our training is directly related to a unit's ability to go to war. That being said, Soldiers across this Command must set the example in their own individual readiness. Our duty as soldiers is to be a deployable asset in the defense of our great nation.

To maintain our force within the NCO Corps, I want to discuss my top three priorities: maximize individual and unit readiness, operationalize Army Total Force Policy (ATFP), and master the fundamentals.

So how do we maximize individual and unit readiness? By closing the loop. We provide Soldiers with the necessary information to maintain their deployability and we use metrics as a tool. It is important that leaders follow up with their Soldiers and ensure that appointments are being made and being kept. This is everyone's shared responsibility. It is equally important for Soldiers to self-check readiness requirements, such as the Army Physical Fitness Test, weapons qualification, MEDPROs and Professional Military Education.

My second priority is to strengthen the collective training environment by continuing to build our relationships with the Active Army, National

Guard and Allied partners to reinforce the positive outcomes of the ATFP. We must continue to improve our training environment and it is imperative that our NCOs provide their expertise during the design, construction and implementation of our WAREXs and CSTXs. As the ATFP progresses, the example we set in our own training environment will influence the successful integration of the Active Army, Reserve and National Guard formations. Finally, our mastery of fundamentals is directly tied to individual and collective training. I expect each of you to give 100 percent in everything you do. As NCOs, I expect you to lead from the front.



Command Sgt. Maj. Tom Jennings



Top Stories

78th Training Division



JOINT BASE MCGUIRE-DIX-LAKEHURST, New Jersey – The 78th Training Division hosted the Command's first Warrior Exercise of 2016. WAREX 78-16-01 took place in the aftermath of Winter Storm Jonas.

Click the link to see photos, a video and a story from WAREX.

[Arctic Lightning](#)



86th Training Division



FORT MCCOY, Wisconsin – Two members of the 86th Training Division's Public Affairs Team, Sgt. Robert Farrell and Spc. John Russell, had photos selected by the U.S. Army Reserve for the 2015 Year in Review

The entire photo album is available via this link:

[United States Army Reserve Photo Review:
Year in Review 2015](#)

Click their names to view this talented duo's digital portfolios:

[Sgt. Robert Farrell](#)

[Spc. John Russell](#)

91st Training Division



FORT HUNTER LIGGETT, California - The 91st Training Division has been staying busy while planning for the 2016 exercises.

Check out the Powder River Review to see all of the great things the 91st TD has been doing.

[Powder River Review October 2015](#)

[Powder River Review December 15](#)



Spiritual Ops



We'd like to welcome Chaplain (MAJ) Robert Lewis as the Command's new Deputy Chaplain. To gain some insight on him, we asked him to answer 5 questions in 5 minutes.

1. *Why did you transfer from the National Guard to the Army Reserve?*

"The main reason is that I needed a slot to promote into and the Guard did not offer that. I am a firm believer of providence, the open door and I felt like it what I was supposed to walk into. The opportunity to work in a training environment and maybe set a pattern for the future for our chaplains, I find that intriguing and challenging. And we have a great team of chaplains to work with at the 84th, I really enjoy that."

2. *Of all the celebrities you have met, who is your favorite?*

"I would say Kellie Pickler is probably my favorite just because she was the most personable. It was more than just a handshake. After one of her concerts in Afghanistan she came with her band to the chapel afterwards and jammed with about a dozen of my soldiers until like 3 in the morning. They had a blast, that really elevated her."

3. *What do you enjoy about being a chaplain?*

"I've been a pastor for 20 years and a chaplain for almost 13 years. First of all, I love the audience. I love being around Soldiers. I think the most enjoyable part is just having an impact on the lives of those around me. Quite often that is just from being a positive person and that comes naturally to me. Of course, counseling people and seeing the lightbulb come on for them, seeing their life turn in a different direction. Impacting them in some way, I love that."

4. *What was your favorite assignment?* "The Patriot Academy would be the highlight, just because I had the greatest opportunity to impact the lives of young Soldiers. At one point in time, we had as many as 250 Soldiers, 17-21 year olds, at the Patriot Academy and they were just kinda lost and looking for leadership, looking for influence, looking for somebody to care about them. It just seemed to click for me and them."

5. *What are your hobbies?* "Two things that I really enjoy most: number one is golf, but number two is that I really love picking. I love hitting garage sales and thrift stores and trying to find something that is of value for next to nothing. I used to own a book business for 10 years. When you buy a book for \$4 and sell it for \$1,200 to a museum that keeps you coming back. I love golf



FOCUS ON FAMILY

Melinda Way-Bonner



Melinda Way-Bonner finished third in the 2015 Operation Rising Star. (U.S. Army photo by Tim Hipps)

Melinda Way-Bonner, wife of 1st Lt. Larel Bonner, 91st Training Division, finished third in the 2015 Operation Rising Star. Operation Rising Star is a world-wide singing competition where the military's best vocalists compete against each other. In its 11th year, the competition spans 22 installations and is open to Active Duty Army members and their families.

Way-Bonner won the Fort Hunter Liggett competition in October and progressed to be one of the 12 finalists. The finalists performed during a three day competition and were selected to advance to the next stage based on online voting and judges' opinion. When asked about the competition, Way-Bonner said, "It was almost the best experience of my life."

Below is the link to the video of the final round of Operation Rising Star, the top three finalists are announced at the 37:24 mark.

[Operation Rising Star video](#)

Family Programs



COMMAND TEEN COUNCIL



Through this opportunity, youth will gain public speaking and **leadership skills**, work on professional and personal development skills, experience workshops on communication and **resiliency**, and develop effective strategies and solutions for issues they face as **Army Reserve youth**. It's a great way to **connect** with youth from your command and across the country.

Don't miss out on this experience!

The goal of the Army Reserve Family Programs Child, Youth & School Services (CYSS) Command Teen Councils is to **empower youth** with the core values of leadership, **service**, and resiliency. They aim to promote **high standards of learning** through curricula, resources, and activities. Each **well-qualified** candidate is chosen based on a thorough selection process evaluating their experience, dedication, and willingness to speak on behalf of AR children and youth.



What do panel members do?

- > Participate in Teen Issue Forums
- > Serve as junior advisors for Command Teen Councils and regional Youth Leadership, Education and Development (YLEAD) programs
- > Volunteer at events such as Family Readiness Group meetings, Family Days, and Yellow Ribbon Reintegration Programs (commit eight hours per month)
- > Establish partnerships between AR youth and leadership
- > Participate in service learning projects
- > Receive training in leadership and teen resiliency

What are the requirements?

- > Enrolled in 9th, 10th, or 11th grade
- > Maintain a 2.5 or better GPA
- > Be a dependent of an Army Reserve Soldier
- > Serve a two year term
- > Commit to attend up to three meetings per year
- > Ability to represent and voice Army Reserve children and youth issues and find solutions

How do I apply?

- > Visit www.arfp.org/cyss to download an application packet
- > Applications will be accepted through 30 November 2015
- > Check us out on Facebook
www.facebook.com/ARTeenPanel

Who do I contact with questions?

Kendra Edwards Waters, CYSS Youth Services Manager
Contractor: Odyssey Marketing Group
kendra.edwards3.ctr@mail.mil or 770-754-9900 ext 506

Ann Nacino, CYSS Youth Services Specialist
Contractor: Odyssey Marketing Group
xania.d.nacino.ctr@mail.mil or 562-936-7633

The 84th Training Command Teen Council and the Army Reserve Teen Panel are looking for youth between the ages of 13-17, that are willing to take the challenge and become youth leaders within the command and their community. For more information, please call Joyce Hall, CYSS Specialist/Contractor Odyssey Marketing at (502) 624-2450 or Joyce.m.Hall.ctr@mail.mil



Safety Saves Lives

Safety is paramount in the 84th Training Command and it shows. We have won the U.S. Army Reserve Command Safety Award two years in a row and we are constantly looking for ways to ensure our Soldiers, Civilians, and Families remain safe.

Command Sgt. Maj. Jennings, a retired Las Vegas Police Officer, wanted to start a video series that offered safe driving tips to remind everyone to "Drive to Arrive."

This video series was recognized for excellency in the Army Reserve, it won second place in the annual USARC Public Affairs Competition.

Click the links below to learn how to "Drive to Arrive"

[Drive to Arrive October 2015](#)

[Drive to Arrive November 2015](#)

[Drive to Arrive December 2015](#)

[Drive to Arrive January 2016](#)

[Drive to Arrive February 2016](#)



Suicide Prevention: Program manager transitions



Pamela Chappell

As you may know, I am no longer your Suicide Prevention Program Manager. I have recently accepted an offer in Dallas, Texas, while I will miss Fort Knox, Kentucky, I am looking forward to returning to Texas, where my husband and I are from. I wanted to let you know how much I have enjoyed my time here. Thank you all for your support, patience, and friendship over the past year. You are a special group of people and I will definitely miss you.

In the interim I would like everyone to know who to contact with funding questions related to suicide prevention training (RLAS and DTS) please email Meleanie Hodges at Meleanie.d.hodges.civ@mail.mil or Jose Cruz at jose.n.cruz.civ@mail.mil.

Thank you Ms. Hodges and Ms. Cruz for helping during this transition. You may also contact me personally at pamela.a.chappell@mail.mil or pamelachappell@gmail.com. If you have needs such as suicidal ideations please contact 1-800-273-8255 or Vets 4 Warriors at 855-838-8255. Thanks again for everything.

Sincerely,

Pamela

Military OneSource: www.militaryonesource.com

Suicide Prevention Program Information: www.preventsuicide.army.mil

National Suicide Prevention Lifeline: www.suicidepreventionlifeline.org

Suicide Prevention Training For Families: www.armyg1.army.mil/hr/suicide

American Foundation for Suicide Prevention: www.afsp.org

Tragedy Assistance program for Survivors (TAPS): www.taps.org

Comprehensive Soldier Fitness: www.army.mil/csf

Defense Center for Excellence for Psychological Health and Traumatic Brain Injury: www.dcoe.health.mil



Sink or swim?

EO Leaders Course creates biases awareness

By Clinton Wood
84th Training Command Public Affairs

FORT KNOX, Kentucky--Eight people are in a "sinking raft in shark-infested waters." In order to make it to a nearby island, six of the occupants have to go overboard, the raft is getting smaller by the minute.

How do you determine who stays and who doesn't?

That was the dilemma faced by selected students enrolled in the U.S. Army Reserve's 84th Training Command's Equal Opportunity (EO) Leaders Course held here in November, 2015. The Command partnered with the EO Central Community.

"The course's intent was train soldiers to become EO Leaders in accordance with AR 600-20, Chapter 6," said Master Sgt. Arlene Lindsay, command equal opportunity advisor.

The students were divided into two groups of eight and boarded a "masking tape" raft. Each student was given a badge and a pretend "identity" to role play before getting cozy in the small confines. Some of the identities included a 70-year old Native American man, a male hairdresser, a young Hispanic male infected with HIV and a 21-year old Soldier.

When the exercise ended, a 21-year old soldier and a male doctor were in one "raft" and a 21-year old soldier and a 35-year old African American mother of four were in the other "raft."

One of the "survivors", Sgt. Sarah Fischer, Company F, 1st Battalion, 124th Aviation Regiment, 11th Theater Aviation Command (TAC), said the exercise was interesting because students had different reasons for removing people from the raft.

"Those opinions changed once we found out more details about each person," said the merchandise coordinator who played a male white doctor.

Some of the reasons to remove them were because of age, survivability and disabilities. Each "raft" also was surrounded by fellow students listening intently and taking notes.

Sgt. 1st Class Daniel Barker, Northeastern University Army ROTC, U.S. Army Cadet Command, one of the note takers, said he noticed that the criteria to throw people overboard was based on an emotional appeal.

"It was interesting no one mentioned the race of the characters until it started getting heated at the end," he said. "That never got brought up until the stress came out.

"In the beginning, they were laughing but toward the end, they became more serious and the appeals to the emotions became stronger. They had to have some rationale to throw somebody off to cover up the real reason they wanted to throw them off."

Another note taker, Sgt. 1st Class Monica Waldron, Headquarters and Headquarters Company, U.S. Army Recruiting Command, said she noticed the survivors with disabilities, medical conditions and the elderly had no value.

Yet Sgt. 1st Class Jermaine Westley, 5th Recruiting Brigade, U.S. Army Recruiting Command, noticed that the thought process changed to how they would survive once they reached the island.

The TAC EO Specialist and one of the course facilitators, Michael Shadel, added that it is natural for people to judge a person by what they see, or by their race, rank, religion or ethnicity.

"As an EO practitioner, you have to be able to set that aside and don't cast judgement because when we cast judgement, it often leads to making poor decisions," said Shadel.

Lt. Col. Andreas McGhee, EO Program Manager for the 84th Training Command and the course lead facilitator, said the key point on this exercise was that people have biases that they are not aware of and they are not aware of stereotypes that other people hold.

The exercise intent was to get us to recognize that we all have biases and knowing who we are ourselves can help us be able to relate or deal with other people," he said.

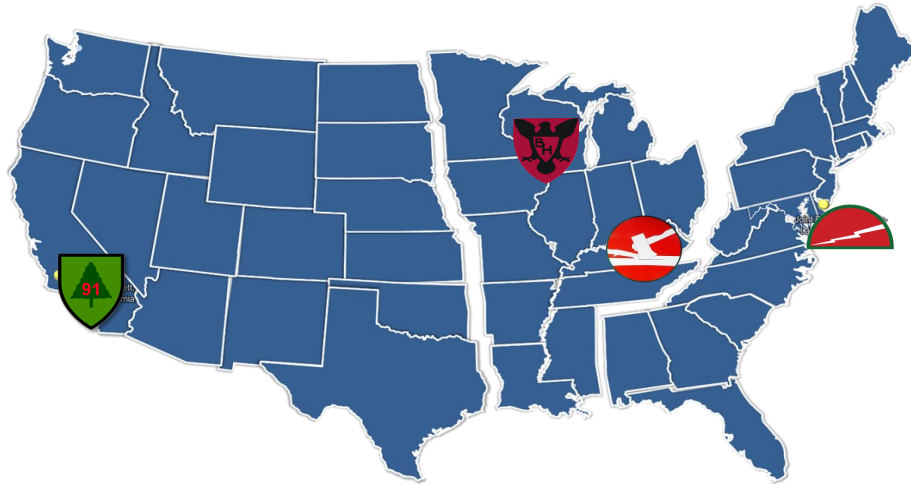


U.S. Army Reserve Sgt. Lionel P. Brown, 314th Military Police Company, 11th Military Police Brigade, 200th Military Police Command (center) seems to determine "how close a shark is to his sinking lifeboat" during the Life Raft Exercise of the Equal Opportunity Leaders Course 16-01 hosted by the 84th Training Command at Fort Knox, Kentucky, Nov. 18, 2015. (U.S. Army photo by Clinton Wood/Released).

[Click here for additional photos of the EO Leader's Course](#)

84th Training Command: From Coast to Coast

Click on the unit patch to link to it's Facebook page



2016 Combat Support Training Program Exercises

Each of our CSTP Exercises have a dedicated feature page on the Defense Video & Imagery Distribution System (DVIDS), which allows you to see current photos, stories, and videos of our exercises. Click the name of the exercise to link to the page.

Once the exercises start, the pages will be full of great content, so keep checking back to see all of the great training!



78th Training Division:

WAREX 78-16-01 **January 23 - February 6**

CSTX 78-16-01 **February 27 - March 18**



91st Training Division

WAREX 91-16-02 **April 30 - May 16**

CSTX 91-16-02 **June 4 - June 24**



86th Training Division

WAREX 86-16-03 **July 16 - July 30**

CSTX 86-16-03 **August 6 - August 26**

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