

CHECKMATE

SINCE 1918



Knives in the air:

BWC kicks off at JB MDL

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Army Reserve Division

Makes 'virtual' a reality

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Bluntly ask about suicide:

Do not mince these words

Pg. 24



99th Readiness Division

Spring 2020

<< On the Front Cover

Cpl. David Barrett, a mass communications specialist for the 362nd Mobile Public Affairs Detachment, ruck marches within the Combined Joint Base McGuire-Dix-Lakehurst (JBMDL) Best Warrior Competition (BWC), March 12. The Combined BWC highlights individual readiness and recognizes Soldiers who demonstrate commitment to the Army Values, embody the Warrior Ethos, as well as represent the most capable, combat-ready, and lethal Federal Reserve Force in the history of the Nation. (U.S. Army Reserve Photo by Spc. Jahkeem Folks)

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DAUNTLESS 6



This past April, the United States Army Reserve commemorated 112 years of history in service to the Army and the nation. What began in 1908 as a small corps of medical professionals held in readiness for duty is today the Army's global operational reserve force, with a presence in all 50 states, five U.S. territories and serving in 20 time zones across the globe.

The Army Reserve has never failed to meet the challenges of its time – providing quick access to the mission-critical forces and capabilities the Army needs to fight, survive and win on the battlefield, as well as the disaster relief and humanitarian assistance our citizens need in times of crisis at home under Defense Support of Civil Authorities.

Currently, the Army Reserve is providing high-demand medical, logistics, and operational capabilities throughout the United States in support of federal efforts to respond to the COVID-19 pandemic. The Army Reserve mobilized Urban Augmentation Medical Task Forces to assist U.S. Army North, FEMA and the Department of Health and Human Services at federal medical sites across the nation.

The world is constantly changing, but one thing is constant: The Army Reserve will remain the dedicated federal reserve of the most decisive and lethal land force in the world – ready to deploy, fight and win, whenever needed, at home and around the world. My thanks to all of the dedicated Soldiers and Civilian employees of America's Army Reserve, and to the families, employers and communities that support them.



Maj. Gen. Mark Palzer
Commanding General
99th Readiness Division



▲ Command Sgt. Maj. John Zimmerman of the 99th Readiness Division conducts an After Action Review following the completion of the Army Warrior Training event for the Combined Joint Base McGuire-Dix-Lakehurst Best Warrior Competition. (U.S. Army Reserve Photo by Spc. Gordon Penn)

Leading Soldiers to Success

By: Command Sgt. Maj. John K. Zimmerman

// It is not the critic who counts, not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly, who errs, who comes short again and again, because there is no effort without error and shortcoming, but who does actually strive to do the deed, who knows great enthusiasms, the great devotions, who spends himself in a worthy cause, who at the best knows in the end the triumph of high achievement, and who at the worst, if he fail, at least fails while daring greatly, so that this place shall never be with those

cold and timid souls who neither know victory nor defeat" – Theodore Roosevelt

The U.S. Army has been conducting Department of the Army level Best Warrior Competition since the year 2002 under the leadership and vision of then Sergeant Major of the Army Jack Tilley and has been the premier Soldier competition in the Army of 22 of the Army's finest Warriors representing 11 commands. Since its inception, the competition has always had a focus on one Soldier and one Non-Commissioned Officer each competing alone against his or her peers to win the title of Best Warrior and Best NCO.

Competitions such as the Best Warrior Competition are vital to the continued success

and professionalization of our Army. Although the Chief of Staff of the Army General James C. McConville states: "Winning Matters", he also continually messages that it matters for Soldiers to compete. Soldiers who compete and don't win, don't fail, they still learn and grow from the experience.

Competition builds sets and reps of proficiency that build a culture of excellence in individuals and the organization that lasts far beyond the moment of the competition. In leaders competition builds competence and confidence to succeed. The greatest challenge and the greatest obstacle any human will face is their own doubts, their own fears and their own conditioned thoughts. Therefore

it is incumbent upon us as Leaders of Soldiers to lead Soldiers to success.

My personal story...I was a young sergeant in a Light Infantry Scout/Recon Platoon in 1990. One morning my platoon sergeant told me that I had been selected by the first sergeant to represent the Company in the Battalion Best Warrior Competition. As a young 23-year-old sergeant whom had been recently married, at that particular time I had no interest in competing and requested to be excused. My platoon sergeant tried to talk me into competing, but I was bull headed and asked to talk to the first sergeant via his open door policy.

A day later, I was summoned to 1st Sgt. Poe's office. He was a hulking 6'4" Infantry, Airborne Ranger, Vietnam Veteran who promptly locked me up at parade rest and chewed my ass. He told me that I should be honored that he and the company commander personally selected me out of all of the other NCO's in the company to compete. He also went on to tell me how the competition wasn't about me, that I was representing the entire company.

I competed in and won the battalion level competition without too much difficulty. Therefore, about a month later, I had to compete at the brigade level. In the first hour of the competition, I was sizing up the other competitors and there were clearly bigger fish in this pond, some of whom were pretty intimidating to me. Then, the words of my first sergeant hit me that this wasn't about me, that I was representing my unit, I was a product of my

Squad Leader and my platoon sergeant, that I was representing my company and my battalion... the pressure was on now. I was fortunate that I won the brigade level competition.

About a month after that brigade level competition, I moved forward to compete in the 10th Mountain Division level competition. The fish in this pond were even bigger and even more intimidating.

Again, I was blessed to have won that competition as well. This predated the HQDA level BWC, so that was the end of the competition road. Regardless, I will forever be grateful to Sgt. 1st Class Nicholas and 1st Sgt. Poe who had faith in me and led me to success.

I have no doubt that the success of winning BWC contributed to my career advancement in many other tangible and intangible ways.

Therefore, I ask ALL of our Soldiers to seek out opportunities to excel and

compete regardless of the competition. I also demand that all of our leaders will lead their Soldiers to succeed. Sometimes, it is the interest that a leader takes in a Soldier and conveys to them that the leader sees a bright future for the Soldier and here is an opportunity to succeed - seize it!

Before I finish, I also want to give a brief preview of the 2021 Best

Warrior Competition. In 2021, we will conduct a Top Squad Competition. We are already planning on how to make this happen. Either internally or with external cooperation with other commands, we will form two or more six Soldier Squads to compete against each other. Each Squad will consist of two NCO's and four Soldiers. Lieutenants and Captains will be invited to compete as well. The

winning Soldiers and NCO's will go on to compete at the ARHQ level Best Warrior Competition and the winning Officers will go on to compete in the NATO Competition of Inter Allied Reserve Officers (CIOR). All competitors will be individually scored on some events and

collectively scored on other events as a squad. Nonetheless, all individual events will be added together and formulate a squad average. Therefore individual effort is just as important as team effort.

The concept of a Top Squad/Best Warrior directly supports Sergeant Major of the Army Michael Grinston's theme of "This is My Squad". The single Soldier competition model of Best Warrior has been great for the Army, but as we march forward and improve our Army, a squad event will provide us with better leader development opportunities for our Soldiers and pay greater leadership and esprit de corps dividends across all of our formations.

I'll end with a couple of quotes I saw on Instagram: "Everybody swears they are solid, but ice is solid too, until you put some heat on it" and "Regret doesn't come from failure. It comes from giving up. Never give up."

"CHECKMATE" 



CORNER

Are you going through challenging times that require an attorney?

As United States Army Reserve Soldiers you are eligible to receive limited legal services with issues such as divorce, child custody issues, or landlord disputes.

To Contact JAG

<https://www.usar.army.mil/Commands/Functional/Legal-Command/Legal-Resources/request-for-legal-assistance-info/>

Have you been accused of a crime and your Commander is initiating an Article 15 or Separation?

Don't seek advice from the barracks lawyers! As United States Army Reserve Soldiers you may be entitled to receive representation by US Army Trial Defense Services.

To Request Trial Defense Services (TDS)

<https://www.usar.army.mil/Commands/Functional/Legal-Command/Legal-Resources/Trial-Defense/>



99th Readiness Division Command Historian message

Greetings from the Historian foxhole!

While we are all coping with an adjusted work and lifestyle practice during the current emergency operations, we historians have been chomping at the bit, ready to get our hands on the official records of the Army Reserve's response missions. What, pray tell, does the historian want with this material, you ask? According to the U.S. Army Center for Military History at Fort McNair, D.C., the command historian or unit historian advises the commander on historical matters relating to the command; documents the command's history; provides historical perspective to the commander and staff during planning and execution of operations; assists with professional development and training of officers and Soldiers; and supports the Army Historical Program through the collection of historical documents and artifacts.

Each of the four Readiness Divisions employ a full-time DA Civilian historian to assist your command with subject matter expertise for historical matters. Each brigade or higher organization should have a designated Unit Historical Officer as an additional duty appointment to be the commander's primary point of contact for historical matters. Have them reach out to their respective Readiness Division compatriot.

Bottom line, command historians collect the stories and records of today to inform the leaders of the future. If you think that email, FRAGO, meeting note, scratch on a napkin (the actual origin of the 'Be All You Can Be' recruiting campaign) is of value to the Army historical record, scan-photograph-save it to a file for cultivation by the Army Reserve command historian office.

In future editions of the 99th Readiness Division's quarterly magazine, I will provide information that will benefit your Soldiers' professional development and appreciation of the Army's history and heritage. For now, I provide you a list of important dates in history for our United States Army.

Historically yours,
Mr. Stephen Harlan
stephen.g.harlan.civ@mail.mil

Upcoming significant dates for the U.S. Army

June - The Continental Congress establishes the precursor to the War Department, known today as the Department of Defense (1776)
June 4 - Siege of Petersburg begins (1864); Allied forces capture Rome (1944)
June 6 - Allied invasion of Normandy/D-Day (1944)
June 11 - OPERATION JOINT GUARDIAN/KFOR (1999)
June 14 - Flag Day; Army Birthday (1775)
June 15 - George Washington appointed Commander in Chief of the Continental Army (1775); Marianas Campaign begins with landings on Saipan (1944)
June 18 - War of 1812 commences
June 24 - Berlin Airlift (1948)
June 25 - Battle of the Little Big Horn (1876); Start of the Korean War - 70th Anniversary (1950)
June 26 - End of racial segregation in the U.S. Armed Forces (1948)
June 27 - National PTSD Awareness Day
July - Second Battle of the Marne begins (1918); Stalemate along the 38th parallel in Korea (1951)
July 1 - Battle of San Juan Hill (1898)
July 1-3 - Battle of Gettysburg (1863)
July 4 - Independence Day; Confederate forces surrender Vicksburg (1863); Philippine Insurrection declared over (1902)
July 5 - Battle of Chippewa (1814); Battle of Osan/ Task Force Smith (1950)
July 6 - Battle of Camp Nam Dong (1964)
July 10 - American and British forces invade Sicily (1943)
July 18 - The 54th Massachusetts Volunteer Infantry assault on Battery Wagner, SC (1863); Aisne-Marne Campaign (1918)
July 21 - First Battle of Bull Run (1861)
July 25 - Battle of Lundy's Lane (1814)
July 26 - President Truman signs the National Security Act into law. The act creates a "National Military Establishment" consisting of three military departments (Army, Navy, and Air Force), with a Secretary of Defense. (1947)
July 27 - Battle of Monmouth (1778); Korean War Armistice Day (1953)
August -
August 2 - Saddam Hussein orders invasion of Kuwait (1990)
August 6 - B-29 Enola Gay crew drops uranium gun-type fission gravity bomb "Little Boy" on Hiroshima, Japan, initiating the nuclear warfare era (1945)
August 7 - General George Washington authorizes awarding of the Badge of Military Merit to Continental Army Soldiers, now known as the Purple Heart medal (1782); Maj. Gen. Phillip Sheridan's Shenandoah Valley Campaign begins (1864); OPERATION WATCHTOWER commences with U.S. forces amphibious landings on Guadalcanal (1942)
August 9 - B-29 Bockscar crew drops plutonium implosion bomb "Fat Man" on Nagasaki, Japan, the last U.S. nuclear weapon detonated on enemy territory.
August 10 - Battle of Wilson's Creek, Missouri (1861)
August 13 - U.S. joint forces under Admiral George Dewey, Maj. Gen. Wesley Merritt, and Brigadier Generals Thomas Anderson, Francis Greene, and Arthur MacArthur, Jr., capture Manila, The Philippines. (1898)
August 14 - American forces reach Peking during the China Relief Expedition (1900)
August 15 - OPERATION DRAGON, Allied amphibious landings in southern France (1944)
August 16 - Battle of Bennington, Vermont (1777)
August 18 - Battle of Contreras, Mexico (1847)
August 20 - Battle of Fallen Timbers (1794); Battle of Churubusco (1847); Official conclusion of the U.S. Civil War (1865)
August 24 - Battle of Bladensburg and British capture/ torching of Washington, DC (1814)
August 25 - Liberation of Paris (1944)
August 26 - Battle of Long Island (1776)
August 28 - Quebec Campaign (1775); Battle of Second Bull Run (1862)
August 29 - Battle of Newtown (1779)
August 31 - OPERATION MOUNTAIN VIPER, Afghanistan (2003)



Spc. Albertico Saldana-Figveroa, with the 341st Medical Logistics Command, monitors the calibration of a ventilator, at the 99th Readiness Division (Medical) Equipment Concentration Site, Joint Base McGuire-Dix Lakehurst, New Jersey, April 20. Calibrations can typically take four to eight hours to complete on each ventilator. These tests are important as the ventilators may be used in support of ongoing operations against COVID-19. U.S. Northern Command, through U.S. Army North, is providing military support to the Federal Emergency Management Agency to help communities in need.

EVERYTHING COUNTS: Soldiers use Medical Equipment Concentration Site to prepare ventilators amid COVID-19

By: Spc. Jahkeems Folks

"The fight should not be determined by whether or not you are currently on the front lines or in the support role. We should all understand every little bit helps," said Sgt. 1st Class Rodrick Mingo with the U.S. Army Reserve's 424th Multifunctional Medical Battalion, 3rd Medical Command.

The Middletown, Delaware native was one of several Soldiers tasked with performing calibration verification on the two different types ventilators that could possibly be used in support of the ongoing response to the COVID-19 pandemic.

"The little bit that we

can do to impact the lives of any American in need of these ventilators is a big deal," said Mingo. "I believe what we are doing is very important. In the event that the ventilators are needed to support the ongoing operations of COVID-19, we want to ensure that they are up and running."

Medical Soldiers everywhere are working their hardest in order to combat what is now putting the world in a difficult situation. They know what their mission at hand is, and they know how to go about breaking these tasks down into solutions.

"We understand fully that at a moment's notice, these can be hooked to any one of us, even a relative, and with that in

mind we want to ensure that we are doing our jobs to make sure the ventilators are one-hundred percent functional and safe," said Mingo.

He and the rest of his colleagues are working in cohesion to prevent any errors that could possibly occur.

"I was trained to do this, and I take it very seriously," said Spc. Albertico Saldana-Figveroa with the U.S. Army Reserve's 341st Medical Logistics Command. "Again, it could be anyone on there. It could be you. It could be a family member. It could be a friend. It could be someone you don't know. But everyone deserves a fighting chance and we're giving that to them." 🇺🇸



▲ Chief Warrant Officer 3 Douglas Sires, with the 3rd Medical Command, adjusts tubing during the calibration verification of a ventilator, at the 99th Readiness Division (Medical) Equipment Concentration Site, Joint Base McGuire-Dix Lakehurst, New Jersey, April 20.



▲ Soldiers with the 3rd Medical Command, perform calibration verification on a ventilator at the 99th Readiness Division (Medical) Equipment Concentration Site, on Joint Base McGuire-Dix Lakehurst, New Jersey, April 20. Calibrations can typically take four to eight hours to complete on each ventilator.



2020

KNIVES IN THE AIR:

BWC KICKS OFF ON JB MDL

By: Spc. Jahkeem Folks

After a long 4 days the Best Warrior Competition finally comes to an end March 15 at the Maj. John P. Pryor Army Reserve Center here.

This competition gave the participating Soldiers a memorable experience that they will not soon forget.

When conducting training with their organic units, the Soldiers are usually so busy doing work pertaining to their Army jobs that they don't always get to work on regular Army stuff.

"They got the chance to do Army things that they sometimes don't get to do at their units," said Command Sgt. Maj. John Zimmerman with the 99th Readiness Division.

After going through the events of the Best Warrior Competition, there were many takeaways for the Soldiers to learn from.

Even for the Soldiers who did not believe that they would be up to the task gained a new found confidence.

"It restored my confidence level coming back off of active duty a bit rusty," said Spc. Kevin Grevenberg, Multimedia Illustrator with the 361st Theater Public Affairs Support Element. "It let me know that I was able to put myself out there against everyone else

and take on a little bit more."

Other than gaining confidence and leadership skills, those who organized the competition wanted the Soldiers to go through warrior drills and get the feeling of being a Soldier.

Part of being a Soldier means that you must be able to overcome the unexpected when it occurs.

After having to take a physical training test, the Soldiers were then told they must take another one which is something they were not expecting.

"We wanted to see if they were going to put everything into it when they were faced with a little adversity," Zimmerman said.

This Best Warrior Competition served its purpose in instilling physical and mental readiness in the competitors.

"Things are going to change and you must be adaptable in the Army," Zimmerman said.

Cpl. David Barrette, a mass communications specialist from the 362nd Mobile Public Affairs Detachment, and Spc. Kevin Grevenberg, a multimedia specialist, with the 361st Theater Public Affairs Support Element, will go on to represent the 99th Readiness Division in the U.S. Army Reserve level competition later in the year. 🇺🇸

Pictured: Spc. Nicholas Torado of the 78th Army Band and Spc. Marshall Klimmek of the 380th Army Band converge on the enemy during the Army Warrior Training event for the Combined Joint Base McGuire-Dix-Lakehurst Best Warrior Competition. The Combined BWC highlights individual readiness and recognizes Soldiers who demonstrate commitment to the Army Values, embody the Warrior Ethos, as well as represent the most capable, combat-ready, and lethal Federal Reserve Force in the history of the Nation. (U.S. Army Reserve Photo by Spc. Gordon Penn)

THE CHALLENGES

Command Sergeants Major Board Appearance

Competitors are assessed by their breadth and depth of knowledge on areas such as military leadership and counseling, current events, Army history, tactical communications, survival, battle-focused training, weapons, U.S. Government and constitution, land navigation, the NCO Creed and history, and myriad other focus areas.

Essay and Written Exam

Today's warrior is competent in the Soldier Skill Level and is capable of communicating in a boardroom or on the battlefield. To demonstrate the breadth of their knowledge and communication skills, warriors must complete a written exam covering broad topics related to the Army and compose an essay on a surprise topic to be announced when the event begins.

Physical Fitness Assessment

Physical fitness is a marker of individual readiness. Warriors will take a rigorous Physical Fitness Assessment to assess their individual fitness level and warrior spirit. In addition, warriors must meet Army weight standards in accordance with Army Regulation 600-9.

Warrior Tasks and Battle Drills

Today's warriors must be well versed in a variety of warrior tasks outside of their primary military occupational specialty. Competitors are expected to be proficient in the lest of more than 40 warrior tasks battle drills. Not all will be tested at the Best Warrior Competition; however, competitors won't know which WTBD they'll face until they enter their competition lanes.

Weapons Range

The basic weapon of today's Warrior is the rifle. Warriors must successfully zero the M4 rifle.

Mystery Event(s)

Soldiers must be able to react, adapt and overcome a situation quickly and decisively. Warriors will participate in a mystery event designed to see how well they can think on their feet while under both mental and physical stress.

.....
"Do you know
who I am? I am a
**FEMALE MINORITY
VETERAN.**
It makes me unique
and I'm proud of
who I am..."
-Sgt. Christine Won

▲ Sgt. Christine Won, a flute and piccolo player for the 78th Army Band rucks with her competitor, Spc. Nicholas Torrado, a percussionist with 78th Army Band during the ruck march within the Combined Joint Base McGuire-Dix-Lakehurst (JBMDL) Best Warrior Competition (BWC). The Combined BWC highlights individual readiness and recognizes Soldiers who demonstrate commitment to the Army Values, embody the Warrior Ethos, as well as represent the most capable, combat-ready, and lethal Federal Reserve Force in the history of the Nation. (U.S. Army Reserve Photo by Spc. Jahkeem Folks)

Leadership is key while competing in the Combined JB MDL BWC

By: Spc. Gordon Penn

"Do you know who I am? I'm a FEMALE MINORITY VETERAN. It makes me unique and I'm proud of who I am," said Sgt Christine Won, a flute and piccolo player for the 78th Army Band as she started her journey with the Best Warrior Competition.

The Flushing, New York, native, faced challenges as she represented the 99th Readiness Division at the United States Army Reserve's Best Warrior competition last year.

This year, she faces new challenges as she sponsors Spc. Nicholas Torrado, a percussionist with the 78th Army Band for this year's Combined Joint Base McGuire-Dix-Lakehurst (JBMDL) Best Warrior Competition (BWC).

Won believes that a sponsor plays a huge role for the Soldiers during the competition.

"I went to the Best Warrior Competition last year and I got through the events with the help of my sponsor," she said. "My role here is to support my Soldier and help guide them to complete any mission."

Helping out your Soldiers and being a leader is a big thing in the eyes of Won, who also works as a compliance analyst for an international bank in midtown Manhattan.

Every leader should be able to pass down their leadership skills to the next Soldier or Soldiers in line.

"In the Army, I have learned from my sergeant-major down to my squad leaders," Won said. "And I am passing down that leadership to my fellow Soldiers."

Leadership skills are amongst the many things that a Soldier gains from participating in the Best Warrior Competition.

These experiences are not things that Won feels should be held or limited to just the competitors or the sponsors of the competition.

"What I experienced throughout the competition was great, and I want to carry the tradition to my Soldiers so they can experience what I experienced," said Won.

It is clear to say that Won is someone in the Army who truly cares for her fellow Soldiers and not just herself. Her experience going through the competition has given her more of a sense of what it is to be a leader.

"The best outcome from this competition is that you gain confidence and leadership skills," said Won. 🇺🇸

Army Reserve division makes 'virtual' a reality

Tuesday Talks (Tuesday Nights)

Visit:
<https://connect.apan.org/familyprograms99thrd/>
or
access telephonically at:
1-866-817-6392
(passcode 5894977#)
1-888-495-9805
(passcode 2679215#)
1-866-830-5801
(6565542#)

Theology Seminars (Thursday nights)

Visit:
<https://connect.apan.org/familyprograms99thrd/>
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access telephonically at:
1-866-817-6392
(passcode 5894977#)
1-888-495-9805
(passcode 2679215#)
1-866-830-5801
(6565542#)



By: Staff Sgt. Shawn Morris

For the U.S. Army Reserve's 99th Readiness Division, "virtual" has become the new reality.

The 99th RD provides programs and installation support services to enable trained and ready Army Reserve units and individuals to mobilize and deploy – a challenging mission made all-the-more daunting by COVID-19 social-distancing guidelines.

In response to the ongoing pandemic, the 99th RD is spearheading several virtual initiatives to support the 45,000 Army Reserve Soldiers living and serving throughout the division's 13-state region stretching from Maine to Virginia.

One such initiative is the 99th RD Tuesday Talks program, which offers weekly seminars highlighting information and resources tailored to help Soldiers and families deal with COVID-19.

"The 99th RD Tuesday Talks program is a way for our staff to provide information, resources and a forum for Soldiers, family members and employees to ask questions and get help while navigating the COVID-19 pandemic," explained Lt. Col. Jason McGrath, Family Programs director and chief, Directorate of Human Resources Operations Division for the 99th RD. "Our guest presenters are helping people throughout the region and across the country by providing tools for financial readiness, well-being and keeping children educated and engaged."

Tuesday Talks occur every Tuesday evening at 7 p.m. EST and can be accessed online or telephonically. Past talks have focused on topics such as financial resources, saving and investing, well-being and mental health, and online learning. This coming Tuesday's topic is health and nutrition.

"We believe that learning from each other and sharing experiences can help ease the stress resulting from the way our lives and world have changed over the past few months," McGrath said.

Every Thursday evening, the 99th RD Training and Resource Chaplain's Office hosts Thursday Night Theology seminars focusing on the major world religions and how they affect our Soldiers and their families.

"Each week, a chaplain or religious leader will share a little bit about their own faith tradition, and we will have a time for participants to ask questions," explained Capt. (Chap.) Paul R. Sauer, 99th RD Training and Resource Chaplain's Office.

Thursday Night Theology seminars occur every Thursday at 7 p.m. EST and endeavor to answer questions such as, "What do my fellow Soldiers believe," "What are the practices of their faith," "What should I know about caring for them," and "How does faith impact their service?" These seminars can be accessed online or telephonically.

While these programs focus primarily on Soldiers' financial, mental and spiritual health, those Soldiers who need to verify their physical health in the form of a Periodic Health Assessment examination can now do so telephonically after completing the first part of the PHA online.

"The telephonic examination is open to any Army Reserve Soldier who has access to a government computer so that they can complete part one in the Medical Operational Data System," explained Col. Mitchell H. Paulin, 99th RD command surgeon.

While the 99th RD doctors lend their medical expertise to virtual PHAs, Soldiers from the 99th RD's 78th Army Band have leveraged their musical expertise to create a fully interactive virtual music mentorship program for elementary and high school students affected by massive school closings.

"One of the founding pillars of the Army band is education and educational outreach," said Sgt. 1st Class Tyrone Tedrick, tuba player for the 78th Army Band. "We wanted actual interaction with students; face-to-face contact."



99th Readiness Division Inspector General Office

Mission

Increase the readiness and warfighting capability of the 99th Readiness Division and Army Reserve units within our geographic area of responsibility by providing assistance with matters not resolved through normal command or regulatory channels; inspecting, teaching and training Soldiers to published standards and policies; and investigating fraud, waste and abuse.

Vision

To ensure the command, complainants and supported units receive the highest quality IG service with un-matched results, preparing Soldiers to meet our Nation's requirements at home and abroad.

Becoming an Inspector General

Why: Broaden your military career and build readiness in our Army Reserve.

Who: Opportunities for Senior NCOs (SSG (P) – MSG) and CPT thru COL.

What: Provide impartial, objective, and unbiased advice to the Leadership to enhance the readiness and warfighting capability of America's Army Reserve.

Where: TPU IG vacancies are available within 45 Army Reserve General Officer level commands in 15 states, Puerto Rico, and Germany.

When: TPU positions are available now.

How: Contact the 99th IG Office or your local IG team to learn more information or visit one of the following websites.

<https://xtranet/usarc/InspectorGeneral/Pages/Become-an-IG.aspx> (CAC required)

<https://www.milsuite.mil/book/docs/DOC-422521> (CAC required / milsuite)

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BY: LT. COL. PETER TONON

SURGEON CELL UPDATE



▲
Lt. Gen. Charles D. Luckey, Chief of Army Reserve and commanding general, U.S. Army Reserve Command, gives some encouraging words to U.S. Army Reserve Urban Augmentation Medical Task Force Soldiers, May 7 2020 at Joint Base McGuire-Dix-Lakehurst, New Jersey, as the UAMTFs return from locations across the nation in response to the COVID-19 pandemic. Luckey leads a community-based, federal reserve force of more than 200,000 Soldiers and civilians that includes 50 states, five territories and more than 30 countries. U.S. Northern Command, through U.S. Army North, remains committed to providing flexible Department of Defense support to the Federal Emergency Management Agency for the whole-of-nation COVID-19 Response. (U.S. Army photo by Spc. Jahkeem D. Folks)

We find ourselves in the midst of a biological conflict. With thousands of American citizens having died due to COVID-19 and tens of thousands more infected and recovering, we face an unrepresented time challenging our healthcare system to care and treat our military and civilian population.

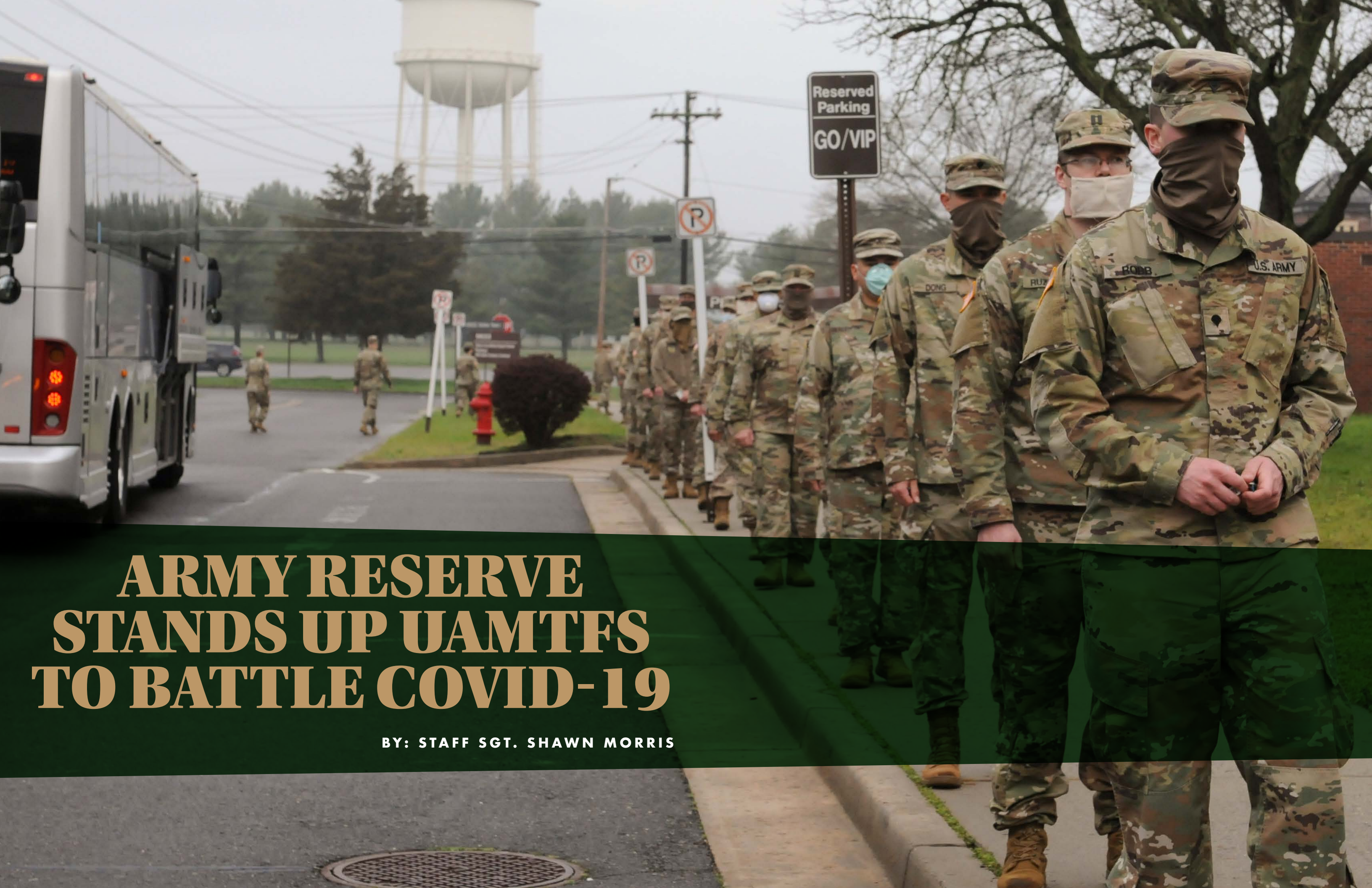
Through the turmoil of the COVID-19 biological conflict, the 99th Surgeon Office has not remained idle. Five of our TPU providers have been mobilized to support the COVID-19 healthcare mission with three deployed as part of the new Urban Augmentation Military Treatment Facility (UAMTF). While our other Citizen-

Soldier physicians, physician assistants, nurse practitioners, and medics are engaged in their communities fighting the virus and saving lives and still assisting in providing support to the command. Additionally the Surgeon Section Full Time Staff (FTS) and Command Surgeon are managing the day to day operations while giving medical guidance to the command and our AOR.

The Surgeon's team have remained active and stand ready to support the readiness needs of our AOR. Some of the initiatives and support activities the Surgeon's team have developed: 1. provided pre-MOB medical assessment for

units preparing for deployment, 2. Created a Surgeon's medical readiness support mail box offering support to our mission partners, 3. Conducting virtual PHA assessments for the 99th and units across the country in need of support, 4. Working with the other 3 Readiness Divisions to develop synergy of efforts.

As a team dedicated to the health of our soldiers, we will continue to support the national command authority in this effort to control the spread of and treatment for this virus. We strongly encourage all of us to continue to employ the current CDC guidelines and best hygiene practices. 🇺🇸



ARMY RESERVE STANDS UP UAMTFs TO BATTLE COVID-19

BY: STAFF SGT. SHAWN MORRIS



Top: Lt. Gen. Charles D. Luckey, Chief of Army Reserve and Commanding General, U.S. Army Reserve Command, meets with Soldiers of the U.S. Army Reserve's Urban Augmentation Medical Task Force units April 8 at Joint Base McGuire-Dix-Lakehurst, New Jersey, as the UAMTFs prepare to deploy to locations across the nation in response to the COVID-19 pandemic. Soldiers from the Army Reserve's 3rd Medical Command (Deployment Support) headquartered in Forest Park, Georgia, and 807th Medical Command (Deployment Support) headquartered at Fort Douglas, Utah, were selected to form the new UAMTFs. Nearly 1,300 Soldiers boasting a plethora of medical skills and training will make the UAMTFs a key weapon in battling COVID-19 and protecting the American people. (Photo by Staff Sgt. Shawn Morris)

Right: U.S. Army Reserve Urban Augmentation Medical Task Force Soldiers board buses April 8 at Joint Base McGuire-Dix-Lakehurst, New Jersey, to deploy to locations across the nation in response to the COVID-19 pandemic. Soldiers from the Army Reserve's 3rd Medical Command (Deployment Support) headquartered in Forest Park, Georgia, and 807th Medical Command (Deployment Support) headquartered at Fort Douglas, Utah, were selected to form the new UAMTFs. Nearly 1,300 Soldiers boasting a plethora of medical skills and training will make the UAMTFs a key weapon in battling COVID-19 and protecting the American people. (Photo by Staff Sgt. Shawn Morris)



“YOU WILL GIVE THEM A SENSE OF HOPE, AND A SENSE OF CONFIDENCE THAT ALL IS NOT LOST...”

-LT. GEN. CHARLES D. LUCKEY

The U.S. Army Reserve is deploying 15 Urban Augmentation Medical Task Force units to locations across the nation in response to the COVID-19 pandemic.

Eight of these UAMTFs are scheduled to undergo reception, staging, onward movement and integration processing at the Joint Readiness Center here prior to deployment to their mission locations.

“We live the Army Values, and we serve the people of the United States,” said Lt. Gen. Charles D. Luckey, Chief of Army Reserve and Commanding General, U.S. Army Reserve Command, during a visit with the UAMTFs here, April 8. “We have the honor and privilege to serve them in their greatest time of need.”

Soldiers from the Army Reserve's 3rd Medical Command (Deployment Support) headquartered in Forest Park, Georgia, and 807th Medical Command (Deployment Support) headquartered at Fort Douglas, Utah, were selected to form the new UAMTFs.

“Ten days ago, the UAMTF construct did not exist,” Luckey explained. “We’ve been building and marshalling 15 units that have never before existed in the Army.”

On Jan. 30, the World Health Organization declared a public health emergency of international concern due to the 2019 Novel Coronavirus, known as COVID-19. The following day, the secretary of Health and Human Services declared a public health emergency in the United States and announced new measures to prevent the spread of COVID-19.

“Everybody knows somebody who has been massively impacted by this, either because of the virus itself or from the devastation it has wreaked on our economy,” said Luckey, who is responsible for the Army Reserve's 200,000 Soldiers and 350,000 family members spread across 20 time zones. “We’re in uncharted waters, and people are hurting out there.”

The U.S. Army Reserve is responding with appropriate measures – to include the

deployment of UAMTFs – to support the Army and other government agencies’ response to COVID-19 while protecting the health of the force and maintaining operational readiness.

“Most of us have spent a lot of time in other parts of the world fighting our nation’s wars, but now the war that we didn’t think we would have to fight is the war we’re in,” Luckey said. “This is going to be a different fight in a different place against a different foe, but this is the fight we’re in.”

Nearly 1,300 Soldiers boasting a plethora of medical skills and training will make the UAMTFs a key weapon in battling COVID-19 and protecting the American people.

“You’re going to do two things – you’re going to save lives, and you are going to lift the spirits of the nation,” Luckey said to the UAMTFs. “You will give them a sense of hope, and a sense of confidence that all is not lost.”

Bluntly ask about suicide: Do not mince words on this subject

By: Master Sgt. Franklin Vaughn

We are losing too many people to suicide. The National Institute of Mental Health (NIMH) reports that more than twice as many people in the United States killed themselves (47,173) in 2017 as were murdered (19,510). It was the second-leading cause of death of people aged 10-34 and the fourth-leading cause for people aged 35-54.

This problem is actually more serious than the number of completed suicides. According to that same report, nearly 10 million people in the U.S. reported serious thoughts of committing suicide. Nearly 3 million made serious plans. Nearly 1.5 million actually attempted suicide. From 2001-2017, the overall suicide rate in this country jumped up 31%.

Veterans especially suffer in this regard. Despite the oft-quoted statistic that we are losing 22 veterans a day to suicide, the actual number, according to the Department of Veterans Affairs,

is actually more like 17. That's still too many.

Current service members fare no better. According to this report from the Department of Defense, deaths by suicide in the military outpace deaths by combat. Reservists and National Guardsmen have a higher rate than the active component; enlisted personnel under age 30 account for the majority of completed suicides.

People come to a choice about suicide from a multitude of different paths. One thing we do know is that suicide does not discriminate. It crosses boundaries of age, gender, race, religion, professional occupation, and any other demographic you can think of. The numbers are climbing year-over-year and it seems like a hopeless cause. It's not. Here are some things we can do.

Learn to recognize risk factors.

Risk factors are facts and circumstances of someone's life that may suggest at-risk status for suicide or suicidal ideation.

These include:
-Previous suicide attempt
-Depression
-Substance Abuse
-Family history of mental disorder or suicidal activity
-Victim of physical or sexual abuse

-Severe medical conditions
These do not necessarily mean someone will think about, attempt, or complete a suicide. These are trends that suicidal people tend to present.

Learn to recognize warning signs.

While risk factors are facts and circumstances, warning signs are actual behaviors that may indicate someone is on the road to suicide.

These include:
-Making fatalistic statements about hopelessness, emptiness, or not having a reason to live – social media is a common place for this.
-Talking about being a burden to others
-Excessive substance abuse, especially when feeling depressed or hopeless
-Withdrawing from family or friends
-"Checking out" on life responsibilities, e.g. work, finances, etc.
-Taking risks that could lead to death, e.g. reckless driving
-Giving away important possessions
-Saying goodbye to friends and family

Ask the question.

Be blunt. Don't ask, "Are you thinking of hurting yourself?" or "Are you thinking of doing something stupid?" The former is too broad – hurting oneself certainly needs to be addressed, but not all forms of self-harm necessarily lead to suicide. The

latter is invalidating. If someone is already in a place where they don't feel anyone understands them or cares about them and they want to die, then calling them or their thoughts "stupid" is probably the opposite of what you need to do here.

Straight-up ask, "Are you thinking about killing yourself? Or maybe, "Are you thinking of suicide?" The direct approach quickly focuses on the situation and gets you the answer you need immediately.

I have asked that question before, and many times I get a surprised response. One guy told me that he had felt down for a long time, but he didn't realize how bad it had gotten until I asked the question. He told me that he wasn't actively thinking about suicide, but he couldn't swear that he wasn't headed in that direction. Another was surprised because he was planning to commit suicide and he thought no one would care enough to even notice.

Refer them to the proper resources.

Once you are able to get someone talking about suicide, encourage them to seek the help they need. Unless you are a licensed mental health professional or a medical doctor, you need to realize that your job

Table 1. Annual Suicide Counts and Rates per 100,000 Service members by DoD Component and Service, CY 2016 - 2018¹⁻³

DoD Component/Service	CY 2016		CY 2017		CY 2018	
	Count	Rate	Count	Rate	Count	Rate
Active Component	280	21.5	285	21.9	325	24.8
Army	130	27.4	114	24.3	139	29.5
Marine Corps	37	20.1	43	23.4	58	31.4
Navy	52	15.9	65	20.1	68	20.7
Air Force	61	19.4	63	19.6	60	18.5
Reserve	80	22.0	93	25.7	81	22.9
Army Reserve	41	20.6	63	32.1	48	25.3
Marine Corps Reserve	19	--	10	--	19	--
Navy Reserve	10	--	9	--	11	--
Air Force Reserve	10	--	11	--	3	--
National Guard	122	27.1	133	29.8	135	30.6
Army National Guard	108	31.3	121	35.5	118	35.3
Air National Guard	14	--	12	--	17	--

1. Source(s): AFMES.
2. Suicide rates for the SELRES include all Service members irrespective of duty status.
3. Per DoDI 6490.16, rates for groups with fewer than 20 suicides are not reported due to statistical instability.

is to refer.

Be prepared to address the subject of stigma – either social or professional. We have come a long way in our understanding of just how many people are hurting, but we still have a long way to go in our willingness to help, as well as our willingness to seek help.

I came into work this morning having not slept a wink all night. My dog kept me up with his allergy-fueled idiosyncrasies, and I was dragging. Also, I had not had my morning coffee yet. I guess it must have showed, because no fewer than three people asked me if I was okay.

As I settled into my office to begin my day, one of my employees came in and closed my door behind me. He looked troubled, so I sat up straighter and

tried to mentally prepare myself for whatever issue he was bringing to me.

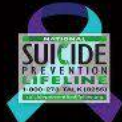
"I'm concerned about you," he said. "You made a statement earlier about wanting to go away somewhere and not think anymore. That sounds like one of those statements you trained me to pay attention to."

It was my turn to give the surprised response.

"I...wow. Ok," I stammered. "So, I'm not suicidal at all. I just meant that I need some off time to enjoy the holiday and not think about work. Also, coffee."

He grinned at me and left my office satisfied that I was okay, but that he had done the right thing.

This stuff works.



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What is the Soldier Readiness Improvement Program?

By: Lt. Col. Kenneth Bria

The 99th Readiness Division's Soldier Readiness Improvement Program, (SRIP), is designed to increase Soldier Medical and Administrative Readiness for the units within the 99th RD area of operation.

Our events include medical screenings, Army professionals in conjunction with LHI (PHA, dental, blood draws, vision, audiology, and immunizations) as well as finance, personnel, retention, chaplain, and JAG services.

The SRI Program not only increases the readiness of the Soldiers that attend, but offers training opportunities for the support staff, which in turn increase their mission readiness.

With the use of organic doctors, medics, personnel, finance and JAG teams to screen Soldiers in attendance the staff uses Army based systems to give real world and real time training

and updates in Soldiers records. To date, over 21, 000 Soldiers have attended the program.

We have used our organic medical professionals at 21 of our events to complete over 2,500 PHA and Vision screenings. This has resulted in a direct cost savings of over \$300,000 that would have been paid to a contracted vender to complete these services.

Our initiative of using medical professionals has led to the Organic Provider Support Pilot Program, OPSP2. This program allows any Physician, Nurse Practitioner or Physician Assistant in the Army Reserves to attend one of our SRIP events to train on how to complete PHAs after they have attended their initial training at ARMEDCOM.

At the conclusion, these Providers now have the ability to complete PHAs on their own Soldiers, which directly increase the medical readiness for the Soldiers in their formations. 🇺🇸

PROGRAM BENEFITS

- o Increase in Soldier and unit readiness
- o Decrease in non-deployable Soldiers
- o Enhanced training opportunities for unit administrative and medical staff
- o Access to on-site doctors who can answer questions regarding MEBs, LODs, and profiles
- o Access to on-site lawyers who can create wills and powers of attorney
- o Access to LHI services including PHAs, dental vision, immunizations, EKGs, blood draw, etc.

For more information or to sign up for a SRIP event contact us at:
usarmy.usarc.99.rsc.list.srip@mail.mil
609-562-7582 or 609-562-7581

99th Readiness Division Retirement Services Office Upcoming Events



- o **23-May "Saturday Seminar"**
Fort Hamilton, NY Registrants
Retirement Process, RC-SBP/SBP, Retired Pay (0900-1200)
- o **03-June "Wednesday Walk Thru"**
Fort Belvoir, VA Registrants
Retirement Process, RC-SBP/SBP, Retired Pay
0900-1130 & 1730-1900
(Options for audience)
- o **11-Jun "Thursday Chat"-Open Registration**
FAQ's, TPU Timeline, Forms, MAB
(1130-1300)
- o **17-June "Wednesday Walk Thru;**
Ft Belvoir, VA Registrants
Retirement Process, RC-SBP/SBP, Retired Pay/MAB (TBD)
- o **20-June "Saturday Seminar"**
Coraopolis, PA Registrants
Retirement Process, RC-SBP/SBP, Retired Pay/MAB (0900-1200)
- o **25-June "Thursday Chat"**
Open Registration
Retired Pay Application
(1130-1300)

Interested participants should send an email to **Army99RSO@mail.mil** for additional details.



78TH ARMY BAND SPOTLIGHT

Army Reserve band creates interactive virtual mentorship program

By: Spc. Gordon Penn



“When we first heard we were going to be out of the classroom due to the pandemic, we were told to give our students lessons for two weeks, but we knew we would be out considerably longer,” said Sgt. 1st Class Tyrone Tedrick, tuba player for the U.S. Army Reserve’s 78th Army Band.

Tedrick, along with Sgt. 1st Class Nicholas Greeson, fellow squad leader and saxophonist with the 78th Army Band, created a fully interactive virtual music mentorship program for elementary and high school students affected by recent massive school closings.

In March, state governments started cancelling classes and closing schools in response to the COVID-19 pandemic’s social-distancing guidelines. Overnight, thousands of young music performers and their educators, band leaders and musical mentors were torn apart.

“The students play the music, and we give feedback. That is how all bands work,” said Greeson. “Bands play together, reacting to each other, learning together; suddenly it was impossible for us all to be in the same

room.”

Tedrick and Greeson are Soldiers, educators and professional musicians. When not in their military uniforms, they are both elementary school band directors; Tedrick for the Colonial School District in Wilmington, Delaware, and Greeson for Cape Henlopen School District in Lewes, Delaware.

“We have a lot of music educators from many different states in our unit, and our commander works with Grammy Music Education Coalition, so we bring a lot of knowledge to this problem,” said Greeson. “We had (battle assembly) the weekend schools started closing, so Sgt. 1st Class Tedrick and I started to put a plan together for how the 78th would assist these students and their teachers.”

“One of the founding pillars of the Army band is education and educational outreach,” added Tedrick. “We wanted to have interaction with the students, not just some Youtube videos which are just one-way communication. There’s something lost if the students are just sitting at

home watching videos. We wanted actual interaction with students, face-to-face contact.”

The two NCOs crafted a virtual performance and learning space for interactive remote music education. They presented their idea to Master Sgt. Brian Endlein, their recently promoted incoming first sergeant whose civilian job is band director for Middletown High School, Delaware, and their commander, Chief Warrant Officer 3 Luis Santiago. Together, they came up with a plan to present live master classes online through Google Hangouts, taking advantage of the diverse array of musical talent that resides within the 78th Army Band.

“When Sgt. 1st Class Greeson and Tedrick first approached me about the online music mentorship concept, I immediately told them to run with it,” Endlein said. “By leveraging their skill sets from their civilian careers and exercising initiatives as NCOs, they represent the best of what the United States Army Reserve can offer the American people.”

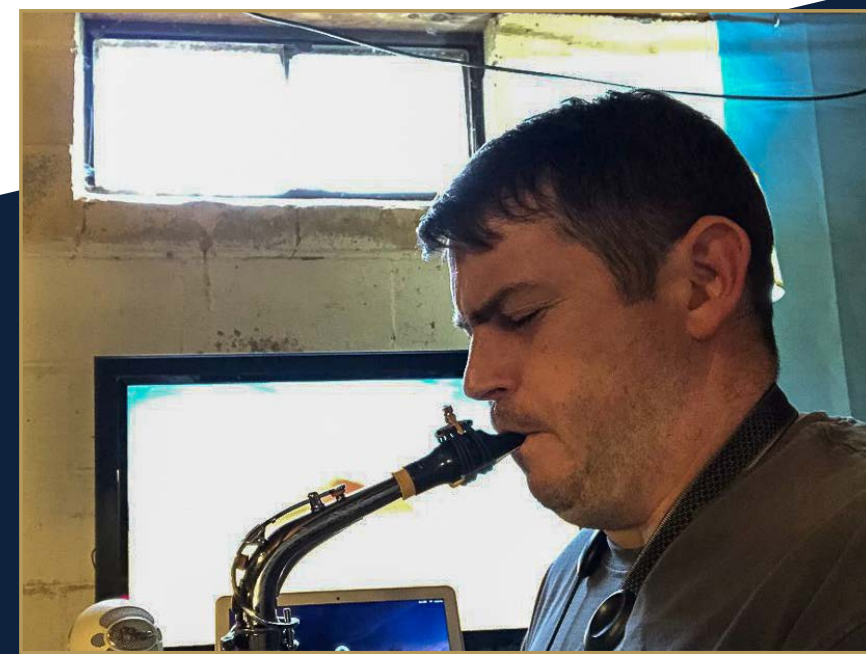
Word spread fast that professional musicians were holding

online classes in a variety of musical instruments focused on students’ needs.

“Some of our master classes have 60 students attending, and as a band leader I can say, ‘The more kids are playing – anywhere – it always helps their playing,’” said Tedrick.

“These Soldiers are all members of their communities. They teach in the communities where they live. They know that community and they love to give back,” Santiago said. “The diversity of the unit; the experiences they bring; if you look at New York City, New Jersey, Philadelphia – our unit is like a snapshot of that entire community, the different cultures. They are so involved in this community because it is their community, and I always expect greatness from them.”

The 78th Army Band’s mission is to provide music throughout the spectrum of military operations to instill in the armed forces the will to fight and win, foster the support of American citizens, and promote national interests at home and abroad. 🇺🇸



Top: Sgt. 1st Class Nicholas Greeson, Saxophone player for the U.S. Army Reserve’s 78th Army Band, teaching a master class on Advanced Saxophone Technique, April 29, 2020. As COVID-19 pandemic social-distancing guidelines shuttered schools in March, 2020 Tedrick and fellow band member Sgt. 1st Class Nicholas Greeson devised and created a fully interactive virtual music mentorship program for the quarantined elementary and high school students. (U.S. Army Photo by Sgt. 1st Class Nicholas Greeson)

Bottom: Sgt. 1st Class Tyrone Tedrick, Tuba player for the U.S. Army Reserve’s 78th Army Band leading a master class on Tuba Fundamentals, April 29, 2020. As COVID-19 pandemic social-distancing guidelines shuttered schools in March, 2020 Tedrick and fellow band member Sgt. 1st Class Nicholas Greeson devised and created a fully interactive virtual music mentorship program for the quarantined elementary and high school students. (U.S. Army Photo by Liz Tedrick)

Ambassador Spotlight:



Gary Port
ARA, NY

Arrmy Reserve Ambassador Gary Port has served in his position as an Army Reserve ambassador for New York since 2018. ARAs provide community outreach assistance to Army Reserve Soldiers and their Families, and provide feedback on plans, programs and needs to the commander of the Army Reserve and local unit commanders.

"I see my job as educating public officials, and being the public face of the Army Reserve," said Port, a retired lieutenant colonel whose final assignment was staff judge advocate for the Army Reserve's 78th Training Division. "It is also important to act as a bridge with the elected officials so that they can better represent their military constituents."

Throughout New York

state, nearly 7,500 Soldiers serve in 161 units located at 29 facilities, bringing an estimated economic impact of \$371 million to the Empire State.

"It is important to educate state legislators about the Army Reserve," said Port, a Long Island native and graduate of New York University who earned his juris doctorate from Brooklyn Law School. "The legislators don't always realize how many Army Reserve Soldiers and Family members live in their state, the number of military assets in their state, and the amount of money that the Reserve brings into the state economy."

Port is founder and partner of Port and Sava Attorneys at Law. He was also an assistant district attorney in New York City. Port worked for Kanterman, Taub and Breitner, a New York City-based insurance defense firm, as well as Schneider Harris, a law firm representing medical professionals. Port is a visiting assistant professor of law at Hofstra University Law School, and under the auspices of the Gittenstein Institute for Health, runs a pro bono legal services program for military veterans.

"I served for 28 years, Active and Reserve," said Port, a past board member of the 4th JAG Officer's Association. "The Army Reserve is a critically important part of the Nation's defense, but more importantly, the Reserve Soldiers and their Families are vital to the ultimate

success of the force. Retirement does not mean that I stopped caring or stop feeling a need to serve."

The Army Reserve Ambassador Program was established in 1998 to promote awareness of the Army Reserve, its goals and objectives, and to serve as a vital bridge in states and communities to further educate and garner support for the Army Reserve.

ARAs carry a protocol status equivalent of a major general, which is a key means by which ARAs are able to effectively execute their responsibilities. ARAs are Special Government Employees who represent the chief of the Army Reserve without salary, wages or related benefits.

Additionally, ARAs build relationships and strive to improve the understanding and knowledge of the Army Reserve within the business and social sectors of communities across America. They help to educate the public, community leaders, and congressional staff offices about the capabilities and values of the Army Reserve and the Soldiers who live and work in their communities. They establish open lines of communication with the local communities, and they work to support recruiting efforts by assisting community and business leaders in recognizing that the Army Reserve strengthens the Soldiers, the community and the nation. Each state and territory has at least one ARA. 🇺🇸



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1 Wash Your Hands



Wash your hands with soap and water or alcohol-based hand rubs containing at least 60% alcohol.

2 Inspect the Respirator



Inspect the respirator for damage. If it appears damaged or damp, do not use it.

3 Put on the Respirator



Cup the respirator in your hand with the nose piece at your fingertips and the straps hanging below your hand.



Cover your mouth and nose with the respirator and make sure there are no gaps (e.g., facial hair, hair, and glasses) between your face and the respirator.



Place the strap over your head and rest at the top back of your head. If you have a second strap, place the bottom strap around your neck and below your ears. Do not crisscross straps.



If your respirator has a metal nose clip, use your fingertips from both hands to mold the nose area to the shape of your nose.

4 Adjust the Respirator



Place both hands over the respirator. Inhale quickly and then exhale. If you feel leakage from the nose, readjust the nose piece; if leakage from the respirator edges, readjust the straps.



Repeat until you get a proper seal. If you can't get a proper seal, try another respirator.



Avoid touching the respirator while using it. **If you do, wash your hands.**

5 Wear the Respirator

Note: If you reuse your respirator, wear gloves when inspecting and putting on the respirator. Avoid touching your face (including your eyes, nose, and mouth) during the process.

6 Remove the Respirator



Wash your hands.



Remove the respirator from behind. Do not touch the front.

7 Dispose of the Respirator



If the respirator does not need to be reused because of supply shortages, discard it in a closed-bin waste receptacle. Wash your hands.

For more information, see the quick video, "Putting On and Taking Off a Respirator". ▶



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