



I'm sorry but I
can't take the pain
anymore. No one
understands...
I just want the pain
to go away



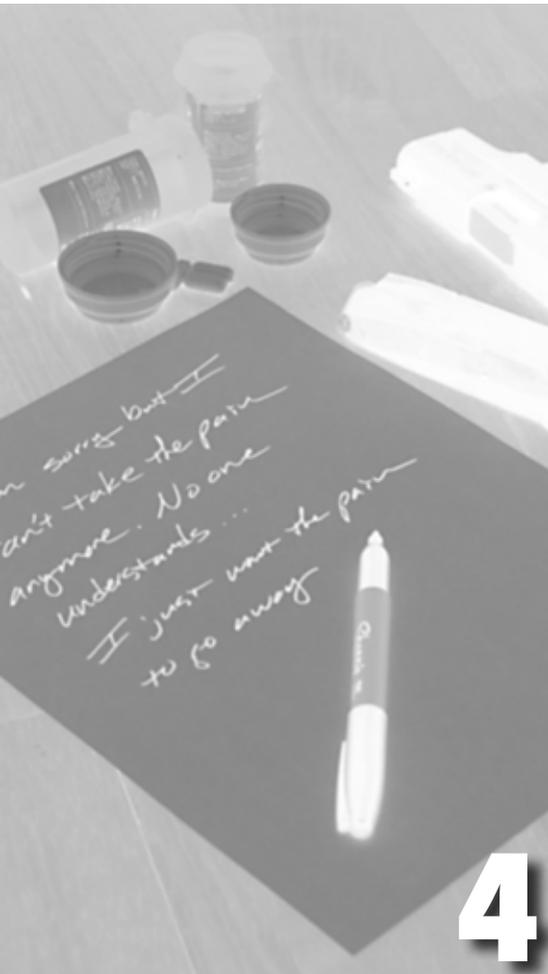
**SUICIDE:
EVERYONE
LOSES**



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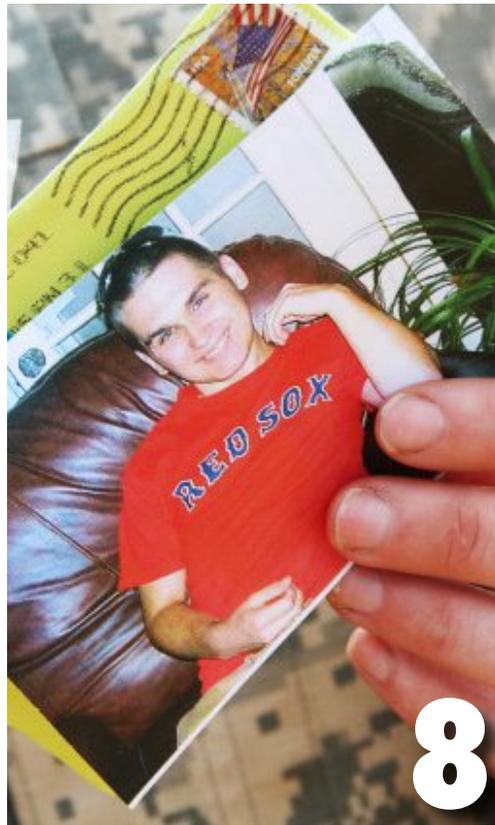
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COVER STORY:

In 2013, the U.S. Army Reserve recorded 57 suicides, the highest number since 2009. In 2014, the number dropped to 40. In 2015, 40 Soldiers have taken their life – 12 of those occurring in July. Jose Mojica put together a team to examine last year's suicides to search for trends between 2013 and 2014. The team examined 15-6 investigations, police reports, witness depositions, suicide notes, medical records, and autopsy reports. (Graphic by Timothy L. Hale/U.S. Army Reserve Command)



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DOUBLE EAGLE



The DOUBLE EAGLE
 "Twice the Citizen! Army Strong!"

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 PUBLIC AFFAIRS OFFICE,
 FORT BRAGG, N.C.

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DEPT. OF THE ARMY

MAJ. GEN. KEITH L. WARE AWARD

HONORABLE MENTION: 2013



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 Double Eagle back issues.**

One Suicide is One Too Many

A U.S. Army Reserve female Soldier was homeless but she successfully kept it hidden from her unit leadership.

She would catch rides to and from battle assemblies in a local park. Until one day when she wasn't at her usual spot.

She was later discovered hanging from tree in the park - the result of a suicide.

Another U.S. Army Reserve Soldier told his unit of his homelessness, the recent deaths of Family members two months in a row, estrangement from his Family, heavy drinking, and unemployment.

His leadership chalked up to a "string of bad luck."

This Soldier gave up and later took his life.

How many more U.S. Army Reserve Soldiers have to take their lives before we say enough is enough?

In 2013, the U.S. Army Reserve recorded 57 suicides, the highest number since 2009. In 2014, the number dropped to 40. In 2015, 40 Soldiers have taken their life – 12 of those occurring in July.

Jose Mojica, the U.S. Army Reserve suicide prevention program manager said that we have gotten away from suicide prevention training and that has to stop now.

He said the historical data shows that when suicide prevention training is up, the numbers go down.

People are in pain every day. Sometimes it can be physical but it can also be mental pain.

Not being able to care for oneself and Family due to unemployment or underemployment can lead to financial and emotional stress.

Mojica said these trends in stressors continue year after year for our Soldiers and their Families but it doesn't seem that many leaders are listening or looking for the signs.

A key to curbing suicide in our ranks is communication.

"We have to create a culture where we all care about each other," said Nicholas Gaines, the 807th Medical Command (Deployment Support) suicide prevention program manager. "Shoulder to shoulder, we're all in this together.

"We have to listen to their story," Gaines said.

"We are very quick to react but we need to stop and listen to their pain in order to help them."

Ultimately, we are all affected by suicide - either directly or indirectly.

Are you willing to give up one more life? 



Timothy L. Hale
 Editor



Timothy L. Hale, a U.S. Air Force veteran, is an award-winning photojournalist and editor of the USARC Double Eagle. He is member of a number of professional organizations to include: Nikon Professional Services, National Press Photographer's Association, and the North Carolina Press Photographer's Association. The views expressed in this column are expressly his own and do not necessarily reflect those of the U.S. Army Reserve Command, the Department of the Army, and/or the Department of Defense.

I'm sorry but I
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SUICIDE: EVERYONE LOSES

Story & graphics by TIMOTHY L. HALE
U.S. Army Reserve Command

In 2010, an unemployed U.S. Army Reserve specialist committed suicide.

Two days before his death, the Soldier told his section leader that he was homeless and that he had been living at the home of several different friends. In addition, the Soldier reported he had experienced death within his Family two months in a row.

The Soldier was estranged from his immediate Family and had a history of heavy drinking as noted on his most recent Periodic Health Assessment.

His military leadership did not pursue this information, but rather chalked it up as a “string of bad luck.”

Even though he was unemployed, he attended battle assemblies as scheduled and had completed Suicide Prevention Chain Teaching and Stand-down Training the year before.

Warning signs included possible depression due to death of Family members, financial stress, relationship issues, and substance abuse. Despite the warning signs, unit leadership failed to intervene.

See **SUICIDE**, Pg. 6

SUICIDE

from Pg. 5

FORT BRAGG, N.C. – In order to mitigate a loss, suicide prevention personnel say that leaders and supervisors must be engaged with their Soldiers to understand what is happening away from battle assemblies.

Jose Mojica, the U.S. Army Reserve suicide prevention program manager, said it “breaks his heart” to read many of these reports because he knows many of these suicides could have been prevented.

Searching for Trends

In 2013, the U.S. Army Reserve recorded 57 suicides, the highest number since 2009. In 2014, the number dropped to 40. In 2015, 40 Soldiers have taken their life – 12 of those occurring in July.

Mojica put together a team to examine last year’s suicides to search for trends between 2013 and 2014. The team examined 15-6 investigations, police reports, witness depositions, suicide notes, medical records, and autopsy reports.

As in 2013, relationships, finances, or where they lived, were leading cause of Soldiers committing suicide in 2014.

“The trends that are being reported are similar for every calendar year,” Mojica said. “What I have seen is the number of unemployed Soldiers has increased. I understand the economy is getting better, but it doesn’t seem to be filtering down.”

Relationship issues topped the list at 85 percent, up from 56 percent in 2013. Financial issues

2014 U.S. ARMY RESERVE SUICIDE DATA POINTS

- **Males outnumbered females 37-3.**
- **The state of Washington recorded the most deaths in 2014 at 10 percent.**
- **Caucasians were 72.5 percent more likely to commit suicide.** Hispanics (12.5), African American (10), Native American (2.5), and Asian-Pacific Soldiers (2.5) rounded out the list.
- **Enlisted Soldiers topped the list with corporals and specialists at 35, sergeants at 15, private first class at 12.5 percent respectively.**
- **Captains topped the list in the officer ranks with 7.5 percent.**
- **55 percent of the Soldiers had no deployment history while 45 percent had previously deployed.**
- **Finally, 77.5 percent had no diagnostic history of Traumatic Brain Injury or Post-Traumatic Stress Disorder, down from 81 percent in 2013.**

SOURCE: USARC Case Review Work Group

were at 65 percent, up from 37 percent the previous year. Legal issues jumped to 57 percent, a rise from 23 percent.

Based on the FBI Violent Crime Community Index, 37.8 percent of those lived in either in Moderately Dangerous or Moderately Safe communities while 13.6 percent lived in the Most Dangerous communities.

Seeking Help

One of the outcomes of the 2014 study showed that 60 percent had previous suicidal ideations and the Family was aware but did not make the chain of command aware.

“It’s a combination of a couple of things,” Mojica said. “They don’t know who to contact at the unit. They are afraid if they say anything about their Soldier, it may ruin their career.”

Conversely, Mojica said many Soldiers are too scared or embarrassed to go to their command to seek help in dealing with their particular situation.

The Soldier Leader Risk Reduction Tool, or SLRRT, is a great place to start, Mojica said.

“We asked the Department of the Army to supplement it with reserve-centric questions, concerns, and leader actions,” he said. “The



SLRRT is a road-map to help the first-line leader begin to communicate with their Soldier. It's not a checklist, it's a road map to help them establish a dialogue with their Soldiers."

Asking the Right Questions

Leaders getting to know their Soldiers and know what resources were available in the community were common themes that resonated with new suicide prevention managers during a recent training session.

Alvin Moore, with the 80th Training Command, Mark Schultz with the 99th Regional Support Command, and Nicholas Gaines, with the 807th Medical Command (Deployment Support), all realize the gravity of their position – to help their commanders save the lives of their Soldiers.

"We can make sure the commanders know what is available to them in their area," Moore said. "Everybody has to be mindful of the signs and signals and connect those in need with the right people."

Schultz said it doesn't matter whether a Soldier has deployed or

not, we all have a stake in suicide prevention.

"Today, tomorrow or yesterday, we're all Soldiers," Schultz said. "In the Warrior Ethos, 'I'll never leave a fallen comrade' and I take that very personally."

Mojica said that while reviewing the 2014 cases, one thing became clear – the Soldiers were described as being competent in their military duties. It was just they were overcome by life events and felt they had nowhere to turn.

"Supervisors reported them as being excellent Soldiers," he said. "They enjoyed being a member of the U.S. Army Reserve because they felt they belonged to a big family. They put the uniform on and they feel good."

Gaines, who served as an Army chaplain, said it's easy to see how all of life's stressors can add up.

"We have to create a culture where we all care about each other," Gaines said. "Shoulder to shoulder, we're all in this together."

"We have to listen to their story," Gaines said. "We are very quick to react but we need to stop

and listen to their pain in order to help them."

Moving Forward

Mojica said there is no "silver bullet" when it comes to mitigating suicide. However, he did say when units are actively training suicide prevention the number of suicides tends to drop.

"There are indicators – although I can't scientifically prove it. But recent historical information shows when training goes up, suicide numbers go down," Mojica said. "Conversely, when suicide training goes down, the numbers go up."

"The goal is to turn that trend around," Mojica said. "The key is making sure the chain of command stays engaged. Making sure the junior leaders and first-line supervisors know what to do if they learn one of their Soldiers is at risk."

Ultimately, communication is the key, Mojica said.

"The other problem is they are not talking with one another, but you need that human interaction. It's very important and we're going to enforce communication." ☺

SEPTEMBER
IS
SUICIDE
PREVENTION
MONTH

Reach out and listen.
Be a friend to those
who need you most.
Be a shoulder
to lean on.
Be strong for them.

Call the Military Crisis Line or National Suicide Prevention Lifeline
1-800-273-TALK (8255)

**Military
Crisis Line**

1-800-273-8255
PRESS 1

U.S. Army Reserve paratrooper helps raise awareness of PTSD, suicide

Story & photos by Master Sgt. MARK BELL
USACAPOC(Airborne) Public Affairs

FORT BRAGG, N.C. – For one Army Reserve paratrooper, raising awareness of post-traumatic stress disorder, or PTSD, and suicides took to new heights recently at the Saint Mere Eglise drop zone, or DZ.

Sgt. Kristen Bell, a communication specialist from Oxnard, California, had a small payload tucked in her pockets of her Army combat uniform during an airborne jump that earned her the German jump wings.

Her journey to this moment started several months ago.

Bell, who is assigned to the U.S. Army Civil Affairs and Psychological Operations Command (Airborne), based on Fort Bragg, was touched by a news report about a mother, who used social media to ask people to scatter her son's ashes after he took his own

life to raise awareness of PTSD and suicide.

During a lunch break while sitting in her car, Bell, a single mother of a 15-month-old daughter, turned to Facebook to learn more about "Scattering CJ."

CJ Twomey, a former member of the U.S. Air Force from Maine, committed suicide in April 2010. According to his mother, Hallie Twomey, he loved to travel, and she took to social media to help him take those adventures he talked about to his friends and families.

"I cried," Bell said after reading her story. "As a mother, nothing more is passionate than the love of a child. I wanted to help her with her simple wish to take her son to places he never got to see. I'm a new mom and my heart goes out to other mothers."

Bell said being a mom has helped her understand how Hallie and other mothers want to give everything for their son or daughter.

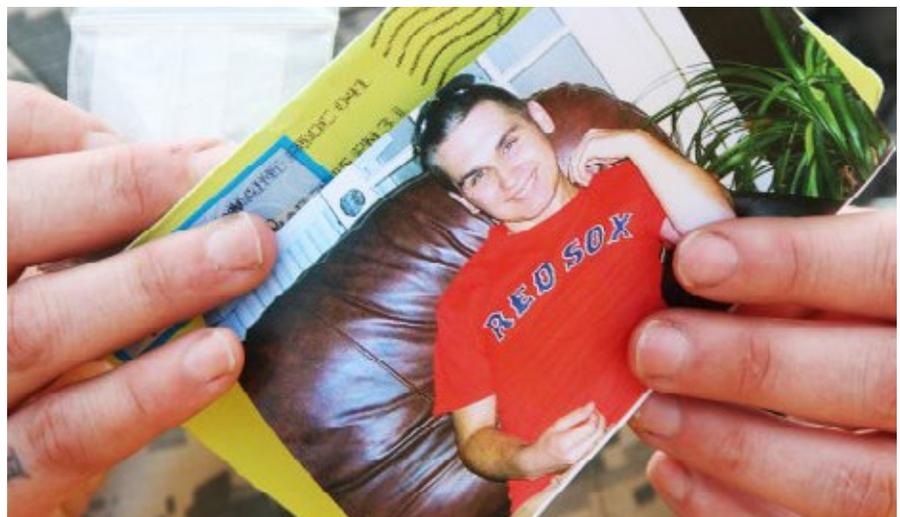
When Hallie first started the voyage more than 18 months ago, she didn't understand how it would impact people. Instead, she hoped that those connected to this journey would walk away remembering her son.

"Beyond that, I didn't have any real expectations," she said.

Since then, she has come to learn how "Scattering CJ" has started conversations around depression, suicide, the military and organ donation and how it's actually stopped a few people from choosing the same path as CJ.

"I now hope that it continues to spark conversations for all involved," Hallie said. "I never intended CJ's journey to be a plat-

SCATTERING CJ. U.S. Army Reserve Sgt. Kristen Bell, a communication specialist from Oxnard, Calif., holds a photo of CJ Towney after an airborne operation at Saint Mere Eglise drop zone on Fort Bragg, N.C., June 29, 2015. Bell, a paratrooper assigned to the U.S. Army Civil Affairs and Psychological Operations Command (Airborne), used the jump to raise awareness of post-traumatic stress disorder, or PTSD, and suicides by helping a mother, who used social media to ask people to scatter her son's ashes after he took his own life to raise awareness of PTSD and suicide.



form for anything specific. It was merely born out of my guilt and my need to give him one last chance to see the world he didn't get to see."

As Bell read CJ's story on her smartphone in the car that one afternoon, she connected with his story as her own journey and life choices turned a new chapter in her life a few months earlier.

After leaving active duty in October 2014, Bell said she didn't know what she was going to do with her life except ensure her daughter, Willa, was safe and had a better life than her.

"When you are on active duty, it's your life," she said. "They told you what to wear, where to be and what time to be there. When I left, all of a sudden that purpose and drive was gone. I didn't know what tomorrow is going to bring."

Being in the U.S. Army Reserve has helped restore Bell's direction and purpose in life after nine years.

Like any caring mother, Hallie said she would give anything to have her son back.

"I hate that I had a reason to start 'Scattering CJ,'" she said. "If his story helps save lives and opens doors to communication then his death will have meaning. CJ was so much more than just that one moment."

Those special moments are bonds that connect parents to their children. Bell said her daughter is her world and her life struggles after leaving active duty were nothing compared to her love for her daughter.

"She is the reason I exist today," she said. "Before the Army I was lost and made some bad choices."

She said the military has empowered her with the Army values that transcend from military to the civilian life.

Before her jump out of a UH-60 Black Hawk helicopter, Bell placed a small envelope containing Twomey's photo, a small printed story and a sealed plastic bag with less than a teaspoon of his ashes, into her left cargo pocket.

"He's been sitting in my shelf waiting for the right moment to take him on an adventure," she said before a jumpmaster checked her equipment. "I'm glad I was able to take him on a jump to earn my German jump wings. I couldn't wait to get out the door and share this with him."

After the parachutes were loaded onto nearby trucks to be repacked and the German jump wings

pinned on the paratroopers, Bell and several Soldiers gathered at the edge of the drop zone to remember CJ and others who suffered from mental illnesses.

"I have friends both in the Army and in personal life that have committed suicide," she said.

Bell talked about one friend who came back from a deployment and killed himself shortly after returning home.

"He was alone and drinking," she said. "You don't know, because you'll assume you will see the signs. We were close to him, and we didn't see the signs of his situation."

On the drop zone, Bell spent several minutes talking with Soldiers about her friend's story and more importantly, suicide and PTSD.

"I wanted to be able to touch lives in a positive light," she said. "Whether it's one person or a thousand, it's important to inform and educate people about the importance to helping others with mental illnesses."

With the help of German Lt. Col. Andra Wiechart, a German army liaison staff officer with the XVIII Airborne Corps, they opened the small packet of CJ's ashes and dispersed them in a small corner of the DZ.

"He will always be a part of Saint Mere Eglise drop zone," Wiechart said. "I can think of no better way to honor CJ and others who suffered from PTSD and have taken their own lives."

Since the journey began, "Scattering CJ" has had hundreds of adventures around the globe and finally, his first Army airborne jump.

"I will never be able to say thanks enough to those who have offered to help me give CJ's ashes so many amazing final resting places or to those who will offer support to others in need after reading how destructive suicide is for all involved," Hallie said.

If one thing she hoped to pass on to others is simple message.

"Never, ever forget that someone, somewhere, loves you more than you know and would be destroyed if you were gone," she said.

As Bell went back to work as a full-time U.S. Army Reserve Soldier, the story about CJ quickly spread through the hallways. It's exactly what Hallie hoped for - touching lives through communication.

"Don't be CJ. Live life because he couldn't," she said. 🇺🇸



Message from LTG Jeffrey Talley



Regarding the
Suicide Prevention Month
September, 2015

Striving to excel in our units and communities while making sure we and our loved ones have what they need to be happy and productive at home, school or work is incredibly rewarding. However, the journey towards these goals — like any worthwhile endeavor — is not without its challenges. A heated argument with a partner or spouse, end of a relationship, loss of friends during a deployment or loss of a job can happen so suddenly, and hurt so badly, that we have no idea if, and when, the pain will end.

September is Army Suicide Prevention Month, an opportunity for the Army Reserve to focus on well-being, resilience, and the positive results possible by reaching out for help. Protecting our nation is a stressful job, one that very few Americans are qualified to hold. Extensive training and deployment as an operational Army Reserve for more than a decade helped to mold us into one of the most resilient armed forces in our nation's history.

That said, even the most dedicated and resilient Soldier will encounter seemingly insurmountable problems that, in time, are resolved. Each of us reacts to stress differently — some jog around the block, others seek guidance from a chaplain or talk to friends and family. No matter who you are, or what problems you are struggling with, hurting yourself is not the answer. Seeking help is a sign of strength and maturity — do not deal with a problem alone.

Just as a deployed Soldier helps his or her "battle buddy" to succeed during combat, the Army Reserve's Fort Family Outreach Support Center (1-866-345-8248) is your "battle buddy" for combating life's difficult moments. We also strongly urge you to use Military OneSource, visit the Army G-1 Suicide Prevention website (preventsuicide.army.mil) and the many other sources of information and inspiration available to you and your loved ones.

Twice the Citizen, Army Strong!

JEFFREY W. TALLEY
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General, US Army Reserve Command

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PREVENTION
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www.suicidepreventionlifeline.org

**Military
Crisis Line**

1-800-273-8255
PRESS 1

SAPPER 20 STAKES 15

*Story by Staff Sgt. Carrie Castillo
Photos by Master Sgt. Michel Sauret
416th Theater Engineer Command*



INTO THE NIGHT. U.S. Army Reserve and National Guard combat engineer competitors march toward their Army Physical Fitness Test to kick off their second day of Sapper Stakes 2015 in the darkness of morning, wearing combat boots and uniform pants at Fort Chaffee, Ark., Aug. 31. The competition is designed to build teamwork, enhance combat engineering skills and promote leadership among the units.

FORT CHAFFEE, Ark. –
Orange cones and white tape marked the finish line for the culminating race of Sapper Stakes 2015, a gauntlet of events referred to only as the X-Mile.

A total of six U.S. Army Reserve teams and two National Guard teams, each with six Soldiers, had made it this far into the competition after three gruesome days of physical and mental torture in the Arkansas heat.

The winner of this race would take home the title of the top Sapper Stakes team this year.

See **SAPPER**, Pg. 14



RACE TO THE FINISH. A U.S. Army Reserve combat engineer runs across the finish line of the X-Mile event, a final race stretching approximately five miles with various challenges along the way to determine the winners of Sapper Stakes 2015 at Fort Chaffee, Ark., Sept. 1. The competition is designed to build teamwork, enhance combat engineering skills and promote leadership among the units.

Sprint for the win: Des Moines Engineers win Sapper Stakes

The 402nd Engineer Company (Sapper), from Des Moines, Iowa, had the prize in their sights, yet had the most difficult time getting through the five check points of the X-Mile foot-race, which encompassed a five-mile distance.

They started in the first place position but received a “bolo” in every event, meaning the grader made the determination they were not performing the task to

standard. Each bolo resulted in a penalty that would slow down their race. As a result, they completed 200 push-ups, conducted hundreds of burpees, carried picket pounders or a 40-pound bag of sand to their next checkpoints.

“We jumped right in and ‘no-goed’ our first event, so we jumped into push-ups, the same thing happened to the two teams right behind us,” said Staff Sgt.

Nick Kloberdanz, 402nd squad leader. “It really didn’t put us at a disadvantage but it pushed us to run, constantly looking over our shoulders every five steps to see how far the other team was [behind us].”

The X-Mile was run under the obscurity of the Arkansas sky just after nightfall. The teams began their trek into the unknown after completing their first station, with



only headlamps to illuminate their path. Shuffling down the gravel road they made their way to each station, missing their mark and paying their physical penalty to continue on.

“With this X-Mile we had no idea how far we were going or how many events there were, so we just pushed each other the whole way,” said Spc. Luke Dawson, a 402nd team member. “We honestly had no clue (we were winning), until we came around the last corner and we saw the smoke pop. We all said this was it, we need to line up so we can cross the line together.”

Boundaries were pushed and broke through with the motivation of two junior Soldiers, never once complaining about their own aches and pains or mental breakdowns.

It was unanimously agreed by the team that Spcs. Tyler Chatterton, of Knoxville, Iowa, and Jordan Millard, of Strawberry Point, Iowa, were the biggest motivators of the team.

Chatterton came into the game just three days before leaving for Fort Chaffee, as the relief hitter for another team member that had broken his leg, and had

See **SAPPER** Pg. 16

NIGHT MOVES. A U.S. Army Reserve combat engineer, top, with the 402nd Engineer Company (Sapper), from Des Moines, Iowa, disassembles an M240B machine gun as the first mystery event on an X-Mile march, a final race stretching approximately five miles with various challenges.

A U.S. Army Reserve combat engineer with the 402nd, disassembles an M240B machine gun.

A U.S. Army Reserve combat engineer with the 402nd, places a tourniquet on a mannequin during one of the first mystery events on an X-Mile march.

SAPPER

from Pg. 15

not had any prep time with his team. Millard fought through his own physical pain from the 12-mile ruck march the day before to give his team the strength to drive-on to the finish line.

“It makes me feel good that my teammates appreciate the effort that I put into it and I gave my all,” said Chatterton. “You have to take it seriously, it’s all mental. Sure it’s physical too, but you can do anything if you don’t give up.”

“This event is less about what you can do as an engineer Soldier or a Sapper, and more about the six inches between your ears,” said Maj. Gen. Tracy A. Thompson, commanding general 412th Theater Engineer Command. “It’s not so much the training as it is the mental prep for it.”

The U.S. Army Reserve swept the competition with three teams garnering the top spots.

The first place team was the 402nd Engineer Company (Sapper) from Des Moines, Iowa. The team members were Staff Sgt. Nick Kloberdanz, Des

Moines, Iowa, Sgt. Cutler Holland, Hague, Virginia, Spc. Tyler Chatterton, Knoxville, Iowa, Spc. Luke Dawson, Monroe, Iowa, Spc. Timothy E. Draper, Cedar Rapids, Iowa, and Spc. Jordan Millard, Strawberry Point, Iowa.

The second place team was the 309th Engineer Company (Mobilization Augmentation Company) from Brainerd, Minnesota. The team members were Staff Sgt. Michael T. Koering, Spc. Jonathan DuBois, Spc. Trevore D. Klein, Spc. Randy O. Lene, Spc. Jeffrey R. O’Connell, Spc. Johnathan D. O’Connell and Spc. Todd R. Brandall was an alternate.

The third place team was the 680th Engineer Company from Webster, New York. The team members were Staff Sgt. Kevin A. Guy, Sgt. Michael D. Barber, Sgt. Michael J. DiPaola, Spc. Joshua R. Miller, Spc. Daniel R. Trembath, and Spc. Elliot W. Vitelli. The alternates were Spc. Joseph M. Lynch and Pvt. Brandon Wison. 🇺🇸



JUBILATION. U.S. Army Reserve combat engineers from 402nd Engineer Company (Sapper), from Des Moines, Iowa, celebrate at the finish line of the X-Mile event, a final race stretching approximately five miles with various challenges along the way to determine the winners of Sapper Stakes 2015 at Fort Chaffee, Ark., Sept. 1.



WINNERS. A U.S. Army Reserve team from the 402nd Engineer Company (Sapper), from Des Moines, Iowa, took first place at Sapper Stakes 2015 at Fort Chaffee, Ark., Sept. 2. From left: Spc. Timothy Draper, Sgt. Cutler Holland, Spc. Lucas Dawson, Staff Sgt. Nicholas Kloberdanz, Spc. Jordan Millard and Spc. Tyler Chatterton. The competition is designed to build teamwork, enhance combat engineering skills and promote leadership among Army Reserve and National Guard combat engineering units.



A U.S. Army Reserve team from the 309th Engineer Company (Mobility Augmentation), from Brainerd, Minn., took second place at Sapper Stakes 2015 at Fort Chaffee, Ark., Sept. 2. From left: Spc. Johnathan O'Connell, Spc. Randy Lene, Spc. Jonathan Dubois, Staff Sgt. Michael Koering, Spc. Jeffrey O'Connell, Spc. Trevore Klein and Spc. Todd Brandell. The competition is designed to build teamwork, enhance combat engineering skills and promote leadership among Army Reserve and National Guard combat engineering units.



A U.S. Army Reserve team from the 680th Engineer Company, from Webster, N.Y., took third place at Sapper Stakes 2015 at Fort Chaffee, Ark., Sept. 2. From left: Sgt. Michael Dipaola, Sgt. Michael Barber, Spc. Joshua Miller, Staff Sgt. Kevin Guy, Spc. Daniel Trembath, Spc. Elliott Vitelli, Spc. Joseph Lynch and Pvt. Brandon Wilson. The competition is designed to build teamwork, enhance combat engineering skills and promote leadership among Army Reserve and National Guard combat engineering units.



CLASS LEADER. Col. Susie Kuilan, the John Parker Chair of Reserve Component Studies, speaks with U.S. Army War College students in Seminar 2, at a Carlisle Barracks, Pa., Aug. 14. Kuilan is part of a 4-person faculty team that guides students through the core courses. She will work with the students who are lieutenant colonel and colonels from the Army, Air Force, Navy, Marine Corps, international and civilian student from the Department of Defense and other federal agencies. (Photo courtesy of the U.S. Army War College)

Kuilan Leads War College Studies

Story by **BRIAN GODETTE**
U.S. Army Reserve Command

CARLISLE BARRACKS, Pa. — The U.S. Army Reserve and U.S. Army War College has appointed a new representative as the John Parker Chair of Reserve Component Studies.

Standing tall, like the statue of Capt. John Parker at Lexington Green and the symbol of the U.S.

Army Reserve, is Col. Susie Kuilan, from Gravette, Arkansas with 26 years of military experience, a PhD in English and an array of knowledge in the leadership role.

Kuilans' value as a leader and educator made such an impact on her previous command that her new appointment created an op-

portunity for her to return to the command, although just for a few hours, to impart wisdom.

"My former division have invited me to their yearly training brief and leadership weekend to teach a course on strategic leadership from the War College perspective," said Kuilan, who re-

cently spent a year as a military fellow with the Chief of Staff of the Army Strategic Studies Group. Before that, she also served as the brigade commander of the 2nd Military Police Brigade, 102nd Division (Maneuver Support), 80th Training Command.

“I’m still working on developing that (strategic leadership). I have about two hours allotted me, and at AWC it takes 17 days,” she added with a smile.

Compressing that information and making that task successful is of the smaller task loads ahead of Kuilan in her new assignment.

“In my capacity as the John Parker chair, I have a 40/60 load – which means that 40 percent of my time is teaching and 60 percent of my time is researching whatever the Chief of Army Reserve asks me too,” Kuilan said.

The John Parker Chair was created by Lt. Gen. Jeffrey W. Talley, chief of U.S. Army Reserve and commanding general, U.S. Army Reserve Command, to provide a valuable means to strengthen practical understanding and deepen the academic richness of the U.S. Army War College’s core educational enterprise. The goal is to produce graduates from all of its courses who are skilled critical thinkers and complex problem solvers in the global application of land-power.

For Kuilan, that translates to providing her educated assistance in the realm of the U.S. Army Reserve.

“I will be affiliated with a resident class seminar here but I won’t take lead on any lessons necessarily. I will provide input to classes when a reserve perspective is needed,” Kuilan said.

“I will be teaching an elective in the spring to both the resident side and the distance side, as well as directing some SRP (strategic research papers) for anyone that is doing one related to my research,” she said. “On that note, Lt. Gen. Talley has directed that all of my research efforts be focused on P3 – Private Public Partnership.”

The Private Public Partnership is a huge initiative for Talley and helps build and enhance mutually beneficial partnerships between the civilian and military communities. This is accomplished by developing a mutually supportive environment for Soldiers, veterans, and Family members striving to create and enhance career and training opportunities.

Private and public sector partners benefit by

getting access to the best, brightest and most highly-trained U.S. Army Reserve units and Soldiers.

“In my arena, I’ll write about it and research the idea, and hopefully I can get some academic publications out of it,” Kuilan said.

Juggling fruit would be simpler to some than juggling the duties of teaching, writing, and research as Kuilan’s work schedule dictates.

Like many however, an escape from work life is a vital necessity.

“I’m away from my home and family since I’m on ADOS but I make the best of my time away by being the ultimate and best tourist I can be,” Kuilan said. An avid runner, Kuilan is also registered for the Army 10-Miler for the 9th year in a row and is also training for her first-ever Marine Corps Marathon, both of which will be held in October, she said.

For Kuilan, staying physically and mentally fit, like the statue of John Parker, “the ultimate Citizen-Soldier,” representing the U.S. Army Reserve at the War College exemplifies the high level of standard for the reserve components.

The John Parker Chair of Reserve Component Studies is tasked with teaching and assisting, as needed, core and elective courses, conducting college-wide lectures and presentations, as well as leading the effort to publish studies and lead research to support U.S. Army War College educational goals, while educating students and faculty on the Reserve component. 🇺🇸



U.S. Army Reserve maintenance shop earns Army's top award for second straight year

Story by **BRIAN GODETTE**
U.S. Army Reserve Command

FORT BRAGG, N.C. -- Hard work. Dedication. Teamwork.

The end result of hard work in an organization and dedication to employees and team members ultimately led members of the Equipment Concentration Site 125 (Ground), to be recognized, for the second year in a row, for excellence in the field of maintenance.

“The main role for the ECS

is to provide customer service to our 54 supported units that are all along the east coast, that don't have the storage capacity at their facilities,” said Gerald Butler, Equipment Concentration Site 125 (Ground) manager.

“We store, maintain, and issue equipment when needed for training or commitments, to those supporting units,” Butler said.

The dedication to upholding

the needs of U.S. Army Reserve customers isn't the extent of what the ECS 125 crew provides. What bonds them as a team inside the shop works just as well outside it, with community outreach projects.

“It can be something as big as giving gifts to an orphanage or something as simple as taking a group of employees down to donate blood when there is a



AWARD WINNERS. The maintenance crew keep the wrenches turning and the vehicles in service at Equipment Concentration Site, ECS-125 (Ground), Aug. 4, 2015, at Fort Bragg, North Carolina. ECS-125 was recognized in June with the Department of the Army, Army Award for Maintenance Excellence, or AAME. This is the second year in row that ECS-125 has won the AAME. Listed alphabetically are: Coy Adkins, Anthony Boylorn Sr., Bill Brackley, Andre Green, Tod Grimm, Troy Henttinger, John Howard, Carmelo Lopez-Williams, Dante Mangrum, Brandon Moore, Sean Robertson, and Tom Turner. (All photos by Timothy L. Hale/U.S. Army Reserve)



PARTS PROS. Edwardo Lozano and Jessie Withey, can locate practically any part or tool at Equipment Concentration Site, ECS-125

shortage,” Butler said.

The teamwork in and out of the shop adds to the success of ECS 125, but when back in the shop, it’s all business, according to Butler.

“Day-to-day operation goals are to try to keep work orders under 30 days,” Butler said. “We want to make sure that when the units are requesting this equipment that it is in full mission capable status, and that it’s ready to go when they need it.”

That hard work and mission focus is part of the reason the ECS 125 team won the Department of Defense Award for Maintenance Excellence for the second year.

Butler didn’t hesitate to

mention how empowering every member of the team with the keys to driving the overall success was equally important.

“The most important thing you can do is make sure that they know they are involved, and the importance of their involvement,” Butler said.

“Once you give them a piece of the pie to own, it’s almost common nature to do the best that you can, because that’s you on display,” Butler said.

The storage, maintenance, and equipment issue is a large part of the pie for the ECS crew, but not the only benefit they provide to the U.S. Army Reserve and its Soldiers.

“We have Soldiers come in every year, and we’ll have them help us work in the warehouse and shop,” said Jessie Withey, supply manager.

“We don’t have warehouses in the reserve, so it’s very hard to get that on the job training during a weekend, so when you come here you can actually see the parts, do the paperwork, and do your MOS (military occupational specialty),” Withey said.

Serving as a well-equipped warehouse and maintenance shop, with fully knowledgeable employees, on a day-to-day basis, provides a learning source that many U.S. Army Reserve Soldiers can take advantage of.

See **AWARD**, Pg. 22

AWARD

from Pg. 21



READY TO SERVE. The warehouse crew, above, at Equipment Concentration Site, ECS-125, listed alphabetically are: Orlando Cameron, Tim Coutant, Sean Faison, Martha Gibson, York Hosang, Larry Jackson, Curtis McCladdie, David Rutledge, Charles Smith. Coy Adkins, below, a heavy mobile equipment repairer, works on a Humvee





PROUD AWARD WINNERS. Gerald Butler, center, Brenda Cummings, left, and Amanda Richardson, right, show off the Department of the Army, Army Award for Maintenance Excellence, or AAME.

“The Soldiers don’t get a chance to do their job throughout the month, so conducting training with them here gives them a chance to learn the latest and the greatest,” said Thomas L. Turner, ECS 125 work leader.

Regardless of the task at hand for the ECS crew, the “one team one fight” Army motto remains in the forefront of the employees’ minds.

“All of us are interchangeable. It’s one effort and one team, and that’s what’s going to set us above from everyone else,” said Withey.

Hard work. Dedication. Teamwork.

“We are here to support the customer, in any way, shape, form, or fashion,” Butler said. “With proper notification, there is little that we can’t attempt to facilitate.”

“With our reserve units, we bend over backwards,” Butler said. 🇺🇸



TIGHTEN UP. Sean Robinson, a heavy mobile equipment repairer, tightens bolts on a Humvee at Equipment Concentration Site, ECS-125 (Ground).



U.S. Army Reserve Fitness Challenge established for Soldiers, civilians

Story by **BRIAN GODETTE**
U.S. Army Reserve Command

FORT BRAGG, N.C. -- It can be said that anything in life worth having, you have to work hard for. Physical fitness is no exception, and one that can pay dividends in your personal life as well as military.

As a way to promote individual fitness and unit readiness, and encourage esprit de corps across all Army Reserve formations, U.S. Army Reserve Command developed the Army Reserve Fitness Challenge for Soldiers and civilians.

The introduction to the voluntary fitness challenge began February 1, 2015, and tracked the participants through May 31, 2015. Army Reserve Soldiers, civilians, and even family members were encouraged

to participate.

“My overall goal is to decrease the flags for PT to five percent by the time I leave this position in 2017 and help others to become healthy,” said Chief Warrant 4 Jennifer Wolf, Fitness Challenge program manager. “Currently, the number of flags for PT failure is at 22,794, which is 12 percent of the force and 79 percent of those are E4 and below.”

In order to meet minimum requirements for the USAR Fitness Challenge, participants must complete a minimum of three hours of aerobic physical activity per week. Hours must be completed in at least 15-minute increments that are dedicated to physical

activity. Participants must also establish and report goals for individual components of their APFT and weekly goals.

Participants' exercise were tracked on a USARC-produced spreadsheet and forwarded to Wolf. Participants used the first week to acquire a baseline Army Physical Fitness Test score, either from their latest PT test or from a current diagnostic test. The following eight weeks tracked the exercise.

Events in the USAR Fitness Challenge can be conducted as a unit and / or individually, therefore the honor system is utilized when recording the results of each individual's / unit's progress.

"I see this progressing to a true USAR-wide program - one that is expected every Fall and Spring to coincide with the APFT," said Wolf. "I see it as a program that will bring together companies and battalions."

The results of the challenge were tangible, as the participants culminated the end with an APFT for their respective units and the average score increased by 7 percent.

All participants, excluding family members, received a certificate signed by the Command Team.

With the help of the Fitness Challenge Facebook page, which provides exercise tips, encouragement, and status updates, the push for another challenge was not far behind.

"I continued the FC because I know it helped some people improve their score," Wolf said. "We had a few whose scores increased by upwards of 30 points!"

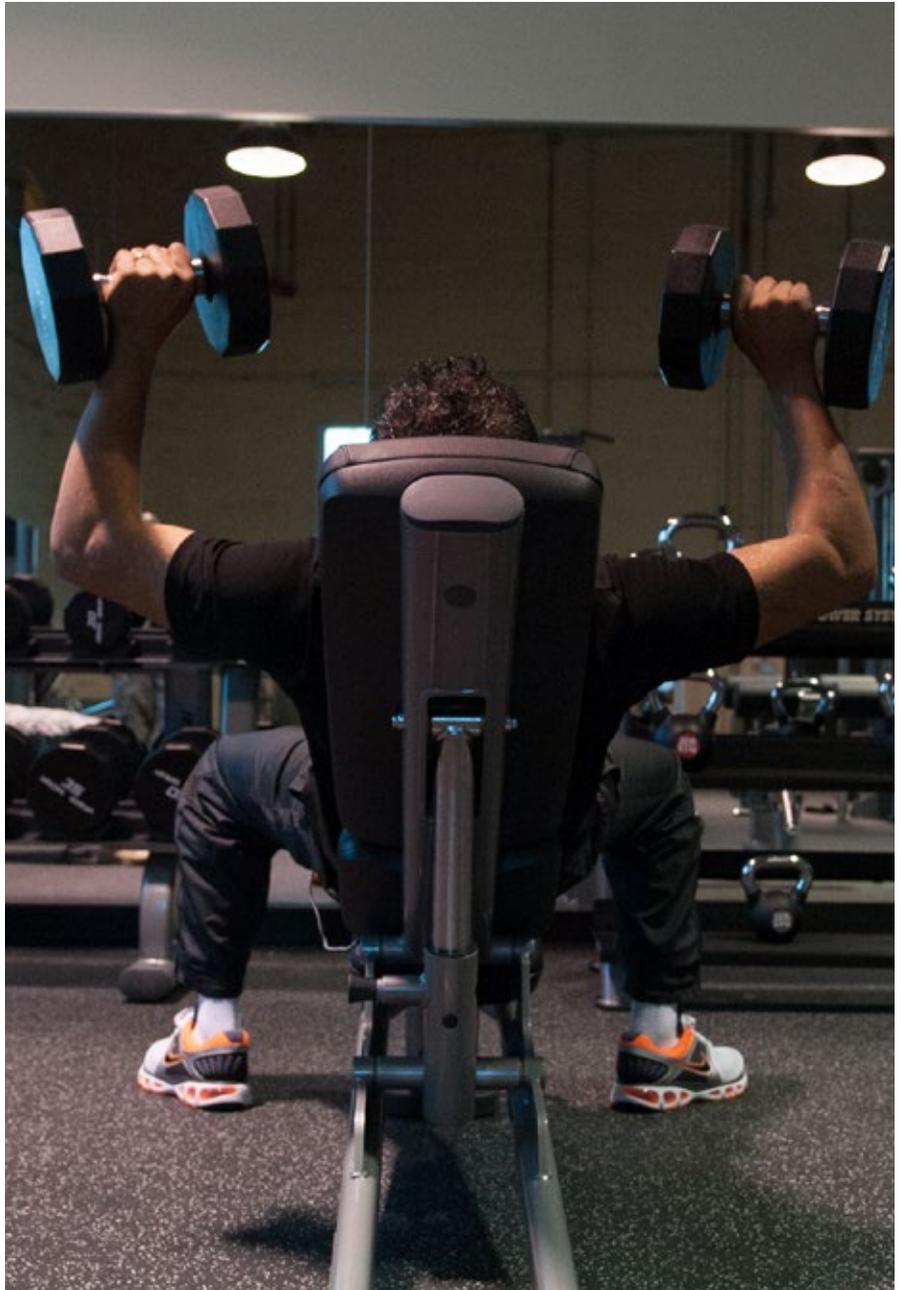
Starting September 1, the 10 week challenge will commence once more, with a larger focus on APFT specific events.

"If even just ONE Soldier gets healthy, all the work is worth it. As an athlete, my heart goes out to those who dread exercise and feel unable to get moving," Wolf said.

You can find the Challenge

Facebook page at USAR Fitness Challenge, <https://www.facebook.com/#!/USARfitnesschallenge>.

Questions, suggestions, and tips can be directed to the Facebook page or to the Fitness Challenge e-mail box, usarmy.usarc.ocar.mbx.fitness-challenge@mail.mil. 🇺🇸



GETTING FIT. Barbell, dumbbells, and kettle bells are available for use at the U.S. Army Forces Command and U.S Army Reserve Command Special Troops Battalion Fitness Center, in the the old Firestone Building at the corner of Knox, Scott, and Macomb streets, just across the street from the FORSCOM/USARC headquarters.



Army Reserve Teen Council youths learn resiliency, experience service-learning

Story & photos by Contributing Writer

ALEXANDRIA, Va. – Twenty-eight U.S. Army Reserve youths attended the four-day Joint Command Teen Council training led by Army Reserve Family Programs' Child, Youth and School Services, July 27-31.

Representing the 412th Theater Engineer Command from Vicksburg, Mississippi, the 75th Training Command from Houston, and the 80th Training Command, Richmond, Virginia, the youths provided an excellent example of the geographically dispersed Army Reserve community, arriving from at least 11 different states reflecting a coast-to-coast, cross-section of our nation.

Jessica Idle, a high school senior from Monroe, Washington, is in her second year as a Junior Advisor on the Army Reserve Teen Panel. Representing the 364th Expeditionary Sustainment Command from Marysville, Washington, Jessica provided mentoring and assistance to the teens from the 412th as they formed their unit's teen council.

"Military youth have a natural resiliency solely based on the fact that they have been through more traumatic events," Jessica said. "Resiliency training for military youth sharpens and defines their natural resilience, which is necessary for the unique events they go through."

During the event, the teens experienced the importance of service by spending three hours at the Fisher House in Bethesda, Maryland, performing much-needed work at the facility. While primarily an exercise in helping others through volunteer work, the 94-degree heat and high humidity also provided a lesson in physical resilience.

Despite the conditions, the teens weeded gardens, painted a wall, swept sidewalks, washed windows, and picked up litter.

"Volunteering is enriching, helpful and meaningful. It benefits the [individual], as well as the project being volunteered," Jessica said.

The teens also participated in the Comprehensive Soldier and Family Fitness resilience training for teens, public speaking skills training, service-learning, conducted a teen issue forum, and created team public service announcements.

But the weekend wasn't all work. They attended the Twilight Tattoo pageant at Fort Meyer, Virginia, hosted by Lt. Gen. Jeffrey W. Talley, chief of the U.S. Army Reserve and U.S. Army Reserve Command commanding general. They also had the opportunity for a one-on-one discussion with Maj. Gen. Tracy A. Thompson, the commanding general of the 412th.

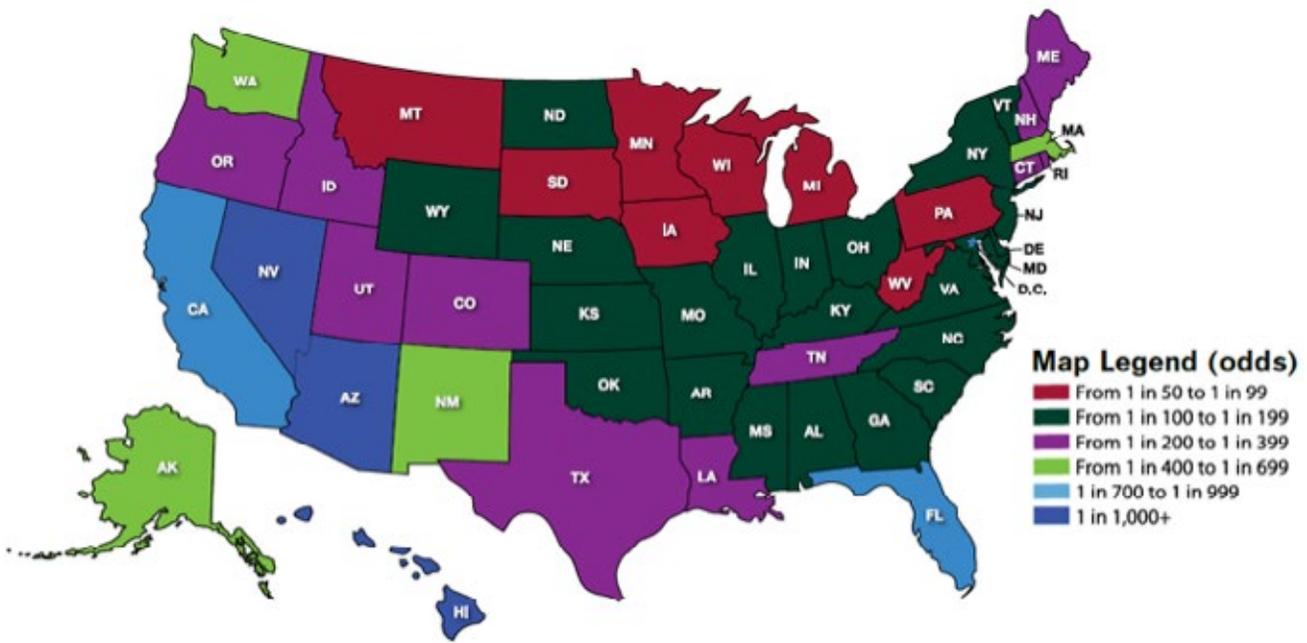
After saying goodbye to their new friends, the teens headed home, armed with newfound knowledge of what it means to be teen leaders for the U.S. Army Reserve and their respective commands.

For additional information on the programs of the Child, Youth and School Services programs call Fort Family Outreach and Support Center at 1-866-345-8248 or browse the CYSS website, <http://www.arfp.org/cyss>.



LENDING A HAND. Youths, representing various U.S. Army Reserve commands, volunteered to clean up at Fisher House, in Bethesda, Maryland, during a four-day Joint Command Teen Council in Alexandria, Va., July 27-31.

BRING IT HOME:



“Bring It Home” September to December is more than just a Hunting Season, it’s a Family, Holiday and Traveling Season. During these holiday months many of us will spend significant extra time on the road accomplishing our longest and most complex travels. Recognize deer strikes as a real hazard and apply your Army Risk Management skills to protect you and your family.

(Image and graphic courtesy of USARC Safety Office)

DEER SEASON!

WHAT IS THE COMMON RISK?

Story By **RICHARD CUNNINGHAM**
USARC Safety Office

In September, hunters all over the United States, hunters are in the fields and forests questing for game.

According to a U.S. Fish and Wildlife study, over 90 million U.S. residents (16-years-old and older) participated in some form of wildlife-related recreation in 2011.

In a separate 2013 report from the National Shooting Sports Foundation, even with the continuing nationwide growth of hunting sports, unintentional firearm fatalities dropped 58 percent over the last 20 years.

The decline is attributed to many factors including group, state and industry hunter education programs and industry initiatives like free firearm locking devices and advances in firearms technology and manufacturing.

But, even those of us who don't hunt or own firearms share a common risk of fatal accident year round.

The risk is especially prevalent during the fall and winter annual hunting seasons.

It is estimated that more than 1,000,000 deer collisions occur each year in the United States and from 1993 through 2007 the number of human fatalities in these accidents rose 121 percent!

Consider the following actions to help you reduce the risk of a deer strike while traveling.

- Stay alert and watch for deer, especially where deer crossing signs are posted.
- Deer can be active any time of day but additional awareness pays off at dawn and dusk when they are most active.
- Drive cautiously in the months of October and November; deer are more active when breeding in the fall and winter.
- Deer move in groups, where one is in the road, more are likely to cross.
- When safe to do so at night, drive with your high beams on.
- Installing deer whistles on your vehicle is NOT a reliable deterrent.
- When you see a deer in your path and can't avoid a collision, apply brakes up to the last second and release them just before impact. Doing so reduces the likelihood that the deer will impact the windshield and potentially enter the driver's compartment.

Understanding the odds of a deer strike in your area can help you manage risk. 🍀

ARMY RESERVE **FACT:**

More than 19,500 people are injured each year when their vehicle strikes a deer. These accidents cost American drivers an estimated \$1.5 billion in automotive repairs alone. If you drive in West Virginia, South Dakota, Michigan, Iowa, or Pennsylvania, your odds of hitting a deer can be as likely as 1 in 76!

DON'T LEAVE YOUR PROFESSIONAL DISCIPLINE BEHIND

Battle Buddy app for smartphones



The USARC Chaplain Directorate is taking this opportunity to re-introduce the Army Reserve Battle Buddy Application for the iPhone, iPad, and Android smartphones.

The app provides detailed intervention, awareness and prevention information concerning the Army's Suicide Prevention Program and Sexual Harassment/ Assault Response and Prevention Program.

This user-friendly app helps the Army Reserve Soldier be a better Battle Buddy by providing the tools and information needed to assist in suicide intervention and other situations before they reach crisis proportions.

- The "Get Help Now" tab provides important emergency phone numbers at the tip of your fingers including phone numbers for the National Suicide

Prevention Lifeline/Veterans Crisis line, Domestic Abuse Hotline, the DoD Sexual Assault Helpline, Military OneSource and Fort Family, in response to a number of potential crisis situations.

- The "Suicide Intervention" tab walks you through the Army's ACE process and provides hotlines, chat sites and other resources to help you help a buddy in crisis.

- The "SHARP" tab walks you through on how to respond if you or someone close to you has been sexually assaulted; explains the reporting process and the difference between restricted and unrestricted reporting and provides tips to help prevent from becoming a victim.

- The "Talking Points" tab provides tips and tools to help you be a better listener for your Battle Buddies. This section provides guidance on how to ask open ended and clarifying questions to encourage your buddies to talk things out.

Other sections of the app provides listings for national and local resources, links and information on a variety of programs and services that are available to Soldiers and their Families.

These services include professional development reading lists and other important information such as, My Medical, Comprehensive Soldier and Family Fitness, public affairs, and legal assistance.

We encourage you to download this app and spread the word.

Let's get this on every smartphone in the Army Reserve!

The AR Battle Buddy app, QR Tags, and websites links are listed below. 

FOR APPLE PRODUCTS:



<https://itunes.apple.com/us/app/battle-buddy/id726490912?mt=8>

FOR ANDROID PRODUCTS:



<https://play.google.com/store/apps/details?id=mil.army.battlebuddy>

Dunn new USARC G-8 RPA division chief

Story by Capt. ALETHA SANKEY
USARC G-8 Budget Office

FORT BRAGG, N.C. – Michael Dunn is the new Reserve Personnel Army Division Chief, at the U.S. Army Reserve Command headquarters.

Dunn, an avid runner and triathlete, moved to the position July 13, is no stranger to U.S. Army Reserve budget operations.

He previously served as the Reserve Personnel, Army, or RPA, Command Execution Team. As the RPA team leader, Dunn led a team of command analysts that provided support to the Operational, Functional, Training, and Supporting Commands within the U.S. Army Reserve. Striving to improve reporting and coordination with the field, Dunn's team created multiple reports to assist commands with their current Status of Funds and transitioned approximately 25 percent of the RPA appropriation to the General Fund Enterprise Business System, or GFEBS.

Dunn also led the RPA Centralized Team for six months that gave him a better appreciation of the complexity of those accounts.

Before his civilian career, Dunn was the Office of the Chief of the Army Reserve Directorate of Resource Management sergeant major and USARC G-8 from 2006-2009. By serving as the DRM sergeant major, he was involved in many different areas of the budget process and training of financial management units.

"USARC is very fortunate to have Mike as our RPA Division Chief. He brings to us the added experience of being a former DRM sergeant major and

worked within the Division he will now head," said Bill Henry, acting USARC G-8.

In his current position as RPA Division Chief, Dunn feels the most notable challenge for RPA will be the transition of the RPA appropriation from STANFINS to GFEBS.

GFEBS is a systems, application, and product system of record the Army adopted to make the Army's financial statements auditable.

"We have been working on this project for nearly four years and we feel the project is close to going live," Dunn said. "It has required countless hours of meetings with many experts and lots of discussion about the best way to make this transition effective and as seamless as possible for OFTS commands in the U.S. Army Reserve.

"Another major challenge is ensuring Regional Level Application Software, or RLAS, is functional and continues to meet the demands of the U.S. Army Reserve across all areas, G-1, G-37 and G-8 (orders production and pay functionality)," Dunn said.

"Streamlining operations is critical to the future of our operations by learning to operate more efficiently and smarter," Dunn said. "We will accomplish this through training to ensure staff can function at very high level and provide detailed analysis with minimal effort."

Someone who works as hard as Dunn does must also allow time for non-job related activities, and personal enjoyment. "I've completed multiple triathlons including three Ironman triathlons - a 2.4 mile swim, 112 mile bike, and 26.2 run.

With the desire to do his best in and out of the office, Dunn is optimistic about being the Reserve Personnel Army Division Chief.

"He understands the value of our Soldiers we support," said Henry. "Mike leading RPA at this critical time of fiscal uncertainty is paramount to the success of the U.S. Army Reserve." 🇺🇸



NEW DIVISION CHIEF Michael Dunn is the new Reserve Personnel Army Division Chief, at the U.S. Army Reserve Command headquarters, at Fort Bragg, N.C. Dunn brings a wealth of budget experience not only as a Soldier but as a USARC civilian. (Photo by Brian Godette/U.S. Army Reserve Command)

DeCosta spends a Day with the Chief

Story and photo by TIMOTHY L. HALE
U.S. Army Reserve Command

FORT BRAGG, N.C. – Imagine leaving the private sector after 19 years to become a Department of the Army civilian.

For Michelle DeCosta, switching from the business world to working for the Army has been a fast-paced transition.

DeCosta started her Army civilian career in April. After four months, she is fully immersed as the Internal Review Control Administrator in the U.S. Army Reserve Command Internal Review office.

A graduate of the University of Maryland-College Park, DeCosta has quickly learned there is a difference between working in the private sector and the federal government.

“While the private industry and the government are known to be vastly different, I couldn’t explain how until being a part of both,” DeCosta said. “In the gov-

ernment, I soon realized I’m one person, in one area, in one corner of one floor, in one building that belongs to one massive operation.”

She added that in order to understand the inner workings of government, she needed to see how it worked from the top. So, she applied to “Spend a Day with the Chief of Staff.”

She said her first week was filled with “regulation and acronym overload.”

As she learned her way around the building and the nuances of working for a large organization, DeCosta had to remind herself to be “comfortable being uncomfortable.”

She readily observed that where the private sector is focused on the “bottom line,” working for the government involved so much more.

“In government, there are citizens, elected officials, regula-

tors, and many others focused on strategy where the bottom line is only one dynamic that must endure politics, policy and media and still remain stable,” DeCosta said. “Understanding that the only constant is change has helped me remain resilient and motivated throughout this experience with USARC.”

Participating in the “Day with the CoS” has allowed her to learn about USARC leadership and how their decisions affect the entire command, DeCosta said.

She added that she was not totally unfamiliar with the military. Her father and grandfather both served in the U.S. Navy and her grandmother served in the U.S. Air Force.

She said one of her highlights before joining the civil service ranks was her graduation from college.

Her oldest son, Andrew, was 4-years-old when she graduated from college.

She painted “ALL 4 U DREW” on her graduation cap so he might find her.

“When he found me and made eye contact, he was so excited! The look on his face will forever be my favorite memory,” DeCosta said. 🇺🇸

LEARNING THE ROPES. Michelle DeCosta, with the U.S. Army Reserve Command Internal Review office, sits in a teleconference with Maj. Gen. Luis R. Visot, USARC chief of staff, at USARC headquarters, Aug. 6, 2015, at Fort Bragg, NC. DeCosta, joined USARC in April after spending years in the private sector working in finance and accounting.



Williams, Martin are the Faces of USARC

Name: Staff. Sgt. Drew Williams, NCOIC of Administrative Law

How long have you worked at USARC? I actually just reported to USARC in May, 2015, but I am coming up on 15 years in the Army.

What makes you continue to serve in the U.S. Army Reserve? I love what I do. I love being a paralegal, solving problems and helping people. Mentoring Soldiers is another reason I stay.

What is something people don't know about you that you want them to know? I'm a big sports fan. I'm from Atlanta originally and I like all the teams: The Falcons, the Braves, the Hawks. I don't jump teams, so even when they are losing, I like them.



Name: Wesley Martin, Administrative Law attorney

How long have you worked at US-ARC? I've been here since February, 2012.

What makes you continue to serve with the U.S. Army Reserve? In 2010/2011, I deployed to Iraq as a member with a Navy Reserve unit running a base there in support of the 25th Infantry Division. The experience was the highlight professionally of my career as a reserve and Active Component JAG. I interacted with quite a few Army Reserve Soldiers while there and it was such a positive experience. The deployment provided me an opportunity to work on a wealth of issues related strictly to the Army. Once I came back and realized my dissatisfaction with my job as a civilian attorney, I immediately began looking for opportunities and upon reaching the end of my four years with the Navy, I made the transition here.



What is something people don't know about you that you want them to know? I am an unashamed University of Virginia sports fan. Regardless of my current residence on Tobacco Road in the ACC, I just love all things UVA sports related. My most rewarding role in life however, is that of being a husband and father.

Talley Asks for Budget Flexibility

Story by **JIM GARAMONE**

DOD News, Defense Media Activity

WASHINGTON – The chief of the U.S. Army Reserve understands that the U.S. deficit is a threat to national security, but says the component needs flexibility from Congress to spend what money it gets more effectively.

Army Lt. Gen. Jeffrey W. Talley told the Defense Writers' Group today, "if you don't have the flexibility or even authority to prepare a budget, how effective is that budget going to be in meeting goals and objectives?"

The DoD budget does not have a lot of flexibility, Talley said. He told the reporters to remember that Congress wrote the Budget Control Act of 2011 to be so onerous that it would force senators and representatives to make tough budgetary choices. This did not happen and sequestration triggered.

The act still hangs over the Defense budget process. "The challenge under the Budget Control Act and sequestration is not that we need to control our spending, we do. It's the lack of flexibility on how we curtail -- it's a lot of salami slicing," he said.

"We need more flexibility in how we curb our budget and, to be honest, ... leaders make decisions when they are in fiscally restrictive environments to do less with less. That old saying 'do more with less' is just ridiculous, that's a fable," the general said.

Talley asks that leaders be given the responsibility to make these decisions and establish priorities. "Ever work for a boss where they had 10 No. 1 priorities?" he asked. "What our leaders need to do in Congress -- and I'm confident they will -- ... they've got to make decisions, we've got to spend less money than we take in and we've got to prioritize."

Fiscal Environment Makes Budgeting Difficult

The U.S. Army Reserve submits "multiple budgets a year," Talley said. One budget proposal



Lt. Gen. Jeffrey W. Talley

assumes the president's budget request is fully funded, one assumes funding at the level mandated by the Budget Control Act and one is between those two.

"The challenge is when you are spinning and trying to crank out those budgets, and you have continuing resolutions that is how you provide financial instability and lack of security for you organization," he said.

Complicating all this is an unstable security environment, Talley said. The demand signal for the Army is going up, not down, just as its budget is going down, not up, the general said, noting that this significantly increases risk.

"Our job is to win the nation's wars and win them decisively," Talley said. America must be sure, he added, "there is no enemy on the planet that can even remotely stand up to the power of the United States military.

"That is still the case," he continued, "but I have some concerns that the sausage-making process on how we generate that readiness and that capability are becoming jeopardized because of a lack of flexibility in the budget and particularly in a significant reduction in the Army's budget."

This is already happening. The component has been getting money from the Overseas Contingency Operations fund, Talley said, but that is drying up.

The U.S. Army Reserve must provide technical capability for operational missions around the world, but "I can't do that if I don't have [OCO] money to generate the readiness," he said. "Right now, my main funding is 39 training days a year, which is the same [level] it was right after World War II."

At that level of funding the U.S. Army Reserve is a strategic reserve, not an operational arm, he added. 🇺🇸

'Minuteman' ROTC Scholarships available

Application deadline is Oct. 15

The U.S. Army Reserve has several four-year "Minuteman" Reserve Officer Training Corps scholarships available for eligible freshman college students, starting the fall 2015 semester.

To take advantage of this excellent opportunity, you must apply by October 15.

The Minuteman scholarship covers full tuition and fees at an accredited four-year college/university with an Army ROTC program, or \$10,000 per year toward room and board, as well as a monthly stipend from \$300-\$500.

Cadets who are awarded a Minuteman scholarship will be required to participate in the Simultaneous Membership Program, or SMP, which entails serving in a U.S. Army Reserve unit while in college. SMP Cadets will receive E-5 pay for their service.

Upon graduation and commissioning, Minuteman scholarship recipients are guaranteed service in

the U.S. Army Reserve.

These scholarships represent an exceptional opportunity for students to afford college and gain valuable leadership skills while serving their country.

The ROTC program teaches leadership lessons that set students up for success in the real world.

Service in the U.S. Army Reserve allows them to pursue a civilian career as well. Coupled with civilian employment programs available through ROTC and the U.S. Army Reserve, the Minuteman scholarships offer new college students a jump start to a successful career.

To qualify, students must enroll in their school's Army ROTC program and meet the ROTC scholarship requirements. These include:

- A minimum high school GPA of 2.5
- Maintaining a minimum 2.0 college GPA and 3.0 ROTC GPA

- A minimum of 920 SAT or 19 ACT score (excluding writing portion)
- Be able to commission before reaching the age of 31
- Meeting medical and physical requirements

Minuteman scholarship recipients incur an eight-year service obligation as an officer in the U.S. Army Reserve following commissioning. The Minuteman scholarship may be used in conjunction with some types of the GI Bill, adding to the potential monetary benefits.

Students interested in the Minuteman scholarship should contact the Professor of Military Science at their school's Army ROTC program.

To find the Army ROTC program near you, go online to www.goarmy.com/rotc. There are 275 host Army ROTC programs that serve almost 3,000 colleges and universities across the country. 🌐



CADET TRAINING. Sgt. 1st Class Dusty Davis of D Company, 1st Battalion, 414th Regiment, from Renton, Wash., advises Cadet Jeremy Sharp of the University of Georgia on land navigation, June 25, during Cadet Summer Training 2015 at Fort Knox, Ky. (Photo by Spc. Gary Yim/372nd MPAD)



Gold Star Mothers and Family Day
September 27, 2015



Gold Star Mothers and Families wear pins of remembrance, sacrifice, and strength.

Survivor Outreach Services honors Mothers and Families of the Fallen.

For more information, contact 910-570-8370 or call Fort Family at 866-345-8248