

# WARRIOR CITIZEN

## A FOCUS ON INDIVIDUAL READINESS

What senior leadership is talking about,  
straight *From the Top*

## TASK FORCE COYOTE

For Army Reserve units to protect themselves and our allies overseas, training on different weapon systems is a must

## GEARING UP FOR BEST WARRIOR

The journey to find the 2018 Soldier and NCO of the Year has begun



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“Since its founding, America’s Army Reserve has been a highly effective and responsive force, evolving, in every era, to meet the needs of the Nation. Today, Army Reserve Soldiers provide mission-critical forces and capabilities to the Army and the Joint Force, wherever and whenever needed, anywhere around the world.”

— LT. GEN. CHARLES LUCKEY, CHIEF OF ARMY RESERVE AND COMMANDING GENERAL,  
U.S. ARMY RESERVE COMMAND

**H**ighlighted in From the Top, beginning on page 4—meeting the needs of the Army and the Nation begins with ready and deployable Soldiers. This issue of Warrior Citizen spotlights individual readiness. To guide you on the readiness journey, pages 22 and 23 provide an easy-to-use-checklist to make the trip a little bit easier. Page 24 focuses on Soldiers who took individual readiness to heart and participated in the 650th Regional Support Group’s Best Warrior Competition. On pages 20 and 21, you will find some advice and tips you won’t want to miss from noncommissioned officers on leadership and becoming the best NCO you can be.

Task Force Coyote, the first of four gunnery exercises under Operation Cold Steel II, pages 10-15, focuses on increasing the lethality of individual Soldiers and enhancing the combat-readiness of units.

Take a step back in time and read about a true baseball legend and Army Reserve Soldier as he recounts his journey from military life to major league stardom, and all the way to the Hall of Fame; page 26.

Check out Christa Mary Mack’s Toa o Samoa on page 40, which describes the Army Reserve support provided to American Samoa in the aftermath of Tropical Storm Gita. These are just some of the many stories of Soldiers honing individual skills, training as cohesive units and making a difference across America’s Army Reserve.

We want to help tell your story and welcome submissions. Contact us at [usarmy.usarc.ocar.mbx.warrior-citizen@mail.mil](mailto:usarmy.usarc.ocar.mbx.warrior-citizen@mail.mil).

*Melissa Russell*

Melissa Russell  
Editor-in-Chief

1st Place winner of the 2011  
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(category N)



Recognized, MG Keith L.  
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STORY BY:

SPC. NOEL WILLIAMS, U.S. ARMY RESERVE COMMAND

CAPT. VALERIE PALACIOS, 200TH MILITARY POLICE COMMAND

MAJ. MARVIN BAKER, 316TH SUSTAINMENT COMMAND (EXPEDITIONARY)

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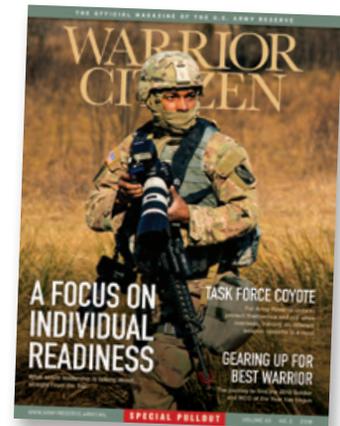
PHOTO BY SPC. NOEL WILLIAMS, U.S. ARMY RESERVE COMMAND

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**110 YEARS OF THE ARMY  
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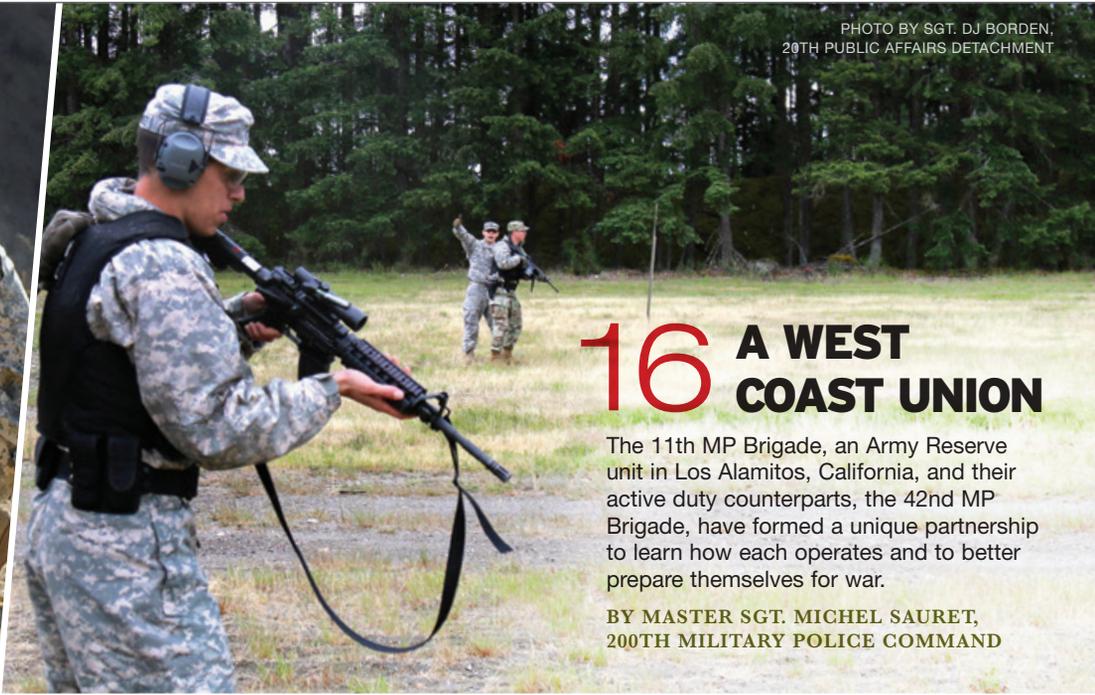
Spc. Torrence Saunders, a combat documentation specialist with the 982nd Combat Camera Company (Airborne) maneuvers to photograph Soldiers during a react to contact battle drill during Combat Support Training Exercise (CSTX) at Fort Knox, Kentucky, March 15, 2018.

PHOTO BY CAPT. DAVID GASPERSON, 335TH SIGNAL COMMAND (THEATER)

PHOTO BY MASTER SGT. MARISOL WALKER,  
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For Soldiers from the 318th Chemical Company, preparing for an upcoming deployment means firing a .50 caliber machine gun mounted on a moving vehicle while engaging enemy targets more than 900 meters away under the cover of complete darkness. Sound daunting? It is.

BY SGT. 1ST CLASS BRENT POWELL, 76TH U.S. ARMY RESERVE OPERATIONAL RESPONSE COMMAND



PHOTO BY SGT. 1ST CLASS BRENT POWELL, 76TH U.S. ARMY RESERVE OPERATIONAL RESPONSE COMMAND



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When Former Red Sox and White Sox catcher Carlton Fisk was inducted into the Baseball Hall of Fame, he took the time during his acceptance speech to express his gratitude and pride in having served in the Army Reserve.

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To enhance unit readiness and interoperability, the 993rd Transportation Company was tasked to provide logistical, transportation and security support to the Canadian Army.

BY SGT. SARAH ZALER, 326TH MOBILE PUBLIC AFFAIRS DETACHMENT

PHOTO BY SGT. SARAH ZALER, 326TH MOBILE PUBLIC AFFAIRS DETACHMENT



PHOTO BY SPC. ANTHONY MARTINEZ, U.S. ARMY RESERVE COMMAND

Ready Force X units are tasked with sustaining higher levels of training and readiness to deploy around the world on short-notice in support of Army requirements. Lt. Gen. Charles Luckey, chief of Army Reserve and commanding general, U.S. Army Reserve Command, and Command Sgt. Maj. Ted Copeland, command sergeant major, U.S. Army Reserve Command, sat down with Warrior Citizen Magazine to discuss how the requirement to prepare the earliest deploying units impacts the individual Soldier in today's full-spectrum threat environment.

# Individual Readiness

BY MELISSA RUSSELL, ARMY RESERVE COMMUNICATIONS

At top: Lt. Gen. Charles D. Luckey, Chief of the Army Reserve, and Commanding General of the U.S. Army Reserve Command, meets Soldiers assigned to the 597th Quartermaster Company at the Convention Center in San Juan, Puerto Rico. October 21, 2017. The 597th Quartermaster Company has been providing laundry and shower services to refugees in the Convention Center who were affected by both Hurricanes, Irma and Maria.

**A LETHAL FORCE BEGINS WITH A READY SOLDIER.** Fit, trained, and medically-ready, the deployable Soldier is the foundation of unit readiness. America's Army Reserve depends on Soldiers who come to Battle Assembly ready to fight and win on the battlefield. That includes proficiency in their individual requirements, including the knowledge, skills and abilities to excel in their military occupational specialties and—equally critical—the ability to perform these missions under highly lethal conditions.

“Many Army Reserve Soldiers bring years of civilian experience and industry-specific knowledge, expertise and skills in fields such as cyber, artificial intelligence, quantum computing and other advanced technology fields,” said Lt. Gen. Charles Luckey, chief of Army Reserve and commanding general, U.S. Army Reserve Command. “That professional depth makes them highly valuable to



the military, but if Soldiers are not individually ready and deployable, you don't have an Army. Period.”

The Army relies on Army Reserve units and Soldiers for additional maneuver, functional and multifunctional support capabilities to enhance the readiness of the Total Force. Collective units-of-action, made up of ready Warrior Citizens, must be manned, trained, equipped and—above all—led to combat-readiness.

Whether part of operational or strategic depth forces, every Soldier in America's Army Reserve must be capable of mobilizing rapidly and deploying with the mobility, survivability, connectivity, and lethality needed to fight and win on the battlefield.

## TRAINING STRATEGY

This year, as hundreds of units and thousands of individual Soldiers and crews cycle through multiple training events, Luckey wants to be clear that at its core, Operation Cold Steel II is about getting after individual readiness and rebuilding leader competencies. Now in its second year, OCS II is also central to a massive push to ensure that America's Army Reserve is able to generate readiness in a highly lethal environment—and the

ability to generate that readiness within its own noncommissioned officer corps.

“Cold Steel II is more than a collective live-fire exercise,” said Luckey. “It's individual Soldiers, building their individual weapons qualifications skills, working with their crews and building teams. At its heart, OCS II is about buying back space for NCOs to lead.”

OCS II is quadrupling the throughput of what was already the largest live-fire exercise in Army Reserve history. More than 400 crews trained over seven-weeks in 2017; 3,000 ground crews and 1,000 vehicle crews are expected to be trained in 2018.

The gunnery aspect of OCS II combines Mission Essential Task proficiency with platform gunnery. Designed to reduce post-mobilization time, this

Below: Command Sgt. Maj. Ted Copeland, United States Army Reserve Command (USARC) Command Sgt. Maj., addresses Soldiers from the 374th Sapper Co. from Concord, California, during a lunch break between training iterations as part of the 91st Training Division's Warrior Exercise (WAREX) 91-17-03 on Fort Hunter Liggett, California on June 12, 2017.





PHOTO BY SPC. TORRANCE SAUNDERS, 982ND COMBAT CAMERA COMPANY AIRBORNE



PHOTO BY CALVIN REIMOLD, U.S. ARMY RESERVE COMMAND



PHOTO BY SPC. JESSE COGGINS, 982ND COMBAT CAMERA COMPANY AIRBORNE

Above left to right:

A Soldier from the 364th Civil Affairs Brigade, radios in a simulated 9-line medical evacuation (MEDEVAC) request during the Combat Support Training Exercise (CSTX) 78-18-03 at Fort Knox, Kentucky, March 15, 2018. CSTX 78-18-03 is a training exercise that ensures America's Army Reserve units and Soldiers are trained and ready to deploy on short-notice and bring capable, combat-ready and lethal firepower in support of the Army and our joint partners anywhere in the world.

training ensures that RFX units and Soldiers have the ability to deploy rapidly—in some cases, in days or weeks—giving the earliest deploying units a leg up on meeting readiness requirements. According to Luckey, exercises such as OCS II have broader long-term implications.

“Across the Army Reserve, we’re building our own capability and capacity to train ourselves, while building additional levels of individual Soldier readiness,” said Luckey. “We’re increasing maneuver and leadership space, and enhancing the

capability within the noncommissioned officer corps to get after training inside their own organizations and formations.”

That plan includes hundreds of trained master gunners and vehicle crew evaluators, going back to their formations and flooding them with experience. The Army Reserve’s top noncommissioned officer, Command Sgt. Maj. Ted Copeland is ultimately holding every NCO accountable and responsible.

“We are the action individuals, the standard bearers and the enforcers,” he said. “After 17 years

2017 Army Reserve Best Warrior NCO Runner-up carefully plots his points for land navigation as part of the best warrior train up. 2017 Army Reserve Best Warrior winners and runners up train to prepare for the Department of Army Best Warrior Competition.

Spc. Khalil Jenkins, a combat documentation specialist with the 982nd Combat Camera Company (Airborne), based in East Point, Georgia, provides security during Infantry Movement Techniques Training as part of the Combat Support Training Exercise (CSTX) 78-18-03 at Fort Knox, Kentucky, March 17, 2018.

Right: Spc. Shuya Chang, assigned to the 7226th Medical Support Unit, Fort Jackson, South Carolina, meets with physician assistant Capt. Erika Walker for a periodic health assessment at Operation Reserve Care, Womack Army Medical Center at Fort Bragg, North Carolina.

PHOTO BY LT. COL. ANGELA WALLACE, ARMY RESERVE MEDICAL COMMAND





## All unit leaders are responsible for quality training. Primary roles involve training subordinate leaders and developing teams. Leaders consist of commanders, NCOs, and unit leaders.

— FM 7.0, TRAIN TO WIN IN A COMPLEX WORLD

### THE ROLE OF LEADERS IN HELPING SOLDIERS ACHIEVE INDIVIDUAL READINESS

Field Manual 7.0 defines what right looks like when it comes to training and developing subordinate leaders in today's threat environment, "Commanders ensure that their subordinates know how to think instead of what to think. They develop their subordinates' confidence, and empower them to make independent, situational-based decisions. Effective commanders develop subordinates with agile and adaptive approaches to problem solving that more easily translate to operations."

Copeland pointed to a 2015 KRC Research study commissioned by the Army Reserve that indicated a high correlation between leadership effectiveness and responsiveness, and retention.

"Mentorship matters more than you know, whether you are talking about retention, setting the standard or leading by example," he said. "You are their experienced and trusted advisor, Soldiers are looking to you for demonstrated leadership."

### BALANCE

Today's Army Reserve is a mix of strategic depth units— those with adequate time to build readiness, favored to source approximately 200 rotational missions every year, and RFX units—currently more than 600 units of action, ready to deploy on short-notice in support of contingency operations.

Below: Specialist Pedro Benavides, from 407th Civil Affairs Battalion, dons his gas mask during the 353rd Civil Affairs Command Best Warrior Competition at Fort McCoy, Wisconsin, Nov. 2, 2017.

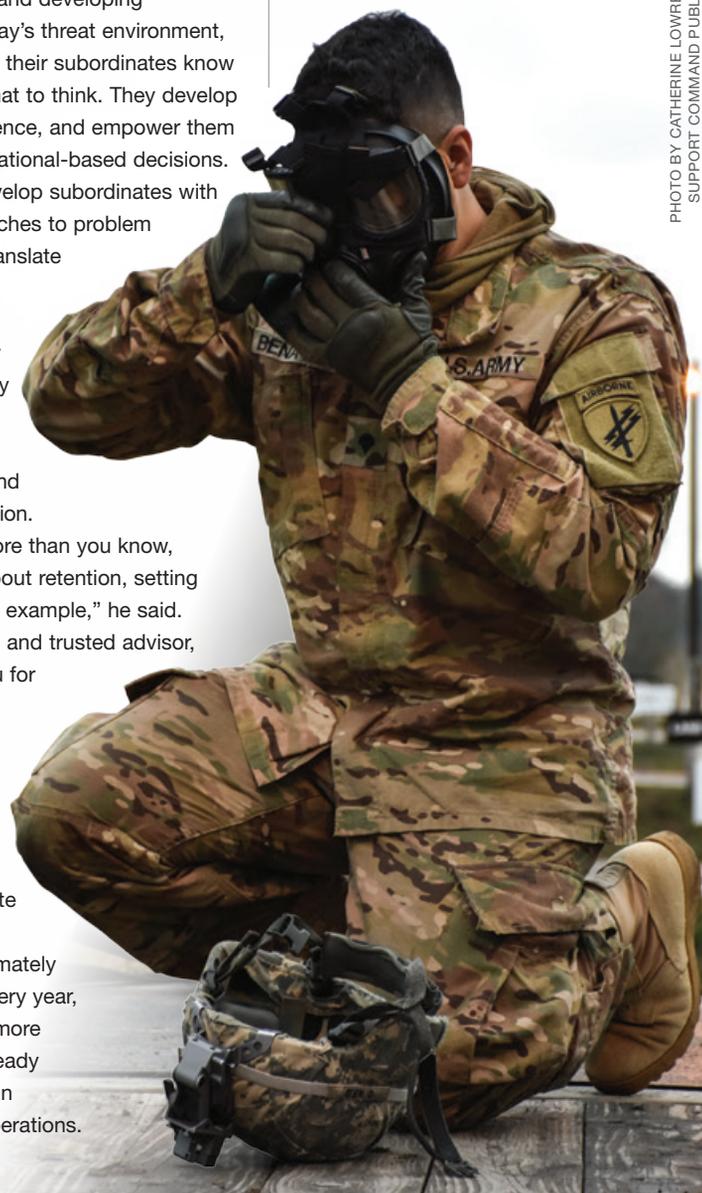


PHOTO BY CATHERINE LOWREY, 88TH REGIONAL SUPPORT COMMAND PUBLIC AFFAIRS OFFICE

of constant deployments in a counter-insurgency fight, success is now being defined by our ability to generate our own premobilization readiness and lethality—versus weeks-long training conducted post-mobilization by our active duty counterparts."

Back at their units, these instructors, evaluators and trainers will be available to assist Soldiers in meeting the foundational components of training. "All of this is driving a culture change in America's Army Reserve," said Luckey. "This re-invests in individual proficiency, competence, and the professional development of our leaders. By 2020, noncommissioned officers and leaders who train and supervise will know what right looks like and be able to replicate the training environment and Army standards at home station or local training areas."

Beyond weapons qualification, Cold Steel's associated Combat Support Training Exercise (CSTX) 18-03 adds multiple tactical training scenarios specifically designed to replicate real-world missions that prepare and validate select early-deploying units. The exercise integrated platform gunnery, leader certification, Lethal Warrior (AWT and Battle Drills), Situational Training Exercises (STX Lanes) and an FTX culminating in a Collective Live Fire Exercise.

"This is tough, realistic, tactical and technical training, including MET assessments and 12 integrated functional exercises in a combined environment," said Copeland. "By the time we finish, more than 170 units and 11,500 Soldiers across America's Army Reserve will have met the rigorous standard required to build readiness for high intensity conflict."

PHOTO BY SPC. ANTHONY MARTINEZ,  
U.S. ARMY RESERVE COMMAND



Top left: Lt. Gen. Charles D. Luckey, Chief of the Army Reserve, and Commanding General of the U.S. Army Reserve Command, recognizes Soldiers assigned to the 597th Quartermaster Company with a coin in appreciation for their job done at the Convention Center in San Juan, Puerto Rico. Oct. 21, 2017.

Top right: A drill sergeant from A Company, 2nd Battalion, 485th Infantry Regiment (Initial Entry Training), checks Army Spc. Joshua C. Scott, a Bradenton, Florida native serving as a water treatment specialist in the 431st Quartermaster Detachment, on proper pushup form during an Army Physical Fitness Test conducted March 9, 2017, in Camp Blanding, Florida.

PHOTO BY SPC. AARON BARNES, 321ST MILITARY INTELLIGENCE BATTALION



Getting there and staying there relies in no small part on the ability of leaders to understand what is being asked of Warrior Citizens.

“There is a tension between what we need to accomplish as a force, and the balancing act our Soldiers are conducting every day,” said Luckey. “We’re trying to alleviate that tension between being ready enough to be relevant, but not so ready that our Soldiers can’t maintain healthy Family relationships, keep good civilian jobs, and pursue their education goals.”

Ensuring mechanisms are in place to alleviate the stress on the force is an ongoing challenge, but Luckey wants Soldiers to know that he, Copeland

and senior leaders across the Army Reserve, are working hard to provide solutions. “We recognize the unique sacrifice you make, and we continue to advocate on your behalf through Family readiness groups, employers, universities, Congress and the American people.”

When it comes to issues such as lack of available training seats or missing a CSTX that conflicts with a critical semester, Copeland said leaders need to look at each individual Soldier and use their judgement.

“It may require some flexibility and it may impact short-term manning,” said Copeland, “but when it comes to training and retaining Soldiers, we’re investing for the long term.”

## RECRUITING AND RETENTION

Readiness means manning, and Luckey is urging every Soldier to rise to the challenge of recruiting and retaining Soldiers where they live and work. That means having access to the right tools and information.

“Every Soldier is a recruiter,” Luckey said. “This is an all-volunteer force and its strength is predicated, in our case, on leveraging Soldiers that are out there across America doing great stuff,

A military police Soldier with the 56th Military Police Company returns to camp after a reconnaissance patrol with his troops the night before a Combat Support Training Exercise.



PHOTO BY MASTER SGT.  
MICHEL SAURET, 200TH  
MILITARY POLICE COMMAND

primarily in the private sector or in other aspects of the public sector. Talk about what you're doing with this awesome team, and learn about the benefits – educational, healthcare, bonuses and experience gained. Don't think we can outsource this responsibility. We can't, and we won't."

### THE ROAD TO AWESOME

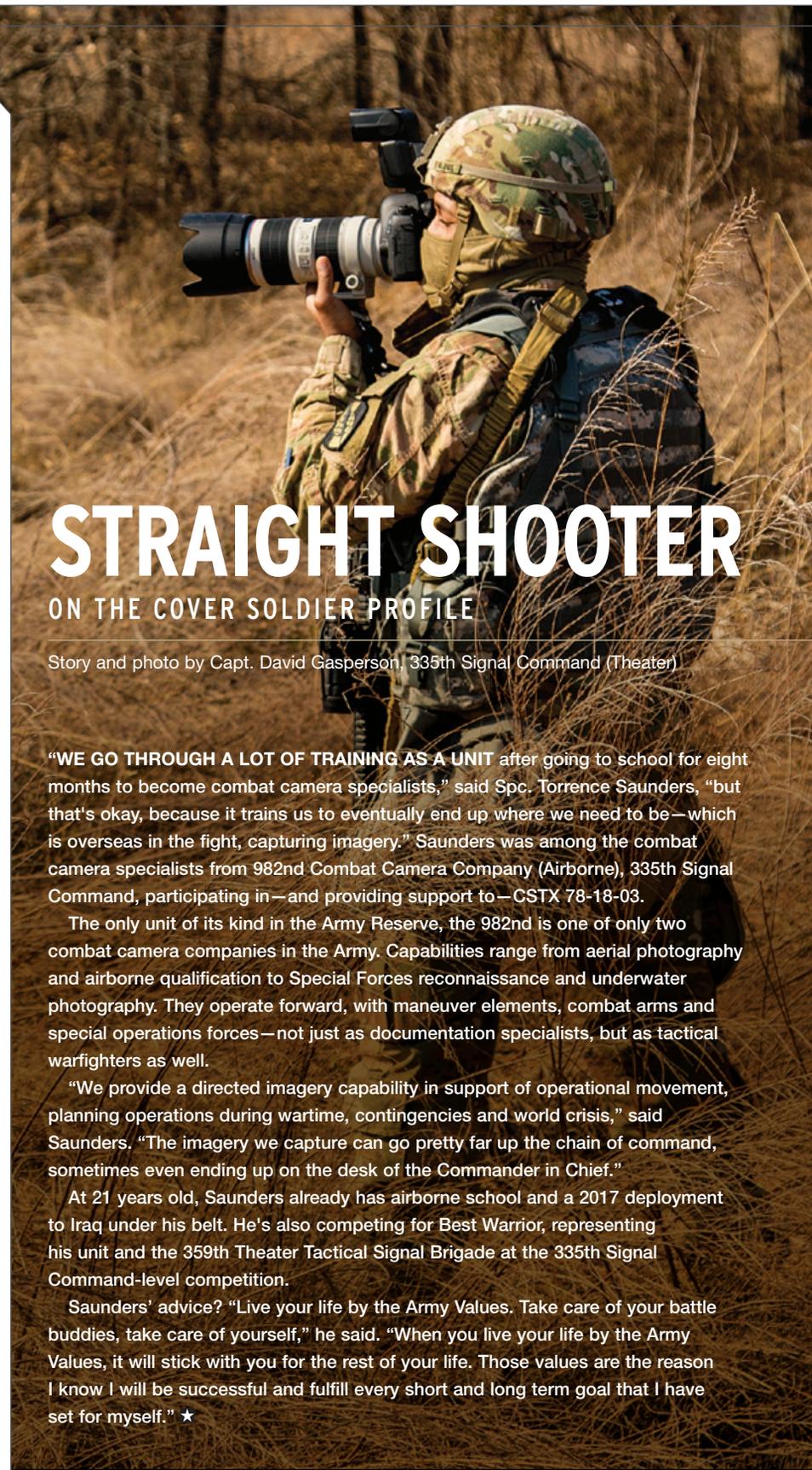
As minor as it may seem—a morning run, a dental checkup, updating personal records—the focus on meeting individual requirements enhances the Army Reserve's ability to achieve its number one priority: Readiness.

"I've said it before, but it bears repeating—the Army universe revolves around the noncommissioned officer corps," said Copeland. "We know what individual readiness means, but that noncommissioned officer, they're the responsible party."

The demonstrated leadership, energy and execution of every individual Soldier ensures America's Army Reserve remains the most capable, combat-ready, and lethal federal reserve force in the history of the Nation. "This is the Road to Awesome," said Luckey. "Stay on it." ✘

**"We are the action individuals, the standard bearers and the enforcers. After 17 years of constant deployments in a counter-insurgency fight, success is now being defined by our ability to generate our own premobilization readiness and lethality..."**

— COMMAND SGT. MAJ. TED COPELAND, COMMAND SERGEANT MAJOR OF THE ARMY RESERVE



# STRAIGHT SHOOTER

## ON THE COVER SOLDIER PROFILE

Story and photo by Capt. David Gasperson, 335th Signal Command (Theater)

**"WE GO THROUGH A LOT OF TRAINING AS A UNIT** after going to school for eight months to become combat camera specialists," said Spc. Torrence Saunders, "but that's okay, because it trains us to eventually end up where we need to be—which is overseas in the fight, capturing imagery." Saunders was among the combat camera specialists from 982nd Combat Camera Company (Airborne), 335th Signal Command, participating in—and providing support to—CSTX 78-18-03.

The only unit of its kind in the Army Reserve, the 982nd is one of only two combat camera companies in the Army. Capabilities range from aerial photography and airborne qualification to Special Forces reconnaissance and underwater photography. They operate forward, with maneuver elements, combat arms and special operations forces—not just as documentation specialists, but as tactical warfighters as well.

"We provide a directed imagery capability in support of operational movement, planning operations during wartime, contingencies and world crisis," said Saunders. "The imagery we capture can go pretty far up the chain of command, sometimes even ending up on the desk of the Commander in Chief."

At 21 years old, Saunders already has airborne school and a 2017 deployment to Iraq under his belt. He's also competing for Best Warrior, representing his unit and the 359th Theater Tactical Signal Brigade at the 335th Signal Command-level competition.

Saunders' advice? "Live your life by the Army Values. Take care of your battle buddies, take care of yourself," he said. "When you live your life by the Army Values, it will stick with you for the rest of your life. Those values are the reason I know I will be successful and fulfill every short and long term goal that I have set for myself." ★

Spc. Torrence Saunders, a combat documentation/ production specialist with the 982nd Combat Camera Company (Airborne) photographs Soldiers during a react to contact battle drill during Combat Support Training Exercise (CSTX) at Fort Knox, Kentucky, March 15, 2018.

T A S K F O R C E

# C O O Y



FIELD NOTES  
FORT HUNTER LIGGETT,  
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# O | T | E

Today's Army Reserve is a mix of strategic depth units—those with adequate time to build readiness, favored to source approximately 200 rotational missions every year, and Ready Force X units—currently more than 600 units of action, ready to deploy on short-notice in support of contingency operations. Task Force Coyote is the first of four gunnery exercises under Operation Cold Steel II, focused on validating the earliest deploying units in all three Foundational Components of Training.

Spc. Sebastian Austin and Sgt. Jorge Monge, 224th Military Police Company work as a team qualifying with an M2 machine gun during Operation Cold Steel II at Fort Hunter Liggett, California, Dec. 5, 2017. (Photo by Capt. Valerie Palacios, 200th Military Police Command)

# TASK FORCE COYOTE

# TASK FORCE COYOTE

BY SPC. NOEL  
WILLIAMS  
U.S. ARMY RESERVE  
COMMAND

Designed to familiarize Soldiers with several different crew-served weapon systems, a part of Operation Cold Steel II, is focused on increasing the lethality of individual Soldiers and enhancing the combat-readiness of units.

The Oct. 12 to Dec. 15, 2017 training was hosted by the 79th Theater Support Command. "It's imperative for the survivability of our units when we deploy overseas that we are able to functionally use these weapon systems to protect ourselves and our allies," said Maj. Todd Spanton, executive officer for Task Force Coyote. "So, it's definitely an imperative, training to maintain our readiness and being ready to deploy, engage and destroy the enemies of the United States of America."

The four-day training cycle allowed 1,000 teams of two to either train or re-familiarize themselves with the M2 and M240B machine guns, the Mark 19 grenade machine gun and the M249 light machine gun. At the end of training, Soldiers qualify with these weapons systems on day and night ranges.

Day one consists of Soldiers undergoing preliminary marksmanship instruction. The PMI training helps Soldiers understand the basics of their assigned crew-served weapons and the proper techniques of firing, clearing and checking those weapons.

On day two, Soldiers practice firing with an Engagement Skills Trainer. The EST is a simulator that allows the Soldiers to practice aiming and fire commands for their assigned weapon. Soldiers also practice target acquisition with weapons sights and the AN/PAS-13 thermal imaging sight. Day three is a full day of qualification for Soldiers on the day and night ranges. Finally, on day four, Soldiers perform weapons and equipment maintenance.

The majority of Soldiers participating in Task Force Coyote are part of Ready Force X, participating in additional training exercises in order to maintain a higher level of readiness in their units.

"I think that the training out here is some of the best I have experienced in

Spc. Sebastian Austin, 224th Military Police Company, observes the accuracy of a fellow Soldier qualifying with an M2 machine gun, while wearing a protective mask during Operation Cold Steel II at Fort Hunter Liggett, California, Dec. 5, 2017. (Photo by Capt. Valerie Palacios, 200th Military Police Command)

my 15-year career thus far,” said Spanton. “The Soldiers are actually able to get hands-on experience and really become proficient with the weapons systems that are required to keep them and our allies safe when deployed overseas.”

Task Force Coyote is part of a larger event, Operation Cold Steel II, scheduled for three other locations throughout the calendar year: Fort McCoy, Wisconsin; Fort Knox, Kentucky; and Joint Base McGuire-Dix-Lakehurst, New Jersey. 🇺🇸



# MILITARY POLICE JOIN COLD STEEL II

BY CAPT. VALERIE PALACIOS  
200TH MILITARY POLICE COMMAND

The “office view” was a gunnery range for Soldiers from the 200th Military Police Command who jumped on the Army Reserve’s largest gunnery operation.

More than 100 military police Soldiers participated in a two-month training rotation known as Task Force Coyote, which included approximately 2,000 Soldiers. Task Force Coyote was hosted by the 79th Theater Support Command to conduct ground gunnery operations at Fort Hunter Liggett, with the 84th Training Command providing oversight.

For many of these Soldiers, it was their first time qualifying on crew-served weapons of these calibers.

Spc. Katrina Mendez, 607th MP Battalion, said this was her first time firing the M2 machine gun.

“You look at those bullets. Those things are huge! ... And the first time you feel it, you’re like, ‘Oh my God, this is a lot of power!’” she said.

Above: Staff Sgt. Jesus Valles, 883rd Quartermaster Company based in Broken Arrow, Oklahoma, provides AN/PAS-13 familiarization training to Soldiers using a thermal weapon sight for the first time during Operation Cold Steel II at Fort Hunter Liggett, California, Dec. 4, 2017. The device allows Soldiers the capability to locate targets day or night at great distances, through smoke or fog. (Photo by Capt. Valerie Palacios, 200th Military Police Command)

Soldiers conduct crew-served weapons qualification on pop-up targets with a Mark 19 grenade machine gun during Operation Cold Steel II at Fort Hunter Liggett, California, Nov. 17, 2017. (Photo by Spc. Noel Williams, U.S. Army Reserve Command)





Spc. Cody Basham, 182nd Transportation Company serves as assistant gunner while Pfc. Ryan Koranda, 56th Military Police Company qualifies with an M240B machine gun during Operation Cold Steel II at Fort Hunter Liggett, California, Dec. 5, 2017. (Photo by Capt. Valerie Palacios, 200th Military Police Command)

“But then you realize, ‘I can handle this. I can do this,’” she added.

Once she got the hang of it, she felt empowered and capable, she said.

Soldiers went through two days of classroom and virtual training, then got to experience live fire to qualify on the M2 machine gun, the M249 light machine gun, the Mark 19 40 mm grenade machine gun or the M240B machine gun.

Operation Cold Steel, now in its second year, is central to the Army Reserve’s effort to generating readiness in a highly lethal environment. OCS II is getting a leg up on Objective T by training thousands of Soldiers and hundreds of crews pre-mob, while

simultaneously, building the ability to generate that readiness within its own noncommissioned officer corps, including hundreds of trained and qualified master gunners and vehicle crew evaluators who will bring that higher proficiency back to their units.

Staff Sgt. Mishael Dominguez, an AN/PAS-13 thermal weapon sight instructor, said his job is rewarding, especially when Soldiers show a strong interest and curiosity by asking questions about the weapon systems. Dominguez said this gives him the opportunity to pass on training to troops who need it most.

“I wanted to be able to exercise my position as a noncommissioned officer and be a leader, and this is a great experience, being able to train these troops,” he said.

Dominguez said this training isn’t specific to just one military occupational specialty (MOS) such as military police.

“We are all Soldiers, regardless of MOS and we all should be trained on weapon systems,” he said.

Firing these weapons isn’t an individual accomplishment. Soldiers worked as gunnery teams, each taking a turn behind the trigger while the assistant gunner helped spot targets and feed ammunition into the weapon system.

“When you’re battled up with somebody that you’ve been working with for a while, it

“YOU LOOK AT THOSE BULLETS. THOSE THINGS ARE HUGE!... AND THE FIRST TIME YOU FEEL IT, YOU’RE LIKE, ‘OH MY GOD, THIS IS A LOT OF POWER! BUT THEN YOU REALIZE, ‘I CAN HANDLE THIS. I CAN DO THIS.’”

— SPC. KATRINA MENDEZ,  
607TH MP BATTALION

Soldiers from the 316th Expeditionary Sustainment Command conduct the week-long M240B automatic weapon training event, Operation Cold Steel II, at Ft. Hunter Liggett, California, Dec. 12, 2017. (Photo by Maj. Marvin Baker, 316th Sustainment Command (Expeditionary))



makes it more fun, because you get to do cool stuff together,” said Spc. Fatima Flores, who was teamed up with fellow MP, Mendez.

Mendez and Flores explained the importance of the training as it pertains to being military police. Military police

Soldiers are capable of deploying as gunners and drivers, among other duties, and in these positions, Mendez and Flores are ready.

“I feel confident that I can actually protect my Soldiers,” said Mendez. ❏

# TRAINING ON CREW-SERVED WEAPON SYSTEMS

← BY MAJ.  
MARVIN BAKER  
316TH SUSTAINMENT  
COMMAND (EXPEDITIONARY)

More than 150 Soldiers from the Pennsylvania-based 316th Expeditionary Sustainment Command qualified on the M240B, a general-purpose machine gun, during Task Force Coyote’s Operation Cold Steel II held at Fort Hunter Liggett, California from mid-October through mid-December 2017.

These Soldiers regularly train for their combat sustainment missions closer to home, but training like Operation Cold Steel is centralized to allow crews and teams to train and qualify as cohesive elements.

“We spend a lot of time getting ready. Army Reserve Soldiers train for a minute’s notice mentality,” said Sgt. Brian Marcotte, a petroleum supply specialist with the ESC’s 233rd Quartermaster Company. “I have 10 Soldiers in my squad. We are squared away and focused on doing well in this training.”

Marcotte and the other junior leaders in the unit, like Sgt. Charles Whitaker, have extensive experience with various weapons, gained mostly during deployments. They differ from younger Soldiers with less experience, yet both groups benefit from training like Operation Cold Steel.

“We are working on our communication and leadership skills,” said Whitaker, who works as the 233rd Quartermaster Company’s armorer. Communication is vitally important when operating a weapon that can rapid fire 200 rounds per minute and hit a target more than 3,000 meters away.

A two-person team—a gunner and assistant gunner—operate the M240B. The assistant gunner helps the gunner find targets and manage ammunition.



A Soldier from the 316th Expeditionary Sustainment Command trains on a M240B automatic weapon during Operation Cold Steel II at Ft. Hunter Liggett, California, Dec. 12, 2017. The training focused on making the sustainment Soldiers more lethal, accurate and combat ready. (Photo by Maj. Marvin Baker, 316th Sustainment Command (Expeditionary))

“This has been excellent training,” Whitaker said. He and Marcotte said they would take the various skills their teams developed during the training back to their home units to apply with other Soldiers.

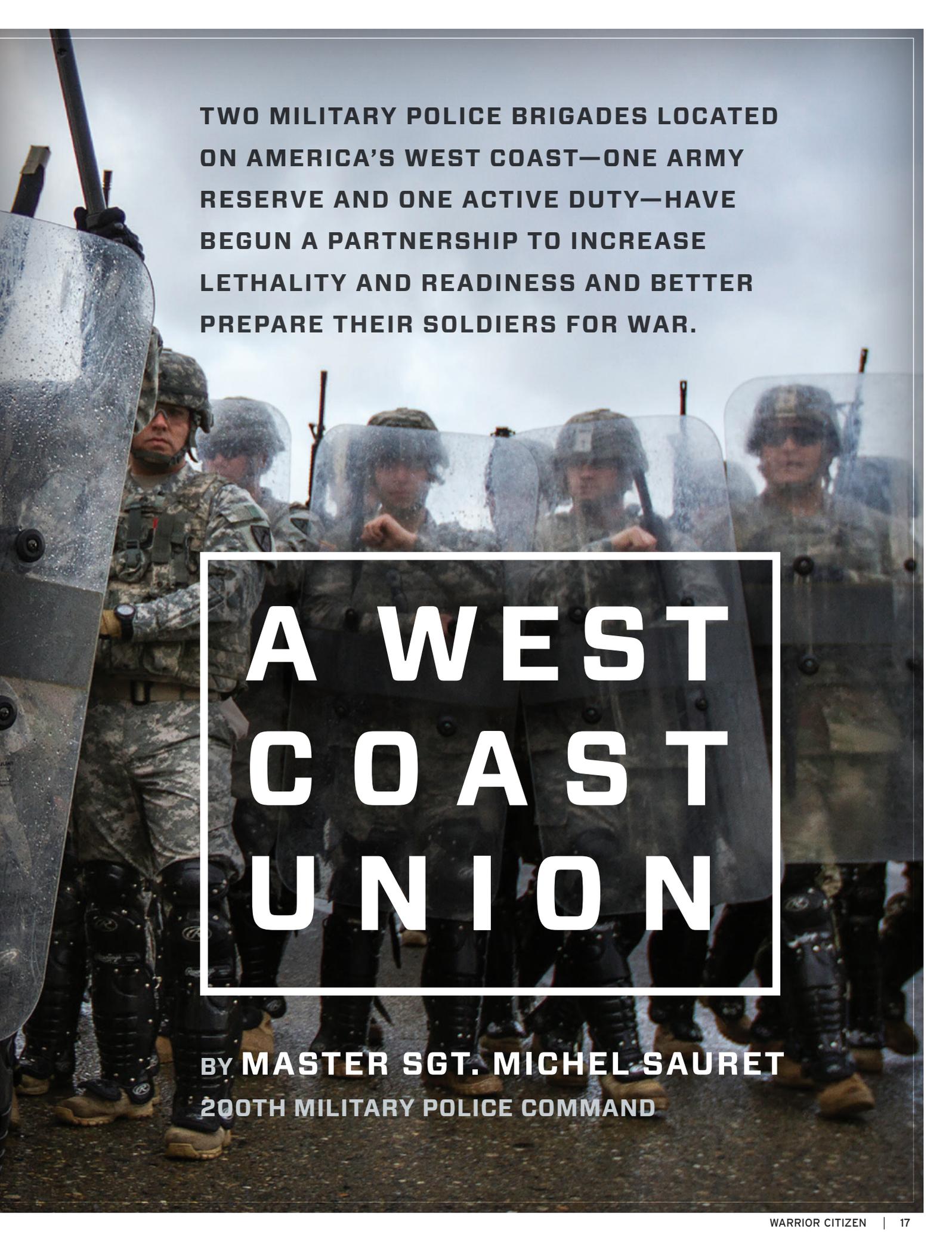
Operation Cold Steel is an ongoing effort to familiarize and qualify Army Reserve Soldiers with various crew-served weapon systems in the military arsenal, ensuring the earliest deploying units are prepared for today’s full-spectrum threat environment. ❏





PHOTO BY SGT. CODY QUINN, 28TH PUBLIC AFFAIRS DETACHMENT

Soldiers with the 42nd Military Police Brigade, based in Joint Base Lewis-McChord, Washington, participate in civil disturbance training at Joint Base Lewis-McChord..



**TWO MILITARY POLICE BRIGADES LOCATED ON AMERICA'S WEST COAST—ONE ARMY RESERVE AND ONE ACTIVE DUTY—HAVE BEGUN A PARTNERSHIP TO INCREASE LETHALITY AND READINESS AND BETTER PREPARE THEIR SOLDIERS FOR WAR.**

# **A WEST COAST UNION**

**BY MASTER SGT. MICHEL SAURET  
200TH MILITARY POLICE COMMAND**



PHOTO BY SGT. WILLIAM WASHBURN, 20TH PUBLIC AFFAIRS DETACHMENT

Above: A Soldier with the 42nd Military Police Brigade, based in Joint Base Lewis-McChord, Washington, demonstrates eliminating a threat during a stress fire lane at Joint Base Lewis-McChord.

Below: A Soldier with the 11th Military Police Brigade, based in Los Alamitos, California, fires an M16 rifle during a semiannual qualification range at Camp San Luis Obispo Range in San Luis Obispo County, California.

**FORT MEADE, MD.**

“ If we go to war, there’s going to be all three [Army] components involved, no matter what,” said Col. John Hafley, commander of the 11th Military Police Brigade, an Army Reserve unit headquartered in Los Alamitos, California.

Their active duty counterparts in Washington State agreed that building relationships now is vital.

“Our Army and our nation expect one capability from us, whatever your (military occupational) specialty may be. They’re not really concerned

when we deploy... what component we’re from. If you embrace that now, it reduces the learning curve once you’re down range,” said Command Sgt. Maj. Brian Flom, the command sergeant major of the 42nd MP Brigade, active duty, located on Joint Base Lewis-McChord (JBLM), Washington.

In early January, the 11th MP Brigade invited the active duty MP leadership to attend their Yearly Training Brief, which is a major planning meeting involving their battalions, to discuss training plans for the coming year. Both parties appreciated their attendance, and the 42nd leadership also mentioned how impressed they were by the commitment to duty of their Army Reserve counterparts.

“These [leaders] are putting in their 40 to 60 hours in their normal jobs and they’re putting in another 10 to 20 hours a week, minimum, on their [military] leadership... so hats off for what they do,” said Col. Thomas Russell-Tutty, commander of the 42nd MP Brigade.

Though there are national training exercises that combine all three components year-round, it’s rare to find units with similar specialties who commit to a long-term relationship that extends beyond scheduled training events. Typically, when those exercises are over, each unit goes its separate way.

“[By doing this,] we become familiar with how we operate, and it just makes operations in a combat environment that much smoother,” said Flom.

Because many Army units—including military police—are “modular,” they can be plugged into any Army hierarchy during a deployment. That means an Army Reserve brigade deployed overseas will likely be in command of active duty





PHOTO BY SGT. IDA IRBY, 11TH MILITARY POLICE BRIGADE

units]. At the end, we're both trying to attain the same results, and that's to have a ready force," said Laos.

Though the 11th Military Police and the 42nd Military Police are both brigades, they have structural and experiential differences that add to one another's span of knowledge. For example, the 11th MP Brigade is located in California, but two of its four battalions are in Texas and Arizona. The 42nd MP Brigade has all of its units on Joint Base Lewis-McChord, responsible for maintaining law and order on base, securing prisoners at a military detention facility and training their Soldiers for combat environments. Army Reserve MPs

Left: A Soldier with the 11th Military Police Brigade, prepares ammunition for the M16 qualification range at Camp San Luis Obispo Range, California.

Below: A Soldier with the 11th MP Brigade checks all weapons before leaving the firing range at Fort Hunter Liggett, California, March 2017.

At Bottom: A Soldier from the 42nd Military Police Brigade, observes and instructs a junior MP during a stress fire lane at Joint Base Lewis-McChord, Washington.

and National Guard units. The same is true the other way around.

"We've got to grow together and work together now because at the end of the day, on our uniform it says U.S. Army. It doesn't say Army National Guard. It doesn't say Army Reserve. It says U.S. Army," said Command Sgt. Maj. Winsome Laos, the 11th MP Brigade's command sergeant major.

The training emphasis for both MP forces is to function in austere locations with possibly compromised communication technology. The envisioned fight is not against insurgent forces, but against what the Army calls "near peer" enemies, structured and equipped similarly to America's own military.

"We have the same strategic challenges [as the active duty



PHOTO BY AMY PHILLIPS, FORT HUNTER LIGGETT PUBLIC AFFAIRS OFFICE

**"We've got to grow together and work together now because at the end of the day, on our uniform it says U.S. Army. It doesn't say Army National Guard. It doesn't say Army Reserve. It says U.S. Army."**

— COMMAND SGT. MAJ. WINSOME LAOS, 11TH MP BRIGADE



PHOTO BY SGT. IDA IRBY, 11TH MILITARY POLICE BRIGADE

can benefit from active-duty partners because of their day-to-day military experience, while they can provide knowledge to their active-duty counterparts from their civilian careers.

"Training with those Soldiers at all levels is a golden opportunity," said Hafley. "My focused training [is] on units of action."

But, even if neither unit deploys soon, this partnership will help both components in their overall readiness.

"I think the best part about the partnership is that we're able to share experiences, lessons learned, tactics, techniques and procedures for how to tackle, not just tactical, but operational, and sometimes commanding, problems... It's great," said Russell-Tutty. 🇺🇸

PHOTO BY SGT. WILLIAM WASHBURN, 20TH PUBLIC AFFAIRS DETACHMENT



# Soldiers Creed

I am an American Soldier.  
I am a warrior and a member of a team.  
I serve the people of the United States, and live the Army Values.  
I will always place the mission first.  
I will never accept defeat.  
I will never quit.  
I will never leave a fallen comrade.  
I am disciplined, physically and mentally tough, trained and proficient in my warrior tasks and drills. I always maintain my arms, my equipment and myself.  
I am an expert and I am a professional.  
I stand ready to deploy, engage, and destroy, the enemies of the United States of America in close combat.  
I am a guardian of freedom and the American way of life.  
I am an American Soldier.

**"The Army Reserve needs dynamic, free-thinking Soldiers who approach their duties with energy and execute them without delay. As long as you understand your mission and the commander's intent, the basic principles set forth in the Creeds will guide you in your decision-making and day-to-day activities."**

- COMMAND SGT. MAJ. TED COPELAND,  
COMMAND SERGEANT MAJOR,  
U.S. ARMY RESERVE COMMAND

# NCO Creed

**No one is more professional than I. I am a noncommissioned officer, a leader of Soldiers.** As a noncommissioned officer, I realize that I am a member of a time honored corps, which is known as "The Backbone of the Army." I am proud of the Corps of noncommissioned officers and will at all times conduct myself so as to bring credit upon the Corps, the military service and my country regardless of the situation in which I find myself. I will not use my grade or position to attain pleasure, profit, or personal safety.

**Competence is my watchword.** My two basic responsibilities will always be uppermost in my mind—accomplishment of my mission and the welfare of my Soldiers. I will strive to remain technically and tactically proficient. I am aware of my role as a noncommissioned officer. I will fulfill my responsibilities inherent in that role. All Soldiers are entitled to outstanding leadership; I will provide that leadership. I know my Soldiers and I will always place their needs above my own. I will communicate consistently with my Soldiers and never leave them uninformed. I will be fair and impartial when recommending both rewards and punishment.

**Officers of my unit will have maximum time to accomplish their duties; they will not have to accomplish mine.** I will earn their respect and confidence as well as that of my Soldiers. I will be loyal to those with whom I serve; seniors, peers, and subordinates alike. I will exercise initiative by taking appropriate action in the absence of orders. I will not compromise my integrity, nor my moral courage. I will not forget, nor will I allow my comrades to forget that we are professionals, noncommissioned officers, leaders!



“I don’t think anybody gets the gist of what it means to be an NCO until you actually have Soldiers underneath you. A lot of people assume that once you become an NCO, that just means you get to tell people what to do... Once you get those Soldiers... you learn what it means to actually guide them and mentor them.”

– STAFF SGT. MATTHEW KENNEDY, ON TAKING CARE OF SOLDIERS

“...you’re not going to know everything... Do not be afraid to say ‘I don’t know.’ At the end of the day, you’re a leader, and these Soldiers are now going to look to you.”

– STAFF SGT. DAVID GILES, ON LEADERSHIP

“... Remember that this is not all about you... Understand that Soldiers will take direction from you, and they will learn from you. They will always be watching you. But ultimately, your interest should be in [their] interest. And never forget that your decision will impact them. Trust in your decisions. Make the decisions. But accept when you’re wrong. Congratulations.”

– SGT. 1ST CLASS JOEL OSER, ON ASSUMING THE RANK

“To me, being an NCO means two things: one, proficient at your job... the second part, taking care of Soldiers. So an NCO is a father figure, a brother figure, a friend figure. It has to cover a lot of different aspects, not only being a Soldier.”

– SGT. 1ST CLASS DMITRIY YURGANOV, ON TAKING CARE OF SOLDIERS

“I believe it’s important for all NCOs to provide that outstanding leadership to not only their Soldiers, but all Soldiers that they’ve come in contact with... It may be the guidance that they need to take that extra step forward, that extra leap of faith to continue on their mission or learn something new.”

– SGT. ANDREA HOWARD, ADVICE TO LEADERS

# THE ROAD TO AWESOME

Fill out this list and keep it as a reminder. It can also be used as a baseline for your own individual readiness checklist.

## FAMILY PLAN

- Do my loved ones have the information they'll need while I'm away?
- Did I register all dependent Family members in Defense Enrollment Eligibility Reporting System/Check ID cards for expiration date?
- Do they know the contact information for the Family Support Group?

<http://www.militaryonesource.mil/web/mos/family-relationships>

<https://milconnect.dmdc.osd.mil/milconnect/>

- Financial Status (including BAH updates, income, taxes, debts, etc.)

<http://www.militaryonesource.mil/web/mos/financial-legal> <https://mypay.dfas.mil/mypay.aspx>

## LEGAL

- Will
- SGLI
- Power of Attorney

**Don't wait until it's too late!**

<http://www.militaryonesource.mil/web/mos/financial-legal>

## EVALUATIONS (OER/NCOER)

- For me?
- My subordinates?
- How about my support form?

<https://www.hrc.army.mil/content/Evaluation%20Systems%20Homepage>

- Date of Last NCOER/OER

\_\_\_\_\_

## PROMOTIONS

- Are my records correct?
- DA photo?  
<https://www.hrc.army.mil/>
- Date of promotion \_\_\_\_\_
- Date of Eligibility for next rank \_\_\_\_\_
- Leadership course required for next rank \_\_\_\_\_

## EDUCATION

### Military/Civilian

- What am I doing to improve my skills and expand my knowledge?
- Degree goals? \_\_\_\_\_
- Military school I want to attend next \_\_\_\_\_  
<https://www.goarmyed.com/>

### Military Occupational Specialty

- Am I trained?
- Are my certifications up to date?
- Check with my leadership to find out

## BIRTH MONTH AUDIT

- Set up a time to get your personnel records in order.
- Are all awards accounted for?
- Is your DD 93 updated?



**Are mandatory online training classes complete?**

## ISSUE EQUIPMENT/GEAR

- Packing List?
- Bags ready?
- Does my unit have a specific list?

## CIVILIAN EMPLOYMENT

- Plan in place for my employer if I have to depart on short notice?
- Does my boss know when I am scheduled for training, schools, deployments, etc.?

## LEADER BOOK

- Do I have all my Soldier's pertinent information, such as NCOER, APFT, Family, etc.?

**Build that leader/mentor relationship!**

## SECURITY CLEARANCE

- Don't let yours lapse! Check with your unit's security manager or unit administrator to find out.

**\*For more information, check out Military One Source Deployment Resources @ <http://www.militaryonesource.mil/web/mos/deployment-resources>**

# READINESS CHECKLIST

Every Soldier in America's Army Reserve must be able to move fast, engage quickly, and win decisively on the battlefields of today... and tomorrow.

Balancing Family, civilian career, education and maintaining physical fitness are challenging even without the responsibilities that come with being a Citizen Soldier. But individual readiness is a prerequisite to (a) successful:

**Deployment · Evaluation · Promotion · Collective Training**

Sorting through requirements may be challenging, but succeeding in the Army Reserve is rewarding and, more often than not, your achievements as a Soldier benefit you in your civilian life. **The checklists on these pages will help you keep track and remind you to stay green!**

**"As Soldiers, as America's sentinels of freedom, we will pray for peace every day. But at the same time, we will prepare for war."**

— GEN. MARK A. MILLEY, CHIEF OF STAFF OF THE ARMY

## PHYSICAL FITNESS/APFT

Score? Plan for improvement?

<http://www.militaryonesource.mil/web/mos/fitness-nutrition-active-living>

Date of Last APFT \_\_\_\_\_

SCORE \_\_\_\_\_

	Current	Future Goal	Max
Push Up			
Sit Up			
2 Mile Run			

## WEAPONS QUALIFICATION

WEAPON	SCORE	BADGE (expert, sharpshooter, marksman)	SCORE NEEDED TO GET EXPERT BADGE
Pistol			
Rifle			
Machine Gun			

## MEDICAL/DENTAL/IMMUNIZATIONS

Check to see if I'm "red" on Medical Readiness Profile

<https://www.us.army.mil/suite/designer>

	GREEN	RED	Date
Periodic Health Assessment (PHA)			
Hearing Readiness			
Vision Readiness			
Dental Readiness			
Immunizations			
Deployment Limiting Conditions (DLC)			
HIV			

**Remember, the Road to Awesome is a more enjoyable journey if you can avoid hitting the "red" lights!**



When it comes to measures of individual readiness, standards don't get much higher than the Army Best Warrior Competition. Billed as the culminating test for Soldiers and noncommissioned officers, BWC tests proficiency in more than 40 warrior tasks and battle drills.

# GEARING UP FOR BEST WARRIOR

TWO SOLDIERS FROM THE 650TH REGIONAL SUPPORT GROUP ADVANCE

By **SGT. 1ST CLASS CHANELCHERIE DEMELLO,**  
650th Regional Support Group

ALL PHOTOS BY ANNA A. BANDILLA,  
311TH SUSTAINMENT COMMAND  
(EXPEDITIONARY)

**I**n the Army Reserve, getting back to the basics of warrior tasks and drills is crucial to building a force that is capable, combat ready and lethal. Units such as the 650th Regional Support Group, and leaders such as Sgt. Major Keith Christie, are tasked with ensuring Soldiers are

trained and ready to be relevant in the current operating environment.

"We conduct the BWC to promote individual readiness and leader development," said Christie, the RSG's senior operations sergeant major. He added that the competition also recognizes Soldiers who

Right: Spc. Joshua M. Rafike, cargo specialist, 227th Inland Cargo Transportation Company, 314th Combat Sustainment Support Battalion, 650th Regional Support Group, examines a M2 .50 Caliber Machine Gun as he works to reassemble the machine gun during this year's 650th RSG Best Warrior Competition, Nellis Air Force Base, Nevada, Feb. 6, 2018.





demonstrate commitment to the Army values and embody the Warrior Ethos.

Chosen by unit command sergeants major as the best of the best, subordinate units from across the 650th RSG put forth their top picks to participate in the three-day event in Las Vegas, Nevada, Feb. 5-7. Competitors were expected to show up ready to complete multiple tasks, including weapons qualifications, a ruck march, the Army Physical Fitness Test, land navigation, board appearance, and other surprise events.

Spc. Joshua Rafike, an Antioch, California native with the 227th Inland Cargo Transportation Company, bested his

challengers to become the 650th RSG's 2018 Soldier of the Year. Sgt. Kevin Hagler, who lives in Lancaster, California and is assigned to the 645 Inland Cargo Transportation Company, secured the win in the noncommissioned officer category. Both will go on to represent the brigade at the 311th Expeditionary Sustainment Command competition.

Christie said he always looks forward to seeing how Soldiers are maintaining their skills at the company or battalion level. The event tests the physical, mental, and emotional abilities of every competitor, while enhancing their technical and tactical skills.

"In today's Army Reserve, we expect our Soldiers to maintain a certain level of readiness outside of scheduled drills," said Christie. "The test really demonstrates how dedicated they are to their craft."

Both winners for the RSG are cargo specialists. Hagler, who despite his preparedness, said he was physically tested during the ruck march. He attributed

his ultimate success to advanced preparation and creative solutions, such

as conditioning his mind to ruck march to an upbeat song, or using terrain association when navigating without a compass.

Rafike's advice could easily apply to any Soldier—and any challenge.

"You've got to be hungry for it," said Rafike. "It doesn't matter how tired you are or how much you think the odds are against you, as long as you set yourself up for success, you'll get there." ❏

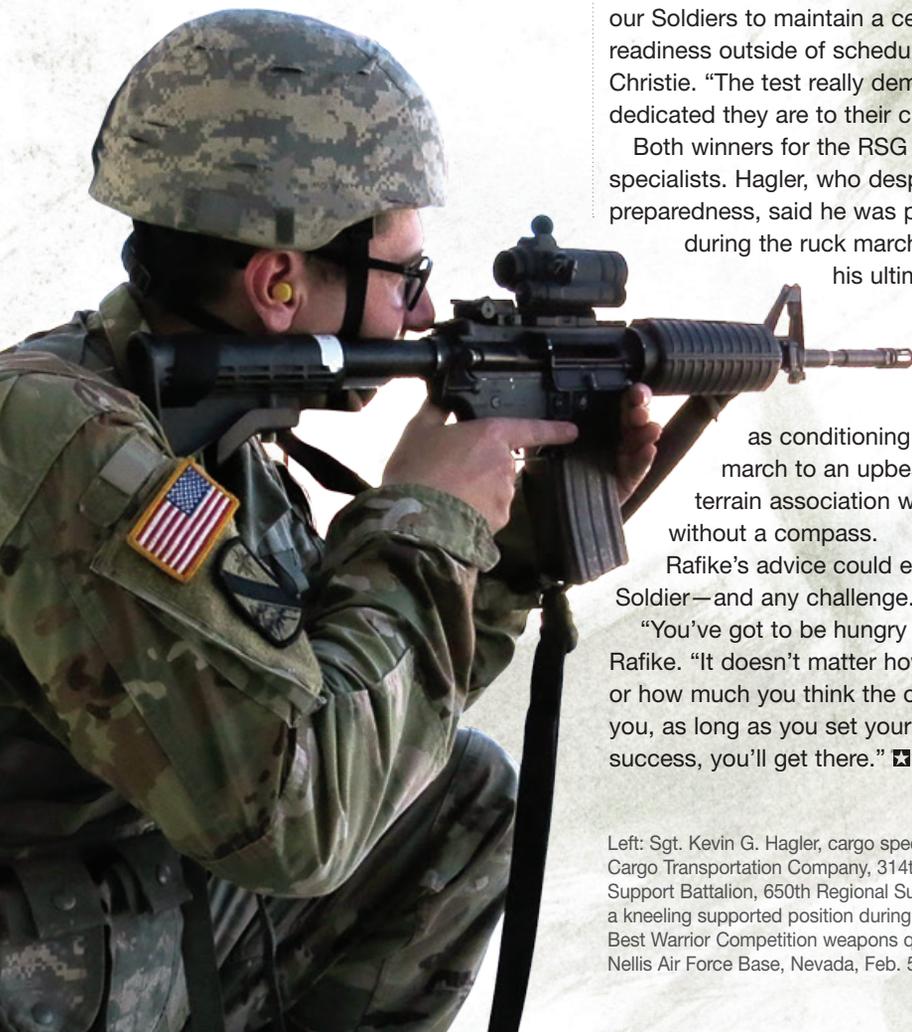
Above left: Sgt. Kevin G. Hagler uses his protractor to find locations on his map during this year's 650th RSG Best Warrior Competition, Las Vegas, Nevada, Feb. 5, 2018.

Above right: Sgt. Kevin Hagler, cargo specialist, 645th Inland Cargo Transportation Company, 650th Regional Support Group, uses his protractor to find locations on his map during this year's 650th RSG Best Warrior Competition, Las Vegas, Nevada, Feb. 5, 2018.

**“Collective readiness depends on Soldiers maintaining individual readiness and recognizing that being a Warrior Citizen is more than a part-time job—it’s a mindset. Focus on your individual tasks, maintain physical fitness, and live the Soldier’s Creed every day, and you will become not just a ready individual Soldier, but a significant driver of collective readiness for your unit and the Army Reserve.”**

— COMMAND SGT. MAJOR TED COPELAND, COMMAND SERGEANT MAJOR OF THE ARMY RESERVE

Left: Sgt. Kevin G. Hagler, cargo specialist, 645th Inland Cargo Transportation Company, 314th Combat Sustainment Support Battalion, 650th Regional Support Group, takes up a kneeling supported position during this year's 650th RSG Best Warrior Competition weapons qualification event, Nellis Air Force Base, Nevada, Feb. 5, 2018. \*



A half-century after the Vietnam War, the service and sacrifice of more than two 2 million Vietnam Veterans is being commemorated across the United States. One such Soldier, Carlton Fisk recounts his story, and the connection he feels to his fellow Veterans. A baseball Hall-of-Famer looks back at his time in the Army Reserve.

# TWICE DRAFTED

by Staff Sgt. Neil W. McCabe,  
Army Reserve Communications



CARLTON FISK WITH WIFE LINDA. (PHOTO COURTESY ...)

**F**ormer Red Sox and White Sox catcher Carlton Fisk was inducted into the Baseball Hall of Fame in Cooperstown, New York on July 23, 2000.

At his acceptance speech, before recounting his memories of playing in the major leagues, he told the audience he was grateful for the opportunity to serve in the Army Reserve.

“Throughout my minor league career, the coaches I played for had to work around my monthly week-end Army duties and my two-week summer camp,” he said. “They were most gracious and most understanding.”

Fisk told *Warrior Citizen* that throughout the baseball season, the native of Charlestown, New Hampshire would leave his team each month for a weekend battle assembly.

“I never saw it as a negative,” said Fisk. “I always thought I was fortunate to be in the Army Reserve at a critical time in the country’s history.”

Fisk said he played basketball and baseball at the University of New Hampshire, but when he did not return for his sophomore year in the fall of 1966, at the escalation of the Vietnam War, he exposed himself to the military draft.

“No sooner than I did not go back, was I called to get my pre-induction physical.”

The young catcher now needed to consider two drafts. Shortly before he received his military draft notice in January 1967, the Boston Red Sox chose the 19-year-old in the first round of the amateur draft. “It was really a double-edged sword. I was happy on one end, and I was really slapped in the face on the other end—knowing that I had some

pals who had gotten drafted and were on their way to Vietnam.”

Fisk did not have a car, so he took a bus to Manchester for his Army physical.

“I had a baseball career that I was trying to think about, but more importantly, I was beginning to understand that I needed to serve my country, too,” he said. “There was an Army Reserve unit in Chester, Vermont, which was the closest to me, about 14 miles away, and I went over there to see if I could join.”

Fisk said he nervously walked up to the reserve center and bumped into a familiar face.

“It just so happened that one of the sergeants there, Sgt. Robert Kenyon, was from Bennington in Vermont, and I had played American Legion baseball in Bennington, Vermont—in that area, I was sort of the big frog in the small pond—people knew of my name as an athlete,” he said. “I’m not sure if they had one or two slots left in the unit, but I was fortunate enough to join within three or four days of being inducted.”

“As it turned out, the Army Reserve saved my career, as much as it was in its infancy at the time,” he said.

Fisk said his brother joined ROTC at the UNH, and after his commissioning as a second lieutenant, he served for a year in Vietnam.

“There is always a little guilty feeling—in that, as I said, I had some pals that went over there,” he said. “Some came back and others who didn’t. We are just so grateful to them for their service and their ultimate sacrifice.”

“I honor all those fellas that went over to Vietnam,” he said. “I feel personally connected to the guys who came back, so I have a big place in my heart for the Vietnam Vets.”

The future Baseball Hall-of-Famer joined the 393rd Supply and Service Battalion and shipped off to basic training at Fort Dix, N.J. After his boot camp, Fisk stayed at Fort Dix for his advanced individual training as a field wireman, MOS 36K.

At the school, Fisk and his classmates learned to install

## Carlton Ernest Fisk

**Nickname:** Pudge

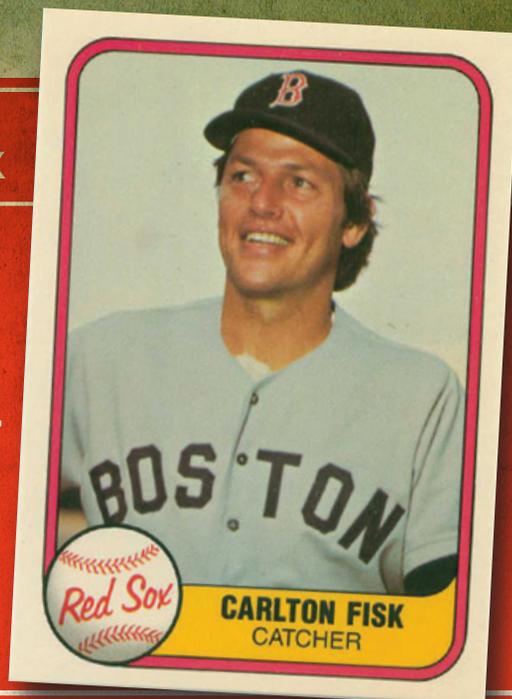
**Born:** 12/26/1947 in Bellows Falls, Vermont

**Draft:** 1967, Boston Red Sox, 1st rd. (4th overall)

**Debut:** 9/18/1969

**Last Game:** 6/22/1993

**Hall of Fame:** 2000



and operate telephone switchboards, as well as run wires, splice cables, and troubleshoot. “Of course that was way before wireless and Wi-Fi and all the rest of it,” he said.

The highlight of the course was when the Soldiers were taught to climb telephones poles, said Fisk.

“I saw more guys, you know, basically fall, slide right down the poles,” he said. “There were guys breaking legs, and stuff—you’d get up to the top, and you’d have to belt in. Then, they’d want you to feel comfortable up there, so you’d have to throw a ball to the next guy up there with you.”

Even for the professional baseball player, the pole top came of catch was nerve-racking, he said.

The wireman said he was cut off from the outside world in Army training from

February to September of 1967, so when he came home to New Hampshire he was shocked to learn that the Red Sox were about to win their first American League pennant since 1946.

When the Red Sox won their next pennant in 1975, Fisk was the team’s starting catcher. In the World Series that year, Fisk hit the winning home run in the 12th inning of Game 6, an event memorialized by images of Fisk hopping up and down and waving the ball fair with both arms until it bounced off the left field foul ball: fair.

The NBC Sports cameraman had lost track of the ball, so instead of following it, he kept his camera on Fisk, whose theatrics along with the fan reaction to those theatrics changed how baseball and sports are covered on television.

The one-time Army Reserve field wireman said he remains proud of his service, and whenever he is near Chester, Vermont he drives by the old drill hall, although his old unit is now the 393rd Combat Sustainment Support Battalion, based in Puerto Rico.

Fisk played for the Red Sox until he joined the Chicago White Sox for the 1981 season. When he retired from baseball in 1993, he was the record holder for the most home runs by a catcher, 376, the most games caught, 2,226 and 11 All-Star-Game appearances. 🏆



# HONING

Firing a .50 caliber machine gun mounted on a moving vehicle while engaging enemy targets more than 900 meters away under the cover of complete darkness is a daunting task for even the most seasoned Soldiers, but nearly 60 Army Reserve warriors are tackling that challenge and more, as they prepare for an upcoming deployment.

BY **SGT. 1ST CLASS BRENT POWELL**  
76TH U.S. ARMY RESERVE OPERATIONAL RESPONSE COMMAND

A Soldier fires a M2 .50 caliber machine gun mounted on a Humvee at Fort Hood, Texas. Tracer rounds are included in the ammunition to help the gunner aim at pop-up targets visible through night vision goggles.

# LETHAL



PHOTO BY CPL. MICHAEL SMITH, 1ST CAVALRY DIVISION SUSTAINMENT BRIGADE



## FORT HOOD, TEXAS



At top: Spc. William Laws (left), a chemical, biological, radiological and nuclear specialist assigned to the 318th Chemical Company, 490th Chemical Battalion, 415th Chemical Brigade, 76th Operational Response Command assists Spc. Destiny Wright, a CBRN specialist also assigned to the 318th Chem. Co., in reassembling a M2 .50 caliber automatic machine gun at a gunnery range on Fort Hood, Texas, Jan. 27, 2018.

Above: Spc. Caleb Hawkins, a CBRN specialist assigned to the 318th Chemical Company, checks the bore sight on a M2 .50 caliber machine gun at a gunnery range on Fort Hood, Texas.

Opposite: Spc. Everett Mcaboy (right) a CBRN specialist assigned to the 318th Chemical Company, gives some guidance to another Soldier manning a M2 .50 caliber machine gun at a gunnery range on Fort Hood, Texas, Jan. 27, 2018.

Soldiers from the 318th Chemical Company, 490th Chemical Battalion, 415th Chemical Brigade, 76th Operational Response Command, conducted a variety of training, including individual and crew-served weapons familiarization and qualifications, since arriving on January 18.

Perhaps one of the biggest training challenges facing the Soldiers has been the live-fire qualification ranges for the vehicle mounted M2 .50 caliber machine gun.

“Our mission here is for each of our Soldiers to build a solid skill set with their weapons systems and gain confidence with those skills, so they can successfully defend themselves and others in a convoy,” said 1st Lt. Bradley Burch, executive officer, 318th Chem. Co., 490th Chem. Bn., 76th ORC.

Before putting live rounds downrange, each Soldier received plenty of instruction and hands-on training. “Prior to participating in the live fire exercise, the Soldiers spent time training on the weapons systems using the Engagement Skills Trainer (EST),” said Burch.

“They also conducted live-fire familiarization with the weapons, and now that training culminates with putting what they’ve learned to the test,” Burch added. “Before we conclude our training we will validate all primary and alternate weapons crews through both daytime and nighttime gunnery exercises.”

“They also conducted live-fire familiarization with the weapons, and now that training culminates with putting what they’ve learned to the test here in the daytime and nighttime live-fire qualification.”

In order to successfully complete the live-fire qualification course the Soldiers break up into 12 teams of three. Each team then loads into a Humvee or Light-Medium Tactical Vehicle (LMTV) with an M2 .50 caliber machine gun mounted on top. Some of the mounted weapons systems required the Soldiers to manually aim and fire them, while others used the Common Remotely Operated Weapon Station (CROWS), which allows Soldiers to aim and fire the gun using a monitor and joystick while remaining inside the vehicle.

Before driving onto the course, each team was required to boresight their weapons, conduct radio checks, draw and load ammunition, check their gear and prepare themselves for the challenge ahead.

“This has been some intense training,” said Cpl. Jerome Overton, decontamination specialist, 318th Chem. Co., 76th ORC. “It’s the first time I’ve ever put my hands on a .50 caliber machine gun. It’s definitely been a learning experience, but it’s also been pretty fun.”

Echoing Overton’s comments was one of his fellow crew members. “This training has been challenging,” said Spc. Daniel David, a decontamination specialist, 318th Chem. Co., 76th ORC. “It’s not for the faint of heart. It requires a lot of you, physically, mentally and emotionally, but I’ve enjoyed it.”

The crews will spend a couple of days on the range honing their gunnery skills before moving on to other challenges, which will include shooting the M249 squad automatic weapon, the M203 grenade launcher, the



**“This training has been challenging. It’s not for the faint of heart. It requires a lot of you, physically, mentally and emotionally, but I’ve enjoyed it.”**

— SPC. DANIEL DAVID, 318TH CHEM. CO., 76TH ORC



M16A2 service rifle and completing a land navigation course. They will also tackle a host of mandatory classes to help ensure they have the knowledge needed for their upcoming deployment.

Despite the long hours, various weather conditions and a host of challenging training, most of the Soldiers seem to relish the opportunity to improve their existing skills and learn new ones.

“I’ve really enjoyed the training we’ve had here,” said Sgt. Stephen Wilson, decontamination specialist, 318th Chem. Co., 76th ORC. “I’ve learned a lot from my team out here. One of the things I’ve learned is that you are going to make mistakes; you just have to learn from those mistakes and just keep on keeping on.” ✘

Above: Spc. Caleb Hawkins, a CBRN specialist assigned to the 318th Chemical Company, 490th Chemical Battalion, 415th Chemical Brigade, 76th Operational Response Command attaches a bore sight to a M2 50 caliber automatic machine gun at a gunnery range on Fort Hood, Texas. Hawkins and nearly 60 other Soldiers spent nearly two-weeks at Fort Hood to hone gunnery and marksmanship skills, as well as complete a host of other mandatory training as they prepare for an upcoming deployment.



ALL PHOTOS ON THIS SPREAD BY SGT. 1ST CLASS BRENT C. POWELL, 76TH U.S. ARMY RESERVE OPERATIONAL RESPONSE COMMAND

RECEIVE THE MISSION. LOAD UP.  
DELIVER SUPPLIES. RETURN TO BASE.  
THAT'S THE TYPICAL WAY A  
TRANSPORTATION COMPANY  
CONDUCTS BUSINESS...

BUT ONE UNIT FOUND OUT  
THERE ARE OTHER WAYS  
TO GET THE JOB DONE.

# Maple Resolve

BY **SGT. 1ST CLASS  
BRENT POWELL**  
76TH OPERATIONAL  
RESPONSE COMMAND

PHOTOS BY SGT. SARAH ZALER, 326TH MOBILE  
PUBLIC AFFAIRS DETACHMENT



## WAINWRIGHT, ALBERTA, CANADA

**MORE THAN 650 ARMY SOLDIERS SUPPORTED** Maple Resolve 17, the Canadian Army's premier brigade-level validation exercise, which ran from May 14 to May 19, 2017, at Camp Wainwright, Alberta, Canada. The 993rd Transportation Company, with units in Palatka and Lakeland, Florida were tasked to provide logistical, transportation and security support.

The Soldiers thought their annual training would be spent at the main encampment of the exercise, known as P12. The area is filled with rows of dark green tents laid out on a grid of dirt pathways, while tactical vehicles are staged on the perimeter. Mobile kitchen trailers and dining tents, complete with TVs to catch the hockey playoffs, are in the center of the encampment. There is even a mobile gym. Not quite the comfort of home, but not the worst conditions either.

Spending two weeks here, transporting goods out to the forward operating bases (FOBs) and then

returning to P12 would have been similar to a deployment for the 993rd.

Spc. Omar Rosario, a heavy-wheeled vehicle operator from Avon Park, Florida, has deployed twice during his career. He said a typical operation involves getting a load from the central receiving and shipping point, delivering that load to the proper location, picking up another load and continuing to another FOB or returning back to the main base.

Instead, the 993rd found out they would be living and working with their Canadian counterparts in the field. No showers, no toilets, no heat.

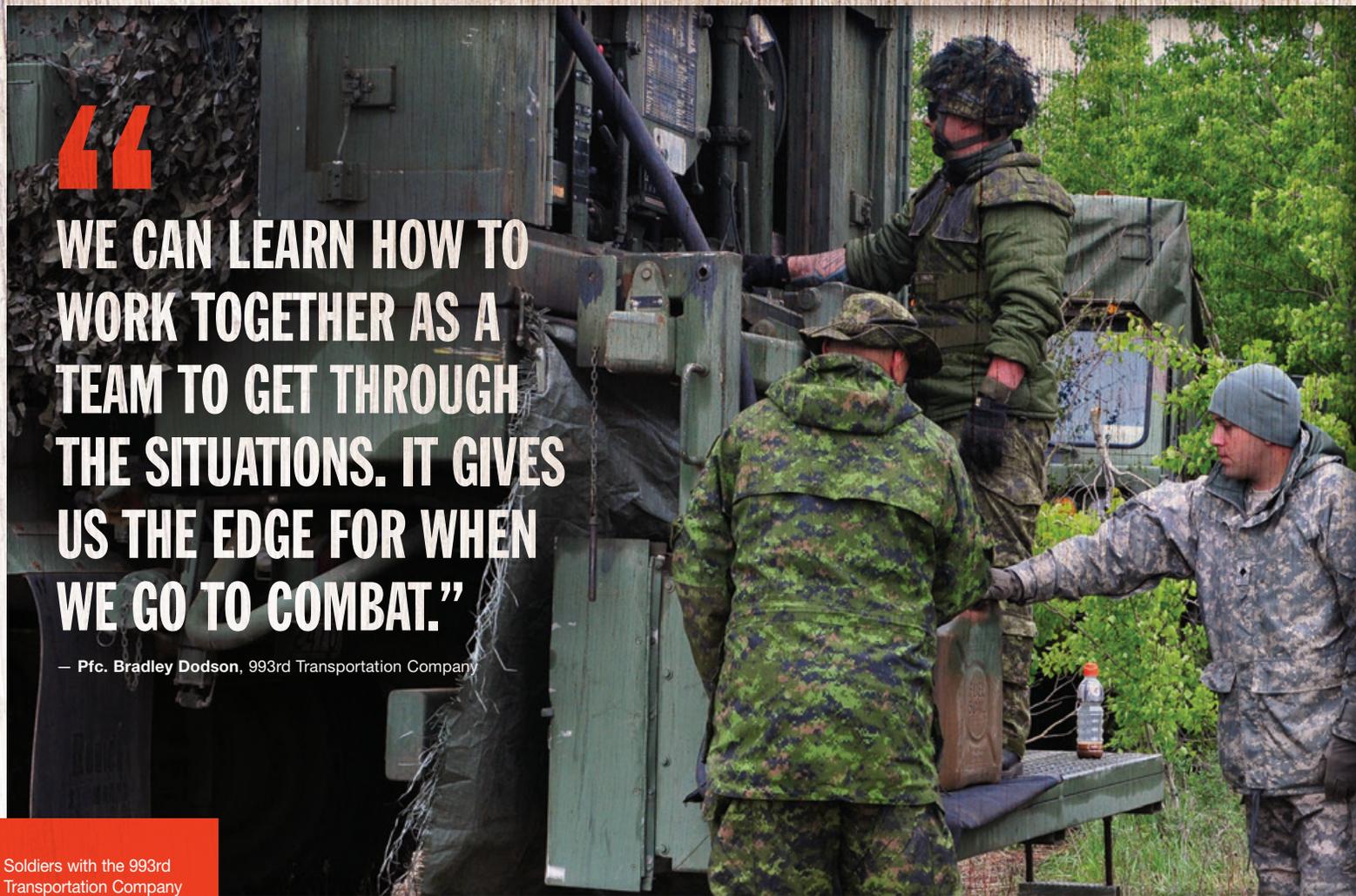
Soldiers with the 993rd Transportation Company from Palatka, Florida transfer rations to Canadian troops from 2 Service Battalion during Maple Resolve 17 at Camp Wainwright, Alberta, Canada on May 24, 2017. The U.S. military is providing a wide array of combat and support elements for the Canadian Army's premier brigade-level validation exercise designed to enhance unit readiness and interoperability.



“

**WE CAN LEARN HOW TO WORK TOGETHER AS A TEAM TO GET THROUGH THE SITUATIONS. IT GIVES US THE EDGE FOR WHEN WE GO TO COMBAT.”**

— Pfc. Bradley Dodson, 993rd Transportation Company



Soldiers with the 993rd Transportation Company from Palatka, Florida, transfer rations to Canadian troops from 2 Service Battalion during Maple Resolve 17 at Camp Wainwright, Alberta, Canada on May 24, 2017.

Below: Soldiers with the 993rd Transportation Company stow cargo tie-down straps after unloading supplies.

Spc. Melissa Mcleod, a transportation operator from St. Petersburg, Florida, said she was caught off guard by the change in plans. Acclimating to the cold temperatures and rainy weather was a challenge, especially since a lot of their gear was still loaded on the Canadians trucks, but she adjusted quickly.

According to some Soldiers, they said they didn't mind the unexpected change in their living situation. "I'm able to adapt," said Rosario. "To me, this is a lot of fun."

A maintenance mechanic from Ocala, Florida, Pfc. Bradley Dodson, who is on his first annual training, said being in the field is his favorite part, even if it is cold and wet, and he believes that the rough conditions help the unit's overall readiness.

"We can learn how to work together as a team to get through the situations," said Dodson. "It gives us the edge for when we go to combat."

Those who have been deployed, like Rosario and Mcleod, know what Dodson is talking about and can share their knowledge and experience during exercises like Maple Resolve 17.

Mcleod served as the convoy commander's driver during her 2013 Afghanistan deployment. She said this exercise is very different.

"Normally, we don't stay out in little FOBs," said Mcleod. "We go from a bigger FOB, where we're based, then go to all the little FOBs."

Working in this atypical way provided valuable learning opportunities and increased the interoperability of the forces.

Rosario said they've been learning about the Canadian vehicles and had opportunities to ride in the front seat with their counterparts during convoys. This first-hand experience allowed them to compare and contrast each other's procedures.





They took shifts guarding the entrance to their joint-forces camp, where the tents and vehicles are tucked into the tree line surrounding three clearings in the woods, and pulled security from foxholes throughout their location in case of an attack from the opposition force. During the first week of the exercise, they discovered some of the foxholes were set up in bad locations and worked to build new, more effective fortifications.

When providing security for the convoys bringing goods and equipment into the field, they faced attacks, and even lost security vehicles.

Though not a new skill, Rosario said the practice in security measures prepares them in case they were to get hit on a convoy and had to stay out overnight guarding their vehicles and supplies.

Loading and unloading trucks by hand isn't a new skill for the 993rd either, but it is how the Canadians operate. Everything is usually done with a forklift in a PLS unit, said Rosario, but the Canadian's cargo trucks don't allow for that convenience. It's another basic skill that benefits the unit.

"It gets us ready, if we have to do that in combat," said Rosario. "If a mission comes out, and we're on terrain where we're not able to off-load a rack with the system, we can do it by hand." ❏



Below: Soldiers with the 993rd Transportation Company from Palatka, Florida, unload equipment from a palletized load system during Maple Resolve 17 at Camp Wainwright, Alberta, Canada. The 993rd provided logistical support during the Canadian Army's premier brigade-level validation exercise designed to sharpen individual skill sets and enhance unit readiness.

"It's a little bit different from how we do it," said Rosario. "But we train together. It's good because they'll learn from us; we'll learn from them."

The Soldiers also learned lessons in providing effective security, both stationary and roving.





# Operation Capitol Medic

STORY AND PHOTOS BY STAFF  
SGT. FELIX FIMBRES, U.S. ARMY  
RESERVE COMMAND

Clockwise from above:

Capt. David Alexander, 7417th Troop Medical Clinic, conducts an ear exam during Soldier Readiness Processing at Fort Belvoir Community Hospital, Dec. 10, 2017.

Spc. Tracy Ortiz, 7417th Troop Medical Clinic, draws blood during Operational Capitol Medic, Fort Belvoir Community Hospital.

Sgt. Owen Roberts, 7250th Medical Support Unit, checks an x-ray during Soldier Readiness Processing at Fort Belvoir Community Hospital.

**FORT BELVOIR, Va.** — Soldiers from the 7250th Medical Support unit used their technical expertise to provide medical services to more than 150 Army Reserve and active Soldiers during Operation Capital Medic, an operation that allowed reserve component Soldiers to use active-duty military facilities to provide services here on Dec. 10, 2017.

The Army Reserve Soldiers provided medical services during Soldier Readiness Processing, a system designed to ensure each Soldier is medically fit for duty.

“They did an amazing job getting us through the SRP in a timely manner, I made it through in about two hours—that’s a fantastic turnaround,” said Cpt. Jeffrey Havens, Commander, Walter Reed Army Institute of Research. “Normally we have to make different appointments at separate times

throughout the week. We were able to come get it done in one day.”

Havens said he has talked with other commanders in the capital city region who agreed that getting Soldiers appointments in a timely manner has been a challenge that has had an effect on overall unit readiness. Some Soldiers are being scheduled out as far as two months for basic dental, hearing or behavioral health screenings. Today’s SRP will have a direct impact on his unit’s readiness.

“We SRP’d both ourselves and an active duty unit this weekend, processing about 150 Soldiers,” said Maj. Erika Fowlkes, officer in charge of Capital Medic. “This is the first time an Army Reserve unit has carried out this mission across the country, and it allowed us to function in our military specialties getting hands-on experience.”



The need to work together and to hone their skills was a sentiment echoed by the commander of the 7250th.

“There’s a real need for this. We’ve never done anything like this,” said Lt. Col. Patrick McNutt, Commander, 7250th MSU. “I have policemen, firefighters and IT professionals that don’t get a chance to do this daily with this equipment in a real-world environment.”

Many of the Soldiers in the 7250th are medical professionals in their civilian capacities. However, some of the younger Soldiers are still going through school and are gaining valuable experience during the event.

“I’m going to school for nursing, but having experienced sergeants and officers here who are also nurses in their civilian lives has been great,” said Spc. Tracy Ortiz, a health care specialist with the 7250th, “I learned a lot of great techniques, because every patient is different, and the patient comes first.”

The unit was also able to practice working together and learned how to operate smoothly and effectively.

“Our unit was created to plug in different medical facilities, both CONUS and OCONUS,” said Sgt. Terrelle Fields, the noncommissioned officer in charge of Capital Medic. “This has been a challenge, but the Soldiers have adapted quickly, and I’m proud of what they accomplished today.”

**“This is the first time an Army Reserve unit has carried out this mission across the country, and it allowed us to function in our military specialties getting hands-on experience.”**

— MAJ. ERIKA FOWLKES, OFFICER IN CHARGE OF CAPITAL MEDIC



# Prime Power Honored in Puerto Rico

STORY AND PHOTOS BY  
SAN LUCIANO VERA, U.S. ARMY  
CORPS OF ENGINEERS GREAT  
LAKES AND OHIO RIVER DIVISION

Opposite page: Delta Company, 249th Engineer Battalion (Prime Power) Soldiers pose for a group photo with USACE South Atlantic Division Commander, Brig. Gen. Diana Holland and Task Force Power Restoration Command Col. John Lloyd after an award ceremony highlighting the unit's successful mission during hurricane recovery operations in Puerto Rico.

Below: Sgt. 1st Class Jason Henley, a Platoon Sgt. assigned to Delta Company, 249th Engineer Battalion (Prime Power), received an award for his work during hurricane recovery operations in Puerto Rico. USACE South Atlantic Division Commander Brig. Gen. Diana Holland presented the award.

**SAN JUAN, Puerto Rico** — Soldiers of Delta Company, 249th Engineer Battalion (Prime Power), were recognized during an award ceremony for their crucial work during power restoration efforts in Puerto Rico.

Delta 249th specializes in restoring overhead power distribution.

Platoon Sergeant Sgt. 1st Class Jason Henley, from Kingston, Massachusetts, said that, in his 15 years as a lineman, he has never witnessed this level of damage to power infrastructure.

“I’ve witnessed a lot of storms, and I’ve seen a lot of devastation throughout my career, everything from ice to hurricane-related destruction, but nothing on this scale.”

The 249th arrived in Puerto Rico on Oct. 10, 2017 and, from the start, adapted their skills to a different electrical system.

“Learning the differences in this system was our biggest challenge, but we quickly adapted to the needs for each situation,” said Prime Power Overhead Distribution Specialist Spc. Hunter Browning, from





Preston, Connecticut. “We don’t use very many concrete poles stateside, and here we had to figure out how to set them to restore power to residential neighborhoods.”

U.S. Army Corps of Engineers South Atlantic Division Commander Brig. Gen. Diana Holland recognized each of the 23 Soldiers during the ceremony.

“USACE took on a historic and unprecedented mission, and I am so proud of every single one of you,” said Holland. “The fact that you all volunteered to help our own goes to show the best of America.”

Through all the challenges overcome by Delta 249th, Browning stated the one thing he will remember most is the strength and kindness of the people of Puerto Rico.

“This woman we met had been without power for over two months, she came out with a huge American flag,” said Hunter of one of the many missions in Puerto Rico.

“She was so proud Soldiers were here, and she said we were her heroes.”

“Everywhere we went to work people came out, some who didn’t have much, and would offer us what they had,” added Henley.

Holland closed the ceremony by encouraging the Soldiers to pass on their experience in Puerto Rico.

“I encourage you to tell the story—tell your story of what you saw and what’s going on here.”

The 249th Engineer Battalion (Prime Power) is a versatile power generation battalion assigned to the U.S. Army Corps of Engineers that provides commercial-level power to military units and federal relief organizations during full-spectrum operations.

Puerto Rico has 2,400 miles of transmission lines across the island and 30,000 miles of distribution lines with 300 sub-stations. It is estimated that 80 percent of the grid was affected by Hurricane Maria. 🇵🇷

**“This woman we met had been without power for over two months, she came out with a huge American flag. She was so proud Soldiers were here, and she said we were her heroes.”**

— SPC. HUNTER BROWNING, 249TH ENGINEER BATTALION (PRIME POWER)

# Toa o Samoa

BY 1ST SGT. CRISTA MARY MACK,  
9TH MISSION SUPPORT COMMAND

**PAGO PAGO, American Samoa** — Long before it was upgraded to a Tropical Cyclone, the effects of Tropical Storm Gita, along with a torrential downpour from a concurrent monsoon, created a path of destruction across the island of American Samoa Feb 9-10. Trees, toppled and upended by gusts up to 80 miles per hour, caused

widespread damage to powerlines, roofs and infrastructure for thousands of residents. Of 1,400 homes assessed, more than 200 were destroyed and more than 600 sustained major damage.

An emergency declaration allowing aid to be distributed to the island territory was made by Lolo Matalasi Moliga, governor of the



PHOTO BY LT. COL. CLINTON SEYBOLD, COMMANDER OF ARMY RESERVE AMERICAN SAMOA DETACHMENT

U.S. territory of American Samoa, and approved by President Donald Trump.

Army Reserve Forces in American Samoa took immediate action. The island's only military facility, which belongs to the 9th Mission Support Command, served as the staging base for federal agencies conducting recovery operations. In concert and coordination with various federal, state, local, interagency, and non-governmental organization partners, Army Reserve Soldiers transported Federal Emergency Management Agency (FEMA) and American Red Cross relief supplies and equipment to the Federal Staging Area.

The island's two Army Emergency Preparedness Liaison Officers, both Army Reserve captains, were mobilized to help coordinate the military response. Captains Saipale Vaouli and Hanna Vaouli were born and raised in American Samoa, and both are former active duty Soldiers who transitioned to the Army Reserve.

Saipale Vaouli, who works at the American Samoa courts as a probation officer and translator in his civilian life, felt well-prepared for the mission. "I had just completed DSCA [Defense Support of Civil Authorities] training last August," he said. "Everything they taught was still pretty fresh."

Below: The aftermath of Tropical Storm Gita on American Samoa. Of 1,400 homes assessed, more than 200 were destroyed and more than 600 sustained major damage. Army Reserve Forces in American Samoa took immediate action, transporting 100,000 gallons of potable water across the debris-covered roadways in just four days.





The United States Department of Defense DSCA training provides training on the process by which United States military assets and personnel can be used to assist in missions normally carried out by civil authorities.

The Vaoulis are among the more than 300 Army Reserve Soldiers currently residing and working in American Samoa. Lt. Col. Clinton Seybold, commander of the Army Reserve American Samoa Detachment, has resided on the island for the past three years. “The people of American Samoa are some of the most resilient people I’ve ever come across,” Seybold said. “They have a high opinion of our military, and I’m very proud to see our Soldiers living up to that image, providing support and excelling at their mission.”

That includes Staff Sgt. Frank Seko, who, in his civilian capacity as a foreman

PHOTO BY LT. COL. CLINTON SEYBOLD, COMMANDER OF ARMY RESERVE AMERICAN SAMOA DETACHMENT



PHOTO BY LT. COL. CLINTON SEYBOLD, COMMANDER OF ARMY RESERVE AMERICAN SAMOA DETACHMENT



PHOTO BY LT. COL. CLINTON SEYBOLD, COMMANDER OF ARMY RESERVE AMERICAN SAMOA DETACHMENT



PHOTO BY COL. WILLIAM NUTTER, 9TH MISSION SUPPORT COMMAND

“The people of American Samoa... have a high opinion of our military, and I’m very proud to see our Soldiers living up to that image, providing support and excelling at their mission.”

— LT. COL. CLINTON SEYBOLD, COMMANDER OF ARMY RESERVE AMERICAN SAMOA DETACHMENT

with the American Samoa Power Authority, coordinated with eight Army Reserve Soldiers from the Forward Support Company, 411th Engineer Battalion, to move water from the island’s water distribution system to a portion of the system that was severed by a water main break. The team successfully transported 100,000 gallons of potable water across the debris-covered roadways in just four days, nearly cutting the weeklong mission in half. Their actions actuated the system of pumps and tanks that moved water

up the mountain to isolated villages and provided running water to dozens of families.

As the island rebuilds, American Samoa’s Army Reserve Soldiers will continue to engage with their Families and neighbors and provide much-needed capabilities. As Seybold sees it, it’s an honor to give back to a community, one that he has come to call his own.

“The expression ‘Toa o Samoa’ means Warriors—or heroes—of Samoa,” said Seybold. “We are members of this community and it is ours to protect.”

Clockwise from opposite lower left:

Maj. Ullisses Taymes, Theater Support Group, loads luggage and supplies for Federal Emergency Management Agency (FEMA) personnel that have arrived at Pago Pago International Airport to support relief operations for Tropical Storm Gita. The Theaters Support Group is a subordinate unit of 9th Mission Support Command based out of Fort Shafter Flats, Hawaii.

Aftermath of Tropical Storm Gita on American Samoa. (Photo courtesy Lt. Col. Clinton Seybold, Commander)

Staff Sgt. Faiupu Tagaleoo, supply NCO, Theater Support Group (TSG), Detachment, American Samoa, unhooks cargo netting for supplies received at the SFC Koneilio Pele Army Reserve Center as part of the FEMA response for Tropical Cyclone Gita which occurred Feb. 9, 2018.

# Hurt While Serving? What now?

BY COL. PEDER SWANSON, SURGEON FORWARD, OFFICE OF THE CHIEF, ARMY RESERVE

PHOTO BY RODNEY JACKSON, 196TH INFANTRY BRIGADE, JOINT PACIFIC MULTINATIONAL READINESS CAPABILITY



**If you or one of your Soldiers is injured or becomes ill during battle assembly, annual training, mobilization or any other qualifying military duty status, you may be eligible for medical care or support. Here's what you need to know:**

Based on the nature and circumstances surrounding the wound, injury or illness, the Army has a system of programs to support medical treatment, respond to pay/benefit issues, and evaluate for disability and/or fitness for duty. The wound, injury or illness will be evaluated to determine program eligibility. Supporting documents such as proof of duty status, profile, or a Line of Duty determination serve as guiding documents in the eligibility determination process.

## First things first

**You must have the required documentation, and immediate action is key.**

**Report the injury or illness to your chain of command.**

**In coordination with your unit, seek medical care and ensure a Statement of Medical Examination (DA 2173) is completed.**

**Any follow-on medical care requires the completion of a line of duty determination.**

## Make an informed decision

**Based on duty status and eligibility determination, the following approaches may be pursued.**

### Externally Supported

Based on individual Soldier choices and the nature of the wound, injury or illness, some RC Soldiers will elect to **use the medical benefit provided by their employers for treatment** and return to civilian employment while in the healing process. If a Soldier pursues this, opportunities to pursue Soldier-support programs may still be available as need arises.

### Partially Integrated

Soldiers may choose to **avail themselves of select programs**. Examples for medical care might include Line of Duty care, TRICARE's TAMP health benefit, or VA-administered care (if VA-eligible). Administrative examples might include filing for Incapacitation Pay to offset lost civilian income due to the inability to perform required duties and responsibilities.

### Fully Integrated

A fully integrated approach to healing is characterized by **entrance into a Warrior Transition Unit (WTU)**. Soldiers attached to a WTU are on active federal service orders while completing the requirements of the individualized medical treatment plan. The Warrior Care and Transition Program (WCTP) is the Army's comprehensive warrior-care program.

**If you have questions or would like to learn more, first contact your unit representative. For specific questions about applying for entrance into a Warrior Transition Unit, contact the Army Reserve Warrior Transition Support Program at [usarmy.usarc.ocar.mbx.army-reserve-warrior-transition-program@mail.mil](mailto:usarmy.usarc.ocar.mbx.army-reserve-warrior-transition-program@mail.mil).**



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# HAPPY 110<sup>TH</sup> BIRTHDAY TO AMERICA'S ARMY RESERVE

*"Are you sure those  
were candles on  
that cake?"*

