



The **DOUBLE EAGLE**

"Twice the Citizen! Army Strong!"

SEPTEMBER 2014, Vol. 3 No. 6



SEARCHING FOR ANSWERS

**A PANEL REVIEW OF
ARMY RESERVE SUICIDES**



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DEPARTMENTS:

COVER STORY:

In 2013, 57 Army Reserve Soldiers committed suicide, the highest number since 2009. The results of a panel review of each of the cases has been released to Army Suicide Awareness and Prevention managers at the U.S. Army Reserve Command headquarters at Fort Bragg, N.C. The review gave them a better understanding of what caused these Soldiers to end their lives and paves the way ahead to prevent or reduce more tragic losses in the future. (Photo illustration by Timothy L. Hale/U.S. Army Reserve)

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DOUBLE EAGLE





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MAJ. GEN. KEITH L. WARE AWARD
HONORABLE MENTION: 2013



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Double Eagle back issues.**

Listening versus hearing

Irony is often cruel and unforgiving.

This month's issue is devoted to the often taboo subject of suicide, or better still, suicide prevention.

Unknown to us while compiling facts, data, and personal accounts on members of our own Army Reserve Family for this issue, well-known comedian and actor, Robin Williams, had taken his own life.

"He seemed so happy and made people laugh," said one media commentator. "But then, we never know what really is going on in a person's life."

This is a stark reality. At work, they may be the best professional you could hope to have on your team. But inside, is a dark secret they attempt to hide. At home, they are faced with what they feel are insurmountable odds and the only way out is by taking their own life.

Psychologists will tell you that a person who attempts suicide feels that "everyone would be better off when I'm gone."

But an attempted or completed suicide leaves us with questions.

If you look around you, chances are, you know someone who has been touched by suicide.

My mother's mother took her own life in the 1930s when people "didn't talk about such things," as my mother said. I didn't find out until the early 1990s when I was doing genealogy research and started asking questions.

In our own U.S. Army Reserve Command Family, a civilian chose to end his life a few years ago in Atlanta and the son of a USARC civilian attempted suicide last year.


In 2013, the Army Reserve lost 57 Soldiers to suicide - the most since 2009.

So, how do we stop this disturbing trend? It's one thing to *hear* someone but we really need to *listen* to them, especially when they need or ask for help. Hearing and listening are not the same.

In the 2009 movie, "World's Greatest Dad," Williams' character went on television and said, "Suicide is a permanent solution to a temporary problem."

It is unfortunate that Williams, and so many others, may have *heard* these words but not *listened*.

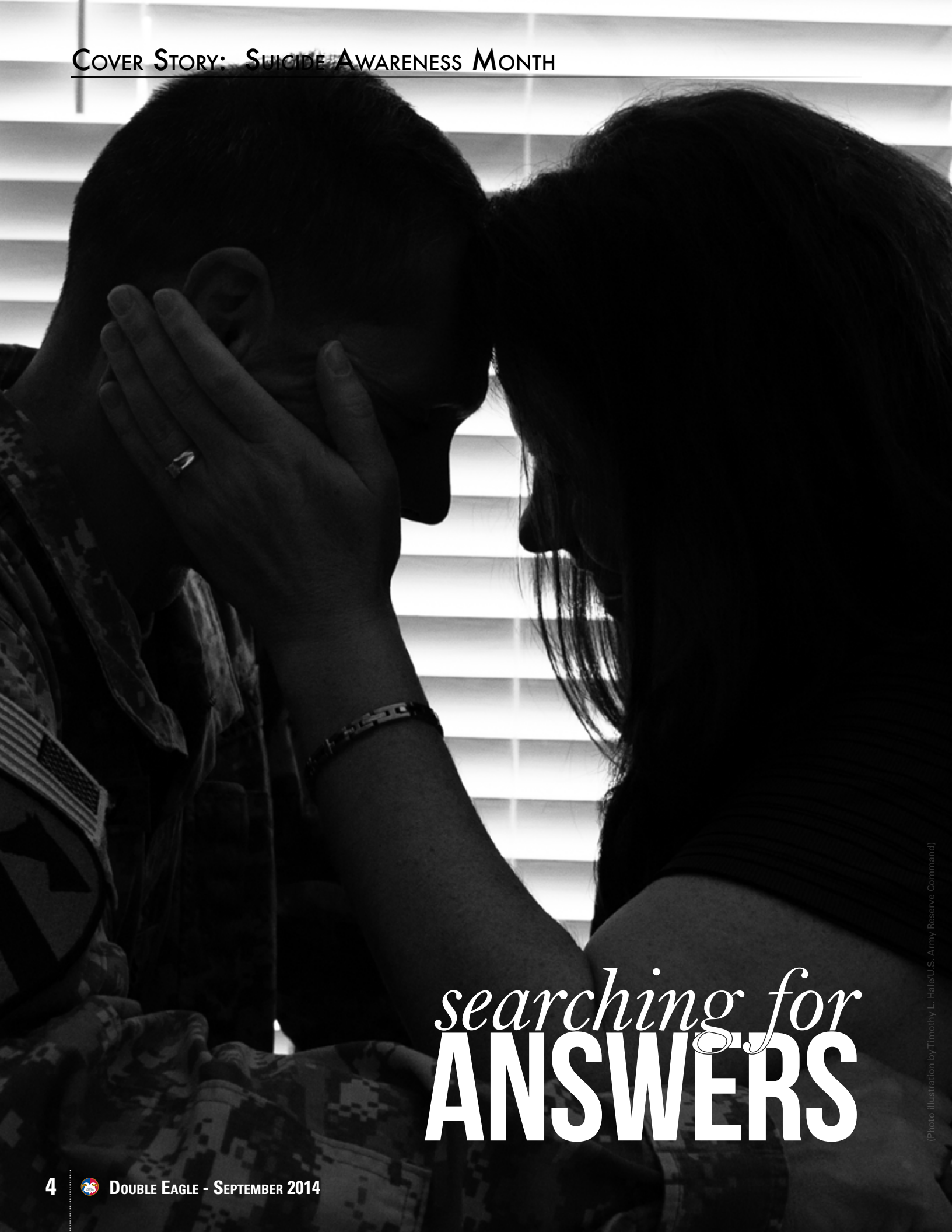
Ultimately, we are all affected by suicide - either directly or indirectly. The choice we have is simple - what will we do to stop it from continuing?

Will you *listen* when someone asks for help? 



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.



searching for
ANSWERS

(Photo illustration by Timothy L. Hale/U.S. Army Reserve Command)



A Panel Review of Army Reserve Suicides

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

FORT BRAGG, N.C. – In 2013, 57 Army Reserve Soldiers decided the only way out of their particular situation was to take their own life.

That year was the most deadly since 2009.

The fateful choices these Soldiers made left questions, not only for their loved ones, but also for Army Reserve leaders.

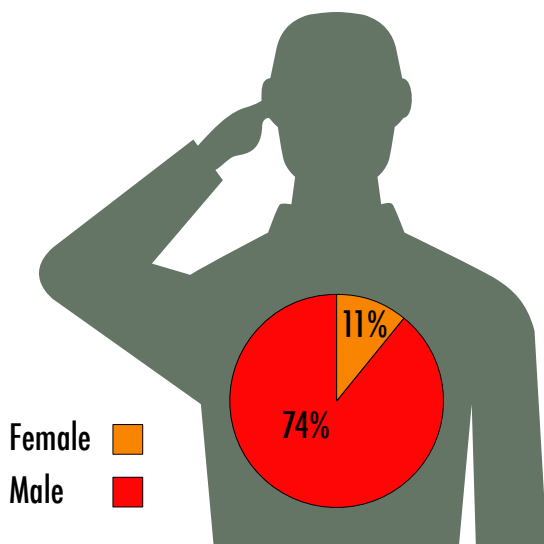
To find out the answers, a panel of Army Reserve Suicide Prevention Program managers recently completed an in-depth look at each of the 57 cases. They reviewed more than 30 documents associated with each case to include 15-6 investigations, police reports, witness depositions, suicide notes, medical records, and autopsy reports.

In most of the cases, what they found was unexpected. A suicide was not necessarily connected to a deployment, traumatic brain injury, or post-traumatic event. In many instances, the suicide was driven by either a financial, personal relationship stressor, or may have been based on where they lived.

In 2013, the predominant demographic trait of Army Reserve suicides were white males between the ages of 18-25 – as one panel member said, “these are formative years for cognitive development and the stressors can be too much.”

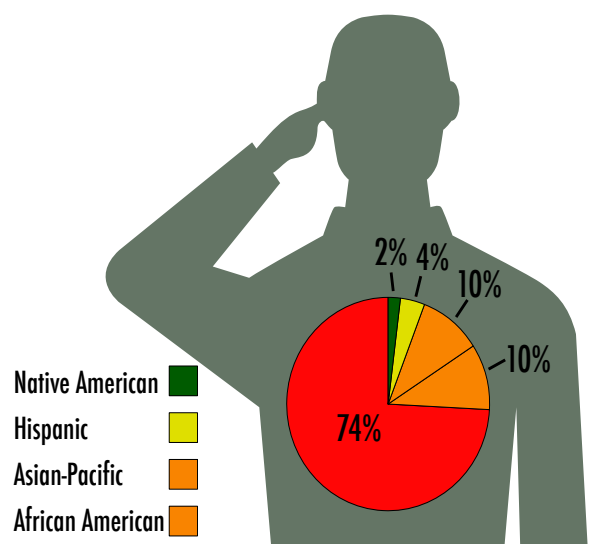
See **ANSWERS**, Pg. 6

PERCENTAGE OF 2013 SUICIDES BY GENDER



SOURCE: USARC Case Review Work Group

PERCENTAGE OF 2013 SUICIDES BY RACE/ETHNICITY



SOURCE: USARC Case Review Work Group

ANSWERS

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Overwhelmed by Life

“One of the theories might suggest that coping strategies haven’t fully developed,” said Richard Doss, Ph.D., 416th Theater Engineer Command suicide prevention program manager, and a licensed clinical psychologist. “They haven’t had an opportunity to experience adversity and realize that they can overcome adversity.”

Doss also cited that in many cases, a sound financial system and personal support system hadn’t been established.

“They recently left home and are establishing themselves as adults so that transition period into early adulthood is challenging,” he said.

Doss said part of that transition happens when they return home and try to return to life as a civilian. “They come from a military environment where many decisions are made them and now they have to make their own decisions,” he said. It can be overwhelming.”

“Soldiers come back from making life and death decisions to ‘clean up on Aisle Nine,’” he said. “They

go from being responsible for millions of dollars worth of equipment to sleeping in their mother’s basement. So that sense of the meaning and purpose and value of life sometimes gets degraded in the process of returning home.”

Underemployed

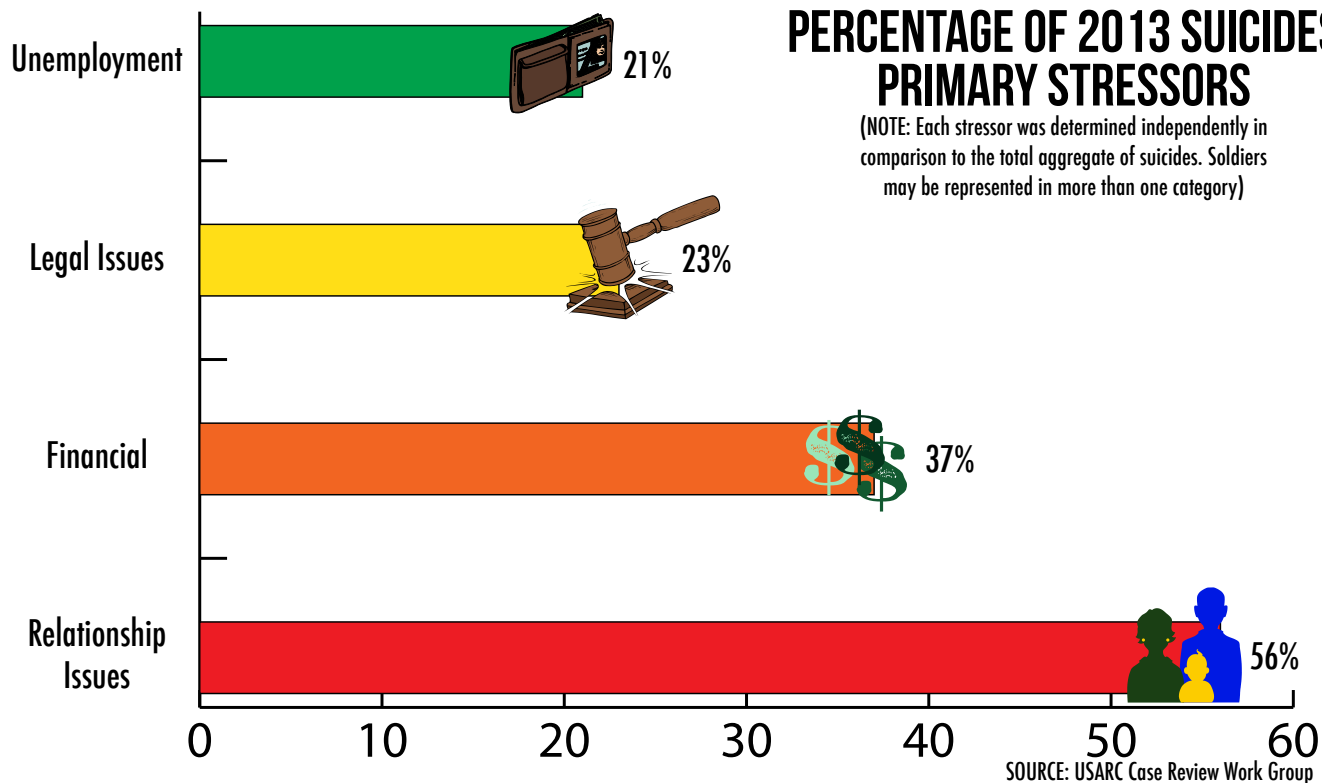
Doss said there are many active duty Soldiers who never realized the U.S. was in a recession. He said the same is not true for an Army Reserve Soldier.

He said many Soldiers who have a job might actually be underemployed – barely making at or above minimum wage.

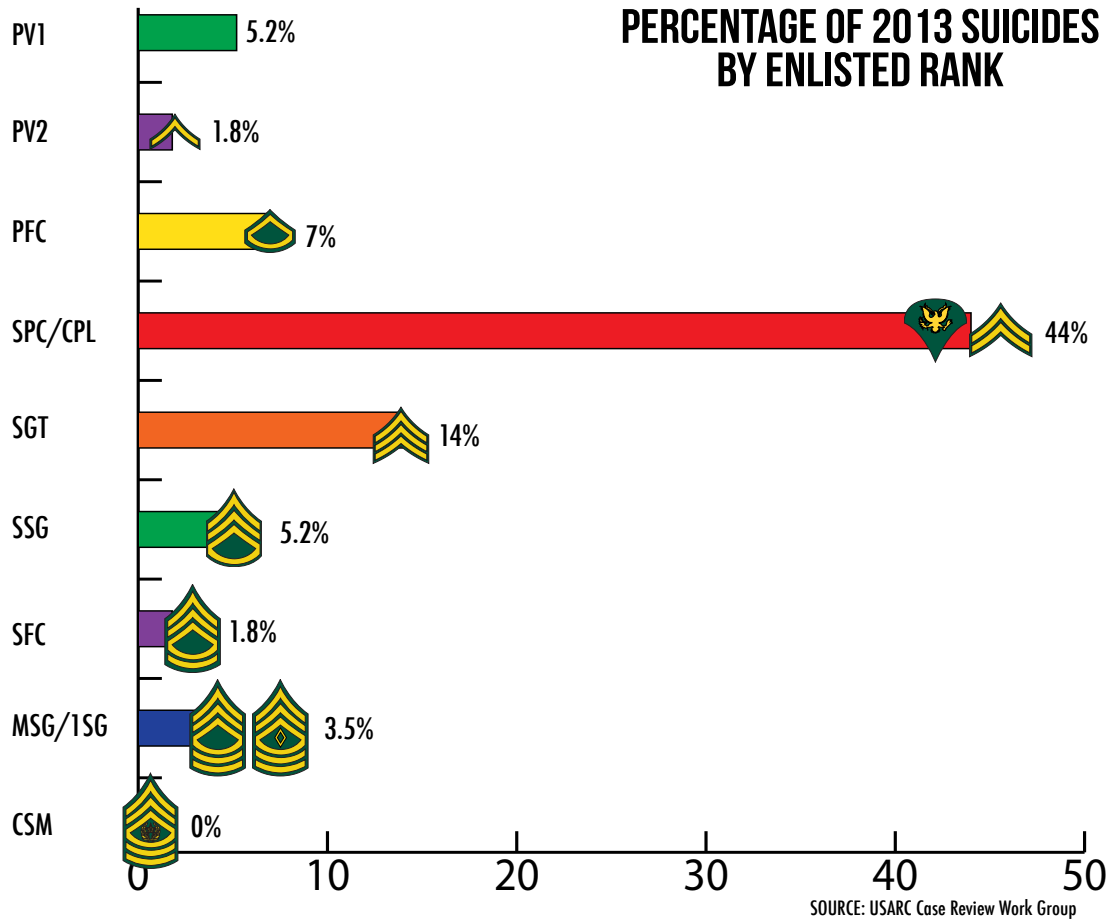
“Just because they have a job it doesn’t necessarily mean they are able to maintain a family,” said Jose’ Mojica, U.S. Army Reserve suicide prevention program manager.

He said that many Soldiers rely on their Army Reserve income to fill in the gaps in their finances.

“The idea is there are a number of Americans, not just Soldiers, that are challenged with the difficulty of facing unemployment or underemployment and simply not having enough money to pay the bills,”

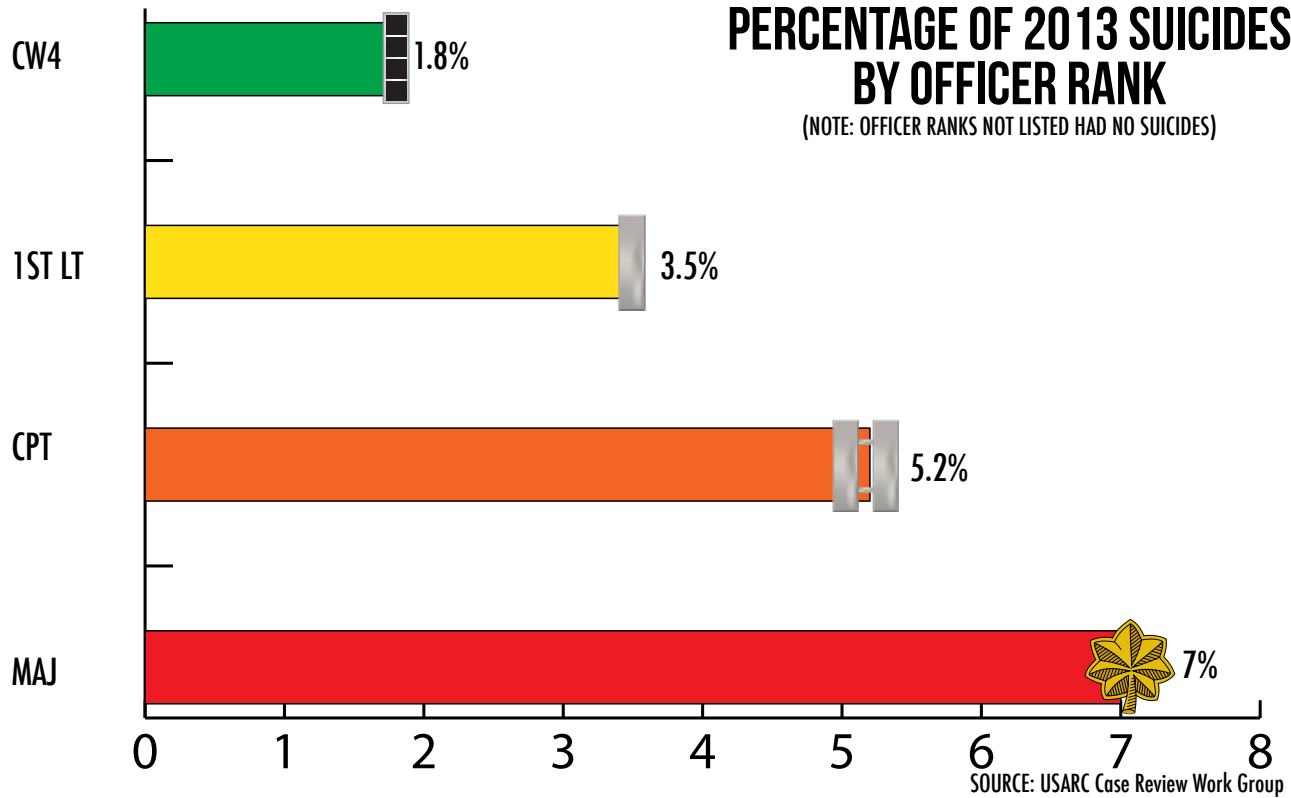


PERCENTAGE OF 2013 SUICIDES BY ENLISTED RANK



PERCENTAGE OF 2013 SUICIDES BY OFFICER RANK

(NOTE: OFFICER RANKS NOT LISTED HAD NO SUICIDES)



COVER STORY: SUICIDE AWARENESS MONTH

Doss said.

“For many individuals who are strong, prideful and have served their country, the idea of being a burden or not being able to meet the demands of being a financially-developed individual may be overwhelming for some people,” he said.

“The reality of it is we all experience stress,” Doss said. “Stress does not discriminate. It’s those stressors that ultimately lead some people to the point of despair that concludes in suicide.”

Leading the Way

Doss said, in 2013, the 416th had nine suicides – or 20 percent of all suicides in the Army Reserve.

He was hired in September of that year to help stem the tide.

As a suicide prevention program manager, he talks with Soldiers about “how to deal with the stressors of life and not just suicide and death.”

He travels to units within the 416th command footprint bringing a message from the commanding general.

“It’s OK to seek help, that seeking help now is a sign of strength, not weakness,” he said. “To be able to have Soldiers feel comfortable coming forward to say they have stressors, they have problems, they have issues they need to talk about.”

The numbers so far in 2014 show improvement. As of June 30, the 416th has not had a single suicide.

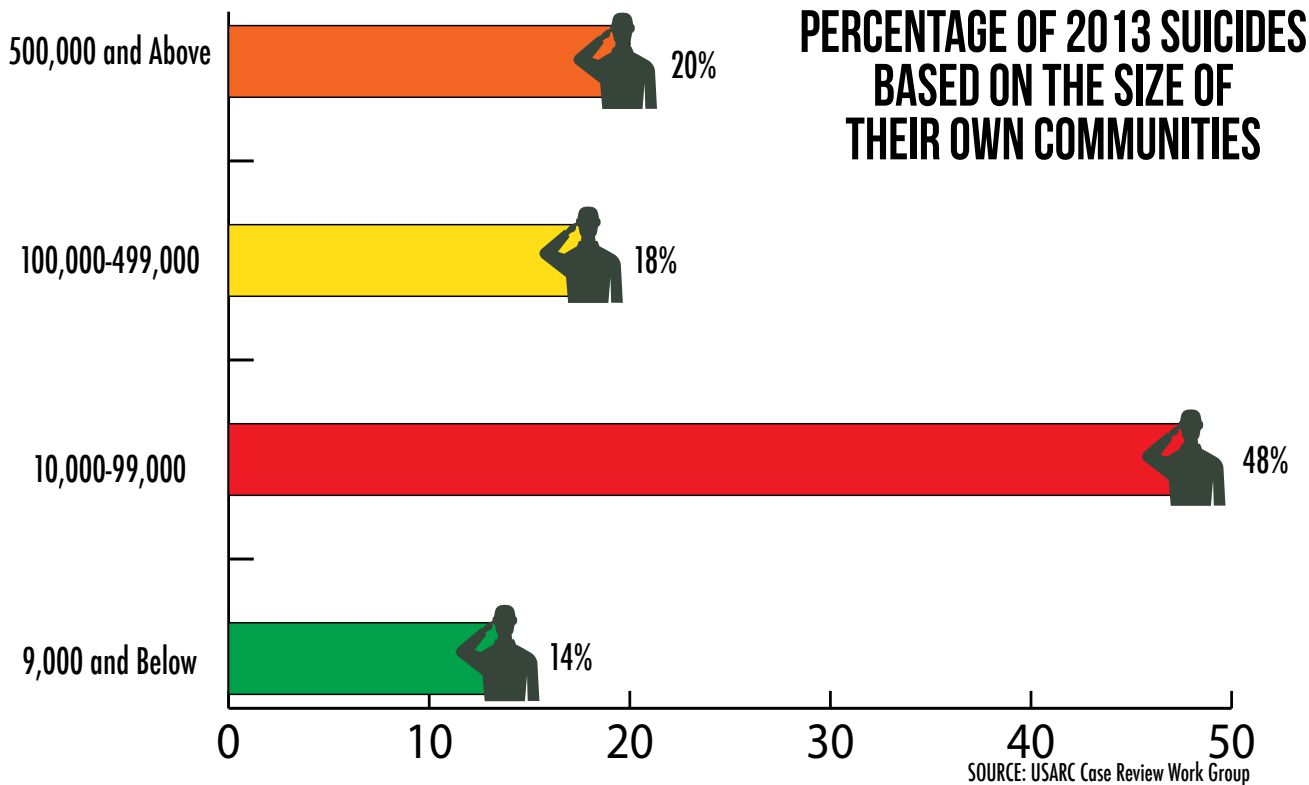
Basic Connections

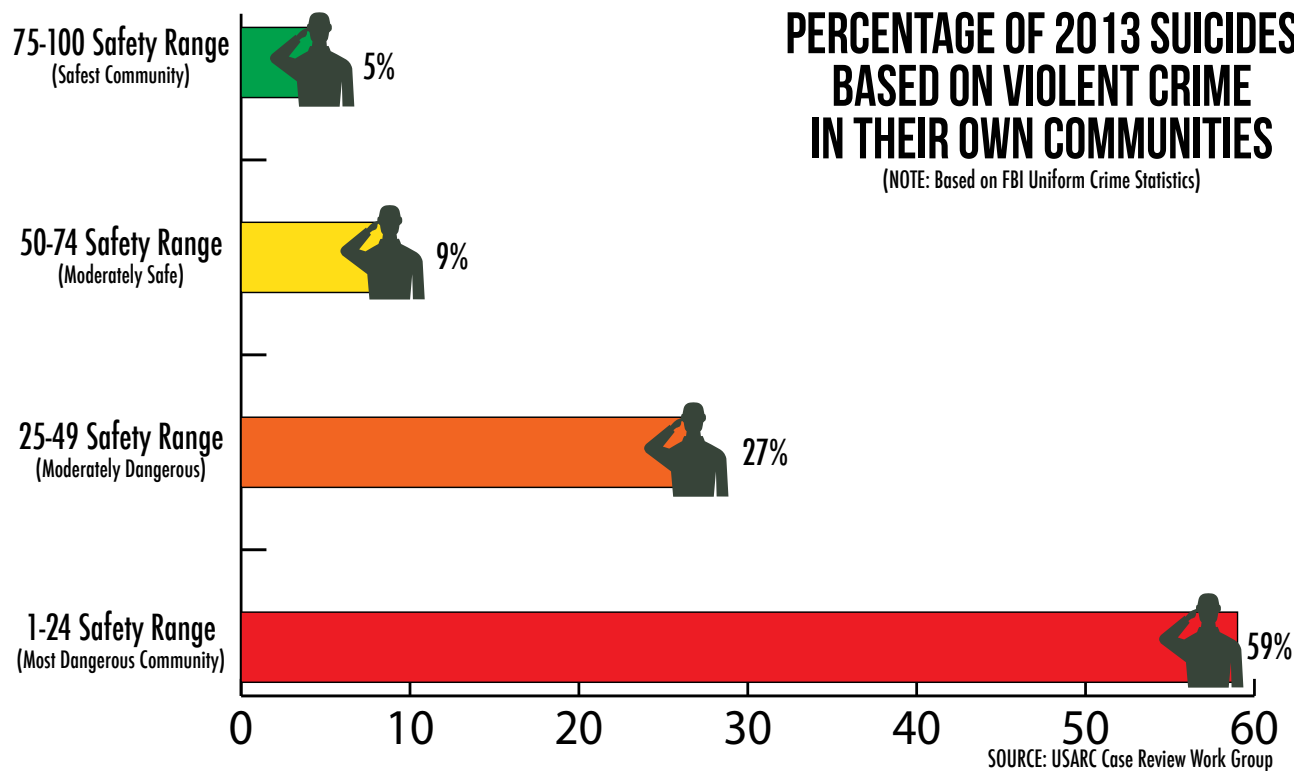
Paul Wade, Psy.D., 99th Regional Support Command suicide prevention program manager, and a doctor of psychology, said the panel members are not trying to make a “softer” Army. Quite the contrary, the panelist are trying to help commanders realize it’s alright to get to know their Soldiers and conversely, help Soldiers feel comfortable with going to their commanders when they need help.

“We are trying to get back to basics by connecting with our people,” Wade said. “Commanders often feel overwhelmed with the workload they have – to do all the necessary things to ensure their Soldiers are ready warriors to go on the battlefield and fight.

“In addition to that, those same Soldiers have other lives. They have their civilian lives, they have their Families, their car payments – all the other things associated with just living life. For some people, those things turn into stressors,” Wade said.

“What we are trying to do is help those people connect with other people whether it be their commander, first sergeant, battle buddy or someone around them,” he said. “I will tell you from my experience, that some commanders don’t feel like they





have the time to really get to know their Soldiers.”

Wade admits that sometimes, commanders may misinterpret “connecting with Soldiers means we want them to be ‘touchy-feely’ and they have problems switching from being a tough leader to being a compassionate leader.”

Community Involvement

One of the panel recommendations was to involve the civilian community. Since a majority of Army Reserve Soldiers and their Families do not reside near major military installations, community involvement is a key to limiting the number of suicides, the panel members said.

“I’m a realist so what I’d like to see, initially, is to provide better information to those resources in the community about the general, day-to-day needs, that some of our TPU (Troop Program Unit) Soldiers have,” Wade said.

He said this includes their job, financial, medical, mental health, or Family circumstances.

“Because their community is more aware of the needs of that TPU Soldier, they are now in a position to invite that Soldier to take advantage of the resources that community has to offer,” he said.

He also didn’t rule out reaching out to veterans’ organizations such as the American Legion, and the

Veterans of Foreign Wars.

Wade said connecting with outside organizations falls in line with Applied Suicide Intervention Skills Training, or ASIST, that addresses building safer communities.

“It’s an educational process,” Wade said. “It takes time to build a Suicide Safer Community because you have to make connections, you have to get all these different entities connected in such a way where we recognize that we are looking out for everybody.”

Looking Forward

The findings of the panel are extensive and drill down into a number of factors including race, gender, age, employment history, deployment history, and stressors.

While the findings are preliminary, there is still much work to be done.

“We will share the findings with our senior leaders, Army leaders and Department of Defense leaders,” Mojica said. “We have never seen the data presented like this. As we continue expanding the program, we are improving our data collection process compared to what it was in the past.”

Mojica said that by collecting better data, they are able to see a “clear picture of where the issues are across the Army Reserve. As a result, we are able

COVER STORY: SUICIDE AWARENESS MONTH

to tailor our strategies to build life-coping and emotion-coping skills.”

He said one of the interesting outcomes of the panel review was the correlation between where the Soldiers lived and the population of those communities.

According to their findings, 59 percent of suicides occurred in FBI-ranked “most dangerous communities,” a figure that coincides with 48 percent of suicides occurring in communities with populations between 10,000 and 99,000.

“We need to make commanders aware of these things so they can communicate better with their Soldiers,” Mojica said. “Our guess, if you look at a city the size of New York, their suicide numbers are lower because they have more resources. But in a rural area, they don’t have the same resources.”

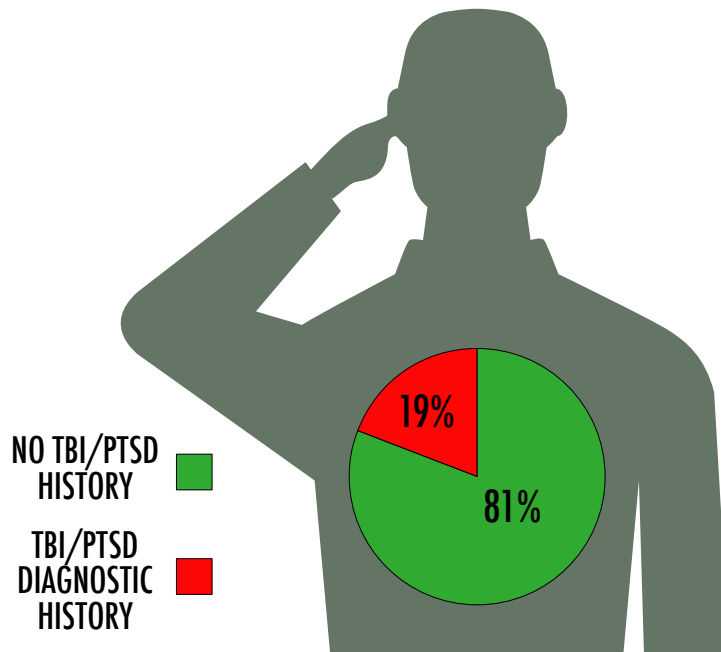
Mojica said the way ahead is to step-up how leaders reach out to Soldiers in geographically dispersed areas.

“One thing we cannot do is become complacent, we have to keep up the pressure,” Mojica said. “We are attacking this from a number of fronts.”

**FOR MORE INFORMATION
and
SUICIDE PREVENTION
RESOURCES:**

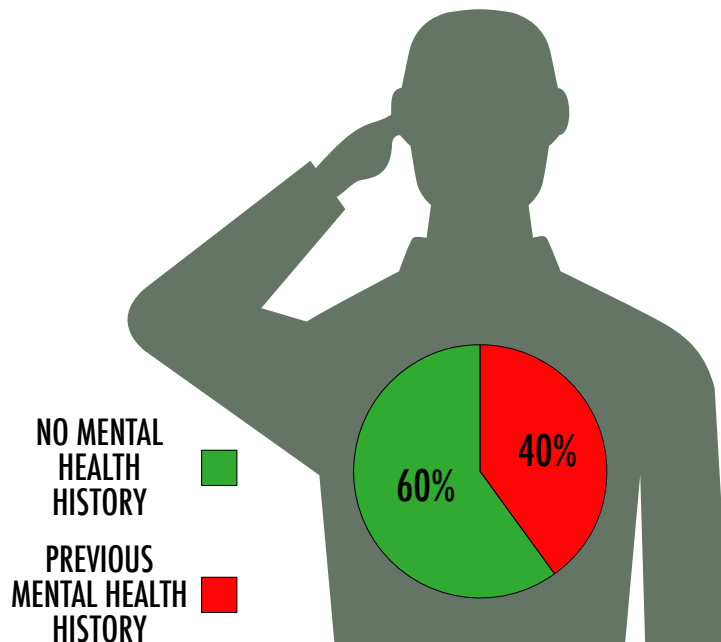
- U.S. Army G-1
Suicide Prevention:
www.armyg1.army.mil/hr/suicide
- National Suicide
Prevention Lifeline:
1-800-273-8255
- Army Reserve
Fort Family Hotline:
1-866-345-8248 or
email: help@fortfamily.org
- Military One Source:
1-800-342-9647

PERCENTAGE OF 2013 SUICIDES WITH TBI OR PTSD



SOURCE: USARC Case Review Work Group

PERCENTAGE OF 2013 SUICIDES WITH MENTAL HEALTH HISTORY



SOURCE: USARC Case Review Work Group

New ACE-SI training requirements for FY 2015

By MAJ. MARIA AGUIRRE CORRAL
USARC G1 Well-Being Liaison

As the Well-Being Liaison for the U.S. Army Reserve Command Service and Support Division, I am pleased to tell you the Army Reserve continues executing all required Army suicide prevention and awareness training.

We're also seeing better communication and proactive involvement by subordinate commands with at-risk Soldiers.

It is important everyone continues their involvement to help reduce stigma and encourage those needing help to get help.

Two groups who can assist in this effort are junior leaders and first-line supervisors. Junior leaders and first-line supervisors can now receive training in Ask-Care-Escort Suicide Intervention, or ACE-SI, to learn how to intervene when they observe any subtle change in a Soldier's behavior. The ACE-SI training provides in-depth instructions to enhance company-level junior leaders and first-line supervisors' ability to recognize and effectively intervene when confronted with personnel suffering from emotional distress.

More often than not, Suicide Prevention Program Managers at subordinate commands will share a good news story about a Soldier contacting them to thank them for the suicide intervention training they received. Not just because they feel better prepared to intervene in a suicide, but also because they actually acquire the skills to better communicate with their Family and friends.

They now know what risk and protective factors to look for, they're familiar with stigma, warning signs, and the ACE method of suicide prevention. More importantly, they are no longer afraid to reach

out and ask someone if they are thinking of suicide, and they now feel confident enough to know how to help.

This year all U.S. Army Reserve Operational, Functional, Support, and Training Commands will require all Suicide Prevention Program Managers, and other personnel, trained as trainers in Ask, Care, Escort-Suicide Intervention (ACE-SI six-hour course), to train the ACE-SI (six-hour course) to 10 percent of all junior leaders and first-line supervisors by the end of FY 2015.

ACE-SI trainers will subsequently train a minimum of 25 percent junior leaders and first-line supervisors in ACE-SI (four-hour course) by end of FY 2015, with the goal of reaching 100 percent of target population trained. Training will take place at a training facility designated by each command.

In accordance with Army Regulation 600-63, Army Health Promotion, Ask, Care, Escort—Suicide Intervention training is a four-hour training module for company-level junior leaders and first-line supervisors (squad and section leaders, platoon sergeants, platoon leaders, first sergeants, executive officers, company commanders, and Army civilians assigned at the company level). This target audience has the most frequent contact with the most at-risk demographic for suicide: young Soldiers. The key objective of ACE-SI is to learn the skills to intervene in a suicide situation.

Although the training focuses on military and Army civilian junior leaders and first-line supervisors of Soldiers, the content of the training can also benefit Family Readiness Group leaders and Family members. 🇺🇸



**Because it is NEVER TOO LATE
to ask for help.**

**ASK-CARE-ESCORT
SUICIDE
INTERVENTION
(ACE-SI)**

Please contact your unit Suicide Prevention Program Manager

(Photo by Staff Sgt. Toni Walker/81st RSC)



(Graphic by Timothy L. Hale/U.S. Army Reserve Command)

Blurred Vision

By COL. GERALD OSTLUND
U.S. Army Reserve Command

On New Year's Day 2013, my 53 year-old brother shot himself in his workshop.

This was tough for a family that was "Army Strong" long before Madison Avenue coined the phrase.

My brother, sisters and I grew up in the Army, moving every few years to new homes, new schools, and new challenges, but we always seemed to come through the other end stronger, more confident, and fully capable of taking on life.

The four Ostlund kids chose different paths, married, and raised our families. Sure, we've all had ups and downs, but I minded my own business, confident knowing that each of us was just stubborn, smart, and feisty enough to work through them on our own. I didn't talk about challenges in my siblings' lives, after all, I'm the youngest so what could I possibly offer, and as the youngest wouldn't really be welcome to provide advice anyway.

Their challenges and struggles were none of my business.

How wrong I was. I never imagined it could be someone in my family.

Our family was devastated and will, of course, never truly know why. We're still trying to recover, slowly coming to the conclusion that we never fully will. My parents, my father in particular, still breaks down with little prompt. The common refrain - what did we miss? No one saw this coming. He was always so happy, with a big smile, and always checking on everyone else. No one in the family had picked up on any clue.

Shortly after my brother's funeral I participated in a previously scheduled Applied Suicide Intervention Skills Training, or ASIST, course.

I thought long and hard about not going through with the course - knowing ASIST would be tough to sit through. But I know the statistics, and know our Soldiers and Families are succumbing to suicide at alarming rates. I also knew that sometime in the next few years, I'd likely have someone in my formation, office, or headquarters struggle with, or attempt suicide.

So I went.

I came out of ASIST with a much better understanding of how to intervene - how to not just ask, but tools for helping someone understand that they were at risk and needing help in the first place.

Armed with the strong, practical tools from ASIST, I was confident.

And then it happened again. A phone call from our chaplain filled me in on the details.

One of my young officers had taken his life earlier that morning. I had talked to him just the week before - hell, we'd been bunkmates for three weeks on our ODT mission to Korea just a month earlier.

He had made a suicide attempt a year or so earlier and had put himself in the VA earlier that same year. We stayed in close contact with him for those reasons. This included the chaplain, his civilian boss, even his sister.

On the outside, this Soldier was doing well, happy, active, engaged - the signs were not there where we could see them

But it still happened.

While working through my own shock, helping the Family remember their son, and my own depression, I came to a startling conclusion: there are certain people who are very good at hiding in plain site. No matter what amount of training we have, no matter how close we keep watch, these individuals will not give us any recognizable signs for us to act upon - our vision of them is blurred by their outward appearances.

Don't get me wrong. I am a firm believer in ACE and ASIST. These initiatives are critical to tackling the disease of suicide that has fallen upon our Army Reserve ranks in recent years. As such, I also believe that every Soldier should go through ASIST training because it does save lives.

Introspection is part of the healing process.

Similarly, it is important for the Army to look at processes, procedures, and actions of the unit, its leaders, and fellow Soldiers following a suicide - look for potential issues or trends.

But blame is like a cancer - it needs to be found, compartmentalized, and eventually eliminated.

Blame will eat at you until you can't function and become at-risk yourself. Trust me. 🇺🇸

SUICIDE
is a
SILENT ENEMY

Don't suffer in
SILENCE

If you or someone you know is suffering,
THERE IS HELP

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK
www.suicidepreventionlifeline.org

Military Crisis Line
1-800-273-8255
PRESS 1

Life after suicide: A Survivor's Story

By MAJ. ANGEL WALLACE
U.S. Army Reserve Command

EDITOR'S NOTE: The following article was originally published in May 2013 USARC Double Eagle.

It was a cool, fall day when Erin Thede walked on to the back porch of the home she shared with her husband, Juan Thede, and found him dead from a self-inflicted gunshot wound.

"It's complete and total chaos," Thede recalled as she talks through the scene at her home after finding her husband and calling 9-1-1.

"It seemed like a split second that my house was full of people – detectives, police officers, medical examiners, photographers taking pictures of every room."

As she discussed the various things that occurred that tragic day, there's one thing that stands out most in her mind, "I was supposed to know this was gonna happen. I know what to look for. I know the signs, and I didn't see it."

Thede has served in support of Soldiers and their Families for more than a decade. Though she is currently the U.S. Army Reserve's director for the

Employer Partnership Office, she previously served as the chief of Soldier and Family Support Services at the National Guard Bureau, where she faced the subject of suicide head-on both as a trainer for its prevention and for providing programs that help with resiliency and coping with loss.

"We were like any other couple. We fought, we laughed, we cried, we had great vacations, we had difficult car rides – just like everyone else," she said, while acknowledging the lack of indicators that would've helped her to intercede in her husband's desperate decision to end his internal struggle with pain.

"It's not unlike any other deaths, with the exception that you're still trying to find answers. On top of everything else, you're trying to understand 'why?'"

The most important message she wishes to share with those who are survivors is one backed by years of experience, training and now – hindsight.

"It is not your fault," she said.

"This happens, and if you didn't see those signs?"



[CLICK HERE TO LISTEN AS ERIN THEDE SHARES HER PERSONAL STORY](#)



It's ok, because you probably didn't see all of them, or enough of them to have been able to stop it," she said.

As Thede conveyed her lack of understanding over her husband's decision to take his life, she wished that he would've considered the impacts of that decision – not only for their shared life together, but also the impact of that decision on other important people in his life.

"His daughter got married on the first of February, and he didn't walk her down the aisle... His youngest son is going to be graduating from college and he's not going to see that," Thede said alluding to not only the impact for her husband, but for those that are left behind to pick up the pieces.

When asked if the Army is effectively engaging against an enemy that many military leaders are now calling an epidemic through its various resiliency initiatives, Thede's response is immediate and clear.

"I think the Army message is a good one," Thede said. "It's one I support one-hundred and fifty percent, or I wouldn't be here talking about this... Resiliency doesn't mean you can't acknowledge pain or you can't say you need help.

"Resiliency is about knowing enough about yourself to acknowledge you need help and that it's ok."

Thede defined her husband as someone who was larger than life, bulletproof even. As a retired Gunnery Sergeant with over 21 years of service in the Marine Corps, his record reaffirms her characterization of him.

"There was no way that he was ever going to let anyone see (weakness)," she said.

Thede has one more message for those considering suicide.

"Talk to whoever it is that makes you feel comfortable – a spouse, a family member, a priest or member of the clergy. Your commander or maybe even your battle buddy," she said. "Being resilient means you don't have to be bulletproof."

As for how Thede is coping with the loss of her partner, she acknowledges her faith has helped her through a very difficult time.

"I don't think I'll ever get over it. I'll come to grips with it. I will never understand it," Thede said.

She concedes that she takes everything one day at a time, "Starting back on November 13th, they were all bad days. Eventually, I had a good day. Then, I had a couple more good days."

She looks forward to the day when those good days finally outnumber the bad ones. 🙏

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.

EVERYONE LOSES AFTER A SUICIDE

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

Army Reserve Public Affairs:

Changing How We Communicate

By LT. COL. WILLIAM D. RITTER
USARC Public Affairs Office

As the Army Reserve adjusts to accommodate new mission requirements and the Army's changing force structure, certain changes are needed to keep units operational. The Army Reserve public affairs community is about to go through a significant change.

At the direction of Lt. Gen. Jeffrey Talley, chief of Army Reserve and U.S. Army Reserve Command commanding general, all Public Affairs Modification Table of Organization and Equipment units in the Army Reserve will be realigned for mission command under the 63rd and 99th Regional Support Commands starting Oct. 1, 2014.

"The new public affairs alignment under two commands enables the Army Reserve to standardize the training each Soldier receives and allows a greater number of our subordinate commands access to public affairs coverage," said Maj. Gen. Glenn Lesniak, USARC Deputy Commanding General – Support.

The Chief of Army Reserve Public Affairs asked Training and Doctrine Command to conduct a Training and Doctrine Command-Fort Lee study in 2011. Upon completion of the study, the chief established a public affairs working group to develop viable courses of action to address the training and readiness issues within the career field.

The study highlighted five areas of concern for Army Reserve Public Affairs units including health of the Public Affairs force in manpower, operational demand, stakeholder knowledge of the overall Public Affairs mission, and the effectiveness of current mission command for all Army Reserve Public Affairs units. Since the Army Reserve Public Affairs force makes up 38 percent of the total Army Public Affairs assets and provides the most diverse inventory of Public Affairs capability among all three components, changes were needed.

"We're always looking at ways to improve the way the Army Reserve does business," Lesniak said. "The new public affairs alignment under the 63rd and 99th will help us improve our units' pre-mob

training performance, which ultimately gets the units out the door quicker and saves money."

Over the past 13 years of war, the Army has developed a greater understanding and appreciation for the value of effective Army Reserve Public Affairs, both in the operational environment and here at home. Public affairs practitioners develop strong personal and organizational ties between the Army, civilian media, Family members, and community leaders, in an effort to foster an environment of transparency and trust.

Army Reserve Public Affairs units did not have a functionally-based mission command chain to provide relevant, public affairs focused mentorship and training guidance. Currently, Army Reserve Public Affairs units are geographically assigned to 15 different commands. Some are direct reporting units to major subordinate commands, others to brigades, and still others to battalions. In every case, the command chains for public affairs units are determined not by function or doctrine, but solely by geographic proximity to available administrative support.

Under the current model, Army Reserve Public Affairs units have no standardized public affairs training and readiness program. According to the TRAC-Lee study, this lack of standardization increased the amount of pre-mobilization training Army Reserve Public Affairs units needed before deploying overseas. Under the Army Reserve's new model, the USARC Public Affairs Office will coordinate with the Department of Defense's Army Public Affairs Center to garner their active component training regiment, tactics and procedures to establish a mirrored public affairs unit training module. This training module will be disseminated to all Army Reserve Public Affairs units through a RSC Public Affairs Liaison team.

After October 1 of this year, public affairs Soldiers will report to other public affairs Soldiers under just two commands. This creates a greater level of ac-





Army Reserve Public Affairs Support Request Process



STEP #1

Using the PA Support Request form, OFTS Commands submit Public Affairs support request to RSC Public Affairs Liaison (RSCPAL) during the normal G-3/5/7 OPORD planning phase.

STEP #2

Based on AR 360-1, the RSCPAL recommends approval/disapproval to the RSC who then notifies the requesting unit of mission acceptance/rejection within 10 days and begins coordination with its subordinate PCH commanders to ascertain; A) which unit type is best suited to fill the request ICW the units ARFORGEN cycle availability; B) which PA unit is closest to the requesting unit; C) which unit has training days/Soldiers available to cover the mission.

STEP #3

The RSC issues an OPORD to the selected unit through its Press Camp Headquarters (PCH) for mission coordination and fulfillment.

STEP #4

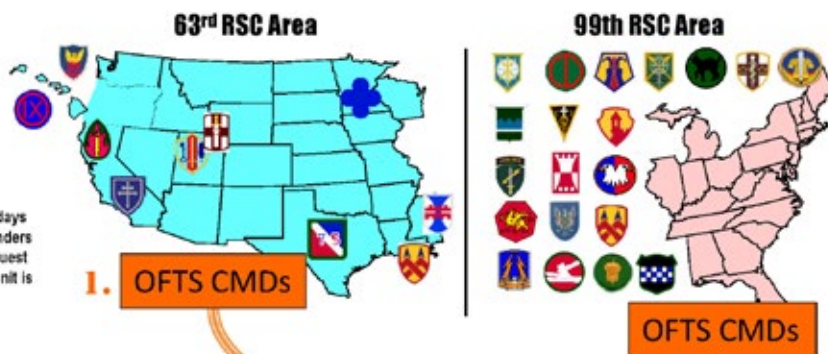
PCH plans mission into the tasked PA unit's training calendar as an AT, RST or BTA as appropriate.

STEP #5

Assigned unit and PCH make contact and work with G-3/5/7 planners of requesting OFTS command for proper mission coordination.

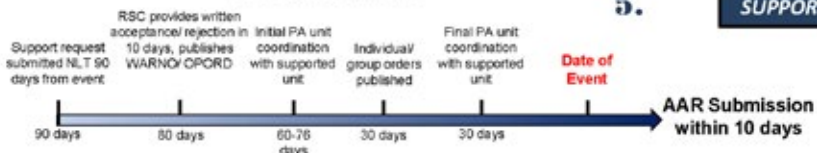
STEP #6

1) Supported unit submits AAR directly to supporting PCH. 2) Assigned PA unit submits AAR to PCH 3) PCH submits AAR to RSC for distro to requesting command and other PCH's.



NOTE: A 90-day advance request will be sufficient for most events, however larger exercises or OCONUS support should be submitted NLT 180 days in advance for IPR participation and exercise planning. Please contact USARC PAO at (910) 570-8347 if you have questions.

PA Request Timeline



NOTE: At no time in the planning and execution process is the RSC Public Affairs Office used to coordinate or support the external request.

Beginning in October 2014, Army Reserve Public Affairs units will fall under either the 63rd or 99th Regional Support Commands. This graphic illustrates how requests for public affairs support will be requested. (Graphic courtesy of U.S. Army Reserve Public Affairs)

countability between like professionals. The mission command will create a collection of public affairs assets planning and training together in a synergy never before seen in the Army Reserve. The new public affairs alignment allows Army Reserve Public Affairs units to train the same way they deploy.

The RSC Public Affairs Liaison is a new position created just for this mission command. Several public affairs Soldiers assigned to the USARC PAO will now work at the 63rd and 99th headquarters. Starting in October, all requests for training year 2015 public affairs support will be funneled through one of two RSC PA Liaison Officers. They will assist the RSCs in identifying valid public affairs missions and ensure each Army Reserve Public Affairs unit has completed their Army Force Generation cycle training before using their training days on any other type of mission.

“We recognize that success at the unit level will

allow us to better serve the strategic and long term communication goals of the entire Army Reserve,” said Maj. Kevin McNamara, 99th RSC PA Liaison Officer. “We are building a network of professionals ... TPU, civilian, AGR ... that will be better able to communicate the Soldier story and the Army Reserve story to the American public and other external audiences.”

The new structure will benefit and serve more Army Reserve Major Subordinate Commands. Currently only six MSCs have access to public affairs assets. Under the new mission command, every MSC in the Army Reserve will have equal access to public affairs units. This will allow the Army Reserve Public Affairs community to adjust and accommodate new mission requirements and the changing force structure, while maximizing unit readiness and operational capabilities to support missions of our joint force military service partners.

MILLEY TAKES COMMAND OF FORSCOM



TAKING CHARGE. Gen. Mark A. Milley, U.S. Army Forces Command commanding general, makes his opening remarks as commander during a change of command ceremony at Fort Bragg, N.C., Aug. 15. Milley takes command of FORSCOM from Gen. Daniel B. Allyn who moves on to become the U.S. Army vice chief of staff. Milley is the 21st FORSCOM commanding general. (Photo by Robert Harrison/U.S. Army Forces Command)

Story by **JIM HINNANT**
U.S. Army Forces Command

FORT BRAGG, N.C. - Gen. Mark A. Milley took charge of the Army's largest command, Aug. 15, as his predecessor, Gen. Daniel B. Allyn, relinquished the U.S. Army Forces Command colors and departed for duty in Washington, D.C., to be the 35th vice chief of staff of the Army.

By accepting the colors bearing the distinctive blue, white, and red disk that makes up the U.S. Army Forces Command, or FORSCOM, insignia from Army Chief of Staff Gen. Raymond T. Odierno, Milley became the 21st commanding general of FORSCOM.

FORSCOM, which prepares conventional forces to provide a sustained flow of trained and ready land power to combatant commanders in defense of the nation at home and abroad, has direct authority over continental United States-based conventional units of

the active Army, and training and readiness oversight of much of Army Reserve and Army National Guard.

"Since World War II, FORSCOM has been at the forefront of ensuring our Soldiers, leaders and units were ready when needed; and today, this responsibility is no different," said Odierno.

"The training, prepping and readiness of more than 270,000 active-component Soldiers and partnership with over 350,000 Army National Guard and nearly 200,000 Army Reserve Soldiers is daunting. No other command influences as many Soldiers as Forces Command," he said.

In his remarks, Milley, 56, a native of the Boston area, who comes to FORSCOM headquarters from his latest assignment as the commanding general of III Corps and Fort Hood, Texas, said FORSCOM would continue to provide trained and ready forces to

meet the needs of the nation.

“There are some who think wars can be won from only the air or sea, but those people are very wrong,” said Milley. “To deter an enemy, to assure an ally, and to win a war, requires well-trained, constantly read, superbly led, lethal and adaptive ground forces; and our job in FORSCOM, as it has always been, is to train mobilize and provide those forces to the nation when the nation calls,” he said. “And, as we have seen all too often, the nation will call; and when it does, our task is to be ready for any mission, anywhere, anytime.”

Prior to the change of com-

mand, in an intimate gathering in the Kerwin Conference Room of Marshall Hall, Odierno installed Allyn as the Army’s 35th vice chief of staff. He then promoted Milley to the rank of general in the atrium of Marshall Hall - the command’s headquarters complex shared by Headquarters, U.S. Army Reserve Command.

In his last remarks to an audience in his final of several assignments at Fort Bragg, Allyn expressed appreciation to those he said were most deserving of recognition.

“Most importantly,” Allyn said, “I want to thank those this ceremony truly recognizes - our

Soldiers, civilians and Army Families. Truly, they are the strength of our nation and our Army, and they make the sacred honor of leading a pure joy. They continue to bear the brunt of the nation’s service with grace, humility, confidence and professionalism.”

As the FORSCOM commanding general, Milley leads FORSCOM’s subordinate units, located across the continental United States, which include five headquarters led by lieutenant generals - U.S. Army Reserve Command, 1st Army, I Corps, III Corps and XVIII Airborne Corps - and nine division headquarters, led by major generals. 🇺🇸



PASSING THE COLORS. Gen. Mark A. Milley, right, passes the U.S. Army Forces Command colors to Command Sgt. Maj. Scott C. Schroeder, FORSCOM senior enlisted advisor as Gen. Daniel B. Allyn had relinquished command of FORSCOM to Milley in a ceremony at Fort Bragg, N.C., Aug. 15. The ceremony was officiated by Gen. Raymond T. Odierno, U.S. Army chief of staff. Milley becomes the 21st FORSCOM commanding general. (Photo by Kim Waldron/U.S. Army Forces Command)



U.S. artillerymen fire a 75mm gun into enemy positions in the St. Mihiel salient, Sept. 12th, 1918. (Image courtesy of the National Archives)

89th, 90th Division World War I artifacts part of museum collection

Story by **CHRISTOPHER RUFF**

Curator, National Museum of the Army Reserve

There are approximately 4,000 within the National Museum of the Army Reserve, located in the headquarters of the U.S. Army Reserve Command at Fort Bragg, N.C.

Many of these historical pieces date from World War I and originate from the predecessor of today's Army Reserve known as the National Army.

The National Army constituted an organized reserve based upon a regional division system in the United States. Each region was to provide a specific number of regular Army, National Guard and National Army or reserve divisions.

These Reserve divisions were numbered from 76 to 91 and were commanded by officers from the Officer Reserve Corps and primarily manned with draftees.

Three of these divisions, the 82nd, 89th, and 90th were embroiled in a series of fierce battles as part of the St. Mihiel Offensive fought from Sept. 12-16, 1918.

Sept. 12th 2014 marks the 96th anniversary of the battle that became the American Expeditionary Force's trial by fire.

St. Mihiel is a town in the Meuse River region of Northern France that formed a salient in the Allied lines.

The Germans occupying this area were surrounded on three sides of the salient. They had planned to withdraw the day prior but faced a three-fold attack against their lines before they could retreat.

The offensive captured over 15,000 Germans and drove them from the salient but failed to trap the vast majority of them.

The Allied advance stalled three days later when supplies couldn't be brought forward in a timely manner. Despite this, the offensive resulted in an overwhelming Allied victory that achieved all of its objectives.

Some of the artifacts within the collection are related to the battle of St. Mihiel or the units that

participated in the action. One of those artifacts, a 37mm shell, commemorates the battle and is inscribed with a naturalistic, art nouveau style flower arrangement with the inscription: St. Mihiel 1918.

The shell was manufactured in France for use with the Model 1916, 37mm Cannon. The French M1916 Cannon was compact and portable, weighing just 238 lbs, making it suitable as an infantry support weapon. The 37mm proved useful in destroying enemy machinegun nests.

Another artifact connected to the battle of St. Mihiel is the headquarters flag of the 89th Infantry Division.

The 89th is known as the "Middle West" Division as that is where most of their members came from.

During the battle, the 89th Division was part of the U.S. IV Corps on the Allied left, facing the nose of the salient. The division suffered a total of 980 killed and 6,111 wounded in during the entire war.

Also in the collection is this shoulder patch from the 90th Infantry Division. The 90th came primarily from Texas and Oklahoma hence the transposed T and O into the familiar patch. Because of this, they styled themselves the "Tough 'Ombreys."

In the St. Mihiel battle, the 90th Division was part of the U.S. I Corps. The 3rd Battalion of the 358th Infantry Regiment, 90th Division, was the designated assault unit for the American attack on the morning of Sept. 12th.

The battalion commander, Maj. Terry Allen was wounded and evacuated while unconscious to an aid station in the rear. Regaining his senses, Allen removed his medical tag and sought to rejoin his unit, which had advanced deep within enemy lines. Allen gathered a group of men separated from their units and led them forward. They discovered a group of Germans that had been bypassed by the first wave emerging from their bunker. Allen led his men in desperate hand-to-hand combat with the Germans. After emptying his pistol and despite his wounds, Allen fought with his fists, losing several teeth and suffering another serious wound. For this action he received the Silver Star and Purple Heart. 🇺🇸



American "Doughboys" man an M1916 37mm Cannon during World War I. (Photograph from the US Army Signal Corps)



The silk flag of the 89th Division has become fragile due to extensive light damage from years of display. Because of its current condition, it has been mounted in a special conservation frame that will preserve it. (Photo by Timothy L. Hale/U.S. Army Reserve)



Shell casings and related military material decorated like this are known as "trench art." (See the Trench Art Exhibit on the 3rd Floor, FORSCOM side.) (Photo by Chris Ruff, NMAR)



An 89th Division insignia (top) and the 90th Infantry Division insignia from World War I on file at the National Museum of the Army Reserve U.S. Army Reserve Command headquarters, Aug. 20, 2014, at Fort Bragg, N.C. Photo by Timothy L. Hale/U.S. Army Reserve)

BRING IT HOME: PERSONAL PROTECTIVE EQUIPMENT

Story by **MINNICK EARGLE**
USARC Safety Office

Military, and even our civilian job duties, require the use of some type of Personal Protective Equipment.

Whether it's a seatbelt, helmet, or gloves and goggles, PPE reduces risk and saves lives.

On duty, Army Reserve Soldiers and civilians are required to analyze risk and enact countermeasures for the mission; PPE is one of many possible countermeasures. Take a moment to consider similarities between your civilian day-to-day risks and your skill at managing those same risks during military operations.

When you command a convoy, you ensure all personnel are wearing the prescribed uniform for the mission. This includes Kevlar or ACH helmet and seatbelts/restraint devices. As documented in the approved mission Risk Assessment, your convoy commander's briefing will highlight the use of seatbelts and gunner restraints as a primary risk countermeasure. You even spot check vehicles to ensure personnel are adhering to your guidance. When you are responsible for the successful completion of a mission, you quickly become an expert at identifying and mitigating risks.

Risk management training and the skill you have developed will make your civilian "Not in a Duty Status" tasks much safer. Simply apply the same Risk Management processes at home and when working at your civilian job.

When you drive your car, truck, or motorcycle,

mentally become the convoy commander once again. Actively manage the risk. You and your occupants must buckle up, wear helmets, and place small children in the correct child safety seat.

At your civilian job, review the Supervisory Hazard Analysis. Are you a welder? The goggles your employer provides not only protect from burns but filter harmful light to ensure you don't suffer cataracts or potentially, blindness.

Army Reserve petroleum workers must wear chemical protective goggles, gloves, and aprons. This is because petroleum workers everywhere are at higher risk of eye injury, skin diseases, and even late-life cancers.

The exact same PPE, if used correctly, will protect you around the home and in your civilian job when changing oil, fueling powered equipment, cleaning parts, etc.

Although PPE may be uncomfortable at times or even seem to hinder your task, the "Safety of Life" benefits derived from its use far outweigh the cost of injury, illness, or death.

As a leader, you and your Soldiers complete every task using the correct PPE. Every Soldier must take Risk Management seriously and apply it to all they do – on, off, or not in a duty status.

Bring It Home, PPE, your Professional Discipline and Risk Management skills protect you, and the lives of your Family in every endeavor, every day. 🇺🇸

ARMY RESERVE FACT:

In FY2013, the Army Reserve lost 33 Citizen-Soldiers to accidents both on and away from military duty. Eight of them died while not using or wearing Personal Protective Equipment. That's a staggering 25 percent.

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.

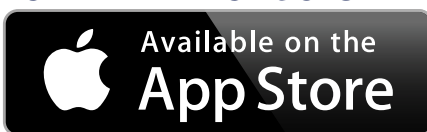
These services include professional development reading lists and other important information such as, My Medical, Comprehensive Soldier and Family Fitness, public affairs, and legal assistance.

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

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

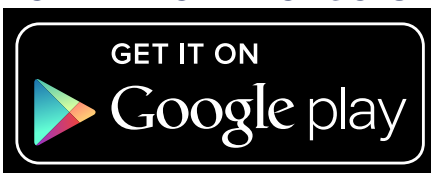
The AR Battle Buddy app, QR Tags, and websites links are listed below. 🌐

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>



USARC Newcomer Orientation for 2014

The U.S. Army Reserve Command Civilian Personnel Management Office has scheduled the following personnel orientation dates for all new USARC personnel.

The dates for upcoming orientations are: Sept. 18 and Nov. 20.

Orientation starts at 8 a.m. and will be held in Room 4901 unless otherwise posted.

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

For more information, you may contact Danny Sampson, orientation planner, at 910-570-8343, or via email at danny.s.samspon.civ@mail.mil.

Fort Bragg's All-American Trail closes Oct. 1 for hunting season

Fort Bragg's All-American Trail closes Oct. 1 and will remain closed due to hunting season.

The trail will reopen Jan. 2, 2015, when the hunting season ends.

Fort Bragg cannot stress enough the importance of not using the trail between Oct. 1 and Jan. 2. Approximately four years ago, a runner was accidentally killed by a hunter who mistook the runner as wild game.

Runners and off-road bike riders are also asked not to use the roads in the training areas for running routes.

These areas are used for training purposes and the presence of runners

and riders can disrupt training events and become a safety hazard.

Runners and riders also may face trespassing charges if found in the training areas.



(Hunter and Bear Graphic courtesy of Vector Art Explosion)

Mandatory supervisor training continues

The Army Reserve continues to track the completion status of the Army mandated training for supervisors of civilian personnel.

At this time, the SDC #1-250-C53 course is the only Headquarters, Department of the Army-approved training available.

The course is a distance learning course and must be completed within one year of assignment to a supervisory position.

The SDC is also required for Supervisors as refresher training every three years. This course takes approximately 39 hours to complete which includes a final exam.

Course topics include: Workforce Planning, Position Management and Classification Hiring, Merit System Principles and Personnel Practices, Performance Management, Training and Development, Recognition, Incentives and Awards, Coaching, Counseling and Mentoring, Leave Administration, and many other topics.

Enrollment for the SDC is through the Civilian Human Resource Training Application System, or CHRTAS, at the following URL site: <https://www.atrrs.army.mil/channels/chrtas>.

Once you complete the registration process, your supervisor will receive a system-generated email with instructions to approve your training.

If your supervisor does not receive an email immediately, on your profile make sure that their

email address is the new enterprise mail.mil address.

If they do not have a profile in CHRTAS than their AKO account email forwarding address must be updated to the mail.mil address.

The wrong email address continues to delay student's registration.

As you read this article take time to update your profile in AKO to ensure you have the correct address – you may not be getting your mail forwarded from AKO.

A status report of completed training for all supervisors that supervise civilians is required no later than 25th of each month. A yearly report is provided to HQDA at the end of each fiscal year. 🇺🇸

MANDATORY TRAINING FOR SUPERVISORS OF CIVILIANS

For more information please contact
Jeffrey Weart,
Chief, Civilian
Training and Leader
Development Office,
910-570-9147
or email at
jeffrey.m.weart.civ@mail.mil.



Honor Gold Star Mothers and Families on Sept. 28

The term Gold Star Family is a modern reference that comes from the Service Flag dating back to World War I.

The flag included a blue star for every immediate family member serving in the U.S. military, during any period of war or hostilities in which the armed forces of the United States were engaged.

If that loved one died, the blue star was replaced by a gold star. This allowed members of the community to know the price that the family had paid in the cause of freedom.

The United States began observing Gold Star Mothers Day on the last Sunday of September, in 1936. The Gold Star Lapel Button was established in August 1947.

Take time to honor Gold Star Mothers and Gold Star Families on Sept. 28.

Go to www.arfp.org and click on the Survivor Outreach Services icon, and go to the calendar to locate events planned in honor of Gold Star Mothers and Families near you. 🇺🇸

Lennon moves on from 377th TSC

Story and photo by SGT. DEVIN WOOD
215th Mobile Public Affairs Detachment

BELLE CHASSE, La. - On Aug. 16, Soldiers of the 377th Theater Sustainment Command and honored guests gathered to celebrate one of the of the U.S military's longest standing traditions; the change of command ceremony.

After 27 months of leadership, Maj. Gen. Peter S. Lennon of Newport News, Virginia, relinquished his command of the Army Reserve Command's largest subordinate command.

"It's a bittersweet day for me," said Lennon. "These Soldiers have continually amazed me. We have become more expeditionary, more ready and relevant as a command."

"General Lennon is a visionary," said Command Sgt. Maj. Nagee Lunde, senior enlisted leader of the command.

"He's a great leader, a great sustainer, a great transporter and a general officer who really believes in Soldiers and their capabilities," Lunde said. "He provided the vision and the Soldiers rose to the challenge."

Assuming command of the 377th will be Maj. Gen. Leslie J. Carroll of Covington, Georgia.

During Lennon's command, the Army began transitioning from Army of operation to an Army of

preparation, a path that will continue.

"There is no big direction shift," said Carroll. "We are just going to keep transitioning and providing the level of readiness required."

There is strong confidence in the direction of the command and the leadership of the future.

"General Carroll is the right guy," said Lennon. "He has the right knowledge, the right connections, and a great way of dealing with people. The ship is on a good course, and he is going to go full throttle."

The respect these two senior leaders hold for one another was evident throughout the ceremony. When Carroll took the podium, he commended his forerunner on a job well-done.

"Pete, I love you for passing on such a great legacy, and I hate you for doing such a good job," said Carroll jokingly. "You will be hard to follow."

While they are moving in separate directions, they are forever connected as one of the few who are able to realize, in the words of Lennon, "A sustainer's dream, a Soldier's dream."

Lennon is moving on to the U.S. Army Reserve Command headquarters at Fort Bragg, N.C. where he will become the deputy commanding general for support. 🇺🇸

MOVING ON. Maj. Gen. Peter S. Lennon, left, passes the colors of the 377th Theater Sustainment Command to Maj. Gen. Glenn J. Lesniak, U.S. Army Reserve Command deputy commanding general for support, signaling the end of Lennon's command of the 377th during a change of command ceremony in Belle Chasse, Louisiana, Aug. 16, 2014. Lennon will be moving on to the USARC headquarters at Fort Bragg, N.C., to become the USARC deputy commanding general for support.





ARMY RESERVE IN EUROPE

Photos By SGT. CHRISTINE M. DION
7th Army Joint Multinational Training Command

CARING FOR SOLDIERS. U.S. Army Reserve Spc. Estar Hegel, a medic with 6250th U.S. Army Hospital based at Joint Base Lewis McChord, Wash., and Port Orchard, Washington native, checks her aid bag during a mission with medics of Headquarters and Headquarters Battery, 4th Battalion, 319th Airborne Field Regiment, 173rd Infantry Brigade (Airborne), on Bunker Drop Zone at the U.S. Army's 7th Army Joint Multinational Training Command Grafenwoehr Training Area, July 23. The U.S. Army Reserve Soldiers provided medical support as 173rd Inf. Bde. (Airborne) Soldiers performed airborne operations.

SAFE LANDING. A paratrooper from the 173rd Infantry Brigade (Airborne) lands on Bunker Drop Zone during a joint exercise with Army Reserve Soldiers from the 6250th U.S. Army Hospital, Joint Base Lewis McChord, Washington.





Gold Star Mothers and Families Day
September 28, 2014



Contact your local Survivor Outreach Services for local events