



March 13, 2009 Vol. 3 No. 10

[IMCOM](#) [AEC](#) [FMWRC](#) [Feedback/Submissions](#)

Hot Topics

First Lady visits Fort Bragg, vows support for military Families

Finance gurus speak to Fort Carson Soldiers during Military Saves Week ▶ [Article](#)

Economy hurting your wallet? Save money commuting by ride sharing
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Army seeks solutions for spike in suicides
▶ [Article](#)

Growing threat of ballistic missiles drives agency's efforts ▶ [Article](#)

Covenant News



Read across America

Sgt. Maj. Khadijah Sellers of the U.S. Army TRADOC G-1/4 office at Fort Monroe, Va., shares the Dr. Seuss "Foot Book" with kindergarten students at John Tyler Elementary School in the City of Hampton during a Read Across America event March 6. Nine Fort Monroe Soldiers and two DA civilian employees volunteered for the program that's meant to encourage youngsters to read aloud to parents and other kids. ▶ [Article](#)

Joint celebration says 'thanks' to youth
▶ [Article](#)

Web site updates help veterans after deployment ▶ [Article](#)

Army Emergency Relief equates to 'Soldiers helping Soldiers' ▶ [Article](#)

New Family Readiness Center opens on Casey ▶ [Article](#)

Carson singer's music showcases Army spouses ▶ [Article](#)

Outcomes of drugs and alcohol stressed at standdown

It was a casual sunny Saturday afternoon in 2006 when a commissioned officer visited his neighbor for a beer and barbecue outing. Little did the Soldier know, the outcome of that day would forever change his life.

“ We aim to provide information and provide new innovative ways to change Soldiers' behaviors. ”

The officer stood in front of a small group of Soldiers from Tripler Army Medical Center at Schofield Barracks Feb. 28, and shared his story during the Schofield Barracks Health Clinic safety standdown. ▶ [Article](#)

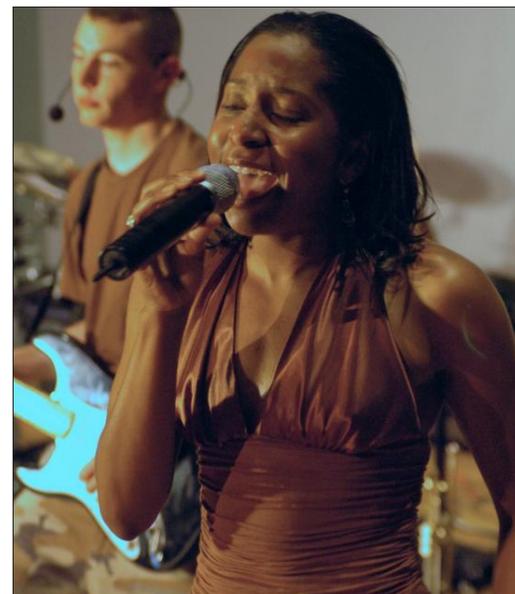


Farewell held for 742nd MI Battalion deploying to Iraq

With an eye on the clock, Family, friends and commanders surrounded deploying service members, offering hugs and handshakes, prayers and good wishes. But the whirl of emotion at McGill Training Center was fleeting. At 7:20 p.m. March 4, 17 members of the 742nd Military Intelligence Battalion headed to Baltimore-Washington International Thurgood Marshall Airport to begin their journey to Iraq. ▶ [Article](#)

Army now offering 'rock star' duty

Army Entertainment Division wants to send a band on the road to entertain deployed troops — as soon as Soldier-musicians are ready to step onto the stage. As unfathomable as it may sound, a temporary military duty of traveling the world with expenses paid to make music for fellow troops is available through USA Express. USA Express, a revolving door of deployable musical-performance groups, began entertaining Soldiers in 1992. ▶ [Article](#)





Picatinny Arsenal NCO oath

Five noncommissioned officers repeat an NCO oath during a ceremony March 3. The oath, which took place during an event hosted by the United Way of Morris County, was an informal kick-off of Picatinny's celebration of the Year of the NCO. The formal kick-off event will be held during an NCO induction ceremony for members of the New Jersey National Guard and the Army Reserve April 4.

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Female first sergeants lead post Soldiers

▶ [Article](#)

Safety NCO brings the HEAT

▶ [Article](#)

Leading the Way in Year of NCO

▶ [Article](#)



Incoming CSM chooses actions over words

▶ [Article](#)

Corporal: Stepping into the world of NCOs

▶ [Article](#)

Soldier, NCO of the Year's visit to D.C. highlights installation concerns

▶ [Article](#)

NCOs keep government leaders moving around D.C.

▶ [Article](#)

Sergeant named 2 BCT Best NCO of the Year

▶ [Article](#)

Top NCOs comprise Fort Leavenworth Sergeant Audie Murphy Club

▶ [Article](#)

NSSC scores touchdown with Year of the NCO kickoff event

▶ [Article](#)

Tradition, mission link NCO and K9 colleague in Iraq

▶ [Article](#)

Bamberg units recognize Year of the NCO

▶ [Article](#)

'Peter Pan:' Grateful German citizen treats U.S. youths to free day at the theater

A German whose early childhood was influenced by the action of an American Soldier has in turn reached out to the children of American Soldiers in Germany. Dr. Wilfried Kastening, treasurer of Frankfurt International School, and his wife, Astrid, business manager of Theatre Unlimited, hosted 45 children and their chaperones from U.S. Army Garrison Wiesbaden's School-Age Services program at a play in Frankfurt. The children attended the opening performance of "Peter Pan" at the English Theater.



▶ [Article](#)



Cadets teach middle school about amateur radio

Fifth-grader Katrina Nnadozie attempts to contact someone to chat with on a ham radio Feb. 25 during a demonstration by the Cadet Amateur Radio Club at the West Point Middle School. Cadets from the club helped students try their hand at ham radio and discussed the importance of ham radios during emergencies.

▶ [Article](#)



Detroit Arsenal CDC raises puppy for Leader Dogs for the Blind

Detroit Arsenal Child Development Center has an exciting opportunity to raise a puppy for a year supporting the Leader Dogs for the Blind program. The puppy will eventually become a service dog for a visually-impaired person.

▶ [Article](#)

Remembrance ceremony honors fallen military medics

Beneath the rows of simple white headstones evenly spaced beneath a dull and cloudy mid-March sky, the stories of those who rest at Arlington National Cemetery are anything but ordinary. Some were killed by heavy machine-gun fire. Others were showered with rockets or mortars. And many were surprised by the explosion of an unexpected roadside bomb. But for the more than 210 military medics, corpsmen, doctors and nurses who lost their lives in Iraq and Afghanistan since 9/11, they were killed trying to save others, the Defense Department's top medical official said.

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550 Troops gather for year of the NCO community run ▶ [Article](#)

Command sergeants major kick off Year of the NCO at Hohenfels ▶ [Article](#)



Great Plains Regional Medical Command Soldiers do well at competition ▶ [Article](#)

Belvoir welcomes new additions to NCO Corps ▶ [Article](#)



NCO Corps living history ▶ [Article](#)

Engineer, medic named installation NCO, Soldier of Quarter ▶ [Article](#)



Year of the Noncommissioned Officer - Spotlight NCO ▶ [Article](#)



“As the senior medic in the Army, I try my best to meet and talk with each and every medical Soldier, or as much of them as I can, and hear their concerns and ideas.”

Army's Top Medic Visits 'Lifeline' Crew

With top leaders in the U.S. Army naming 2009 as the “Year of the Noncommissioned Officer,” the Army’s senior medic flew from Fort Sam Houston, Texas, to Camp Liberty to meet with the Multi-National Division — Baghdad’s Army Medical Corps enlisted leaders and Soldiers. Command Sgt. Maj. Althea Dixon, senior enlisted advisor to the Army surgeon general, U.S. Army Medical Command, paid a visit to medical Soldiers serving with the 299th Brigade Support “Lifeline” Battalion, 2nd Heavy Brigade Combat Team, 1st Infantry Division, at the Riva Ridge Troop Medical Clinic on Camp Liberty.

▶ [Article](#)

Fort Riley's fleet is going 'green'

Just as there were hitching posts for horses in front of buildings more than a century ago, Fort Riley may be getting a new type of hitching post for government vehicles. Neighborhood Electric Vehicles soon will begin replacing a small percentage of the post's Transportation Motor Pool fleet, said Bruce Klaverweiden, garrison fleet manager with the Directorate of Logistics.



▶ [Article](#)

8th Theater Sustainment Command Soldier gets attention with 'pink bike'

A typical day for Cpt. Lynn Song, a staff officer with the 8th Theater Sustainment Command's secretary of the general staff, looks something like this: wake up early, beat the commanding general to work, make sure he's taken care of during the day, prepare for the next day late in the evening, and leave the office after the general goes home. It's a demanding schedule and doesn't leave much free time for Song, so time management is vital. ▶ [Article](#)



ReStore recovering materials from Fort Riley homes

"It's better than a win-win situation. It is a win-win-win-win situation," said Gary Stowe, ReStore director, in reference to the effort currently underway on Fort Riley to reclaim building material and supplies from homes slated for demolition.

▶ [Article](#)

Force Protection News

Planning for disaster: Garrison activates EOC during force protection exercise

▶ [Article](#)

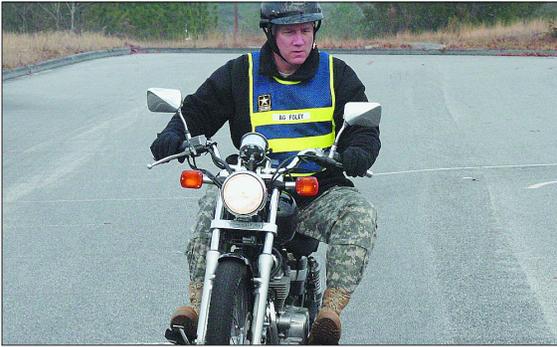
Identification cards

- ▶ Don't leave CAC in computer when away from desk
- ▶ Hide access badges from public view outside of secure areas
- ▶ Don't leave any form of identification in plain view in vehicles

Secure them at all times

Safety News

Drink Responsibly this St. Patrick's Day, designate a sober driver ▶ [Article](#)



Motorcycle safety ▶ [Article](#)

Pre-cancerous skin spots cause look back at lifelong over-exposure to the sun ▶ [Article](#)



'Share Your Care' video contest

The Military Health System is asking you to "Share Your Care" in a video contest that showcases the people, programs and facilities supporting the health of our service members and Families! ▶ [Article](#)

Installation Paper of the Week



Fort Campbell, Kentucky

▶ [Current Online Issue](#)

Military looks to dispel myths

Advance treatment for brain injuries

Get a good night's sleep. That is seemingly simple, yet sometimes complicated, advice from medical professionals as part of a reintegration program for redeploying Soldiers who might have suffered traumatic brain injuries, the commander of Europe Regional Medical Command said. "When you come back from Afghanistan or Iraq, part of the screening program process is [confirming] if you had multiple concussive injuries downrange," Army Brig. Gen. Keith W. Gallagher said. ▶ [Article](#)



Traumatic Brain Injury: Symptoms, diagnosis, treatment

▶ [Article](#)

Pregnancy physical training maintains Soldier fitness

The Army designed its physical training program to improve and maintain Soldiers' physical fitness levels, promote team cohesion and prepare troops to meet the physical demands of war. Ensuring the readiness of all Soldiers, the Army's PT program also caters to pregnant Soldiers by preparing them for childbirth and to return to duty. At Hunter Army Airfield, more than a dozen Soldiers currently participate in a pregnancy and postpartum class held at Tominac Fitness Center. ▶ [Article](#)

Kentucky recognizes Knox for outstanding energy program

It's not often that a building wins a prize. March 9, Len Peters, the secretary of Kentucky's Energy and Environment Cabinet, presented an award to Fort Knox Garrison Commander Col. Rick Schwartz for Emory Hall's recognition as an Energy Star. The Kentucky program, Energy Star, rewards those buildings that use significantly less energy than others. ▶ [Article](#)

March: National *Woman's* History Month

Celebrating Women's Contributions to the Army:

Women's History Month ▶ [Article](#)

Quotes by installation management women Army leaders

▶ [Article](#)

Remembering the Women's Army Corps

General Douglas MacArthur called them "My best Soldiers" during World War II, saying that the women serving in the Women's Army Corps worked harder, complained less and were better disciplined than many of his male Soldiers. Born out of the Women's Army Auxiliary Corps in 1943, the WAC enabled women to take over more routine service and office jobs and free men for combat roles during World War II. Although disestablished in 1978, the WAC — and similar female components for other services and military nurse corps — was the only way women could serve their country. ▶ [Article](#)

