



October 2003
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Warrior News

<http://www.usarc.army.mil/95thdiv/2bde/3-378th/newsletter.html>



3rd/378th

Upcoming Drill Dates

October

18 - 0700-0715 First Formation

Uniform: PFU

0730-0930 APFT/Weigh In

19 - Uniform: BDU

November 15-16

December 13-14

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3D Battalion, 378TH Regiment
1507 W Lindsey Street
Norman, OK 73069-4301



Commander's Corner



WHO IS THE BEST?

We are implementing a new competition among the companies, called "The Best of the Best". A plaque will be given to the winning company during the May FTX.

The following are the four categories of competition:

- 1) Company APFT average (both the October and April APFT)
- 2) Weapons qualification company average.
- 3) Land Navigation- Each company will be broken down into groups of three, first team back with all points correctly identified wins.
- 4) Combat Conditioning Course-Everyone will run the course. Each company will pick a representative to run the course in the competition part.

Scoring will be on a 5-4-3-2-1 system, high being the best. The S-3 will monitor the standings and determine the winner. MAJ Crabtree will present the plaque at the CCC site. More details will be forthcoming.

A Streamlined Army Reserve

By **LT. Gen. James R. Helmly**
Chief of the U.S. Army Reserve

Our current military deployments are taking their toll on Army Reserve soldiers and their families in communities all over America. Tens of thousands of husbands and wives, fathers and mothers, were called up in recent months, some with less than 48 hours' notice, and sent to Iraq or elsewhere. Some were told that they would serve longer than expected. When terrorists struck on Sept. 11, 2001, and the president called up the Army Reserve, short notice was understandable. What's less

understandable to some is when we provide short notice even for events that are under our control. We did not provide reasonable notice for the Army Reserve soldiers shipped off to Iraq, nor did we do so for those called to serve as part of our force in the Balkans.

It's not a pretty picture, and nobody knows that better than I and my colleagues in the Army Reserve. But while we struggle to make things better for today's reserve soldiers, we are doing something else that has largely escaped notice: We are transforming the Army Reserve to prevent such problems down the road.

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Featured Website

www.Squad-Leader.com
Home of the 21st Century NCO

Squad-Leader.com is the hub for the Top Sarge suite of communities on the web for soldiers. From here you can get in a professional discussion, find answers to your questions, link to hot web sites, or download software and ready-made classes. The sites you need are all right here, and it is all FREE.

Our mission: To serve as an integral online Professional Community for enlisted soldiers and NCOs in search of 360-degree self-development. Through the use of discussion forums and by immediate feedback from peers, superiors and subordinates, soldiers can interact with others within the community; Serve as a directory to high quality information on the World Wide Web.

Supporting the Troops

Disney World Gives Troops free tickets to Disney World, discounted tickets to family and friends.

Disney's Armed Forces Salute
www.disneyworld.com/military

To honor America's service men and women, Walt Disney Parks and Resorts is offering active members of the U.S. military a complimentary 5-day *Disney's Armed Forces Salute* Ticket, valid for admission to Disney's theme parks, water parks and more at the Walt Disney World® Resort, through December 19, 2003. Active members of the U.S. military may also purchase 5-day *Disney's Armed Forces Salute* Companion Tickets for \$99 each (plus tax) for up to five family members or friends.

Active U.S. Military personnel or spouses are also eligible for a 40% savings per night (based on the non-discounted price of the same room) at select Walt Disney World® Resort hotels.

For additional information regarding these tickets, as well as other Walt Disney World® tickets, please call (407) 939-7424.



Universal Studios Florida gives Troops free tickets, discounted tickets to family and friends.

Universal's Military Salute
http://themeparks.universalstudios.com/orlando/website/heros_salute.html

To honor their service and dedication, all active U.S. military personnel will receive FREE* admission to Universal Theme Parks beginning immediately and continuing through December 19, 2003 as part of Universal's "Military Salute" program.

Members of the military will be given a complementary Universal Bonus Pass -- good for five days unlimited admission to Universal Studios Florida® and Universal's Islands of Adventure® and select Universal CityWalk® clubs. In addition, up to five family members and friends of each member of the military will be able to purchase a five-day Bonus Pass for \$50.00 + tax each. Tickets available ONLY at Universal Orlando® Resort theme park front gates.

Call 1-800-BE-A-STAR (1-800-232-7827) and ask for the Military rate.

Volunteers Needed

VOLUNTEERS NEEDED: Volunteers are needed for the following positions in the Family Readiness Group.

- Secretary
- Publicity Chairperson
- Special Events Coordinator
- Family Sponsorship Coordinator
- Child Care Coordinator
- Telephone Tree Volunteers

For more information about these positions please visit www.usarc.army.mil/95thdiv/2bde/3-378th/frgpositions.html, email morningstar.cornell@us.army.mil, or call (405) 360-5337 ext. 234.

We are also needing volunteers for drill weekends to help with the snack table.

Birthdays - October

Happy Birthday to the members of the 378th and their families.

- SFC Pamela Wilson – October 1
- Kimberly Nagle – October 1
- Sasha Williams – October 2
- Hazel Caldwell – October 4
- SFC Houston Denham – October 6
- Sydney Schall – October 12
- Jimmy Wilson – October 15
- SFC Leonard Gouge – October 17
- Jalen Williams – October 22
- Debbie Denham – October 25
- Jay Denham – October 25
- John Holten Jr. – October 25
- Monica Ross – October 29

Beware Fraudulent Website

The following applies to both military and civilian employees. Someone was recently trying to download his LES. He was at the www.mypay.com website, and was entering his SS# in the search bar to retrieve his LES. The problem??? WW.MYPAY.COM is not the official DFAS website. It is set up to resemble the official site, with terms like "LES" and "DFAS" listed on the left side as "Recent Searches." The official website is - <https://mypay.dfas.mil/mypay.asp>.

The Volunteer

Someone to count on
Word of cheer
That's what you've brought me
Volunteer!

Someone whose motive's
Love, not fear
That's what we look for
Volunteer!

Someone who cares
Just because we are here
That's why you're needed
Volunteer!

Someone who'll spare time
A possession so dear
To relate to me
Volunteer!

Thanks to the Maker
of far and near
for freedom of spirit,
and you Volunteer!

A Streamlined Army Reserve

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From top to bottom, we are overhauling the process by which we prepare and deploy our forces. We plan to organize, train, sustain, mobilize and deploy our units in a much different way.

We do this because we must. Never before has the Army Reserve been asked to do as much as it does today. What was once a "force in reserve" has become a full partner across the spectrum of operations to satisfy the demands and needs of our country

and our Army around the world.

Numbers tell the story. Army Reserve soldiers have been deployed 10 times in the past 12 years for operations from Bosnia to Iraq. During the 75 years before that, the Army Reserve had been mobilized just nine times. Since December 1995, we have been in a continuous state of mobilization, with an average of nearly 9,300 soldiers mobilized each year. The years after Sept. 11 have seen more than 80,000 Army Reserve soldiers mobilized to fight the global war on terrorism.

Today reserve missions around the world are engaged in intelligence gathering, investigation, training, legal support, communications, postal and personnel support, engineering, mortuary services, logistic and transportation operations, medical support and civil affairs.

Army Reserve soldiers are no longer an add-on to military operations. They are increasingly part of a joint, interoperable team with our full-time uniformed men and women in the business of fighting and winning the nation's wars.

With that in mind, the Army Reserve is implementing a transformation plan to create a better balance between answering the call to duty and taking care of our Army Reserve soldiers and their families. It's also a plan that will

provide greater security for the country.

We are reengineering the mobilization process to make it more streamlined; refocusing our regional commands to better support soldiers and their families; restructuring units for increased relevance; improving human resources operations; and improving the pool of skilled soldier volunteers to combatant commanders.

Our intent is to build a rotational force, so that we do not have to mobilize an Army Reserve soldier for more than a nine- to 12-month period in a five- to

"...the Army Reserve is implementing a transformation plan to create a better balance between answering the call to duty and taking care of our Army Reserve soldiers and their families. It's also a plan that will provide greater security for the country."

six-year window. We will add soldiers in high-demand jobs, lessening the burden on those already in these fields and providing a more predictable deployment routine to soldiers, their families and their employers. In many

ways, the employers of our reserve soldiers are the unrecognized heroes of our current activities. They deserve the thanks of all Americans for the support they give the Army Reserve.

Transformation will take some time. We are doing it as quickly as we can, and we must do it right. We all owe it to the dedicated men and women now serving -- and to those who will serve -- in the Army Reserve.

Congratulations

Congratulations to Delta Company for winning the FRG Best Company Banner for their outstanding gamesmanship at the Family Picnic. HOOAH!!!

BEST COMPANY FRG

Quotable Quotes

"He who is helping to row the boat has neither the time nor the desire to rock it!"

Merger of AR-PERSCOM and DA-PERSCOM

New 'Human Resources Command' to go online Oct 2.

ALEXANDRIA, Va. (Army News Service, Sept. 16, 2003) - Visitors to the U.S. Army Personnel Command and Army Reserve Personnel Command's Web pages will see a new look in October.

PERSCOM and AR-PERSCOM will merge to form the U.S. Army Human Resources Command (USAHRC) on Oct. 2 in a Pentagon courtyard ceremony.

The new HRC Web page will go online that day, according to Col. Marshall Fite, the PERSCOM chief information officer. The front page will link to active and Army Reserve promotion and school information lists, the 'My2xcitizen' portal, Army Knowledge online, Assignment Satisfaction Key and the Official Military Personnel File page.

"The initial change will just be the front page of the HRC Web site. As the new organization continues to evolve, the Web site will change to reflect the organization," said Fite. "No information will be lost in the transition."

The new page can be accessed at <https://www.hrc.army.mil> beginning Oct. 2.

Battalion APFT

Battalion record APFT to be held Saturday 18 October 2003 immediately following first formation. The Commander has stated that if any soldier scores a 290 or better on their APFT, they may receive an Army Achievement Medal as recognition for a job well done. GO WARRIORS!!!



DEERS

Is your DEERS Up-to-date?

Have you updated your DEERS? If not, you must visit the nearest ID Card issuing facility and unit personnel shop to ensure that DEERS information is correct and current. Active duty and Reserve Component service members must update their own and their family members' eligibility information in the Defense Enrollment Eligibility Reporting System (DEERS). Sponsors and family members actually lose access to their TRICARE health care benefits when "loss of eligibility" appears in DEERS; they are unable to make appointments, get prescriptions filled, or have claims processed correctly. Action must be taken by the sponsor and his/her family members to update information in DEERS as well as in their military personnel records. For additional information about DEERS or to update an address in DEERS, visit www.tricare.osd.mil/deers/.

You may update your DEERS address in several ways:

- Visit the DEERS website, <https://www.dmdc.osd.mil/udpdri/owa/change.address>, this is the quick and easy way to do it.
- Visit a local personnel office that has a uniformed services I.D. card facility. To locate the nearest military ID card facility visit <http://www.dmdc.osd.mil/rs/> (call ahead for hours of operation and for instructions if you are updating a record for someone who is house bound).
- Fax address changes to 1-831-655-8317.
- Call the Defense Manpower Data Center Support Office (DSO) Telephone Center at 1-800-538-9552. The best time to call the Telephone Center is between 0600 - 1500 (Pacific Time) Wednesday through Friday to avoid delays.
- Mail the changed information to:
DSO
ATTN: COA
400 Gigling Road
Seaside, CA, 93955-6771
- To update information other than your address, you will need to provide important pieces of documentation, such as marriage, birth, or death

certificates, DD 214s, etc. Contact the nearest military ID card facility to find out what documents you need to update eligibility information in DEERS.

*Reprint - Hooah4Health
NewsFlash Archive 2002*

Army Humor

A quick explanation of modern military terms:

- Engage the Enemy means "to blow something up."
- Surgical Strike means "to blow up something small."
- Decapitate means "to blow up their leaders."
- Collateral Damage means "to accidentally blow up something of theirs."
- Friendly Fire means "to accidentally blow up something of ours."
- Target of Opportunity means "to blow something up on a whim"
- Kinetic Targeting means "to blow up something that's moving"
- Ordnance is "something that does the blowing up"
- An Asset is "something that can be blown up"
- Embedded Media means "a report that's blown out of proportion"

Family Readiness

A Battalion Commitment

During this year we have seen much change to our Battalion. We have had a deployment, a change of command, and have many new faces amongst our troops. But all these changes have one thing in common, the 3rd BN 378th Regt Family Readiness Group.

Changes have happened with the Family Readiness Group too. The 3rd BN 378th REGT Family Readiness Group has had it's own "change of command", your new FRG Leader is Mrs. MorningStar Cornell. She is a dependent of our Battalion and has volunteered to assist the dependants and our Soldiers with their FRG support requirements.

Mrs. Cornell is also accompanied with the volunteer help of Mrs. Montie Verett, Mrs. Dawn Maul, and Mrs. Vera McIntire. She has also put out a request

and an invitation to all of the 3rd/378th dependants to assist during a drill weekend or any FRG sponsored event. Her motto is "The More the Merrier" and we have been advised Christmas is on the way.

The FRG is not limited to just dependants. Mrs. Cornell advises we can have members that are friends, relatives, business associates, veterans, or even neighbors. The focus of the FRG is to provide support to our Battalion dependants during any time, war or peacetime and provide place of contact for those awkward military questions.

During Drill weekends, you should be able to speak with Mrs. Cornell in the FRG office in the Battalion area. During non-drill times you may call her at 405-527-7004.

Last, please join me in congratulations to all our FRG Support team, Mrs. Cornell, Mrs. Maul, Mrs. McIntire and Mrs. Verett, and a special thank you to all of them, for their commitment to our Battalion, its soldiers, our spouses, and children.

There is no greater act of selfless service than that of our own volunteer Family Readiness Group.

HOOAH!!

*Jack Cornell
FRG Liaison*

Book Sale

FRG Fund Raising

The FRG will be hosting a book sale located by the snack table on 18/19 OCT Drill. There are many genres available, but mostly romance. So ladies if you like the romance novels let your husbands know, or come on by yourself.

Thank you for your support.

