



Briefs . . .

Changes of command

4th Reconnaissance Battalion

Lt. Col. Walter Estep will relinquish command of the 4th Reconnaissance Battalion to incoming commander, Lt. Col. Mark Hashimoto, at a change of command ceremony Saturday at 9 a.m. at the post Quadrangle.

U.S. Army South

The U.S. Army South change of command ceremony will be held Aug. 16 at 8 a.m. at Building 1000, at the old Brooke Army Medical Center circle.

Changes of responsibility

187th Medical Battalion

Command Sgt. Maj. Stephen Paskos will relinquish responsibilities of the 187th Medical Battalion to 1st Sgt. Dwight Wafford, interim command sergeant major, during a change of responsibility ceremony Aug. 17 at 8 a.m. at MacArthur Parade Field.

NCO Academy

Command Sgt. Maj. Howard Riles will relinquish responsibilities of the Non Commissioned Officer Academy to Command Sgt. Major Stephen Paskos at a change of responsibility ceremony Aug. 27 at 7 a.m. at MacArthur Parade Field. Paskos is currently the 187th Medical Battalion command sergeant major.

AMEDDC&S

Command Sgt. Maj. Timothy Burke will relinquish responsibilities of the Army Medical Department Center and School to Command Sgt. Maj. Howard Riles at a change of responsibility and retirement ceremony Aug. 29 at 8 a.m. at MacArthur Parade Field. Riles is currently the commandant for the Noncommissioned Officer Academy.

2007 Military Long Drive

The MWR Long Drive Championship, presented by Cadbury Schwepps, will be held Sunday at 8:30 a.m. at the Fort Sam Houston Golf Club. This one-day program is open only to active duty service members, Reserve and National Guard (inactive status may participate). For more information, call 222-9386 or visit www.fortsamhoustonmwr.com/bod/golf_club.asp. For more information, see Page 14.

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The results are in ... 'The Biggest Loser' competition wraps up.



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Photo by Esther Garcia

Cowboys, heroes meet at 'dome'

Roy Williams, number 31, cornerback for the Dallas Cowboys, autographs footballs for Spcs. Alexander Marmer and Sinecio Delargarza at the Alamodome Tuesday during the 2007 Dallas Cowboy Training Camp. See related story, Page 3.

MWR strives to meet Army Family needs

By Cheryl Harrison
Fort Sam Houston Public Information Office

In today's Army, whether it's help with childcare, personal finances, emotional support during deployments, relocation information or resources needed for special circumstances, Morale, Welfare and Recreation is there for military personnel and their Families.

The Army places a high priority on helping to achieve a balanced home and Family life. Keeping Families strong and supportive is essential to a healthy, strong and successful Army. The old saying, "If momma ain't happy, ain't nobody happy," is just as true in the military Family as it is in any American household.

MWR offers a wide variety of quality programs for the entire Family unit, not just as a recreational outlet, but a source

of growth, development and emotional well-being. Army Community Service is one of the programs that falls under the umbrella of MWR.

"Army Community Service has an array of services and programs that relate directly to the Soldiers and their Families. ACS is an integral part of MWR," said Paul Matthews, installation MWR director.

Family Readiness Groups, which are ACS sponsored, act as an extension of the unit in providing official, accurate command information to all members of the unit, Soldiers, spouse, children and extended Families. FRGs provide mutual support between the commander and the FRG membership as an advocate for more efficient use of available community resources.

See MWR STRIVES on Page 4

Hotline continues to help Soldiers, Families

By Gerry J. Gilmore
American Forces Press Service

WASHINGTON — The Army's four-month-old "Wounded Soldier and Family Hotline" continues to find answers to Soldiers' and Families' medical questions, a senior U.S. military officer said Aug. 1.

The hotline provides a more direct way for wounded Soldiers and their Families to obtain information for medical issues that couldn't be resolved through local channels, Col. Edward Mason, the hotline's director, told online journalists and "bloggers."

"The intent of the Wounded Soldier

"The intent of the Wounded Soldier and Family Hotline (1-800-984-8523) is to ensure that Soldiers and their Families have access to every resource the Army has to offer."

Col. Edward Mason
Director, Wounded Soldier and Family Hotline

and Family Hotline is to ensure that Soldiers and their Families have access to every resource the Army has to offer," Mason explained.

Senior Army leaders established the hotline March 19 in the wake of a series of news reports in February that spotlighted shortcomings in patient care at

Walter Reed Army Medical Center.

Top Army leaders receive regular reports and briefings on hotline operations, the colonel pointed out.

The hotline wasn't created to bypass the chain of command, Mason emphasized,

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Army offers civilians new leadership development programs

By Angela K. Daniel
U.S. Army North Public Affairs

As civilians become more vital to carrying out the nation's defense mission, the Army is creating more opportunities for civilian leadership development and education.

The Army's Civilian Education System Leader Development Program will benefit organizations by fostering the growth of the Army civilian corps, said Jennifer Brennan, Army Management Staff College marketing specialist and public affairs officer.

The staff college offers the education program, which includes four progressive and sequential courses. The 57-hour Foundation Course is required for all Army civilians who were hired after Sept. 30, 2006.

This online distributed learning course is followed by three resident courses: Basic, Intermediate and Advanced. The courses range from two to four weeks in length and are offered at the staff college's Fort Leavenworth, Kan., and Fort Belvoir, Va., campuses.

The progressive nature of the program offers enhanced leader development and education opportunities to the Army civilian corps worldwide, Brennan said.

Dorothy Cannon was the first Army North civilian employee to attend a resident Civilian Education System course.

"The program leaves Army civilians with a sense of

belonging to the Army and worth regarding the Army mission," Cannon said. "Participants walk away with a sense of security and satisfaction as an Army civilian."

The program is student-centered, problem-based, and experiential. According to the staff college's Web site, the goal is to develop leaders who will know the Army, embody Army values, be professionally educated, be lifelong learners, be leaders of change, be confident and self-aware, share learning across and outside the Army, be adaptive and innovative, be business leaders with strategic focuses, be effective across cultures and be a team coalition.

The resident courses are founded on Army doctrine and educational and leadership theories. They are taught mainly through small group discussion and instruction combined with case studies, written papers, individual counseling sessions and oral presentations.

Cannon called the course an "out-of-the-box experience, unlike any other leadership program" she has attended.

"You realize this is your course," she said. "The instructors do pay attention. They take information from students and put it into practice."

Brennan said the Army is the first branch of the military to offer such an educational system totally dedicated

"The program leaves Army civilians with a sense of belonging to the Army and worth regarding the Army mission."

Dorothy Cannon
Course attendee

to enhancing the leadership skills of its civilians. She added that this transformation of civilian training and education will align uniformed and civilian leader development training and education, strengthen civilian ties to the Army, and enable Army civilians to contribute to their fullest potential.

The education system also includes the Action Officer Development Course, Supervisor Development Course and Manager Development Course, all offered online. In addition, the staff college will pilot the Senior Civilian Leader Continuing Education Program in September.

Army employees who have completed legacy leader development courses will receive credit for the equivalent CES training. Others may receive course credit by working for private industry, another military department or federal agency or by completing applicable university study. The staff college Web site offers more details.

For more information, visit the staff college's Web site at www.amsc.belvoir.army.mil.

MWR strives

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The FRG mission activities identify the needs of the unit Soldiers, civilian employees and their Families.

ACS is enhancing FRG training to include Family support networking.

"We offer monthly training to keep the FRGs up to date on what is available to the deployed Family Members," said Sue York, ACS Mobilization Deployment Program Manager.

"The FRG is unique to the Army and is a volunteer-run organization. The primary mission is to provide a timely information flow between the unit and the Family Members," explained York. "FRG leaders and other positions within the FRG, such as the treasurer, are all volunteer positions."

FRG programs are only one piece of the ACS puzzle. Family Advocacy offers

parenting, stress reduction and relaxation classes for Family Members, as well as financial readiness with basic education on money matters and introduction to personal financial management.

Volunteers, the "heart" of Fort Sam Houston, falls under the ACS hat with more than 300,000 volunteer hours recorded each year equaling a real dollar value of over 1.7 million dollars.

Another integral spoke in the MWR wheel is the Warrior and Family Support Center, once known as the Soldier and Family Assistance Center. The WFSC offers a comfortable environment for injured Soldiers and their Families to relax and socialize during the Soldier's medical rehabilitation. The facility has served as a central hub for Family and friends to visit injured military members as they continue treatment and recovery.

The facility includes a central reception

area, a computer and meeting area with Internet access, and a recreation and entertainment area. The WFSC also serves as a resource center for information and referral services.

Judith Markelz, programs coordinator for the Warrior and Family Support Center, said, "One of our main objectives right now is finding jobs for wounded warriors and their spouses. We conduct resume, interview and Dress for Success classes."

"In some cases the spouse will become the major bread winner, and working with the Hiring Heroes Job Fair is one way to help these folks find employment. They had jobs before they relocated here to be with the wounded military member, and they are extremely talented. Let's use them and put our money where our mouth is and hire them in our community," added Markelz.

The next Hiring Heroes Job Fair will be held Sept. 18 from 9 a.m. to 3 p.m. at the Sam Houston Club. The WFSC will hold resume writing classes as well as interviewing skills and Dress for Success classes in an effort to get these military Families back into the workforce.

MWR provides quality programs and service to the community that makes up Fort Sam Houston. Their services are their product, but Soldiers are their business. Programs range from recreational activities such as golf, bowling and swimming to support programs such as budget counseling, relocation assistance and youth activities. MWR strives to meet the needs of military members, Families, retirees and Department of Defense civilians at Fort Sam Houston.

For more information about programs and events, visit www.fortsamhouston-mwr.com.

Hotline

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noting that it was established to address and resolve Soldier and Family medical issues as expeditiously as possible.

The hotline is managed and operated by U.S. Army Human Resources Command in Alexandria, Va. Since inception, the hotline has fielded more than 5,000 calls, involving more than 1,300 issues, Mason said.

Callers' issues are staffed to subject-matter experts for

resolution, Mason explained. The hotline staff later contacts callers to ensure they've been helped. "Most of the time callers are very happy someone listened to them and that we were able to provide the information that they needed," he said.

Military veterans have raised about 28 percent of hotline issues, Mason said. Veterans have been gratified to receive replies from U.S. Department of Veterans Affairs officials, he said.

The hotline operates 24 hours a day, seven days a week, Mason said. It is staffed by 50 Soldiers and 50 contractors. The contractors are former Soldiers or military Family Members. "They believe in the mission and have a passion for helping Soldiers and Families," Mason said of the hotline's staff.

The Army's Wounded Soldier and Family Hotline can be accessed at 1-800-984-8523. Overseas customers can call the hotline via the Defense Switched Network, or DSN, at 312-328-0002.

Running policy

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ed by clothing and equipment.

Commanders are responsible for ensuring that running formations have adequate visibility while conducting PT formations on Fort Sam Houston.

– Running in parking lots is not permitted unless specifically designated and secured.

– Runners and joggers running on their own will observe the following:

– No more than two people running abreast on sidewalks or authorized roadways.

– When using authorized roadways, run facing oncoming traffic and yield to vehicular traffic prior to crossing roads.

– All personnel will wear a reflective vest or belt (worn diagonally from right shoulder to left hip or around the waist) during limited visibility to include hours of darkness while running or jogging on the installation. The vest or belt must be visible from the front and rear and unobstructed by clothing or equipment.

– Joggers will wear a shirt or other type of garment to cover their upper body when running on the installation.

– Wearing headsets, of any type, while running on installation roads is prohibited. In accordance with Army Regulation 670-1, paragraph 1-9(a) (2) (b), "Headsets and personal stereos are prohibited when wearing the physical fitness uniform, at all

times." Headsets may be worn while running on off-road track areas.

– Runners and joggers must yield the right-of-way to all vehicles.

– Pedestrian traffic rules for the State of Texas apply to individual runners and joggers. Vehicles must stop for pedestrians in crosswalks; however, pedestrians must yield to vehicles entering intersections and crosswalks ahead of them.

• Roadways are designed primarily for vehicular traffic. Runners and joggers are encouraged to use sidewalks, PT tracks, closed run routes and open fields.

• Jogging or running is prohibited on Stanley, Dickman, Artillery Post, Winans, Wilson, Scott, North New Braunfels,

Harry Wurzbach, Schofield and George Beach roads (except when running the designated run routes listed above from 5:30 to 6:30 a.m.) However, joggers may run on sidewalks or on the grass along the roads mentioned above. There is a greater risk of injury when running adjacent to streets containing access control points during rush hour.

• All motorists will adhere to posted speed limit signs and pass troop formations at 10 mph.

For more information regarding the formation and running policy, can the Installation Safety Office at 221-3846.

(Note: Next week's News Leader will include a map of the running route.)