

The Pipeline

THE MAGAZINE OF THE IROQUOIS WARRIOR



Accreditation in the
98th Division (IT)



Spring 2001

FROM THE EDITOR...

The Pipeline, Spring Issue, 2001

From the Editor

In this issue, *Pipeline* shifts its focus to accreditation, that rigorous, TRADOC-imposed evaluation which practically validates and legitimizes our existence as an Institutional Training Division. But more importantly, accreditation is the means by which the Army ensures training and testing in our MOS and professional development courses meet established standards. These standards apply to Active Army, National Guard and Reserve Component courses which make up The Army School System (TASS).

Though a demanding and exhaustive process, accreditation is an attainable objective. (Its requirements are clearly defined in TRADOC Reg 350-18.) Given the time for planning and execution, a staff of dedicated instructors and adequate resources, a TASS battalion can accomplish its mission. In addition, the overall success of any battalion depends on teamwork. Officers, NCO's and their civilian counterparts must share the same commitment and all must communicate and work together to achieve this critical goal. As Command Sgt. Maj. Gary Ginsburg of the 8th (PS) Battalion said, "Three fourths of the process is attitude."

Our battalions, which have achieved accreditation, deserve much credit and recognition for their hard work. Though these victories strengthen us, this Division must continue to demonstrate its commitment to training to standard in every course it offers.

MESSAGES ...

The 98th Division (IT) is on the WEB. Dial www.usarc.army.mil/98thdiv.

Letters to the Editor. Send us your thoughts on *The Pipeline* and any other issue that you'd like addressed. You may write the editor or any of the magazine's staff, and any ideas or concerns may be addressed and possibly published in a segment dedicated to your letters (see addresses below).

Articles for publication: Send us your photos and articles and we'll get them in future issues of this publication, and possibly other US Army publications.

The Pipeline

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SPRING, 2001

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Division (IT) for the soldiers, civilians
and families of the division.

Commanding General
Brig. General Charles E. Wilson

Command Sergeant Major
Command Sgt. Maj.
Charles Boehnke

The Pipeline Staff

Editor-in-Chief
Public Affairs Officer
Maj. Timothy Hansen

Asst. Public Affairs Officer
1st Lt. Greg Miller

PAO, Chief NCO
Staff Sgt. Gwendolyn McGraw

Chief Editing NCO
Staff Sgt. Mark Trovato

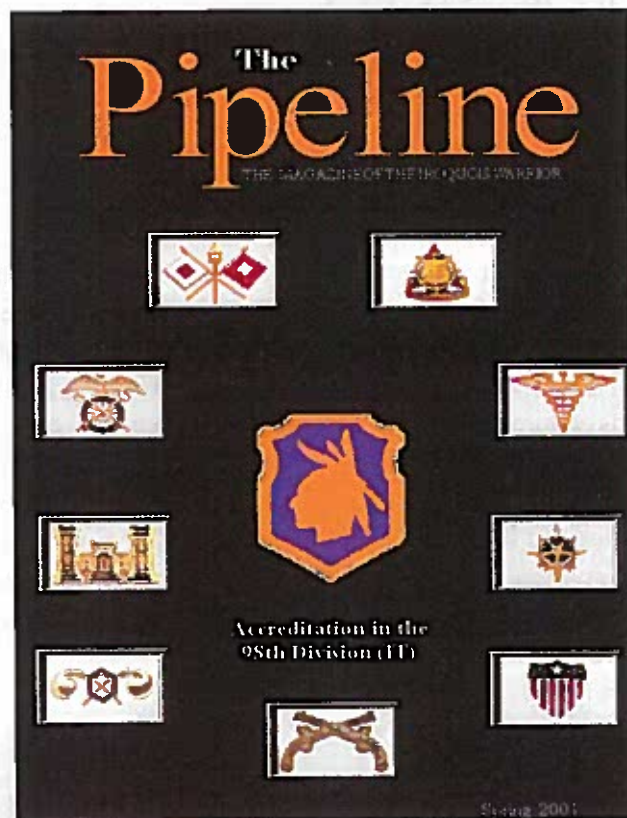
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Cover Story:

The 98TH Division
TASS units support the
nine Army Branches
shown on the cover.



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COVER STORY...

AIMING FOR ACCREDITATION

by Maj. Timothy Hansen

Accreditation. We hear the word tossed about frequently at the higher levels of command and staff, but what does it mean? The school battalions endure its travails every three years. It is the bullet comment that weighs so heavily on the Officer Support Form of the battalion commander, and indeed some welcome it as much as they would a root canal.

However, in spite of its ominous reputation, accreditation is a vital necessity for the Army as a whole.

Just as colleges and universities must submit to accreditation procedures to ensure the quality of the degrees they grant, so too must The Army School System (TASS) validate its training and certification of soldiers in the wide array of military occupational specialties and professional development courses. Fundamentally, accreditation is a TRADOC-sanctioned evaluative process, which determines whether a TASS battalion is fit to instruct and train soldiers. The significance of TASS accreditation is that the training in the Reserve Component is the same training conducted in the Active Component and Army National Guard.

The accreditation process is divided into two parts: Training Support and Conduct of Training.

The Training Support section is an eighteen-point outline which examines everything from corrected deficiencies of the previous accreditation to test control procedures. It focuses on the set up of training for a particular course. The Conduct of Training section is a twenty-point outline, which covers criteria ranging from

Developing, maintaining and using a Mission Essential Task List (METL) to locate weak areas within a unit is another way. Still, a commander may use an annual institutional evaluation to determine the quality of instruction within the unit. Commanders and sergeants major work together to formulate a strategy from these options.

Lt. Col. Russ Lees, commander of the 6th Battalion (MI) at Devens RFTA, Massachusetts, uses a strategy of frequent self-evaluations, delegation of key responsibilities to NCO's, and an unflinching support of his instructor staff. Others such as Maj. Philip McGrath, commander of the 3d



Hands on training in 51B course

instructor compliance to instructor-to-student ratios. This checklist focuses more on the execution of instruction. Both checklists are based on a GO/NO GO system for each listed item. The complete accreditation checklists are found in Appendix B of TRADOC Reg 350-18. Accreditation Evaluation Teams from each of the proponent schools use these checklists.

So, how does a TASS battalion prepare for accreditation? The commander does have some options at his disposal. Conducting a self-evaluation based on accreditation checklists is one possibility.

Battalion (SC) in Providence, Rhode Island, focuses on the accreditation checklists to check such areas as in-processing procedures and maintaining student records.

Command Sgt. Maj. Gary Ginsburg of the 8th Battalion (PS) at Fort Dix, New Jersey cited instructor certification and test control procedures as "the two big things for accreditation." He is right. Each TASS battalion instructor is required to meet the qualification standards established in TRADOC Regs 351-10 and 350-70 and the corresponding school

instructor certification program. These instructor certificates must be kept in the Instructor Folder at all times. Instructor Folders are audit related items on the accreditation checklist.

After the completion of the evaluation, the team chief reviews the results and decides on one of three possible ratings: 1. Accredited; 2. Probation; 3.

Non-Accredited.

Accredited is a school battalion's green light which allows the battalion to continue to instruct. Probation is a little more complicated because it is further divided into two levels. Probation Level I is an accreditation and requires a follow up report from the battalion on deficiencies noted during the evaluation. Probation level

II is a suspension of accreditation and requires a follow up report of deficiencies in critical areas and a special visit to the battalion within the year. Non-accredited, the worst case scenario of the three ratings, occurs when a school battalion fails to meet standards during the follow-up visit and loses its authorization to teach.

Fortunately, the school battalions within the 98th DIV(IT)

are all accredited. Preparation has taken months of effort at battalion, brigade and division levels. The challenge before these battalions now is to sustain this level of excellence. An example of this sustaining effort can be seen in the 8th Battalion (PS). Lt. Col. Douglas Satterfield, the battalion commander, has already planned

worth the effort. Our greatest reward is to see soldiers trained by our school battalions working right along with soldiers trained by Active Component and National Guard schools in real world missions and never miss a beat. This is one of the roles we play in making *an Army of One*.



88M Training at Ft.Dix,

an instructor workshop to be held at Fort Dix, New Jersey in August of this year. Command Sgt. Maj. Ginsburg added: "Experience tells us that these administrative functions and responsibilities are vital and the proof is in the fact that the proponent school has not had an issue with the 8th Battalion's execution of training."

The sweat and effort that goes into accreditation are well

March 2001 - Historic for Army Reserve Women

by Lt. Col. Randy Pullen, *Public Affairs and Liaison Directorate, Office of the Chief, Army Reserve*

WASHINGTON (March 19, 2001) — This year's Women's History Month has been especially historic for women in the Army Reserve.

Among the many historic "firsts" this March was the nomination of an Army Reserve woman to become the Army's first Asian Pacific American woman general and the selection of the first African-American woman for an Army Reserve general officer assignment.

The month kicked off with Col. Coral Wong Pietsch being nominated for promotion to brigadier general March 1. If confirmed by the U.S. Senate, she will become the Army's first Asian Pacific American woman general, as well as the first woman general in the history of the Army Judge Advocate General Corps. Pietsch serves as the Chief Judge (Individual Mobilization Augmentee), U.S. Army Legal Services Agency, Falls Church, Va.

A flurry of firsts came two weeks later on March 14, with the release of the 2001 General Officer Assignment Advisory Board list. Among these was the selection of Col. Carrie L. Nero to become Chief Nurse, 3rd Medical Command, Decatur, Ga., a brigadier general assignment. She will become the first black woman, as well as the first black woman nurse, to serve in a brigadier general assignment in the

Army Reserve.

Nero was joined by several other women making history in March 2001, one of whom was the person she is replacing at the 3rd MEDCOM.

Brig. Gen. Karol A. Kennedy has been selected to take command of the 99th Regional Support Command (RSC), Oakdale, Pa., a major general assignment. She will become the first woman to command an RSC, a major Army Reserve command. There are 12 RSCs in the continental United States,

tion Augmentee), Office of the Assistant Secretary of the Army (Manpower and Reserve Affairs), Washington, DC, a major general assignment. She will become the first Army Reserve nurse to serve in a major general position and also the first Army Reserve nurse to serve in a non-Army Medical Department major general assignment. Barbisch is currently the Chief Nurse, 3rd MEDCOM.

Col. Paulette M. Risher has been selected to take command of the 353rd Civil Affairs Command, Bronx, N.Y., a brigadier general assignment. She will become the first Army Reserve woman to serve in a brigadier general Civil Affairs (CA) position. Civil Affairs is a key Army Reserve specialty. All but one CA unit, the 96th Civil Affairs Battalion, Fort Bragg, N.C., are in the Army Reserve. There are four Army Reserve CA Commands in the Army, which fall under the command of the U.S. Army Civil Affairs and Psychological Operations Command, Fort Bragg, N.C.

Col. Donna L. Dacier, an Active Guard Reserve officer, has been selected to become Deputy Commander of the 63rd Regional Support Command, Los Alamitos, Calif., a brigadier general assignment. She is the first full-time Army Reserve woman to become the deputy commander of an



Puerto Rico and Hawaii and one Army Reserve Command (ARCOM), an equivalent organization, in Europe. The 99th RSC commands Army Reserve units in Pennsylvania, Virginia, West Virginia, Maryland, Delaware and the District of Columbia.

Brig. Gen. Donna F. Barbisch has been selected to become the Military Assistant (Individual Mobiliza-

RSC.

Army Reserve Designates April 2001 as Operation Desert Shield/Desert Storm Recognition Month

By 1st Lt. Staven J. Alvarez

WASHINGTON (April 2, 2001)

Maj. Gen. Thomas J. Plewes, Chief, Army Reserve announced that April has been designated as the Army Reserve Operation Desert Shield/Desert Storm veteran recognition month. The program is part of the Army Reserves on-going commemoration campaign to honor Army Reserve soldiers who served during the Gulf War.

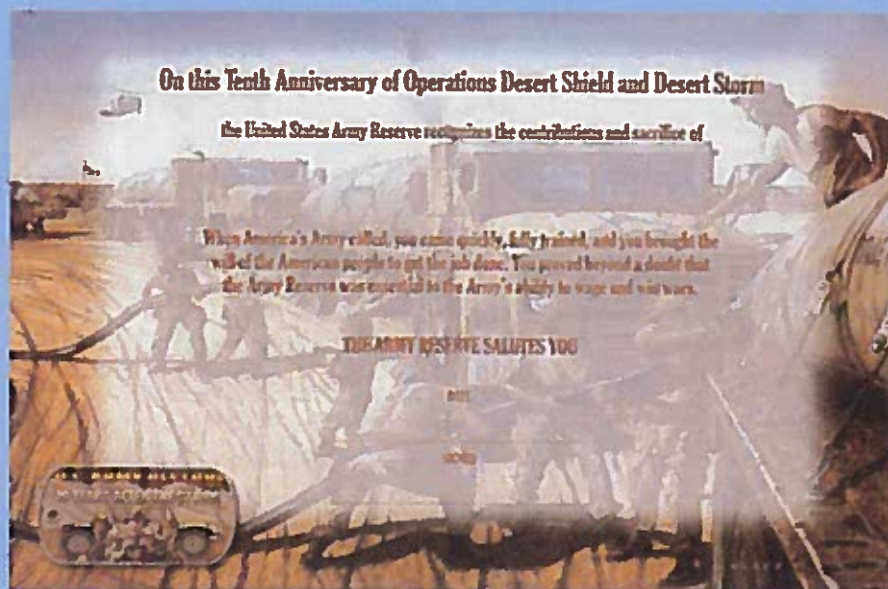
The month of April 2001 has been designated as the time to recognize and honor our Army Reserve veterans whose sacrifice made possible the Army success in the Gulf War. Plewes said.

More than 84,000 Army Reservists were mobilized to support the nation forces in Southwest Asia. This year marks the 10th anniversary of the Gulf War, an event that forever changed the way the Army Reserve is perceived. The Army Reserve proved it was a critical asset to America Army by providing key combat support units stateside, overseas and throughout Southwest Asia.

Army Reserve soldiers and veterans who were mobilized for Operation Desert Shield or Operation Desert Storm are eligible to receive a certificate that recognizes their service. Soldiers eligible for the certificate include Army Reserve retirees, members of the Individual Ready Reserve, Active Guard/Reserve and Troop Program Unit soldiers, and Individual Mobilization Augmentees.

Individuals interested in obtaining the certificate should contact their respective Regional Support Commands (RSC). Contact information is as follows:

- < Maine, New Hampshire, Massachusetts, Vermont, Rhode Island and Connecticut contact the 94th RSC public affairs officer at 1-800-554-7813.
- < Pennsylvania, Maryland, Virginia, West Virginia and Delaware contact the 99th RSC public affairs officer at 1-800-635-1290.
- < Florida, Georgia, Alabama, Mississippi, Tennessee, North and South Carolina and Kentucky contact the 81st RSC public affairs officer at 1-877-749-9063.
- < Louisiana, Texas, New Mexico, Oklahoma and Arkansas contact the 90th RSC public affairs officer at 1-800-501-1493.
- < Kansas, Missouri, Iowa and Nebraska contact the 89th RSC public affairs officer at 1-800-892-7266.
- < California, Arizona and Nevada contact the 63d RSC public affairs officer at 1-800-987-5517.



< Washington, Oregon and Idaho contact 70th RSC public affairs officer at 1-800-677-3980.

< Montana, Colorado, Wyoming, Utah, North and South Dakota contact the 96th RSC public affairs officer at 1-800-348-0039.

< Minnesota, Indiana, Michigan, Illinois, Wisconsin and Ohio

contact the 88th RSC public affairs officer at 1-800-843-2769.

- < Hawaii, Guam, and American Samoa contact the 9th RSC public affairs officer at 808-438-1600.
- < Germany contact the 7th Army Reserve Command public affairs officer at 011-49-6202-80-6789.
- < Puerto Rico contact the 65th RSC public affairs officer at 787-707-2209.
- < New York and New Jersey contact the 77th RSC public affairs officer at 1-800-441-5476.
- < Alaska contact the 1102d GSU staff support personnel at 907-384-7134.

Around the Division...

Syracuse, NY

by Sgt. Robert J. Taylor

Syracuse is the cultural and historical hub of Central New York.

Syracuse first emerged into prominence in the 16th Century. Hiawatha, the renowned Onondaga chief and statesman, selected a site near the current location of Syracuse as the capital of the Iroquois Confederacy. The Confederacy consisted of the Mohawk, Seneca, Onondaga, Oneida, and Cayuga nations. Later, the Tuscarora joined after losing a war with settlers in the Carolinas.

The Iroquois Confederacy is also the source of the 98th Division (Institutional Training) nickname of "The Iroquois Warrior Division."

The Syracuse area remained in relative obscurity for some time because of the lack of reliable roads in the region. European settlers, missionaries, and traders began to filter in the 1600's, but Syracuse was still frontier country until after the Revolutionary War. Ephraim Webster, a colonial officer during the Revolution, traveled to the area by water from New Hampshire after the American victory to establish trade with the Onondaga in 1548. Webster became one of the first permanent European settlers in the Syracuse area and the spot where his trading post was established is still known as Webster's Landing.

Syracuse remained a backwater until it emerged as a salt producing center in the late 18th Century. The land in the area is largely swampy and was unsuited to commercial agricultural. The swampy water did, however, provide a source of salt once boiled down. Syracuse gained its nickname of "The Salt City" from this industry.

Syracuse's location near the geographic center of New York State made it an important location during

the construction of the Erie Canal. The community became a town when the Canal opened in 1825 and was incorporated as city in 1848. The closing of the Erie Canal and a decline in the local production of salt would devastate the local economy of the young city after the Civil War. The filled-in section of the Erie Canal generally follows the same route as Erie Boulevard in



Syracuse, one of its main traffic arteries.

The closure of the Erie Canal did provide Syracuse with one of its most popular historical attractions.

The Erie Canal Museum, located at 318 Erie Blvd. E., is housed in a former weighlock house. This original structure is the only surviving building of its type in the world. The Erie Canal Museum offers tours, a resource library, craft classes, and educator support services.

The Museum of Science and Technology (MOST) is another popular cultural attraction in Syracuse. MOST is focused on "hands-on exhibits" intended to promote interest science by area students. Other facilities at the museum include a planetarium and an IMAX theatre.

A visit to Syracuse is not complete without stopping at the Rosamond Gifford Zoo at Burnet Park.

A family of Amur (Siberian) tigers highlights Gifford Zoo's collection. "Preya", an infant elephant born at the zoo in February, is another big draw. The Gifford Zoo is also in the process of expanding and is creating a rainforest habitat.

Syracuse is a shopper's paradise and may soon become the retail Mecca of the entire upstate region. The Carousel Center is already the areas largest mall at 1.5 million square feet, but a proposed expansion will triple its current size and make it the largest mall in the world. Supporters of the proposed expansion estimate 20,000 jobs could be created upon completion of the project.

Sports fans have a lot to cheer about in Syracuse despite the size of the market. The Syracuse SkyChiefs are an AAA professional baseball franchise affiliated with the Toronto Blue Jays of the American League East.

SU is best known for its men's basketball team. The Orangemen are perennial favorites in the NCAA Big East Conference and coach Jim Boheim is a local icon. The lacrosse team is also a regular contender, most recently beating Princeton for the 2000 national title. SU football has produced marquis professional football players like quarterback Donovan McNabb and receiver Raghbi "The Rocket" Ismail in recent years.

The other great institution in Syracuse is the New York State Fair. The Empire Expo Center features 107 structures and 21 permanent buildings on 375 acres.

Syracuse, NY, is the place to visit and live for diversity, entertainment and sports events.

ALBANIAN OFFICERS VISIT FT DIX NCO ACADEMY

by 1st Lt. Greg Miller

The leadership of the NCO Academy system from Albania visited the NCO Academy at Ft Dix, NJ on March 2nd, 2001. The New Jersey National Guard hosted the visitors and is participating in a program called

“Partnership for Peace”.

Albania and the New Jersey National Guard are partners in this program. Six Colonels and Captains from the Albanian Army toured the NCOA and met with Col. Phil Piccini and other officials at Ft Dix.

Looting of several of the NCO Academy storage facilities in Albania, in addition to the national financial instability and other factors lead to the cessation of training duties in the Albanian infrastructure. Only recently has the system recovered.

The entourage made their way through the various class-

rooms where the NCOA students we working on map reading skills. They also inspected the recreation areas and living quarters of the students.

Col. Blaka is the Comman-



Albanian soldiers with members of NCO Academy at Ft. Dix

dant of the Albanian NCOA. He was accompanied by Col. Papa, Capt. Taka, Capt. Ndreja, Col. Shkurt, Capt. Kasmi and an interpreter. They were introduced to US Army NCOA training standards and basics of the programs.

As a military force, Albania has approximately 35,000 Active Duty (Regular Army) troops 150 battle tanks, 200 infantry tanks, and mortars including 82mm, 120mm and 160mm rounds of ammunition. In addition, their military employs Navy submarines, Missile/Torpedo and Patrol boats and has an organized Air Force. The Air Force is organized “Sovie-style” into aviation regiments with tow or three squadrons each There are reserve bases at Akerni, Cerrik, Gjirokastra, Jorca, Kukesi

and Orishti.

Economically, Albania is trying to recover from severe setbacks that have crippled the country in recent years. However since severe social unrest in 1997, which led to more than 1,500 deaths, wide-spread destruction of property and an 8% drop in the nations’ GDP (Gross Domestic Product), a stronger government has taken measures to turn things around. The economy continues to be bolstered by remittances of about 20% of the labor force that works abroad, mostly in

Greece and Italy. Albania has recovered from the 8% drop in GDP of 1997 and pushed ahead by 7% in 1999. International aid has also helped defray the high costs of receiving and returning refugees from the Kosovo conflict.



ARMY ISSUES

CLEGG ASSUMES 1ST BRIGADE (BCT) COMMAND

by Staff Sgt. Mark A. Trovato

Lt.Col. William Clegg became only the third commander of 1st Brigade (BCT) 98th Division since the unit's activation in 1996. Clegg assumed the command from Col. Bruce Zukauskas on December 2, 2000 at the Cpt. John H. Harwood Jr. Reserve Center in Providence, RI.

Distinguished guests at the change of command included guest speaker Maj. Gen. Charles E. Wilson, 98th Div Command Sgt. Maj Charles Boehnke and family members of Col. Zukauskas and Lt.Col. Clegg.

During the ceremony, Col. Zukauskas was awarded the Meritorious Service Medal for his achievements as the 1st Brigade Commander

Maj. Gen. Wilson addressed the participating units and family members with great emotion and indicated that Clegg's assumption of command would involve filling large shoes.

"I have experienced the excitement, anxiety, sorrow and stress of changes of command," said Wilson.

"This is bittersweet in the sense that a commander that you served for three or more years has achieved a successful tenure. It is sweet in that a new commander with hope, expectations and what we would hope would

be a bright future as a commander moves into the leadership position."

While keeping his comments brief, Lt. Col. Clegg clearly stated his role and mission to his soldiers.

"My mission quite simply is to ensure that this brigade continues



Clegg addresses troops during ceremony

to enjoy the conditions for still more success," said Clegg.

"My job is to provide you the resources, guidance, and leadership to ensure that all of you are able to continue to do what you do best, which is train America's soldiers."

Lt. Col. Clegg began his military career in the 1st Infantry Division, where he served as a Rifle Platoon Leader, Company Executive Officer and S-3 Air in the 1st Battalion, 26th Infantry. He resides in Warwick, Rhode Island with his wife, Ruth and their two sons.

Col. Zukauskas assumed command of the 1st Brigade (Basic Combat Training) 98th Division (Institutional Training) in November 1997. As commander, he controlled eight battalions spread throughout the New England states and New Jersey with the primary focus on conducting Initial Entry Training (IET).

The eight battalions mentioned are of the former 76th Division's 304th, 385th, and 417th Infantry Regiments. While these battalions are spread out over the New England States, its immediate higher headquarters is the 98th Division (Institutional Training) located in Rochester, NY.



COL Zukauskas receives award

ARMY ISSUES

NEW ARMY SLOGAN BRINGS EXCITEMENT AND OPPOSITION

by Staff Sgt. Gwendolyn McGraw

All soldiers strive to be one, that is, an Army of One. The Army ushered in the new millennium with a new recruiting slogan, An Army of One and an interactive website, which demonstrates the Army's bold attempt to bolster its 18-24 year old recruitment numbers.

"I am an Army of one," says the lone, muscular soldier running through a desert in combat gear exhibiting stamina and endurance. "I have become better than who I was," thus appealing to a young soldier's independent attitude.

The 20-year-old slogan, 'Be All You Can Be' is a term of the past. Times are changing and the Army must also change with these times.

An interactive website, goarmy.com, was also created to support the new computer age.

Former and current 98th Division soldiers have differing reactions and opinions to the new slogan, an Army of One.

Sgt. 1st Class James Stopfel, former 98th Division drill sergeant and currently attached to 401st Civil Affairs, Webster, NY, heard the new slogan on a local AM radio station and was pleased.

"I think it is better than the old one, 'Be all you can be,'" he said.

Pvt. Sarah Hall, a recent graduate of Initial Entry training also was impressed.

"I like the commercial. I was surprised by the professional job the Army did."

Staff Sgt. Ian Reed, a 14-year veteran and personnel administrator saw a possible drawback

the total force concept that we have been working very hard to encompass in everyone."

In addition, for some soldiers, the slogan is about unification, contribution and diversity.

"It's not [about] just yourself, it's a group of others working together. Like a machine, when one part of the machine doesn't work right, the whole thing doesn't work. We are all equal with different backgrounds, religion, gender and cultural heritages...when you go into the Army, you are just a soldier" said Stopfel.

"To me, it means I am one with

the Army, one spoke in the wheel," said Reed. "I feel that I can accomplish whatever I set my mind to (do)."

When the soldier enters the goarmy.com website, they are treated to a montage of different soldier stories. If they have questions about basic training, this website will answer their questions.

The actual website design's colors and background design lends itself to a new innovative and exciting army service.



to the new slogan.

"I like it but it may lead some to believe that they can accomplish missions by themselves."

Anthony DeBellis, a retired 98th Division Public Affairs supervisor was not impressed.

"I don't like the new army slogan. Whatever happened to teamwork, the buddy system, working together? The new army logo is not so great either, with the gold and silver background."

Major General Celia Adolphi, the first U.S. Army Reserve female two star general is totally behind the new idea and concept.

"The new slogan achieves

FORMER RESERVIST MANCUSO HONORED

by Lt. Col. Sharon Cipriano

On Saturday, 21 October 2000, the staff and faculty of the 12th Battalion (Command and General Staff College-CGSC) 1201 Hillside Avenue, Schenectady, New York honored Mr. Tony J. Mancuso with a retirement dinner at the Best Western in Albany, New York. Friends, relatives, co-workers and officers, NCOs and fellow soldiers who served with Tony were in attendance. Mancuso retired from Federal Civil Service with the Department of Defense and U.S. Army Reserve after a total of 42 years federal government service.

His service to the United States Army began with his enlistment on January 6, 1958. He completed basic training at Fort Dix, NJ and advanced individual training at Fort Gordon, GA. While on active duty Mancuso served as a Radio Relay and Carrier Operator with the 127th Signal Battalion, 7th Infantry Division in Korea and with the 2nd Infantry Brigade at Fort Devens, MA.

He began his Army Reserve service in December 1960 with the 11th US Army Corps. From 1964 to 1967, he served with the Air Force Reserve 904th Troop Carrier Group as a Ground

Radio Operator. Subsequent Army Reserve assignments included Training NCO, 1st Battalion, 389th Regiment and Personnel Sergeant, 364th General Hospital. Having attained the rank of Sgt. 1st Class,



Mancuso receives award during ceremony

Mr. Mancuso was appointed a Warrant Officer on December 19, 1980. He then served as Personnel Officer, 364th General Hospital; Power Generator Technician, 464th Engineer Battalion; and Personnel Officer, 1157th United States Army Reserve Forces School. He retired from the military as a Chief Warrant Officer 3 on December 19, 1989.

His career as an Army Reserve Technician began in 1978 with the 364th General Hospital.

Mancuso was born in Poughkeepsie, NY.

He resides in Albany, NY with his wife, Fran. They have two daughters, Deanna and Regina."

SERVICEMEMBER'S GROUP LIFE INSURANCE

The top rate of Servicemember's Group Life Insurance (SGLI), will automatically increase to \$250,000 effective April 1, 2001.

Current premium payment of \$.80 per \$10,000 of coverage will continue, resulting in an additional \$4.00 premium being withheld from each member's pay for SGLI.

As an example, for those members who currently have the maximum coverage amount of \$200,000, the premium payment per month is \$16.00. With the increase in coverage, the premium will now be \$20.00 per month for the maximum coverage.

If a member desires the full increased coverage (\$250,000), no action is necessary.

However, if any member desires a reduced amount of coverage, or no coverage, that member must prepare a new VA SGLV 8286, indicating the desired amount of coverage, or no coverage.

This form, to elect a reduced amount of coverage, or no coverage, must be prepared, signed, dated, and submitted no earlier than April 1, 2001 and no later than April 30, 2001. Any requests for reduced coverage, or no coverage, received during this period will result in a refund of any over-collection of the premium in

Continued on page 13

SERVICEMEMBERS UNSURE ABOUT DOD BUDGET

By Staff Sgt. Mark A. Trovato
(American Forces Press Service)

The indications out of Washington are that the military should enjoy the pay raises and improved housing that President George W. Bush campaigned for before his election. However, any money and resources beyond that is in question according to presidential spokesman Ari Fleischer.

Fleischer clearly indicated that the fiscal 2002 defense request will be a "lean budget."

"The president thinks that the wise approach to take is for the Pentagon to figure out long-term what its strategic needs are before we simply start to throw money in the direction of defense," he stated.

Defense Secretary Donald H. Rumsfeld alluded to this review during his confirmation hearings in January and fully supports and agrees with the president's desire to conduct a review.

According to Pentagon spokesman Rear Adm. Craig Quigley, the review may be part of the congressionally mandated Quadrennial Defense Review which is currently underway or it may be separate. Nevertheless, Rumsfeld does not have a specific plan in place to conduct the review and as of early February was not

91D GRADUATES LEARN VALUABLE LIFE SKILLS

by Sgt.Maj. R.M.Capitulo

Twelve Army reservists and four Veterans Affairs employees successfully completed the Operating Room Technician (91D) Course on December 10 at the Bronx Veterans Affairs Medical Center auditorium.

Col. Gloria J. Martin, commander of the 5th Brigade



(Health Service), 98th Division (IT), was the commencement speaker during the graduation. She wished each graduate a very rich and full life and to continue to grow and to do something that has satisfaction whether in your military or civilian job.

Bronx VAMC employees Noemi Tusaneza and Fort Totten's 1st Medical Detachment

Sgt. Robert Wilson were both awardees for academic excellence; the former for achieving a 92% overall average while the latter with an 89% overall average in the course.

Spc. Dawn Gordon and Donalee Smith of the 344th Combat Support Hospital were both recipients of trophies for clinical excellence.

The course was conducted by the 11th Battalion (HS/PN) of the 5th Bde., 98th Div. (IT) under mutual agreement with the VAMC and lasted 11 months consisting of four phases of both individual duty and annual training.

Life Insurance, Continued from p.12

the month of April.

The April 1 to April 30, 2001 time frame is critical. Requests for reduced *SGLI* coverage, or no *SGLI* coverage dated and received *after* April 30, 2001 will be processed to reduce the coverage, or stop the coverage, effective in May 2001, but will not result in a refund of the maximum premium withheld for the month of April 2001.

Questions regarding *SGLI* should be directed to your personnel office.

FINANCE COUNSELORS HELP SOLDIERS IN DEBT

WASHINGTON (Army News Service)

Soldiers were in debt to the tune of nearly \$37 million during 1999, according to records of Army financial assistance counselors.

The Army's Consumer Affairs and Financial Assistance Program helped reduce this debt by more than \$11 million.

Buying on credit and not planning ahead for the future is how soldiers often end up in trouble, according to financial assistance counselors.

"We have to stop thinking about what we want today and start thinking about what we want for tomorrow," said Mildred S. Quinones, manager of the Consumer Affairs and Financial Assistance Program at the Soldiers and Family Support Center at Fort Belvoir, Va.

Despite soldiers' genuine desire to be financially stable, some soldiers are burdened beyond their means, said Isaac Templeton Jr., manager of the Army's Consumer Affairs and Financial Assistance Program.

If societal influences to buy on credit are not enough, counselors said the economic well-being of soldiers is further challenged by frequent change. Whether it's being assigned to high-cost areas, lengthy deployments or the need to take care of a family, they said soldiers shoulder a heavy responsibility.

Among newly enlisted soldiers, 26 percent are married. Some of them enter military service with past debt, and others acquire it in the course of their careers.

"Commanders know how



much money young families make, and they know how much rent costs in that particular area," Templeton said. "The first duty station is usually the first time new soldiers have ever received a paycheck, and they have the financial responsibility of taking care of themselves and their families. If you look at how much young soldiers make and how much the necessities add up to, you'll see that there's not very much money left over."

With that in mind, the Army has developed a new yardstick with which to measure soldier well-being. This framework encompasses the idea that the institutional needs of the Army cannot be met without also fulfilling soldiers' personal, physical and mental needs.

Lt. Col. Steven Shively, chief of personnel readiness for the Office of the Deputy Chief of Staff for Personnel, said the new Army Well-Being Program is the basis upon which leaders will ask Congress for higher pay and benefits. Goals include a closure of the pay gap between enlisted and officers, a dislocation allowance for soldiers reporting to their first duty stations, better housing and an increase in the basic housing allowance to eliminate out-of-pocket costs.

In light of these goals and the advice available from financial counselors at worldwide installations, Templeton said, soldiers should always keep the end of their military careers in mind.

"They should start planning for their transition, from the day they enter the Army, whether they want long careers or think they'll get out in a few years," he said. "They've got to ask themselves: 'What do I want to have when I leave?' For some, the answer is just getting out of debt, which puts money back into the pocket so they can start saving."

(Editor's note: For more information on financial counseling, see the "Budgeting for Your Dreams" Hot Topics insert in the February issue of Soldiers magazine. Editors are encouraged to localize this article with quotes from command financial assistance counselors.)

HOW TO MAX YOUR NEXT APFT

by 1st Lt. Greg Miller

We all must take the APFT and few people usually get excited about it. Here are some tips, which can help you get the coveted Physical fitness excellence award.

Step 1: "Practice makes perfect." If I could say one thing regarding perfecting your APFT score that would be it. Doing PT tests at least a month before the scheduled PT Test and at least 3 times a week is the single best way to get 100% in all events. The human body is amazing in its capacity to adapt to the surrounding environment. Continually doing these PT tests for yourself will tune your body to the unique requirements of the test. Also, get a buddy to grade you and tell them to be strict in grading you. It is easy to do these PT test events incorrectly and go into the APFT doing events wrong. (12, 12, 12....go to you knees sound familiar?)

Step 2: Do not try to substitute weight training for PT Test training. Being able to do ten or twelve reps of a super-heavy weight does little for your push up regarding the APFT. Sure, you will be able to do 10 perfect push-ups but you still have a lot to do in order to max the event. Rather, consider really pressing yourself for the 2 minutes and add an additional 20 or 30 push-ups during training to make up for those the grader may take away from you.

Step 3: We are our own

worst enemy when it comes to the run. Once we begin the run, a half-mile into the event we would love nothing more than to stop. We have it in our heads that we are going to die if we continue. If you heed step 1 you will be just warming up at the half-mile mark and feeling great. Keep it in your head that running will not kill you if you have trained up for the event. (As with any physical training, consult your physician before undertaking any new physical/sporting activities.)

As stated earlier, the human body is miraculous at adapting.



Run several times a week at least 2 miles and remember that the all the discomfort and sweat involved with running will not hurt you.

Step 4: Take advantage of the regulations governing the events. This does in no way mean cheating on the event. Just use the requirements to your advantage. For example, the push up event requirements state that you must both lock your arms straight in the up position AND "break the plane" between your elbows in the down position. This does not mean that you cannot switch between

close-arm and wide-arm push-ups, something that changes muscle groups. I like to start with close-arm push-ups and knock out the first 40 this way. This uses the triceps in the upper back of your arms than wide-arm. After that I switch to the wide-arm push-up position thus using a relatively fresh set of muscles while staying within the guidelines of the APFT standards.

Step 5: Start strong with perfect repetitions. We have all seen the person doing push-ups and all they appear to be doing is sagging in the middle, not locking their arms and definitely not going down all the way. (Graders sometimes are oblivious to this, a matter I take offense to.) When the grader sees you doing these so perfectly, hopefully for the entire 2 minutes, he or she will not be overly harsh in their repetitions grading. Nothing aggravates me more than that, especially when you know you are doing the repetitions correctly.

Step 6: Lastly, never stop and walk away from an event when you have achieved the *minimum* required score for the event or walk during the run because you have extra time.

Two reasons: If you are in a leadership position, this looks bad. If your leaders are watching, this looks bad. Just say "no" to quitting an event early.

The author, 1LT Gregory F. Miller is assistant to the Public Affairs Officer, MAJ Timothy Hansen and decided during

INFORMATION OPERATIONS IN ARMY RESERVE

By Maj. Greg Williams,
OCAR Operations

Army Reservists who work in the information technology industry with their civilian employers are being sought to become the nation's new 21st Century information warriors.

The Department of Defense and Department of the Army are asking the Army Reserve to support Information Operations at all levels on an ever-increasing basis. Army Reserve soldiers possessing many of the techons are being actively recruited to fill newly-formed units and positions.

These new units based in multiple locations throughout the United States will draw from the entire information technology-skilled USAR population, regardless of a soldier's current military occupational specialty.

To identify reservists with information technology experience, the civilian acquired skills database is used. The database can be accessed by any soldier at <http://www.citizen-soldier-skills.com>. First, reservists complete a resume and assess their individual skills. Second, the record created by the reservist is added to a searchable database that will be used to

identify soldiers with needed skills.

Information Operations are used to defend our computer systems and to affect an adversary's information systems. The overall objective is to gain information superiority. A primary function of USAR information operation units is to protect and defend information and information systems by ensuring their avail-

information they need, when they need it, in a form they can use to win the fight. This allows commanders to understand complex battlefields, control communications, and computers, as well as influence people's attitudes.

They can also interrupt, limit, or confuse the enemy leader's information, affecting the enemy's ability to make smart decisions.

The US Army has long understood the importance of information operations. Units with the ability to collect and analyze information about the battlefield and the ability to influence the attitudes and will of the opposition have been in the Army and Army Reserve structures for a long time. The Army Reserve provides many of the units and soldiers that accomplish these



ability, integrity, authenticity, confidentiality, and non-repudiation.

Information operations are not limited to automated systems. They include specialties such as psychological operations, military intelligence, signal, civil affairs, and public affairs. Functions include all forms of operational security, electronic warfare, and computer network defense.

With effective information operations our leaders have the

missions for the Army such as Civil Affairs, Psychological Operations, Public Affairs, Military Intelligence, and Signal. In fact, almost half the Army's public affairs units are in the USAR and the bulk of the Army's Civil Affairs and Psychological Operations are USAR units.

This recognition and new usage of Army Reserve capabilities has brought an ever-increasing number of new requests, requirements, and customers. The list of

these customers is growing and includes: the Army Land Information Warfare Activity, Office of the Director of Information Systems for Command, Control, Communications, and Computers, Army Space Command, Army Research Laboratory, Army Communications – Electronics Command, the National Ground Intelligence Center, National Security Agency, Defense Information Systems Agency, Defense Intelligence Agency, U.S. Space Command, and the Joint Reserve Intelligence Program. These commands and agencies are now utilizing USAR units, facilities, and personnel for information operations.

The Army has recognized these new requirements and established new organizations to exploit or counter an opponent's ability to use this new technology. The focal point for the Army's information operations effort is the Land Information Warfare Activity. LIWA's mission is to provide Information Operations and Information Warfare support to land component and separate Army commands, both active and Reserve, and to facilitate planning and execution of information operations.

The USAR is building additional capability to reinforce Army Information Operations and LIWA operations. When complete, USAR soldiers will play an important role supporting LIWA's critical mission. The USAR Land Information

Warfare Enhancement Center has been established to directly support and expand LIWA capabilities. Primary elements of the LIWEC include two computer emergency response teams, two information operations vulnerability assessment and detection teams, two field support teams, and two operations support sections to LIWA.

The Army Reserve has also created the Reserve Information Operations Structure. Activated to provide support to the Army's Computer Network Defense and information assurance efforts, the Reserve Information Operations Coordination Center will have five Information Operation Centers containing Computer Emergency Response Team Support Groups that will identify and respond to viruses and intruders in Army computer networks. Information Infrastructure Defense Assistance Teams will aid in correcting weaknesses in our networks and insure the execution of corrective actions. The IOCs will also have Technical Research Teams to assist in infrastructure research. Currently, USAR IOCs are forming in the National Capital Region, Massachusetts, Texas, California, and Pennsylvania.

Recruiting for these new information operations units is challenging. Army Reserve soldiers who hold civilian acquired skills in information technology will play a leading role establishing this new

capability. Regardless of what military occupational specialty a soldier has, that soldier can fill one the growing number of technologically based information operation positions in the USAR. Commuting distance to an information operations unit is also not a limitation, as virtual training relationships will allow any qualified soldier to conduct drills and annual training at USAR intelligence support centers or any other suitable facility.

One of the greatest resources in the USAR is the skills soldiers have developed in their civilian training and occupations. The information operation units hope to tap into these skills and continue to meet the challenges of warfare in the 21st Century.

<http://www.citizen-soldier-skills.com>. Soldiers, whether currently active in the USAR or prior service, who would like to become a member of these new cutting edge units can enter their data into this web site above or fax a biographical summary and / or resume to:

**Director, Reserve IO
Coordination Center (RIOCC)
FAX: (301) 394-1118
AND**

**Land Information Warfare
Enhancement Center (LIWEC)
FAX: (703) 806-1158**

WOMEN IN THE ARMY GET THE JOB DONE!

by Maj. Nancy Bloodsworth

The role of American women in the Army dates back to the Revolutionary War, and the many contributions women have made remain significant.

On February 3rd, 2001, Maj. Nancy Bloodsworth gave the presentation "Army Women Firsts" at 98th Division Headquarters.

The goal was to highlight the many accomplishments or "firsts" that women have achieved in the Army. Four guest speakers greatly enhanced the presentation.

Maj. General Celia Adolphi, the keynote speaker has two "firsts" to her name. Adolphi became the first female logistician in the Army Reserve in 1998, and was promoted as the first female Major General in the Army Reserve in 1999.

Other speakers included Col. Rita Cucchiara, 7th Brigade Commander, Barbara Green (Colonel, Retired) and Diana Smith (Lt. Col., retired).

Col. Cucchiara spoke about the importance of career development for all soldiers, and Barbara Green spoke about her 26-year experience in the nursing field.

Diana Smith spoke about her many varied experiences and assignments as an Active Duty Transportation Officer.

An important "first" occurred in 1865, when Dr. Mary Walker became the first and only female recipient of the Medal of Honor.

Walker was a Civil War

Union Army Contract Surgeon who served in numerous Civil War battles.

In May 1943, the WAC (Women's Army Corps) was formed, and Oveta Culp Hobby was appointed Director and given the rank of Colonel.

Due to her pioneering efforts in establishing a place for women in the Army, Col. Hobby was awarded the Distinguished Service Medal, the first and only WAC to receive the medal during World War I.

In 1948, the Women's Armed Services Integration Act made the WAC a permanent part of the Army. During the Korean War, female Reservists were called to duty for the first time.

In 1970, Anna Mae Haes and Elizabeth P. Hoisington became the first females to be promoted to Brigadier General and Colonel respectively. In 1972, ROTC was opened to women and the service academies were opened to women in 1975.

In 1978, the WAC was disbanded as a separate corps. The first female class at West Point graduated in 1980, and in October 1983 the first gender-integrated units deployed to Grenada for

Operation Urgent Fury.

Cpt. Linda Bray was the first female to lead a unit in combat when her unit became engaged in a firefight during Operation Just Cause in Panama.

Finally Operation Desert Shield/Storm prompted the largest single deployment of women in U.S. military history, with females comprising 7 per cent of the U.S. Armed Forces in the Persian Gulf. The Army Reserve has its share of "firsts" as well.

In 1989, Dorothy B. Pocklington became the first female to reach general officer rank in the Army Reserve.

In 1997, Sgt. 1st Class Belles became the first female Army Drill Sergeant of the year and Staff Sgt. Dionne became the first female Army Reserve Recruiter of the year.

During her speech, Maj. Gen. Adolphi encouraged all female service members, active and reserve, to register with the Women in Military Service for America Foundation. (1-800-222-2294/www.wimsa.org/pub/wimsa) The memorial located at Arlington National Cemetery documents the experiences and tells the stories of women's service, sacrifice and achievement.

At Fort Lee, Virginia resides the Army Women's Museum. (www.awm.lee.army.mil). These two organizations serve as a proud reminder of the many achievements that women have made in the Army and provide a place for the inevitable "firsts" to be documented in the future.



FIRST ARMY RESERVE MAJOR GENERAL SPEAKS IN ROCHESTER, NY

by Staff Sgt. Gwendolyn McGraw

On February 3, 2001, Maj. Gen. Celia Adolphi, the Army Reserve's first Major General, addressed the 98th Division, Rochester, NY troops and honored guests on Army women's contributions. The following highlights of her speech demonstrate Maj. Gen. Adolphi's dedication and respect for the soldier.

"Women from across all walks of life have achieved a better place for families, communities, the military, the nation and the world.

There are many current women firsts in the Army Reserves. The first Army Reserve woman to win the Drill Sergeant of the Year title was Sgt. 1st Class Teresa Belles of the 100th Training Division in 1997. That same year, Staff Sgt. Kim Bionne became the U.S. Army Reserve Recruiter of the Year.

In the summer of 1999, Chief Warrant Officer 4 Gen Schalow of the 8th Battalion, 229th Aviation Regiment, became the first Army woman – active or reserve – to qualify as pilot in command of an Apache attack helicopter and she was in the first reserve component unit to perform the combat aviation mission in Bosnia.

Lt. Col. Christina Anderson, an AGR officer, in 1992 was the first to attend the Marine Corps resident Command and General Staff College. Lt. Col. Anderson's

sister, Col. Karen Lloyd, an active Army officer, was the Army's first woman medical service corps medivac helicopter pilot.

The distinction of being "the first" gives one an awesome and overwhelming feeling. Former Chief of the Army Reserve, Maj. Gen. William J. Sutton directed in June 1972 that reserve recruiters



Maj. Gen. Adolphi shares her stories with the troops

work to increase the number of women in the Army reserves. At that time, there were only 483 Women's Army Corps (WAC) soldiers in USAR units and 281 in the Individual Ready Reserve.

Another seven hundred women served as nurses and other medical personnel in army reserve medical units.

The numbers of army reserve women has grown steadily since General Sutton's decree. Two years later, by 1974, the number had grown to 6,669 and by 1982, almost 39,000 women or 16.4% were represented in army reserve units.

More than 50,000 women, or about 24.5%, today serve as citizen soldiers. We have come a long way since 1942 when 4'9" Mary Hallaren presented herself to an army recruiter.

The recruiter barked, "What makes you think you can be a soldier?" Mary barked back, "You don't have to be six foot and male to have a brain and know how to use it!" Mary Hallaren would later become the third director of the Women's Army Corps.

A World War II Women's Auxillary Corps recruiting poster declared, "This is my war too!" A law, signed by President Harry S. Truman in June 1948, allowed women to stay on active duty and serve in peacetime as well as in war.

Unheralded acts of courage and patriotism not only defended this nation, but helped change the world and American women of future generations.

These are the women who served in the Spanish American War and World War I without so much as a right to vote.

The auxillary force – when captured and held prisoner of war in the Philippines, their honor and devotion to duty never wavered.

The story is told of a nurse, Lt. Greenwalt, who courageously wrapped herself in the 12th Quartermaster regimental colors and convinced her Japanese captors that it was "only a shawl". She continued this for the 33 months she was held a POW so

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WRITING THE UNKNOWN FRONTIER EXPOSED!

by Staff Sgt. Gwendolyn McGraw

You have decided that you want to write an article for the 98th Division's premier, full-color magazine, "The Pipeline". Right now, your heart is rapidly beating like a conga drum. You suddenly have a writer's block – you may have even forgotten how to write your own name. You are asking yourself, "What makes me think I can write anything?"

This article will make your writing ventures painless and enjoyable. First of all, you, as a 98th Division soldier, are privy to news everyday at your unit of assignment. The purpose of writing is to inform, entertain and educate your fellow soldier.

Three types of information are important to the Army: public, command and community relations information. The Pipeline's purpose is to inform, entertain and educate the 98th Division soldiers about public, command and community relations information.

Public information tells the Army story to the outside world using civilian news media. Restrictions in disclosing public information, along with command and community relations information include security, accuracy, propriety and policy.

Command information ensures accurate information flow between the commander and his soldiers. As a soldier, you learn about new army policies through command information.

Community Relations creates a union between your community

and the army soldier. If you have knowledge of a soldier serving his community and promoting the army, please share that information with other soldiers in the unit and division, for morale purposes.

You can accomplish that feat by writing about your experiences. The Pipeline is YOUR vehicle for promoting the command, your soldiers, and your community.

You are still sweating, in fact, your palms are now pools of water – how do I write, you ask yourself. Easy answer: ask yourself these simple questions – who, what, when, where, why, and how.

Your headline should be catchy; after all, you have to get people's attention and sometimes, a big stick (a good headline) is the only way!

You have your headline, and you are very satisfied. The first sentence should generally explain the purpose of your article. You can use humor or informational technique. Have fun – experiment.

Those wet palms are now a thing of the past. Your article will gently fall into place if you have done your homework, researching your subject.

Remember, knowledge is power and writing public, command, and community relations information articles depend on accurate information. Writing an article does not take a long time as long as you have a purpose delineated for that article.

Don't forget to obtain some quotes, but not too many quotes because quotes can distract the reader and should support your

articles purpose.

What if you don't know the rules for Army journalism writing? Never fret – the Pipeline has a staff of accomplished and trained soldiers who stringently follow the Army's writing guidelines.

Plagiarism – don't even think about it. We want your own words, except for quotes. After all, your article is a mirror of yourself.

Please don't forget to take pictures! As you take pictures of your family for memories, the 98th Division also needs pictures to support and memorialize our past history. Picture quality is important: just do your best and let the 98th Division Public Affairs professionals do the rest.

You are ready to write an article for publication in the 98th Division Pipeline magazine. Above everything else, you have to believe you can do it. As Franklin D. Roosevelt once said, "The only thing you have to fear is fear itself!"

Your fellow soldiers want to know about your unit, your soldiers and your command. The Pipeline magazine is your statement to other soldiers. We encourage everyone at the 98th Division, from the companies to the headquarters to contribute your stories, your pictures, your lives to your fellow 98th Division soldiers.

The Pipeline magazine is your magazine – who knows, maybe one day, your Pipeline article will appear in Soldiers magazine!

ARMY RESERVE VISION CRYSTAL CLEAR

By Sgt. 1st Class Troy Falardeau and Maj. Jon Dahms
(Rewritten by Staff Sgt. Mark A. Trovato)

The Army Reserve continues to be recognized as a vital component not only for its past achievements but for what is expected of it in the 21st century.

At the Reserve Officers Association Mid-Winter Conference and Military Exposition on January 25 in Washington, Maj. Gen. Thomas J. Plewes, Chief, Army Reserve (CAR) unveiled his vision for the U.S. Army Reserve in the new millennium.

An important part of Maj. Gen. Plewes' vision was how the USAR can best serve and support the Army of today and the future as seen through the eyes of Chief of Staff of the Army, Gen. Eric K. Shinseki, who also attended.

The vision contains only fifteen words but the impact according to Maj. Gen. Plewes will be easily felt throughout the Army system.

"This is the vision I have for the Army Reserve: The essential provider for training and support operations engaged worldwide with ready units and soldiers," he said.

Shortly before the Army Reserve vision was announced, Shinseki expressed the importance of a lighter and more mobile Army while highlighting the need for earlier deployability. Meanwhile, Maj. Gen. Plewes' vision calls for an emphasis on helping the Active

Army fulfill its mission.

The ROA has supported the Army Reserve in political affairs for many years. For instance, the ROA was a strong voice in the effort to permit year-round use of the commissary by members of the Guard and Reserve, which became possible in 1986.

The Conference concluded with the agreement that the Army Reserve component and the Army are one and the same, a distinction that many have not always believed.

"General Shinseki has said we are now 'The Army' and we are," Plewes said. "But we can still embrace and capitalize on those things that make the Army Reserve unique and special for the betterment of not just the Army Reserve but of 'The Army.'"

(continued from page 19)

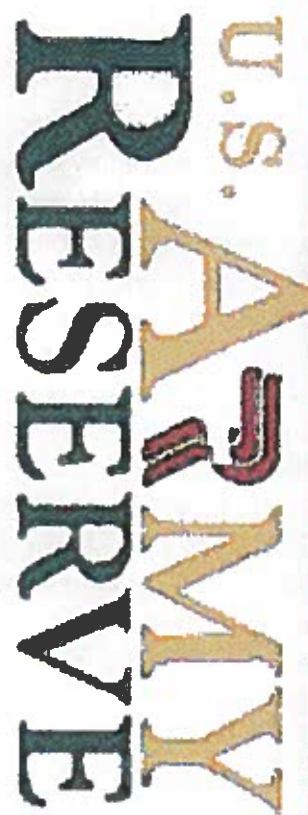
that the colors would be protected and cherished. Those colors today hang in the Quartermaster Museum at Fort Lee and serve as an army values teaching point of honor.

Let the generations know that women in uniform also guaranteed their freedom. They and many, many others have ensured that the barriers to service opportunities were shattered and ensured women's capabilities were recognized as both critical and equal.

I would not have ever been afforded the opportunity to be selected the first woman Army Reserve Major General if it had not

been for them.

I am indeed indebted and humbled to be part of the proud history of Army Reserve women. I challenge all of you women to ensure a lasting legacy for 21st century army reservists".



NEW ARMY HEADGEAR ENHANCES UNIFORM

by Staff Sgt. Mark A. Trovato

The much-publicized black beret, which will enhance the Army uniform, will soon be issued to soldiers (officer and enlisted) who do not currently wear the maroon, green or Ranger beret. While soldiers will be issued two berets, one will come in April and the other in October.

The reason for the gradual phasing in of the new headgear is twofold. First it will allow soldiers a chance to feel comfortable with the new uniform accessory through NCODP/OPD classes. In addition, it will allow females some time to experiment with various hairstyles to ensure that their particular style fits the standard for wear in accordance with AR 670-1.

The beret is worn so the headband is straight on the head, one inch above the eyebrows, with the flash over the left eye and the excess material draped over to the right, down to at least the top of the ear, but no lower than the middle ear joint. Soldiers will cut off the excess adjusting ribbon, tie it in a nonslip knot, and tuck the excess into the edge binding at the back of the beret. The beret is form fitting to the head when worn properly. Soldiers may not pack hair into the beret.

Soldiers will wear the beret with the utility uniform in garrison and with the class A and B uniforms. Soldiers will wear the patrol cap (formerly called the BDU cap) in the field when they are authorized to remove their Kevlar helmet. Commanders may

authorize the wear of the patrol cap on work details or in other situations when wear of the beret is impractical, such as in the motor pool where it could be easily soiled. The only soldiers authorized to blouse boots with the class A and B uniforms are soldiers authorized to wear the maroon, green, and Ranger berets, and those assigned to Air Assault coded positions

Soldiers in BCT and ROTC will not be issued the beret. They will wear the patrol cap with utility uniforms, and the garrison cap with the class A and B uniforms.

Soldiers will be able to buy the beret in the Military Clothing Sales Stores in January 2002.



ARMY NEWS:

Pentagon art exhibit features artwork and photography of Army reservists

*By 1st Lt. Steven J. Alvarez,
Public Affairs and Liaison
Directorate, Office of the Chief,
Army Reserve*

WASHINGTON (March 06, 2001)

An art exhibit featuring artwork and photographs created by Army Reservists was on display at the Pentagon. The display featured prints from the only Army artist to serve in two wars, LTC Frank Thomas, who served in Vietnam and later in Operation Desert Storm before retiring from the Army Reserve.

Thomas' paintings and the paintings of former Army reservist Mario Acevedo are part of the Army's historical painting collection maintained at the U.S. Army Center for Military history.

Also featured in the art display were several photographs taken by Maj. D. Craig Hogan, an Army reservist who served in Operation Desert Storm and recorded the historical event with his camera.

This year marks the 10th anniversary of the Army Reserve's involvement in Operation Desert Storm, an event that transformed the Army Reserve and solidified its position as an integral part of the total force.

MOUNTAIN BIKING: A DIFFERENT KIND OF SPORT

by 1st Lt. Gregory F. Miller

Once again the cycling season is upon us. A winter with deep snow and painful, sub-freezing temperatures has been vanquished by a lovely and early spring here in Rochester. Temperatures are warmer than usual and rainfall is lower than average. These are ideal conditions for my first love, Mountain Biking. If you have never ridden a mountain bike, read on.

This author moved to Rochester, NY from Richmond, VA; a state known in part for its mild weather where one can bike all year. Being a mountain bike racer, I have been craving the long rides in enjoyed in Virginia. Now is the time to dust off your mountain bike and go out and enjoy this wonderful weather.

If you do not have a mountain bike, you are missing something wonderful. It offers a unique way to see the beautiful landscape, burn off those extra calories and get out of the house or office. Biking is great for our bodies in that it does not inflict much impact on the body as with running or jogging.

One can bike for hours without much training or experience, the only limit being the length of the trail you are on and how long you want to be out there.

Selecting a good mountain bike is easier these days due to industry standardization. For between 300 and 500 dollars you can get a sturdy, reliable mountain bike. Trek, GT, Giant and other major brands offer virtually the

same mountain bike for that price. Of course you will need a helmet and some suitable shoes. All of this is a small price to pay for happiness.

After some time on the bike you will see a positive difference in your energy level. You will most likely feel energetic throughout the day and will probably lose some extra pounds. This and a good dose of exposure to nature can overall enhance your general sense well-being. It is important to not lose your connection with nature.

Some of you will want to get more into the whole mountain biking thing and choose to upgrade your bike or even consider racing. Mountain bike racing offers a unique experience between the rider and his bike and the rider with other riders. Training for racing can hone your body into an efficient machine capable of biking at an accelerated pace for hours. The heart muscle is strengthened and toned just like leg and back muscles. Upper body and abdominal muscles are given a strong workout through controlling the bike along trails. It is a wonderful workout and lots of fun.

There are races throughout New York and 98TH Division area during the warm months. You can start getting information by asking your local bike shop about races in the area. They can also tell you about local trails open to riders. Or you can start here at the Western New York Mountain Biking Association at www.wnymba.org or just do a web search of Mountain Biking and see what you get.

Typical races include classes of racers like Beginners, Sport class, which is the middle and Expert or Pro/Expert. Other classes can include Clydesdales or the big riders, Veterans, those over 35 years of age, and first-timers.



This is the author in 1997 in a Pro/Expert race in Virginia. (I got 9th in that race and won \$100)

In Remembrance

On the morning of March 4th of this year, a twin-engine C-23 Sherpa transport plane encountered heavy rains and crashed in a farm field outside of Unadilla, Georgia. All three crew and 18 members of the Virginia Air National Guard were killed. The plane was ferrying a Virginia Air National Guard detachment to the Oceana Naval Air Station in Virginia. The guardsmen belonged to the 203rd Red Horse Civil Engineering Flight and had just completed two weeks of annual training in a construction and engineering exercise in Florida. The C-23 aircraft and crew belonged to the 171st Aviation Battalion of the Florida Army National Guard. This crash was the worst in U.S. military aviation in almost 19 years.

An article appeared in the March 5th edition of The New York Times which captured how intimately the Guard is woven into the fabric of civilian life. "They were all local boys," was a comment from a fire department captain who knew one of the victims. These men served the nation, worked hard to support their families, and held important jobs in their communities. They were like us.

Even President Bush commented on this untimely incident. "This tragic loss on a routine training mission reminds us of the sacrifices made each and every day by all of our men and women in uniform." The President went on to say: "The price of freedom is never free. Today's events remind us that it is sometimes unspeakably high."

These men were true Americans. They are the heroes who fulfill their duties everyday to family and nation without complaint. They are the ones who make this nation strong. As Army Reserve soldiers, we need to pause for a moment and to reflect on these soldiers and airmen, on their families, and on their communities.