



The Sentinel

The newsletter of the United States Army Garrison, Fort Buchanan - "Sentinel of the Caribbean"



Volume 1 Issue 2

June 2013

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2013 Armed Forces Day Run

By José L. López
Fort Buchanan Public Affairs



Military units and members of the civilian community at Fort Buchanan assembled early in the morning at garrison's Welcome Center to participate in the Armed Forces Day Run on 15 May 2013. Among the participants were the U.S. Navy Reserve, U.S. Marine Corps. Reserve, U.S. Air Force ROTC, U.S. Army ROTC, 2nd 348th, CBWTU, 402nd, 1st MSC, and the Garrison.

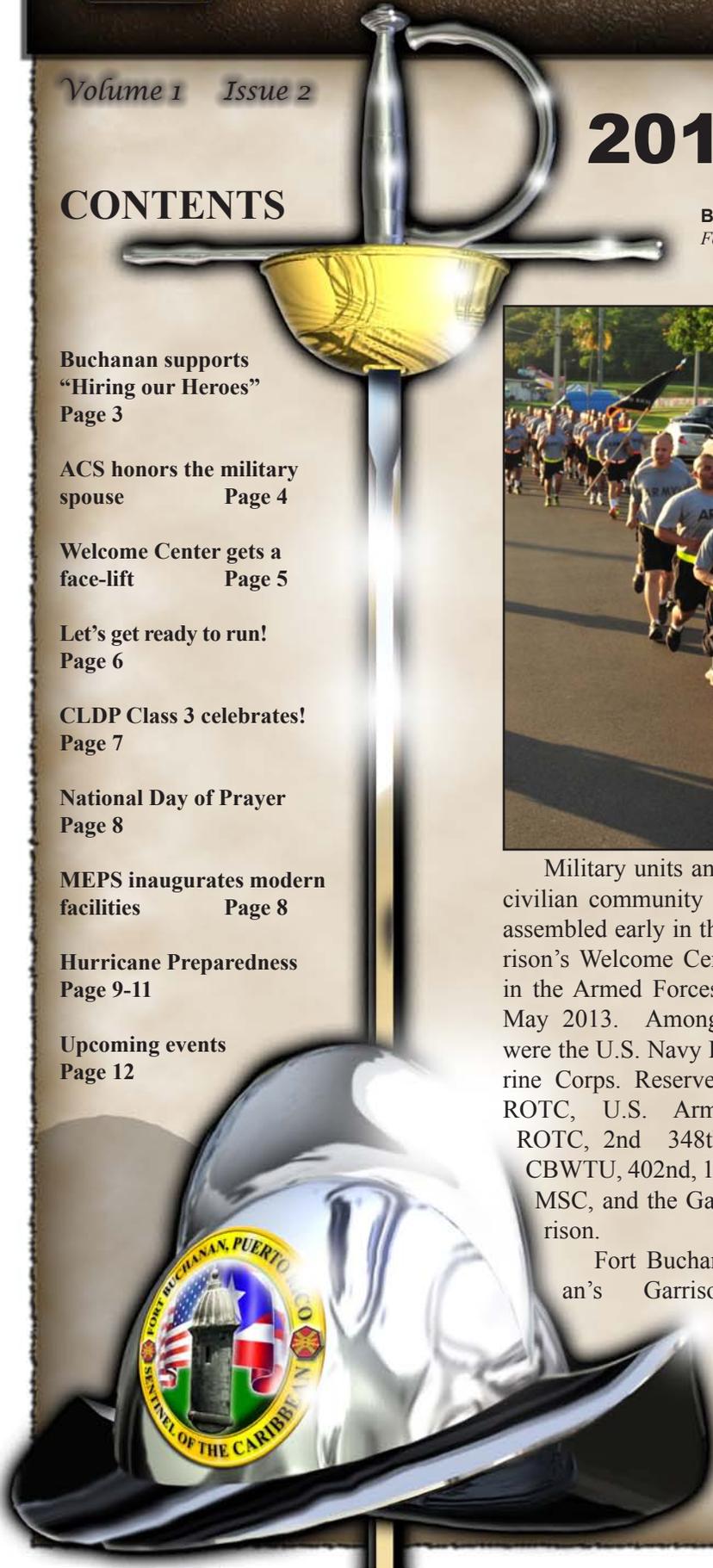
Fort Buchanan's Garrison

Commander, Col. Caryn S. Heard acknowledged all the units who participated, and then stated: "Thank you, everyone being with us today. This is a great event that shows the commitment of our armed forces as a team."

Members of the workforce and the community cheered the units and took



See *Let's get ready to run!* Page 6





THE SENTINEL

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Defense, Department of the Army or
U.S. Army Garrison, Fort Buchanan.

THE SENTINEL is published monthly by the
Public Affairs Office, U.S. Army Garrison.

All editorial content of THE SENTINEL is
prepared, edited, provided and approved by
the U.S. Army Garrison, Public Affairs Office.

For guidance on how to submit items for
publication, e-mail the garrison Public Affairs
Office.

The PAO reserves the right to edit all
submissions and to determine the suitability for
inclusion in THE SENTINEL.

Every effort will be made to publish
submissions in a timely manner. However,
time, layout, style and editorial considerations,
as well as determinations for publication, are
determined by the Commander or the
Public Affairs Officer.

From the Garrison Commander



We look forward to June every year because it not only welcomes summer but also is the birthday of The U.S. Army. The motivation for this annual celebration dates back to June 14, 1775, when General George Washington led the Continental Army in their fight against Great Britain. For more than two centuries, from the Revolutionary War to the Global War on Terror, the United States Army has defended the Nation from our enemies. As this year's theme states, we are "America's Army: Service to the Nation, Strength for the Future".

On this Army Birthday, we celebrate the generations of Soldiers who followed in the footsteps of the members of the Continental Army and the many that came afterwards who left the

comfort of their homes and embraced our nation's call to duty; men and women who willingly fulfilled their mission to defend our freedom and democratic way of life.

For 238 years, the strength of our Army has depended on our Soldiers, from the farmers, shopkeepers and tradesmen of America's Continental Army to the well-trained, well-equipped true professional Soldiers who serve in the Army, Army Reserve and Army National Guard – each a patriot, each a hero. It is their professionalism along with their resolute commitment that truly defines our All-Volunteer Army. An Army ready to respond to the needs of our nation with recovery efforts in the wake of a natural disaster, defeating enemy forces abroad or defending our homeland.

Let's not forget our Civilians and contractors who round out the Army
See From the GC, Page 12

From the Garrison Command Sergeant Major



As we celebrate the 238th Anniversary of the United States Army we recall the historical moments of war, conflicts and the enemies we have defeated. It makes us proud of the service to our country.

Nevertheless, there is an enemy among our troops that we must also defeat – sexual harassment and assault. These are behaviors contrary to our Army values. Once incident is one too many to degrade the mission readiness of our Soldiers and the ability to work effectively as a team.

Sexual assault is a crime defined as intentional sexual contact, characterized by use of force, physical threat or abuse of authority, or when the victim does not or cannot consent. Sexual as-

sault, includes rape, non consensual sodomy (or anal sex), aggravated sexual assault, aggravated sexual contact, abusive sexual contact, wrongful sexual or attempts to commit these acts.

The Army established the Sexual Harassment/Assault Response and Prevention Program (SHARP) to raise awareness and promote the prevention of sexual violence in the U.S. Army. We must remain committed to protect victims and provide them with the best possible support and care. To deal with incidents of Sexual Assault, the Army has two ways for victims to report: Restricted Reporting and Unrestricted Reporting.

Unrestricted Reporting allows a Soldier who is sexually assaulted to seek medical treatment/Sexual Assault Forensic Exam (SAFE), counseling and an official investigation of his/her alle-

See From the GCSM, Page 12

Buchanan supports "Hiring our Heroes"



Directorate of Human Resources (DHR) Mrs. María Morales, Lead Human Resources Specialist, Ramón Rivera and Military Personnel Division Chief, Alberto Orellana prepare their booth for the Hiring Our Heroes Fair held at the Best Western's Pichi's Hotel Convention Center and Casino on 31 May 2013 in Guayanilla.



Employment Readiness Manager, Ivette Dávila briefs a group of Veterans and spouses about resume building during the Hiring Our Heroes Fair held at the Best Western's Pichi's Hotel Convention Center and Casino on 31 May 2013 in Guayanilla.

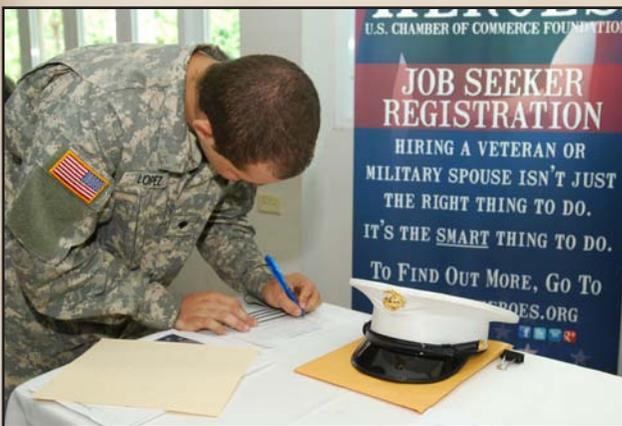


Directorate of Human Resources (DHR) Director Mrs. María Morales assists a Veteran during the Hiring Our Heroes Fair.

Photos by José L. López
Public Affairs Office



Employment Readiness Manager, Ivette Dávila briefs a Veteran about resume building during the Hiring Our Heroes Fair.



A Soldier registers during the Hiring Our Heroes Fair.



(From left to right) American Legion Service Official for the Cabo Rojo area, Nelson Ortíz, American Legion Representative of District 5, María Colón, and American Legion Commander Department of Puerto Rico and Virgin Islands, Mr. Idelfonso Colón, discuss issues during the Hiring Our Heroes Fair held at the Best Western Pichi's Hotel Convention Center and Casino on 31 May 2013 in Guayanilla.

ACS honors Military Spouses

By José L. López

Fort Buchanan Public Affairs

“As long as there have been courageous men and women willing to protect our Union and our ideals, there have been extraordinary spouses at their side -- patriots in their own right who serve and sacrifice in ways many cannot fathom. They are moms and dads who take up the work of two during deployments, shuffling their careers and packing up their lives whenever our Nation calls. They are dedicated employees at our businesses, committed volunteers in our communities, and essential caretakers for our wounded warriors.” said President Barak Obama in the 2013 Proclamation recognizing the military spouses of our armed services.

“When a member of our Armed Forces is deployed, an entire family is called to serve. The readiness of our troops depends on the readiness of our military families, as millions of parents, children, and loved ones sacrifice as well. This means supporting our military spouses is also a national security imperative.” the President stated previously.

Fort Buchanan Army Community Services (ACS) held The Military Spouse Wellness Event at the Fort Buchanan Community Club on 9 May 2013. Spouses from all the Armed Forces were invited. Many enjoyed an informative welcome from ACS,

Army and Air Force Exchange Service (AAFES), representatives of local government agencies and beauty products, and spa like services.

Fort Buchanan’s Garrison Commander, Col. Caryn S. Heard welcomed the group and stated: “Military Spouse Appreciation Day has a distinctive meaning, especially now that we are still at war. The spouses have experienced the intense emotion of deployments, changes of station, moving abroad, and separation while supporting those who swore an oath to defend our nation.”

Command Sgt. Maj. Derrick T. Simpson, Garrison Command Sgt. Major, also addressed military spouses by thanking them for what they do, understanding the enormous task that is given to them, which they engage without hesitation.

“As long as there have been courageous men and women willing to protect our Union and our ideals, there have been extraordinary spouses at their side -- patriots in their own right who serve and sacrifice in ways many cannot fathom.”
President Barak Obama



Vilma Colón, Fort Buchanan Community Club Operations Assistant and Mariana Urrutia, from DFMWR Marketing, discuss the sequence of events of the Military Spouse Wellness Event held at the Fort Buchanan Community Club on 9 May 2013.

Photo by José L. López, PAO



María Hernández from Army Community Services, presents a memento to a military spouse during the Military Spouse Appreciation Wellness Event held at the Fort Buchanan Community Club on 9 May 2013.

Photo by José L. López, PAO



Command Sgt. Maj Derrick T. Simpson addresses military spouses during the Military Spouse Appreciation Wellness Event held at the Fort Buchanan Community Club on 9 May 2013.

Photo by José L. López, PAO



Angel Vázquez, from the Directorate of Plans, Training, Mobilization and Security, conducted a video training in conjunction with the Federal Emergency Management Agency concerning Emergency Preparedness on 14 May 2013.
Photo by José L. López, PAO

The Directorate of Emergency Services (DES) announces its participation in the Army Volunteer Program. The Program is for citizens, 18 years or older, who wish to volunteer their time to DES by supporting the Police and Fire departments in improving services to the community they serve. Participants shall receive training to ensure they have adequate knowledge and skills to complete tasks specific to the volunteer position.

DES Fort Buchanan volunteer positions available are: Fire emergency communication system dispatcher, Office Assistant for the Directorate of Emergency Services, and Police emergency communication system dispatcher. To register, log on to www.myarmyonesource.com
<<http://www.myarmyonesource.com>>

Welcome Center gets a face-lift

Fort Buchanan Public Affairs

The Directorate of Human Resources proudly presents the new image of the Welcome Center at Building 152. The “face lift” of these facilities reaffirms the Garrison’s commitment to provide excellent service to our Soldiers, Veterans, Family members, military services and the Fort Buchanan community.

“We understand that we create value for our customers when we understand their needs and respond to them in the most efficient, accurate and timely manner,” said Fort Buchanan’s Garrison Commander, Col. Caryn S. Heard.

The photo at the upper right shows the changes in the lobby that provides our customers a comfortable area to wait for appointments, complete documents and forms. It even provides a nice area for family members or visitors to watch TV, read or have conversations with other customers.

Mrs. Maria Morales, Director for Human Resources, photo at the bottom right, shows the “It’s All About the Customer” Proclamation located prominently at the Welcome Center lobby. The document attests Fort Buchanan’s pledge to grant our customers the best programs, facilities and services.



Photos by José L. López, PAO



Let's get ready to run!

2013 Armed Forces Day Run, From Cover Page

photos of the event. MWR provided event. The BOSS program issued items goodies, water, and juice after the to Soldiers.

Photos by DPTMS VI and Garrison PAO



CLDP Class 3 grads celebrate!

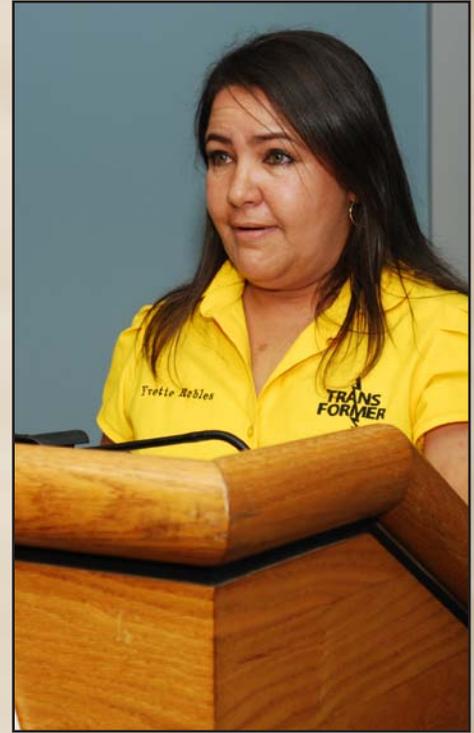
By José L. López
Fort Buchanan Public Affairs

The Civilian Leadership Development Program (CLDP) Class 3 “Transformers”, graduated from their four-month course at General Buchanan’s Conference Room on 7 May 2013.

Mrs. Yvette Robles, from DPW and spokesperson for CLDP Class 3 “Transformers”, addressed the group of participants by stating: “Was it simple? No, it wasn’t, but with the tools provided in CLDP, such as “Resiliency”,

“Searching For The Good Stuff”, determination and a common goal, we could achieve anything.”

Fort Buchanan’s Garrison Commander, Col. Caryn S. Heard congratulate CLDP Class 3 “Transformers” and added: “CLDP is a vehicle which enables us to enhance the Garrison. People know when you’ve been through CLDP; not because you wear your yellow shirt, but by the leadership abilities you show.”



Mrs. Yvette Robles, from DPW and spokesperson of The Civilian Leadership Development Program (CLDP) Class 3 “Transformers”, addressed the participants during their graduation held at General Buchanan’s Conference Room on 7 May 2013.
Photo by José L. López, PAO



Fort Buchanan’s Garrison Commander, Col. Caryn S. Heard congratulates The Civilian Leadership Development Program (CLDP) Class 3 “Transformers” during their graduation held at General Buchanan’s Conference Room on 7 May 2013.
Photo by José L. López, PAO



The Civilian Leadership Development Program (CLDP) Class 3 “Transformers” stand proud as the Fort Buchanan’s Garrison Commander Col. Caryn S. Heard and Command Sgt. Maj. Derrick T. Simpson, Garrison Command Sgt. Major join them for a class photo during their graduation held at General Buchanan’s Conference Room on 7 May 2013.
Photo by José L. López, PAO

National Day of Prayer at Buchanan

By José L. López

Fort Buchanan Public Affairs

Members of the Fort Buchanan military and civilian community got together at the garrison Chapel on 2 May 2013 to celebrate the National Day of Prayer.

The National Day of Prayer is a vital part of our heritage. Since the first call to prayer in 1775, when the Continental Congress asked the colonies to pray for wisdom in forming a nation, the call to prayer has continued through our history, including President Lincoln's proclamation of a day of "humiliation, fasting, and prayer" in 1863.

In 1952, a joint resolution by Congress, signed by President Truman, declared an annual, national day of prayer.

In 1988, the law was amended and signed by President Reagan, permanently setting the date on the first Thursday in May.



Chaplain (Maj.) Peter L. Agdamag Jr., 1st Mission Support Command, and Garrison Chaplain (Maj.) Timothy M. Stansberry, review the sequence of events before starting Fort Buchanan's National Day of Prayer held at the Installation Chapel on 2 May 2013.

Photo by José L. López, PAO



Mrs. Leah Stansberry, wife of Garrison Chaplain (Maj.) Timothy M. Stansberry, performed the musical selections during the Fort Buchanan's National Day of Prayer.

Photo by José L. López, PAO

The unanimous passage of the bill establishing the National Day of Prayer as an annual event, signifies that prayer is as important to our nation today as it was in the beginning.



Military Entrance Processing Station (MEPS) inaugurates modern facilities

By José L. López

Fort Buchanan Public Affairs

U.S. MEPCOM Commander, Capt. Eric W. Johnson, MEPS Commander Maj. Malenm Cruz and MEPS Senior Enlisted Advisor First Sgt. Susana De Armas, pose for a photo before the Inauguration of the San Juan Military Entrance Processing Station (MEPS) on 10 May 2013.



MEPS Commander Maj Malenm Cruz presents a token of appreciation to Capt. Eric W. Johnson during the Inauguration of the San Juan MEPS on 10 May 2013.



Maj. General (Ret.) Felix Santoni, Civilian Aide to the Secretary of the Army, Capt. Eric W. Johnson and Maj Malenm Cruz prepare to cut the ceremonial ribbon marking the official Inauguration of the San Juan MEPS on 10 May 2013.



Fort Buchanan's Garrison Commander, Col. Caryn S. Heard, Garrison Command Sgt. Maj. Derrick T. Simpson and Garrison Chaplain Maj. Timothy M. Stansberry were provided with a tour of the new facilities by First Sgt. Susana De Armas, following the inauguration of the San Juan MEPS on 10 May 2013.

This Could Save Your Life & Home

For High Winds

- Install hurricane shutters or purchase precut 1/2" outdoor plywood boards for each window of your home. Install anchors for the plywood and predrill holes in the plywood so that you can put it up quickly.
- Make trees more wind resistant by removing diseased and damaged limbs.

When a Hurricane Watch Is Issued

- Listen to local radio or TV stations for up-to-date storm information.
- Clear yard of all loose objects, such as potted and hanging plants, bicycles, trash cans, and anything else that can be picked up by the wind.
- Prepare to protect your windows and glass doors. Brace double entry and garage doors at the top and bottom. Cover all windows of your home by installing shutters or precut plywood as described above. Note: Tape does not prevent windows from breaking, so taping windows is not recommended.
- Check on your family and supplies disasters checklist (plans).
- Leave the swimming pool filled and super-chlorinated. Cover the filtration system.
- Offer your home as shelter to friends or relatives who live in vulnerable areas or mobile homes.

When a Hurricane Warning Is Issued

- Listen to the advice of local officials, and leave (evacuate) if they tell you to do so.
- Complete preparation activities.
- If you are not advised to evacuate, stay indoors, away from windows.
- Clean containers for drinking water and your bath tub for storing cleaning water.

During the Storm

- Stay inside and away from windows, skylights and glass doors. Find a safe area in your home - an interior, reinforced room, closet or bathroom on the lower floor.
- Wait for official word that the danger is over. Don't be fooled by the storm's calm "eye". The worst part of the storm will happen once the eye passes over and the wind blows from the opposite direction.
- Be alert for tornadoes. Tornadoes can happen during a hurricane and after it passes over.
- If you lose power, turn off major appliances, such as the air conditioner and water heater to reduce damage.
- If auxiliary power generation is to be used, do not connect it to the house main power supply line or main breaker. Consult with a subject matter expert such as certified electrician.
- If flooding threatens your home, turn off electricity at the main breaker.
- Stay away from flood waters. If you come upon a flooded road, turn around and go another way. If you are caught on a flooded road and waters are rising rapidly around you, get out of the car and climb to higher ground.

If You Must Evacuate

- Take your Hurricane Survival Kit with you.
- Take important papers with you, including your driver's license, special medical information, insurance policies and property inventories.
- Let friends and relatives know where you are going.
- Make sure your neighbors have a safe ride.
- Lock windows and doors.
- Turn off electricity at the main breaker.

After a Hurricane Is Over

- Keep listening to local radio or TV stations for instructions.
- If you evacuated, return home when local officials tell you it is safe to do so.
- Inspect your home for damage.
- Use flashlights in the dark; do not use candles.

Advice for Older Adults

- Elders are especially susceptible to the effects of hurricanes.
 - Those who live alone, or are without the support of family or friends, must take special precautions in the event of an emergency situation.
 - People who are frail or disabled (either mentally or physically) may need special assistance from family members, friends or social service agencies.
 - Older adults who are also care givers may require outside assistance.
- Excessive stress and anxiety can contribute to increased episodes of illness, particularly for persons with heart disease and other illnesses.

Protect Your Pet

- Pet owners are responsible for hurricane planning for their pet.
- If you plan to evacuate, plan for your pet as well. Take your Pet Survival Kit if you go to friends, relatives or a hotel. Shelters cannot accept pets, so if you plan to go to public shelter, make other provisions for your pet.

Protect Your Business

- Is your business located where you are vulnerable to storm surge or freshwater flooding? Check your hurricane evacuation level and FEMA flood maps. Is your workplace vulnerable to hurricane force winds? Have your building inspected by a licensed professional.
- Take the Necessary Precautions.

The Hurricane Condition (HURCON) is a five-stage readiness system that is used by all Installation Management Command regions and garrisons to report the likelihood of an approaching tropical cyclone and to trigger implementation of the specific protective measures.

HURCON 5

Prepare for the hurricane season (1 June- 30 November)

- Watch or listen to local news on a daily basis for tropical storm updates.
- Make an emergency family and plan to secure your property.
- Be sure trees and shrubs around the house are well trimmed.
- Clear loose and clogged rain gutters and downspouts.

HURCON 4

96 hrs (Four days) before hurricane

- Complete any possible actions not accomplished from HURCON 5.
- Continue to listen to the radio or watch TV for further updates.
- If you have special needs, find out about special assistance services.
- Secure your home, close storm shutters and secure outdoor objects or bring them indoors.
- Update your disaster kit and keep it in a designated place and have it ready. Make sure all family members know where it is kept.

HURCON 3

72 hrs (three) days before hurricane

- Contact school's for emergency guidelines, such as school closure.
- Contact your employer for specific guidelines during the emergency, such as leave, activation of phone tree and access to the installation.
- If you have special needs, find out about special assistance or register with the office of emergency services.
- Take video or photos of your property. This will help later on with any claims for damage that may need to be filed.
- Continue to listen to the radio or watch TV for further updates.

HURCON 2

48 hrs (two days) before hurricane

- Find out the location of your nearest emergency shelter by contacting the Installation Operations Center at (787)707-3838.
- Evacuate if directed by authorities and follow their instructions.
- Continue to listen to the radio or watch TV for further updates.

HURCON 1

24 - 12 hrs before hurricane

- Stay indoors and away from windows and glass doors.
- Close all interior doors – secure and brace external doors.
- Continue to listen to the radio or watch TV for further updates.

Landfall

12 hours prior to and during hurricane

- Stay indoors and away from windows and glass doors and take refuge in a small interior room, closet or hallway when hurricane hits.
- Continue to listen to the radio or watch TV for further updates.

NOAA Storm Alerts

Hurricane Warning

An announcement that sustained winds of 74 mph or higher are expected somewhere within the specified area in association with a tropical, subtropical, or post-tropical cyclone. Because hurricane preparedness activities become difficult once winds reach tropical storm force, the warning is issued 36 hours in advance of the anticipated onset of tropical-storm-force winds. The warning can remain in effect when dangerously high water or a combination of dangerously high water and waves continue, even though winds may be less than hurricane force.

Hurricane Watch

An announcement that sustained winds of 74 or higher are possible within the specified area in association with a tropical, subtropical, or post-tropical cyclone. Because hurricane preparedness activities become difficult once winds reach tropical storm force, the hurricane watch is issued 48 hours in advance of the anticipated onset of tropical storm force winds.

Storm Warning

A warning of 1-minute sustained surface winds of 55 mph or greater, either predicted or occurring, not directly associated with tropical cyclones.

Tropical Storm Warning

An announcement that sustained winds of 34 to 73 mph are expected somewhere within the specified area within 36 hours in association with a tropical, subtropical, or post-tropical cyclone.

Tropical Storm Watch

An announcement that sustained winds of 34 to 73 mph are possible within the specified area within 48 hours in association with a tropical, subtropical, or post-tropical cyclone.

Basic disaster-supplies kit:

- Three-day supply of non-perishable food, a can opener and cooking utensils
- Sanitation and hygiene items (moist wipes and toilet paper)
- A whistle, matches and waterproof containers
- Board games, cards, arts and crafts, crayons, and other games for children
- Cash and coins
- Photocopies of credit and identification cards
- Important papers secured in water-proof containers. (Social Security cards, birth certificates, diplomas, titles, deeds to property, and special photos)
- Special needs items, such as prescription medications, eye glasses, contact lens solutions, and hearing-aid batteries
- Ensure your pet has proper ID, carrier and leash updated veterinarian records and pet supplies
- A seven day supply of water (three gallon per person per day)
- A first aid kit with instructions booklet
- Special items for infants, elderly, or disabled family members
- List of doctors, friends and relatives who should be notified if you are injured or evacuated to a safer location
- At least one change of clothing, footwear and one blanket or sleeping bag per person
- Emergency tools and supplies including a battery-powered radio or television, flashlight, mosquito repellent, sunscreen, a supply of batteries
- Fill your car's gas tank, check oil, water, and tires and secure an extra set of car keys
- Any other items to meet needs unique to your family



Family Disaster Plan Checklist

- Post emergency telephone numbers by the telephone.
- Inspect your home, car and boat for potential hazards.
- Install safety features (shutters) in your home including smoke detectors and fire extinguishers.
- Learn basic safety measures including CPR and First Aid.
- Teach children how and when to call 911 or other emergency telephone numbers and which radio station to tune for emergency information.
- Identify ahead of time where you could go if you are told to evacuate.
- Assemble a disaster supplies kit with items you may need in case of emergency or evacuation to a safe location.

Fort Buchanan Emergency Phone Numbers

- Police Desk 787-707-3337 or 4911 / 787-792-7895 • Fire Department and Ambulance 707-5911 / 787-792-7895
 - Rodriguez Army Health Clinic 707-9112 / 3912 • Emergency Operations Center 707-3287 / 3395
- (During duty hours, after duty hours, weekends and holidays call Police Desk)



From the Garrison Commander, Page 2

Team. They live the Army values supporting an All-Volunteer force with increased levels of responsibility providing skills and the knowledge needed to support and sustain the uniformed members of the Army. Many civilians and contractors deployed with our Soldiers in support of the Army's mission.

For 238 years, Families have provided the necessary strength and courage to our Soldiers. Parents, children and other family members have endured hardships but most of all, they have provided unconditional love and support to those who served and are currently serving our nation throughout the world. Army families without a doubt can be called the epitome of resilience, always adapting, always on the move, always ready. To them goes

the respect and sincere gratitude of our nation.

We extend the celebration of the Army's Birthday to the veterans and communities that keep our families and our Soldiers strong and focused on their mission.

To all - Soldiers, Veterans, Civilians, Families, Contractors and Communities -our heartfelt thank you for your dedication to duty and selfless service to our country. Since 1775 our nation placed its trust in its Army. Two hundred and thirty eight years later...

...“The Army keeps rolling along.”



UPCOMING EVENTS

14 June 2013

Army Birthday Run

15 June 2013

Army Birthday Ball

20 June 2013

Retirement Appreciation Day

20 June 2013

Safety Standown



238th

ARMY BIRTHDAY

AMERICA'S ARMY: *Service to the Nation, Strength for the Future*



From the Garrison Command Sergeant Major, Page 2

gation through current reporting channels (e.g., the chain of command or law enforcement). Victims may also file an unrestricted report with the Sexual Assault Response Coordinator (SARC) or an on-call Victim Advocate.

Restricted Reporting allows a Soldier who is a victim of sexual assault, on a confidential basis, to disclose the details of his/her assault to specifically identified individuals (i.e., the Sexual Assault Response Coordinator (SARC), Victim Advocate or Health care Provider) and receive medical treatment/ Sexual Assault Forensic Exam (SAFE) and counseling without triggering the official investigative process.

We need to take down this enemy from our ranks. Every leader must establish a command climate of prevention based on mutual respect and trust,

recognizing and embracing diversity and the contributions of the members of the organization. Most of all, we need to lead by example, eradicating sexually offensive language, jokes and gestures that may promote an environment of abuse.

It's been said that "Actions speak louder than words". Let our actions become the model to prevent sexual harassment and assault in our units, workplace and community. Let's not forget the seven Army values, the Warrior Ethos and "buddy/responsibility" to help prevent sexual harassment and assault from happening.

Help us defeat this enemy.