



# Soldier and Family Programs Newsletter



**Mission**

The U.S. Army Cadet Command selects, educates, trains, and commissions college students to be officers and leaders of character in the Total Army; instills the values of citizenship, national and community service, personal responsibility, and a sense of accomplishment in high school students.

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## ArmyFit Healthy Lifestyle

For over a year, the Army has been promoting its ArmyFit website which provides Soldiers, Family members and U.S. Army Civilians with information regarding their physical, spiritual, emotional, Family and social status. The site allows the user to take a completely confidential survey through a global assessment tool (GAT) which tracks results in a resource known as the Performance Triad. The triad comprises sleep, activity and nutrition. Once someone completes the assessment, they will land on a new website maintained by Comprehensive Soldier and Family Fitness, known as ArmyFit, where they will have full access to all of the self-development resources -- including videos, information and organizations which are based on their personal results.

By taking the test quarterly, you can see where you are progressing and digressing. Test results also show areas for improvement along with tips and tricks. One



helpful feature is “real age” or “physiological age” versus calendar age. A person’s “real age” is a reflection of daily habits and an unhealthy lifestyle can add years to a calendar age.

Soldiers are required to take the survey annually, however it is recommended for civilians and Family members as well. To get started visit <https://armyfit.army.mil>.

### Overtraining Syndrome

While the health benefits of regular physical fitness activities are undeniable, exercising to the extreme in intensity, frequency and/or duration can result in a variety of symptoms. Fatigue, elevated resting heart rate and lowered performance are all indicators of overtraining syndrome.

There's no specific definition of what too much exercise is - all of us have a different tolerance for how much exercise we can handle. The key is to back off if you notice any symptoms of overtraining.

Although there is no sure way to predict if overtraining syndrome will occur, there are sound measures to take for prevention. It is important to vary training through the year and schedule in significant rest time. There is no reason to feel guilty about taking a day off. The body repairs and strengthens itself in the time between workouts, and continuous training can actually weaken the strongest athletes. For recreational athletes, building in rest days can help maintain a better balance between home, work and fitness goals.

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## HQ Soldier and Family Programs Division

The USACC HQ G-1 Soldier and Family Programs Division supports Soldiers and Families assigned to USACC via the following programs and services: Army Family Action Plan, Army Family Team Building, Army Volunteer Corps Program, Virtual Family Readiness Group, Family Advocacy Program, Master Resiliency Training Program, Suicide Prevention, Leased Government Housing Program, Financial Management and Assistance, Relocation Assistance Program, Sponsorship Program, and Information Referral and Follow-up



Soldier and Family Programs is on Facebook!

Find us at

<http://>

[www.facebook.com/USACCwellbeing2](http://www.facebook.com/USACCwellbeing2)

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## U.S. Army Chaplain Corps — 240 Years on 29 July 2015



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Although one of the smallest branches of the Army, the U.S. Army Chaplain Corps is also one of the oldest – dating back to 29 July 1775. One chaplain was authorized for each regiment of the Continental Army with pay equaling that of a

Captain. Furthermore, many militia regiments counted chaplains among their ranks.

Starting with the Independence Revolution, chaplains have served in every American war. The Chaplain Corps has evolved with the addition of Roman Catholic chaplains in the Mexican War, followed by Jewish (1862) and African American chaplains (1863) during the Civil War. In 1974, the first female chaplain was commissioned. Today five major faith groups (Protestant, Catholic, Jewish, Muslim and Buddhist) with over 140 denominations comprise the U.S. Army Chaplain Corps of some 1,300 active duty chaplains and 1,200 in reserve units.

“The mission of the U.S. Army Chaplains Corps is to provide religious support to America’s Army.” Chaplains advise commanders to ensure that the ‘free exercise’ rights for all Soldiers are upheld. The Chaplain serves a dual role in our Army. As personal staff officers, chaplains advise commanders on matters relating to free exercise of religion, unit morale, ethics, and the impact of religion on operations. As religious leaders, chaplains are qualified clergy who are endorsed by their denomination or faith group. In the pluralistic setting of the military, the Chaplain Corps provides religious support to individuals from all faith traditions. To achieve this, Chaplains cooperate with one other without compromising the standards and tenets of their faith tradition.

Nonetheless, chaplains have also exhibited extraordinary bravery. Stories abound of chaplains administering the last rites to fallen Soldiers with fire raging around them or charging onto battle sites to rescue the wounded. Eight chaplains have earned the Medal of Honor for their bravery and dozens of others have made the ultimate sacrifice, living up to the Chaplain Corps motto, *Pro Deo Et Patria* (For God and Country).



The events of September 11, 2001, commonly known as “9/11,” dramatically changed the entire

world. While the day is recognized in the United States as Patriot Day, the official day of remembrance, the anniversary of the attacks is acknowledged across the globe. Patriot Day is to remember and honor the nearly 3,000 people who died along with those injured as a result of the terrorist strikes in New York, City, Washington D.C. and Shanksville, PA. American flags are flown at half-mast to commemorate those and a moment of silence is observed at 846 EST, the time the first plane collided into the North Tower of the World Trade Center.



Here on Fort Knox – Foam 161 – the fire truck damaged by the attack on the Pentagon has become a centerpiece at the General George Patton Museum of Leadership (Patton Museum) for one of the museum's new exhibits about leadership.

## Changes to “use or lose” Leave — Special Leave Accrual Still Applies

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The temporary authority allowing Soldiers to carry over 75 days of leave from one fiscal year to the next expires 30 September 2015. The 2016 National Defense Authorization Act is not expected to extend the authority.

Most Soldiers will be allowed to carry 60 days of leave into the next fiscal year. If they don't use it by October 1, Soldiers will lose leave in excess of 60 days unless special leave accrual (SLA) applies. SLA allows Soldiers who have served in a mission where they were eligible for hostile fire pay or imminent danger pay for a continuous period of at least 120 days to accrue leave. Under SLA, Soldiers can accumulate a maximum of 120 days of leave (60 days of ordinary leave, plus 60 days of SLA).

Soldiers who meet the SLA provisions can still carry forward up to 120 days of leave, if their leave and earnings statement has 60 days of leave coded as SLA and the LES remarks block shows “Combat Zone Leave Carryover Balance” with its expiration date.

## Get Your Medical Records To Go!

This is good advice for everyone when they out process but especially important when PCSing to a remote location where you will not be using medical facilities on a Military Installation. Before leaving your duty station on an Installation, print medical records for you and your dependent family members. Furthermore, it is also recommended to get them burned on a CD. Additionally, experienced Cadre suggest scheduling necessary medical appointments while on Fort Knox during CST.



## New Army Policy Regarding Tattoos

Published in April was an update to Army Regulation 670-1 which eases the Army policy on tattoos. According to the new rules, Soldiers will be able to have ink on their arms and legs as long as it isn't visible in the Army Service Uniform. The change cancels previous policy that limited Soldiers to four tattoos below the elbow or knee, none bigger than the wearer's hand. Face, neck and hand tattoos, however remain against regulation, with the exception of one ring tattoo per hand. Racist, derogatory and sexist tattoos are prohibited.

A realization that tattoos are more prevalent in young Americans than ever before in our history is behind the change. A restrictive policy shouldn't be the reason for someone not to consider a career with the Army or for a good Soldier to leave the Army. Soldiers surveyed have indicated that the tattoo regulations definitely play a role in their decision making process.

Regarding ROTC Cadets, the new regulation states, “Professors of military science (O-5 or above) will make determinations for ROTC Cadets, prior to contracting and prior to commissioning, that tattoos or brands comply with this policy. This authority will not be delegated further.” Furthermore, “Superintendent, United States Military Academy will make initial determinations for United States Military Academy Cadets, prior to enrollment and prior to commissioning, that tattoos or brands comply with this policy. This authority may be delegated further.”

## Got Issues?

If you've got issues, let us help! The Army Family Action Plan is your platform to tell the Army what it can change and how. To learn more about this process or to submit an issue, please visit [www.myarmyone.com](http://www.myarmyone.com). Simply select the AFAP IMS (Issue Management System) under the [Family Programs and Services](#) tab on the far left. Click [Submit Issues](#), select your state, and select US Army Cadet Command. Fill out the online form, and Viola! You have made your mark.

If you have questions feel free to contact our office.

## Quarterly Teleconference

Our next quarterly teleconference will be coming up in October.

Call-in details will be announced on our Facebook page and emailed out to Brigade S&FP Points of Contact to notify you as soon as it is scheduled.

Please join us to learn more about Soldier and Family Programs and tell us how we can help you.



# September — Suicide Prevention Month

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According to the World Health Organization (WHO), on average approximately 3,000 people commit suicide daily. Suicide rates are at an all-time high for Veterans. In addition, for every person that commits suicide, 20 or more others attempt to end their lives. National Suicide Prevention Month aims to raise consciousness that suicide is preventable through disseminating information about the topic.

Awareness that financial and relationship failures are prime risk factors leading to suicide can help in preventing it. Be cognizant of those experiencing these problems and watch for symptoms of depression which include: sadness, over/under eating, too much/too little sleep, lack of energy, irritability and trouble concentrating. Depression also causes the extreme feeling of thinking it would be better if you were dead. If a person experiences symptoms of depression every day for two weeks, it's time to seek a specialist in the mental health field.

Further information is available on the website: [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)



## ROTC Cadets Partner with National Guard

According to Western Kentucky University's Assistant Professor of Military Science, CPT Lincoln Ward, there are many benefits to training and collaborating with the Kentucky Guard. Cadets from Western Kentucky and Murray State spent 3 days in the field, 16-18 April 2015, with Kentucky National Guard, covering troop leading procedures conducting platoon and squad level tactics. "Working with new Soldiers from different backgrounds provides a new challenge to the cadets." CPT Ward continued, "The Kentucky National Guard provides us with resources that we don't normally have at an ROTC program or the NCO support that can help access land and medics."

During the three days in the field together, the group worked on covering troop leading procedures while conducting platoon and squad leading tactics. This included scenarios such as movement to contact and platoon ambush and raids. A MEDEVAC was also successfully accomplished. The goal of the combined field training exercise is to assess and provide instruction to the officer candidates and ROTC Cadets in leadership positions while conducting infantry tasks. Training was enhanced this second year of the event with the use of a military grade paintball system to simulate live fire.

Training on a college campus can be difficult due to space constraints so the Cadets benefitted by being at the Wendell H. Ford regional training center in Greenville, KY. "This is a real tactile environment with enough room to run lanes!" stated one of the Cadets. Not only could areas for improvement be evaluated, after training with the National Guard – advancement in Cadet performance was clearly visible.

# Military OneSource Counseling

Military OneSource offers short-term, confidential, solution-focused, non-medical counseling (up to 12 sessions). It is intended to prevent the development or exacerbation of lifestyle conditions that may compromise military and Family readiness. Non-medical counseling programs provide confidential, short-term counseling to active duty members, National Guard and Reserve Service Members, and their Families. Confidential non-medical counseling addresses issues such as improving relationships at home and work, stress management, readjustment following a deployment, marital problems, parenting, grief and loss. Confidential counseling options are by phone, online, or face to face.

**Contact 1-800-342-9647 for more information.**

## Contact us for information and support!

The Soldier and Family Programs Division is available to assist with any Military Life issue. We serve as your Army Community Services office. **Page 5**

### **The HQ Soldier and Family Programs Team:**

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To be announced, Unit Service Coordinator

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### **Military Family Life Counselors working with Cadet Command**

Personal counseling services are available for active duty Soldiers and their Families from Military & Family Life Consultants (MFLC). An augmentation to existing Military support services, an MFLC counselor can help with non-medical short-term issues faced by Service Members and their Families.

The counselors are available 0800 to 1700, Eastern Time during the week and can usually meet on the same day they receive a call. While not intended for a crisis situation -- if someone contacts them with an issue outside their scope of service, the MFLCs will help to find the appropriate source of assistance. They average meeting with clients for 4-7 sessions. These no-cost services must be provided in person but meetings can be on or off Military Installations, just not at the client's home. **Except for duty-to-warn situations, all information exchanged during sessions remains confidential!**

MFLC counselors are Masters or Ph.D. level licensed clinical counselors able to address the following: Relationships, stress management including deployment-related issues, grief after loss, occupational and other individual and family issues.

Assigned to the Fort Knox Cadet Command Community are Virgil Hayes and Lisa Graddy who can be reached at (270) 307-2630 or (270) 307-2631. They will be available along with additional staff for the summer months to support Cadre and Cadets coming to Fort Knox from remote locations for Cadet Summer Training (CST), Cadet Initial Entry Training (CIET) and Cadet Leader Course (CLC) sessions. Counselors will be attending events and able to meet with those desiring their services in public locations. A special email to reach an MFLC has been created just for CST: [ftknoxsurge@magmflc.org](mailto:ftknoxsurge@magmflc.org)

### Internet Resources

**Army Reserve Military Benefits and Resources:**  
[www.arfp.org](http://www.arfp.org)

**Army One Source site:** [www.myarmyonesource.com](http://www.myarmyonesource.com)

#### Army Family Team Building:

**Military One Source:** 800-464-8107  
 or [www.militaryonesource.mil](http://www.militaryonesource.mil)

**Military Homefront:**  
<http://www.militaryonesource.mil/moving>

**Military INSTALLATIONS:**  
<http://www.militaryinstallations.dod.mil/pls/psgprod/f?p=MI:ENTRY:0>

**Plan My Move:** <http://apps.militaryonesource.mil/MOS/f?p=PMM:ENTRY:0>

**Military Youth on the Move:** <http://apps.militaryonesource.mil/pls/psgprod/f?p=123:HOME2:0>

**DEERS:** 800-538-9552 or  
<http://www.tricare.mil/DEERS>

**Per Diem, Travel and Transportation Allowance Committee:**  
<http://www.defensetravel.dod.mil/site/allowances.cfm>

**American Red Cross:** [www.redcross.org](http://www.redcross.org)

**My Pay website:** <https://mypay.dfas.mil/mypay.aspx>

**Army Partnership for Youth Success**  
<https://www.armypays.com/INDEX.html>

**TRICARE:**  
**TRICARE Standard information:**  
<http://www.tricare.mil/Plans/HealthPlans/TSE.aspx>

**TRICARE Prime information:**  
<http://www.tricare.mil/Plans/HealthPlans/Prime.aspx>

**TRICARE Prime Remote:**  
<http://www.tricare.mil/Plans/HealthPlans/TPR.aspx>

**TRICARE Pharmacy Program Info:** 866-363-8779  
 or <http://tricare.mil/pharmacy>

**TRICARE Dental (Dependents):**  
<http://www.tricare.mil/CoveredServices/Dental/TDP.aspx>

**TRICARE Dental (ADSM):**  
<http://www.tricare.mil/CoveredServices/Dental/TDP.aspx>

**Service Members' Civil Relief Act (legal protection for service members):**  
[http://www.justice.gov/crt/spec\\_topics/military/scra.php](http://www.justice.gov/crt/spec_topics/military/scra.php)

**The official Army benefits website:**  
<http://myarmybenefits.us.army.mil>

### Brigade Soldier & Family POCs

1 <sup>st</sup> BDE:	Mr. Gary Echlin	(502) 624-1455
2 <sup>nd</sup> BDE:	Mr. Robert Sova	(609) 562-1311
3 <sup>rd</sup> BDE:	Ms. Melissa Moore	(847) 688-3328
4 <sup>th</sup> BDE:	Ms. Carolyn Young	(910) 396-9620
5 <sup>th</sup> BDE:	Mr. Steven Keel	(210) 295-0861
6 <sup>th</sup> BDE:	Ms. Doris Sales	(912) 315-4613
7 <sup>th</sup> BDE:	Captain Lewis	(502) 624-5658
8 <sup>th</sup> BDE:	Ms. Susan Cicchinelli	(253) 967-3254
CCHQs:	Ms. Bonnie Kellem	(502) 624-5297
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CCHQs:	Ms. Michelle Schwandt	(502) 624-7219
CCHQs:	Ms. Iva Pearlstein	(502) 624-6239
CCHQs:	To be announced	(502) 624-6238

### Military Family Life Consultants

Military Family Life Consultants (MFLC) are available on installations. MFLC's provide short term, situational, problem-solving counseling services to service members and their Families in face to face sessions. (see page 5 for further details)

Use the contact information below by brigade to request counseling. The numbers in green are direct to an MFLC counselor. Numbers in black are the POCs to help you get counseling at your location.

1 <sup>st</sup> BDE - Ft. Knox, KY	270-307-2630 / 270-307-2631
2 <sup>nd</sup> BDE - JB MDL, NJ	609-562-1311
3 <sup>rd</sup> BDE - Great Lakes, IL	847-688-3328, x110, x123
4 <sup>th</sup> BDE - Ft. Bragg, NC	910-396-9620
5 <sup>th</sup> BDE - Ft. Sam Houston, TX	210-295-0861 / 210-710-2538
6 <sup>th</sup> BDE - Savannah, GA	912-315-4613
7 <sup>th</sup> BDE - Ft. Knox, KY	270-307-2630 / 270-307-2631
8 <sup>th</sup> BDE - JB LM, WA	253-967-3254 / 253-967-1577
CCHQs - Ft. Knox, KY	270-307-2630 / 270-307-2631

#### \*Disclaimer:

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