

# Fall In

## New ePIN feature goes live for Army myPay users

Army personnel can now obtain their myPay personal identification numbers by using a new online feature called ePIN. myPay is an online system operated by Defense Finance and Accounting Service. ePIN is available to active, Reserve, Guard, civilians and military retirees with Army Knowledge Online accounts. ePIN greatly simplifies the process of gaining access to myPay. Personnel can visit the myPay Web site, <https://myPay.dfas.mil>, and click on the "New PIN" button. The system will verify the identity of the user through his/her Social Security Number. The user can elect delivery of the PIN by e-mail or regular mail. Email delivery takes place within 48 hours.



## Preventing Gulf War Illness

In an effort to avoid repeating the incidences of unexplained health problems collectively known as Gulf War Illness, that afflicted servicemembers returning from the first Gulf War, the Department of Defense is collecting blood samples from deployed soldiers both before and after deployments to Southwest Asia.

"Having a blood sample could help us months or years down the line to know if people had been exposed to things that they might not have known about during the

time of the conflict," said Dr. William Winkenwerder, Assistant Secretary of Defense for Health Affairs.

Other preventive measures include improved medical records keeping techniques and post-combat questionnaires that asks if individuals have been exposed to pesticides, smoke, oil fires, solvents and chemicals or biological agents.

Winkenwerder said that so far, no indications of Gulf War Illness have been reported.



## NCOs wanted for attaché duty

Army Attaché NCOs serve around the world in United States embassies providing staff support within Defense Attaché Offices.

The DAO represents the Department of Defense to the host-nation government, assists and advises the U.S. Ambassador on military matters and coordinates other political-military actions.

Applications are accepted on a continuing basis for this highly selective nominative joint-duty assignment. Review the qualification and application procedures in Army Regulation 611-60 (August 2001).

For an information packet containing the regulation, checklists for application, as well as sample forms and other information contact the

Attaché NCO Recruiter/Career manager, Sgt. 1st Class Jeff Williams at:



U.S. Army Field Support Center  
 Army Attaché Management Division  
 7321 Parkway Drive South  
 Hanover, MD 21076  
 Phone: (301) 677-2134 ext: 3901  
 Fax: (301) 677-5352  
 DSN: 622; or e-mail [jeff.williams@us.army.mil](mailto:jeff.williams@us.army.mil).

## New address for Retirement Services home page

Soldiers contemplating retirement will probably want to check out the Army's new Retirement Services Home Page at <http://www.armygl.army.mil/retire>.

The new site features more compact pull-down menus that make navigating the site easier. NCOs nearing retirement can use the site to find information on military benefits, pre-retirement planning and Combat Related Special Compensation.



## Woman drill sergeants make history

Sgts. 1st Class Billie Jo Miranda and Corenna L. Rouse set a historic milestone when they were named as the 2003 active duty and Reserve Drill Sergeants of the Year (DSOY) in the annual competition at Fort Monroe, Va., June 20.

It is the first time in history that women hold both titles in the same year.

Miranda, who holds the active title, has been a drill sergeant since February 2002. She represented Fort Jackson, S.C., during the competition.

She said being a drill sergeant is something she has always wanted to do. She applied to attend Drill Sergeant School three times through her career branch before being allowed to attend.

Her persistence finally paid off and she realized her dream.

Miranda said she was inspired to become a drill sergeant by the positive impression her basic training

drill sergeant left on her. "From the time I came in the Army, I said 'I want to be a drill sergeant,'" she said. "Drill sergeants are influential people. They do nothing wrong."

Rouse, the Reserve DSOY, is a computer-aided designer and avid physical fitness guru from Louisville, Ky. She is assigned to the 100<sup>th</sup> Division (Individual Training), Fort Knox, Ky. Rouse entered the Reserves in 1987 as a Petroleum, Oils and Lubricants (POL) specialist and completed drill sergeant school in 1998. She said that every drill sergeant has his or her reasons for going "on the trail."

She offered encouragement to all NCOs who are considering drill sergeant status. (See story page 8.)

"Usually if I talk to someone, I tell them don't even think about doing this unless you've got good support from your family or your (unit's) staff," she said.



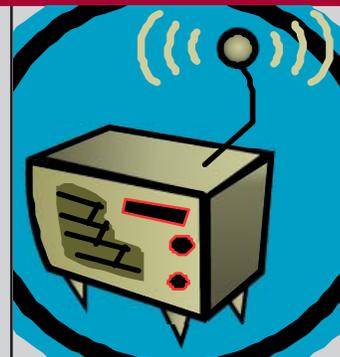
*Sgts. 1st Class Billie Jo Miranda (left) and Corenna L. Rouse (right) made history at the Drill Sergeant of the Year competition June 20 at Fort Monroe, Va., when, for the first time, female drill sergeants won both the active Army and Reserve Component Drill Sergeant of the Year awards.*

## Sergeant's Time radio show

"Sergeant's Time" is a special radio feature offering guest sergeants major the opportunity to answer questions from soldiers via e-mail and during their travels.

"You've got to figure for every person who asks a question there's a bunch of people out there with the same question," said the show's host, Sgt. 1<sup>st</sup> Class Jose Velazquez. He said "Sergeant's Time" provides a forum for questions to be answered for a worldwide audience.

The show airs each Tuesday at 9 a.m., 3 p.m. and 9 p.m. Eastern Standard Time on SoldiersRadio.com webcasts from the Web site <http://www.soldiersradio.com/> and the airwaves over local Soldiers Radio and Television Service outlets on the Soldiers Radio Network. To listen to the webcast, listeners must have Apple's "Quick Time" software, version 6. The Web site includes a link so listeners can download the program free.



## NCO Journal subscriptions

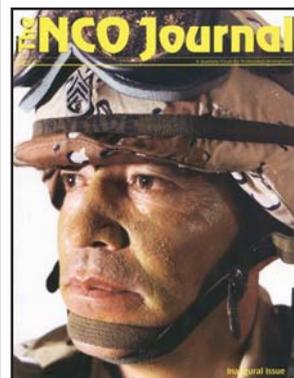
Individual subscriptions to the *NCO Journal* will be available beginning with the October 2003 issue through the Government Printing Office at the annual cost of \$16 for domestic and Army Post Office (APO) addresses or \$22.40 for delivery to foreign addresses. The subscription price covers four issues annually. The subscription program is open to all individuals and non-government organizations. Individual copies will also be available for \$5 domestic or \$7 foreign.

If ordering by mail, send a letter requesting a subscription to the *NCO Journal* and include a check or money order payable to: Superintendent of Documents, U.S. Government Printing Office Washington, DC 20402.

To order online, visit the GPO Bookstore at <http://bookstore.gpo.gov> and type in "NCO Journal" at the search field. After the search completes, click on the shopping cart next to the title and follow the instructions provided.

The GPO also accepts orders by calling toll-free at 1-866-512-1800.

For more information on GPO publications sales, visit their Web site at <http://www.gpo.gov>.



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## Lessons learned

Whether you are preparing for a deployment or conducting research during a course of study, the Center for Army Lessons Learned (CALL) Web site can provide a wealth of information gleaned from the experiences of others.

"There are so many things an NCO can get from CALL," said Sgt. 1<sup>st</sup> Class Timmy Sanders, NCOIC of the CALL administrative section. He goes out to units to brief NCOs on the benefits CALL offers them.

A Reserve component soldier about to join a host unit, for example, can access in-depth information about the unit before deploying.

"If you do that, you can hit the ground running," Sanders said.

Soldiers from around the world send back written after-action reports on operations, training exercises and combat training center rotations.



## Assignment Satisfaction Key

Soldiers may update assignment preferences and related information through an Internet tool, the Assignment Satisfaction Key (ASK), available at the Web site <https://isdrad06.hoffman.army.mil/ask/>.

The site is designed to give Enlisted Personnel Management Division (EPMD) managers a more realistic chance of matching your preferences with readiness needs, according to a Total U.S. Army Personnel Command (PERSCOM) brochure.

After signing in with your Army Knowledge Online (AKO) user identification and password, you can provide information in four areas. One area is for your assignment preferences. You must indicate six locations as your preferences. Three must be stateside and three must be overseas.

Two of the stateside preferences must be for locations where divisional units are stationed. The stateside locations are listed on the site. The four overseas locations available are Hawaii, Germany, Korea and Alaska.

A second area allows you to update or add personal contact information.

You can indicate a desire to volunteer for special duty assignments such as drill sergeant or recruiting duty at the third area.

Personnel managers added a fourth area recently. The latest option allows you to volunteer for assignment locations and receive consideration over non-volunteers.

Visit the Web site or send an e-mail to [tapcepc@hoffman.army.mil](mailto:tapcepc@hoffman.army.mil) for more information.

Specialists at CALL prepare the lessons and make them available to others.

A good source NCOs can use to get CALL products is the Web site at <http://call.armymil>.

"The Web site also is a good place for NCOs to get training materials and study ideas for Sergeants Time training," Sanders said.

For more information, visit the Web site or call commercial at (913) 684-3035 or DSN 552-3035.

## Duty rosters go automated

First sergeants worldwide are using a commercially available software program, "AutoDutyPro," that some say has cut hours from their weekly schedule.

"I had a company that averaged 165 soldiers. When I took over the unit, it literally took me three hours after work to manually complete the DA Form 6 [duty roster]," said Master Sgt. Gavin E. Wain-

wright, currently assigned to Supreme Headquarters Allied Powers, Europe (SHAPE), in Belgium. He said that after he began using the program, he was able to turn out his rosters in less than 30 minutes because he only had to enter exemption information one time. The program then adjusted all his duty rosters at once.

The program sells for around \$170 and includes a license for one unit to use. A unit is a company-level unit or smaller according to information at the company's Web site at <http://www.autodutypro.com/>.

The software may reside on up to two computers in each licensed unit without violating the terms of the licensing agreement. Updates within each version are available online at no charge, or on a 3.5-inch disk for \$20. The price includes mailing and handling.

The company offers discounts for multiple licenses and accepts orders online.

## Schedule change at USASMA

Sergeants Major Course, Class 54, slated to start in August, will start in January because of current deployments. The course is now slated to start Jan. 12, 2004 and end June 30, 2004. Because of the date changes, the course will be condensed to six months from its usual nine-month curriculum, according to Lt. Col. John Kirby, assistant commandant at the U.S. Army Sergeants Major Academy.

"This is a one-time change to accommodate all the soldiers who are participating in Operation Iraqi Freedom," Kirby said.

"Our folks in the Directorate of Training and Doctrine are currently reworking the program of instruction to accommodate the more condensed course schedule."

Class 54 students may report as early as Dec. 1, and no later than Jan. 5; however, they are authorized to move

their families early to Fort Bliss, Texas.

"Affording students the opportunity to move their families early gives them a chance to move into government housing, stabilize exceptional family members and enroll children in school," Kirby explained. Children must be enrolled in El Paso schools by July 27, in order to attend the first day of school, Aug. 19.

## Army offers soldiers LASIK surgery

Soldiers are lining up to apply for LASIK (Laser-Assisted In-Situ Keratomileusis) surgery. The procedure results in greatly improved sight in many soldiers and Uncle Sam picks up the tab.

The Army is looking at the surgery as a way to improve readiness and has initiated the surgeries under the Warfighter Refractive Eye Surgery Program (WRESP). Patients are prioritized according to their jobs, combat arms soldiers or soldiers assigned to combat units have first priority. Next comes combat support and combat service support soldiers, and finally other active-duty personnel as space is available.

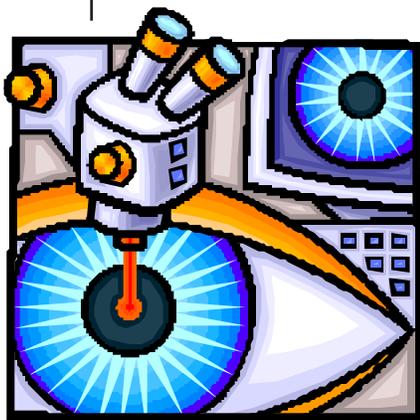
The advantages of not having to wear glasses or contacts affect the soldier on all sides; no more glasses to break while in the field, better vision in protective masks and night-vision devices, and less eye infections in harsh environments. All this leads toward individuals being more effective soldiers and less likely to become a liability on the battlefield.

LASIK is less invasive and almost painless compared to the older PRK (Photorefractive Keratectomy) procedure. LASIK takes approximately 10 minutes per eye. A small flap is cut in the cornea and is peeled back while a laser corrects the patient's vision.

The benefits of the surgery are evident immediately. LASIK recipients can see better within minutes.

PRK patients must wear a bandage over their eyes for two to four days to protect them while they heal.

After surgery the soldier will have two to four days convalescent leave, depending on the type of procedure performed. A profile for 14 to 60 days will be issued affecting parachute jumping,



diving, night operations and driving military vehicles.

Soldiers will remain in the continental United States for at least 30 days, but possibly up to 60 days, after the surgery. Patients' results vary, but results of 20/70 vision being corrected to 20/15 are not unusual.

Some soldiers that had LASIK surgery between the Persian Gulf War and the conflict in Afghanistan say the surgery was the best thing the Army could do to improve their combat readiness. Certain soldiers may not be authorized for LASIK or PRK procedures.

LASIK is not allowed for personnel on flight status and is a disqualifying factor for some Army schools.

PRK is allowed for Special Operations personnel.

For detailed information about the surgery reference the following Web sites, <http://www.wranc.amedd.army.mil/departments/ophthalmology/refractive/index.htm>, <http://www.wranc.army.mil/departments/ophthalmology/refractive/surgery/surgeryv2/index.htm> and [www.fda.gov/cdrh/lasik](http://www.fda.gov/cdrh/lasik).

*(Editor's note: Compiled from Army News Service.)*

## Recruiters of the Year

Phenomenal is the best word to describe the year 2002 for Sgt. 1st Class Thomas M. Downs and Staff Sgt. Calvin N. Lamont, who were selected from more than 7,300 soldiers as the U.S. Army Recruiting Command's Recruiters of the Year.

Both recruiters, who set the pace in their recruiting battalions by each enlisting more than 40 young men and women in the Army, earned the coveted Recruiter Ring in less than two years on recruiting duty – a feat that takes some recruiters several years to achieve. In addition, Lamont is an Audie Murphy Club member and Downs belongs to the Sergeant Morales Club.

Downs, from Fort Wayne, Ind., said he enjoys seeing a young man or woman “go from a rough draft of a person” into a skilled, disciplined soldier.

“The rewarding part for me is when they come back



*Sgt. 1st Class Thomas M. Downs (left) and Staff Sgt. Calvin N. Lamont (right) were named the 2002 Recruiters of the Year.*

home and they're [squared away]. Then their parents call after they see the kids' graduation and thank you for changing their children's lives and pushing them in the right direction.”

What brought Lamont, a former Army infantryman, so much success in one year? A positive attitude. Lamont, a Reserve recruiter and assistant station

commander for three years in the Denton, Texas, Recruiting Station, left for a new pursuit – Army health care recruiting.

Upon completion of the U.S. Army Recruiting and Retention School medical recruiting course, Lamont will be stationed at Del City, Okla., outside of Oklahoma City in the 5th Recruiting Brigade Army Medical Detachment.