

THE GAZETTE

ASSOCIATION
OF MILITARY
RECRUITERS AND
COUNSELORS

"THE GAZETTE"
MAY 2008

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Recruiters and Career Counselors of the Year Chosen



From Left to Right: US Army Career Counselor of the Year - SSG Gary Norris, US Army Reserve Career Counselor of the Year - SFC Ricardo Ramos Lopez, US Army Recruiter of the Year - SFC Sherri Roundtree, Secretary of the Army Pete Geren, US Army Reserve Recruiter of the Year - SFC Ricky L. Webb, Army National Guard Recruiting & Retention NCO of the Year - SFC Brad A. Bond, US Army Reserve Component Career Counselor of the Year - SFC Gregory Witzleb

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By AMRAC Executive Director Jerry Pionk

I hope as you read this issue of *The Gazette* all of you are in good health and spirits. We've had a busy time with AMRAC this winter and spring. We have been busy lately with some exciting new projects. Our organization is blessed with a broad background of life experiences and interesting members. As a result, we have taken on an ambitious project to write a leadership book using the life experiences and stories of our current and former **AMRAC Veterans of the Year** and past recipients of our **Distinguished Veteran's Award**. The book will be targeted at younger readers and

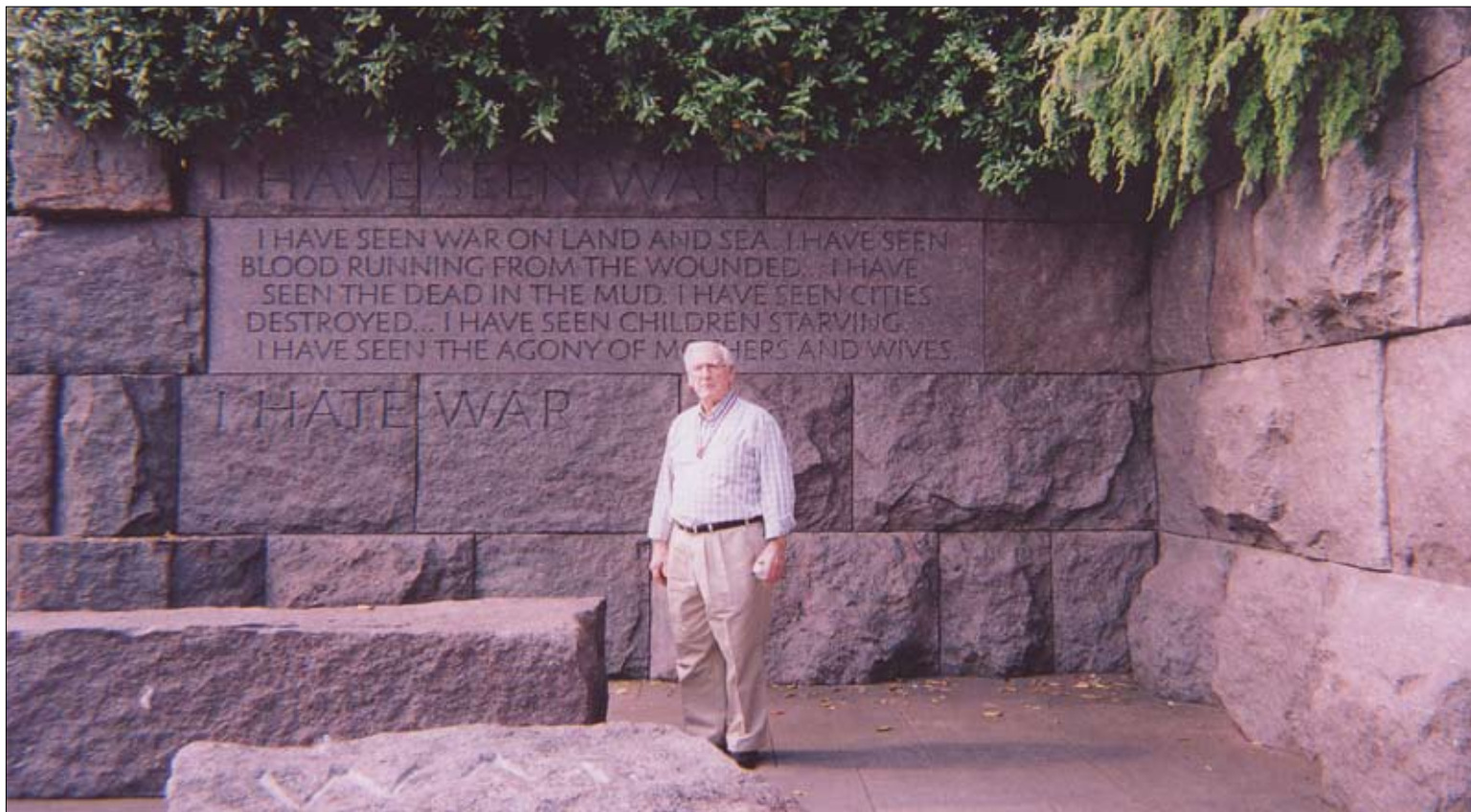
intertwined with the principles of leadership. There is a complete article on the project in this issue of the *Gazette*. Another project that is also detailed in this issue is the start of a partnership with the Center for Military Sociological Studies (CMSS). This partnership has resulted in one venture to date. The AMRAC web site (<http://www.ngob.net/employment.htm>) will list job opportunities and employment announcements. This information will also be available on the CMSS site at <http://www.centerformilitarystudies.com>.

We are still pending for approval

Cont'd pg. 3 "AMRAC News and Happenings"



AMRAC book project to chronicle lives of vets



By AMRAC Public Affairs

AMRAC and its subsidiary publishing company have announced an ambitious book project that will chronicle the lives of former **AMRAC Veterans of the Year** and recipients of our Association's **Distinguished Veterans Award** in a leadership themed book. The goal is to increase awareness among younger student aged Americans of the contributions and life lessons through the eyes of people who have lived through historical events and then returned to build our country. A full list of former veterans of the Year can be found at http://www.ngob.net/veteran_year.htm.

The book will weave the principles of leadership and the successes and failures, diversity and triumph of this unique group of Americans through the eyes of the veterans and those who have been influenced by

Above, Oscar (Bob) Collier, pictured at the Franklin Roosevelt Memorial in Washington DC, (Veteran of the Year 2005), who served in the Battle of the Bulge during WWII. Top right, Caesar Fenderson (pictured with Marketing Director, George Taylor) was a member of the famed "Red Ball Express" that played a major role in supporting General Patton's Third Army during WWII was a recipient of AMRAC's Distinguished Veteran Award in 2007. Bill Pettys, pictured last year at the National Korean War Memorial in Washington DC (Veteran of the Year 2002), a Navy combat medic who served with the USMC during the Korean War and eventually retired from the Army. These three vets and 14 more will be featured in the upcoming book project this year.



Cont'd pg. 3 'Vet's book'



Vets' book

From page 2

them. The overall theme will be that these veterans, although different in terms of age, geography, levels of success, sex and race all share some common traits that propelled them to different levels. They are all flawed people, but in the end prevailed.

Their story is a life lesson, possibly not a lesson that the reader will want to follow, possibly a "lesson learned" the hard way that should not be repeated.

The book chronicles the lives and times of ordinary Americans and explores their extraordinary accomplishments during their military service and service to country and takes an in depth look at how they parlayed their achievements into further success as civilians after military service.

This project is unique since it will involve veterans of four major war periods (WWII, Korea, Vietnam and the Persian Gulf era). This is a broad range of veterans at different stages in their lives with different points of view from their current vantage point in life.

The authors and the editors of the book have began the exhaustive task of interviewing our 12 surviving Veterans of the Year, families of our two deceased members and all recipients of the Distinguished Veteran's Award. The project will progress through this year and our target publication date is Memorial Day 2009. **Jerry Pionk, Dan Hladky** and **Lyle Hogue** are the authors and editors. Other members have been assisting with some of the interviews as well.

AMRAC News and Happenings

From page 1

under the Combined Federal Campaign which has already tentatively approved our Association for National campaign status. Once we get final word it will be posted on our web site. We have selected **Doctor Fannie Clark of Dallas, TX as this year's Veteran of the Year. She is a distinguished WWII veteran, a medical doctor and the first female to be so honored by our Association. Her story is in this issue and a full biography will appear later in the year.**

steadily and we thank all of you for your support.

Please encourage your fellow veterans and non-veteran supporters to join us.

Veterans will become part of our AMRAC veteran's association and non- veterans are eligible to become members of AMRAC Charities. For information on joining, news and much more please visit our website at www.ngob.net.

The organization has grown

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WWII Veteran Dr. Fannie Clark named 2008 AMRAC National Veteran of the Year; ceremony to be held later this year

By AMRAC Executive Director Jerry Pionk

The Association of Military Recruiters and Counselors recently selected Ms. Fannie Clark, M.D., of Dallas, TX as the **2008 AMRAC National Veteran of the Year**. The award will be presented later this year by AMRAC members. **Bill Groce**, Texas State Commander and Southwest Regional Commander is in charge of the official recognition ceremony and more details will be announced in future issues of *The Gazette* and on our web page at www.ngob.net.

The Veteran of the Year award is an annual recognition bestowed by the Association. Nominations were solicited from the Association's members and voted upon by the Association's recognition committee. The major criteria for the award are accomplishments after discharge from the military and devotion to making America stronger through community service. Doctor Clark served in World War II as a Navy Doctor. She married an Army pilot (William Clark) on D-Day, 1943.

Following WWII, Dr. Clark embarked on a distinguished career as a family practice physician in the Dallas, Texas area that has lasted for the past 66 years. Most recently, up until her retirement, she has worked on many boards in relationship with Saint Paul's Hospital in Dallas. Dr. Clark is somewhat of an icon - a pioneering woman doctor who practiced in the Dallas area for over sixty years, delivered more than four thousand babies and cared for more than three generations of several families. She graduated as a medical doctor from the University of Texas Medical Branch. She is a dedicated mentor to younger doctors and to her



Dr. Fannie Clark, shown above jumping from the back of a WWII-era Navy Ambulance during an exercise amidst the war, was one of only 3 women doctors in her Naval medical class and was a trend setter for women in the medical field during the war. She went on to a distinguished 66 year career as a family practice physician in the Dalls, Texas area and continues to serve as a role model and inspiration. She is AMRAC's 2008 National Veteran of the Year.
PHOTO COURTESY CLARK FAMILY

extended family of patients. Before she would even contemplate retirement, she brought two new doctors into her practice and insured that rapport was established with all of her existing patients before handing any of them to another doctor. She remains involved as a trusted advisor to this day in many aspects of medicine.

From a military perspective,

she is one of few female doctors to serve during WWII and is a pioneer not only in medicine, but in military medicine as well.

AMRAC will publish a full biography of Doctor Clark prior to the formal presentation later this year.

To nominate future veterans of the year and other awardees go to the www.ngob.net website to learn more.



Army Reserve Celebrates 100 Years with Re-enlistment Ceremony at Capitol Building in Washington, D.C.



Army Reserve Soldiers wait in formation in front of the Capitol for a re-enlistment ceremony to begin this morning, on the component's 100th anniversary. The Army Reserve was formed by Congress on April 23, 1908. *Photo by Don Wagner, courtesy of www.army.mil April 23, 2008*

BY Jacqueline M. Hames

WASHINGTON (Army News Service, April 23, 2008) - On the 100th anniversary of the Army Reserve, 100 Soldiers representing every state in the union re-enlisted during a ceremony on the west lawn of the Capitol Building.

Lt. Gen. Jack C. Stultz, Army Reserve chief and commander of the U.S. Army Reserve Command, administered the oath of re-enlistment at 10 a.m., signing a ceremonial document representing the commitment between the Soldiers and the state.

"What we are doing today is a

testament to the greatness of this nation. What you have before you are 100 heroes," Stultz said, addressing the crowd. "They represent the fabric of this nation; they are the next great generation."

Stultz thanked the Soldiers for their service and Families for the support they provide. The Soldiers would not be willing to re-enlist without encouragement and love from Family and friends, he said. Stultz also thanked the civilian employers for providing job flexibility to the Soldiers and support for the Families of the deployed.

After the oath of re-enlistment

was administered, each Soldier was called to the stage to receive a certificate and coin from Stultz and shake hands with Command Sgt. Maj. Leon Caffie to mark the occasion.

The Army Reserve was formed by Congress on April 23, 1908, as the Medical Reserve Corp. The group of 160 doctors served as a reservoir of trained professionals to deploy during times of emergency.

That original force has grown to encompass about 195,000 specialized and professional Soldiers, Maj. Gen. Mari K. Elder, deputy chief of the Army Reserve, said.

Eder mingled with the crowd
Cont'd pg. 8 'Reserves Celebrates'



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Tricare Supplemental Law Clarified

To all AMRAC readers- the following is a reprint of a bulletin put out by Military Officers Association of America:

Last week, DoD issued a proposed regulation that would clarify exactly what is allowed under the 2007 law that bars employers from providing TRICARE-specific incentives not to enroll in a company's health plan.

TRICARE Supplement Law Clarified

On March 28, DoD published a proposed regulation establishing rules on what employers can and can't do for employees who choose to use TRICARE rather than employer-sponsored health plan(s).

This regulation will clarify a law change that took effect in January. The new law bars employers from offering TRICARE-specific incentives for employees to drop employer health coverage and use TRICARE instead.

Congress' intent in passing the law was to stop employers from consciously seeking to shift their health care costs to the Defense Department. It was in reaction to the discovery that some airlines, defense contractors, and state governments had sent letters to TRICARE-eligible employees offering them special incentives to do that, including offering to pay for their TRICARE supplement policies.

The new law bars such practices.

However, the law's specific language doesn't explicitly address other common situations, such as employers who offer only cafeteria

plans with cash payments that employees can use to purchase coverage tailored to their needs. It also doesn't address employers who offer a flat cash payment to any employee who uses some other coverage, such as federal employee health coverage, a spouse's coverage, or TRICARE.

In the absence of a regulation clarifying the law, some employers simply stopped offering TRICARE supplemental policies, arbitrarily excluded military retirees from cafeteria plans, or refused to extend the same cash payments to TRICARE beneficiaries that they offer to other employees who use some alternative coverage.

The new draft regulation clarifies that cafeteria plans are not excluded under the law and that cash payments offered by employers to those who use other coverage are permissible for TRICARE-eligibles as long as equal payments are made to all who use alternative coverage (not just TRICARE).

The regulation is expected to take effect by mid-summer after a brief public comment period.

AMRAC joins MOAA and other groups in the hope this will put to rest any reluctance by employers to treat TRICARE-eligible's equitably with other employees.






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Dr. Lyle Hogue says "Get organized, get happy!"



DR. HOGUE'S CORNER

As I sat down and to write this, I thought about the men and women stationed overseas – carrying out the difficult and dangerous tasks of the Global War on Terrorism. Even though most are not striving to be "happy" in those places, I think they all strive to have an inner peace. So while this article may be "gimmicky" in its title, not once does this author think that what our brave service members are doing is "gimmicky." On to the article...

Not handling stress is the culprit of unhappiness. Notice that stress is not necessarily the culprit of unhappiness. There is

good healthy stress that motivates people to reach new highs and achieve victories never thought possible. Not handling stress eventually leads to anxiety, depression, anger, insomnia, high blood pressure, heart attacks, and even infertility. In fact, according to January 2008 Men's Health article, 60 to 90 percent of doctor visits stem from stress.

One strategy is to "de-clutter" your head. Research tells us your short term memory can hold only about seven items at one time. Try to handle more than seven and the brain starts faltering. It has been said about the brain: "as a remember-and-reminder mechanism, the brain simply is not very good". Case in point, have you ever told yourself "okay don't forget to mail these letters on the way to work" only to drive right by the Post Office? Another flaw of the brain is that it

tends to "obsess" on unfinished tasks. Think of how many times you have stayed awake thinking of tasks you have yet to complete?

Another strategy is using the Internet to "redefine organization as search." Instead of having huge file cabinets or folders of information simply put information in a personal online folder. Whenever a question or need arises, conduct a search and bring in the data.

Third strategy – use "virtual network assistants" in your de-cluttering exercise. Calendars, Notebooks, Email, Phones etc are all fast and easy ways to lock things down and then de-clutter. For instance, I am in the process of writing a screenplay, so I am looking for dialogue material. Recently, I was in a place that had a pickup line on the wall: "Did you get a ticket today? Cuz you got FINE written all over you!" I would have never remembered the line, but I captured it using the notepad feature of my phone in twenty seconds.

Get Organized and Get Happy using these few strategies to de-clutter the stress in your life and you will be on your way towards a happier, healthier you. Try a few of these strategies and send me an email at lyle.hogue@us.army.mil and share your success stories!



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U.S. Army Reserve Celebrates 100 years

From page 5

before and after the ceremony.

"It's a great day to be a Soldier," Eder said, "to have all of this come together to honor these Soldiers. They will never forget this. To be part of this is to be part of history."

This year was the third year the ceremony was held on the Capitol lawn, and the second reenlistment of the year. In January, another set of 100 Soldiers re-enlisted during a ceremony in Baghdad to kick off the 100th year of service for the Army Reserve.

Having 100 Soldiers representing every state was the "right number to strike the symbolic note," Eder explained. Each Soldier brought friends and family to the event.

"This is the Army Reserve family you see here today," she said.

The day was doubly special for one Soldier. Staff Sgt. Shawnda Bass was reunited with her recruiter, Re-

tired Sgt. 1st Class Clifton Magwood, just before the ceremony.

Bass led a troubled youth and took the Armed Services Vocational Aptitude Battery test one day instead of going to class. She scored very well, and Magwood persisted in convincing her to join. Bass attributes her success in life to the persistence of Magwood and others like him.

Originally from Washington, D.C., Bass was "honored to be selected for the ceremony." It made her proud to take the oath while looking down across the National Mall, she said.

A wreath-laying ceremony was

scheduled to take place at the Tomb of the Unknowns at Arlington National Cemetery later in the day to honor the sacrifices Reserve Soldiers have made; and a tree-planting ceremony will be held to honor current Soldiers. Later in the evening, there will be a gala ball to celebrate the Reserve's 100th Anniversary.

For more great Army news, go to www.army.mil/news

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