

RESERVE DIETITIANS WINTER 2002 UPDATE

COL Sarah K. Helms, IMA to Chief, Dietitian Section

January 23, 2002

Special points of interest:

- *Send current e-mail address to helmsb@aol.com*
- *Licensure is mandatory!*
- *Joint Field Nutrition Operation Course, 2-10 May*
- *ADA Military Symposium, 18-19 Oct 02, Philadelphia*
- *AMSUS, 10-15 Nov 02, Louisville, KY*

HIGHLIGHTS

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OPERATION ENDURING FREEDOM

In response to the terrorist attacks on September 11, 2001, our armed forces have been mobilized to flush out and destroy terrorist networks throughout the world. This operation is called "Enduring Freedom" and we pray for the safety of the men and women involved in this endeavor and success of the mission. As of January 16, the total number currently on active duty in support of the partial mobilization for the Army National Guard and Army Reserve is 22,693; Naval Reserve, 9,485; Air National Guard and Air Force Reserve, 33,077; Marine Corps Reserve, 2,683; and the Coast Guard Reserve, 1,972. This brings the total Reserve and National Guard on active duty to 70,180 from 50 states, the District of Columbia, and Puerto Rico.



Licensure for all Army dietitians is mandatory. Army Regulation (AR) 40-68, "Clinical Quality Management", (publication ≈ Jun 02), has been updated to reflect this requirement. Because both the DODD and the AR pertain to active duty and reserve dietitians alike, failure to comply with the licensure requirement may preclude reservists from obtaining clinical privileges for their periods of annual training. In other words, if you don't have a license you will not obtain clinical privileges at any Army Medical Facility and you cannot do Annual Training (AT) at any Army Medical Facility. This is adequate warning as you now still have time to obtain a license before this summer's AT. Again, this is not a plug for Texas, but it is one of the least expensive states to maintain a license. The Texas Licensure Office can be contacted by calling 512-834-6601 or visiting their website at <http://www.tdh.state.tx.us/hcqs/plc/diet.htm>.

ADA MILITARY SYMPOSIUM, OCT 18-19, 2002

We had a great time at last years American Dietetic Association (ADA) military events. The Military Symposium, which was held on Saturday prior to the ADA's Food & Nutrition Conference & Exhibition (FNCE) in St. Louis, was well attended by dietitians from all services. The military events also include a tri-service dinner where you have time to converse with colleagues from all services. The Army Breakfast is always enjoyable because we have an opportunity to get Army updates and visit with Army friends again. Since the ADA's FNCE was cut down to 3 days and reserves are funded for 5 days of Continuing Health Education (CHE), the Military Symposium will be extended to 1½ days. The symposium will be held on Friday, 18 Oct beginning in the afternoon and all day Saturday, 19 Oct. Therefore you have time to fly into Philadelphia on Friday morning and attend the meeting in the afternoon. These are also "free" CHE hours. Last year we got 6 hours for one day, so we should get more for 1½ days. More information will be coming out in the Summer Newsletter, so **plan to come to Philadelphia in October.**

Call For Posters For ADA's Food and Nutrition Conference

It's that time again and if you check your January issue of JADA, you will find all of the details. **Abstracts** must be postmarked NLT 5 April 2002. This is a great public relations for Army Dietetics, and a wonderful learning opportunity. As an incentive, this year we are going to feature an awards program for the Poster Sessions. Those presenting at the Food and Nutrition Conference will also present their posters at the Military Nutrition Symposium. Posters will be judged and prizes awarded.

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PROMOTIONS!

Congratulations to the following people on their promotions:

To Colonel: Charles Colison of Westminister, MD, Joanne Slyter of Westminister, CO and Arlene Spierer of N. Potomac, MD.



To Lieutenant Colonel: Harry Barnes of Bakersfield, CA, Dora Burke of Brooklyn, NY, Donna Dolan of Olin, IA, Suzanne Kasenic of Philadelphia, PA, Deborah Simpson of Austin, TX, and Leroy Williams of Englewood, CO.

Promotion boards for AMEDD LTC and COL both meet 28 May-28 Jun, so if you are eligible for promotion to either rank, start early to prepare your personnel records and to get your official photograph.



RETIREMENTS POINTS ARE NOW COUNTED DIFFERENTLY

AR-PERSCOM is counting retirement points differently than previously counted. For example, if you are attached to a reserve unit for points only and drill with that unit, you still get 2 points for 8 hours of work. If you perform staff and administrative duties as additional training for points only, then you can get one only point per day no matter if you work 2 hours or 8 hours. If you are an IMA and do work for points only for an active Army unit, then you can get only one point per day for 2-8 hours of work. If you attend a professional meeting, then only 1 point is awarded per day and a certificate is needed along with the DA 1380. I guess the lesson is that you shouldn't work for more than 2 hours per day for points only unless it is on a drill weekend with a reserve unit. The method of awarding IDT retirements points is spelled out in AR 140-185, Table 2-1 and in Chapter 2 of that regulation, which I will include in this letter.



SGLI BEGAN SPOUSAL COVERAGE NOVEMBER 1, 2001

Beginning 1 Nov 01, SGLI began coverage for your spouse and children whether you wanted it or not, and premiums were automatically deducted from your reserve pay. In my case, I didn't get the notification until after 1 Nov and the premium had been deducted. If you do not want insurance coverage for your spouse or want a reduced amount of coverage, you must complete form SGLV-8286A, Family Coverage Election, and submit the completed form to your personnel officer or to AR-PERSCOM if you are an IMA or IRR. I filled out the SGLV form, faxed it in to AR-PERSCOM, and got my money back. If you don't want the coverage for your spouse or children, you must submit this form, or they will charge you until you do.



Desert Shield, Desert Storm Vets Have Higher Rate Of ALS

In a large epidemiological study, researchers supported by both the Department of Veterans Affairs (VA) and the Department of Defense (DoD) have found preliminary evidence that veterans who served in Desert Shield-Desert Storm are nearly twice as likely as their non-deployed counterparts to develop amyotrophic lateral sclerosis (ALS), commonly called Lou Gehrig's Disease.

VA, working with DoD, studied nearly 2.5 million veterans for this investigation. This study, which began in March 2000, involved nearly 700,000 service members deployed to Southwest Asia, and 1.8 million who were not deployed to the Gulf during the period Aug. 2, 1990 to July 31, 1991.

The study found 40 cases of ALS among deployed veterans. Although the researchers found the risk of ALS to be twice as high for deployed veterans, it is a rare disease and the number of affected individuals is small. Scientists would expect to find 33 cases in a similar-sized population over the same time period.

VA officials intend to make certain that VA's medical resources and research capabilities are fully focused on this issue and will also explore VA's options for compensating veterans who served in the Gulf and who subsequently develop ALS.

ALS is a fatal neurological disease that destroys the nerve cells that control muscle movement. Neither a cause nor an effective treatment for ALS is known.

The investigation, jointly funded by DoD and VA for \$1.3 million, included case reviews, examinations and at-home interviews of the participants.



PAY RAISE IN 2002!

FY02 NATIONAL DEFENSE AUTHORIZATION ACT

has given us a pay raise and other benefits. After pay table adjustments contained in the bill, every service member will receive a raise of between 5 to 10 percent (effective January 1, 2002). The bill authorizes the largest pay increase for military personnel since 1982.



As a result, enlisted service members will receive at least a 6 percent pay raise, officers will receive at least a 5 percent pay raise, and certain pay grades will receive as much as a 10 percent pay increase. In addition, the committee recommends changes to pay tables and significant additional increases for mid-grade and senior noncommissioned officers and mid-grade officers.

The bill also revises eligibility requirements for basic pay rates for certain reserve commissioned officers with prior service as enlisted members or warrant officers. It allows members of the Reserves or National Guard not entitled to basic pay and in a pay grade below E-7 to receive compensation for a period of instruction or duty in satisfaction of educational requirements imposed on such members if the educational activity in is duly approved and the member attains the learning objectives required.

It increases from \$200 to \$400 the officer active-duty uniform allowance limit while still remaining eligible for an additional uniform allowance.

It reduces from 2 years to 18 months the time-in-grade required before promotion of first lieutenants or lieutenants (junior grade).

Military Voting. Establishes procedures to ensure that problems with the DoD mail and voting systems are corrected before elections occur and improves the military's implementation of the Federal Voting Assistance Program. Included are residency guarantees for military voters, an electronic voting demonstration project, simplified voter registration and absentee ballot application procedures for absent uniformed and overseas voters, as well authorization for the use of certain DoD facilities as polling places.

Protecting Health Care Choices. Many military retirees are eligible for health care in facilities and programs of both the Department of Defense and the Department of Veterans Affairs. To protect the ability of these retirees to choose the best available option for their health care needs, the bill includes a provision to prohibit the Secretary of Defense from forcing military retirees to choose between DoD and VA programs.

Reservist Health Care. The federal government should lead the way in supporting employees who serve as military Reservists. To that end, the bill directs federal agencies to pay Federal Employees Health Benefit Plan premiums for Reservist employees who are called to active duty for more than 30 days to serve in a contingency operation.

The bill revises provisions authorizing transitional health care to members involuntarily separated from active duty (and their dependents) to include under such care members of the Reserves separated from active duty in support of a contingency operation if the active duty is for more than 30 days, members involuntarily retained in support of a contingency operation, and members required to remain on active duty for less than one year in support of a contingency operation.

The bill requires the Comptroller General to carry out a study of the needs of members of the Reserve components of the Armed Forces and the National Guard and their families for health care benefits. The study shall include the following:

- (1) An analysis of how members of the Reserve components of the Armed Forces and the National Guard currently obtain coverage for health care benefits when not on active duty, together with statistics on enrollments in health care benefits plans, including--
 - (A) the percentage of such members who are not covered by an employer health benefits plan;
 - (B) the percentage of such members who are not covered by an individual health benefits plan; and
 - (C) the percentage of such members who are not covered by any health insurance or other health benefits plan.
- (2) An assessment of the disruptions in health benefits coverage that a mobilization of members of the reserve components of the Armed Forces and the National Guard causes for the members and their families.
- (3) An assessment of the cost and effectiveness of various options for preventing or reducing disruptions described in paragraph (2), including--
 - (A) providing health care benefits to all members of the Reserve components of the Armed Forces and the National Guard and their families through the TRICARE program, the Federal Employees Health Benefits Program, or otherwise;
 - (B) revising and extending the program of transitional medical and dental care that is provided under section 1074b of title 10, United States Code, for members of the Armed Forces upon release from active duty served in support of a contingency operation;
 - (C) requiring the health benefits plans of such members, including individual health benefits plans and group health benefits plans, to permit such members to elect to resume coverage under such health benefits plans upon release from active duty in support of a contingency operation;

(D) allowing members of the Reserve components of the Armed Forces and the National Guard to participate in TRICARE Standard using various cost-sharing arrangements;

(E) providing employers of members of the Reserve components of the Armed Forces and the National Guard with the option of paying the costs of participation in the TRICARE program for such members and their families using various cost-sharing arrangements;

(F) providing financial assistance for paying premiums or other subscription charges for continuation of coverage by private sector health insurance or other health benefits plans; and

(G) any other options that the Comptroller General determines advisable to consider.

The Comptroller General shall submit to Congress a report describing the findings of the study conducted under subsection (a).

Reserve Component Readiness Infrastructure for Training and Readiness. The bill provides \$807.8 million (\$192.6 million more than the President's request) for facilities enhancements to improve the training and readiness of the National Guard and reserves, including: \$305 million for the Army National Guard; \$197 million for the Air National Guard; \$173 million for the Army Reserve; \$79 million for the Air Force Reserve; and \$53 million for the Navy and Marine Corps Reserves.

Reserve Forces Special Pay and Bonuses. The committee recommends provisions to extend certain special pays and bonuses for Reserve personnel through December 31, 2002, including:

Special pay for health care professionals who serve in the Selected Reserve in critically short wartime specialties; Selected Reserve reenlistment bonuses; special pay for Selected Reserve enlisted personnel who are assigned to certain high priority units; Ready Reserve enlistment and reenlistment bonus; the Selected Reserve affiliation bonus; prior service enlistment bonus; and authority for repayment of educational loans for certain health professionals who serve in the Selected Reserve (extended to January 1, 2003).

Expanding Reservist Access to Commissaries. Under current law, Reservists are not eligible to receive commissary privileges until they have attended unit drills for a year. This policy is inconsistent with the eligibility requirements for other morale, welfare, and recreation benefits, including access to military exchanges, which are immediately available to Reservists. As such, the bill authorizes Reservists to receive commissary privileges immediately upon entering reserve service. (Excerpted from ROA article by Lt. Col Stephen Anderson, (Ret))

Frequent-Flier Miles Can Now be Kept. The new law now allows official travelers to accept promotional items, including frequent flier miles, and use them for personal travel. Any promotional items through official travel belong to the traveler. Mileage received by service members and federal employees before the bill was passed is also "grandfathered". People who have accumulated mileage in frequent flyer accounts through official travel over the past years own all of that mileage.



TRAINING NEEDS FOR RESERVE DIETITIANS

Several months ago I sent a message out inquiring about the greatest training needs of reserve dietitians. I got a variety of responses, but the greatest number seemed to deal with Army food service management especially in a field environment. There are several options which may help you. One is to ask advice from the Army Food Advisor at your local Reserve Support Command (RSC). Some RSC's hold a Food Service Workshop for training purposes. Another is to attend the World Wide Food Service Workshop, which is usually held in June (last year in Atlantic City). The Army Reserve portion is held after the main conference. Information on the conference can be obtained by going to the Army Center of Excellence, Subsistence (ACES) Official Website at <http://www.quartermaster.army.mil/aces>. Another recommendation is to sign up for Army Food Service Technician correspondence courses, which are listed under the Quartermaster School. The Army Correspondence Course Program (ACCP) web site can be found at <https://www.aimsrdl.atsc.army.mil/>. When registering for correspondence courses, leave the "Functional Area" blank vacant. You might learn something about Army Food Service Management and get retirements points too! The final recommendation is to attend the Joint Field Nutrition Operations Course (JFNOC), May 2-10, 2002 in San Antonio, TX.

Joint Field Nutrition Operations Course; 6H-300/A0619

LOCATION: Camp Bullis, TX
May 2-10, 2002

PROJECT OFFICER: CPT Elizabeth L North
Phone : DSN: 471-6344 Commercial: (210) 221- 6344

SCOPE: This course is designed to provide U. S. Army, U. S. Army Reserve, Army National Guard, U. S. Air Force, and U. S. Navy dietitians and senior Hospital food Service Specialists with information and hands on training in order to provide optimum nutrition care in the field environment. This course teaches current concepts/doctrine along with providing practical experience in Army medical field feeding and nutrition support. An emphasis is placed on familiarization and utilization of field equipment, preparation of modified diets in the field environment, transportation and service of meals to patients, sanitation and safety of equipment, resource procurement and management in the field environment, and the need/responsibilities of the dietitian in support of domestic and foreign missions.

PREREQUISITES: Attendees must be Dietitians from the active or reserve components, Senior Hospital Food Service enlisted personnel, or other DA and other service dietetic personnel. Dietetic Interns and Dietitians who are PROFIS designees are strongly encouraged to attend. Send DA 3838 to Roderick Kuwamoto, LTC, Army Medical Specialist Corps roderick.kuwamoto@cen.amedd.army.mil DSN: 421-9428 COM: (210) 295-9428

Information on courses given by the AMEDD Center and School can be obtained by logging on at www.cs.amedd.army.mil/DHET/initial.htm. If you want to attend any of these courses plan well in advanced. Information about funding of Continuing Health Education (CHE) can be obtained by going to the AR-PERSCOM web site. Click on Soldier Services and Career Guidance, then scroll down to Education and AMEDD CHE. Another word of advice is to **call or e-mail the POC about one month prior to the beginning of the course**, because sometimes there are last minute changes.

According to Mrs. Walker, AR-PERSCOM, there is no money left for CHE. So if you want to go to JFNOC, your unit can send you in place of regular AT and your can spent a few extra days helping out at the AMEDDC&S to get your 12 days AT.

The **AMEDDC&S** has done a fantastic job of spelling out the role of the Nutrition Care section in a field environment in their soon to be released draft of **FM 4-02.56** (Formerly FM8-505). It will spell out task standards for 91M personnel, personnel and equipment requirements, and many other necessary tools. This draft should optimistically be posted on their website June 2002 (www.cs.amedd.army.mil/dhet).

Enlisted Courses: The AMEDD Center and School also has enlisted 91M courses with reserve slots. The 91M10 (RC) course, which last for 2 weeks (Phase 2), is given once per year. The full 91M10 course, which last 7 weeks, is given 13x/year. The Center and School will come to your unit for training, if your unit funds their travel. They can be contacted at 210-221-3466/3376/3284. You can also visit their website at www.cs.amedd.army.mil/dhet.



AR-PERSCOM's My2xCitizen Portal Is Great!

My2xCitizen is AR-PERSCOM's next step in taking e-care of soldiers. A self-service portal for Reserve soldiers to include: Individual Ready Reserve, Active Guard Reserve, Individual Mobilization Augmentee, Troop Program Unit, Standby Reserve and Retired Reservists. Additionally, Active Army, National Guard soldiers and retirees who have served in the Army Reserve will find historical information. My2xCitizen enables you to:

- View and update personal contact data (phone numbers and address)
- Be alerted on events or actions associated with maintaining retention and readiness status (for example, security clearance, physical and re-enlistment)
- Display your personal career information such as retirement points and evaluation history
- View selected soldier documents
- See What's New "[AR-PERSCOM Enhances Self-Service Web Portal](#)"

You must have an Army Knowledge Online (AKO) account to use its features. If you do not have an account, go to the AR-PERSCOM web site, www.2xcitizen.usar.army.mil/ for instructions. If you have problems signing on with your AKO account, directly contact the AKO Help Desk at 877-AKO-USER or help@us.army.mil.

GET YOUR AKO ACCOUNT NOW!

Getting an AKO account and e-mail address is a must for all military members. You can gather information relevant to you into a single source, communicate directly with other members of the Army community, cull news and headlines from multiple sources, and various other things. Travel voucher settlements are now sent through your AKO account and Leave and Earning Statements. You can forward the e-mail sent to your AKO address to your e-mail address that you use most often, so you don't have another e-mail account to check. Best of all, I can communicate with all of you even when you change your e-mail address.

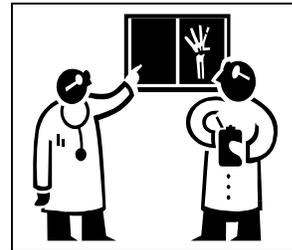
KNOWLEDGE EXCHANGE (KE) HAS COME TO THE SP CORPS

We now have a method of exchanging information within the Corps via the Internet. Go to <http://ke.army.mil/sp/> and sign on as a new user. If you have an AKO e-mail address, use that so that the administrator of the website knows you are an Army Dietitian. Then you can access the dietitian's library, conferences and discussions that may be of interest to you. We might even want to start a Reserve Dietitian's discussion group, if I have volunteer to manage it.

Periodic Physicals (5-YEAR)

Title 10, United States Code, Chapter 1007, Section 10206 requires all Ready Reservists to have a physical at least once every five (5) years.

IRR/IMA/ARE (formerly JRU) Soldiers



The United States Army Reserve has established a Federal Strategic Health Alliance (FEDS_HEAL) with military and civilian providers to further the medical/dental readiness issue. This program provides over 8,000 facilities at which periodic physical examinations may be scheduled.

AR-PERSCOM has implemented the FEDS_HEAL program for IRR/IMA/ARE (formerly JRU) soldiers. Six months prior to the expiration of your current physical, you should receive a letter advising you to request a physical examination. You **MUST** contact your Regional Support Team (RST) representative to initiate the process. **PLEASE DO NOT SCHEDULE YOUR PHYSICAL EXAMINATION THROUGH YOUR PMO.**

The memorandum dated 30 Nov 00, issued by the Assistant Surgeon General, updates the Medical Exam Requirements. "Requirements For Army Medical Examinations" supersedes Paragraph 8-12, AR 40-501. The Cardiovascular Screening Program (CVSP), paragraph 8-25 is updated. The memorandum also provides the authority to use the Report of Medical Examination (DD Form 2808) in place of the SF 88 and Report of Medical History (DD Form 2807-1) in place of the SF 93.

Other items that will not undergo a policy change will have their wording changed to give a clearer picture of what the policy is, said Master Sgt. Kittie Messman, the uniform policy noncommissioned officer at the Office of the Deputy Chief of Staff for Personnel.

Items that will be re-worded include those governing tattoos and body piercing, identification bracelets, civilian bags, and uniform policy based on religious practices. Army Regulation 670-1, *Wear and Appearance of Army Uniforms and Insignia*, was last revised in 1992, but in order to keep up with the pace of changing times the regulation is periodically reviewed.

"The regulation has to change with time," Messman said. "If not we'll still be wearing uniforms from the Civil War."

Until the secretary of the Army, Messman said, signs the revised regulation, last updated in 1992 is still in effect.

A new policy regarding cell phones and pagers is one addition to the regulation that was generated by technology, Messman said.

Under the upcoming regulation only one electric device will be authorized for wear on the uniform in the performance of official duties. The device may be either a cell phone or pager - not both. The device must be black in color and may not exceed 4 X 2 X 1 inches. Devices that do not comply with these criteria may not be worn on the uniform and must be carried in the hand, bag or in some other carrying container.

At one time, cell phones and pagers were only common practice for people in the medical field, but now the Army has downsized, and people are doing more than one job at the same time, said Lt. Col. Margaret Flott, chief of the Human Factors and Policy Division for DCSPER. Soldiers have to be able to go out and do their jobs without being tied to their desk, she said.

Messman is the principal advisor for changes to the uniform policy, but she said the changes that are being staffed came from recommendations.

"We depend a lot on leadership in the field," Messman said. "They know the young soldiers of today. I get their input on when it's time to allow something that wasn't allowed before, or when something starts becoming a distraction and needs to be addressed."

The policy change authorizing braids and cornrows is an example of items that were once seen as inappropriate in the workplace, but now considered conservative and business-like, Messman said. And the policy clarification that prohibits two-toned manicured nails is an example of a growing trend that has no place in the work area, she added.

People usually have the hardest time accepting the grooming policies, Messman said. "We don't want to rob people of their individuality," Messman said. "But the Army has never professed to be a leader in fashion. Our goal is to create a conservative, professional image and some of the more trendy styles will not accomplish that goal."

Highlights of the changes are:

Dreadlocks are prohibited for all soldiers. Prohibited hair dye colors include purple, blue, pink, green, orange, bright fire engine red, and neon colors. Applied colors must look natural on the individual soldier. Women are authorized to wear braids and cornrows; baldness is authorized for males, either natural or shaved.

Males are not authorized to wear nail polish and they must keep nails trimmed to the tip of the finger. Females must keep nails trimmed no longer than 1/4 inch, as measured from the fingertip. Two-tone or multi-tone manicures and nail designs are prohibited. Prohibited nail

polish colors include bright fire-engine red, khaki or camouflage, purple, gold, blue, black, white, and neon colors.

Tinted or colored contacts, and contacts that change the shape of the iris are prohibited, as they are not medically required. The only contacts authorized are opaque lenses (when prescribed for eye injuries) and clear corrective vision lenses.

Cell Phones and Pagers: One electronic device is authorized for wear on the uniform, in the performance of official duties. The device may be either a cell phone or pager - not both. The device must be black in color and may not exceed 4x2x1 inches. Devices that do not comply with these criteria may not be worn on the uniform and must be carried in the hand, in a bag, or in some other carrying container.

Bloused Boots. Soldiers will not blouse boots any lower than the third eyelet from the top of the boot.

Males are exempt from wearing headgear to evening social events (after retreat). Black beret: The Army flash is the only flash authorized, unless authorization for distinctive flashes was granted (i.e., OPFOR) before June 14, 2001.

Commanders may authorize the use of a camouflage hydration system (commonly called "camelbacks") for field duty or on work details. Soldiers will not use these devices in a garrison environment, unless directed by the commander.

Sew-on insignia is now authorized for the desert BDUs; colors are khaki and spice brown combinations. Soldiers may wear the same insignia and awards as are worn on the woodland camouflage battle dress uniform.

Soldiers who are pregnant should wear the PT uniform until the uniform becomes too small or too uncomfortable. At that time, pregnant soldiers may wear civilian equivalent workout attire. Leaders will not require soldiers to purchase larger PT uniforms to accommodate the pregnancy.

Wear of the RDI on the AG 415 class B shirt is optional.

The category of the EOD Badge is changed from group 5 to group 3.

A wear out date for the black mess uniform is Sept. 30, 2003.

(Editor's note: Last portion of article copied from DCSPER information paper.)

TIDBITS

RESERVES NOW GET EQUAL ACCESS TO BILLETING - Dr. David S. C. Chu, the Under Secretary of Defense for Personnel and Readiness, has signed DoD Instruction No. 1225.9 that ensures RC members have equal access to housing facilities as AC members when performing active duty or inactive duty training more than 50 miles from their residence. The instruction is available on the Reserve Officers Association (ROA) web site at: <http://www.ROA.org/>.

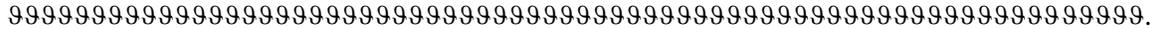


YOU CAN NOW SIGN UP FOR ROA ELECTRONIC MEMBERSHIP OPTION

ROA e-Membership is a lifetime membership, which is electronic based. The **e-Member** has complete access to the ROA Website, including member only sections. The ROA Website also has an electronic version of *The Officer* magazine. **e-Members** receive the weekly update e-mails and are eligible for all member benefits, with the exception of the hard copy version of The Officer magazine. http://www.roa.org/e_member_notice.asp



Do you want information about food Safety? You can keep in touch with food safety education information by subscribing to a free quarterly newsletter "The Food Safety Educator" or downloading it from the web site at <http://www.fsis.usda.gov/oa/educator/educator.htm>. To subscribe: provide your full name, organization name, & mailing address and send to USDA/FSIS/Food Safety Education, Rm 2944-South Building, 1400 Independence Ave., SW Washington, DC 20250-3700, fax the information to 202-720-9063, or e-mail your request to: fsis.outreach@usda.gov .



Do you need an Army Form or Regulation? The U.S. Army Publishing Agency has just about any DA or DD Form or Publication you could want on their web site at <http://www.usapa.army.mil/>.



Complementary and Alternative Medicine Internet Resources There are several organizations that offer good information on herbals and following are their websites: National Center for Complementary and Alternative Medicine (NCCAM) - <http://nccam.nih.gov/>

American Botanical Council - <http://www.herbalgram.org/>

Consumer Lab - www.consumerlab.com This is a commercial testing company that has begun to assess the quality of dietary supplements.



THERE ARE 7 IMA 65C VACANCIES!

MAJ Fesl, our Reserve Liaison at HQ MEDCOM, has just informed me that there are 7 IMA vacancies. If anyone is interested in getting in one of these, please call him at 210-221-8630. They are as follows:

- | | | |
|-------------------|---------------------|-----------------|
| Womack(NC), CPT | Hood(TX), CPT & MAJ | CHPPM(MD), LTC |
| Campbell(KY), LTC | USARIEM(MA), MAJ | WRAMC (DC), MAJ |

Included in this packet are copies of handouts from the Military Symposium and information on functional foods and herbal supplements.

