



ITW Breakdown



FILL WEEK	Monday	Weekly Video: Fill Week	WEEK: 3	Monday	EFMP	WEEK: 6	Monday	Blue Phase FAQ	WEEK: 9	Monday	Customs & Courtesies
	Tuesday	Welcome to 434 FA BDE/What to Expect/Photos for Cycle		Tuesday	CYS Programs		Tuesday	Grad/Fam Day		Tuesday	Grad Link
	Wednesday	Addressing Mail/ To send or Not To Send		Wednesday	White Phase FAQ		Wednesday	Voting		Wednesday	AIT Expectations
	Thursday	What to do in an Emergency		Thursday	How to Read LES/Military Pay		Thursday	AFTB		Thursday	Help Prepare Next Class
	Friday	Mail Expectations/Phone Calls		Friday	SHARP		Friday	Preparing for FDS		Friday	Hurry Up & Wait
	Saturday	Understanding Military Pay		Saturday	Casualty Notification Process		Saturday	SFRG Fundraiser Event		Saturday	Ship Ops: They've Moved On
	Sunday	Weekly Video: Week 1		Sunday	Weekly Video: Week 4		Sunday	Weekly Video: Week 7		Sunday	
WEEK: 1	Monday	Welcome to "ITW"	WEEK: 4	Monday	MFLC	WEEK: 7	Monday	Diversity is Our Strength			
	Tuesday	DEERS		Tuesday	BOSS		Tuesday	Army Performance Triad			
	Wednesday	Typical Day/Military Time		Wednesday	MWR		Wednesday	Voting			
	Thursday	Red Phase FAQ		Thursday	OPSEC		Thursday	Resources on Post			
	Friday	Tricare Overview		Friday	AER		Friday	Legal Office			
	Saturday	Chaplain		Saturday	Resiliency Resources		Saturday	Commissary			
	Sunday	Weekly Video: Week 2		Sunday	Weekly Video: Week 5		Sunday	Weekly Video: Week 8			
WEEK: 2	Monday	Decoding Acronyms/ Army Terminology	WEEK: 5	Monday	AAFES	WEEK: 8	Monday	FORGE			
	Tuesday	Tricare Dental		Tuesday	Army One Source		Tuesday	Relocation Readiness			
	Wednesday	Military One Source		Wednesday	Battery History		Wednesday	Transportation			
	Thursday	ACS		Thursday	434 History		Thursday	Attire for Events			
	Friday	SFRG		Friday	Behavioral Health		Friday	Late Mail			
	Saturday	Suicide Awareness Resources		Saturday	Coping w/ Separation		Saturday	Soldier Ceremony Highlights/ Soldier Ceremony			
	Sunday	Weekly Video: Week 3		Sunday	Weekly Video: Week 6		Sunday	Weekly Video: Week 9			





Our Communications



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Fill Week

Day 1

Weekly Video: Fill Week

Family and Friends check out this video developed by the Brigade to give you an insight on what is happening this week. Please note that these videos were pre-made. Therefore, our Trainees will not be seen in the video.

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Weekly Video: Fill Week

Check Share drive

S:_HQ 434\BDE PAO\Weekly Videos

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Fill Week

Day 2

Welcome to 434th Field Artillery Brigade

Welcome to the Destroyer Family! This is the **ONLY** OFFICIAL Facebook page for the 434th Field Artillery Brigade at Fort Sill, OK.

This page is maintained by our Social Media officers along with oversight from the Battalion Commander and Brigade Public Affairs office. So, for up-to-date accurate information this is the page to follow!

The purpose of this page is to give you a glimpse into your Soldier's BCT experience and help you integrate into the Army. We want to help you on your journey of becoming well-informed, resilient Army Families. This Facebook page only covers BCT. Below is some information of what to expect while your Soldier is in Basic Combat Training; check back daily for more information and consider following this page so you receive notifications of new posts and live videos.

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What to expect...



1. An exceptional level of training. Your Soldier is being trained by some of the best cadre (drill sergeants and officers) in the United States Army.
2. Informational posts daily on our Facebook page to help you prepare for your life as a member of the Army Family.
3. Basic Combat Training is much like your first deployment. We know firsthand how challenging deployments can be, but you are not alone. You are part of our Family, the Army Family now.
4. Expect letters (paper mail) to be the primary means of communication with your Soldier. Consider writing often; it is a huge morale booster.
5. No news is good news. (This phrase will serve you well the entirety of your Army career.)
6. Pictures will start posting this week. Pictures are taken by cadre when free during training sessions. Please be patient in the amount of pictures. We do not take request of specific soldiers and do our best to get them from all platoons.
7. Mail (packages and letters) are given to Trainees each day. Please be patient. Once they get to post they have to travel from Brigade to Battalion to Battery. Once receive from the postal office, we try to have them to Trainees within 3 days. Remember one Battery can have over 200 Trainees in it with all of them getting mail.
8. Phone calls are a weekly privilege and we do not determine whom a Soldier chooses to call. Phone privileges can be taken away for behavior and performance reasons.



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Photos



If you've looked at our page in the past you may have noticed photos being taken. We try to post photos or videos at least once a week to show families what their Trainees are doing in training. We asked that you are patient with us on uploading photos.

Some other key points about pictures:

- We do not take pictures of specific Soldiers. All pictures are random. We will do our best to get some of each platoon.
- You can access additional photos from a third party at <https://fortsillphotography.com/>. We are not affiliated with this organization. We do not profit off these photos. We cannot answer questions about this website. If you have questions, you can locate their phone number listed on the website.
- Please feel free to download, save, or share photos to your personal page. No negative or derogatory comments will be tolerated on our page. (You will be banned from commenting on our page if we see derogatory comments appearing on our page.)

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Basic Combat Training Phases Explained



- There are three phases in Basic Combat Training: Red, White, and Blue.
- With each phase, Trainees move closer to their goal of becoming a Soldier. The process of moving from one phase to another is known as “phase change” or “phasing up”.
- Red Phase is known as the Hammer Phase of Training.
- White Phase is known as the Anvil Phase of Training.
- Blue Phase is known as the Forge Phase of Training.
- The Forge is the final training exercise and upon successful completion your Trainee will earn the title of Soldier, at the Soldier Ceremony.
- A week after The Forge, Soldiers graduate and move on to their next phase of training.



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Addressing Mail/ To Send or not to Send



Fill Week

Day 2

DESTROYERS! Below see how to address mail to your Soldier. All mail is hand sorted and our mail room, receives thousands of pieces of mail every day. Color coding letters and packages helps mail get to your Soldier faster. Color the bottom right corner of the envelope or package with the platoon's color. To help those of you that may not yet know the rank of your Trainee, we provide insight into how to determine the it. Also see what your Trainee is allowed to receive in a package. These lists are not all inclusive but are a good guide.

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Addressing mail



You can send mail right away even if you don't know the Platoon, Squad, or rank. If you need to find out your Trainee's Battalion and Battery, then please call **580-442-2052**. (Don't worry, your Trainee will not get in trouble if you call).

You do not have to write out the company name (Alpha, Bravo, Charlie, Delta, Echo). You can use the abbreviation (A, B, C, D, E).

Help us help you; color the bottom right corner of the envelope with the platoon's color.

1st platoons - **red**

2nd platoons – **black**

3rd platoons - **blue**

4th platoons - **yellow**

See the pictures of how to address the envelopes. Putting the PLT Number on the back of the envelope helps make mail distribution faster.



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Addressing Mail: Front of the Envelope



Rank Abbreviations:
Private: PVT
Private First Class: PFC
Specialist: (SPC)

Your Name
Street Address
City, State Zip

Correct
Postage
Here

Rank, Last Name, First Name
____BTRY, __PLT
Insert Address

Put your
Trainee's
PLT Color
here.
1st- Red
2nd- Black
3rd- Blue
4th- Yellow



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What Rank is my Trainee?



We frequently get asked, “what rank is my trainee?” That’s not a question we can answer but we can provide some assistance in figuring it out. Your Trainee or Trainee’s recruiter can provide this information. However, here are some general guidelines.

- If your Trainee has just graduated high school and does not have any college, they are likely a PVT (Private).
- If they have completed some college it is possible for them to be a Private First Class (PFC).
- If your Trainee has graduated from college and will be attending Officer Candidate School (OCS) after graduation from Basic Combat Training they are likely a Specialist (SPC).
- If your Trainee is prior service, they will likely enter in at their previous rank.
- Knowing your Trainee’s rank is helpful for letters and also determining pay. When looking at a military pay table the rank equivalents are as follows:

- PVT = E-1
- PV2 = E-2
- PFC = E-3
- SPC = E-4

	PRIVATE (PVT) Private is the lowest rank. Most Soldiers receive this rank during Basic Combat Training. This rank does not carry an insignia.
	PRIVATE SECOND CLASS (PV2) Enlisted Soldiers generally receive this rank after either completion of Basic Combat Training, or six months of Army service.
	PRIVATE FIRST CLASS (PFC) Soldiers are generally promoted to this level within a year by request of a supervisor. Soldiers serving at this rank make up the backbone of the Army. Their primary role is to carry out orders and complete missions.
	SPECIALIST (SPC) A specialist can manage other lower-ranked enlisted Soldiers. A Soldier can be promoted to this rank after serving a minimum of two years and attending a training class. Recruits with a four-year degree may enter Basic Combat Training as a specialist.
	CORPORAL (CPL) Corporal is the base level of the noncommissioned officer (NCO) ranks. Corporals serve as team leader of the smallest Army units. Like sergeants, they are responsible for individual training, personal appearance and cleanliness of Soldiers.
	SERGEANT (SGT) Sergeants typically command a fire team of around five Soldiers. Sergeants oversee Soldiers in their daily tasks; and are expected to set a standard for lower-ranked Soldiers to live up to.

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What to do in an emergency?

Destroyers! Today's Inside the Wire Post discusses what to do should you have an emergency (death in the immediate Family/birth of a child) and need to contact your Soldier.

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What to do an emergency?



If you are experiencing an immediate life-threatening emergency, call 911.



**American
Red Cross**

- Should there be an emergency and the need to contact your Soldier contact the American Red Cross either by phone at:
- 1-800-RED-CROSS or online at: <https://www.redcross.org/get-help/military-families/emergency-communication.html>.
- What is considered an emergency? The death or serious illness of an immediate Family member. The good news of the birth of a service member's child or grandchild.
- Have the following information available:
 - Full name and rank, Branch of service (Army), Social Security Account number or date of birth, and
 - Military address:
 - Name and contact for the immediate Family member experiencing the emergency (could be spouse, parent, child/grandchild, or grandparent), nature of the emergency, where the emergency can be verified (hospital, doctors office, funeral home).



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Fill Week

Day 4

Phone Calls and mail expectations

- Destroyers! Here's some information about phone calls and mail expectations .

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Phone Calls and Mail Expectations



Mail Expectations

- Fort Sill receives well over 10,000 pieces of mail daily for Soldiers.
- Once the mail arrives at the Fort Sill Post Office, it goes through additional steps before it reaches your Soldier.
 - Each of those steps are hand sorted.
 - Our BN receives over 1,000 pieces of mail a day that has to be HAND SORTED.
 - This process from the Fort Sills Post Office to your Soldier's hands can add 3-5 days.
 - Mail may take 10 business day to reach your Soldier (Pre-COVID).
 - COVID precautions have increased the time it takes for mail to reach your Soldier.
- Your strongest source of communication with your Soldier will be through mail, so please write.
- Your Trainee is very busy and may not be able to write back as often as they would like. Mail is a huge morale booster; so, keep sending letters.
- Mail is NEVER withheld as punishment.
- IT IS A FEDERAL CRIME TO WITHHOLD MAIL.
- Drill Sergeants DO NOT go through the mail prior to your Soldier receiving it. However, Soldiers are required to open packages and large envelopes in front of Drill Sergeants to ensure no contraband items are inside.
- Please remember, you will most likely receive mail from your Soldier before they receive mail from you.



Phone Calls

- Periodic phone calls will be allowed during the course of the training cycle.
- We do not determine whom your Soldier chooses to call.
- Phones and phone calls are a privilege not a right.
- Some Soldiers choose not to exercise this privilege as they find it may detract from their ability to focus on the mission at hand.

Pro-Tip from the Army Families that have come before you. Think of Basic Combat Training like your first deployment. When on active duty there will be times when your Soldier won't be able to call for weeks, if not longer. While a challenge in our constantly connected world, it is a part of Army Life.



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Day 5

Understanding Military Pay

Destroyers, soon your Trainee will be getting their first paycheck, today's post answers some of the most frequently asked questions about pay.

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- <https://www.militaryonesource.mil/military-life-cycle/new-to-the-military/getting-settled/your-leave-and-earnings-statement>





Understanding Military Pay



- Soldiers can usually expect a paycheck within 4 weeks of arriving at Fort Sill but pay can take up to TWO months to begin (your Trainee will receive back pay).
- If your Trainee has any questions, he/she needs to go through the Drill Sergeants to make an appointment with the Finance Office. The Soldier is the only one that Finance will speak to regarding pay issues.
- An LES (Leave and Earning Statement) is the equivalent to a civilian pay stub. The LES is the monthly report of earnings, deductions and leave balance. The LES includes: monthly base pay, additional entitlements such as special pay or allowances, deductions, allotments, tax withholdings, thrift savings plan contributions, insurance deductions, and available leave (vacation) days.

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Fill Week

Day 6

Decoding Army Acronyms

Destroyers! Today we provide a list of terms that may be helpful when reading mail you receive from your Trainee. Please know that this is not an all-encompassing list of Army Terminology. As your Trainee becomes a Soldier and moves into the force you may encounter the same letters with different meanings.

For example, when we say “BCT” we mean “Basic Combat Training”. However, you may read an article about “3rd BCT”, in this case “BCT” refers to a “Brigade Combat Team”. So, this list is specific for Basic Combat Training at Fort Sill. As a bonus, we provide the phonetic alphabet (it may come in handy the next time you need to spell something over the phone).

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Military Terminology



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A

AAR - After Action Review

ACFT - Army Combat Fitness Test

AFTB- Army Family Team Building

AIT- Advanced Individual Training

ANVIL - a field training exercise

ARM - Advanced Rifle Marksmanship

Article 15 - Section of the Uniform Code of Military Justice that provides for swift non-judicial punishment for minor offenses.

B

BAC - Bayonet Assault Course.

Bay - Where trainees/Soldiers sleep. Most BCT Companies have 4 bays where Trainees sleep. There are usually 3 male bays and 1 female bay in each company. some units do not have bays and soldiers sleep in rooms of 2-4 per room.

BC - Battalion Commander or Battery Commander

BDE - Brigade

BN - Battalion

BRM - Basic Rifle Marksmanship

BTRY or Battery- A Basic Combat Training unit containing as many as 250 Trainees. Several batteries make up a Battalion. Several Battalions make up a Brigade.



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Military Terminology



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C

CBRN - Chemical Biological Radiological and Nuclear

CBRN Chamber (also sometimes referred to as the CS Chamber or Gas Chamber) - a mask

confidence course

CDR - Commander

CG - Commanding General

COC - Chain of Command - The organized structure through which military authority is exercised. CSM - Command Sergeant Major

COC Course-Combat Conditioning Course- a physically demanding layour of obstacles courses Trainees complete as a squad.

D

DEERS- Defense Enrollment Eligibility Reporting System (this is the system one needs to be enrolled in to get an ID card).

Dependent - the spouse, children, and potentially other family members

DFAC - Dining Facility

DFAS - Defense Finance and Accounting

Service DS - Drill Sergeant



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Military Terminology



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F

FORGE - This is a 4-day operation, in the field, that culminates Basic Combat Training. Soldiers have the opportunity to put all their skill developed during BCT in action here.

FTX - Field Training Exercise (training conducted outside with at least one overnight stay)

G

GOV- Government (normally we refer to this when talking about transportation)

H

HAMMER - A field training exercise

Hot A's - Hot food served to Soldiers while in the field. The 'A' comes from the meal's designation in the Army Food Ration Cycle. The Meal, Ready-to-eat (MRE) is designated as a 'C' - so a typical ration cycle featuring a hot breakfast, MRE for lunch, and hot dinner would be known in the 'system' as an A-C-A cycle.

I

IN - Inspection or Infantry

INF - Infantry

ITT - Individual Tactical Techniques

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Military Terminology



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L

Land Nav - Land Navigation

LES - Leave and Earnings Statement

M

MOPP - Mission Oriented Protective Posture (Gas Mask, Chemical-Protective Overgarment, etc.) MRD - Mandatory Release Date - the date a 'Split Option' Soldier must return home.

MRE - Meal, Ready to Eat.

N

New Start/Re-cycle - Trainees who do not meet graduation requirements are transferred to another BCT or Battalion to retrain and meet the requirements for graduation.

NIC - Night Infiltration Course - where Trainees learn to move at night while exposed to the lights and sounds of the battlefield.

NOK - Next of Kin

O

OCP - Operational Camouflage Pattern (the camouflage uniform worn on a regular basis)

OCS - Officer Candidate School



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Military Terminology



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O

OPSEC - Operational Security

P

PL - Platoon Leader

PLT - Platoon - In a BCT battery there are normally four platoons, each with up to four Drill Sergeants (DS) and one Platoon Leader (PL)

POV - Privately Owned Vehicle - not allowed for Trainees in Basic Combat Training or Advanced Individual Training.

PRT - Physical Readiness

Training

PT - Physical Training

PTRP - Physical Training Rehabilitation Program conducted by the Fitness Training Battery

R

Red Cross - If there is an emergency message for a Trainee it will have to be sent via the Red Cross 1-800-RED-CROSS

REGT - Regiment



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Military Terminology



S

Solider Ceremony - The ceremony after The FORGE where Trainees earn the title of Soldier.

Split Ops/Split Option - If a Trainee has a civilian obligation they have to perform, they may be able to complete BCT one summer, and AIT the next summer. For example, a high school student. This is for Reserved or National Guard Trainees.

Sponsor - the Servicemember

SQD - Squad - there are normally four squads in a platoon. Each squad will consist of a number of Soldiers determined by the size of the platoon.

STX - Situational Training Exercise. Soldiers face and react to various battlefield scenarios based on the Contemporary Operating Environment.

Summer Surge - This is a term for the Summer season at Fort Sill. Normally, during the summer months there are more Soldiers in training than at any other time of the year.

T

TRICARE - the health care program for uniformed service members, retirees, and their families around the world

TSP - Thrift Savings Plan

U

UCMJ - Uniform Code of Military Justice.

X

XO - Executive Officer

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The Phonetic Alphabet



A =Alpha (AL fah)
B= Bravo (BRAH voh)
C= Charlie (CHAR lee)
D =Delta(DEL tah)
E= Echo(EKK oh)
F= Foxtrot (FOKS trot)
G =Golf (Golf)
H= Hotel (HO tell)
I= India (IN dee ah)
J =Juliet (JEW lee ett)
K= Kilo (KEY loh)
L= Lima (LEE mah)
M= Mike (Mike)

N =November (NOH vem ber)
O= Oscar (OSS car)
P= Papa(PAH pah)
Q= Quebec(keh BECK)
R= Romeo (ROW me oh)
S =Sierra (see AIR ah)
T= Tango (TANG go)
U= Uniform (YOU nee form)
V= Victor (VIK ter)
W= Whiskey (WISS key)
X= X-ray (EKS ray)
Y= Yankee (YANG kee)
Z= Zulu (ZOO loo)

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Week 1

Day 1

Welcome ITW

Destroyers! Your Trainees are heading into Red Phase and learning more about the Army every day. We want to help you learn more about the Army too; come “Inside the Wire” with us. Check back daily for insight into Army Life.

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Welcome "Inside The Wire"



"Outside the wire" is a term used to refer to being outside of a physical base of operations.

"Outside the wire" also refers to someone who is outside of the information loop.

We want all of you to come "Inside the Wire", with us and learn about life as an Army Family. (Check our Facebook, Instagram, and Twitter page regularly for new info.)

As your loved one takes the journey from Civilian to Soldier, join us on your journey from Family to Army Family.

"Inside the Wire" (ITW) will be posted daily (till graduation) on our Facebook page providing you the inside scoop into Army Life.

BTRY Name! No Ground to Give! Victory...Starts Here!

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DEERS/ID Cards



Week 1

Day 2

Destroyers, today's post is about DEERS (Defense Enrollment Eligibility Reporting System). Spouses and children must be enrolled in DEERS in order to have access to military benefits such as an ID card or Tricare. It all starts when you receive a signed DD172 from your Trainee. See the post for more information including what documents to bring with you to your appointment.

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Defense Enrollment Eligibility Reporting System (DEERS)



- Your Trainee was automatically enrolled in DEERS.
- Spouse and/or children of your Trainee are eligible for DEERS enrollment.
- The service member is referred to as “the sponsor”. Spouses and children are referred to as “dependents”.
- If eligible for DEERS enrollment, you should receive a Form DD172 within 2-4 weeks, from your Trainee.
- Take the DD172 and the required documentation (see table to the right) to an ID card office. (It does not need to be an Army office).
- You can find and make an appointment here. <http://www.dmdc.osd.mil/rsl/owa/home>

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ID Cards-All Customers	<ul style="list-style-type: none">• Two unexpired forms of ID• One must be state or government-issued photo ID• Acceptable examples include driver's license, passport, or Social Security card
Adding a Spouse to DEERS	<ul style="list-style-type: none">• Marriage certificate• Spouse birth certificate• Spouse Social Security card• Spouse photo ID• All documents must be originals or certified copies.
Adding a Child to DEERS	<ul style="list-style-type: none">• Birth certificate• Social Security card• If step-child is being added, the marriage certificate is also required
Children over age 21 with Full- Time Student Status	<ul style="list-style-type: none">• Letter from the school's registrar's office stating they are enrolled full time in an accredited college in pursuit of an Associate's Degree or higher to have benefits extended to age 23
Child Born out of Wedlock (Female Sponsors)	<ul style="list-style-type: none">• Birth certificate• Social Security card
Child Born out of Wedlock (Male Sponsors)	<ul style="list-style-type: none">• Birth certificate• Social Security card• Court order establishing paternity or a State Voluntary Acknowledgement of Paternity form



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Week 1

Day 3

– Day in the life

Destroyers! Below please see what a typical day looks like for your Trainee.

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A Typical Day for Soldiers



0500: Wake-up
0600: Physical Training
0700: Personal Hygiene and Breakfast
0800: Training
1200: Lunch
1230: More Training
1700: Dinner
1730: Equipment maintenance
2000: Personal Time (Time to shower and write letters)
2100: Bedtime



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Military Time



Military Time is based on a 24 hours clock rather than a 12-hour clock:

- The table provides a reference for “military” vs. “civilian” time.
- Any time that begins with a zero may be referred to as either “zero” or “o”. For example, 6am could be said as “zero six” or “o six hundred”.
- Beginning with 10am, time is referred to as “ten hundred” or 1pm as “thirteen hundred”.
- O’dark thirty or “zero dark thirty” is a time you will often hear. It does not necessarily have a specific hour of the morning but refers to a time after midnight and before 5am.

12-hour clock	24-hour clock	Comments	12-hour clock	24-hour clock	Comments
12:00am	0000	Midnight	12:00pm	1200	Noon
1:00am	0100		1:00pm	1300	
2:00am	0200		2:00pm	1400	
3:00am	0300		3:00pm	1500	
4:00am	0400		4:00pm	1600	
5:00am	0500		5:00pm	1700	
6:00am	0600		6:00pm	1800	
7:00am	0700		7:00pm	1900	
8:00am	0800		8:00pm	2000	
9:00am	0900		9:00pm	2100	
10:00am	1000		10:00pm	2200	
11:00am	1100		11:00pm	2230	

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Week 1

Day 4

Red Phase FAQ

Destroyers! Below please see answers to frequently asked questions (leave, mail, and medical condition updates).

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Frequently Asked Questions (Red Phase)



Will my Soldier be able to take leave either during or right after Basic Training?

Except for emergency situations, Trainees are not authorized leave until after they complete both Basic and Advanced Individual Training.

I haven't received any mail from my Soldier; when will my Soldier be able to write?

Trainees have personal time in the evening for correspondence. We do not determine whom they write to; nor do we determine whom they call when they are allowed a phone call. Remember, it can take a few weeks for mail to be received.

When will we receive updates about our Soldiers and their medical conditions?

We cannot and do not comment on the medical status or condition of any Trainee or groups of Trainees, at any time. Trainees are given an opportunity to call their next of kin should a significant medical event occur. Should a Trainee change units because of a medical condition they are allowed to call their next of kin to inform them of the change. They will continue to receive mail at their new unit.

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Tricare Overview

Destroyers, today's "Inside The Wire" is about TRICARE. TRICARE is the health care program for uniformed service members, retirees, and their Families around the world. You must be enrolled in DEERS to enroll in TRICARE. For more information on all things TRICARE check out their website at: <https://www.tricare.mil/>.

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TRICARE



TRICARE coverage is based on your sponsor's coverage and military status (Active Duty/Reserve/ National Guard). There are a variety of different Tricare Health Plans such as TRICARE Prime, TRICARE Select, etc. Depending on enrollment TRICARE provides:

reasonable, and adequate for your condition. and considered proven.)

- **Dental Care** (It is separate from TRICARE's health benefit and requires a separate enrollment.)
- **Mental Health** (Some of these services include: Intensive Outpatient Programs, Medication Assisted Treatment, Opioid Treatment Programs, psychotherapy, crisis management, family therapy, group therapy, medication management, and occupational therapy.)
- **Pharmacy** (the TRICARE Pharmacy Program provides the prescription drugs you need, when you need them, in a safe, easy, and affordable way. TRICARE's prescriptions are managed through the pharmacy contractor, Express Scripts.)
- **Special Needs** (TRICARE offers several services under the basic TRICARE benefit for beneficiaries with special needs such as Applied Behavioral Analysis, Home Health Care, Hospice Care, and more. TRICARE also has several special programs that provide services beyond the basic TRICARE benefit for beneficiaries with special needs.)
- **Vision Care** (Vision benefits, including eye exams, depend on: who you are, your TRICARE plan, and your age).

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Army Chaplain

Destroyers, Today's ITW post provides some insight into the duties of Army Chaplains. Chaplains are helpful resources.

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The Army Chaplain Corps

- “The mission of the Army Chaplain Corps is to provide religious support to the Army by assisting the commander in providing for the free exercise of religion, and providing religious, moral, and ethical advisement and leadership.”
- The BCT Chaplain’s job is to provide religious support to Soldiers from all faith traditions to include those who hold no faith.
- The four top priorities of Army Chaplains are:
 1. Nurture the Living
 2. Care for the Wounded
 3. Honor the Dead
 4. Advise Commanders

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Army Chaplain & BCT What Chaplains Can Do



- 1. Nurture the Living:** Worship, Prayers, Retreats, Baptisms, Counseling - Confidential/nonmedical Counseling. For those in BCT it includes:
 - Anything involving prayer – leading Sunday worship services;
 - Anything matters of faith, religion and or spirituality – including religious supplies and resources;
 - Anything involving morale and overall mental wellbeing – including counseling;
 - Anything involving potential EO or SHARP violations;
 - Anything involving abuse, a buse of a uthority or mistreatment or lack of professionalism;
 - Anything involving relationship issues with fellow Soldiers or Leadership;
 - Help Soldiers handle problems from home;
 - Above all, encourage Soldiers as they become Soldiers!
- 2. Care for the Wounded:** Physical/Spiritual/Psychological wounds – Via confidential counseling and ongoing support. Only the Chaplain can provide absolute confidentiality. Everything mentioned to a chaplain as a matter of conscience is confidential. THERE ARE NO EXCEPTIONS. Chaplains have no duty to warn.
- 3. Honor the Dead:** Delivering Red Cross messages to Soldiers, Assisting with Death Notifications, Planning and Conducting Funerals, Burials, Memorial ceremonies, etc.
- 4. Advise Battalion & Company Commanders** on the impact of religion and faith on training and operations (For example: religious holidays; Soldiers with specific religious dietary needs, such as fasting; or uniform/grooming exemptions for religious reasons, such as wearing beards or headgear such as Hijabs, etc.).

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Army Chaplain & BCT What Chaplains Cannot Do



What Chaplains Cannot Do:

1. **Get Soldiers out of Training.** They must train to graduate. Chaplains cannot come to training areas and remove a Soldier.
2. **Get a Soldier out of Trouble.**
3. **Make Command Decisions.** The Chaplain is NOT a Commander. The Chaplain has no authority to change a chapter.
4. **Perform a marriage Ceremony while in BCT.**
5. **Send a Soldier Home.** The Chaplain is Not a Commander and cannot make Command decisions.

Overall, the Chaplain's responsibility is to see Soldiers through the BCT experience and to ensure they are able to practice their religious faith.

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Weekly Video: Week 1

Family and Friends check out this video developed by the Brigade to give you an insight on what is happening this week. Please note that these videos were pre-made. Therefore, our Trainees will not be seen in the video.

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Weekly Video: Week 1

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Week 2

Day 1

Terminology In depth

Destroyers! Today we take a deep dive into some key terms. Read below for more information.

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Trainee Recycle: What is it?



- For training units, every class/cohort of training is referred to as a cycle. The term “recycle” is used to describe a Trainee who has changed from one cycle to another.
- Trainees are traditionally recycled for one of two reasons (although there can be other reasons):
 1. A Trainee has a medical condition that requires recovery outside of what their current unit can provide, or
 2. A Trainee requires additional training outside of what their current unit can provide.
- In either case, they are moved from their current unit to a unit dedicated to the task.
 - The Fitness Training Company in our sister BN 95th AG is an example. They created the workout videos for Victory Block Leave and have a dedicated mission of helping Soldiers meet the physical demands of Army life.
- When a Trainee is recycled, they change units. This means they physically relocate on Fort Jackson to a different building and will have a different address for mail.
- When Trainees are done recovering from their medical conditions/have received the additional instruction, they are transferred back into a Basic Training Battalion. This requires another physical relocation on Fort Sill and another change in mailing address.
- Trainees are re-integrated back in to training at a point that most closely matches when they left training.
- Once cleared to resume training, Trainees may be ready to move back into a Basic Training Battalion before a slot is available. (Bed space, instructors, weapons, etc.). Based on availability, Trainees may be able to resume training immediately or could wait some time.

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Army Rank Structure: An Overview

The ranks below are described from lowest (Private) to highest (General).



Enlisted: Enlisted Soldiers are the most important part of the Army structure. They carry out orders and complete missions. Enlisted Soldiers perform specific job functions and have the knowledge that ensures the success of their unit's current mission within the Army.

- **Junior Enlisted Ranks:** Private (PVT), Private Second Class (PV2), Private First Class (PFC), Specialist (SPC)

Non-Commissioned Officers (NCO): Are enlisted Soldiers and known as “The Backbone of the Army”. Competence is their watchword; they are technically and tactically proficient. NCO's two most basic responsibilities are accomplishment of the mission and the welfare of Soldiers.

- **Junior Non-Commissioned Officer Ranks:** Corporal (CPL), Sergeant (SGT), Staff Sergeant (SSG),
- **Senior Non-Commissioned Officer Ranks:** Sergeant First Class (SFC), Master Sergeant (MSG), First Sergeant (1SG), Sergeant Major (SGM), Command Sergeant Major (CSM)

Officers (Warrant): A Warrant Officer is a highly specialized expert and trainer in his or her career field. Warrant Officers make up the technical foundation of the U.S. Army. Throughout their careers, they specialize in a technical area like intelligence, aviation, or military police. Warrant officers are appointed by the Secretary of the Army.

- **Warrant Officer Ranks:** Warrant Officer (WO1), Chief Warrant Officer 2 (CW2), Chief Warrant Officer 3 (CW3), Chief Warrant Officer 4 (CW4), Chief Warrant Officer 5 (CW5)

Officers (Commissioned): Commissioned Officers are responsible for leading and training enlisted Soldiers, planning missions, and organizing the internal and external affairs of the Army. Appointments for commissioned officers are made by the President. For field grade officers and above with the advice and consent of the Senate.

- **Company Grade Officer Ranks:** Second Lieutenant (2LT), First Lieutenant (1LT), Captain (CPT)
- **Field Grade Officer Ranks:** Major (MAJ), Lieutenant Colonel (LTC), Colonel (COL)
- **General Officers:** Brigadier General (BG), Major General (MG), Lieutenant General (LTG), General (GEN)

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Cadre? Staff? Enlisted? Officer?



Some of the terms we are most frequently asked about are below:

- **Cadre:** The group of enlisted personnel and officers responsible for training the unit.
- **Staff:** The group of enlisted personnel, officers, and civilians that are responsible for the operational, logistical, and administrative needs of the unit.
- **Permanent Party:** The individuals assigned to a unit that do not rotate upon completion of a cycle. For our unit, the Permanent Party is the cadre. These individuals are assigned to the unit for an average of two years.
- The Army has many ranks ranging from Private to General. However, all Army ranks fit into one of three “categories”:
 - **Enlisted:** Enlisted Soldiers are the most important part of the Army structure. They carry out orders and complete missions. Enlisted Soldiers perform specific job functions and have the knowledge that ensures the success of their unit's current mission within the Army.
 - **Officers (Warrant):** A Warrant Officer is a highly specialized expert and trainer in his or her career field. Warrant Officers make up the technical foundation of the U.S. Army. Throughout their careers, they specialize in a technical area like intelligence, aviation, or military police. Warrant officers are appointed by the Secretary of the Army.
 - **Officers (Commissioned):** Commissioned Officers are responsible for leading and training enlisted Soldiers, planning missions, and organizing the internal and external affairs of the Army. Commissioned Officers are appointed by the President of the United States.
- For more detailed information and to learn what the different rank insignias look like check out:
<https://www.goarmy.com/about/ranks-and-insignia/ranks.html>

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Tricare Dental

Destroyers, The TRICARE Dental Program (TDP) is a voluntary dental plan and Sponsors can enroll through the [Beneficiary Web Enrollment](#) website. You will need to be enrolled in both DEERS and TRICARE in order to enroll in the TRICARE Dental Program.

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TRICARE Dental Program (TDP)



The TRICARE Dental Program (TDP) is a voluntary premium-based dental program. The dental benefit is administered by United Concordia Companies, Inc. (United Concordia) and is available stateside and overseas to qualified beneficiaries.

- **Eligibility** (TDP uses DEERS to check enrollment eligibility. To be eligible to enroll in the TDP, your sponsor must have at least 12 months remaining on his or her military service commitment at the time of enrollment.)
- **Enrollment** (There are three ways to enroll in the TDP: online, mail, or by phone.)
 - Online: www.tricare.mil/bwe
 - Mail: Download the Enrollment/Change Authorization For TRICARE Dental Program document available at www.tricare.mil/forms. Mail the completed document along with the initial premium payment (personal check, cashier's check, traveler's check, money order or credit card) to:
United Concordia TRICARE Dental Program
P.O. Box 645547
Pittsburgh, PA 15264
 - Phone: 1-844-653-4061
- **Accessing Care** (United Concordia offers an extensive network of dentist locations. Remember to check if your dentist is in the network before receiving care.)
- **Costs** (For a list of cost-shares, visit the TRICARE website at www.tricare.mil/costs/dentalcosts. If members visit non-network dentists who charge more than the allowed fee, they may incur additional expenses.)



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Military One Source

Destroyers, today's "Inside The Wire" is about "Military One Source". Military One Source is a resource worth looking into. Military OneSource is your 24/7 connection to information, answers and support to help you reach your goals, overcome challenges and thrive. As a member of our military Family, you are eligible to use this Department of Defense-funded program anytime, anywhere. <https://www.militaryonesource.mil/>

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Military One Source



Military OneSource is your 24/7 connection to information, answers and support to help you reach your goals, overcome challenges and thrive. As a member of our military family, you are eligible to use this Department of Defense-funded program anytime, anywhere. You can reach Military One Source by calling 800-342-9647 or visiting www.militaryonesource.mil. Turn to Military OneSource for:

- [Confidential Help](#) (Military One Source's call center is available 24/7 online and by phone. No matter where you serve or live, you always have support.)
- [Military Life Cycle](#) (Confidently navigate life in the military –from basic training to separation and transition and all the steps in between.)
- [Family & Relationship](#) (To support and bolster your own family, lean on your military community –including Military OneSource –to find answers and guidance from those who have been there, done that.)
- [Moving & Housing](#) (Moving is part of the adventure that comes with military life and service to the country. Military OneSource provides you with information, online tools and personalized support to help you master your move and find the best housing available so you can begin making a new home and set off on your next adventure.)
- [Financial & Legal](#) (Managing money and legal affairs are part of mission readiness. Military OneSource provides strategies on consolidating and paying down debt, saving for retirement or college, and creating a financial plan that will lead to financial security. Link to installation legal services that protect you and your family from mishaps. And discover how Military OneSource MilTax free tax filing services can make quick work out of tax return preparation and filing.
- [Education & Employment](#) (Whether you are a service member thinking about a college degree, a military spouse wanting to connect with a network of military-friendly employers or a parent hoping for a smooth school transition for your child, Military OneSource offers practical information and resources for pursuing education goals and achieving career aspirations.)
- [Health & Wellness](#) (Good health is critical to military and family readiness, allowing service members to perform their responsibilities at work and at home to the best of their abilities. While Military OneSource does not provide direct health care services, it provides resources that can help you maintain good health.)
- [Installation Program Directory](#) (Find programs and services at your local installation.)

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Army Community Services

Destoryers, today's "Inside The Wire" is all about Army Community Services (ACS). Regardless of where your Soldier is stationed there are ACS resources (our sister services have similar organizations should your first duty station not be an Army Post).

ACS provides resources in seven main categories:

- 1. Deployment or Mobilization and Stability and Support Operations Readiness
- 2. Soldier and Family Readiness:
- 3. Relocation Readiness:
- 4. Employment Readiness:
- 5. Financial Readiness:
- 6. Volunteer Programs
- 7. Soldier and Family Assistance Centers/Survivor Outreach Services (SOS)

If you are a new military spouse, consider reaching out to the ACS at your new duty station for assistance with Relocation Readiness (Moving) and Employment Readiness (assistance with job opportunities in your new location).

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Army Community Services



Deployment or Mobilization and Stability and Support Operations

Readiness:

- Preplanning for Family assistance to include:
 - oFamily Assistance Center
 - oFamily Readiness Groups (FRGs)
 - oRear Detachments
 - oFamily Readiness Support Assistants
- Pre-deployment planning
- Mobilization/deployment support and information
- Post-deployment/mobilization support and training (RESET services)
- Operation Ready (Resources for Educating About Deployment and You)
- Support to unaccompanied Family members evacuated/returned from an overseas area (repatriation assistance)

Soldier and Family Readiness:

- Family Advocacy Program (FAP)
- Victim Advocacy Program
- Exceptional Family Member Program (EFMP)
- Transitional Compensation Program (TC)
- New Parent Support Program
- Sexual Harassment and Assault Response and Prevention Program (SHARP)

Relocation Readiness:

- Relocation counseling
- Pre-arrival information
- Post-move new comer orientation
- Overseas orientation
- Reentry workshops
- Lending Closet
- Services to multicultural Families
- Liaison for United Citizen Immigration Services (USCIS)
- Hearts Apart support to Waiting Families (Outreach services include identification, counseling and advocacy)
- Sponsorship: Sponsor training of unit sponsorship trainers and/or reactionary sponsors and youth sponsorship.
- Citizen Immigration Services Liaison



Employment Readiness:

- Up-to-date resource information on available local, national and international employment opportunities, job market trends, and education and volunteer resources.
- Classes and seminars on self-assessment and career exploration, resume writing, interviewing techniques, dressing for success, networking, and entrepreneurship.
- Resume critiques
- Career counseling and individual career assessments.
- Job fairs and other hiring events.
- Teen/youth employment Information
- Computers with internet access, resume writing software, and typing tutorials

Financial Readiness:

- Financial readiness education and training
- Financial counseling services
- Prescreening and counseling for the Family Subsistence Supplemental Assistance (FSSA) Program
- Debt liquidation assistance
- Consumer advocacy service
- Consumer complaint resolution assistance
- Emergency assistance
- Army Emergency Relief Agency (AER)

Volunteer Programs:

- Army Family Team Building Program
- Army Family Action Plan Program
- Army Volunteer Corps Coordinator

Soldier and Family Assistance Centers/Survivor Outreach Services (SOS)

- Support for Survivors
- Support for Wounded and Fallen

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SFRG

Destroyers! Today's "Inside The Wire" is about Soldier/Family Readiness Groups, better known as SFRG's.

The Department of Defense defines *Family readiness* as *the state of being prepared to effectively navigate the challenges of daily living experienced in the unique context of military service*. Army Families endure challenges unique to military communities, such as frequent Soldier deployments for operational, contingency or training missions around the world.

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Soldier Family Readiness Groups (SFRG)



- A Soldier/Family Readiness Group (SFRG) is a command sponsored organization of Family members, volunteers, Soldiers, and civilian employees belonging to a unit, that together provide an avenue of mutual support and assistance and a network of communications among the Family members, the chain of command, chain of concern, and community resources.
- SFRGs foster a sense of belonging to the unit and provide a vehicle for Families to develop friendships while they gain information about the unit and community. In addition, they provide information and referrals as well as support during deployments.
- SFRGs provide support which enables Soldiers to concentrate on the mission at hand. SFRGs help develop a confidence in Soldiers that Family members will receive reliable and friendly support when the Soldier is away. This can be a meaningful stabilizer for Soldier performance in the unit, and an enhancer of training and psychological readiness to fight.

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Suicide Awareness

Destroyers! Today's ITW provides information about Suicide Prevention. Every Soldier, Civilian, and Family member needs to know they are not alone. While very uncommon, if your Soldier has expressed a suicidal ideation or mentioned hurting themselves in a letter or phone call; please immediately contact our Staff Duty at 580-442-1273. There are resources that can help. They are not alone; you are not alone!

More information about Suicide Prevention can be found at <https://www.veteranscrisisline.net/get-help/military-crisis-line>.

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Suicide Awareness



- Soldiers volunteer to put their lives on the line to protect our country. However, risks may lurk in dealing everyday life. Significant life changes, stress and unique challenges of Army life can make Soldiers feel isolated. These stresses can be even harder and more confusing for loved ones to deal with.
- Mental health issues can happen to anyone, at any time. Here are some points in a Soldier's life when they can feel especially alone, agitated or anxious: Around times of deployment or difficulty readjusting following deployment; Loss of a family member, friend or fellow service member; Career setbacks or disciplinary actions; Difficulty in a marriage or family life; Transitioning from military to civilian life; Financial difficulty; Major life changes.
- As a loved one, you know your Soldier best. Trust your instincts and talk to them if you think they may be having suicidal thoughts.
 - Do not counsel them yourself. Ask questions and listen – but encourage them to get professional help if there is a threat.
 - Communication needs to be mostly listening
- Knowing the risk factors, warning signs and where to turn is the best thing you can do for your Soldier. Support is available 24/7 (1-800-273-8255 and Press 1) both for your loved one in distress and yourself.
- You can make a difference by understanding when a Soldier is most at risk and knowing where to turn for help.

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Weekly Video: Week 2

Family and Friends check out this video developed by the Brigade to give you an insight on what is happening this week. Please note that these videos were pre-made. Therefore, our Trainees will not be seen in the video.

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Weekly Video: Week 2

Check Share drive

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EFMP

Destroyers! Today's "Inside The Wire" is about the Exceptional Family Member Program (EFMP). Military Families with a Family member with special needs, also known as an Exceptional Family Member (EFM), often require additional help in meeting the EFM's needs.

To support Families with special needs, the Army created the Exceptional Family Member Program (EFMP) in the early 1980's.

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Exceptional Family Member Program



- The Army designed the EFMP to be a comprehensive, coordinated, multi-agency program that provides community support, housing, medical, educational, and personnel services to military Families with an EFM.
- In the Army, there are two sides to the EFMP house: Medical and ACS.
 - The Medical side is the core of the program. They not only ensure medical needs are met but also ensure that Soldier's PCS (permanent change of station...moving from one duty station to another) is to an installation that can support their EFM. "Are the necessary medical resources available at the new installation?"
 - The ACS side of the house is geared toward support groups or referrals to outside organizations that can provide assistance.
- [For more information on Army EFMP visit: https://myarmybenefits.us.army.mil/Benefit-Library/Federal-Benefits/Exceptional-Family-Member-Program-\(EFMP\)-?serv=122](https://myarmybenefits.us.army.mil/Benefit-Library/Federal-Benefits/Exceptional-Family-Member-Program-(EFMP)-?serv=122)
- Information on Exceptional Family Member Family Support can also be found on Military One Source. They can help service members and their families identify and access programs and services including, but not limited to: Information and referrals for military and community services, Education and outreach, Information about available local school and early intervention services, Warm handoffs to the Exceptional Family Member Program at new locations, and Non-clinical case management, including individualized services plans.

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CYS

Destroyers! Today's ITW is about Child & Youth Services (CYS).
CYS provides childcare options and activities for military children from 6 weeks to 18 years of age. Other services provided by CYS include: Parent Central Services, SKIES Unlimited, Tutoring, and the School Liaison Officer.

Learn more below.

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CYS (Child and Youth Services)



- CYS provides quality child development options and youth programs. Programs and services are available at most installations for children up to age 12 and at Youth Centers, when available, up to age 18. Care is provided in different settings based on age/requirements.
- **Child Development Centers (CDC)** offer care for children ages 6 weeks to 5 years old.
- **School Age Care (SAC)** Programs bridge the gap between Child Development Services and Youth Services and provide programs for youth in Grades K - 5.
- **Family Child Care (FCC)** Program is a system of home-based childcare. Family members living in government housing who provide childcare for more than 10 hours per week on a regular basis are required to be certified through this program. FCC applicants go through an extensive certification process before being allowed to care for children in their government quarters.
- The **Youth Program** (Youth Center or **YC**) offers age-appropriate activities for youth in 6th through 12th grades including homework assistance, transportation, and snacks.
- MilitaryChildCare.com allows Soldiers and Families to search for child and youth care options through a single website. The site provides comprehensive information on childcare programs worldwide, conduct a customized search for the care, and submit a request for care at any time and from any location.

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CYS Additional Resources



- **Parent Central Services:** Offers registration, enrollment, records transfer, parent education classes, and babysitter referral services for Families. This is your first stop, when enrolling your child(ren) in CYS programs.
- **SKIES Unlimited** (School of Knowledge, Inspiration, Exploration and Skills) offers instructional programs for children and youth designed to expand their knowledge, help them acquire new skills, give them inspiration, and allow them to explore new disciplines. The SKIES Unlimited program fosters the development of critical life skills, leadership development, and social skills. SKIES offerings vary by installation but can include: swimming, golf, tennis, martial arts, piano lessons, foreign languages, and more.
- **Tutoring:** Army Families have access to free, unlimited online tutoring and academic and career resources 24/7 from www.tutor.com/army.
- The **School Liaison Services**, provided by the School Liaison Officer (SLO), are available to all military parents of school-aged children regardless of the school attended. School Liaison Services provides assistance with:
 - Issues with school registration and academic credits.
 - Coordination of transition services.
 - Information on local school systems, curriculum, and school opportunities.
 - Liaison with command on educational issues affecting military children.

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White Phase FAQ's

Destroyers! Today we address some of the most frequently asked questions during White Phase.

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White Phase FAQ's



My Soldier seems to be doing very well in training. When will we know for sure if my Soldier is going to graduate?

It is necessary that your Trainee complete all weeks of training satisfactorily. Trainees are responsible for keeping their Families informed as to their progress.

My Soldier is very worried about being able to qualify with the rifle. Will Soldiers be given additional help or chances to qualify if they need it? As training progresses, the Drill Sergeants actively identify those who are struggling with the fundamentals of marksmanship and give them additional training as needed. Very few Soldiers actually fail to qualify after all the training they receive.

My Soldier is worried about passing the physical fitness test. Will my Soldier be given additional opportunities to pass the test? The companies will give the first-time ACFT (Army Combat Fitness Test) failures at least 2-3 additional retests before the end of the cycle, as well as additional physical training to address their deficiencies. If by the end of the cycle the Soldier still has not met the minimum requirements for passing their ACFT test, there is the possibility of a special ACFT program for up to 4 weeks that the Soldier might be eligible to attend as well.

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How to read an LES

Destroyers! Today's ITW is on reading a Leave and Earning Statement (LES). The link below, from the Defense Finance and Accounting Service explains how to understand a military pay statement.

While we're on the subject of pay, a document addressing some key points regarding pay is attached.

https://www.dfas.mil/Portals/98/Documents/Military%20Members/Payentitlements/aboutpay/Army_reading_your_LES.pdf

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Regarding Pay



- It can take up to 8 weeks for military pay to start.
- Soldiers are advanced \$350 on an Eagle Cash Card (debit card) that they can use on Post to purchase items they may need.
- If Soldiers have not received pay yet and are in need, they can request an AER loan. AER loan requests go through a Soldier's Chain of Command. If you would like more information about AER visit <https://www.armyemergencyrelief.org/>.
- Whenever there is an issue with pay (either now or in the future) Soldiers can initiate a "pay inquiry".
- Family members (parents or spouse) cannot interact with Finance without a power of attorney clearly defining the ability of the parent or spouse to handle financial matters on behalf of the Soldier.
- If a "pay inquiry" needs to be initiated the Soldier needs to speak with their Drill Sergeant(s) who will ensure the Soldier is able to communicate with Finance.
- If your Soldier is due back pay (i.e. they haven't received their first paycheck yet). The Soldier will receive all pay due; usually in a lump sum on the 1st or 15th of month. However, this depends both on processing dates and the nature of back pay due.
- The number of available leave (vacation) days is printed on a Soldier's LES (Leave and Earning Statement...pay stub). Soldiers accrue leave at a rate of 2.5 days per calendar month.

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Sample Leave and Earning Statement



DEFENSE FINANCE AND ACCOUNTING SERVICE MILITARY LEAVE AND EARNINGS STATEMENT																			
ID	NAME (LAST, FIRST, MI)			SOC SEC NO.	GRADE	PAY DATE	YTD SVC	ETD	BRANCH	ADJUT GEN	PERIOD COVERED								
ENTITLEMENTS				DEDUCTIONS				ALLOTMENTS				SUMMARY							
TYPE		AMOUNT		TYPE		AMOUNT		TYPE		AMOUNT		+ AMT FWD							
10				11				12				13		14					
												- TOT EXT		15					
												- TOT DED		16					
												- TOT ALMT		17					
												- NET AMT		18					
												- CR FWD		19					
												- EOM PAY		20					
												- DIENS		21					
												- RET PLAN		22					
TOTAL		23		24		25		26		27		28		29					
LEAVE		30		31		32		33		34		35		36					
FICA TAXES		37		38		39		40		41		42		43					
PAY DATA		44		45		46		47		48		49		50					
BAID PAY RATE		51		52		53		54		55		56		57					
BAID PAY CURRENT		58		59		60		61		62		63		64					
SPEC PAY RATE		65		66		67		68		69		70		71					
SPEC PAY CURRENT		72		73		74		75		76		77		78					
DIC PAY RATE		79		80		81		82		83		84		85					
DIC PAY CURRENT		86		87		88		89		90		91		92					
BONUS PAY RATE		93		94		95		96		97		98		99					
BONUS PAY CURRENT		100		101		102		103		104		105		106					
REMARKS		107		108		109		110		111		112		113					
YTD ENTITLE		114		115		116		117		118		119		120					
YTD DEDUCT		121		122		123		124		125		126		127					

Learn more about military pay at DFAS.mil
https://www.dfas.mil/Portals/98/Documents/Military%20Members/Payentitlements/aboutpay/Army_reading_your_LES.pdf

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How to Read an LES



This is a guide (from DFAS: https://www.dfas.mil/Portals/98/Documents/Military%20Members/Payentitlements/aboutpay/Army_reading_your_LES.pdf) to help you understand your Leave and Earnings Statement (LES). The LES is a comprehensive statement of a member's leave and earnings showing your entitlements, deductions, allotments (fields not used for Reserve and National Guard members), leave information, tax withholding information, and Thrift Savings Plan (TSP) information. Your most recent LES can be found 24 hours a day on myPay. If members receive Career Sea Pay, the Sea Service Counter will still be displayed in the remark portion of the LES. The LES remains one page in length. Verify and keep your LES each month. If your pay varies significantly and you don't understand why, or if you have any questions after reading this publication, consult with your disbursing/finance office.

- **1 NAME:** The member's name in last, first, middle initial format.
- **2 SOC. SEC. NO.:** The member's Social Security Number.
- **3 GRADE:** The member's current pay grade.
- **4 PAY DATE:** The date the member entered active duty for pay purposes in YYMMDD format. This is synonymous with the Pay Entry Base Date (PEBD).
- **5 YRS SVC:** In two digits, the actual years of creditable service.
- **6 ETS:** The Expiration Term of Service in YYMMDD format. This is synonymous with the Expiration of Active Obligated Service (EAOS).
- **7 BRANCH:** The branch of service, i.e., Navy, Army, Air Force.
- **8 ADSN/DSSN:** The Disbursing Station Symbol Number used to identify each disbursing/finance office.
- **9 PERIOD COVERED:** This is the period covered by the individual LES. Normally it will be for one calendar month. If this is a separation LES, the separation date will appear in this field.

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How to Read an LES



- **10 ENTITLEMENTS:** In columnar style the names of the entitlements and allowances being paid. Space is allocated for fifteen entitlements and/or allowances. If more than fifteen are present the overflow will be printed in the remarks block. Any retroactive entitlements and/or allowances will be added to like entitlements and/or allowances.
- **11 DEDUCTIONS:** The description of the deductions are listed in columnar style. This includes items such as taxes, SGLI, Mid-month pay and dependent dental plan. Space is allocated for fifteen deductions. If more than fifteen are present the overflow will be printed in the remarks block. Any retroactive deductions will be added to like deductions.
- **12 ALLOTMENTS:** In columnar style the type of the actual allotments being deducted. This includes discretionary and non-discretionary allotments for savings and/or checking accounts, insurance, bonds, etc. Space is allocated for fifteen allotments. If a member has more than one of the same type of allotment, the only differentiation may be that of the dollar amount.
- **13 +AMT FWD:** The amount of all unpaid pay and allowances due from the prior LES.
- **14 +TOT ENT:** The figure from Field 20 that is the total of all entitlements and/or allowances listed.
- **15 -TOT DED:** The figure from Field 21 that is the total of all deductions.
- **16 -TOT ALMT:** The figure from Field 22 that is the total of all allotments.
- **17 =NET AMT:** The dollar value of all unpaid pay and allowances, plus total entitlements and/or allowances, minus deductions and allotments due on the current LES.
- **18 -CR FWD:** The dollar value of all unpaid pay and allowances due to reflect on the next LES as the +AMT FWD.
- **19 =EOM PAY:** The actual amount of the payment to be paid to the member on End-of-Month payday.
- **20 - 22 TOTAL:** The total amounts for the entitlements and/or allowances, deductions and allotments respectively.
- **23 DIEMS:** Date initially entered military service: This date is used SOLELY to indicate which retirement plan a member is under. For those members with a DIEMS date prior to September 8, 1980, they are under the FINAL PAY retirement plan. For those members with a DIEMS date of September 8, 1980 through July 31, 1986, they are under the HIGH-3 retirement plan. For those members with a DIEMS date of August 1, 1986 or later, they were initially under the REDUX retirement plan. This was changed by law in October 2000, when they were placed under the HIGH-3 plan, with the OPTION to return to the REDUX plan. In consideration of making this election, they become entitled to a \$30,000 Career Service Bonus. The data in this block comes from PERSCOM. DFAS is not responsible for the accuracy of this data. If a member feels that the DIEMS date shown in this block is erroneous, they must see their local servicing Personnel Office for corrective action.
- **24 RET PLAN:** Type of retire

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How to Read an LES



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How to Read an LES:



- **25 BF BAL:** The brought forward leave balance. Balance may be at the beginning of the fiscal year, or when active duty began, or the day after the member was paid Lump Sum Leave (LSL).
- **26 ERND:** The cumulative amount of leave earned in the current fiscal year or current term of enlistment if the member reenlisted/extended since the beginning of the fiscal year. Normally increases by 2.5 days each month.
- **27 USED:** The cumulative amount of leave used in the current fiscal year or current term of enlistment if member reenlisted/extended since the beginning of the fiscal year.
- **28 CR BAL:** The current leave balance as of the end of the period covered by the LES.
- **29 ETS BAL:** The projected leave balance to the member's Expiration Term of Service (ETS).
- **30 LV LOST:** The number of days of leave that has been lost.
- **31 LV PAID:** The number of days of leave paid to date.
- **32 USE/LOSE:** The projected number of days of leave that will be lost if not taken in the current fiscal year on a monthly basis. The number of days of leave in this block will decrease with any leave usage.
- **33 WAGE PERIOD:** The amount of money earned this LES period that is subject to Federal Income Tax Withholding (FITW).
- The money earned year-to-date that is subject to FITW.
- **35 M/S34 WAGE YTD:** . The marital status used to compute the FITW.
- **36 EX:** The number of exemptions used to compute the FITW.
- **37 ADD'L TAX:** The member specified additional dollar amount to be withheld in addition to the amount computed by the Marital Status and Exemptions.
- **38 TAX YTD:** The cumulative total of FITW withheld throughout the calendar year.

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How to Read an LES:



- **39 WAGE PERIOD:** The amount of money earned this LES period that is subject to FICA.
- **40 SOC WAGE YTD:** The wages earned year-to-date that are subject to FICA.
- **41 SOC TAX YTD:** Cumulative total of FICA withheld throughout the calendar year.
- **42 MED WAGE YTD:** The wages earned year-to-date that are subject to Medicare.
- **43 MED TAX YTD:** Cumulative total of Medicare taxes paid year-to-date.
- **44 ST:** The two digit postal abbreviation for the state the member elected.
- **45 WAGE PERIOD:** The amount of money earned this LES period that is subject to State Income Tax Withholding (SITW).
- **46 WAGE YTD:** The money earned year-to-date that is subject to SITW.
- **47 M/S:** The marital status used to compute the SITW.
- **48 EX:** The number of exemptions used to compute the SITW.
- **49 TAX YTD:** The cumulative total of SITW withheld throughout the calendar year.
- **50 BAQ TYPE:** The type of Basic Allowance for Quarters being paid.
- **51 BAQ DEPN:** A code that indicates the type of dependent. A - Spouse C - Child D - Parent G Grandfathered I - Member married to member/own right K - Ward of the court L - Parents in Law R - Own right S - Student (age 21-22) T - Handicapped child over age 21 W - Member married to member, child under 21
- **52 VHA ZIP:** The zip code used in the computation of Variable Housing Allowance (VHA) if entitlement exists.
- **53 RENT AMT:** The amount of rent paid for housing if applicable.

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How to Read an LES:



- **54 SHARE:** The number of people with which the member shares housing costs.
- **55 STAT:** The VHA status; i.e., accompanied or unaccompanied.
- **56 JFTR:** The Joint Federal Travel Regulation (JFTR) code based on the location of the member for Cost of Living Allowance (COLA) purposes.
- **57 DEPNS:** The number of dependents the member has for VHA purposes.
- **58 2D JFTR:** The JFTR code based on the location of the member's dependents for COLA purposes
- **59 BAS TYPE:** An alpha code that indicates the type of Basic Allowance for Subsistence (BAS) the member is receiving, if applicable. This field will be blank for officers. oB - Separate Rations oC - TDY/PCS/Proceed Time oH - Rations-in-kind not available o K - Rations under emergency conditions
- **60 CHARITY YTD:** The cumulative amount of charitable contributions for the calendar year.
- **61 TPC:** This field is not used by the active component of any branch of service.
- **62 PACIDN:** The activity Unit Identification Code (UIC). This field is currently used by Army only.
- **63 BASE PAY RATE:** The percentage of base pay elected for TSP contributions.
- **64 BASE PAY CURRENT:** Reserved for future use.
- **65 SPECIAL PAY RATE:** The percentage of Specialty Pay elected for TSP contribution.
- **66 SPECIAL PAY CURRENT:** Reserved for future use.
- **67 INCENTIVE PAY RATE:** Percentage of Incentive Pay elected for TSP contribution.
- **68 INCENTIVE PAY CURRENT:** Reserved for future use.

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How to Read an LES



- **69 BONUS PAY RATE:** The percentage of Bonus Pay elected towards TSP contribution. **70 BONUS PAY CURRENT:** Reserved for future use. **71** Reserved for future use. **72 TSP YTD DEDUCTION (TSP YEAR TO DATE DEDUCTION):** Dollar amount of TSP contributions deducted for the year. **73 DEFERRED:** Total dollar amount of TSP contributions that are deferred for tax purposes. **74 EXEMPT:** Dollar amount of TSP contributions that are reported as tax exempt to the Internal Revenue Service (IRS). **75** Reserved for future use
- **70 BONUS PAY CURRENT:** Reserved for future use.
- **71** Reserved for future use.
- **72 TSP YTD DEDUCTION (TSP YEAR TO DATE DEDUCTION):** Dollar amount of TSP contributions deducted for the year.
- **73 DEFERRED:** Total dollar amount of TSP contributions that are deferred for tax purposes.
- **74 EXEMPT:** Dollar amount of TSP contributions that are reported as tax exempt to the Internal Revenue Service (IRS).
- **75** Reserved for future use
- **76 REMARKS:** This area is used to provide you with general notices from varying levels of command, as well as the literal explanation of starts, stops, and changes to pay items in the entries within the "ENTITLEMENTS", "DEDUCTIONS", and "ALLOTMENTS" fields.
- **77 YTD ENTITLE:** The cumulative total of all entitlements for the calendar year.
- **78 YTD DEDUCT:** The cumulative total of all deductions for the calendar year.

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SHARP Awareness

Destroyers! Today's ITW provides information about SHARP (Sexual Harassment/Assault Response & Prevention). Sexual assault, sexual harassment, and retaliatory behaviors have no place in our Army.

Should a sexual assault/sexual harassment incident occur there is help available. Survivors of sexual assault/sexual harassment are encouraged to speak up and get help! Every BN in the Army has a Sexual Assault Response Coordinator (SARC) and Victim Advocate (VA). These individuals receive training certified by the [National Advocate Credentialing Program \(NACP\)](#) and are credentialed through the [DOD Sexual Assault Advocate Certification Program \(D-SAACP\)](#). SARCs and VAs assist Soldiers with sexual assault reports, providing a 24/7 response capability. These professionals also support commanders with prevention, training, and awareness efforts. Remember INTERVENE-ACT-MOTIVATE. Learn more about SHARP at: https://www.sharp.army.mil/iam_mission.aspx

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SHARP



Sexual Harassment/Assault Response & Prevention

Intervene

When I recognize a threat to my fellow Soldiers, I will have the personal courage to **INTERVENE** and prevent sexual assault. I will condemn acts of sexual harassment. I will not abide obscene gestures, language, or behavior. I am a Warrior and a member of a team. I will **INTERVENE**.

Act

You are my brother, my sister, my fellow Soldier. It is my duty to stand up for you, no matter the time or place. I will take **ACTION**. I will do what's right. I will prevent sexual harassment and sexual assault. I will not tolerate sexually offensive behavior. I will **ACT**.

Motivate

We are American Soldiers, **MOTIVATED** to keep our fellow Soldiers safe. It is our mission to prevent sexual harassment and sexual assault. We will denounce sexual misconduct. As Soldiers, we are all **MOTIVATED** to take action. We are strongest...together.

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Casualty Notification

Destroyers!! Today's ITW is on a subject that we hope you never have to deal with, but as you will often hear the cadre (drill sergeants and staff) say, "hope is not a method." So, we want to help you understand the "casualty notification process", "safety stand downs", and "communication lockouts". Below not only explains what these terms mean but why they are done.

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Casualty Notification Process



Casualty Notification: Whenever a Soldier signs into a new unit the Soldier provides emergency contact(s) information in a signed document (known as a DD93), designating whom they wanted contacted in the event of the Soldier dying or being seriously injured. (This is usually Family members and referred to as the “Next of Kin”).

In the event of death or serious injury the individuals listed on the DD93 will be notified in person, during the hours of 6am – 10pm. The notification team always has two people, the Casualty Notification Officer (CNO) and a Chaplain. The CNO and Chaplain will be in dress uniforms (not the camouflage ones, but the ones that look more like a business suit). It is only after the casualty notification process is completed (and all individuals listed on the DD93 have been contacted) that the name of the injured or deceased individual is released to the public. If the Army is delayed in finding the next of kin (NOK), perhaps because the NOK have moved and the Soldier did not update the paperwork, release of the deceased/injured Soldier’s name will also be delayed.

Safety Stand Down: This is a pause in training/operations to allow everyone to refocus on safety. The unit takes this time to re-analyze the circumstances that led to the stand down and reviews training plans to ensure all safety measures are being taken.

Communication Lockouts: Communication lockout/blackout is when no communication is allowed between a Soldier and anyone outside the unit, including their Family members, by email/text/phone/social media. This is done to allow the Casualty Notification process to play out. Next of kin Family members deserve the right to be informed of the injury or death of their Soldier in a dignified and supportive manner. They should not learn of the injury/death from the news, text message, or social media post. The communication lockouts are done to protect these Family members.

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Day 7

Week 3

Weekly Video: Week 3

Family and Friends check out this video developed by the Brigade to give you an insight on what is happening this week. Please note that these videos were pre-made. Therefore, our Trainees will not be seen in the video.

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Weekly Video: Week 3

Check Share drive

S:_HQ 434\BDE PAO\Weekly Videos





Counseling Resources

Destroyers!! Yesterday's ITW highlighted the Army's Resiliency Programs. Today we highlight some of the Army's counseling resources. You already know that Army Chaplains are a great counseling resource; another resource is a Military Family Life Counselor (MFLC).
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Military Family Life Counselors



- The Military and Family Life Counseling (MFLC) Program supports service members, their Families and survivors with non-medical counseling worldwide.
- Confidential issues addressed include: improving relationships at home and work, stress management, adjustment difficulties, parenting, and grief or loss.
- It does not address active suicidal or homicidal thoughts, sexual assault, child abuse, domestic violence, alcohol and substance abuse, or serious mental health conditions.
- Family life counselors are available to meet with military children and their Families to discuss self-esteem issues, relationships at home and school, behavioral issues, and changes at home such as deployment, reunion, divorce and grief.
- Ask if there are child and youth behavioral counselors at these locations near you: Child development centers, Installation-based youth and teen centers, On- and off-installation public schools, Department of Defense Education Activity schools.
- Eligibility: As long as you or your spouse are an active-duty, National Guard or reserve service member or a designated Department of Defense civilian, the spouse, Soldier, and child(ren) are eligible. Surviving children are also eligible. If a child is 18 years old or younger, parent/guardian must give consent for counseling sessions.
- MFLCs are trained to work with the military community; you can reach a counselor by calling 800-342-9647.

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BOSS and CARE Teams

Destroyers! Today's "Inside The Wire" is about the Better Opportunities for Single Soldiers Program, better known as BOSS.

The mission of the BOSS program is to enhance the morale and welfare of single Soldiers, increase retention and sustain combat readiness. CARE Teams provide short term immediate support after a death or serious injury to the local surviving Family members. There are multiple ways to serve on/support a CARE Team.

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Better Opportunities for Single Soldiers (BOSS)



- BOSS is the collective voice of single Soldiers through the chain of command, which serves as a tool for commanders to gauge the morale of single Soldiers regarding quality-of-life issues.
- BOSS also sponsors a variety of activities before, during and after deployment to maintain the morale of single Soldiers affected by increased operational tempo and deployment stress.
- The BOSS program is facilitated through its three core components aimed at maintaining a balanced life: leisure and recreation, community service and quality of life.
 - Quality of Life: Quality of Life includes those issues that Soldiers can directly or indirectly influence to enhance their morale, living environment, or personal growth and development. Issues raised during BOSS meetings will be directed to the appropriate command or staff agency for resolution on the installation. Army-wide issues are forwarded to the Army Family Action Plan Conference for possible DA resolution.
 - Recreation and Leisure: Fun activities are planned by the BOSS council working in conjunction with the MWR Advisor and CSM. These events are geared towards the desires of the Single Soldiers on that installation.
 - Community Service: BOSS makes a difference by volunteering in community projects and events. This is always voluntary in nature, and Soldiers find this to be personally rewarding.
- BOSS serves the Single Soldier Community - active, guard and reserve - and single parents, geographical bachelors, and other branches of service and Foreign Service Members.

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CARE Teams



- CARE originally stood for Casualty Response. These teams of volunteers provide immediate short-term (24 – 96 hours) support in the event of a death or significant injury to the surviving local Family members.
- CARE Teams are a Commander's program. (So, the BN Commander has to activate the CARE Team).
- These teams can be activated due to the death/injury of a service member, spouse, or child.
- There are a variety of ways to help with a CARE Team from contributing a meal (most common) to sitting with the Family.
- There is mandatory training from ACS (Army Community Services).
- Serving on a CARE is one of the most rewarding and challenging volunteer positions in the Army.

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MWR

Destroyers!! Today's "Inside The Wire" is about Morale, Welfare, and Recreation (MWR).

MWR has a unique and long history. In 1903, Congress authorized the Army to build, operate, and maintain PXs, libraries, schools, recreation centers, and gyms for the troops. The Army Morale Division was established in 1918, the Army Motion Picture Service in 1920 and the Library Service in 1923. The establishment of these organizations led to the creation in 1941 of "Special Services." Through all of the name changes, the mission of MWR has remained constant. Learn more about it below.

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MWR Morale, Welfare, and Recreation



- Army MWR exists because the U.S. Army “...is committed to the well-being of the community of people who serve and stand ready to defend the nation, to enhance the lives of Soldiers, their Families, civilian employees, and military retirees.”
- MWR seeks to bridge the gap between the garrison and the local community and contribute to the Army’s strength and readiness by offering services that reduce stress and build skills and self confidence for Soldiers and their Families.
- MWR support programs, include child-care, youth programs, schools, libraries, sports and athletics, financial counseling, spouse employment programs, in-theater support to deployed Soldiers, Soldier Family Readiness Groups, lodging, and fitness centers.

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Week 4

Destroyers!! Today's post is a brief overview of Operational Security (OPSEC). Please continue to help us keep your Trainees safe!

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Operational Security (OPSEC)



OPSEC cannot be easily summed up in a set of rules for every situation. So, here are some key considerations:

1. Do not post an exact date and location. (ex: *My Trainee is arriving at 5pm on Tuesday.*)
2. Do not discuss routes and modes of travel taken. (ex: *My Trainee is flying from _____ airport.*)
3. Do not discuss events and locations where large numbers are present. (ex: *My Trainee and her 15 platoon mates are attending _____ event.*)
4. Avoid the use of count down tickers (ex: *My Trainee comes home in 5 days.*)
5. Do not “Tag” your Trainee. With today's technology, facial recognition may seem fun and easy, but these same programs could be harmful to those in the military, along with their Family.
6. Do not pass on rumors (ex: *I heard they're graduating early*). Graduation dates are locked.
7. Internet Safety. This CANNOT be stressed enough. If you do not know them, do not friend them!

These OPSEC considerations aren't meant to limit your free speech or restrict your liberties. They are designed to help ensure the safety and security of your Soldier. We all have a part in the security of our loved ones.

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Army Emergency Relief

Destroyers!, today's "Inside The Wire" is all about Army Emergency Relief. Army Emergency Relief better known as AER is the Army's own emergency financial assistance organization and is dedicated to "Helping the Army Take Care of its Own." <https://www.armyemergencyrelief.org/>

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Army Emergency Relief



Army Emergency Relief better known as AER is the Army's own emergency financial assistance organization and is dedicated to "Helping the Army Take Care of its Own." AER has been helping Soldiers since 1942 and is the U.S. Army's Nonprofit Organization.

- AER financial assistance is conducted within the Army structure by mission commanders and garrison commanders through AER Sections located at U.S. Army installations worldwide.
- AER provides zero-interest loans, grants, and educational scholarships, helping ensure no Soldier faces financial hardship on their own.
- **There are three ways to apply for assistance through AER: the Soldier's Chain of Command, an AER Office, or the American Red Cross (1-877-272-7337 then select the option for financial assistance.)**
- The following individuals are eligible for AER assistance in accordance with Army Regulation 930-4: Soldiers on active duty and their eligible dependents; Army Reserve and National Guard Soldiers activated on Title 10 orders for more than 30 days and their eligible dependents; Soldiers retired for longevity, medical, or upon reaching age 60 (reserve component) and their eligible dependents; Surviving spouses who have not remarried and children of Soldiers who died on active duty or died after reaching retirement eligibility.
- In general, AER provides assistance for the following categories (however, all assistance request are unique and considered on an individual basis):
Emergency Travel; Natural Disaster (preparation & evacuation); Mortgage, Rent, Initial Deposit, Temporary Lodging; Food;
Healthcare (not covered by Tricare); Vehicle Costs; Utilities; Funeral Expenses; Basic Essential Furniture; Appliance Costs; Cranial Helmets;
PCS Travel; Child Car Seats; Dental Care (for dependents); Home Repair; Non-Medical Attendant Travel; Invitational Travel Order; Clothing;
Immigration & Passport Fees (for dependents); Special Needs Medical Equipment; Spouse Relicensing / Recertification; Child Care (Army Fee Assistance req.)

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Resiliency

Destroyers!! ITW has touched on some intense topics this week. So, we want to make sure you know about the Army's Resiliency Programs. Army life is unique and can be quite intense and challenging. Resiliency helps you thrive in any environment. Resilience is the ability to bounce back from stress. Learning to be more resilient can help your family deal with the demands of military life.

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Resiliency Resources



- Ready and Resilient (R2) provides training and resources to the Army Family to enhance resilience and optimize performance. R2 reinforces the Army Values, beliefs and attitudes, and educates members of the Army team about the importance of building connections with each other, taking care of one another, and being there to support fellow Soldiers.
- Many Army installations have R2 Performance Centers that provide customized performance training that enables Soldiers to sustain personal readiness, enhance resilience, optimize human performance, and build unit cohesion. These services are also open to Family members. Until you're able to visit an R2 center check out the following link for some great resiliency resources. <https://readyandresilient.army.mil/Resilience.html>
- Military One Source also provides resiliency resources. Relationships and stress can greatly affect a service member's satisfaction in life. Military One Source's suite of resilience tools can help you manage your mood, strengthen your partner relationship, and help you become more mission-ready. In our mobile world, you can carry Military OneSource support services with you wherever you go. Check out these three tools on your phone or tablet anytime — day or night.
 - **Coach Hub:** Carry a life coach in your pocket with CoachHub. This resilience tool connects you with real, live coaching experts right on your phone or tablet.
 - **Mood Hacker:** Your mood is a big deal. It affects how satisfied you are with your life as well as your relationships with other people.
 - **Love Every Day:** Improve the quality, stability and resilience of your relationship with your partner with Love Every Day.

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Week 4

Day 7

Weekly Video: Week 4

Family and Friends check out this video developed by the Brigade to give you an insight on what is happening this week. Please note that these videos were pre-made. Therefore, our Trainees will not be seen in the video.

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Weekly Video: Week 4

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AAFES

Destroyers!! Today's ITW is about, "the Exchange." The Army & Air Force Exchange Service (AAFES). AAFES operates a number of services on post, including the "Main Exchange" often referred to as the "PX"; as well as the shopette (gas station with convenience store); and other operations such as the restaurants in the food court.

"PX" originally stood for "Post Exchange". The Army has posts; the Navy and Air Force have bases (their exchanges are sometimes referred to as the "BX"). Remember, it is not an "Army Base"; it is an "Army Post!"

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AAFES (Army & Air Force Exchange Service)



- Since 1895, the Army & Air Force Exchange Service has provided Warfighters and their Families tax-free shopping and military-exclusive pricing at installations worldwide and at ShopMyExchange.com.
- 100% of Exchange earnings support the military community. Exchange earnings support critical military Quality-of-Life programs that promote military readiness and resiliency including Child, Youth and School Services, Armed Forces Recreation Centers and more.
- The Exchange operates more than 4,000 facilities in 34 countries, 50 states, 4 U.S. territories (Guam, Puerto Rico, Northern Mariana Islands and American Samoa) and the District of Columbia. No matter where troops go, the Exchange goes with them.
- The Exchange funds 97% of its operating budget from the sale of goods and services. The remaining 3% of funding comes from appropriated funds; the vast majority of this support is devoted to transporting goods overseas to make American goods available to those serving abroad.
- The Exchange and the Commissary are two different organizations with the similar goal of supporting Soldiers and their Families.

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Army One Source

Destroyers! today's "Inside The Wire" is about "Army One Source". Yesterday, we shared with you about Military One Source which provides resources for the Army and our sister services. Army One Source, is an Army specific resource that can be found at <http://www.myarmyonesource.com/default.aspx>

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Army One Source



Army One Source (<https://myarmyonesource.com>) provides resources for Army Families including:

- Confidential Help (Army One Source's call center is available 24/7 online and by phone. No matter where you serve or live, you always have support.)
- Volunteer Tools (Confidently navigate life in the military – from basic training to separation and transition and all the steps in between.)
- Online Training, the courses offered are:
 - AFTB Training (Level I, II, and III)
 - EFMP Program Overview
 - Financial Planning for Retirement
 - Soldier Family Readiness Group (SFRG) Leader's Training
 - Internet Safety for Kids
 - Mentor Training
 - Money Matters
 - Financial Readiness Training
 - Rear Detachment Commander
 - Volunteer Management
 - Volunteer Management Information System (VMIS) Training

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Key Info: Photos, Videos and Shirts

Destroyers!! Below please find information regarding third-party sellers of photos, videos, and shirts. Please direct all questions directly to these third-party organizations.

Professional Training Photos: <https://fortsillphotography.com/>

Videos (Graduation): <https://sill-www.army.mil/434/graduation/>

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Photos, Videos and Shirts by third parties



- **Professional Training Photos and individual portraits:** Fort Sill photography sells portraits of your Trainees, Special Graduation videos and training photos, shirts and other packages that can be requested. They can be contacted on their website <https://fortsillphotography.com/> or 951-240-5538.

These are third party sellers. We do not have the prices of the various items. Please direct all questions directly to these third-party organizations.

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Week 5

Day 4

Destroyer History

Destroyers! Today's ITW provides information about our Battalion's history.
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River Raider History



The unit was constituted on 21 November 1942 in the United States Army as Headquarters and Headquarters Company, 1st Tank Destroyer Brigade. It was activated on 24 November 1942 at Camp Hood, Texas. On 22 January 1944, the 1st Tank Destroyer Brigade sailed aboard HMS Queen Mary, from NY Port of Embarkation, arrived Greenock, Scotland 28 January 1944. On 11 July 1944 the Brigade landed on Utah Beach, France.

On 2 August 1944 Field Order #10, HQ, VIII Corps designated 1st TD Brigade as HQ for Task Force "A" commanded by Gen Herbert Ernst, consisting of the 15th Cav Group, the 705th TD Battalion, 6th TD Group, 509th Engineer Co, and 159th Engineer BN. Their mission was to attack from Avranches to Morlaix, to assist in clearing the Brittany Peninsula and to assist in the capture of Brest. TF A captured 1,679 Enemy Prisoners of War and inflicted heavy damage to enemy personnel and equipment.

On 17 April 1947, the Brigade was re-designated as Headquarters and Headquarters Battery, 434th Field Artillery Group and allotted to the organized reserves. On 1 June 1978, it was re-designated as Headquarters and Headquarters, 434th Field Artillery Brigade. The Brigade was inactivated on 31 December 1990 in Chicago, Illinois. On 17 April 2007, the 434th Field Artillery Brigade was re-activated at Fort Sill, OK as an Army Training Center responsible for the training of the Army's newest warriors. As the Army transforms to meet the challenges of the future, we can be certain that the 434th Field Artillery Brigade will continue to be the premier training center in the United States Army, transforming volunteers into Soldiers.



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Embedded Behavioral Health

Destroyers! Today's post of "Inside the Wire" (which we internally call ITW) provides insight into the Embedded Behavioral Health (EBH) resource that the Army provides to all Trainees and Soldiers.

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EBH



- The goals of embedded behavioral health (EBH) are improving access to behavioral health care for active-duty Soldiers, increasing the mission readiness of operational units, identifying Soldiers with behavioral health challenges as early as possible, increasing and improving communication between behavioral health professionals and operational unit leaders, and serving as a clinical platform for quality care delivery.
- The teams are composed of 13 people to include licensed clinical social workers (LCSWs), psychologists, a psychiatrist or psychiatric nurse practitioner, a case manager, an licensed practical nurse (LPN), two psychological assistants and two front desk personnel.
- The Behavioral Health (BH) provider maintains visibility on the mission readiness and safety status of the Soldiers and reports trends to leadership on a regular basis. The enduring working relationship between the provider and key battalion personnel erodes the stigma commonly associated with BH care in the military setting. The BH provider specifically tailors the treatment options for the battalion's Soldiers to a much greater degree than was earlier possible.

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Week 5

Day 6

Coping with Deployment and TDY assignments

Destroyers! Today's post of "Inside the Wire" provides insight into how to cope when deployed or on Temporary Duty Assignment (TDY). These skills and techniques can be used for Soldiers that are away but also for their families that were left behind.

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Coping with Deployment and TDY Assignments



Before Deployment

As departure day nears, some spouses begin to feel:

- Confused, stressed, resentful or depressed
- Detached or withdrawn as their service member invests more time and commitment in the mission
- Hopeless and impatient
- Emotionally and physically distant

To help keep things positive and loving with your spouse during the predeployment period, remember that it's important to:

- **Keep the lines of communication open.** Talk about your feelings and discuss what you expect from each other during the deployment, including how you'll communicate.
- **Create opportunities for lasting memories during the separation.** Spend time together in a relaxed atmosphere to create memories that will sustain you during the deployment.
- **Get to know other military spouses who are going through the same experience.** Get involved with family readiness activities and other unit or installation events.

During Deployment

During the first weeks after your service member leaves, you may feel sad, disoriented, anxious and angry. However, soon you will experience a growing sense of self-confidence and independence. Here are some suggestions for coping:

- **Find things to look forward to.** Take a class, volunteer or start a project you've always wanted to do.
- **Reach out to others who are in the same situation.** Plan an event with other families who are coping with a deployment or find a support group through your military community.
- **Don't try to hide your feelings.** It's normal to feel sad, lonely or angry when you've been separated from your spouse.
- **Concentrate on what you can control.** Try to focus on things you can control, like spending time with family and friends or signing up for a class or volunteer opportunity.
- **Learn some stress management techniques that work for you.** Try out some different ways to relieve stress, such as an exercise class, a journal of your thoughts and feelings, meditation or deep breathing.
- **Take care of yourself.** Get enough sleep, exercise, eat healthy meals and be sure to drink plenty of water.

After Deployment

The postdeployment period can last from a few weeks to several months. Along with your relief and joy, there may be an adjustment period for you and your spouse. This may be especially difficult if your service member is having difficulty disengaging from combat or is suffering from combat stress.

There are several things you can focus on to reduce stress for you and your family:

- **Maintain a positive, nonjudgmental attitude.** The right attitude will help lower stress and frustration when getting back together doesn't seem to be going the way you expected.
- **Talk openly and honestly about your experiences during the deployment and how you've changed.** It can help you re-establish a foundation of healthy communication and encourage your service member to trust you with his or her deployment experiences.
- **Try to be patient.** It may be some time before you and your spouse feel relaxed and comfortable together.
- **Make plans.** Making plans together, whether it's for a weekend outing or something more elaborate, can help you focus on your life together and help you feel closer.





Week 5

Day 7

Weekly Video: Week 5

Family and Friends check out this video developed by the Brigade to give you an insight on what is happening this week. Please note that these videos were pre-made. Therefore, our Trainees will not be seen in the video.

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Weekly Video: Week 5

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Blue Phase FAQ's

Destroyers! Today we address some of the questions most frequently asked during Blue Phase.

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Blue Phase Frequently Answered Questions



When will my Soldier ship to AIT? Will my Soldier be able to take some leave before AIT? All Trainees will ship to their AIT on the Friday after graduation. Except for emergency situations, Trainees are not authorized leave until they complete their AIT. If Trainees are at AIT over the winter holidays, they may be eligible to take Block Leave. However, this will be determined by their new (AIT) unit.

Can I drive my Soldier to AIT? No, all Trainees will travel to AIT on government-chartered equipment (buses/planes).

Is there any type of award or recognition the Soldiers can receive for their performance during Basic Training? Yes, every cycle, with input from the Drill Sergeants, the Commander selects one Soldier to receive the Commanding General's Award for Excellence. The next best Trainee, based on performance, is designated as the recipient of the Association of the U.S. Army award. Those who score expert on the rifle qualification and the high scorers on the PT test receive recognition. So, there are quite a few opportunities that your Trainee can strive to achieve.

I am a military ID card holder. May I gain access to Fort Sill and see my Trainee on Family Day and Graduation? With an Active-Duty ID card individuals are able to access Fort Sill. However, NO ONE is allowed to visit their Trainee before Family Day. For those who do not have a Military ID, we conduct in line vetting for Family Day and Graduation. You must have a valid Driver's license or form of ID to get on post. If you have a criminal history, background checks will be conducted, and you must contact the visitor center at [\(580\) 442-9602](tel:5804429602).

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Graduation and Family Day Information

Destroyers! Today we are discussing the times for graduation and family day along with where you will be able to get this information as the time gets closer.

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Graduation and Family Day Info



Provided your Trainee meets all basic training requirements, they will be able to participate in Family Day and Graduation. Family Day and Graduation have opened back up to IET families. Family Day will be held on starting at 0900 (9:00am) and ending at 2000 (8:00pm) the day before graduation, unless notified otherwise. There are some cases where Family day will be after graduation, and this is normally seen with major holidays where graduation is held earlier in the week. Graduation will be on at 0930 (9:30am). Your Trainee should know their graduation status by the end of the 8th week of training (week of). As the time gets closer, we will issue a graduation letter that will go into more detail about Family Day and Graduation. This letter will also be posted on the Facebook page. The graduation ceremony will be live-streamed for anyone that will not be physically present. I understand that you will want to make travel plans early in order to get the best travel deals. However, please talk to your Trainee at every opportunity regarding their graduation status. If you decide to book travel early, I highly recommend you have travel insurance or not make any travel arrangements that cannot be changed or canceled until you have received notice from your Trainee.

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Voting Info

Destroyers, today's post is about voting. The Battalion (BN) has a Voting Assistance Officer whose job is to help Trainees and cadre navigate the voting process. All Trainees are afforded the opportunity to vote.

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- <https://www.defense.gov/Experience/You-Can-Vote-From-Anywhere/>
- <https://www.fvap.gov/>
- <https://www.fvap.gov/info/outreach>





Voting



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- The Federal Voting Assistance Program (FVAP) works to ensure Service members, their eligible Family members, and overseas citizens are aware of their right to vote and have the tools and resources to successfully do so - from anywhere in the world.
- Steps to voting while in the military include:
 - **Complete the Federal Post Card Application.**
 - **Sign and send the FPCA to your local election office.**
 - **Receive your absentee ballot.**
 - **Vote, sign, and return the ballot.**



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Army Family Team Building

Destroyers! Today's "Inside The Wire" is all about Army Family Team Building (AFTB). Army Family Team Building is taught at Army Community Services. Contact the ACS at your new duty station for more information on how to enroll in a class. AFTB is like a decoder ring to Army Life. It is a class worth taking!

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Army Family Team Building



Living in a military culture can be as challenging as it is rewarding. Army Family Team Building (AFTB) will help you get more comfortable in your military environment by learning the military lingo, developing realistic expectations, learning about your benefits and how to access services available to you as a member of the Army Family. Army Family Team Building can help you learn everything you need to know about the Army. This program gives you the opportunity to meet others you can relate to and those who know exactly how you feel. AFTB will help you develop a comfort zone with your surroundings. Join Army Family Team Building to learn about community resources, military terms, benefits, leadership skills and more.

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Preparing for your First Duty Station

Destroyers! Today's "Inside The Wire" is all about preparing for your first duty station, after completing Basic Combat Training and Advanced Individual Training.

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Preparing for Your First Duty Station



1. Get to know your installation.

As one soldier said, "Don't live in your barracks." See what your installation and the surrounding community have to offer. [Start with Military INSTALLATIONS](#). With this tool, you can easily locate your installation and find maps and directions on and off your post. You can also get contact information for programs and services and peruse location overviews and community points of interest.

2. Make friends and have fun.

You'll probably work and live with the people in your unit until a PCS move or you leave the service. Some of them are likely to become friends, and there will be plenty of opportunities to socialize together.

Your installation's [MWR program](#) gives you the chance to meet people and make the most of your free time. Some installations offer recreational facilities, all at low or no cost. For off-base fun, [Information, Tickets and Travel](#) gives you the scoop on sporting events, museums, theme parks, aquariums, zoos, historical sites and other attractions. The [America the Beautiful](#) pass gives you free access to national parks and recreation areas where you can hike, climb, ski, surf, stargaze or just relax.

3. Pay attention to the "off-limits" list.

On your installation, you may see lists of places or services declared "off limits" by the base commander. These are usually known trouble spots in the neighborhood – think bad landlords, shady nightclubs or lemon car lots. The lists are posted and are also on your base website – [like this one from Fort Bragg](#) – so read them and avoid anything on them. Be aware of predatory lenders, payday loan outfits and others looking to scam you outside the installation.

4. Find military discounts on and off your installation.

The service provides for your basic needs, but one of the perks of military life is [shopping at installation commissaries and exchanges](#). Commissaries are like grocery stores and exchanges are like department stores, and both give you tax-free shopping and discount goods and services. Each service branch has its own exchange system, and you're entitled to shop at any of them, either in person or online.

Your military ID gets you discounts to events, destinations and more off base as well. You can get discounted tickets to many local activities like sporting events, concerts, movies, museums and vacation packages through your installation's [ITT](#) office.

5. Enjoy family and friends visits.

If your family, friends or significant other would like to visit you on base, they certainly can. Most installations welcome visitors for events such as deployment homecomings or holiday parties. You'll find instructions for civilian visitors on your installation's website.

Some installation recreation facilities – such as bowling alleys and movie theaters – are open to civilian guests if they are accompanied by a service member. You can also show your guests a good time off base – at concerts, amusement parks and sporting events – with discounted tickets from ITT.

6. Check out Military Family Readiness Centers.

Before you dismiss this resource because of its name, understand [installation-based Military and Family Support Centers are a resource hub for all service members](#), whether you're single or married. They can help you connect the dots on your new installation and surroundings.

The people at these centers can help you with many things like getting a good deal when buying your first car, planning your first PCS, understanding housing options, finding places to socialize and connect to your new community, preparing for deployment, getting personal financial help and more. The centers may go by different names, but they all offer helpful resources for military life issues. [Check out Military INSTALLATIONS](#) to locate the center nearest you.



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SFRG Fundraiser Events

Destoryers! Today's "Inside The Wire" is to let you know what upcoming SFRG fundraiser events our Battery will be holding. These events allow the Battery to raise money in order to help fund team building events and other activities to raise moral for our families and our cadre members.

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SFRG Fundraiser Events



Battery specific pages will be able to annotate what events will be coming up in the near future.





Weekly Video: Week 6

Family and Friends check out this video developed by the Brigade to give you an insight on what is happening this week. Please note that these videos were pre-made. Therefore, our Trainees will not be seen in the video.

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Weekly Video: Week 6

Check Share drive

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Diversity is our strength

Destroyers! La diversidad es la fuerza de nuestro Army. Tenemos muchos soldados que vienen de diferentes partes del mundo, diferentes orígenes, pero con la misma misión, para proteger y defender la constitución de los Estados Unidos

Destroyers! Diversity is the strength of our Army. Soldiers come from different places and different backgrounds, but with the same mission, "to protect and defend the constitution of the United States."

Check-out this link (<https://www.army.mil/standto/archive/2020/06/29/>) to learn about new initiatives that help the Army better draw upon its greatest strength, Soldiers and read below to learn more about Army Active-Duty Demographics.

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2020 DEMOGRAPHICS PROFILE ACTIVE DUTY MEMBERS

More than 1.3 million Active Duty members serve in the Army, Navy, Marine Corps, and Air Force.

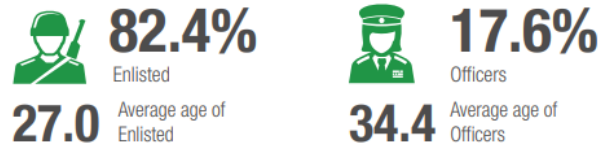
Service Branch



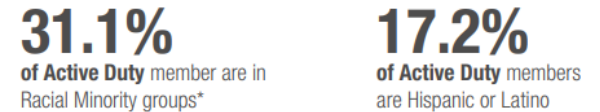
Gender



Enlisted and Officer

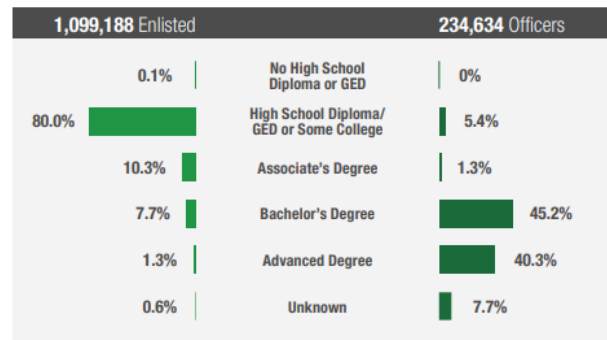


Race/Ethnicity



*Racial minority includes Black or African American, Asian, American Indian or Alaska Native, Native Hawaiian or Other Pacific Islander, Multi-racial, and Other/Unknown

Education



Geographic Location

87.9% of Active Duty members are located in the United States and U.S. Territories. The map depicts the four U.S. states with the largest percentage of Active Duty members.



Source: 2020 Demographics Profile of the Military Community (Department of Defense); <https://download.militaryonesource.mil/12038/MOS/Reports/2020-demographics-report.pdf>

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Army Performance Triad

Destroyers! Today's ITW is about the Army's Performance Triad (P3): Sleep, Activity, and Nutrition.

Sleep, activity, and nutrition provide a foundation for a fit and ready force. While each component of the P3 is important, performance is optimized when you focus on all three areas together! The P3 encourages healthy behaviors that support individual Soldier performance and overall unit readiness, as well as a lifestyle of healthy behaviors for Soldiers and their Families. By increasing Soldiers' awareness in these three areas—sleep, activity and nutrition—performance is optimized and resilience improves, thus improving health readiness of the Total Army Family.

Check out: <https://p3.amedd.army.mil/> for more information on the Army's Performance Triad. Below is more information about Army Wellness Centers.

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P3 and Army Wellness Centers



- The Performance Triad (P3) supports and enables the responsibility of command teams to develop Soldiers with healthy minds and bodies which are essential to individual and unit readiness. To maximize or enhance the resilience of our Soldiers requires a combination of mental, emotional, and physical skills to generate optimal performance (i.e., readiness) not only during combat, but also during healing after an injury, preventing injuries and in managing work and home life. The tenets of the P3 build resilience in all the ways one can be resilient by leveraging cognitive, emotional, and behavioral skills.
- Part of the P3 are Army Wellness Centers (AWCs). They provide standardized primary prevention programs designed to promote and sustain healthy lifestyles and improve the overall wellbeing of Active Duty Service Members, adult Family Members, Retirees, and Department of the Army (DA) Civilians by leveraging state-of-the-art techniques and equipment.
- All appointments include examination of current health habits, analysis of risk factors, exploration of personal health/wellness goals, and an assessment of obstacles that may get in the way of consistent health habits.
- Army Wellness Center Services include: Sleep Education, Weight Management and Metabolic Testing, Exercise Testing and Exercise Prescription, Stress Management Education and Biofeedback, Body Composition analysis.
- Visit: <https://p3.amedd.army.mil/my-army-wellness-center/locations> to find a location near you.

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Military Awards and Decorations

Destroyers, today's post is about Military Awards and decorations. Throughout your Soldier's career there will be ample amounts of military awards, decorations, badges and tabs that they can earn. These awards will be worn on their dress uniforms and some on their OCP (camouflage) uniform. The Army breaks down awards and decorations into 6 categories (Personal Decoration, Unit Awards, Service Awards, Training Awards, Marksmanship Awards, and International Awards). We will be talking about personal decorations that are commonly seen. The regulation for the proper wear of awards and decorations can be found in AR670-1.

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Military Awards and Decorations



Personal Decorations

Medal of Honor



Purple Heart



Distinguished Service Cross



Defense Meritorious Service Medal



Distinguished Service Medal



Meritorious Service Medal



Silver Star



Army Commendation Medal



Legion of Merit



Army Achievement Medal



Distinguished Flying Cross



Soldier's Medal



Bronze Star



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Other Resources on Post

Destroyers! In today's ITW we highlight some of the many additional resources available on Post. Many Posts are like their own city. While not every installation will have all of these additional resources check out your Soldier's first duty station to see everything that Post has to offer.

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Other Resources On Post



Automotive
Craft Shop

Car Wash

Bowling Alley

Miniature
Golf

Movie
Theater

Library

Golf Course

Bingo

Gyms

Swimming
Pools

Thrift Shop

Gas Station

Recycling
Center

Veterinary
Treatment
Facility

Loan Closet*

***Loan Closet:** Borrow essential items from the loan closet of your new military installation – including dishware, toasters and coffee makers - while you're waiting for your belongings to catch up with you after the move. Services vary by location.

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Legal Office

Destroyers! Today's ITW (Inside the Wire) explains a bit about the Legal Office. Check out below all of the legal services available to Soldiers as well as learn about the Special Victim Counsel.

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- Source Text: <https://installations.militaryonesource.mil/military-installation/fort-hood/legal/legal-assistance>





The Legal Office

The Legal Assistance Office serves active-duty personnel and their eligible Family members. Services provided include:

- Legal counseling
- Preparation of letters
- Preparation of wills
- Preparation of powers of attorney
- Notary service
- Negotiation of legal disputes with third parties
- Review and explanation of legal documents (sales contracts, leases, court documents, etc.)
- Pro se assistance in limited situations (some divorce matters, name change, step-parent adoptions)
- Referral to civilian attorney (when appropriate)
- Referral to other military or civilian agencies.

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The Legal Office Special Victim Counsel

Special Victim Counsel (SVC): Special victim counselors are legal assistance attorneys who have received special training to represent victims of sexual assault. The SVC mission is to provide confidential legal representation related to issues that may arise as a result of being sexually assaulted. The SVC will represent the client's interest even if those interests do not align with the government of the United States or the accused. SVCs will work to empower victims by fostering their understanding of the military justice program and providing clients with legal assistance. Services provided by SVC include:

- Accompanying/advising clients during interviews, examinations, hearings and court-martial proceedings;
- Representing clients in court-martial, as permitted by law;
- Refer clients to trial defense services for collateral misconduct, if necessary;
- Advocate for client with regard to disposition options;
- Assist clients with post-trial submissions, to include victim impact statements;
- Advise clients on collateral civil issues arising from the crime;
- Provide legal assistance services to client, as needed;
- Answer any questions that client may have about the courts-martial process.

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Commissary

Destroyers! Today's ITW is about the Defense Commissary Agency (DeCA).

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Defense Commissary Agency



- Defense commissaries (grocery stores) have a long history going back to 1825.
- They provide a military benefit of discounted groceries and household goods to active-duty, Reserve and Guard members of the uniformed services, retirees of these services, authorized Family members, DOD civilian employees overseas and other designated categories.
- The discounted prices include a 5-percent surcharge, mandated by Congress, which covers the costs of building new commissaries and modernizing existing ones.
- Commissaries provide a wide variety of ethnic foods not easily found at traditional grocery stores; they also provide a, “taste of home” when stationed overseas.
- Commissaries are not always open seven days a week; so, check online for store hours and sales (for your location).
- Commissaries have “baggers”. These individuals bag your groceries and will take them out to your car with you. These individuals work for tips only.
- Learn more about this military benefit at: <https://commissaries.com/>

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Week 7

Day 7

Weekly Video: Week 7

Family and Friends check out this video developed by the Brigade to give you an insight on what is happening this week. Please note that these videos were pre-made. Therefore, our Trainees will not be seen in the video.

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Weekly Video: Week 7

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Forge Highlights

Destroyers! Very early this morning (and we mean early), our Trainees began “The Forge”. The goal of The Forge is that Trainees are confident in themselves, their equipment, and their ability to conduct critical individual tasks under duress. Completion of The Forge marks a significant accomplishment and is the final step in their transition from Trainee to Soldier. Learn more about the events of The Forge below.

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The Forge



The Forge is the culminating field training exercise (FTX) that every Trainee must complete to become a Soldier. It tests every Soldier physically, mentally, morally, and is the defining experience of Basic Combat Training (BCT). During The Forge Soldiers will:

- Demonstrate their knowledge in first aid.
- Negotiate an assault course using tactics and teamwork to overcome obstacles.
- Participate in the Night Infiltration Course (NIC) where their mission is to occupy the trench, and on command, using high-crawl and low-crawl techniques, negotiate the barbed wire obstacles and machine gun fire in order to close with and destroy the enemy.
- Execute the Battle March and Shoot, engaging targets with accuracy while fatigued from intense physical activity.

The Forge takes place during hours of limited visibility requiring Trainees to walk 45 miles and to work together to solve problems. Upon completion, Soldiers have proved that they are capable of joining the ranks as new members of our Army team, capable of fighting and winning in a complex world, earning the title of Soldier.

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Relocation Readiness

Destroyers! Today's ITW is about Relocation Readiness. Moving is a part of life for Soldiers and their Families. The Army Community Service (ACS) **Relocation Readiness Program** provides information and resources to help you and your Family navigate your next military move. Military One Source provides useful information for PCS (Permanent Change of Station) moves. Attached is useful information you may want ahead of your first PCS move.

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<https://myarmybenefits.us.army.mil/Benefit-Library/Federal-Benefits/Relocation-Assistance?serv=122>

<https://www.armymwr.com/programs-and-services/personal-assistance/relocation-readiness>





Relocation Readiness Services Provided



- **Pre-Arrival information:** Installations and surrounding areas provide information through Military OneSource, which also provides links to military installations.
- **Plan My Move:** The Plan My Move pages on Military OneSource simplify the moving process. You can create a customized calendar based on your needs and schedule and find driving directions and information about entitlements and out-of-pocket costs, schools and other local community resources.
- **Household Goods Lending Closet:** Installations keep basic household items for you to borrow for up to 30 days to help you get settled. At a minimum, you'll find things like basic kitchenware, highchairs, irons, ironing boards, play pens and transformers (for overseas locations with different voltage).
- **Post-Move Newcomer Orientation:** Provides information about your new installation, including housing, education, healthcare, and more.
- **Welcome Packet:** Most installations provide a welcome packet that has maps (both on- and off-post) and important local contact information.

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Transportation

Destroyers! Yesterday in ITW we discussed Relocation Readiness offered by ACS. Today, we want to make sure you know about the Installation Transportation Office; every installation has one and they are your key point of contact for moving your household goods. In addition to the Transportation Office, Move.mil (<https://move.mil/>) is a key resource you will become well acquainted with. Below provides are some tips to make your PSC move a bit smoother.

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Steps for a Smooth Move



- Visit Relocation Readiness at your local Army Community Services.
- Make an appointment at your local transportation office.
- If you plan to have another person assist you with the move and they require a power of attorney, make an appointment at legal.
- Go to www.move.mil and set up your Defense Property System (DPS) account.
- Schedule your move in DPS. (You might need to move one day before or after the date you select. Schedule your personal travel at least two days after your selected moving date to avoid issues.)
- After selecting dates in DPS follow-up with your local transportation office.
- Inventory and take pictures of high-value items before you move.
- Some things should be hand-carried to your new location; keep items that won't be packed in a locked room or inside your car.
 - Important paperwork like medical records, car titles and insurance documents,
 - Items you'll need in the first week like clothing, medicines, laptops and your kids' favorite toys,
 - Treasured items like Family heirlooms, jewelry or signed sports memorabilia,
- Check for damaged or missing items upon delivery. You have 75 days to file your claim for lost or damaged items. Contact your local transportation office for help filing a claim with your mover.
- Remember packers and movers are responsible for packing and moving. They are not responsible for cleaning items. (Ensure that trash cans are emptied, and items are cleaned prior to moving).
- Organize items ahead of the move (when unpacking movers are responsible for taking items out of the box but not organizing them).

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Attire for events

Destroyers! Today's ITW provides advice on what to wear to different military events. Please use the chart below as a guide and understand different installations may have unique cultures (for instance, Texas Formal would be dark jeans, cowboy boots, and a bolo tie for men and a dress with boots for women). This chart isn't meant to be all-encompassing but a starting reference point. For more information on attire and military etiquette for spouses check out this publication from the Army War College. This document is a keeper that will serve you well the entirety of your

Army career. <https://www.armywarcollege.edu/orgs/mfp/docs/Spouses%20Ediquette%20book.pdf>.

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What to wear: A Brief Overview



Category	Terms Used	Event Type	Military Uniform	For Civilian Women	For Civilian Men
Very Formal	White Tie	White House/State Dinner	Blue or White Evening Mess	Very Formal/Long Dress	Tuxedo with white bow tie
Formal	Mess Uniform/ Black Tie/Tuxedo	Military Balls	Dress Mess	Formal Attire	Tuxedo with black bow tie
Business	Business Suit	Promotion	Class A's	Dress/Suit/Slacks & Blouse	Suit & tie
Informal	Business Casual	Welcome Reception (anything hosted at a Senior Officer's home)	Class B's	Simple Dress/Skirt/ Slacks & Blouse	Slacks & Button-Down shirt (no-tie)
Casual	Casual	Meetings, BBQ, Organizational Day	Duty Uniform (OCP – Camo's)	Simple Dress/Skirt/ Jeans & Blouse	Jeans, Shirt, Polo (no-tie)
Very Casual	Sporty	5K Run	PT's	T-shirt, shorts, leggings (nothing too revealing)	Shorts, t-shirts, running tights

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Late Mail

Destroyers! Today's ITW discusses what will happen if you send mail to Fort Sill after your Trainee has departed to AIT or has moved units within BCT. These are concerns that we see often.

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Mail Concerns



- My Trainee has moved to a different battalion/company/platoon. Will my Trainee still receive the mail I sent?
- I didn't address mail as suggested; will my Soldier still receive it?
- The answer to both questions is the same. **Yes! It may take some time to catch up to your Soldier, but they will receive their mail.**
- My Trainee is moving to a new battalion/battery/platoon. Should I stop writing until I get the address or continue writing? **That is a personal decision. However, know all mail sent will eventually reach your Soldier.**
- **Please remember all mail is hand sorted before it reaches your Trainee, and we receive thousands of letters every day. So, we really appreciate your patience and your continued support of your Trainee.**

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The Soldier Ceremony

Destroyers! The Soldier Ceremony is the culminating event of The Forge when your Trainee earn the title of Soldier. They will put on their berets for the first time and the Army patch. In today's ITW, we want to share some information to help you better understand the ceremony which is steeped in tradition and full of symbolism.

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The Soldier Ceremony



This is the patch our new Soldiers will wear on their left shoulder.



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The ceremony is a tradition for Basic Combat Training Soldiers Army-wide. The Soldier Ceremony instills a sense of history in new Soldiers and acknowledges that they have passed a significant milestone. The Soldier Ceremony is a way to mark the day when Soldiers earn the right to call themselves Soldiers and are welcomed into a lifelong Family.

- Key Symbols to notice:

Change in headgear (hats): Soldiers will take off their patrol caps and for the first time they will don berets.

Change in Phase Banner (the small flag in front of each platoon): The phase banner indicates which phase of training a platoon is in. The platoons will have red-white-blue phase banners to indicate that they have completed all phases of training.

Change in Shoulder Patch: Soldiers will wear unit patches for the first time; signifying that they have become Soldiers.

- Sequence of Events:
- Reveille
- National Colors Streamer Presentation (which tells the story of our Army, and all those who came before us in service to our nation.)
- Army Patch and Berets
- Battalion Commander's Remarks
- Oath of Enlistment
- The Soldier's Creed



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Week 8

Day 7

Weekly Video: Week 8

Family and Friends check out this video developed by the Brigade to give you an insight on what is happening this week. Please note that these videos were pre-made. Therefore, our Trainees will not be seen in the video.

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Weekly Video: Week 8

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Customs and Courtesies

Destroyers! We know all of you are excited for this week and next. So, we wanted to take a few moments to highlight the upcoming events. If you are not already following us on Facebook, please consider doing so. We post information on this site. Following us will help ensure that you receive a notification when we publish the Graduation Letter.

More info on upcoming events is below.

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Military Etiquette: A Brief Overview



- Dress for the event; different attire is appropriate for different events. (Super short shirts/skirts/dress; low cut tops; or a bare midriff are not appropriate for any military events).
- When you hear the phrase, “Attention to Orders” stand-up.
- No public displays of affection. (A hug is appropriate; hand-holding/kissing etc. is not in public).
- Walk on the left side of your Soldier. (It makes it easier if they need to salute).
- RSVP to invitations (ideally within 48 hours of receiving them).
- The term “Family event” indicates children of all ages are welcome. If it’s not stated and you are unsure ask the host.
- If you are outside when “Retreat/To The Color” plays (usually at 5pm daily); stop what you are doing and face the flagpole.
- When the “National Anthem” is playing place your hand over your heart. (Also avoid chewing, talking, texting, etc. during the National Anthem/Retreat/To the Color).
- No need to use sir or ma’am when addressing officers or non-commissioned officers (you are not in the military). If you would like to show respect it is appropriate to use the individual’s rank and last name (conveniently written on their uniform), “Good morning, Major Howell” / “Good afternoon Drill Segreant Spurr.”
- There is no rank among spouses!

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Invitation to Graduation

If you cannot make it to graduation, it will be live streamed at <https://livestream.com/firescenter>. Remember, if you cannot watch the graduation ceremony live it will be saved for future viewing. Also, neither Fort Sill nor the Battalion will ever ask you to pay to watch graduation. Should there be technical difficulties or poor weather it may not be possible for the ceremony to be live-streamed, in the event this occurs the ceremony will be recorded and posted later in the day.

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AIT Expectations

Destroyers! As graduation quickly approaches, thank you for your feedback and for joining us on the journey from civilian to Soldier. There are over 60 different locations that Soldiers may ship to for the Advanced Individual Training (AIT). Every unit has a different commander and its own command climate that will determine the frequency of communication on social media. So, do not be surprised if information is not provided daily. Know that “no news is good news.” Many AIT units allow Soldiers more access to their phones; so, it is possible you may have more contact with your Soldier. Just like your Soldier we know you are ready for this next phase of Army Life.

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What was most helpful? What questions do you still have?

Destroyers! Our goal with, “Inside the Wire” was to provide you with daily informational posts. Do you feel better prepared for Army life?

Which post(s) was most helpful? What questions do you still have? We will pick up a new class in a few weeks and we know the new Families coming after you will appreciate your input. Thank you in advance.

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Hurry up and wait

BTRY Name! Today's ITW is titled, "Hurry-up and wait". If you have not heard your Soldier, use the phrase, we are confident you will soon. Before moving on to AIT we wanted to make sure you had perspective regarding schedules and military life. Change is a constant in military life. So, whether it is the return date from a deployment or when your Soldier will receive orders, be prepared for schedules to change and remember Operational Security (never post dates of movement or numbers of Soldiers involved online.)

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They've moved on

Destroyers! We wish you all the best. Ship-Ops (the process of your Soldier travelling from Fort Sill to their Advanced Individual Training unit) is well underway. If you haven't already done so; consider printing out the posts that have been useful and putting them in a binder. The information shared in ITW should come in handy as your Soldier moves on to AIT and especially once they get to their first duty station.

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434th Field Artillery Brigade

*“Inside the Wire”
Command Outreach through Social Media*

QUESTIONS / DISCUSSION

The Overall Classification for this brief is: **UNCLASSIFIED//FOR OFFICIAL USE ONLY**

