



Transition Times



WTU

Building 626 Swift
Road
2nd Floor
West Point, NY 10996
845.938.0264
www.kach.amedd.army.mil

SFAC

Building 626 Swift
Road
2nd Floor
West Point, NY 10996
845.938.0632
www.westpointmwr.com/
ACTIVITY/ACS/sfac.htm

Command and Staff

CPT Jean L. Springer
WTU Commander

1SG Terence Roberson
WTU First Sergeant

CPT Valerie Taylor
Sr. Nurse Case Manager

SFC Kenda L. Grider
Platoon Sergeant, 1st Plt

SFC David G. Mikula
Platoon Sergeant, 2d Plt

SFC Richard P. Eby
Platoon Sergeant, 3d Plt

Amy C. Rodick
SFAC Supervisor

Len Gomberg
Guidance Counselor

Amy Weyhrauch
Financial Advisor

Rachel Coleman
ACAP Counselor

From the Supervisor, Amy Rodick

845-938.0628 or Amy.Rodick@usma.edu



Getting ready for summer season? Even though it may still be cold where you are, buds are going to be forming on the trees, birds are going to be building nests and cabin fever will be cured by the first sunny weekend spent outdoors! It's time to connect with nature. My message this quarter: Go outside! Rejuvenate yourself by spending time outdoors where you can easily think and be inspired with creative ideas. Even a short stroll on your lunch hour will do you a tremendous amount of good. What have you done to help yourself physically, mentally, financially, or spiritually? As we venture into the spring and summer seasons, many of us begin to look inward to see how we can improve ourselves. I want to remind everyone that the SFAC staff is here to help you find the resources you need to take steps towards self improvement. The WTU Morale Group has been working hard to think of things for you to do. Please let me know if there is any additional input or suggestions! If you would like to get on our SFAC Event Distro list please email me at amy.rodick@usma.edu.



Amy Rodick holds a large facsimile of a \$10,000 check for the SFAC presented by Paul Teutel, Sr. of Orange County Choppers, to Amy's left. The donation represents proceeds from the OCC 5K Run/Walk held March 31. Others in the picture from left to right are Steve Moreau, Michele Paoella, and Megan Sousa, all with Orange County Choppers, and Dr. Joseph A Gall, Director of Army Community Services.

The WTU Commander's Message

Greetings Warriors!

On behalf of the Cadre, Civilians, and other support personnel alike, I would like to thank each and every one of you for your passion and focus as you work through this transition point in your careers. Each day presents new challenges in many areas of your lives, however your pride and professionalism is clearly demonstrated through your dedication to the healing process. This mission is not easy, and I commend you all for remaining focused on the end result; your successful transition.

The WTU would like to welcome 3 new members to the Cadre; SFC Grider, SSG Monzon, and SSG Miller. SFC Grider comes from the great state of Missouri and brings 15 years of National Guard experience to the WTU. SSG Monzon is from California, bringing 19 years of experience to the WTU. His wife and 4 children recently moved to the Hudson Valley to share this experience as well. SSG Miller is the newest addition and brings 13 years of experience to the WTU. Originally from Brooklyn, SSG Miller is "back home" here at West Point.

Onto business, our next muster is scheduled for June 4-8. Please begin adjusting your schedules now, as your attendance to the briefings and events are a critical piece to your successful transition. The SFAC has planned some very enjoyable events for this muster. As the weather gets warmer, please take the time to enjoy it with your friends and family. Remember as you are out in your communities and with your families that you are representing the greatest military in the world. Take pride in that and continue to be Leaders in all you do.

CPT Jean L. Springer
"Warrior 6"

Spring Holiday Thanks

CH (MAJ) Shmuel L. Felzenberg

845-938-2710 or shmuel.felzenberg@usma.edu



Tony Sirico of the Sopranos is surrounded by WT's during their May 3 visit to HBO. WT's include from left, SFC Robert Senchak, PFC Elvis Garcia, SGT Edward Sheldrick (kneeling), SSG Brandon Parra, SPC Ray West, SGT Chris Ansell, CPL Liliam Quinones, SPC Jason Hattersley, SSG Patricia Ephraim, SGT Anthony Andujar, SPC Chris Tolentino and SPC Jodie Gomez.

As the spring season blossoms and summer is not far off, we all must look toward renewal and new opportunities ahead. Regardless of our own station or position in life, we stand at a most important juncture in history, both as a community and individuals alike. These are critical times indeed, whether it be financially, politically, militarily, etc... Looking in the bible for guidance, we see that the scripture states, "This is the day that the Lord has made, let us be glad and rejoice in it" – thus we are being told that there is no time like the present, but that it must also be embraced in a positive manner.

Having recently experienced the holiday season, we do not merely celebrate and move on; rather, we take the strength and fortitude gained from those holy observances in our lives and move forward with inspired confidence and divine assurance, displaying the confidence and feeling of trust that almighty G-d supports our every step. As warriors-in-transition it is all the more important to keep this message in mind. Thus we must always move ahead with a sense of gladness and joy.

Regardless of one's chosen faith or manner of spiritual pursuit, it is indeed a critical factor which sustains the warrior and his/her family. I therefore urge everyone to embrace this season and time ahead with a positive attitude, confidence and faith. Should one's focus ever need a reality check, I suggest connecting with one of the wonderful chaplains or counselors found here at West Point.



What You Should Know about Army Tuition Assistance (TA)

Len Gomberg, SFAC Guidance Counselor

845-938-0631 or leonard.gomberg@usma.edu

1. For Soldiers pursuing an **undergraduate program**, there is a **150 semester hour credit limit** regardless of certificate or degree program achieved. For example, if a Soldier completes a 30-credit certificate program, that Soldier will then have 90 credits available toward a subsequent Associate or Bachelor degree program. A Soldier cannot pursue an undergraduate certificate program once an Associate or Bachelor degree has been earned.
2. For Soldiers pursuing a **Masters or Professional Degree** program, there is a **45 semester hour credit limit**. If the Soldier wishes to pursue a graduate certificate, that must be accomplished prior to earning a degree. Once 45 graduate credits have been paid using tuition assistance, no additional TA will be authorized.
3. Exemptions to the above limitations are available for specific programs, such as teacher certification. Please see an Education Counselor for clarification.
4. If a Soldier receives a military withdrawal from a course that he/she failed, that course will not count toward the 45/150 credit hour limitations. However, a withdrawal for personal reasons, even if recouped, will count toward the 45/150 credit hour limitations.
5. Soldiers will not receive warnings when they are approaching their credit hour limits. GoArmyEd will only notify Soldiers once those limits have been met. A hold will be placed on your TA account once that limit has been met.
6. If a Soldier is taking undergraduate prerequisite courses toward an approved Masters program, those courses will count toward the 45 semester hour graduate credit limit.
7. TA is not authorized for duplicate or dual degrees, nor is it authorized for certification tests or licensure exams.
8. Soldiers must pass all courses at the graduate level with a "C" or higher and will be recouped for "D" grades.
9. Colleges that do not separate fees from tuition costs and that do not identify the cost per credit hour will not be eligible for TA.

As the one privileged to be the WTU/SFAC Chaplain for nearly three years, I will be PCSing this summer with the confidence that my replacement will likewise offer words of encouragement and an open door policy to any and all of our warriors-in-transition and/or their family members in need. I will keep you in my prayers always.

Events and Trips

Plenty

Rick Walls
Volunteer Coordinator

The SFAC staff and corps of volunteers continue to offer great treats and outings for the WTU and family members. Paws for a Cause visits the SFAC Wednesdays with lunch included. Events over the past two months included trips to: *The Westchester Broadway Theatre* March 1 to see a live performance of the Gershwin musical *S Wonderful*; *Paul jr Designs shop* in Montgomery March 20; *OC Choppers 5K Benefit Run* March 31; *New York Yankees game* April 30; *HBO and the Intrepid Museum* May 3. On the horizon a *Decades Antique Auto Show* on post Saturday, 12 May. *FDNY* volunteers continue to host a *monthly dinner at the barracks* with their "Best of the Best" dinner recipes and fresh Arthur Avenue baked goods. Watch for upcoming events and trips posted at the SFAC.



Gregory King, Asst Director of Marketing and Sales for the New York Yankees, is surrounded by WTU Yankee fans. Seated from left, MAJ Xiaolian Tan, LTC Yvonne Ivanov, SPC Tony Andujar, SPC Abe Saucedo, SSG Rohan Osbourne, and Chap (MAJ) Shmuel Felzenberg. Standing from left, SGT Edward Sheldrick, Mike Burlingame, PFC Luis Gomez, SPC Ray West, PFC Christina Kriete, SPC Chris Tolentino, SPC Jodie Gomez, PFC Elvis Garcia, SPC Stephen Glen, SPC Jason Hattersley, PFC Kristin Bly, SGT Ralph Cipriati, SGT Chris Ansell, SFC Robert Senchak, and PFC Chase Edmonson .

Army Emergency Relief

Amy Weyhrauch
AER Administrator
845-938-5839 or
amy.weyhrauch@usma.edu

Army Emergency Relief (AER) has served Soldiers for the past 70 years by providing funds to help mitigate financial situations. AER provides money as either a zero percent interest loan or in some circumstances a grant with no payback requirement. AER manages two scholarship programs one for dependent children and the other for dependent spouses both are based on Family income and need. The scholarship program applications are available online 1 December each year and due the following April. In 2005 AER established the Commanders Referral Program to make it easier for Soldiers to apply for assistance, using AER Form 600. AER Form 700 is used for other AER requests. Please contact me or your local AER Officer with any questions you may have on the AER program.

Appreciate Simple Things

Believe in yourself and your values, don't sell out when things go wrong.
Don't let anything get you down, always bounce back up.
Set goals for your future, never settle for less.
Realize that there are others in the world, with much bigger problems than you.
Appreciate the good things in your life, and be thankful for the time you have with your loved ones.
Spend more time with your family and friends.
Appreciate the simple things in life, and don't get caught up in material things.

Unknown author



Bear Mountain Bridge over the Hudson River south of West Point

As a WT, you are entitled to **16 free hours of child care** at the West Point Child Development Center. You also receive **free child care during medical appointments**. If you are enrolled in child care on a full time basis, your fees are based on that for a family in Category I. Please contact **Kim Tague** at (845) 938-3921 for further information.

SFAC SERVICES

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|--------------------------------------|----------------------------|
| Legal Assistance | Substance Abuse Counseling |
| Outreach Assistance | Donation Management |
| Financial Counseling | Information and Referral |
| Pastoral Services | Educational Counseling |
| Child and Youth Services | |
| Military Personnel Benefits | |
| Transition and Employment Assistance | |



ACAP, Rachel Coleman

845-938-0634 or

rachel.e.coleman@us.army.mil

The Army Career and Alumni Program (ACAP) is designed to provide eligible Soldiers and their family members with a wide range of transition and employment assistance services. The sooner you can begin creating a plan and preparing for transition, the more likely the process will be a smooth one. Here are some skill areas/items your ACAP Counselor can assist you in developing:

- ◆ Resume/Cover Letter
- ◆ Job Search Techniques
- ◆ Interview Techniques
- ◆ Individual Transition Plan (ITP)

These services are provided in the form of workshops and/or individual appointments. Remember, even if it is uncertain whether or not you will be transitioning back to civilian life at this point, this is an excellent time to explore your career options and to be prepared with a solid transition plan. As always, thank you for your service and I look forward to being a source of



PFC Elvis Garcia and SPC Jodie Gomez standing by a window in the luxury sky box overlooking Yankee Stadium where those who went to the game April 30 got to stay.



Army Wounded Warrior (AW2) Advocates



Maron Yusuf

845-938-0955 or

maron.yusuf@amedd.army.mil

Candace Goligoski

845-938-6827 or

candace.goligoski@amedd.army.mil

Happy Mother's Day



MEB Outreach Counsel Art Baker

845-938-0633 (West Point)

914-737-4400, x3638 (VA)

arthur.h.baker@us.army.mil

Art Baker, who replaces MAJ Ed Lupomech as your Soldier MEB Counsel (SMEBC), will work at the SFAC in the mornings and at an office in the Integrated Disability Evaluation System Center in Bldg 14 at the VA Facility in Montrose in the afternoons. Mr. Baker is a former Army Judge Advocate General and Infantryman who comes to West Point from Fort Bliss in El Paso, where he was a Legal Assistance Officer at the Beaumont Army Hospital. You should visit Mr. Baker for advice on how to be found fit for duty and how to be properly rated for a disability.

As an important reminder, there are **three times the SMEBC should be contacted:**

1. When you initially start the MEB process;
2. When you receive your DA Form 3947; and
3. When you get your DA Form 199.

The SMEBC only gets involved if you request his assistance. A paralegal to replace SPC Tim Sullivan is expected to be assigned shortly.

The Army Wounded Warrior Program (AW2) is the official Army program that assists and advocates for severely wounded, ill, and injured Soldiers, Veterans, and their Families, wherever they are located, regardless of military status. Warriors in Transition (WTs) who qualify for AW2 are assigned to the program as soon as possible after arriving at the WTU. AW2 supports these Soldiers and their Families throughout their recovery and transition, even into Veteran status. This program, through the local support of AW2 Advocates, strives to foster the WT's independence.

AW2 supports the most severely wounded Soldiers and Veterans who suffer from injuries or illness incurred in the line of duty after September 10, 2001, in support of an overseas contingency operation. Such Soldiers and Veterans must receive or expect to receive an Army Physical Disability Evaluation System rating of 30% or greater in one or more categories. AW2 also supports Soldiers who receive an Army Physical Disability Evaluation System combined rating of 50% or greater for conditions that are the result of combat or are combat-related. Contact the AW2 Advocates above if you feel you are eligible and are not enrolled.