



# Corps Retention Newsletter

Volume 2 Issue 1

October 2011

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## *Message from your Career Counselor*

Have you ever needed to look something up on the internet and then found yourself wasting precious time trying to weave through a black hole of endless information? Some of the sites you run across are vague at best and other links seem to be a scam. The internet has come to be both a blessing and a hindrance. This edition is dedicated to bringing you the best possible sources that can ease your search on topics covered here.

As V CORPS continues its march towards standing up as a Theater asset, we continue to see a steady stream of new arrivals from across our Forces. Some of you have been sponsors many times over and will continue to be assigned new families. As with any "new" unit, in the beginning there will not be enough Soldiers around to make every arrival perfect. We seemed to have turned the corner strength wise and can focus on more one to one sponsorship ratios. I ask that you continue and help out by looking at the gains roster published daily from CW3 Gentry to each section chief.

For those of you deciding to leave the military at the end of your contract, make sure you read our new Transition page. Information that may be of value to you for your next journey is there for the taking.

**Timothy W. Wallace**  
Sergeant Major, USA  
Command Career Counselor



## SPOUSES FORUM

In this edition we want to cover one of the Army's best kept hidden secrets. Built in 2006, The Wiesbaden Fitness Center is a state of the art design which stands out not only for its architecture but usefulness.

Once inside the 2 story Fitness Center you'll be amazed at the open air design that covers over **ninety thousand square feet**. The main floor boast an extensive Free Weight and Nautilus section that flows off of the elliptical and treadmill area. Dual basketball courts with 3 sided seating and plenty of room for volleyball, martial arts and combative mats are included.

On the second floor is a wonderfully designed indoor track with several large training rooms complete w/ top end stereo equipment. One of the rooms on this floor is designed for parents w/ children. In the children's room you will find plenty of work out options while the kids play or watch TV in a sectioned off part of the room.

Out back, the WAAF Fitness Center boast another play area that includes a very nice rock climbing wall. Back inside and after your workout make sure to stop by the Power House Juice Bar and see what Lily has as a post workout meal or drink.



## DID YOU KNOW?

Below are just **some** of the events and activities available to anyone working out at the WAAF Fitness Center.

- Yoga
- Mommy and Me classes
- Muscle Failure
- Pilates
- Body Tone
- Spin
- Zumba
- Cardio Kick Boxing
- Core Foundations
- Sauna's
- Racquetball

Note: Large locker rooms are provided with free towel service

## MIND and BODY

A Massage wing in the gym includes traditional massages to newer age techniques.

- Swedish-Deep Tissue-Injury-Pregnancy
- Hot Stone-Foot Reflexology-Ashi Thai
- CranioSacral Therapy (used for PTSD, migraines and chronic fatigue)

Reiki Classes are also available. What is Reiki? Come in for a visit and see for yourself...you'll be amazed.

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**Stop by and join a class...this is a great way to meet new and life long friends!**

The Army's FY12  
two phase retentionGoalPhase I

1 October 2011

- **Soldiers with an ETS between 1 Jan 2012 and 30 Sep 2012 **must** reenlist prior to 31 January 2012**
- Reenlistment Options will be based on the current Retention Policy at the time of reenlistment

31 January 2012

Phase II Reenlistment Window

NLT 1 Mar 2012

- Retention Policy regarding Soldiers with an FY13 ETS will be released NLT 1 Mar 2013
- Soldier with an ETS in this range will not be eligible for Reenlistment Options during the Phase I Window
- Reenlistment Options will be based on the current Retention Policy at the time of reenlistment

30 September 2012

*With the Army's drawdown of nearly 50k Soldiers beginning March 2012, Retention Policies & Options are subject to change without notice...so please contact your nearest Career Counselor for changes that may affect you.*

**RETENTION CHANGES**

The two year reenlistment window has been dropped this fiscal year in favor of a 2 Phase window. Phase I is depicted on the graph here to the left and you'll notice the extremely shortened opportunity to reenlist if you're a Soldier with an ETS between 1 Jan 2012 and 30 Sep 2012.

Also this year you will have a better opportunity to reclass from a stagnant MOS into a critical MOS, depending upon your qualifications. See your unit Career Counselor for more details and find out what our Team can do for you.

**STAY INFORMED**

As stated on page one in this newsletter, the internet has been both a blessing and a hindrance when it comes to retrieving vital information. It's a hindrance when you do a search on a topic only to be inundated with hundreds if not thousands of sites claiming to be the source you're looking for. The internet is best when you find that one source that is on top of their game in providing clear and user friendly information. We strive to bring you the best sites that can take the clutter and confusion out of finding your way around a topic or search. If you know of a great site that you feel could benefit our readers on any topic please drop us a link. Our contact information can be found on the last page.

One of the best Retention related sites out there is <http://www.armyreenlistment.com/>

This is one of the most user friendly sites built by Soldiers for Soldiers. It's not just limited to Retention, you can find many quick links bringing you right to the source. Links to the Post 9/11 GI Bill, Thrift Savings Plan, Army Mentorship and Special Programs such as The Old Guard "The Official Escort to the President" can be found here.

## ***Time Flies and Free Homes for Everyone!***

*“Money, I can only gain or lose. But time I can only lose. So, I must spend it carefully.”*

*Author Unknown*

I have twin daughters that are 22. After spending the first half of my military career at FT Bragg, North Carolina my first assignment overseas was in Bad Kreauznach, Germany. My daughters were 11 at the time and ended up on the base elementary school within walking distance to my work. “Daddy, come eat lunch with us,” was a constant refrain from the twins during our one year at Bad Kreauznach. Often I had the chance to go...other times I thought myself too busy with work and had to pass up a lunch date with my girls.

When we're younger we're full of grand notions of conquering the World with our youthful exuberance. These notions...will be blazing trails for some, becoming famous for others and certainly not worrying about the future for most... blink an eye though and eventually, family, work and commitments sober us down to just being happy to steal a quiet evening with no cell phones, computers, or TV to just enjoy a nice meal with a loved one. Why is it that we think we have **forever** when we're younger only to have **forever** sneak up on us, tap us on the shoulder as if to say, “Where are you running to in such a hurry?”

I find in my travels and seminars that people mainly want to figure out a solid and relatively safe place to invest that doesn't eat up the little free time they have left in a week. I often find myself asking them about their family life. Sometimes I get the scrunchy face look like “What are you asking about my family for?” My reasons are to assess if they have forgotten what true riches are or if they have succumbed to the notion that only financial gain is important in life, thus missing out on the simple joys right in front of them daily. (Since I think as though I've come full circle in terms of importance to *me*, I'll address the financial issue first). Level of importance in your life is for you to decide.

“I'm so stressed with the stock market, what should I invest in?” My standard answer has always been to seek information on your employer programs, in our case the Thrift Saving Program (TSP) for Soldiers and DOD civilians, then research it until you feel comfortable in participating or not. I usually then cover the importance of a financial professional but warn of the so called experts who usually do nothing but give a high pressure sales pitch of “join now” or somehow this great deal will go away. In my opinion you walk away from those types and settle for someone who has a good track record without the “*buy now*” pitch.

Risking slight embarrassment I will relay a short story. I must have been all of 22 or 23 and remember finding myself up around 3:00 AM and watching an infomercial: you know the low cost, high return guarantee, pitched to you by someone sitting in front of a mansion with all their wonderful cars at a lavish poolside location. The one I was watching was by a real estate guru on how to become a millionaire with such grace and ease. It promised how to buy real estate for virtually nothing down and get guaranteed income for life through basically riding around sipping latte's and convincing people to sign over their house to you on a contract that was a win win for you and the seller. Yeah, I know. I couldn't believe my luck either! Although instinctively my gut said “Dummy, too good to be true,” I wasn't even half way through the sales pitch and I was going in headfirst! That's right, if someone was going to hit the jackpot at 3:00 AM in the morning, why couldn't it be me? After all, this nice man obviously had made so much money he was giving his trade secrets away virtually for free. I picked up the phone and placed my order.

One night I was listening to a tape of this real estate guru telling me how to get rich and he said something that made me rewind and play again. I heard the same thing. I must have hit rewind twenty times...



## Time Flies.....Continued

eventually I knew I had been fleeced, or not, depending on your ethics or principals. The guru was talking about how to take over apartment complexes and then do the very least possible to make it look as though major renovations had been done. Then you hit each tenant with a larger monthly increase. If that wasn't bad enough what made me rewind was when this guru said, "and for seasons such as Thanksgiving, I would buy discounted Turkeys and give them to each tenant to make them think I care." ...rewind... ... "make them think I care" ...rewind... "make them think I care" ... Now you see what made me stop and realize I'd been fleeced, although for me it was a valuable lesson in life... I did care!

Furthermore this was not how I wanted to get ahead. I remember taking the tape out, collecting the books, and then walking outside to throw the entire box set away. I had heard nothing of any real value; no tips on how to properly invest in real estate. Rather it was packaged as "approach 100 people in desperate times and you'll sucker 2 or 3 into signing over their property." This would benefit you and, oh yeah, "send a Turkey to make them think you care!"

So is it Gold, Stocks, Cash Reserves, Futures, or Real Estate that will make you rich or at least better off? Maybe it's a combination of all the above if we're talking purely financial, but in my humble opinion, the greatest commodity of all is **time**. Used wisely it can make your soul richer than any Bill Gates or Donald Trump.

So if want my advice, sit this paper down or turn off the computer, pick up the phone, call your child's school and see what time lunch is. I'd give all I ever gained through investments back in a heart-beat for the chance to enjoy just **one** more lunch with my 11 year old daughters.

## V Corps Artwork



Victory Corps  
It will be done!



Victory Corps  
It will be done!



Victory Corps  
It will be done!



Victory Corps  
It will be done!

These V Corps Art samples can be found on the V Corps Retention Portal @ <https://portal.eur.army.mil/sites/vcorps/SpecialStaff/Retention/default.aspx> Feel free to stop by and use any samples that we have posted on the Retention Portal page. Examples of use: Shirts, Brochures, Banners, Etc....

## **TRANSITION CORNER**

You've completed your time serving our Country and now you want to leave. First, let us tell you how much we appreciate your service to the Country. In a time when close to 75% of the US youth is ineligible to serve in one of the Armed Forces due to poor education, physically unfit or criminal activity; be proud that you have served in an all volunteer force to defend our Nation.

Your time spent in service of your Country can set you up for a great post military career. Some companies have been actively recruiting ex-military due to the intangibles they bring to the civilian sector. Be it technical or leadership skill sets missing from young recent college grads, now is the time to take advantage of ACAP and other resources out there designed to help you transition back into the civilian sector. In this edition we want to highlight a few agencies out there that are actively recruiting your talents!

Again...thank you for your service!

## **G.I. JOBS MAGAZINE**

In researching for this edition we ran across many online sources, some with dubious intent or motive to say the least. One of the better sources we ran into is a publication called G.I. JOBS.

This magazine seems to have consolidated the top companies around the Country interested in and actively recruiting **YOU**...in addition there are many articles that can help you in preparing for the day you actually are ready to start looking at a Post Military Career. Whether it's sending out resumes or interviewing tips, they seem to offer a nice array of topics and contacts. You can check them out at [www.GIJOBS.com](http://www.GIJOBS.com)

## **TROOPS to ENERGY JOBS**

With more than half its existing workforce eligible to retire within the next 10 years, the energy industry is working now to develop programs to attract and train new workers for energy-related generation, transmission, and distribution careers.

In January 2011, the Edison Electric Institute (EEI) launched a new initiative – Troops to Energy Jobs- to accelerate the training and employability of Veterans in key energy positions.

*“Their extensive military training, strong work ethic, and leadership skills make military veterans highly desirable employees for energy companies. I am proud that the troops to Energy Jobs initiative will help connect these Veterans to rewarding energy careers.”* EEI Chairman and Dominion Energy CEO, Tom Farrell

The V Corps Retention office has researched the Troops to Energy Jobs and one of the best places to start is @ [http://www.dom.com/careers/pdf/Troops To Energy Jobs.pdf](http://www.dom.com/careers/pdf/Troops_To_Energy_Jobs.pdf) or <http://www.cewd.org/>

Since this is a new program and still in the Pilot Phase you need to be a little proactive to find the best information on this subject. From what we can tell these two links are the most reliable.

## **WAAF Transition NCO**

Another option to look at when leaving the Active Army is to align yourself with the Reserves or National Guard. Depending upon the State or region you are moving to, many States offer a variety of incentives to have you affiliate with them. Please contact our very own MSG Smith here on WAAF to talk over options available to you.

MSG Smith is located in Bldg 1023 W, room 204 (next to the food court) DSN 337-5358.

## ***MWR, USO or SATO?***

I recently looked into three agencies here on WAAF that seemed to offer great services for the Soldier and Family. So this month I want to focus on the Morale, Welfare and Recreation (MWR). I will follow up with the USO and SATO Travel in future editions.

MWR is located in Bldg 1042 here on WAAF. Once inside you'll be impressed with a vast inventory of rental gear. Canoes and Kayaks line a wall. Look straight on and you'll see an endless stream of bikes; a quick scan will bring you to camping gear, fishing equipment and more. If you need it, they most likely have it. They also maintain a full time bike mechanic, which is good for those of us tearing our bikes up on the weekends.

In addition to rental equipment, our MWR boast a very healthy array of trips provided for you. You can find these listed online at [www.ArmyGermany.com](http://www.ArmyGermany.com) or stop by to pick up a brochure.

Ski and Snowboard season is almost here and MWR has a great line up with trips to Kaprun Austria (4-6 Nov), then a Thanksgiving trip to Zermatt Switzerland (23-27 Nov), which includes a Thanksgiving dinner. The ski trips go on and on until 30 March 2012. All trips include transportation, hotel, breakfast, dinner and equipment.

Trips are not limited to skiing. You'll find get-aways to Amsterdam, Poland, Spain and many more locations.

The prices are amazing, so call, go online, or stop by to talk with Shelly, Herman or any of the other MWR members who are always ready to help plan your next get away.

I promise you this...if you take that first step to book a vacation, you'll end up with a lifetime of memories and lifelong friends...yep, that's how it works!



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