

The Connection

Army Reserve Family Program Update

Welcome to this month's email of *The Connection - Army Reserve Family Program Update*. Mail is the subject for this month – specifically letters, cards, and packages between Soldiers and their families, friends, and loved ones. Isn't it great when looking through the mail, you find something just for you from someone you care about? Do you ever wonder if what your mailing is okay to mail? Per guidelines from the Department of the Army (DA), the United States Postal Service (USPS), the Federal Aviation Administration (FAA), and the Department of Defense (DoD), there are a number of nonmailable items. For a comprehensive listing, please refer to the United States Postal Service website at www.usps.com.

Reserve Soldiers Part of the Mission

Some of our Army Reserve postal units handle mail between Soldiers and loved ones coming from and going to addresses around the world. The 379th Adjutant General (AG) Company (postal), an Army Reserve unit from Portland, Oregon, currently deployed in support of Operation Iraqi Freedom, handled over one million pounds of incoming mail and sent out over 100,000 pounds of outgoing mail in the month of July. That's a lot of mail! And that was a slow month. The Soldiers of that unit remain positive and committed throughout all of the physical demands placed on them because they know the importance of those letters, cards, and packages. We salute the hard working and dedicated Soldiers of the 379th AG Company and we thank you for keeping us connected! Hooah!

Information provided by: The Family Program Office at the 70th Regional Readiness Command

Restrictions Mailing To and From APO Addresses

Nonmailable items include anything "which may kill or injure another, or injure the mail or other property". Material that is potentially harmful or dangerous matter is nonmailable by statute or regulation. USPS employees may refuse an article for mailing if the content of the article is described by the mailer or otherwise discovered to be nonmailable.

Harmful matter includes, but is not limited to:

- (1) All types and classes of poisons, including controlled substances.
- (2) All poisonous animals, reptiles, and all types of snakes, turtles, and spiders.
- (3) All diseases, germs, or scabs.
- (4) All explosives, flammable material, infernal and mechanical machines.
- (5) All chemicals, other devices, or compositions that may ignite or explode.

Restrictions (cont)

Harmful matter also includes hazardous materials that are likely to harm USPS employees, destroy, deface, or otherwise damage mail or postal equipment. This includes materials such as caustic poisons (acids and alkalis), and materials that are likely, under conditions incident to transportation, to cause fires through friction, absorption of moisture, or spontaneous chemical changes, or from retained heat from manufacturing or processing. Also items that likely cause fires include: explosives or containers previously used for shipping high explosives with a liquid ingredient (such as dynamite), ammunition, fireworks, matches, or articles emitting obnoxious odors.

Other nonmailable items:

- (1) Flammable and combustible liquids and solids (such as cigarette lighters)
- (2) Oxidizing substances, organic peroxides
- (3) Toxic
- (4) Infectious substances
- (5) Etiologic Agents (clinical specimens – unless mailed by a medical facility)
- (6) Radioactive materials
- (7) Corrosives
- (8) Magnetized materials
- (9) Dry Ice
- (10) Pistols, revolvers, and other concealable firearms
- (11) Knives and sharp instruments
- (12) Intoxicating liquor
- (13) Matter emitting obnoxious odor
- (14) Controlled substances
- (15) Drug paraphernalia
- (16) Pesticides
- (17) Lewd or pornographic matter
- (18) Matter inciting violence
- (19) Sexually oriented advertisements (material)
- (20) Pandering advertisements
- (21) Government symbols including, but not limited to, stickers and flags
- (22) Military clothing or equipment, other than for personal use
- (23) Candy cigarettes, cakes with alcohol
- (24) Fireworks
- (25) Sand and/or soil is strictly prohibited from entering the United States
- (26) Pork or pork products

APOs are required to have postal patrons complete a customs form and statement of declaration pertaining to the contents of parcels being mailed.

A Strong and Ready Force

Did you know Army Reserve retentions in theater are up? Over \$1.3 million in reenlistment bonuses have been paid since November 2003.

Army One Source Update

The log in process for Army One Source (AOS) has been simplified. All log in questions except unit/location have been removed. Once users identify their military service (Army, Navy, Air Force, Marine Corps) and their unit, they go automatically to the One Source web page where they can view content, FAQs (Frequently Asked Questions), use financial calculators, links, and participate in the weekly poll.

If users want to go beyond that to interactions such as e-mail a consultant, download materials, participate in a monitored chat, etc, they will be prompted to enter the User ID and password.

After entering the User ID and password, users can either personalize their One Source or go back to the homepage where they will have full interactive access to One Source.

You can access Army One Source 24 hours a day, 7 days a week, 365 days a year.

Online at www.armyonesource.com (user id: army; password: onesource)

or by telephone at: United States toll-free: 800-464-8107

International toll-free: 800-464-81077 / International collect: 484-530-5884
(Use appropriate access codes when placing international calls dialing all digits)

TTY/TDD: 800-346-9188

In Spanish: 800-375-5971



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