

THE

1ST INFANTRY DIVISION POST

★ 1DivPost.com

FRIDAY, JUNE 17, 2016

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Fort Riley, Kansas

V1CTORY

WEEK

2016

In honor of the

241st

ARMY BIRTHDAY

See next week's issue for local coverage



Photos by Amanda Kim Stairrett | 1ST INF. DIV.  
Command Sgt. Maj. Billy Ray Counts II, 97th Military Police Battalion senior noncommissioned officer, and Lt. Col. Alexander Murray, commander of the 97th MP Bn., celebrate after being awarded the 2016 Victory Cup, during the Victory Week awards ceremony June 10 at Custer Hill Parade Field. The "Guardians" accumulated the most points from sporting events. For additional coverage of Victory Week events, see page 15.

'Big Red One' gives Vietnam veterans welcome home they never received

By Spc. Derrik Tribbey  
1ST INF. DIV. PUBLIC AFFAIRS

The 1st Infantry Division welcomed home Vietnam veterans during a ceremony June 8 at Marshall Army Airfield on Fort Riley.

The Vietnam Veterans Welcome Home Ceremony was held to honor service members from all military branches with standing applause during the division's Victory Week, an annual celebration of the Army and division birthdays.

"As I watched our service members of Vietnam march in here like the steely eyed, battle-proven men of valor they are, I thought to myself, 'wow, these are my heroes,'" said Maj. Gen. Wayne W. Grigsby Jr., 1st Inf. Div. and Fort Riley commanding general. "These are the great patriots of America."

The ceremony marked the United States of America Vietnam War 50th Anniversary Commemoration. The 2008 National Defense Authorization Act authorized

the Secretary of Defense to conduct events across the nation to honor service, valor and sacrifice of freedom's warriors. This was the second welcome home for Vietnam veterans at Fort Riley. The first was in November.

Retired Staff Sgt. Wiley Morris, a former administrator with both the Marines and the Army, said he was honored to attend the ceremony. The 90-year-old veteran fought in World War II, the Korean War and the Vietnam War.

The "Big Red One" was the first division to fight in the Vietnam War. Almost 2.6 million service members deployed during the Vietnam War, and more than 120 of those veterans attended the ceremony.

They were welcomed with cheers and standing applause as they entered the hangar doors on a red carpet.

Retired Lt. Col. Rich Crawford, a former signal officer in the 9th Signal Battalion, 9th Infantry Division, said he rode his

motorcycle for a day and a half from Black Forest, Colorado, to the Kansas post to attend the division's reunion in Kansas and be a part of the ceremony.

Crawford said when he came home from Vietnam as a first lieutenant he was greeted with protest signs, but now he felt the welcome home he deserved.

"This was great and we are so grateful that Fort Riley put this on for us," Crawford said. "We were not expecting anything like this."

Some of the veterans came dressed in their uniforms.

Retired Master Sgt. Carter Oliver, a former Big Red One Soldier at Fort Riley, came dressed in his Battle Dress Uniform, complete with his drill instructor's hat.

"This is what we needed; I loved it," Oliver said of the event. "Now we are more appreciated. It was fitting, and it was done with a purpose. America now understands why we served and the reasoning behind it."

"As I watched our service members of Vietnam march in here like the steely eyed, battle-proven men of valor they are, I thought to myself 'wow, these are my heroes.' These are the great patriots of America."

MAJ. GEN. WAYNE W. GRIGSBY JR. | 1ST INFANTRY DIVISION AND FORT RILEY  
COMMANDING GENERAL



Vietnam veterans prepare to make their grand entrance at the Vietnam Veterans Welcome Home ceremony June 8 at the Fort Riley Marshall Army Airfield. Service members from all branches entered the hangar to standing applause during the 1st Infantry Division's Victory Week.

FORT RILEY VOLUNTEER SPOTLIGHT



**Matt Forristal, husband of Col. Amanda Forristal, Medical Activity, volunteers his time as the leader of Boy Scout Troop 60 at Fort Riley. To learn more about volunteer opportunities, call Becky Willis, Army Volunteer Corps Program manager, at 785-239-4593.**

ALSO IN THIS ISSUE



**PRESIDENT OF PALAU, AN ISLAND COUNTRY IN THE WESTERN PACIFIC OCEAN, VISITS FORT RILEY SOLDIERS, SEE PAGE 9.**

ALSO IN THIS ISSUE



**OUTDOOR RECREATION STAFF HOSTS OUTDOOR ADVENTURE DAY JUNE 11, SEE PAGE 11.**



# Nebraska National Guard unit sharpens helocasting techniques

Story and photos by Hannah Kleopfer  
1ST INF. DIV. POST

Jumping out of a Chinook is not for the weak of heart, and members of Company C, Long Range Surveillance, 1st Squadron, 134th Cavalry Regiment, Nebraska Army National Guard, proved that June 11 as the Soldiers jumped from a CH-47 Chinook into Milford Lake.

“Luckily we rehearsed this in April,” said Staff Sgt. Josh Meyers. “I don’t think the wind was too much of a factor. We got two LRS teams and zodiac (boats) out ... It’s been great working in conjunction with

three different states and joint Army. They’ve really embraced us here. I really look forward to coming back.”

The helocast operation took six months of planning and training. Helocasting is an airborne technique used by small unit, special operations forces to insert into a military area of operations. The unit is flown by helicopter to a maritime insertion point. Once there, the aircraft assumes an altitude just above the water’s surface. Team members then exit the aircraft and enter the water.

“We had Missouri National Guard and Kansas National Guard dropping Nebraska

National Guardsmen, with Oklahoma National Guard flying over so the LRS could get out to fully observe for the Kansas National Guard working under the 1st Infantry Division,” said Steve Crusinberry, director of the Directorate of Plans, Training, Mobilization and Security. “If that’s not total Army, I don’t know what is.”

Members of the unit worked throughout the operation, ensuring everything went smooth for the jumpers. Sgt. Maj. Kenneth Winn was one of the officers who took part. He was not new to the jumps and had previously done 16 static jumps; but this was the first time he had taken part in a helocast operation.

“The best part about it is getting back to the roots of what LRS is intended to do,” Winn said. “It just puts one more tool in our tool belt, so to speak. To come out here and train with the support of Fort Riley and the 1st ID makes it even more special. Looking down the road, one, two, three years, what we think this is going to evolve into, looking at the support of what the 1st ID is willing to give us, I think it’s a great way to mesh that guard and active duty together into what we should be doing, so



Members of Company C, Long Range Surveillance, 1st Squadron, 134th Cavalry Regiment, Nebraska Army National Guard, perform a Hollywood jump from a CH-47 Chinook June 11 at Milford Lake.

a lot of things went into making this special ... This stuff is not only a mission enabler, but it gets people to stay in their unit and it’s really a reward for these guys.”

The event was special for Meyers who re-enlisted while up in the Chinook.

“It was awesome,” Meyers said. “I’ve got 17 years in and this took me over my 20. I’ve re-enlisted in different countries, but nothing as cool as this.”

Brig. Gen. Patrick D. Frank, 1st Inf. Div. deputy commanding general, was also there for the operation to show support from the 1st Infantry Division to the unit.

“The most important thing is partnership between 1st Infantry, Fort Riley and our Midwest National Guard partners and this LRS company and all the training opportunities they had here at Fort Riley based on their interactions with our DPTMS providing them

different training venues, and what they’ve been able to do over their entire two-week AT cycle,” Frank said. “It’s just phenomenal as far as what they’ve been able to improve inside their formation in those two weeks. I think that’s the biggest thing about this total Army partnership.”

Frank said he was impressed with the helocast operation.

“In one phrase, very ‘hooah,’” he said. “For this unit, that is a task that we ask them to be able to do.”



A Soldier from Company C, Long Range Surveillance, 1st Squadron, 134th Cavalry Regiment, Nebraska Army National Guard, waves before performing a helocast operation as Soldiers and a zodiac boat are transferred from a CH-47 Chinook at Milford Lake June 11.

Celebrate summer with family-friendly outdoor shows!

MORGAN WILK  
Friday, June 17 - 7pm

451ST ARMY BAND  
Friday, July 15 - 7pm

MUZIZI  
Friday, August 12 - 7pm

Family and MWR

# SUMMER CONCERT

Series • 2016

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# HOOAH

send your vote home

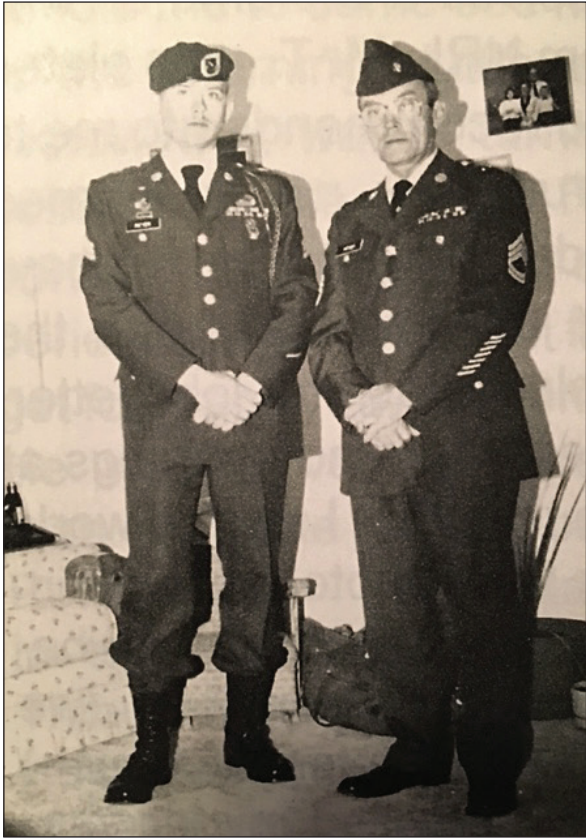
Be Army strong on election day.

Go to [FVAP.gov](http://FVAP.gov) to learn more about absentee voting and request your ballot, or contact your Voting Assistance Officer for more information.



1

# Fred Meyer: a ‘Big Red One’ Soldier



By Phyllis Fitzgerald  
SPECIAL TO THE POST

The military career of Wilfried “Fred” Meyer spanned 21 years, from 1958 to 1979.

He was born in Bremen, West Germany, where, as a young boy, he witnessed the devastation caused by allied bombings of his hometown.

With the intensification of the war, Meyer and his family retreated to nearby woods.

“My mother became frightened with all the bombings,” Meyer said, “and we came out of the woods with her waving a white flag. We walked through a field that was strewn with dead animals and into the arms of the Americans. We learned later that we had walked through a minefield.”

Meyer formed a close relationship with the Americans. He soon learned a trade as an electrician and went to work for the Americans as a contractor.

On Christmas, Meyer received as a holiday gift from his mother a ticket to the United States aboard a ship called the American Forwarder.

He initially lived with relatives but eventually moved to New York City to begin work as an electrician.

Meyer joined the Army in 1958, taking his Basic Training and his Advanced Individual Training at Fort Dix, New Jersey. His initial Military Occupational Specialty was to be an electrician, but due to problems obtaining a clearance, he became a 71N, traffic management coordinator.

His first assignment was at the United States Military Academy at West Point, New York, where his duties included working with the post engineers doing electrical work. Subsequent assignments took him to Heidelberg, West Germany, and Fort Hood, Texas. A third assignment was to take him to Korea “which,” Meyer said.

“I say it proudly — I am proud to be an American.”

FRED MEYER | FORMER 1ST INFANTRY DIVISION SOLDIER

“I was not totally excited about it, because I was not a United States citizen.”

He therefore went to San Antonio, Texas, where he became an American citizen. He then was assigned to Port Operations at Inchon, Korea, where he was a supervisor in charge of movement control, port operations, storage and shipping containers.

A fifth assignment took him back to Heidelberg, West Germany.

In 1970, Meyer was assigned to Fort Riley, Kansas, where he served with the Division Support Command and the Division Transportation Office. His many duties took him back to Germany several times while he supported the 1st Infantry Division’s participation in the annual Return of Forces to Germany exercises — REFORGER — of America’s Cold war period.

His travels during that time included regular coordination for the 1st Inf. Div. in Germany.

He left Fort Riley to serve with the Berlin Brigade, but was sent once again to Heidelberg, West Germany where he worked at the port ticket office as the VIP travel agent and coordinator.

He returned to Fort Riley, where he was assigned again with the Division Support Command.

He retired in 1979 as a sergeant first class, but 12 years later, in 1991, after the beginning of Desert Storm, he was recalled to active duty and was assigned to Fort Riley’s United States Army Garrison and the 1st Infantry Division’s Casualty Reporting Office.

A memory of the time, Meyer said, was “when I was recalled back to active duty during Desert Storm. I was the oldest Soldier in the unit and every one of the young Soldiers felt like my grandkids. I was told I did not have to run or do physical fitness

training, but I did anyway and I was able to run with the young Soldiers.”

He served on active duty for an additional three months after which he retired once again.

He decided to remain in the Fort Riley-Junction City area, he said, “because our daughter wanted to be a veterinarian and the closest college that offered a veterinarian program was Kansas State University.”

Today his daughter is a school teacher. Meyer’s son joined the Army and has since retired as a sergeant first class from the 82nd Airborne Division.

After leaving active duty, Meyer worked for Unified School District 475 in heating and air conditioning. He also opened up A1 Heating and Air Conditioning but, he said, “I closed it when I was recalled to active duty.”

Meyer had three dreams after leaving his war-torn hometown of Bremen.

“That was,” he said, “to own a home, a car, a boat and to live by a lake, all of which I have accomplished.”

Today, Meyer is vice commander for Junction City American Legion Post 45 where he has been a member for the past 45 years.

“I have also been the past American Legion 4th District Commander two times,” Meyer said. “I am very involved in veteran events today. I love music so ... I play the accordion and entertain at events. I was instrumental in helping to form past German-American City Associations here in Junction City and throughout the United States.”

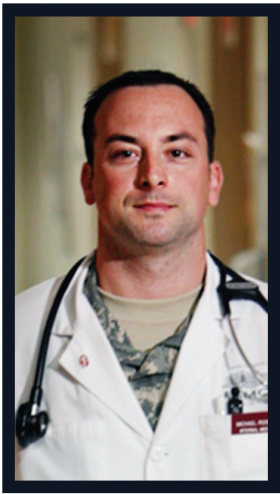
“I say it proudly,” Meyer says today: “I am proud to be an American.”

*Editor’s Note: To submit your “Big Red One” story, email [ftzmiss@yahoo.com](mailto:ftzmiss@yahoo.com).*

THEN  
& NOW



## Irwin Army Community Hospital



PROVIDER



NO-SHOW PATIENT



WOULD BE PATIENT



WOULD BE PATIENT



WOULD BE PATIENT

Missed appointments  
are missed opportunities for others.



TRAFFIC REPORT

ACCESS CONTROL POINT HOURS OF OPERATION

Until further notice, the Estes Access Control Point is closed every Saturday and Sunday, but will remain open Monday through Friday for privately owned vehicles only.

Also until further notice, 12th Street ACP is closed to privately owned vehicles on Saturdays. The commercial side remains open Saturdays. The 12th Street ACP is closed to all traffic Sundays but it is open to all traffic Monday through Friday. Grant Street ACP is closed every Saturday and Sunday, but remains open Monday through Friday to all privately owned vehicle traffic. Motorists wanting access to Fort Riley on Saturday or Sunday should use Ogden, Henry or Trooper gates.

The access control point hours are now as follows:

- Henry /Four Corners/ Trooper/Ogden: Open 24/7
- 12th Street: Open from 5 a.m. to 7 p.m.,

Monday to Friday; closed to non-commercial traffic Saturdays; closed Sundays and federal holidays.

Rifle Range: Closed to all traffic.

Grant: Until further notice, open from 5 a.m. to 7 p.m., Monday to Friday; closed Saturdays, Sundays and federal holidays.

Estes: Until further notice, open from 5 a.m. to 7 p.m., Monday to Friday; closed Saturdays, Sundays and federal holidays.

CONSTRUCTION ON RIFLE RANGE ROAD CONTINUES

Construction on Rifle Range Road will affect traffic flow. The work started in September 2015 and has been contracted for 374 days. As a result, the work will affect travel to the schools in the area. School officials can offer guidance. There are detour and guidance signs posted, including detour routes along tank trail purple and through the Colyer-Forsyth Housing area. Motorists are asked to

follow all guidance posted on signs.

HENRY DRIVE, RAY ROAD ROUNDABOUT CONSTRUCTION TO SLOW TRAFFIC

Traffic changes will be in effect until approximately mid-October. Vehicles will be required to slow to 20 mph on both Ray Road and Henry Drive to accommodate the continuing work.

ESTES ACCESS CONTROL POINT CLOSED TO COMMERCIAL VEHICLES

Use of the Estes Access Control Point by commercial vehicles is prohibited. The closure is due to an upgrade project and will be in effect until the project is complete, a period of time that could be several months. During this time all commercial vehicles will need to enter the installation through 12th Street during duty hours and through Henry gate during non-duty hours.

TUESDAY TRIVIA CONTEST



The question for the week of June 17 was “On this Army Birthday, Col. Andrew Cole Jr., Fort Riley garrison commander, describes what policy, which integrates the Army’s active, reserve and National Guard components?”

Answer: (Army’s Total Force Policy) [www.riley.army.mil/News/Article-Display/Article/795792/community-corner-army-celebrating-241-years-of-service-and-sacrifice-to-united/](http://www.riley.army.mil/News/Article-Display/Article/795792/community-corner-army-celebrating-241-years-of-service-and-sacrifice-to-united/)

This week’s winner is Ciara Sweeting. Pictured is Ciara and her spouse, Sgt. Darrel Sweeting, 1st Squadron, 6th Cavalry Regiment, 1st Combat Aviation Brigade, 1st Infantry Division.

CONGRATULATIONS CIARA!

ESTABLISHING A RELATIONSHIP



Maria Childs | POST

Nebraska Governor Pete Ricketts visited Fort Riley to observe Soldiers from the Nebraska Army National Guard train at the Douthit Gunnery Complex June 9.



Maria Childs | POST

Nebraska Adjutant General Maj. Gen. Daryl Bohac, speaks with Soldiers from the Nebraska Army National Guard during his visit to Fort Riley June 9 to observe annual training at the Douthit Gunnery Complex. “You can have the training complex and the ranges here, but if the relationship doesn’t exist between (Maj.) Gen. Grigsby and us and the post and my staff - that’s what makes this work,” Bohac said. “It’s not just geography or the place, it’s the people and the way we come together to provide excellent training for the total Army. That’s a huge win in my book. I credit (Maj.) Gen. Grigsby and the staff down here for the attitude and how things are done and the way the staff flexes to make sure we get the right things for our Soldiers.”

Nebraska Army National Guard mobilizes, trains to deploy with 1st Infantry Division Soldiers

By Maria Childs  
1ST INF. DIV. POST

Staff from the Directorate of Plans, Training, Mobilization and Security are assisting in the set-up of the 1st Infantry Division Mission Command Post Operational Detachment, or MCP-OD — which will consist of about 91 Soldiers from the Nebraska National Guard — to deploy with Soldiers from the 1st Infantry Division.

The Guardsmen have been training with Soldiers at Fort Riley since February during several training events including the division’s Warfighter exercise.

“It’s been a few years since we mobilized anybody,” said Dave Dawson, DPTMS Mobilization and Reserve Support Branch chief. “Units on reserve status are carried under the reserve pay systems and personnel systems ... we access them onto active duty.”

Dawson and his team will be leading Soldiers and Guardsmen preparing for this deployment through Soldier Readiness Processing, which includes a full medical assessment, weapons qualification and a variety of legal paperwork starting in August, when the Guardsmen arrive at Fort Riley for integration.

“When they come onto active duty we have to make sure we clear them medically and personnel-wise because they are going to be part of 1st ID,” Dawson said. “That also prepares us for when they

de-mobilize, we want to make sure we send them home with all the processes complete that the Army says they have to do. This is just setting the work that is ahead of us for the mobilization.”

Maj. Darin Huss, 1st Inf. Div. MCP-OD commander, said Soldiers preparing for the deployment participated in the Command Post Exercise 2 and 3, Warfighter and plan to participate in CPX 4 in September. This allows the Guardsmen to learn more about the job they will be doing when they deploy and allows the Soldiers to develop a relationship before meeting up overseas.

“We do similar jobs in the guard, but you have to remember, it might be one weekend that we do it for two days, or during annual training we might do it for a week,” Huss said. “Allowing those Soldiers to come down here and see the professionalism and the experience that the active Soldiers in 1st ID can give them, it expands their training horizon and amplifies things we do at home on a more aggressive timeline.”

Huss said Maj. Gen. Wayne W. Grigsby Jr., 1st Inf. Div. and Fort Riley commanding general, and his staff at Fort Riley are completely committed to a Total Army Concept, and it has been shown during this time.

“We’ve come down here and were welcomed with open arms,” Huss said. “They’ve been extremely helpful in giving us what we need to embrace that Total Army Concept.”

Huss said Fort Riley is an unusual site for mobilization of a guard unit. Typically, a guard unit preparing for mobilization and deployment would go to Fort Bliss, Oklahoma, or Fort Hood, Texas.

“Because of the relationship that we have developed with the 1st ID, they allowed the Nebraska National Guard — instead of going to Hood or Bliss — to integrate with the 1st ID staff, which took Maj. Gen. Grigsby and his staff quite a bit of conversing to make that happen, which is monumental because it is going to set up other MCP-ODs for a very similar mobilization,” he said.

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## RILEY ROUNDTABLE

### What is your favorite part of Victory Week?



"I like that there's a variety of events."

**SPC. AUSTIN ARNOLD**  
**FORT LEONARD WOOD, MISSOURI**

300th Military Police Company, 97th MP Battalion



"Getting to play a sport instead of physical readiness training."

**PVT. NOAH LEOS**  
**AUSTIN, TEXAS**

300th Military Police Company, 97th MP Battalion



"I like the events that challenge me."

**SPC. RICARDO RUIZ**  
**LAREDO, TEXAS**

300th Military Police Company, 97th MP Battalion



"I like the unity and cohesion, the coming together."

**SPC. AUSTYN MAXEDON**  
**YUMA, ARIZONA**

3rd Assault Helicopter Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division



"All of the competition. I like a battle."

**PFC. SEAN HENSON**  
**SULPHUR, LOUISIANA**

3rd Assault Helicopter Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division

## THE 1ST INFANTRY DIVISION POST



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### SAFETY CORNER

## Tornado basics: what you should know

By Rodrigo Cruz  
GARRISON SAFETY OFFICE

Tornadoes are some of nature's most violent storms. Spawned from powerful thunderstorms, tornadoes can cause fatalities and devastate a neighborhood in seconds.

A tornado appears as a rotating, funnel-shaped cloud that extends from a thunderstorm to the ground with whirling winds that could reach 300 miles per hour. Damage paths can be in excess of one mile wide and 50 miles long.

Every state is at some risk from this hazard and disaster experts urge awareness to avoid injuries.

To weather summer storms without incident, develop a family disaster plan for home, work, school and when outdoors. First, you will need current information about the hazards in your area. On Fort Riley, you will hear a siren to indicate severe weather. Upon hearing it, you should immediately seek shelter and tune in to the military channel 2 "Riley TV" or any of the following local radio stations for updates and area specific information:

- Junction City: KJCK (AM) 1420, and KJCK (FM) 97.5
- Manhattan: KMAN (AM) 1350, KMKF (FM) 101.5, and KQLA (FM) 104.0
- Abilene: WXL-71 162.525 MHz, or Hallstead: KGG 98 162.425 MHz.

You should also have an emergency supply kit on hand for both your home and car. This kit should include:

- Weather Radio with fresh batteries
- Flashlight with fresh batteries
- Drinking water
- Blankets
- Non-perishable foods, etc.

During a tornado, or when a tornado has been sighted, and you are in a structure, for example, residence, small building, school, nursing home, hospital, warehouse or shopping center, go to the pre-designated shelter area such as a safe room, basement, storm cellar or the lowest building level. If there is no basement, go to the center of an interior room on the lowest level such as a closet or interior hallway which is away from corners, windows, doors and outside walls. Put as many walls as possible between you and the outside. Get under a sturdy table and use your arms to protect your head and neck. Do not open windows.

If you are in a vehicle, trailer or mobile home, get out immediately. Mobile homes, even if tied down, offer little protection from tornadoes.

If you are outside with no shelter, lie flat in a nearby ditch or depression and cover your head with your hands or go inside a nearby building. Be aware of the potential for flooding. Do not get under an overpass or bridge. You are safer in a low, flat location.

Never try to outrun a tornado. Watch out for flying debris. Flying debris during tornadoes cause most fatalities and injuries.

After a tornado, keep tuned to the local radio or TV station to get an "all clear," signal before leaving your shelter. Be alert to fire hazards, as well as downed and exposed electrical wires, broken natural gas lines, oil leaks or smoldering piles of debris. If your home is badly damaged, contact your unit for information on temporary quarters; if off-post contact your local red cross for shelter information. Recovering from a disaster is usually a gradual process.

### TERMS TO KNOW:

- Tornado watch: Conditions are right and tornadoes are possible in your area. Start preparation to move to your shelter, monitor your radio and remain alert for approaching storms.
- Tornado warning: A tornado has been sighted or indicated by weather radar. If a tornado warning is issued for your area and the sky becomes threatening, move to your pre-designated place of safety.

Your safety is our primary concern. The Garrison Safety Office offers severe weather training. For more information about obtaining this training for your organization contact the GSO at 785-240-0647.

## Resources help families transition when deployment ends

### MILITARY ONE SOURCE

Reunion after deployment can cause mixed emotions. While it is often an exciting time, some stress is also completely normal. Whether this is your family's first or fifth reunion, every reunion is different and change can be difficult. Be patient with yourself, your spouse and your kids, and don't be afraid to ask for help. And when in doubt, follow these eight tips for an easy adjustment.

### TIPS FOR PREPARING YOUR CHILDREN

Check out Sesame Street's "Talk, Listen, Connect" deployment kit to help little children understand big changes.

The mixed emotions that often come with a deployed parent's return can be especially confusing for children. On one hand, they're excited to have mom or dad home, but they may also feel nervous about the adjustment. You can make the transition smoother with these tips:

Talk it out. Your children will probably have many questions, especially if this is your family's first reunion. Try to be patient and listen carefully to their concerns. As you explain the situation, make sure you are respectful of your children's feelings and give them space to express their emotions.

Watch for signs of stress. Children tend to show stress different than adults. If you start to notice more

misbehavior, nightmares or changes in eating and sleeping habits, your child may be trying to tell you something. Offer as much support as you can and consider talking to your pediatrician if the problem persists.

Discuss the "new normal." If your household routine or rules have changed considerably while the deployed parent was away, take steps to prepare your child for how the day-to-day schedule may shift now that mom or dad is home. Providing a heads-up for what to expect can help make the transition a bit smoother as your child adapts.

Plan for reconnection. Prepare both your spouse and child for a potential adjustment period by planning reconnection activities ahead of time. Talk to your child about what schoolwork or new skills to show the returning parent, and suggest a special activity or outing to your spouse for the entire family.

### TIPS FOR PREPARING YOURSELF

Reach out to a Military OneSource confidential non-medical counselor if you feel like you need extra support.

Even though you've been counting down the days of your spouse's return with anticipation, don't be surprised if you need some time to adjust to the homecoming. Chances are, you've both grown and changed during your time apart, and it's normal to have some growing pains. Here's

how you can take care of yourself:

Accept mixed emotions. It's OK if excitement isn't your only emotion. You may also be nervous, worried or even concerned about what it will be like to have your spouse home. Accept and acknowledge that the way you feel is simply the way you feel.

Be realistic. Building your reunion up in your head may just be a recipe for disappointment. While it's certainly OK to daydream, don't let unrealistic expectations get in the way of reality.

Recognize the changes. Regardless of your situation, the basic passing of time means that things aren't likely to be exactly the same as they were pre-deployment. Focus on creating that new normal for your family rather than striving to return to your old way of life. Keep in mind that it may take a few weeks to work out your new balance of household roles and responsibilities with your spouse. For instance, let's say your partner used to always mow the lawn before deployment, but now he or she would rather help out with the cooking instead. Do your best to be flexible and open to change as you both adapt.

Don't bottle up your feelings. Even though it's important to be patient during the adjustment period, it's important to avoid suppressing your feelings. Find a trusted confidante — whether it's a friend, close family member or counselor.

Remember, the most important thing is that your loved one is home safe. Becoming a couple and family again takes time and effort. Be patient with yourself and your family members as you navigate the reunion transition. And if you're concerned about your service member's or family's adjustment, confidential information and support are available 24/7.

Dads Make A Difference Month Campaign initiative is to promote and celebrate the importance of Fathers in their families, increase awareness of the integral role fathers have and assist fathers in connecting with their families through educational and interactive activities throughout the month of June. The Strong Dads Challenge runs the entire month of June and encourages Army Fathers to create life long memories with their children by doing different activities and sharing these experiences through our "Snap, Share, and Win!!" We will have a Dads Tea Party from 10 a.m. to noon June 25 at Riley's Conference Center.

These events are designed so dads can spend more quality time with your children. For more information please contact Army Community Service at 785-239-9435 or visit [www.rileymwr.com](http://www.rileymwr.com). Thanks and remember "Snap, Share, and Win!" challenge. Photos can be submitted to [DADS@rileymwr.com](mailto:DADS@rileymwr.com) or on Facebook by tagging Fort Riley Parenting Page, or #8DMDM. Thanks for your support.

## Security clearance investigations include social media

By Paul Stevenson  
INSTALLATION MANAGEMENT COMMAND

VICENZA, Italy — People who use social media are constantly reminded to be careful when posting and sharing information because it's almost impossible to know who might be monitoring their activity.

For people who want to get or maintain a security clearance, there is now one more reason to exercise online discipline. The Office of the Director of National Intelligence recently enacted a new policy under which federal agencies may consider publicly available social media information in connection with an application for a security clearance. Security Executive Agent Directive Five was signed May 12, codifying federal background investigative authority to incorporate publicly available social media information in the security clearance process.

According to the Office of the Director of National Intelligence, the new policy allows investigators to scan an applicant's history on Twitter, Facebook, Instagram and other similar sites.

The guidelines make clear that agencies can target publicly available social media posts, if they deem it necessary, but cannot force individuals to hand over their passwords for private accounts, or provide pseudonyms for any profiles.

"Social media has become an integral — and very public — part of the fabric

of most American's daily lives," said Bill Evanina, Director of ODNI's National Counterintelligence and Security Center. "We cannot afford to ignore this important open source in our effort to safeguard our secrets — and our nation's security."

Additionally, the policy states that social media information gathered as part of a background check will not be retained unless it is considered "relevant" to the security status of the person in question.

The policy does not require security investigations consider social media information. Instead, it permits the collection of publicly available social media information if an agency head determines it is an appropriate investigative tool.

Social media can be a place where people show their true character, says U.S. Army Garrison Italy Command Security Office Alfred Bullard. So now those who need to have a background check give investigators the green light to check into their online activity.

"All personnel who have a security clearance or complete a Personnel Security Background Investigation for a security clearance are giving authorization to be subject to scrutiny of their social media to look for character, trustworthiness, reliability issues and foreign contacts," Bullard said.

While the policy does focus on looking at online activity, it places important restrictions that limit the federal government's reach

into the private lives of clearance applicants and holders. Absent a national security concern, or criminal reporting requirement, information pertaining to individuals other than the individual being investigated — even information collected inadvertently — will not be pursued. In addition, investigators may not request or require individuals to provide social media passwords, log into a private account or take any action that would disclose non-publicly available social media information.

Security clearance holders undergo intense scrutiny before obtaining — and while maintaining — a clearance. This includes reporting interactions with foreign nationals, obtaining permission to travel abroad, and undergoing extensive background investigations and re-investigations.

This is as it should be, Evanina said. These requirements, along with considering an applicant's public social media presence, "are a small price to pay to protect our nation's secrets and ensure the trust the American people have placed in us."

Bullard said being mindful when using social media is the best way to avoid any additional scrutiny during the investigative process. "Disparaging pictures or comments could raise character or behavior issues," he said. "Character or behavior issues could be a deciding factor in the suspension or revocation of a security clearance."

The next USAG Resilience Day Off is

JULY

1

### SAFETY HOLIDAY

108

As of Wednesday, June 15, 108 days have passed since the last vehicular fatality at Fort Riley. Three more and the post will celebrate with a safety holiday to take place at each unit's discretion.





RETURNING HOME



Staff Sgt. Jerry Griffis | 1ST INF. DIV.  
More than 300 Soldiers with the 2nd Armored Brigade Combat Team, 1st Infantry Division, returned to Fort Riley June 5 following a nine-month deployment to the Central Command area of responsibility. This was the first large group of “Dagger” brigade Soldiers to return. All Dagger Soldiers are expected to return to Fort Riley by the end of July.

COMMEMORATING THE D-DAY ANNIVERSARY



Sgt. 1st Class Crista Mary Mack | U.S. ARMY  
Soldiers from the 1st Infantry Division interact June 6 in Normandy, France, with others who have gathered to commemorate the 72nd anniversary of the D-Day invasion of France. Active “Big Red One” Soldiers attended the ceremony to help locals and veterans celebrate the achievements of their long-ago fellow Soldiers and remember those who did not return from World War II.

# READY AND RESILIENT

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## Don't wait in the Emergency Room if you don't have to

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Difficulty breathing	Fever or flu-like symptoms
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Loss of consciousness	Broken bones
Loss of vision	Rashes or skin irritations

### Extended Care Clinic

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Near Front Entrance of Hospital

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# Oklahoma National Guardsmen establish relationship with Soldiers at Fort Riley

By Maria Childs  
1ST INF. DIV. POST

Soldiers from the 45th Infantry Brigade Combat Team, Oklahoma Army National Guard, came to Fort Riley for their two-week annual training at the beginning of June. During the training, Soldiers participated in a force-on-force scenario with an offensive and defensive side as well as running a multitude of live-fire ranges.

Lt. Col. Bob Walter, deputy brigade commander of the 45th IBCT, said the unit is not preparing for anything specific, but they

will be deployable toward the end of the year.

“This is a culminating exercise as far as readiness for our companies,” he said. “We go into the available pool in October.”

The brigade brought six battalions from all over the state of Oklahoma to Fort Riley. This included 30 convoys with more than 500 vehicles that traveled 10 hours to come to the training event. While at Fort Riley, the brigade Soldiers held a large re-enlistment ceremony.

Sgt. Rachelle Reed, 700th Brigade Support Battalion, 45th IBCT, OKNG, was one of the Soldiers who re-enlisted

during their time at Fort Riley. She said the training was about seeing how her company functions within the brigade.

“The one thing about our brigade is that we are spread out throughout the state so it’s not very often the brigade is all together,” Reed said.

Reed said she was proud to be part of the re-enlistment ceremony with the whole brigade.

“It was very interesting,” Reed said participating in the re-enlistment ceremony. “It was nice to see the brigade doing something for the Soldiers.”

Walter said the closest active-duty installation to them is Fort Sill, but there is not a lot of maneuver space there for the brigade-level operations. With the support of the range staff at Fort Riley and the maneuver space Fort Riley offers, the brigade can function properly.

“The people up here at the range complex and range control have been very friendly,” he said. “They’ve bent over backwards trying to help us and make sure everything we need is taken care of.”

Col. Dave Jordan, commander of the 45th IBCT, said although the primary intent of the annual training was for Soldiers to practice their jobs in a decisive training environment, the secondary intent was to work through the Chief of Staff



Sgt. Anthony Jones | OKLAHOMA NATIONAL GUARD

**A combat engineer assigned to the 45th Brigade Special Troops Battalion, 45th Infantry Brigade Combat, Oklahoma National Guard, dashes through smoke to mark a breach in a razor wire obstacle during a platoon raid training mission with infantrymen from the 1st Battalion, 279th Infantry Regiment, 45th IBCT at Fort Riley June 7.**



Spc. Brianna Rhodes | OKLAHOMA NATIONAL GUARD

**Staff Sgt. Daniel Barker of Durant, Oklahoma, and a Soldier with the Brigade Special Troops Battalion, 45th Infantry Brigade Combat Team, leads a group of Soldiers in a raid training mission at Fort Riley June 7.**

of the Army’s Total Army Concept.

“We’re trying to establish a better relationship with the 1st ID,” Jordan said. “They had a 45 or 60-day exercise called Danger Focus right before we got here. For different iterations of that exercise, we sent four or five individuals to be (observer controllers) for those exercises which was very helpful in helping our staff for the exercise that we are conducting.”

This was the first time the brigade came to Fort Riley. Jordan said the brigade was scheduled to train at Fort Hood, Texas, but conflicts came up. About the same time the conflict happened, Maj. Gen. Wayne W. Grigsby Jr., 1st Inf. Div. and Fort Riley commanding general, reached out to the surrounding National Guard units to invite them to the Fort Riley, which led to the decision to come here for annual training.

“(Maj.) Gen. Grigsby is totally committed to the total Army concept,” Jordan said. “It made it really easy. They’ve been a good partner already.”

Walter added there is an opportunity for the relationship to expand.

“We really haven’t come up here, but we see a lot of opportunities to come in the future especially on the gunnery and live-fire ranges,” Walter said. “It’s been a positive experience overall.”



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## IN BRIEF

### TRAFFIC UPDATES

For traffic updates, see the Traffic Report on page 4 or visit [www.riley.army.mil](http://www.riley.army.mil) and click on “Advisories.”

### SOLDIER FOR LIFE TRANSITION ASSISTANCE PROGRAM EVENTS

June 23, 10 a.m. to 4 p.m., Salina Police Department Employer Day, room 118D, bldg. 210, Custer Ave.

June 30, 9 a.m. to noon and 1 to 4 p.m., U.S. Border and Custom Employer Day, room 118D, bldg. 210, Custer Ave.

July 7, 1 to 3 p.m., Employer Networking Day, room 118D, bldg. 210.

July 11 to 14, 9 a.m. to 5:30 p.m. each day, 30-hour Occupational Health and Safety Administration Hazardous Materials course. Class to be held in Military Schools building 8388.

July 25 to 29, 8 a.m. to 4 p.m. each day, 30-hour Occupational Health and Safety Administration course, provided by the Garrison Safety Office. Class to be held in room 12, bldg. 500.

### THREAT AWARENESS AND REPORTING PROGRAM TRAINING

Threat Awareness and Reporting Program training is available for Soldiers, Department of the Army civilians and contractors. For information or to schedule training, call 785-240-3097.

### USO EVENTS

Every Wednesday from 9 to 10:30 a.m. a Sip and Chat event for spouses is planned.

Operation Happy Birthday: USO Fort Riley volunteers will deliver a cupcake to Soldiers during the month of their birthday. See USO Fort Riley Facebook page to sign up.

### 8TH ANNUAL DADS TEA PARTY

Dads and kids are invited to the 8th Annual Dads Tea Party, 10 a.m. to noon, Saturday, June 25, at Riley's Conference Center. Check in will be at 9 a.m.

This year's theme is Doc McStuffins. There will be story time, crafts and music, along with a teddy bear clinic. Bring your stuffed friends to be fixed or mended. Costumes are encouraged.

Advanced registration is required by June 17. For more information call 785-239-9435.

### FREE LUNCH PROGRAM

Unified School District 475 has a free lunch program during June. The on-post location is Ware Elementary School, 6795 Thomas Ave. The program is offered for children ages 1 to 18, noon to 1 p.m., Monday through Friday.

For more information, call 785-717-4000.

### RALLY POINT OPERATIONS MOVING LOCATION

The last day for bingo at Rally Point is June 17. Bingo will resume June 21 at Riley's Conference Center, and continue to be offered three nights a week — Tuesday, Wednesday and Thursday — with monthly glow and family bingo.

Cocktails and Canvases will also be moving to Riley's Conference Center immediately.

For more information, 785-784-1000.

### MARRIAGE WORKSHOP SLATED FOR JULY 12

The Family Advocacy Program staff are hosting a “Laugh Your Way to a Better Marriage” workshop 9 a.m. to 2 p.m., Tuesday, July 12.

The keys to marital bliss are work and skill. Couples need to work at maintaining their relationship and helping it move to the next level of commitment. This humorous interactive series of training help couples understand complexities of marriage.

The training will be conducted at Army Community Services, 7264 Normandy Drive. For more information and registration, call Family Advocacy Program, 785-239-9435 or Family Life Ministries, 785-239-3436.

## Post traumatic stress, depression patients gain

Study: Collaborative care method increases uptake, efficiency of care offered

By Beth Schwinn

DEFENSE CENTERS OF EXCELLENCE PUBLIC AFFAIRS

When it comes to depression and posttraumatic stress disorder treatment, patients do better when their primary care is augmented by nurse care managers, effective use of data registries and additional off-site support, according to a new study published this week in the Journal of the

### STUDY SITES

• The clinics in the study were at Fort Bliss, Texas; Fort Bragg, North Carolina; Fort Campbell, Kentucky; Fort Carson, Colorado; Fort Stewart, Georgia; and Joint Base Lewis-McChord, Washington.

American Medical Association's Internal Medicine. Magazine.

The enhanced care model can increase the uptake of mental health care, more efficiently match care based on patient symptom severity,

and improve PTSD and depression outcomes.

The study is the first large-scale randomized effectiveness trial to evaluate an integrated health care model for PTSD and depression in the Military Health System. Known as the Stepped Enhancement of PTSD Services Using Primary Care — STEPS-UP — it was conducted by the Deployment Health Clinical Center in collaboration with Rand Corp. and RTI International.

Researchers followed more than 650 service members treated in 18 primary care clinics on six Army installations in 2012 and 2013. Patients with symptoms of PTSD or depression were

randomly assigned to either the STEPS-UP model or to the standard integrated primary care treatment.

In the enhanced collaborative care model, nurses were trained to help engage patients in care throughout the year, providing psychosocial support and promoting evidence-based treatment decisions. A centralized team provided regular support to on-the-ground nurses, monitoring patients' symptom trajectories using a data registry and providing individualized treatment recommendations.

See PATIENTS, page 10



President Thomas Esang “Tommy” Remengesau Jr., of Palau greets citizens of Palau living in the U.S. June 10 at the Geary County 4-H/Senior Center. Remengesau came to meet with Soldiers and Palauan citizens in the Junction City, Kansas, and Fort Riley area to keep them up to date on matters in Palau and find out what concerns they had.

## Visit goes a long way

President of Palau lets countrymen living, serving in U.S. know they matter

Story and photos by Season Osterfeld  
1ST INF. DIV. POST

President Thomas Esang “Tommy” Remengesau Jr., of Palau, met with Soldiers and citizens of Palau living in the Junction City, Kansas, and Fort Riley area June 10 at the Geary County 4-H/Senior Center.

Remengesau's visit served as a meet-and-greet for Palauans in the area, keeping them up to date on current matters in Palau and giving Remengesau the opportunity to pay his respects to the men and women serving in the U.S. military stationed at Fort Riley.

“I wanted to have a chance to meet some of the Fort Riley troops and thank them for serving not just the U.S., but Palau too,” Remengesau said. “We have citizens spread out all over the U.S. It made sense for me to visit here because of our sons and daughters at Fort Riley and I have family here.”

Palau is an island country with a population of nearly 18,000 people. It is in the western

Pacific Ocean and contains approximately 250 islands, which form the western chain of the Caroline Islands in Micronesia. The capital, Ngerulmud, is on the island of Babeldaob, in Melekeok State.

Kedelaol Remengesau, nephew of Tommy Remengesau and currently a dispatcher for the Fort Riley Police department, was stationed at Fort Riley with 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, when he left the Army in 2008. He originally joined the Army because of his childhood heroes and the educational opportunities the Army provided him with.

Kedelaol said he decided to stay in Junction City because of the friendly atmosphere and safe environment it provided for his family. He thought his uncle's visit was greatly important because it lets the Palauans here know they are special to their country.

See PALAU, page 10



President Thomas Esang “Tommy” Remengesau Jr., of Palau, speaks to Palauan citizens June 10 at the Geary County 4-H/Senior Center. Remengesau wanted feedback from the Palauans living in the U.S. on their thoughts and feelings about changing 80 percent of the waters in Palau into sanctuaries for fish, reefs and sharks, along with other major changes.

## Victory Week the theme at community breakfast



Command Sgt. Maj. Joseph Cornelison, 1st Infantry Division senior noncommissioned officer, was the guest speaker at a combined Military Affairs Council and Military Relations Committee breakfast June 8. His speech focused on what the rank of sergeant major means and what they do.

Junction City, Manhattan residents gather to show appreciation for event

Story and photo by Hannah Kleopfer  
1ST INF. DIV. POST

Community members of Fort Riley, Junction City and Manhattan came together during Victory Week for a combined Military Affairs Council and Military Relations Committee breakfast June 8.

Members of the Junction City Area Chamber of Commerce MAC and Manhattan Area Chamber of Commerce MRC decided to work together to show military appreciation during the annual Victory Week, a weeklong celebration to commemorate Fort Riley and the “Big Red One.”

“This is a joint effort,” said retired Col. John Seitz, military affairs director, Junction City Chamber of Commerce. “We do these things together because we enjoy working together, and we feel that our two

“We do things together because we enjoy working together, and we feel that our two communities working together is a whole lot stronger.”

RETIRED COL. JOHN SEITZ  
JUNCTION CITY CHAMBER OF COMMERCE

communities working together is a whole lot stronger.”

The guest speaker for the breakfast was Command Sgt. Maj. Joseph Cornelison, 1st Infantry Division senior noncommissioned officer. His speech focused on what the rank of sergeant major means, what they do and what he does specifically, as the position is specific to the United States.

“The questions of what a command sergeant major does gets asked pretty frequently,” Cornelison said. “When we’ve been working with coalition partners and international partners, that questions comes up a lot from them.”

He pointed out that the rank came about during the Revolutionary War.

“When I explain it to my subordinates, I tell them that a noncommissioned officer for the United States Army gives our Army a certain flexibility and adaptability, and adds to the effectiveness that no other army right now on our planet has,” Cornelison said.

He also touched on notable sergeants major from history, including several Big Red One Soldiers. The first he noted was Sgt. Maj. John Champe, who was chosen by George Washington during the Revolutionary War to take on Benedict Arnold.

Cornelison also talked about two females who attained the senior

See BREAKFAST, page 10



COMMUNITY CORNER

For Army dads, quality time trumps quantity

By Col. Andrew Cole Jr.  
FORT RILEY GARRISON COMMANDER

Father’s Day. We get gifts. But our kids are the best gift. Being strong for them — and there for them — isn’t easy when the Army sends you out to the field, off to the National Training Center and then on to another deployment. But we can do our best in the bits of time we have to be there for them. After all, it isn’t the times you aren’t there they will remember — it is the times you shared with them.



Colonel Cole

Technology might be our best asset when it comes to reaching out to them while we are away — use it. If your kids are old enough — send them a text or a Snapchat shot. Let them know you are thinking about them and cheer them on if they are in a program, a competition or just because they are facing the day without you. Maybe you are prepping for a rotation at NTC or for deployment. Buy several age-appropriate story books — they don’t have to be new, used is just as good. Record some videos of you reading a story and have your spouse present each book once a week while you are gone. How about video chat? Use FaceTime, Messenger or Skype-type applications to

keep connected. Technology is a beautiful thing when used to connect to those we love, but sometimes good old-fashioned snail mail is the thing. After all, a digital birthday card is OK, but it isn’t the same as one you can hold in your hand and set on your dresser. For some of you, your kids are infants. You can still do audio recordings of stories and your spouse can play them in your absence. Letting them hear your voice when they are too young to talk to you is still important to building a bond and maintaining some level of recognition. But what about those times you are home? Are you building memories to sustain both the kids and you when you are separated?

Check out the events offered through Army Community Service, USO Fort Riley and our own Directorate of Family, Morale and Welfare during June’s Strong Dads campaign. The pros from these organizations understand the importance of that strong family connection and they spend every day doing things and building programs to help you make those memories. So, happy Father’s Day to you dads — and give my best regards to your dads too.

— To comment on this article or to suggest a topic for Community Corner, email [usarmy.riley.imcom.mbx.post-newspaper@mail.mil](mailto:usarmy.riley.imcom.mbx.post-newspaper@mail.mil) or visit my Facebook page at [www.facebook.com/fortrileycg](http://www.facebook.com/fortrileycg).

BREAKFAST Continued from page 9

noncommissioned officer rank: Carolyn H. James, who was promoted to sergeant major while assigned to Headquarters, U.S. Army Air Defense Command, Colorado Springs; and Yzetta Nelson, who was the first woman to become a command sergeant major while assigned to the Women’s Army Corps Training Battalion, WAC Center, Fort McClellan.

“Carolyn H. James was promoted in 1960,” Cornelison said. “Yzetta Nelson was promoted in 1968. Cornelison also mentioned Gene McKinny, who was the first African American command sergeant major, and Sgt. Maj. Joe DePuy, who became the first command sergeant major to the joint chiefs of staff in 2005.

After his speech, Maj. Gen. Wayne W. Grigsby Jr., 1st Inf. Div. and Fort Riley commanding general, said a few words. “I had someone ask me who the officer was above me that I looked up to, who made me who I am today,” Grigsby said. “I looked at him and I go, ‘Well, it’s not an officer. It’s a noncommissioned officer.’ From my very first platoon sergeant ...

to Cornelison today. They are my mentors, they are my coaches. They are the ones who helped me get to where I am today.” The next MAC breakfast will take place July 28 at the Geary County Convention Center in Junction City, Kansas, and the next MRC luncheon will take place Aug. 3 at the Hilton Garden Inn in Manhattan, Kansas.

PATIENTS Continued from page 9

After 12 months, patients randomized to the enhanced care experienced significant improvements in PTSD and depression symptoms, compared to peers who did not receive the extra support. In addition, patients treated under the enhanced-care model received significantly more mental health services, with patterns of care indicating that patients receiving enhanced collaborative care were better triaged to specialty care based on their symptoms. “The enhanced care intervention is designed to manage and offer care to all identified patients over the course of their care even if they do not initially engage in care,” said Bradley E. Belsher, DHCC chief of research translation and integration, and a principal investigator on the study. Because the intervention aims to reach and follow a large population of patients, even modest improvements in outcomes can have a major impact on the health care system, he said.



Airman 1st Class Samantha Saulsbury | U.S. AIR FORCE

**When it comes to depression and posttraumatic stress disorder treatment, patients do better when their primary care is augmented by nurse care managers, effective use of data registries and additional off-site support, according to a new study published this week in the Journal of the American Medical Association's Internal Medicine. Magazine.**

While some patients may be reluctant to seek psychological care, there are other reasons a patient may not follow through with care, said Daniel P. Evatt, DHCC chief of research production., said Daniel P. Evatt, DHCC chief of research production. “People drop out of care for all kinds of practical reasons.

They’re too busy, or they forget to refill a medication,” Evatt said. Follow-through made a difference for these patients and helped them stay engaged with the health care system, he said. “A key feature of the trial was its use of software that enabled the research team to crunch data from a health

care support tool for those patients who participated in the trial,” Belsher said. The result was that the team could triage patients more effectively based on information such as whether their symptoms were worsening and whether they had stopped taking medication. Because the triage was managed by a psychiatrist and psychologists from a central site, there was less burden placed on primary care providers, he explained. The clinics in the study were at Fort Bliss in Texas, Fort Bragg in North Carolina, Fort Campbell in Kentucky, Fort Carson in Colorado, Fort Stewart in Georgia, and Joint Base Lewis-McChord in Washington. Support for the study was provided by the Defense Department Deployment Related Medical Research Program. The lead researcher for the study is Dr. Charles Engel, former director of DHCC, and now at Rand Corp.

PALAU Continued from page 9

“I think it shows Palauans here that they do matter,” Kedelao said. “He is the first (politician) to visit here. It made us feel special, a part of the process, the Palauan community. He is a president who will go where you are.” Palauans in attendance were not just limited to the Fort Riley and Junction City area. Some came from Nebraska, across Missouri and Colorado, Deputy Chief of Staff for Palau Rebluud Kesolei said. Kesolei felt this visit was important because it allowed him and Remengesau to see how their citizens were living in the U.S. “They’re happy, in fact,” Kesolei said. “It was good to see that.” Palauan citizens are able to work, reside in and join the U.S. military through the Compact of Free Association. Through the COFA treaty, Palauan citizens are able to

migrate freely to and get an education in the U.S. In exchange, Palau allows the U.S. to lease land in their country for military purposes, Kesolei said. “It’s been very positive,” Kesolei said. “Not only have they built their skills, been educated, they have been able to help their families back home.” Remengesau said the relationship with the U.S. has brought stability and a sense of security to Palau, as well as education opportunities to Palauan citizens they otherwise may not have had. The opportunities in training and education provided by the U.S. military, Remengesau said, makes for “a win-win situation for Palau and the U.S. It’s everyone’s dream to get an education.” Sgt. Willander Ngotel, 2nd Battalion, 70th Armor Regiment, 2nd Armored

Brigade Combat Team, 1st Inf. Div., joined the Army after the attacks on America on 9/11. He said 9/11 did not affect the U.S. only, but Palau as well. He expressed excitement over the President’s visit and was grateful to be hearing about issues in Palau. “It’s important because even though we live, work and go to school here, we still have interests back home,” Ngotel said. “We still want to know what’s going on, it still affects us.” Following Remengesau’s interests in seeing how his citizens lived in the U.S., he said he wanted to address a major change in the waters of Palau. Remengesau has converted about 80 percent of Palau’s waters into sanctuaries for reefs, fish and sharks. The total size of the sanctuaries is roughly 600,000 square kilometers. Palau is now the first nation in the world

with a sanctuary for sharks, Remengesau said. This change also means major changes to Palau’s economy. An emphasis is now being placed on tourism and tourism regulation for the nation, Remengesau said. He added that he wanted to inform Palauans in the region on what is happening back home. “I wanted to get feedback on what their issues are,” he said. Remengesau said he was grateful he took the time to visit Junction City and meet with his citizens. He said the area reminded him of Palau. “It reminds me of home because it’s open, you see a lot of single stories, everything is green, clean and the people are very friendly,” Remengesau said. Remengesau said he hopes to visit Fort Riley soon too.

NO DOUGH, NO WORRIES



Maria Childs | POST

Sgt. Eric Seiberling, 601st Aviation Support Battalion, 1st Combat Aviation Brigade, 1st Infantry Division, and his 18-month-old daughter, Harleigh, fill their plate at the USO Fort Riley No Dough Dinner in honor of Victory Week 2016 at Moon Lake June 7. “As the 1st Infantry Division and Fort Riley take time to celebrate and remember the accomplishments of the nation’s most storied division, the USO in turn takes time to celebrate them,” said Jill Iwen, director of USO Fort Riley. “The Victory Week No Dough Dinner is a way to connect our service members to family, home and country. It is an opportunity for our community to come together to share our appreciation and gratitude with our ‘Big Red One’ family. We understand the sacrifices our military families make, how often they are not able to come together as a family to partake in celebrations, so it is for them that we host this event.”

BOOT CAMP FOR HEROES



Hannah Kleopfer | POST

Fort Riley youth go through the obstacle course at Boot Camp for Heroes June 7, with 1st Lt. Ryan Sajdera, 3rd Assault Helicopter Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Inf. Div. “Boot Camp for Heroes is a mission-oriented obstacle course,” Sajdera said. “It’s just to get them to see kind of what their parents do on a day-to-day basis. We have some static displays for them too, that they can get in and crawl around in. Personnel who operate the equipment are here to answer any questions. It’s just a good opportunity to give them a chance to see the equipment that they see in movies and books.”

NOW SHOWING

Barlow Theater is now in digital!  
Tickets cost \$6.00 for adults and \$3.50 for children  
Tickets for 3-D and first-run movies cost extra.  
Children younger than 5 are admitted free.



FRIDAY, JUNE 17  
• Money Monster (R) 7 P.M.  
SATURDAY, JUNE 18  
• Ratchet & Clank (PG) 2 P.M.  
• Money Monster (R) 7 P.M.  
SUNDAY, JUNE 19  
• Sing Street (PG-13) 5 P.M.

For movie titles and showtimes, call  
785-239-9574



# Sports & Recreation

## IN BRIEF

**CUSTER HILL BOWLING SPECIALS**

Wednesday through Friday:  
From 1 to 6 p.m., \$2.50 games and \$2 shoes.

Wednesday: From 6 to 9 p.m., \$1 games and \$1 shoes.

Thursday: From 6 to 9 p.m., \$5 cover, which includes shoes and 50¢ games.

Friday: From 6 to 9 p.m., \$15 for unlimited bowling for up to six people, shoes not included.

Saturday: Extreme bowling from 6 p.m. to midnight, \$9 for shoes and up to three hours of bowling.

Sundays: From noon to 6 p.m., family fun, \$35 per lane, which includes two hours of bowling, one large two-topping pizza, two pitchers of soda and shoes for up to six people.

**OFFERINGS FOR FITNESS-MINDED INDIVIDUALS**

The Directorate of Family and Morale, Welfare and Recreation has a comprehensive offering of options for health- and fitness-minded individuals. Choose between the following:

- One person, one-hour training session – \$25.
- Two people, one-hour training session – \$40.
- Three people, one-hour training session – \$48.

Personal training sessions can be purchased at Whitside Fitness Center Monday to Friday, 9 a.m. to 6:30 p.m., and Saturday, 9 to 11 a.m.

For more information, contact the Whitside Fitness Center at 785-239-2573.

**CUSTER HILL POOL CLOSING EARLY**

Custer Hill Pool's last day of operation will be Aug. 13. Pool passes purchased between May 28 and June 30 will be valid until Sept. 30 at Directorate of Family and Morale, Welfare and Recreation aquatics facilities.

For more information, call the aquatics program manager at 785-239-9441.

**EYSTER POOL WILL REMAIN CLOSED UNTIL FURTHER NOTICE**

Eyster Pool is closed. No reopening date has been determined.

During this time, all programs — including physical therapy supported by both Irwin Army Community Hospital and Warrior Transition Battalion, pregnancy physical therapy, lap swim and recreational swim — will be held at Long Pool, inside Long Fitness Center. Because this pool is not equipped with a computer point-of-sale system, all daily entry fees and pool passes will need to be paid using cash or check.

Unit physical training requests for Thursdays only will be accepted during this time; this is to decrease maximum occupancy with the early-morning lap swim program.

The Aquatics Office at Eyster Pool is open from 8 a.m. to 4 p.m. Monday to Friday. For more information, call the aquatics program manager at 785-239-9441.

**YOUTH SPORTS OFFICIALS**

The Child, Youth and School Services staff is looking for officials for youth outdoor and indoor soccer, flag football, basketball, baseball and softball.

Volunteer and paid positions are available. Training is provided and experience is not necessary. A background check is required.

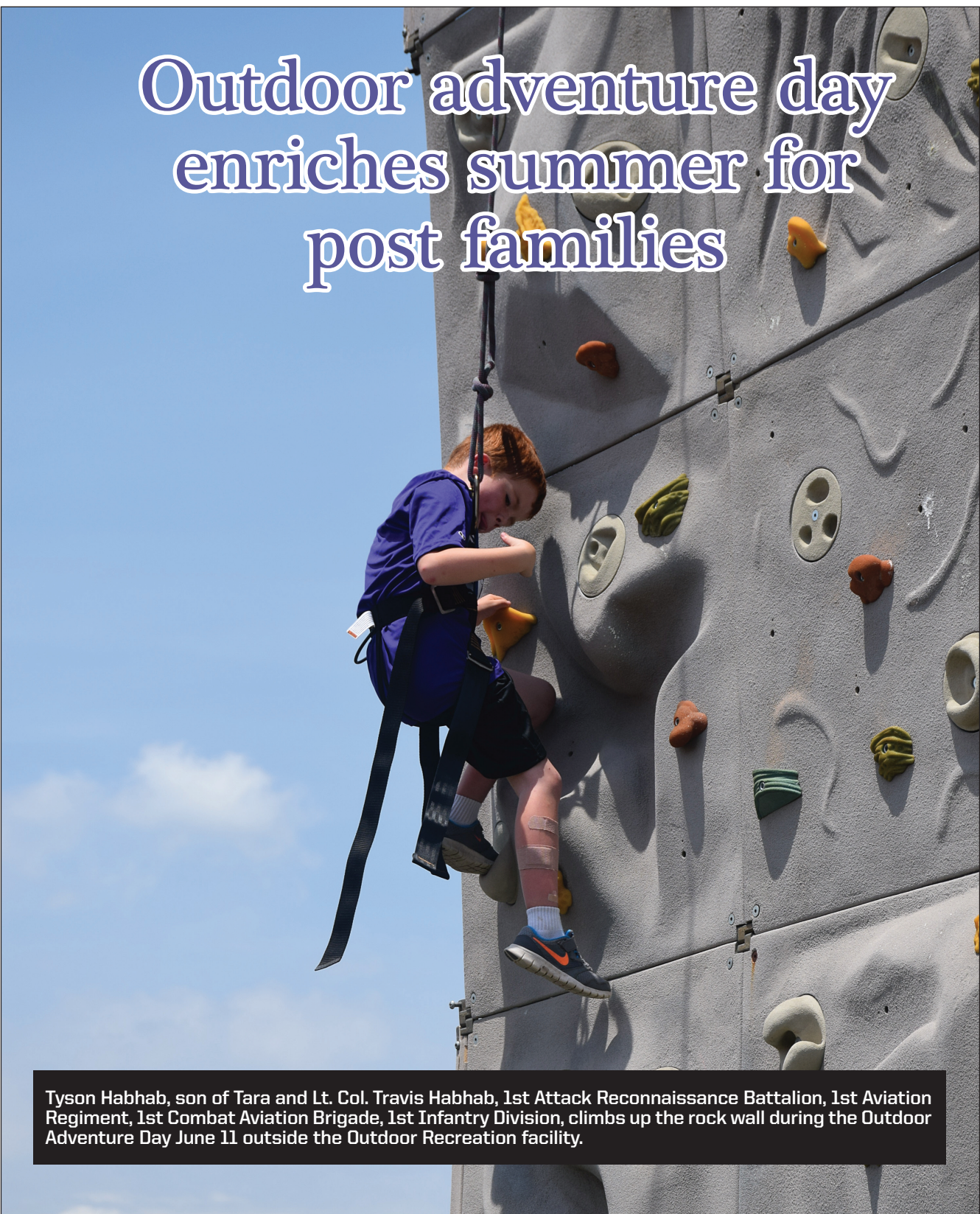
For more information, call CYSS Sports at 785-239-9223 or 785-240-5207.

**ISPORTSMAN SYSTEM**

Fort Riley has an automated check-in and check-out system called iSportsman. Individuals can register at <https://fortriley.isportsman.net>.

To access Fort Riley training areas, use the iSportsman website. Check-in and check-out may be done with any personal device with internet access, visit the iSportsman kiosk at 1st Division and Vinton School roads or the Environmental Division Office, building 407, during normal business hours.

For more information, contact the Environmental Division at 785-239-6211.



## Outdoor adventure day enriches summer for post families

Tyson Habhab, son of Tara and Lt. Col. Travis Habhab, 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, climbs up the rock wall during the Outdoor Adventure Day June 11 outside the Outdoor Recreation facility.

## Outdoor Recreation staff look to attract more families, keep things safe

**Story and photo by Hannah Kleopfer**  
1ST INF. DIV. POST

Families of Fort Riley rock climbed and took turns at paintball at no cost thanks to staff of Outdoor Recreation. The outdoor adventure day took place June 11 at Outdoor Recreation facilities.

"It is an annual event, and this is our seventh year doing it," said Travis Engle, recreation specialist. "We did it originally over at Forsyth, and then we moved over here. Us moving here has made this event even more important, because it gets people out here to see where we are since we aren't centrally located where residents are."

Tyson Habhab, son of Tara and Lt. Col. Travis Habhab, 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st Combat

Aviation Brigade, 1st Infantry Division, climbed the rock wall while his dad coached him from the ground. Tyson said he had fun trying it out.

"It's neat, it's a good event, there's lots of cool things to do," Travis said. "We've been a few times. We're going to do paintball next. There's a lot to do. It lets the kids have a good time and keeps them active."

Staff were located at each of the activities to ensure families were safe and to give them more information about what they do.

In addition to the bigger activities, there were also yard games and displays of different equipment families can rent including campers and a speedboat.

"It showcases everything we have from a rental standpoint and a usage standpoint,

and gets people familiar with what we offer," Engle said. "Literally everything you see can be rented, used for an org day or private use. You do have to have your Kansas state boaters course or something similar from another state to rent the boat."

For many families, this was their first time at an Outdoor Recreation event.

"We saw it on Facebook," said Kristen Quarles, wife of Sgt. Ronnie Quarles, 101st Brigade Support Battalion, 1st Armored Brigade Combat Team, 1st Inf. Div. "We tried out the bounce houses and the kids played games. This is our first time being to an (Fort Riley Outdoor Recreation) event. It's not too crowded and the kids are able to run around."

For more information about Outdoor Recreation on post, go to [www.army.rileymwr.com](http://www.army.rileymwr.com).

## VICTORY WEEK "HALO" TOURNAMENT PART OF FESTIVITIES

Hannah Kleopfer | POST

**Soldiers play in the "Halo" tournament, hosted by staff of the Warrior Zone June 8. The tournament was part of the Victory Week celebration, and points were counted toward the Victory Cup. For many avid video gamers, this was an area they felt they could excel.**

"I love gaming, straight up," said Pfc. Dennis Hawkins, 541st Combat Sustainment Support Battalion, 1st Infantry Division Sustainment Brigade.

"I think being that gaming is really big right now, it should definitely be a part of Victory Week. Seeing something like this, and having gaming inside Victory Week is almost a must."

There were 33 battalion level teams taking part in the tournament.





# Retired combat engineer goes from Wounded Warrior to Warrior Angel

By Sgt. Brandon Rizzo  
ARNEWS

WEST POINT, N.Y. — When Andrew Marr left his home of Argyle, Texas, to compete at the 2016 Department of Defense Warrior Games, winning his respective events of discus and shotput was not the first thing on his mind.

“Winning is a byproduct,” said Marr, a medically retired Special Forces combat engineer. “I always try to contribute and perform to the best of my abilities and by doing that, my hope is that it will inspire and encourage others to know that they can do the same.”

Marr’s journey toward becoming an inspiration to other wounded warriors began years ago when he suffered a traumatic brain injury after receiving enemy 107mm rocket fire during a combat mission in Wardak, Afghanistan.

“I came back to (consciousness) and we were in a fight, so there wasn’t really any time to think about it or talk about it,” said Marr. “And it was just part of the job, so I didn’t think much about it after that.

In addition to the rocket attack, Marr was continuously exposed to blast waves while performing his functions as a combat engineer.

“I was a breacher for our team ... I put surgical explosive charges on denied points of entry,” said Marr. “I was around countless explosions. Back then, we never made any correlation between head trauma and blast waves ... nobody knew anything about it.”



Sgt. Brandon Rizzo | ARNews  
**U.S. Army Veteran Sgt. 1st Class Andrew Marr of Argyle, Texas, practices throwing discus in preparation for the 2016 DOD Warrior Games at the United States Military Academy, West Point, New York, June 12.**

Eventually, memory loss, vision issues, migraines, lost vocabulary and depression led him to seek treatment for his traumatic brain injury. During his journey, Marr said he met a neuro-endocrinologist who not only helped improve his condition, but inspired him to try to help others with the same condition.

In March 2015, he created the Warrior Angels Foundation, an organization dedicated to raising funds for the treatment for TBI. To date, they’ve helped treat 120 combat veterans with TBI and Post-Traumatic Stress symptoms.

One year after starting the foundation, U.S. Special Operations Command invited him to participate in the DOD Warrior Games.

“I saw a great opportunity to train for something, to compete

for something, but under the banner of hopefully challenging and inspiring others that are in the same or similar positions,” said Marr.

“It feels good to be competing in the games, because two years ago I had a difficult time — I was having double vision, balance issues ... I was in bad shape, so performing at a high level, doing a rotational spin and throwing anything would have been out of the question. So to go from that physical and mental state to now being able to do (this) at a competitive level, it is fulfilling.”

The Games began June 15, and Marr will represent USSOCOM and create awareness of the Warrior Angels Foundation.

More information on the Warrior Angels Foundation can be found at [WAFTBI.org](http://WAFTBI.org).

Library

FATHER'S DAY!

Father's Day Party

Saturday, June 18 | 1-3pm

Fort Riley Post Library

Celebrate special dads and father figures!

- Create a Father's Day card

- Make a gift for Dad

- Enjoy light refreshments

Fort Riley Post Library

Information: 785.239.5305

[riley.armymwr.com](http://riley.armymwr.com)







# Travel & Fun in Kansas

ALMA



Story and photos by Maria Childs  
1ST INF. DIV. POST

Surround yourself with the American Bison — the Kansas State animal — at the Plumlee Buffalo Ranch just off Interstate 70 at exit 328. The American Bison has been the state animal since 1955, and it is on display in a natural habitat for visitors at the ranch.

A tour of the herd includes safe transportation into the grasslands, which include 400 acres. Visitors learn about the characteristics of the animal including body language, methods the owners use and don't use, historical background and meat information.

While on the tour, not only do visitors see the buffalo herd, but they also visit a historical homestead that is on the land and feed catfish in a pond.

Shirley and Larry Plumlee can accommodate groups of any size with an appointment. To schedule a tour at the ranch, call 785-539-2255.

While in the area, drive south on Highway 99 and experience the rest of Alma. Located along the Native Stone Scenic Byway, the town has much to offer.

The Alma Creamery is just down the road and is the city's claim to fame. Located just past the railroad tracks, the creamery sells specialty products including cheddar, colby, pepper jack, Monterey jack, co-jack, curds and parmesan cheeses. They also sell their own milk and other homemade treats from a variety of locations including Wyldewood Cellars Winery and Grandma Hoerner's.

The Wabaunsee County Historical Society Museum sits on Missouri Avenue, the main road in Alma. It contains more than 10,000 artifacts from the history of the county and the Kansas Flint Hills. The museum also is home to a gallery where traveling art and photo exhibitions can be displayed.

The museum opened its doors in 1968 after an Alma native, Fred Palenske, donated funds to form the historical society and purchased a building for the museum. In 1969, the historical society purchased the stone building directly across the street from the museum and named it Palenske Hall in honor of the organizations benefactor. Palenske Hall is the oldest surviving building in Alma's Downtown district.

Members of the historical society can provide directions to numerous historic 19th century barns in the county as well as ghost towns. The museum is open between March 1 and Nov. 30 Tuesday through Saturday 10 a.m. to 4 p.m. and Dec. 1 through Feb. 28 Tuesday through Wednesday from 10 a.m. to 4 p.m. For more information, call 785-765-2200.

Next door is the Alma Bakery and Sweet Shop with homemade cinnamon rolls and sweet treats. Several eateries and unique shops line the streets of Alma waiting to be explored.

For more information about Alma, Kansas and Wabaunsee County, visit [www.wabaunsee.com](http://www.wabaunsee.com).

LEFT: Sampson, one of the original buffalo of the Plumlee Buffalo Ranch just off Interstate 70 on exit 328, sits with the herd during a warm, sunny day.



Grandma Hoerner's products are on display at the Alma Creamery. The creamery sells specialty products including cheddar, colby, pepper jack, Monterey jack, co-jack, curds and parmesan cheeses as well as their own milk.



Cheese curds are among the things the Alma Creamery sells on a regular basis. They also sell their own milk and other homemade treats from a variety of locations including Wyldewood Cellars Winery and Grandma Hoerner's.



The city of Alma, Kansas, has several eateries and unique shops waiting to be explored. There is also a museum, a buffalo ranch and the Alma Creamery. For more information about Alma, Kansas and Wabaunsee County, visit [www.wabaunsee.com](http://www.wabaunsee.com).



Fresh cinnamon rolls are offered by the staff of the Alma Bakery and Sweet Shop. Several eateries and unique shops line the streets of Alma waiting to be explored.



“Our story is still being written, and with your signatures, you all will be a part of our division’s history.”

MAJ. GEN. WAYNE W. GRIGSBY JR. | 1ST INF. DIV. AND FORT RILEY COMMANDING GENERAL



Amanda Kim Stairrett | 1ST INF. DIV.

Maj. Gen. Wayne W. Grigsby Jr., 1st Infantry Division and Fort Riley commanding general, is the first to sign the 100th Anniversary Committee Charter June 6, symbolizing the start of 100th anniversary preparations for the “Big Red One.” Leaders from local communities, the division and state politicians gathered at the Victory Week 2016 event to sign a charter outlining the goals of the observance.

# Victory Week 2016



Photos by Staff Sgt. Jerry Griffis | 1ST INF. DIV.

LEFT: Command Sgt. Maj. Joseph Cornelison, 1st Infantry Division senior noncommissioned officer, and Maj. Gen. Wayne W. Grigsby Jr., commanding general of the 1st Inf. Div. and Fort Riley, lay a wreath at the Fallen Soldier Memorial on June 8 in Victory Park at Fort Riley. The ceremony is held each year in honor of fallen “Big Red One” Soldiers. RIGHT: Veterans and their families attending the 9th Infantry Division reunion watch the memorial rededication and wreath-laying ceremony June 8 in Fort Riley’s Victory Park. The ceremony was one of several during Victory Week 2016 that honored the contributions of fallen Soldiers.

## Honoring fallen Soldiers

Grigsby: Living honorable lives best way to honor memory of those lost in battle

By Amanda Kim Stairrett  
1ST INF. DIV. PUBLIC AFFAIRS

The Victory Park memorial rededication and wreath-laying ceremony June 7 was a solemn occasion, but also one that brought a bit of hope, the 1st Infantry Division’s commanding general said.

Ceremonies like this mark the loss of those who fell serving during events Victory Week aims to commemorate—events like D-Day, Vietnam and the Global War on Terror. Leaders like Maj. Gen. Wayne W. Grigsby Jr. and retired Command Sgt. Maj. Jim Champagne, who served as the senior noncommissioned officer of the 4th Infantry Brigade Combat Team, 1st Inf. Div., reflected on what it meant to them.

“Ceremonies like this turn my thoughts to my time as a brigade commander during the surge in Iraq,” Grigsby said. “I think about what I could have done better as a brigade

### MORE ONLINE

• For more coverage from **Victory Week 2016** and accompanying events during the period, visit the 1st Infantry Division and Fort Riley Facebook pages at [www.facebook.com/1stInfantryDivision/](http://www.facebook.com/1stInfantryDivision/) and [www.facebook.com/FortRiley/](http://www.facebook.com/FortRiley/)

commander. How could I have prevented the deaths of 39 Soldiers lost during that very violent time?”

The general said he could feel the crushing weights of their absence and sense the hollowness of their emptied places in formation.

“And not just the absence of those 39 Soldiers under my command,” he added, “but all the brave men and women that have paid the ultimate sacrifice.”

Champagne knows every name of the 112 4th IBCT Soldiers memorialized in stone in Fort Riley’s Victory Park. They are forever part of the history of the “Big Red One,” he added.

See HONOR, page 18

## Community rallies around 1st Inf. Div. in anticipation of 100th anniversary

By J. Parker Roberts  
1ST INF. DIV. PUBLIC AFFAIRS

More than 60 leaders and community members from across the state of Kansas formed a group dedicated to helping the 1st Infantry Division celebrate its 100 years of service over the next three years.

Eighteen members of the committee were present June 6 at Fort Riley for the 100th Anniversary Committee Charter Signing Ceremony to sign the document and pledge their support to the anniversary.

“We do so knowing that our cooperative and constructive planning efforts, communication and coordination is indispensable to creating a celebration worthy of the innumerable selfless sacrifices made by the brave men and women of America’s first and ‘Most Storied’ division over the course of the last 100 years,” according to the charter.

The team will participate in 100th anniversary planning activities, oversee the development of a comprehensive, community-focused rollout plan and work to increase local, regional and national awareness of the anniversary.

“We are here to celebrate not only the history that makes the ‘Big Red One’ the finest division in our Army, but also to celebrate the strong community ties that make Fort Riley and America’s First Division the best place



## ‘Big Red One’ efforts on D-Day not forgotten



Attendees salute as the colors are presented June 6 during a ceremony dedicated to the 72nd anniversary of D-Day at Fort Riley.

### Ceremony recounts sacrifices Soldiers made 72 years ago

Story 6 photo by Staff Sgt. Jerry Griffis  
1ST INF. DIV. PUBLIC AFFAIRS

The 1st Infantry Division and Fort Riley paused June 6 during Victory Week to remember the actions and sacrifices made on D-Day 72 years ago.

On June 6, 1944, “Big Red One” Soldiers stormed Omaha

Beach as part of the Allied invasion. Maj. Gen. Wayne W. Grigsby Jr., 1st Inf. Div. and Fort Riley commanding general, spoke about the landing during the commemoration ceremony.

“The 1st Inf. Div. played such a huge part in the invasion of Normandy,” Grigsby said. “I think it’s only fitting on June 6 that we talk a little bit about Omaha Beach and just what we accomplished.”

By the end of World War II, the 1st Inf. Div. suffered 21,000 casualties of the almost 44,000 men that served in its ranks, ac-

cording to the Society of the 1st Infantry Division.

Quoting Gen. Omar Bradley, commander of all U.S. ground units attacking Germany from the west, Grigsby said, “I felt compelled to deploy the best troops I had and as a result, the division that deserved compassion as a reward for its

### DUTY FIRST!

• By the end of World War II, the 1st Inf. Div. suffered **21,000 casualties** of the almost 44,000 men that served in its ranks.

See D-DAY, page 18



VICTORY CUP RESULTS

OVERALL WINNERS

- 1. 97th Military Police Battalion (25 points)
- 2. 541st Combat Sustainment Support Battalion, 1st Infantry Division Sustainment Brigade (11 points)
- 3. 2nd Battalion, 34th Armor Regiment, 1st Armored Brigade Combat Team (10 points)

ARCHERY

- 1. 3rd Assault Helicopter Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade
- 2. 97th Military Police Battalion
- 3. 97th Military Police Battalion

ARM WRESTLING

- 1. 97th Military Police Battalion
- 2. 2nd Battalion, 34th Armor Regiment, 1st Armored Brigade Combat Team
- 3. 3rd Battalion, 66th Armor Regiment, 2nd Armored Brigade Combat Team

BASKETBALL

- 1. 541st Combat Sustainment Support Battalion, 1st Infantry Division Sustainment Brigade
- 2. 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team
- 3. 601st Aviation Support Battalion, 1st Combat Aviation Brigade

BIATHALON

- 1. 97th Military Police Battalion
- 2. 2nd Battalion, 34th Armor Regiment, 1st Armored Brigade Combat Team
- 3. 97th Military Police Battalion

BOWLING

- 1. Division Artillery
- 2. 1st Brigade Engineer Battalion, 1st Armored Brigade Combat Team
- 3. Division Artillery

COMBATIVES

- 1. 97th Military Police Battalion
- 2. 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team
- 3. 127th Chemical Company, 84th Explosive Ordnance Battalion, 1st Infantry Division Sustainment Brigade

DANGER'S DASH

- 1. 101st Brigade Support Battalion, 1st Armored Brigade Combat Team
- 2. 97th Military Police Battalion
- 3. 3rd Assault Helicopter Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade

FISHING (BOAT)

- 1. 97th Military Police Battalion
- 2. 1st Brigade Engineer Battalion, 1st Armored Brigade Combat Team
- 3. 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team

FISHING (LAND)

- 1. 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team
- 2. 1st Combat Aviation Brigade
- 3. 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade

FLAG FOOTBALL

- 1. 541st Combat Sustainment Support Battalion, 1st Infantry Division Sustainment Brigade
- 2. 97th Military Police Battalion
- 3. 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team

GOLF

- 1. 1st Squadron, 6th Cavalry Regiment, 1st Combat Aviation Brigade
- 2. Division Artillery
- 3. United States Army Garrison



Thousands of 1st Infantry Division and Fort Riley Soldiers and Airmen participated in the Victory Run on June 6 as part of Victory Week.



Season Osterfeld | POST

A Soldier from the 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, prepares to take a shot on the 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division team's goal at a water polo match June 7 during Victory Week at Custer Hill Pool. The 1st Bn., 5th FA Regt. team won the match 5-1.



Spc. Derrick Tribbey | 1ST INF. DIV.

Spc. Robert Graham, 1st Squadron, 6th Cavalry Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, attempts to subdue his opponent during combatives tournament June 7 at Long Fitness Center. Soldiers competed within their weight classes during the three-day tournament, which concluded June 9 with caged, mixed martial arts-style championship matches.



Staff Sgt. Jerry Griffis | 1ST INF. DIV.

Two Soldiers race to take possession of the ball during a soccer match June 7 at McCormick Park on Fort Riley. The unit with the most points at the end of Victory Week 2016 had the honor of keeping the Commander's Cup for the year.



Spc. Derrick Tribbey | 1ST INF. DIV.

Soldiers with the 1st Infantry Division and Fort Riley compete in Fort Riley's Modern Army Combatives tournament June 7 at Long Fitness Center. The three-day tournament concluded June 9 with caged, mixed martial arts-style championship bouts.



Staff Sgt. Warren W. Wright Jr. | 1ST ABCT

Soldiers from across the 1st Infantry Division and Fort Riley participate June 6 in a softball tournament at the Sacco Softball Complex during the "Big Red One's" Victory Week.

Soldiers from the 541st Combat Sustainment Support Battalion, 1st Infantry Division Sustainment Brigade, and the 101st Brigade Support Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, face off June 7 at Fort Riley in the Commander's Cup soccer tournament, one of several sporting events organized as part of Victory Week 2016. The team representing the 541st CSSB, 1st Inf. Div. Sust. Bde., took second place in the tournament overall.

J. Parker Roberts | 1ST INF. DIV.







Staff Sgt. Jerry Griffis | 1ST INF. DIV.

ory Week 2016. The route took runners around Custer Hill and included music from the 1st Inf. Div. Band.



Staff Sgt. Jerry Griffis | 1ST INF. DIV.

Two Soldiers attempt to catch a pass during a flag football competition June 7 on Fort Riley. Flag football was one of many sporting events held during Victory Week 2016.



Sgt. Takita Lawery | 1ST INF. DIV. SUST. BDE.

Soldiers from across Fort Riley and the 1st Infantry Division came together June 8 to test their strength against fellow competitors during the Victory Week 2016 arm wrestling competition at the Warrior Zone at Fort Riley. The competitors partook in a tournament-style showdown to determine first-, second- and third-place finishers, earning points for their unit in the overall standings of the Victory Cup.



Hannah Kleopfer | POST

Spc. Sam Kosgei of Division Headquarters and Headquarters Battalion approaches the finish line during the Victory Week 2016 Ten-Miler on June 7 at Fort Riley. Soldiers of the 97th Military Police Battalion hosted the race. The Division Headquarters and Headquarters Battalion team won third place, the 601st Aviation Support Battalion, 1st Combat Aviation Brigade, won second and the 97th MP Bn. earned first.



Capt. Jonathan Camire | 1ST ABCT

Soldiers from across Fort Riley and the 1st Infantry Division participate June 6 in the Danger Dash during the “Big Red One’s” Victory Week. The Danger Dash consisted of teams of Soldiers navigating 12 obstacles over about five kilometers.



Capt. Jonathan Camire | 1ST ABCT

Soldiers from across Fort Riley and the 1st Infantry Division participate in the Danger Dash June 6 during the “Big Red One’s” Victory Week. The Danger Dash consisted of teams of Soldiers navigating 12 obstacles over about 5 kilometers.



Staff Sgt. Aaron P. Duncan | 1ST INF. DIV. SUST. BDE.

Five-man teams from across Fort Riley and the 1st Infantry Division compete in the skeet and trap event during Victory Week 2016 at Fort Riley. The team from the 1st Battalion, 5th Field Artillery, 1st Armored Brigade Combat Team, took home first place with a score of 174. The team members were Capt. Aaron Dunn, 1st Lt. Cody Dobiysloli, 1st Lt. John Williamson, Cpl. Aaron Mettler and 1st Lt. Travis Crites.



Staff Sgt. Aaron P. Duncan | 1ST INF. DIV. SUST. BDE.

Teams from across the 1st Infantry Division and Fort Riley compete against one another on the basketball court June 6 during Victory Week 2016 at Fort Riley.

VICTORY CUP RESULTS

“HALO”

- 1. 3rd Assault Helicopter Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade
- 2. 101st Brigade Support Battalion, 1st Armored Brigade Combat Team
- 3. 3rd Battalion, 66th Armor Regiment, 2nd Armored Brigade Combat Team

MISSION ESSENTIAL FITNESS

- 1. 2nd Battalion, 34th Armor Regiment, 1st Armored Brigade Combat Team
- 2. 97th Military Police Battalion
- 3. Division Headquarters and Headquarters Battalion

SKEET & TRAP

- 1. 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team
- 2. 1st Squadron, 6th Cavalry Regiment, 1st Combat Aviation Brigade
- 3. 2nd General Aviation Support Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade

SOCCER

- 1. 2nd Battalion, 34th Armor Regiment, 1st Armored Brigade Combat Team
- 2. 541st Combat Sustainment Support Battalion, 1st Infantry Division Sustainment Brigade
- 3. 97th Military Police Battalion

SOFTBALL

- 1. 541st Combat Sustainment Support Battalion, 1st Infantry Division Sustainment Brigade
- 2. Special Troops Battalion, 1st Armored Brigade Combat Team
- 3. 1st Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat Team

TEN-MILER

- 1. 97th Military Police Battalion
- 2. 601st Aviation Support Battalion, 1st Combat Aviation Brigade
- 3. Division Headquarters and Headquarters Battalion

TUG OF WAR

- 1. 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team
- 2. 3rd Assault Helicopter Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade
- 3. 601st Aviation Support Battalion, 1st Combat Aviation Brigade

VOLLEYBALL

- 1. Division Artillery Battalion
- 2. 97th Military Police Battalion
- 3. Division Headquarters and Headquarters Battalion

WARRIOR COMPETITION

- 1. 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team
- 2. 3rd Battalion, 66th Armor Regiment, 2nd Armored Brigade Combat Team
- 3. 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team

WATER POLO

- 1. 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team
- 2. 1st Brigade Engineer Battalion, 1st Armored Brigade Combat Team
- 3. 3rd Assault Helicopter Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade

WEIGHTLIFTING

- 1. 97th Military Police Battalion
- 2. 601st Aviation Support Battalion, 1st Combat Aviation Brigade
- 3. 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade





Sgt. Jarrett E. Allen | 1ST CAB  
Col. John M. Cyrulik, commander, 1st Combat Aviation Brigade, 1st Infantry Division, stands with retired Maj. Gen. Walter M. Golden Jr. as he attaches the Iraqi Sovereignty and New Dawn streamer to the regimental colors during the Aviation Regiment Ceremony on June 7 at Victory Park. The ceremony was one of several held to commemorate the wartime contributions of the “Big Red One’s original regiments, which included the 16th, 18th, 26th and 28th infantry regiments and the 5th, 6th and 7th field artillery regiments. Each ceremony included participation from veterans.



Spc. Derrik Tribbey | 1ST INF. DIV.  
Soldiers and Airmen of the 1st Infantry Division and Fort Riley fill the roads of Custer Hill on June 6 during the Victory Week 2016 Victory Run.



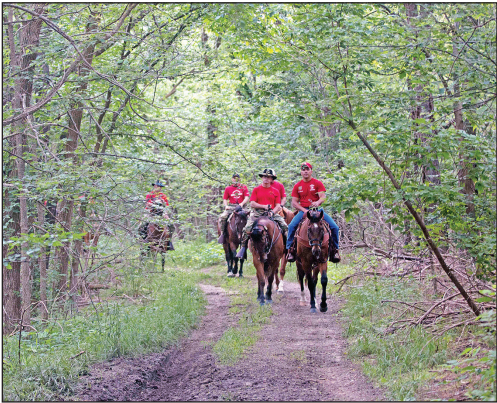
Spc. Derrik Tribbey | 1ST INF. DIV.  
Second Lt. Steve Kerns with the 1st Armored Brigade Combat Team, 1st Infantry Division, strikes Spc. Carlos Ruelas with 97th Military Police Battalion, during the Victory Week 2016 combatives finals June 9 at Fort Riley’s Long Fitness Center. Kerns won the match.



Hannah Kleopfer | POST  
The top award for the Victory Week Ten-Miler waits for its recipient June 7 at Fort Riley. The Division Headquarters and Headquarters Battalion team won third place, the 601st Aviation Support Battalion won second and the 97th MPilitary Police Battalion earned first.



Amanda Kim Stairrett | 1ST INF. DIV.  
A crew from “Hamilton’s Own” – 1st Battalion, 5th Field Artillery, 1st Armored Brigade Combat Team, 1st Infantry Division – fires a ceremonial cannon to indicate the start of June 6’s 100th Anniversary Committee Charter Ceremony. To kick off preparations for the 100th anniversary of the 1st Inf. Div. in 2017, leaders from the local communities and the “Big Red One” and state politicians gathered at Fort Riley to sign a charter outlining the goals of the observance.



Amanda Kim Stairrett | 1ST INF. DIV.  
Command Sgt. Maj. Joseph Cornelison, 1st Infantry Division senior noncommissioned officer, participates in the Victory Week 2016 trail ride June 7 at Fort Riley. The event was led by the Commanding General’s Mounted Color Guard.



Hannah Kleopfer | POST  
Children of Fort Riley had the opportunity to partake in Boot Camp for Heroes, an event to show them what a day in the life of a Soldier is like. The event was hosted by Soldiers of the 1st Combat Aviation Brigade, 1st Infantry Division.

**FACEBOOK**  
• See videos from Victory Week 2016 at: [www.facebook.com/1stInfantryDivision/](http://www.facebook.com/1stInfantryDivision/)

**FLICKR**  
• See photo albums from all the ceremonies and sporting events at Victory Week 2016 at: [www.flickr.com/firstinfantrydivision/sets/](http://www.flickr.com/firstinfantrydivision/sets/)

**INSIDE**  
• Check out images from Victory Week’s fishing events, [Page 15](#).

## D-DAY

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previous ordeals, now becomes the inevitable choice for a most difficult job.”

The guest speaker was Timothy Rives, acting director of the Eisenhower Presidential Library, Museum and Boyhood Home in Abilene, Kansas.

“W h a t did Gen. Dwight D. Eisenhower say when he gave the final order to launch the attack which would put the Big Red One on Omaha Beach,” Rives asked the ceremony attendees.

Rives said the answer to that question is not so simple, adding, “This is where history draws a blank.”

Rives said it was puzzling that one of the most important decisions of the 20th century did not leave a memorable quote to mark the occasion. Eisenhower never once commented or corrected the different quotes of different journalists, biographers and former comrades, Rives said.

“While the result of his D-Day decision is well-known, his exact words which unleashed the 1st Inf. Div. will remain a mystery, probably just the way Ike would have wanted it,” Rives added.



Timothy Rives

## HONOR

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Staff Sgt. Jerry Griffis | 1ST INF. DIV.  
Chief Warrant Officer 3 Jeffrey Price, 1st Infantry Division, plays the bagpipes during the wreath-laying ceremony June 8 in Victory Park. The ceremony served as a reminder of the 1st Inf. Div. lives lost in combat since the beginning of the Global War on Terrorism.

## ANNIVERSARY

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to live, train, deploy from and come home to,” said Maj. Gen. Wayne W. Grigsby Jr., 1st Inf. Div. and Fort Riley commanding general. “Our story is still being written, and with your signatures, you all will be a part of our division’s history.”

Grigsby said he wanted to make sure the celebration was truly epic.

“It must capture the essence of the 1st Inf. Div., and we could not do it without strong community partners,” he said. “I look forward to working with you over the course of this endeavor.”

### DID YOU KNOW?

• **Victory Week 2016** coincided with the 99th anniversary of the formation of the division.

The ceremony came on the first day of Victory Week, an annual event that celebrates and honors the men and women of the Big Red One and the units’ history and lineage. Victory Week 2016 coincides with the 99th anniversary of the formation of the division.

“They didn’t come in the Army thinking that they were going to give their lives,” Champagne said after the ceremony. “They came in the Army feeling that ‘if I had to, I’ll do that,’ and that’s what we represent here.”

Grigsby said the lives of those stopped short in the service to others was mourned.

“We mourn our friends who will no longer light our lives and we question to ourselves,” he said, “what should we do now in the aftermath of such hurtful loss?”

The only way to move forward is to live an honorable life and to help those around him do the same, Grigsby said.

“I believe it’s my duty, my responsibility, my charge,” he

added. “And it is the duty, responsibility and charge of all who remain and honor the fallen to continue on in their absence, being men and women of character and integrity.”

Champagne said honoring the fallen contributed to his resiliency. “I know every single one of those names,” he said. “I can put a face to every one of those names, so it’s powerful in my healing, personally.”

Champagne also said it was important to remember those who served honorably.

“We can’t forget them, but most importantly, we can’t forget those families that have gone through that terrible time period in their life where they’ve lost a

loved one,” he said. “So it’s very important that we continue to do this to keep them a part of the family.”

This is the second year no additional stones were emplaced in Victory Park. That is a joyous milestone, Grigsby said, but “we will not forget the strong families that continue the legacies of those that are on the stones here.”

When Soldiers die, their families do not stop being military families, the general went on to say to the Gold Star families in attendance.

“Thank you for what you do,” Grigsby said. “We appreciate your dedication to the military and your hero, and we love you all.”



Amanda Kim Stairrett | 1ST INF. DIV.  
Kansas Governor Sam Brownback and Maj. Gen. Wayne W. Grigsby Jr., 1st Infantry Division and Fort Riley commanding general, discuss the 100th Anniversary Committee Charter on June 6 after a signing ceremony at Fort Riley.