

THE FIGHTING FIRST! THE **1ST INFANTRY DIVISION POST**

BIG

www.riley.army.mil

FRIDAY, DECEMBER 23, 2016

FORT RILEY, KANSAS

Vol. 8, No. 51

RED ONE

Volumbeers honor veterans at local event with national observance

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

Ice-covered grass shattered under the steps of Soldiers, their families as well as representatives and volunteers from the surrounding communities as each person whispered the name of a Soldier buried in the Fort Riley Cemetery before they laid a wreath upon their grave Dec. 17 for Wreaths Across America.

This year marked one decade that people from the Fort Riley and surrounding communities have par-

ticipated in the event at the cemetery aimed at remembering and honoring Soldiers who have past.

'We are so proud that, once again, Fort Riley and the surrounding communities have joined (us) in the effort to support the mission to remember, honor and teach," said Jerri McBride, Wreaths Across America Fort Riley location leader. "This is the tenth year that Fort Riley has participated in this National Wreaths Across America event."

See WREATHS, page 10

Being there: Everyone is responsible for preventing, intervening in suicides

By Sqt. Michael C. Roach **19TH PUBLIC AFFAIRS** DETACHMENT

"I have a problem; I'm thinking about killing myself,' that's a problem, right?"

whom to talk over problems can make an issue significantly worse, according to Easterling. That feeling of isolation and loneliness can lead to reaching out for help without necessarily intending to

"It was a school night, so we were pretty busy," said Amanda Clark, the training general manager for Papa John's in Junction City. The delivery driver who took the call notified Clark about the situation and she was able to notify the authorities before taking over the phone call herself when the driver left to make a delivery. "He didn't want to hang up with us, he really liked the delivery driver he was talking to," Clark said. "We would have done that for anybody regardless, because you know that is a rough situation to be in and a rough state of mind to be in. But, to me I mean,



David Easterling, the Suicide Prevention Program manager at Fort Riley, Kansas, poses the question rhetorically.

"In our society ... having problems is not (viewed as) all that good of a thing," Easterling said. "Good preventative measures for suicide and most problems are having strong interpersonal connections with another person."

While the stigma of going to others with a problem has diminished in Army culture, not having a person with

Tragedy was averted for one Fort Riley Soldier in September while placing an order over the phone with Papa John's in Junction City, Kansas. The Soldier had been drinking and decided to order food rather than leave his residence. While on the phone with a Papa John's employee, he made comments that caused the workers there to worry about his wellbeing, prompting them to call the authorities who then made a successful intervention, according to the report filed on the event.

See AWARENESS, page 7



Season Osterfeld | POST Kansas Gov. Sam Brownback speaks during a ribbon-cutting ceremony at the new Irwin Army Community Hospital that opened Oct. 10. To see a complete list of the top 10 News Stories of 2016, see page 21 of this issue.

'Burt's Knights' partner with historical Korean counterpart

Story and photo by Cpl. Dasol Choi **1ST ABCT PUBLIC AFFAIRS**

CAMP CASEY, Republic of Korea — During the Korean War, the Republic of Korea Army's 26th Tank Battalion fought against their enemies alongside the 6th Tank Battalion, 66th Armor Regiment, of the U.S. Army.

More than 60 years later, the Korean Tank Battalion reencountered the U.S. Armor Regiment as the 3rd Battalion from the 66th Armor Regt. on a nine-month rotation to South Korea with the 1st Armored Brigade Combat Team, 1st Infantry Division.

In order to recall the past experience with the brothers

"The partnership is the most important thing that we do here because they have to trust us, and we have to trust them." LT. COL. MATTHEW GARNER

COMMANDER OF 3RD BATTALION, 66TH ARMOR REGIMENT, 1ST ARMORED BRIGADE COMBAT TEAM, 1ST INFANTRY DIVISION

in arms, build a stronger partnership and develop a fighttonight readiness in South Korea, the key leaders from the ROK 26th Tank Bn. and the U.S. 3rd Bn., 66th Armor Regt., signed a partnership agreement at the "Burt's Knights" vehicle maintenance facility on Camp Casey, South Korea, Dec. 9.

"The partnership is the most important thing that we do here because they have to trust us, and we have to trust

them," said Lt. Col. Matthew Garner, the commander of 3rd Bn., 66th Armor Regt.

After signing the agreement, the two battalion commanders discussed a plan for a combined exercise, which would take place next year, thereby ensuring that every Soldier gets the same training value.

"It builds a strong workcohesive unit," said 1st Lt. Nicholas Duffield, battalion adjunct to the 3rd Bn., 66th

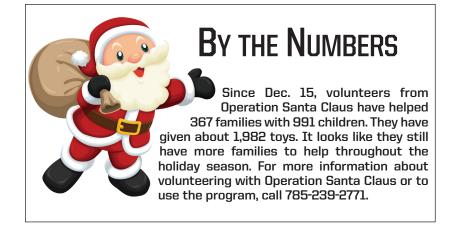
Armor Regt. "If we do have to fight, we are able to fight more efficiently with our ROK counterparts because we will train to the same standards so that we would operate interchangeably with each other."

By holding the combined exercise, Duffield said it will offer more than just advanced combat field.



Republic of Korea Army Lt. Col. Park Sung Ho, commander of the 26th Tank Battalion, 60th Mechanized Infantry Brigade, 20th Mechanized Infantry Division, signs a partnership agreement knowledge and skills in the with the 3rd Battalion, 66th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, at the "Burt's Knights" vehicle maintenance facility See PARTNERSHIP, page 10 on Camp Casey, South Korea, Dec. 9.





IN THIS ISSUE



TOP FIVE COMMUNITY LIFE STORIES REVEALED, SEE PAGE 11.

ALSO IN THIS ISSUE



TOP FIVE SPORTS STORIES REVEALED, SEE PAGE 17.



Wastewater management experts work to create resource recovery systems

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

Researchers, scientists, professors and more met for a Wastewater Management Meeting such as water sources. The pro-Dec. 14 and 15 at the Fort Riley Directorate for Public Works.

Management Meeting allows tional institutions, and partners members of a technical committee from the Strategic Environmental Research and Development Program and Environmental Security Technology Program, who provide funding representatives of potential conto various Department of Defense wastewater projects, to review active projects through presentations from representatives of each project. While the meeting is usually held in Washington, D.C., this year it was held at Fort Riley because Fort Riley is part of the Net Zero program and to let SERDP and attempt to create a new wastewa-ESTCP and others tour the ter treatment method that can current wastewater management project at Fort Riley.

'We fund research and development to help with environmental technology for the DOD," said Andrea Leeson, program manager for environmental restoration and deputy director at SERDP and ESTCP. "ESTCP is more of an applied program where (we do) demonstration validations to get the technologies in the field, so we fund a lot of projects and this project meeting was a way for us to be able to get everyone together that we're funding that's addressing wastewater issues, but also it was an opportunity to come here and get a tour of one of the projects that's in operation now.'

Additionally, the meeting allows each representative to learn from one another's projects through the presentation, ask questions, network and share ideas.

"Our organization is really big on making sure everyone we fund is aware of what everyone else is doing," she said. "I really think that hearing what everyone is doing leads to collaboration ... It really helps the projects I think, to hear what other researchers are going through."

Net Zero is the U.S. Army Energy and Water Management program designed to find new ways to conserve, manage and maintain natural resources and energy at Army installations, gram works with different organizations, like the Environmental The annual Wastewater Protection Agency and educathem with Army personnel to conduct research and create new capabilities.

To complete the Anaerobic Membrane Bioreactor project at Certification Fort Riley, bids were placed by tractor companies. A team put together by Patrick Evans, vice president of CDM Smith, was selected to work on the Fort Riley project and Evans became the project investigator.

He said the project at Fort Riley is an Anaerobic Membrane Bioreactor. The new project is an generate energy and reduce costs.

At Fort Riley, the current wastewater treatment method uses aerobic treatment or bacteria that breaths oxygen, Evans said. The current method, while in line with the rest of the country, comes at a cost as it uses energy, creates waste and comes with extra expenses, such as transportation costs.

'This is really no different than the way the rest of the country does wastewater treatment and this aerobic wastewater treatment requires air and to get air to the bacteria, you bubble it in and that requires a lot of energy, so that's one disadvantage with it. The other disadvantage is these bacteria that grow on oxygen, they love to grow on oxygen and so they grow a lot of bacteria and that produces sludge."

The sludge is very thin and watery, so it must have the water removed through centrifuges, which requires additional energy before it can be transported for disposal, he said. Additionally, to dispose of the sludge, some can be used for fertilizers called "biosolids," but others must be disposed of in a landfill, creating waste and transport costs.

The current project has three objectives to meet ----

effectiveness, energy footprint and economics, Evans said. Effectiveness is measured by how clean the water is after going through the system, which includes how well it removed organic solids and nutrients.

There are regulations for treating it to certain levels," he said. "If you don't treat it, don't remove all the phosphorus, you'll get algal blooms. If you go ahead and don't remove all the organics in it, then you reduce the oxygen and all the fish die, so organics and nutrients, these are all things that need to be removed."

For the energy foot print of the system, Evans said they hope to make it energy positive or, at the very least, energy neutral. Energy positive means the system would create new energy or fuel sources. Energy neutral means the system will create as much energy that it uses.

To determine economics of the system, researchers look at how cost effective the system is. A great flow or quantity of water through the system that is successfully treated makes it economically stronger, he said.

We want to have the system to be as small as possible and as cost effective ... and also just the operations (of the system), 'how many chemicals we need to operate it?' (need to be simplified)," Evans said. "The energy ties into it as well."

An anaerobic membrane bioreactor uses bacteria that breathes carbon dioxide and produces methane, a biogas, Evans said. The particular bacteria used in this method is similar to the bacteria found in rice paddies, cows and more. This biogas can then be compressed into bio methane, a fuel that can be used to create electricity or in engines and other areas.

flows The wastewater through the membranes, which somewhat similar in appearance to handfuls of spaghetti hanging downward. As the water flows through each membrane "noodle" or "straw," the water is pulled through tiny holes in the straws while the organic solids and some nutrients are unable to pass through the holes. The holes in each straw are roughly one millionth of an inch in diam-



Patrick Evans, project investigator for the Fort Riley Anaerobic Membrane Bioreactor and vice president of CDM Smith, gives a tour of the Anaerobic Membrane Bioreactor facility at Fort Riley to fellow wastewater management experts Dec. 17. Wastewater management officials came to Fort Riley for the annual Wastewater Management Meeting hosted by staff of Strategic Environmental Research and Development Program and Environmental Security Technology Certification Program, who provide funding to various Department of Defense wastewater projects.

passed through the holes, it becomes permeate or filtered water.

"It prevents bacteria from going through, but it allows water to go through there," Evans said. "These are straws with these very small membranes ... You've got all of these membranes hanging down and they're circular, rather than a flat sheet, and then you've got this sludge all on the outside of them with the bacteria and if you just let the sludge go out, they don't grow as fast as these aerobic treatments, so you use these membranes to keep them in there and what you're doing is just sucking on these straws and they are closed on the bottom and open on the top and you just suck through them and it pulls the water through and leaves all the solids in the reactor."

However, the permeate is not quite filtered enough as it will still have nutrients and sulfates, which are naturally occurring in water, in it. The sulfates in the water during the treatment process are then transformed into sulfide or "rotten egg gas," which is poison-

eter, he said. After the water has said to remove the methane to energy and a product out of the convert into bio fuel or to dispose process, turning it from wastewaof and get rid of the sulfide, they use a precipitation process and add iron and aluminum. The remaining iron, aluminum and other nutrients creates a sludge waste, which has the potential of becoming a fertilizer.

'What we do after we've removed all of the organics, we remove four different things," he said. "First there's some methane that's still in the water, so we have to remove that and we use a vacuum pump to get that out with some other types of straws, different ones that you have the water on one side and the vacuum on the other and it pulls the methane through it. Then we put it into a system ... precipitation is a good way to think of it. You add some iron chemicals and some aluminum to it and some things that make the sulfide and phosphate dissolve and it ends up getting pulled out with the precipitation and turned into sludge."

is not only to find more effective like that ... this is typical startways to reclaim and reuse water, up stuff, but nothing that can't ous and must be removed. Evans but also to find methods to make be solved and we're solving it."

ter treating into resource recovery, Evans said.

"What we're trying to do is change the concept of wastewater treatment plants into resource recovery plants - so water reclamation plant," he said. 'We're thinking about this as it's no longer a waste, it's a resource. We can recover water from it and we can recover product from it."

The anaerobic membrane bioreactor at Fort Riley is about to complete its initial start period and will operate for one year. Evans said he has been happy with the results thus far from the project, but there are still many more hurdles and challenges to come.

"It's been challenging, but a lot of fun and very exciting," Evans said. "We're learning a lot with any new piece of equipment, this is a pilot scale piece of equipment, there are always problems, like pumps will fail The idea behind this project and you'll get leaks and things

Fort Riley, Corvias partnership leads to opening of new community center

BLOOD DRIVE

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

Fort Riley and Corvias officials gathered inside a tent outside Carr Hall on Barry Avenue for a ribboncutting ceremony Dec. 15 to celebrate the opening of the Corvias Military Living Historic Main Post Office and Leasing Center.

Jim Champagne, business director for Corvias Military Living, said the renovated building features five hospitality suites for families who need a temporary home as well as a multipurpose room and full service fitness center.

"Working collectively with the Army, we continue to reshape the expectation of what quality of life can be and should be for our service members and their families," Champagne said during the ceremony. "Since 2006, Fort Riley has been working tirelessly to privatize post housing and taking care of our families. Today marks another milestone and the official opening of another community amenity that will serve our Fort Riley community."

Corvias has more than 85 years of experience in housing development and management. Champagne said the organization is will be conducted at Carr amenities to our Soldiers committed to making life Hall. better for Soldiers and their family members through grades to the building in- well as house the Corvias partnerships with the Army. cluded modern amenities leasing office which helps

Center will enhance the host private gatherings, a quality of life for our service room with televisions and a sense of community and Main Post neighborhood," he said.

As well as being a place



Staff of Corvias Military Living hosted a ribbon cutting ceremony for the grand opening of the Historic Main Post Office and Leasing Center, Barry Ave., Dec. 15 in front of the building. Jim Champagne, business director for Corvias Military Living, said the renovated building features five hospitality suites for families who need a temporary home as well as a multipurpose room and full service fitness center.

Soldiers and families who open at Fort Riley. are new to Fort Riley. All Corvias leasing operations renovated to provide more

"The Historic Main Post such as the multipurpose our families find their home Community and Leasing room where residents can members and will help foster comfortable seating and Wi-Fi for residents. The built and another 1,600 were environment to allow our hospitality suites have two renovated. Lawrence said residents to spend time with bedrooms complete with a this building is one product one another in our Historic kitchen, living room area and a Jack and Jill style Fort Riley and Corvias. bathroom.

where residents can go for Riley garrison commander, years to come," he said.

fun, the building will also said this center is the fifth be a welcoming center for neighborhood center to

"This facility was and their families in the Champagne said up- Historic Main Post area as upon their arrival to Fort Riley," Lawrence said.

Over the last 10 years, more than 2,100 homes were of the partnership between

"We hope the community Col. John Lawrence, Fort will enjoy this facility for



Spc. Elizabeth Payne | 19TH PUBLIC AFFAIRS DETACHMENT Master Sgt. Kent Smith, a combat medic with the 1st Infantry Division Surgeon's Office, prepares to give blood as Matthew Reich, technician specialist for the American Red Cross, marks eligible veins with a marker Dec. 14 at the division's headquarters building. The American Red Cross sponsored a two-day blood drive Dec. 13 and 14 on Fort Riley. The American Red Cross says nearly 10 gallons of blood was collected, which can help save the lives of up to 237 hospital patients in need. Find out about upcoming blood drives on post at www.facebook.com/RileyARCSAF.

WWW.TWITTER.COM/FORTRILEY

HOUSE AD



David 'Dave' Seller: A 'Big Red One' Soldier





By Phyllis Fitzgerald SPECIAL TO THE POST

David "Dave" Seller is originally from Neodesha, Kansas. He joined the Air Force after graduating from high school and attended basic training at Lackland Air Force Base in San Antonio, Texas.

Seller's job after technical school at Lowry AFB in Denver, Colorado, was as a Missile Guidance and Control Specialist. After a short assignment to Nellis AFB in Las Vegas he went to Bitburg Air Base in Bitburg, West Germany. He departed the Air Force in November 1972, after serving four years.

In March 1975, Seller joined the Army and went directly to his Advanced Individual Training at Fort Bliss, Texas. His military occupational specialty was 16R, air defense artillery. He was trained to be a crewmember on the Vulcan ground to air weapon system.

After AIT, he was assigned to the 2nd Battalion, 67th Defense Artillery, Air Infantry Division, 1st in Kaiserslautern, West Germany, where he worked first as a driver and then a

"I retired as a sergeant first class and received the meritorious service medal for my years of service." DAVID SELLER | FORMER "BIG RED ONE" SOLDIER

senior gunner before being promoted to staff sergeant and becoming a squad leader on the Vulcan Air Defense System. Seller was there for three years, during which time the unit permanently relocated to Coleman Barracks in Mannheim, West Germany.

In 1978, he was assigned to Fort Campbell, Kentucky for two years. In 1980, he was sent to Ramstein Air Base to the 2nd Bn., 62nd Air Defense Artillery, 32nd Army Air and Missile Defense Command, where he was the nuclear, biological and chemical noncommissioned officer and the commander's righthand man. He departed in 1984 with an assignment to Fort Lewis, Washington. He ran many of the commander's including programs reenlistment as well as drug and alcohol. He also served as the interim headquarters platoon sergeant after being promoted to sergeant first class.

In 1986, he was re-assigned to Ramstein Air Base.

Seller's final assignment was Fort Riley, Kansas, in 1990. He was assigned at different times to both the Battery A and Headquarters Battery, 2nd Bn., 3rd Air Defense Artillery, 1st Inf.Div. While stationed at Fort Riley, he deployed to Operation Desert Storm in 1990. After Desert Storm, he become a training and tasking noncommissioned officer in the battalion S-3. He retired from the Army April 1, 1993.

"I retired as a sergeant first class and received the meritorious service medal for my years of service," he said.

He stayed in Junction City, Kansas, because Kansas is his home state.

"We had bought a home and our children were in school," Seller said. "We liked the area."

Editor's Note: To submit your Big Red One story, email fitzmiss@yahoo.com.

BEST PLACE TO TRAIN BEST PLACE TO DEPLOY FROM BEST PLACE TO COME HOME TO









Maria Childs | POST

Members of the U.S. Army Garrison Fort Riley gathered for a holiday potluck meal Dec. 16 on the second floor of Summerall Hall, 500 Huebner Road. The annual event is a chance for the garrison to celebrate the holiday season and socialize with people from other organizations.

Maria Childs | POST

Ron Clasberry, Garrison Safety Office, measures the door and its decorations outside the Resource Management Office in garrison headquarters, 500 Huebner Road, to make sure it fit the rules of the garrison-wide door decorating contest Dec. 16. The winner of the contest across the garrison was members of the Resource Management Office. Members of Civilian Human Resources Agency also participated in the contest as a partner organization and took first place in that category.

Learning how to manage mental health during the holiday season

TRICARE

Holidays are a time when families come together to eat good food and spend quality time. It also can be distances.

According to the Centers for Disease Control and holiday stress from time to your budget. time to keep from feeling overwhelmed.

The American your mental health intact.

First, even though you feel cherished memory. pressured to be everything as taking a walk, getting a down will actually give you down. more energy.



a time of stress whether you perfect. Use a lopsided tree updated its mental health are worried about having or burned dinner as an enough money, hosting the opportunity to show how largest family get-together resilient and flexible you cost shares and copayments. of the year, or traveling long are. Mistakes are often what For more information, go to make memories. Make sure the Getting Mental Health to also remind your children that holidays aren't about Prevention, it is important expensive gifts, especially if to give yourself a break from their wish lists are outside

Remember that you are militaryonesource.mil/. celebrating your holidays with your loved ones, and Psychological Association also that is what makes holidays has helpful tips for making special. You don't need it through the holidays with elaborate decorations or ACS offer classes to help build gourmet food to create a resiliency.

Finally, if you are feeling about Army to everyone, you can't do anxious, talk to your friends Service, call 785-239-9435. everything alone. Everyone and family. Open and honest will benefit from you taking communication will help some time for self-care. you figure out your feelings Your break can be as simple and find a solution for your stress. You may also massage, or taking time to want to consider seeing a read a new book. Make sure psychologist or other trained to get a full night's rest as mental health professional if often as possible. Slowing holiday stress is getting you

If you have a mental You should also have health emergency go to the realistic expectations because nearest emergency room no holiday celebration is that provides emergency

services to patients who need immediate medical attention. or call 9-1-1. If you just need someone to talk to, there are crisis lines available 24/7.

TRICARE recently coverage and reduced many of its mental health care Care page www.tricare.mil/ CoveredServices/Mental.

Additional information for coping with holiday stress is available at www.

Army Community Service at Fort Riley provides assistance to Soldiers and family members also. Staff of

For more information Community



Download the USD 475 Mobile App

Put school information at your fingertips in one convenient location!

Key Features

Select from any of our schools, and more than 40 languages Direct notifications of cancellations, updates and school reminders Log in to Skyward Family Access, add school calendar dates directly to your personal calendar, email staff members and more

More information at bit.ly/usd475mobile



Search "Geary County Schools USD 475"

HOUSE AD

HOME OF THE BIG RED ONE

A DAY TRIP



J. Parker Roberts | IST INF. DIV. Leaders from the 2nd Armored Brigade Combat Team, 1st Infantry Division, took the day Dec. 15 to meet with Gerald Griffin, above, former director of the NASA Lyndon B. Johnson Space Center in Houston and lead flight director for three lunar landing missions during the Apollo program, at the Cosmosphere science center and space museum in Hutchinson, Kansas. The "Dagger" Soldiers used the opportunity to compare and contrast their operations with those employed by NASA during the Space Race and tested their ability to solve problems from a distance by recreating an error from the Apollo 14 mission in 1971.





TRAFFIC REPORT

CONTROL ACCESS POINT HOURS OF **OPERATION**

Motorists wanting access to Fort Riley on Saturday or Sunday should use Estes, Ogden, Henry or Trooper gates.

For more information about Fort Riley access procedures, visit www.

riley.army.mil. The access control point hours are now as

follows: Henry/Trooper/Ogden/ Estes:

24/7. Open Commercial traffic at Estes is required to have an access pass or badge prior to trying to access. 12th Street:

Open from 5 a.m. to 7 p.m., Monday to Friday; This gate will have inbound commercial vehicle lanes only. Although personally

owned vehicles will be allowed access, there will no longer be a designated POV lane. Outbound traffic at 12th Street Gate will not be authorized. Grant:

Open from 5 a.m. to 7 p.m., Monday to Friday; closed Saturdays, Sundays and federal holidays. Four Corners:

Closed indefinitely to

all vehicle traffic.

AT

CONSTRUCTION **ESTES GATE**

will be There construction congestion at Estes Gate from Dec. 12 through 22 while repairs are taking place.

PEDESTRIAN BRIDGE OPENED

The pedestrian bridge opened Dec. 16. With the bridge open, pedestrian crossing at ground level across

1st Division at Thomas Ave. is be discouraged.

According to the USD 475 schedule, there will be no elementary or middle school students Dec. 16. So the bridge will be ready when students return from winter break Jan. 3.

VISITOR CONTROL CENTER HOURS CHANGING

Beginning Jan. 1, 2017 at noon, new hours take effect at the Visitor Control Center.

Hours of operation will change to 5 a.m. to 11 p.m. Monday through Friday and 7:30 a.m. to 5 p.m. on weekends and federal holidays.

For more information, visit http://www.riley. army.mil/ and click on the yellow "Accessing Fort Riley" tab on the right-hand side of the page.



Sgt. Michael C. Roach | 19TH PUBLIC AFFAIRS DETACHMENT Noncommissioned officers from 1st Infantry Division conduct a toy drop at Operation Santa Claus on Fort Riley during an esprit de corps run Dec. 16. The run began and ended at 1st Inf. Div. headquarters with a pit stop at Operation Santa Claus where the group toured the facility.

NONCOMMISSIONED OFFICERS DASH FOR TOYS

RILEY ROUNDTABLE

How do you plan to ring in the New Year?



"(I will) probably be on duty."

SPC. ANDREW BOGGS WOODBRIDGE, VIRGINIA

101st Brigade Support Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division



"I'll be on duty."

PFC. MICHAEL RATAJ SUMMERVILLE, SOUTH CAROLINA

101st Brigade Support Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division



"(It will be) family time."

JULIANNA MAHONEY LONG ISLAND, NEW YORK

Wife of Master Sgt. Joshua Mahoney, Division Headquarters and Headquarters Battalion, 1st Infantry Division



SGT. 1ST CLASS SETH MCDOWELL **ISSAQUAH, WASHINGTON**

"Probably sleeping."

Medical Department Activity



"It's not going to be very exciting. I have to go back to Fort Bragg (North Carolina)."

SGT. BRIAN RYDBERG OMAHA, NEBRASKA

2nd Battalion, 501st Parachute Infantry Regiment, 82nd Airborne Division at Fort Bragg, North Carolina

Commentary

HOME OF THE BIG RED ONE

COMMAND TEAM CORNER Reflecting on 2016 for 1st Infantry Division

Soldiers, families and friends of the 1st Infantry Division,

Happy Holidays to the 1st Infantry Division and our Flint Hills neighbors. As 2016 comes to an end, I encourage each of you to take advantage of this time off and enjoy it with your families. As we return in January, the division training cycle will transition to exercises like Danger Focus II, 2nd Armored Brigade Combat Team's rotation at the National Training Center in Fort Irwin, California, 100th anniversary celebratory events and multiple redeployments.

This past year was eventful for the division and Soldiers of the "Big Red One." In 2016, the 1st Inf. Div. began celebrating 100 years of continuous service to our nation. This means on June 8, 2017, the 1st Inf. Div. will make history as the Army's first division to reach the centennial mark. This event is significant because it First" Soldiers have impacted 2016, the division looks acting senior commander



Brig. Gen. Patrick D. Frank

provides us the opportunity to honor the legacy of the Brave, Responsible and On Point Soldiers who have served before us. Having fought in five wars, the 1st Inf. Div. is one of the most decorated divisions in the U.S. Army. It boasts 35 Medal of Honor recipients and more than 35 campaign credits. It is important to share with the American public our division legacy and how the "Fighting

know it today.

historic past and Big Red One look forward to, which we'll traditions in 2016, we also celebrate during Victory Week began a new chapter, integrating once Maj. Gen. Joseph Martin, women into our combat units 1st Inf. Div. and Fort Riley and enabling leaders to retain commanding general, and the the best talent unrelated to an individual's gender identity without compromising our priority number-one readiness. We have focused our training on decisive action operations against a near-peer competitor. The Army and the 1st Inf. Div. must be prepared to fight on a multi-domain battlefield. Leading the way in Total Army partnerships, the 1st Inf. Div. trained and shared training space with more than 26,000 military members from the Guard and Reserve on our ranges and simulators this past year. Next year, this number is expected to grow as the demand for integrated training increases. As we end a rewarding

our nation and world as we forward to writing the story of 2017 with you. We have Even as we celebrated our our 100th anniversary to rest of the Fighting First return from Iraq, Kuwait, Korea and Afghanistan. To our 1st Inf. Div. Soldiers and Fort Riley team, know that you have done a tremendous job training, preparing and deploying the 1st Inf. Div. this year. Your hard work and dedication allows us to make a difference worldwide. And to our Flint Hills partners, I thank you for your support. Neighbors like you make Fort Riley the best place to live, train, deploy from and come home to in the Army.

Happy New Year! Duty First!

Brig. Gen. Patrick D. Frank, 1st Inf. Div. and Fort Riley



SECRETARY OF DEFENSE **1000 DEFENSE PENTAGON** WASHINGTON, DC 20301-1000

DEC 1 3 2016

MEMORANDUM FOR: SEE DISTRIBUTION

SUBJECT: Staying Safe this Holiday Season

The holidays are a time of year when we remember and celebrate what is most important to us: our friends, our families, and the values that we share and defend. I hope that all of you and all members of our Department of Defense community - spend time with friends and family, reflect on the successes of the past year, and get the rest you need to prepare for the new year.

Of course, the holiday season also presents unique stresses and risks that require us to be mindful of ourselves, each other, and all our people. Whether it is family, financial, relationship, or physical stress or the risks that weather and excessive celebration can pose at this time of year, we must encourage our people to be safe and exercise good judgment.

As we work together to ensure safe, happy holidays for all, I urge you to reinforce the principles of proper planning, responsible alcohol consumption, and sound decision making, especially behind the wheel, to your team to prevent tragic mishaps this holiday season.

THE 1ST INFANTRY DIVISION POST 🇯

This civilian enterprise newspaper is an authorized publication for members of the Department of Defense, Contents of The 1st Infantry Division Post are not necessarily the official views of, or endorsed by, the U.S. Government, or the Department of the Army. The editorial content of this publication is the responsibility of the 1st Infantry Division and Fort Riley PA Officer and printed by Willgratten Publications, LLC, a private firm in no way connected with the U.S. Government under exclusive written contract with Fort Riley.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement of the products or services advertised by the U.S. Army or Willgratten Publications, LLC. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher will refuse to print advertising from that source until the violation is corrected.

Circulation 8,800 copies each week .

A licensed newspaper member of the Junction City and Manhattan chambers of commerce.

MEDIA SALES MANAGER Melissa Tyson

MEDIA SALES REPRESENTATIVES Kim Maguire, Tammy Moritz and

CONTACT US

For business or advertising matters, call The Daily Union in Junction City at 785-762-5000. For news offerings, call the Fort Riley Public Affairs Office at 785-239-8854 or DSN 856-8854, or email usarmy.riley.imcom.mbx. post-newspaper@mail.mil

LETTERS TO THE EDITOR

The Post welcomes letters to the editor. Letters should not contain any libelous statements or personal accusations. Letters accepted for publication must include the writer's full name and phone number. Letters may be edited for space, but never for content. Send an e-mail usarmy. riley.imcom.mbx.post-newspaper@ mail.mil.

The next USAG **Resilience Day** Off is

DEC.

COMMANDING GENERAL Maj. Gen. Joseph M. Martin

PUBLIC AFFAIRS OFFICER Kimeisha McCullu

> PUBI ISHER Chris Walker

FORT RILEY EDITORIAL STAFF

FOTTOR Patti Geistfeld

ASSISTANT EDITOR Andy Massanet

STAFF WRITERS Maria Childs, Season Osterfeld and Chris Cannon

Shannon Fritz

FATALITY-FREE DAYS



As of Wednesday, Dec. 21, 165 days have passed since the last vehicular fatality at Fort Riley. Safe driving doesn't happen by accident. For more information about safety, call the Garrison Safety Office at785-239-0514.

If you or a colleague needs assistance, particularly managing the stresses of the season, there is confidential help available through the local Civilian Employee Assistance Program or Military Crisis Line, at (800) 273-8255.

Thank you. You, and each of our people, are doing one of the noblest things a person can do, protecting our country and making a better world for our children. I am grateful to you, and I'm proud of you every day. I wish all of you the very best for the season.

Have a safe and joyous holiday season!

(ish Carta

Irwin Army Community Hospital is **Your** Hospital

You demand a Completely Satisfactory experience.

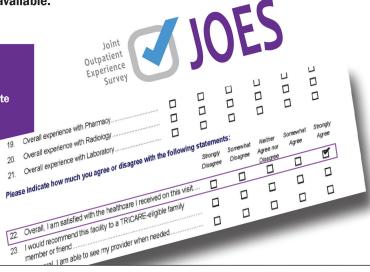
You expect to receive the Best Healthcare available.

You are right.

If your experience is anything less than satisfactory, inform a member of the team immediately.

This is your hospital. You are empowered to communicate your concerns with the team before leaving.

- You are also empowered to contribute to the financial support of programs that benefit your family here at Fort Riley.
- A Completely Satisfied JOES survey earns your hospital up to \$1,000.
- Participate in making a positive impact on the future of your hospital.



HAVE A STORY IDEA?

Send it to usarmy.riley.imcom.mbx.post-newspaper@mail.mil or call 785-239-8854/8135.

Resilience training team at Fort Riley aims to create stronger community

By Season Osterfeld 1ST INF. DIV. POST

"It's about strengthening the Soldier and our said community," Mike Ballard, Training Center manager. "It's about building a stronger Army."

Riley The Fort Comprehensive Soldier and Family Fitness Training Center, a part of the Victory Center at 7285 Normandy Drive, has six master resilience trainers-performance experts who train and teach resilience and performance they must be trained on all 14 techniques and methods to Soldiers, their families and To do this, the performance Department of the Army civilians.

"It's the ability to bounce back under pressure, under master resilience trainers and difficult circumstances," said Performance Expert Joel Druvenga on what resilience is. "All of us through life have struggles, have stress, have things that knock us down a an MRT," Ballard said. "These peg or two. It's that ability to get skills are required by the Army, yourself back to that baseline, so in a one year period, they to that optimum functioning have to teach all these skills." ability to perform at your best. It's to really get us to be at our 1st Class Hannah Nunley, best when they need to."

work with Soldiers and their training to create improvements units, Department of the Army civilians, spouses and Family Readiness Groups to teach them the 26 skills of resilience and performance enhancement, such as goal setting, problem solving job with the battalion, setting it hand whether they are at the and assertive communication. Additionally, some of the Soldiers, DA civilians and FRG a two week course to become skills to her unit, successfully themselves so they may teach their units, FRGs or colleagues 14 of the 26 skills.

master resilience trainers and skill while working their way we really encourage a lot of our through an obstacle course with FRGs to have a representative a partner. Soldiers outside the that can teach the families the obstacle course would attempt same 14 skills," Ballard said.

spouses and FRG members, they would use the skill to help as well as other groups, the them stay focused on their performance experts offer some partner and the task at hand, standard lessons, but tailor successfully blocking out the the lessons to the needs of the distractions from their fellow group, such as creating team Soldiers. building sessions if the group has recently changed members.

For Soldiers and their units, of the 26 skills within a year. so try to put it into real life experts train Soldiers through a two week course to become they become the primary instructors for their units.

"The 14 skills are taught by the MRTs at the units, it's a two week course to get to become

One such MRT is Sgt. formerly in the 97th Military The performance experts Police Battalion, who used her in the program and reschedule it to quarterly training to better meet the needs of military police.

> up so that every quarter they had range, on a deployment, in the a resiliency day," Ballard said.

Each quarter, Nunley members they train go through would teach three or four their training, Soldiers are able master resiliency trainers fixing a gap in their training and giving it a practical use outside the classroom. On one such training day, the Soldiers present moment and in that the skills they learned to help can be applied in everyday centers or call 785-239-8835.

"We have spouses that are used the "real-time resilience" to distract them by shouting, When teaching DA civilians, singing, yelling and more and

'They would take the different skills that they were going to cover for the quarter and really operationalize it, scenarios as much as they could," Druvenga said. "The struggle sometimes is the transferability ... This was the next step for them, trying to figure out how to make these skills real."

The leadership of each unit decides when they training will occur and how to implement it for their Soldiers, alongside the MRT. However, at Fort Riley, each month has a designated skill to be taught with two months having two skills. For December, the skill is "goal setting" to line up in time with resolution people may plan with the start of the new year, Ballard said.

The training can help 'Sgt. Nunley did a wonderful Soldiers focus on the task at motor pool or working at their desk. Using the 14 skills from to put away stresses from the personal lives and focus on their work, he said.

"It's about being in that



COURTESY PHOTO

Sgt. 1st Class Hannah Nunley, left, formerly in the 97th Military Police Battalion, instructs Soldiers of the 97th MP Bn. in resilience and enhanced performance training Nov. 30. Nunley is a master resilience trainer trained by performance experts from the Comprehensive Soldier and Family Fitness Training Center teaching Soldiers about the 14 different skills they can use to improve their focus and perform at their best.

said. "Even with the skill using even your downtime effectively to manage that energy, to rejuvenate ... For our performance to be at its best, we need to be focused, locked in on that target."

enhanced performance and found in the Soldiers from it with the Army." Fort Riley who placed fifth in Druvenga said.

moment, what can you do them perform at their best life and while doing desk to be at or best," Druvenga throughout the competition.

"If you watch the mind, when you see a skier military is performance, even going through the motions in emails or making phone "That's the kind of scope that athletes that can shoot a ball

the Best Ranger competition, resilience and enhanced their jobs most effectively." The performance training than competitors went through just physical and athletic the CSF2 program and used activities. The skills learned visit csf2.army.mil/training-

work as well, Ballard said.

"It's important to note of energy management, it's Olympics, what comes to that everything we do in the getting ready to go down the if it's writing somebody's hill, you can kind of see them award or responding to their mind, they've got that calls, every one of those are imagery as they're working performance-based things, so The successfulness of the through it," Ballard said. it's not just for those that are resilience from CSF2 can be these guys work, but they do or be in the presence of the moment," he said. "It's also There's more uses to for Soldiers so they can do

To learn more about the CSF2 Training Center,

DECEMBER 23, 2016 | 7

Safety, rescue missions rewarded at monthly Garrison Awards Ceremony

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

Employees from directorates across the garrison were recognized for their hard work, team efforts and accomplishments Dec. 15 during the Garrison Awards Ceremony at garrison headquarters, 500 Huebner Road.

"It's important to recognize all the hard work that everybody has been doing every day, so this is the venue that we do it in," said Fort Riley Garrison Command Sgt. Maj. James Collins. "The military community, including the civilians, we know how to give our people rewards when they earn it ... The military community definitely got this part right in rewarding their employees."

Seven garrison employees were recognized for going above and beyond in the months of October and November, with two employees being selected as garrison employee of the month for each month.

Sgt. Chris Wood, a game warden for the Directorate of Emergency Services, was selected as garrison employee for the month of October.

Wood supervised a search for a Soldier suspected to be suicidal. He managed multiple squads over the two-day long search that covered most of the 71,000 acres of training land north of Vinton School Road. Additionally, he worked with personnel of the Kansas Department of Wildlife, Parks and Tourism to secure an air boat and search the waterways around Fort Riley. His knowledge of the area and experience helped the squads complete their search successfully and without injury to the searchers.

"Chris Wood has been with us for about 11 years," said Vittorino Dimattia, deputy director of Emergency Services. "Those of you that have never been to the back 40, sometimes when you're working back there, it gets pretty lonely. These guys, they're out



Lt. Andrew Avantagiato, left, from the Fort Riley Fire Department, poses with his award alongside Fort Riley Garrison Command Sgt. Maj. James Collins, right, as he accepts an award Dec. 15 during the Garrison Awards Ceremony at garrison headquarters. Avantagiato was selected as garrison employee of the month for November because of his hardwork and dedication in developing two major programs - the Hazardous Materials Response and Hand-Held Radio Program - in addition to his regular duties.

a lot of people and straighten falls and developed a plan a lot of people out ... He is to improve programs and just one of the great people we response capabilities for the have in the DES."

For the month of November, Lt. Andrew Avantagiato, with us for a short time, just from the Fort Riley Fire De- about five years and he has partment, was selected as been down there at the airfield Garrison Employee of the Month.

extra duties while still per- tant," Dimattia said. "These forming his regular tasks as guys, they respond to everya fire lieutenant. He devel- thing." oped two major programs: the Hazardous Materials the ceremony included team Response and Hand-Held awards for a rescue operation Radio Program. He inven- and Fall Apple Day, safety toried and accounted for awards and two special awards. \$1.4 million in equipment, Additionally, several directoranalyzed shortfalls, found ates were recognized for their there all the time. They meet workarounds for the short- efforts in risk management.

FRFD and DES.

"Andrew has only been and some of the systems ... he is responsible for, they're really Avantagiato took on two important, hazmat is impor-

Other awards presented at

AWARENESS Continued from page 1

if you're still ordering pizza and stuff like that; you have some want to be around. Just by his address I knew that he was a Soldier with a family so we weren't going to let that happen if we could avoid it."

To Easterling, this incident is indicative of a Soldier who wanted to talk about his problems, and strangers who had the presence of mind to ask.

"So one of the takeaways from this story is that individuals who are thinking about suicide want to tell people about it," Easterling said. "A lot of times individuals don't want to get involved because they don't want to cross that line with somebody and they're worried about how they are going to react. But most people who are actively thinking about suicide want to talk about it. They want to talk about what is happening to them. This is an excellent case to prove that point. This person was willing to reach out and talk to a random person on the phone."

REAL SIMPLE 'A CONVERSATION'

While this intervention prevented a tragedy, there are ways to sometimes eliminate the need for suicide intervention in the first place. Capt. Christine Winter, Big Red One's division psychiatrist, stresses an understanding of the mindset that could lead to suicidal ideations and attention to the mental health of coworkers, friends and family members.

There are "two key things that everyone needs to understand," Winter said. "One, it's normal, that's the first thing. Having thoughts that can be very disturbing to people — having thoughts of essentially just bad things — is a very normal response to stress ...this is an everyday occurrence for a lot of people.

"The second is that it is really something that can resolve pretty quickly just with a real simple conversation."

Winter contends that many suicides are prevented from what might seem like extremely small, even unintended, interactions. Preventions like those are seldom acknowledged or recorded, she said.

'The best interventions are the ones that people don't even know they're doing," Winter said. "When it comes to actual prevention there is a lot of emphasis that's put on somebody making a statement or saying something about suicide and then everyone else reacting to it. Those are the ones that we are really good at preventing.

~~~

"The ones that we miss are the ones where people are not saying it. Those are the ones that we can do something more about."

Noticing changes in behavior or attitude, changes in circumstance or other stressors in coworkers, friends and family is paramount in preventing suicide attempts, according to Winter. Something as simple as making a phone call, asking a question or knocking on a door may help save a life.

"When you notice a change (such as) some people are always quiet and by themselves but maybe they're going to start talking a little more," Winter said. "That's a difference, you know? Noticing a change in somebody is going to prevent things."

#### 'WHAT DO YOU DO?'

Easterling agrees that searching for a change and being aware of other people is the best way to prevent suicides attempts. Just as important, however, is knowing what to do if someone says that they are thinking about attempting suicide.

"What do you do when they really say 'yes'?" Easterling said. "At Fort Riley, and even in the civilian world, never leave them. Once you've got them you don't let them go. Once you're there, even if you think you're saying all the wrong words and you think you're fumbling over yourself – as long as you're trying your best, that's going to come across to the person at risk. And they're going to see that you're not willing to give up and that you believe in them."

As important as it is to talk to the at-risk individual, letting them talk can be just as critical, Easterling said.

"When anyone is working with an individual and they've opened up and said 'yes, I'm thinking about suicide,' let them talk, don't jump directly to 'hey, let's get you to the hospital;' let them open up and tell you their story," Easterling said. "Allow

them that moment to decompress. It was more than likely a big event in their life to tell you that they're thinking about suicide. So now, let them tell you about it. Be invested in that story, ask follow up questions about that story (and) allow them to get it out."

Opening up and talking about their problems will cause a physiological change releasing endorphins and serotonin that makes the at-risk individual feel better, according to Easterling.

"Instead of handing them off to someone, we hand them up," Easterling said. "We try and get them to a higher skill set than ourselves. This person who was from Papa John's, you know, had the manager call the (military police). Call the police department, get them involved, get them to where that person's at. If you are on the phone with someone, call the MPs, call 911. At the end of the day we're going to be at Irwin Army Community Hospital, we're going to be talking to a behavioral specialist who is going to help the chain of command create a way forward for this Soldier. All roads end at the same place essentially - how we get there really depends on each scenario."

#### 'BE THERE'

According to Easterling, the key to both preventing and successfully intervening in suicides is for all persons to be present in their daily lives and understand that their contributions and attentiveness to one another matter.

"Be there," Easterling said. We all have our day-to-day activities that we have to go through. Wherever we're at, be there. Whatever you're doing and whoever you're working with; whether it is in a shop, on a range, in the PX, be there. Notice the things you can notice, react to the things you know you can react to. It's not all about one person on this installation saving everybody on this installation. It's about all of us doing our part — Be there.

"Do your part whatever it is, however small you think it is... It doesn't matter your rank, your age, anything, you can make the difference."

# World residents get free second

#### **Bv Collen McGee GARRISON PUBLIC AFFAIRS**

This year, those waiting to get that New Year's Eve kiss will have to wait one second longer to collect it. On the more second to accomplish those 2016 goals — if they are short.

According to a press release from the U.S. Naval Observatory, a leap second will be inserted into the U.S. Naval Observatory's Master Clock Facility in Washington D.C. at 23:59:59. The clock will reach 23:59:60 before turning to the New Year and displaying 00:00:00.

The event can be watched on the U.S. Naval observatory's Master Clock online at tycho. usno.navy.mil/what.html. Just remember to adjust for individual time zones. In Kansas the time will be 6 p.m., Dec. 31.

Though one second doesn't do much to accom- confusion about the need for plish big goals and it ticks the leap second. There are also away as quick as, well, a sec- those who misunderstand and ond, it does help align the believe Earth is slowing in historical method of keeping time by the earth's rotation, bright side, there will be one called mean solar time or accurate assumption according UT1, with the more precise to information from the Naval atomic timescale of Coor- observatory's website. In fact, dinated Universal Time, or the two means of keeping time UTC.

> time is one of worldwide im- intervals throughout the years portance and is accomplished through international agreements forged in 1970 that established a procedure to maintain a relationship between systems. Inserting a second pe-UTC and a measure of Earth's riodically, the last one was inrotation angle in space. That serted in 2005, helps the two agreement, according to the measures stay synced. U.S. Naval Observatory press release, allows a leap second and can mark time together to be inserted or removed as thanks to that leap second. needed to keep the two mea- The rest can chose a way to sures within .9 seconds of each spend that extra second with a other.

There is some reported rotation. The hypothesis for Earth's slowing its roll isn't an are simply different. The accu-The method of measuring mulation of those leap second is not a measure of the rate of rotational slowing. It is simply the measure of difference between the two timekeeping

The world will stay in sync wink, a nod or a smile.

## WREATHS Continued from page 1

Every year on Dec. 17, volunteers lay wreaths upon the graves of fallen Soldiers at more than 1,100 locations throughout the U.S. and at each of the national cemeteries on foreign soil, as well as ceremonies at sea. The day, referred to as National Wreaths Across America Day, according to the wreathsacrossamerica.org, is a day to remember the lives of fallen service members, honor their sacrifice and teach children the value of freedom.

During the ceremony, special guests placed wreaths upon stands to honor those who served and are currently serving in the Army, Marine Corps, Navy, Air Force, Coast Guard and Merchant Marines. Two additional wreaths were placed in honor of service members killed in action and Prisoners of Wars or Missing in Action.

"The wreaths before you represent our commitment as a United America to remember the fallen," said Marvin Ketterer, Veterans of Foreign Wars of the United States Fourth District commander. 'We also want these remembrance wreaths to symbolize our honor to those who have served and are serving in the armed forces of our great nation and to their families who endure sacrifices everyday on our behalf."

Despite the wind bringing the day to sub-zero windchills, Anita Green, assistant leader of Boy Scout Troop 64, the boy scouts of her troop attended the event. Troop 64 has been volunteering to lay wreaths for seven years and each scout takes a moment to thank the Soldier for their service after saying the Soldier's name. Green said the event teaches the scouts a great deal about history, sacrifice and

the importance of remembering those who have defended the U.S.

"I think it teaches them a lot of character," she said. "It lets them see and help remember these people."

The act of saying the service member's name aloud serves to keep their memory alive and let others know they are not forgotten.

'We encourage every volunteer here today who places a wreath on a veteran's grave to say that veteran's name aloud and take a moment to thank them for their service to our country," Ketterer said. "It's a small act that goes a long way toward keeping the memory of our veterans alive. Remember, we are not here today to decorate graves. We are here to remember not their deaths, but their lives. Each wreath is a gift of appreciation, from a grateful America."

# PARTNERSHIP Continued from page 1

"Having people and counterparts in the unit who now we get to work with, we can integrate into the Korean culture and understand it better," Duffield said.

For Soldiers in the ROK Army, the partnership will serve as reinforcement to the historical alliance as well as a method to strengthen their capabilities against the enemies.

"It is a great honor to partner with the 3rd Battalion, 66th Armor Regiment, whom our ancestors fought in blood with," said ROK Army Lt. Col. Park Sung Ho, battalion commander to the 26th Tank Battalion, 60th Mechanized Infantry Brigade, 20th Mech. Inf. Division. "I hope both battalions (will) grow into the strongest Armor battalions by developing a strong alliance and sharing our combat experiences."



Cpl. Dasol Choi | 1ST INF. DIV.

Lt. Col. Matthew Garner and Command Sgt. Maj. Waylon Petty, the commander and senior enlisted leader of 3rd Battalion, 66th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, and Lt. Col. Park Sung Ho and Command Sgt. Maj. Choi Seung Chul from the 26th Tank Battalion, 60th Mechanized Infantry Brigade, 20th Mechanized Infantry Division, hold a signed partnership agreement at the "Burt's Knights" vehicle maintenance facility on Camp Casey, South Korea, Dec. 9.

WWW.FACEBOOK.COM/FORTRILEY



#### Season Osterfeld | POST

Boy Scouts of Troop 64 Gavin Green, front, and Jason Houser, back, lay wreaths upon the graves of veterans as their assistant troop leader Anita Green watches Wreaths Across America Dec. 17 at the Fort Riley Post Cemetery. Green said the event teaches the scouts history and respect by honoring and remembering fallen veterans.

# **Community Life**

DECEMBER 23, 2016

HOME OF THE BIG RED ONE

PAGE 11 🖈

# TOP FIVE COMMUNITY LIFE STORIES OF 2016 -

# **Community partnering the Fort Riley way**

Military and community families united in efforts to make the region a proud home of the 'Big Red One'



Chris Cannon | POST

The Fort Riley Fall Apple Day Festival was the top Community Life story for 2016. More than 12,000 neighbors, friends and supporters visited the post on a sunny and mild Sept. 10 to enjoy music, good food and beverages and a close up look at what makes Fort Riley the best place to live, train, deploy from and come home to.

If the vitality of an Army post is measured by the health of its community connections, Fort Riley continued to set the gold standard. The 1st Infantry Division strengthened its bonds, not only in the Flint Hills Region, but elsewhere too, as these five top Community Life stories in 2016 attest.



#### **1. FALL APPLE DAY FESTIVAL.**

More than 12,000 neighbors, friends and supporters of Fort Riley visited the post on a sunny and mild Sept. 10 for the annual Fall Apple Day Festival.

Fort Riley's Artillery Parade Field was filled with activities for youngsters of all ages.

The events included pie eating contests, a variety of performances on stage, wagon rides and cavalry demonstrations by the Commanding General's Mounted Color Guard, Military Working Dog Team demonstrations by a team from the 523rd Military Working Dog Detachment, the 97th Military Police Battalion, Bungee trampolines and a rock climbing wall for the stout of heart and food and beverages at unbeatable prices.

This year's Fall Apple Day event was marked by pride in the nation's 1st Infantry Division, "The Big Red One," which is celebrating its 100th birthday in 2017.

It was a pride emphasized by Brig. Gen. Patrick Frank, then acting deputy commander, in the days leading up to the event.

Frank "talked to Soldiers who were involved and made them understand the importance of interacting with the public and telling their own personal stories," said Ron Stewart, program manager for the Directorate of Plans, Training, Mobilization and Security, and Fall Apple Day Festival coordinator. "That they (today's Big Red One Soldiers) — like the Soldiers of World War II, Vietnam and other conflicts — are part of the history of this division. And we could tell that they were getting what Brig. Gen. Frank was saying."

#### 2. FIRST INFANTRY DIVISION BAND MEMBERS SHARE EXPERTISE WITH MIDDLE-SCHOOL MUSICIANS IN NEW YORK.

Members of the 1st Infantry Division Band were in New York to support a visit by senior Big Red One leadership to a United States Military Academy football game at West Point, New York.

The band's mission took 1st Inf. Div. Band members to West Point Middle School Sept. 9 to help teach the school's band students preliminary lessons about their instruments. Megan Reifenberg, West Point Middle School band instructor, said in the past the students only opened the cases to their instruments on the first day.

See TOP FIVE, page 13



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

Chief Warrant Officer 2 Matthew David, band master for the 1st Infantry Division Band, congratulates a student on playing a proper note on her instrument Sept. 9 at West Point Middle School in West Point, New York. The band was at West Point to perform at a football game, but took time out while visiting to help teach students at the middle school.

#### TOP FIVE STORIES FROM THE 1ST INFANTRY DIVISION POST COMMUNITY LIFE PAGES IN 2016

1. Fall Apple Day Festival draws more than 12,000

- 2. 1st Infantry Division Band members find time on recent New York trip to share expertise with middle-school musicians
- 3. Miss Kansas USA 2016 offers services, advice to little Miss Fort Rileys
- 4. Fort Riley Soldiers, Airmen carry torch to support Special Olympics
- 5. President of Palau lets countrymen living, serving in U.S. know they matter



# FORT RILEY POST-ITS

#### **CUSTER HILL BOWLING CENTER NEW YEAR'S EVE MASQUERADE PARTY**

Ring in the New Year at the masquerade bowling event Dec. 31 from 8 p.m. to 1 a.m. The cost is \$17 in advance and \$20 at the door. Admission includes unlimited bowling with shoes, appetizers, hot cocoa bar and a goodie bag. Children under 4 are free with paid adult.

For more information call 785-239-4366.

#### **ARMY COMMUNITY SERVICE - ARMY FAMILY** TEAM BUILDING

Army Community Service Staff will host an interactive workshop about personal growth and leadership Jan. 24 to 25 from 9 a.m. to 3 p.m. at the ACS building, 7264 Normandy Drive.

will Topics include communications, acknowledging change, personal time management, stress management, enhancing personal relationships, team dynamics, creative problem solving and customs and protocol.

Limited free childcare is available. Reservations for childcare must be made by calling 785-239-9974 or 785-239-9435 no later than Jan. 10.

#### **BLUE STAR BENEFITS PROGRAM CARD**



Blue Star Cards are issued to spouses of Soldiers who have fallen or are deployed, on a temporary changes of station,

unaccompanied permanent change of station, 90 to 179 day temporary duty or are Army Wounded Warriors in Transition assigned to the Warrior Transition Unit. The card provides following benefits:

- Receive discounts at select MWR facilities
- · Connect with other spouses by joining our exclusive trips, concerts, events and other opportunities. Some of these will offer free childcare.

To receive a card, bring a copy of your spouse's orders to Leisure Travel Services, 6918 Trooper Drive next to the Fort Riley USO. A card will be issued on the spot. For more information call 785-239-5641.

The card is valid for 30 days prior to and 90 days after the effective dates of spouse's orders.

#### **DOUGH FOR JOES**

Staff of the Irwin Army Community Hospital and 1st Infantry Division leaders encourage Soldiers and family members to fill out the Joint Outpatient Experience Survey should they receive one in the mail following a visit to the hospital. JOES allow patients to have their concerns addressed and can earn the hospital up to \$1,000 to be invested in future healthcare programs.

The JOES program is administered by a third party for the Office of the Surgeon General. Patients are randomly selected within 48 hours after their clinic visit. Patients can complete the questionnaire with the enclosed survey, online or by telephone.

#### FORT RILEY LEISURE TRAVEL

Discount tickets are available for events in the surrounding area as well as major theme park destinations.

Upcoming events with discount tickets include:

Salina Bicentennial Center: Toughest Monster Trucks Feb. 17 and 18 at 7:30 p.m.

#### Kansas City Sprint Center:

Cirque Du Soleil OVO Dec. 28 to Jan. 1 various times. Monster Jam Feb. 3, 4 and 5 various times - deadline to purchase is Jan. 27.

Sesame Street Live - Elmo Makes Music Feb. 24, 25 and 26 various time - deadline to purchase is Jan. 25.

#### **Topeka Expocenter**

WWE Live Holiday Tour Jan. 13, 7:30 p.m. Harlem Globetrotters Jan. 27, 7 p.m.

#### Salina Rolling Hills Zoo & Museum

Great Wolf Lodge - Kansas City Hotel: Blackout dates apply. Waterpark tickets included for all guests.

#### Coco Keys Waterpark Resort Hotel - Kansas City

#### HOLIDAY STRESS SURVIVAL

Military OneSource has several **OneSource** articles, webinars and podcasts with tips on de-stressing and focusing on enjoying

the holiday season with friends and family. To view the information go to www.militaryonesource.mil/ and search for holiday stress relief.

# We wish everyone a safe and happy holiday season

#### FORT RILEY REEL TIME THEATER MOVIE SCHEDULE

Friday, Dec. 23 Fantastic Beasts and Where to Find Them (PG-13) 7 p.m. Saturday, Dec. 24 Theater Closed Sunday, Dec. 25 Theater Closed Theater opens 30 minutes before first showing Regular Showing: \$6 3D Showing: \$8 First Run: \$8.25 3D First Run: \$10.25 For more information call 785-239-9574.

#### **NEWDAY USA FOUNDATION SCHOLARSHIP**

A scholarship fund is available from NewDay USA for candidates wanting to attend military schools. Priority will be to middle and high school students, with college students considered on a case-by-case basis. Up to \$20,000 tuition assistance per student is available. Information and applications are available at www.farragut.org/admissions/financial-aid/newdayusa-foundation-scholarship/.

#### STAY IN SHAPE DURING THE HOLIDAYS WITH CLASSES AT WHITSIDE FITNESS CENTER



A variety of group classes and instructional programs are available at Whitside Fitness Center to help you

stay in shape during the holidays. Classes available include body pump, cycling, yoga, STRONG by Zumba, WERQ, kettlebell and morning spin. Classes and schedules are subject to change — for the latest information visit riley.armymwr. com/us/riley/programs/group-fitness-and-personal-trainers or call 785-239-2583.

#### **ARMY COMMUNITY** SERVICE LEADERSHIP MILITARY 101

Staff at ACS will host

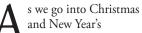
an interactive seminar Jan. 17 from 9 a.m. to 3 p.m. There will be a variety of information provided including community resources, information about volunteering, the command and rank structure and Fort Riley groups and clugs. Learn what the family readiness group is and how to get involved. Come with your questions — ACS has answers.

For more information contact ACS at 785-239-1883.

#### COMMUNITY CORNER

# Holiday wishes to the Fort Riley community

By Col. John D. Lawrence FORT RILEY GARRISON COMMANDER



I've seen as we faced every challenge of 2016. I don't think there's another workforce out there today that can rival the work ethic I see

of not only the big stuff, but also the smallest details you attend to every day. Because of you, we've

trained more than 26,000

accomplishments, but please know that I see them — daily. Please enjoy your down time and enjoy the holidays with your families. You've

#### **TUESDAY TRIVIA CONTEST**



Military

**L** celebrations, I want to

thank you for all of the hard work each and every one of you has put into making 2016 a successful year for Fort Riley. You've been dealing

with some uncertainty when it comes to the financials of operating a military installation and you've faced the beginnings of civilian workforce reductions. I can't begin to tell you how much I respect the professionalism

Colonel

Lawrence

here at Fort Riley — for that, I am truly grateful.

As you look through this special issue of the newspaper, know that there is no way we could capture every worthy endeavor that took place this year. However, you should be as proud as me of all the events and accomplishments, big and small, you and your teammates have achieved. You hosted more than 12,000 people for the Fall Apple Day Festival, opened a new hospital, deployed and redeployed and kept our Army families supported through all the ups and downs of military life. I couldn't be more proud

Guard and Reserve Soldiers, the Air Force has chosen us time and again to practice for their own downrange landing operations. You've taken care of the spouses and children left behind by paying attention to their needs and helping them through the holiday season with services from Army Community Service, USO Fort Riley, our Family, Morale, Welfare and Recreation pros and the hundreds of other people, on and off the installation, who make everything possible here. Again, I have to tell you there isn't enough room in this newspaper to list your

earned this small break and I look forward to seeing you refreshed and ready to tackle the job in 2017. I wish I could tell you that things will get easier, but we expect challenges to continue into the new year. But, based on what I've seen since I got here, I have every confidence you will all continue to step up to the plate and make sure the mission gets done. Happy Holidays!

— To comment on this article or to suggest a topic for Community Corner, visit my Facebook page at www.facebook.com/fortrileygc.

# Annual party alerts families 'tis the season

"It's a way for famillies to feel wrapped

in something other than deployments

and military life for a while."

KASSIE BUSS | ASSISTANT COMMUNITY MANAGER,

COYLER-FORSYTH COMMUNITY CENTER

Corvias-sponsored event delivers on ice rink, snow globe

#### By Chris Cannon 1ST INF. DIV. POST

The Colyer-Forsyth parking lot was very slippery the morning of Dec. 19 during the ninth annual 'Tis the Season Christmas Party at the Colyer-Forsyth Neighborhood Center.

More than 200 families attended the party sponsored by Corvias

"It's amazing," said Kassie Buss, assistant community manager for Colyer-Forsyth community center. "It's a way for families to feel wrapped in something other than deployments and military life for a little while."

Upon arrival to the neighborhood center, families were greeted with a 48-foot long by 40 foot wide synthetic ice skating rink provided by All Year Sports Galaxy LLC. Children were able to check out a pair of skates for free, and parents were able to wear a pair of paper booties over their shoes to be on the synthetic ice. For the ice skaters who had never been skating before, like Maximus Ladd, son of Sgt. Douglas Ladd, 3rd Assault Helicopter Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, there were blue walkers for the skaters to learn how to gain their balance.

"It was fun," Ladd said. When the kids became too cold to skate out in the 23-degree weather, they went inside to get warm with hot chocolate and a candy cane. The hot chocolate was freshly made by Tanya Moore, resident relations manager for Colyer-Forsyth, and Vanessa Rushlo, resident services coordinator for Colyer-Forsyth, and wife of 1st Sgt. Christopher Rushlo, Company C, 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Inf. Div. Once they warmed up, the children could go sit on Santa's

lap. Santa Claus greeted each child with a hug and a hello, asking if they had been good this year. Some children, like Kaedynce Jones, daughter of Sgt. Charles Jones, 601st Aviation Support Battalion, 1st Combat Aviation Brigade, 1st Inf. Div., readily admitted that they had not behaved during the year.

"But have you been good this week?" Santa asked.

"Yes," Jones said as the parents in the room chuckled.

With that and a picture taken by her mother, Kendra, Santa handed Kaedynce a minicandy cane and wished the pair a merry Christmas.

Once the children were done with their hot chocolate and the picture with Santa, they went to the gym, where there was a 15foot tall by 10-foot wide inflatable snow globe. The children went inside the globe that featured a snowy scene, and had their pictures taken. In addition to pictures inside of the globe, families had the opportunity to take pictures beside inflatable snowmen, underneath candy cane arches, and next to miniature Christmas trees and cotton snow.

The question for the week of Dec. 20 was: Where do I find the new hours for the Visitor Control Center that will go into effect on Jan. 1, 2017?

Answer: www.riley.army.mil/Units/Garrison-Command/Emergency-Services/Access-Information/

This week's winner is Donna Baer. Donna is spouse of retired 1st Sgt. Ted Baer. Ted retired from the Army in 1988 and works as a range inspector.

Pictured above are Ted and Donna Baer, along with Ted's service dog, Kendall.

#### **CONGRATULATIONS DONNA!**

#### HOME OF THE BIG RED ONE

# TOP FIVE Continued from page 11

"I was trying to think of different ways that we might be able to roll out instruments, and one thing that I thought was using one of our local resources — the West Point Band," she said.

Representatives from the West Point Band informed Reifenberg this year the "Big Red One" band would be visiting and offered to bring them along to help teach the students.

"It's a little bit different back at Fort Riley because we actually just perform for the students," said Chief Warrant Officer 2 Matthew David, band master for the 1st Inf. Div. "This time, it's actually really neat where we actually got to do a little bit of tutorial with these students."

The students, who were primarily fifth-graders, split into groups based on what instrument they played and then were paired with a Soldier from the band.

#### **3.** MISS KANSAS USA OFFERS SERVICES, ADVICE TO LITTLE MISS FORT RILEYS.

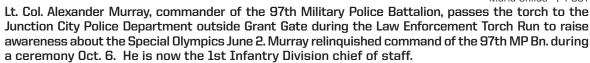
Little girls of Fort Riley came to the Exchange April 16 to have their make-up and hair done by professionals, and to meet Miss Kansas USA 2016 Victoria Wiggins, who grew up as a military child.

"I've been part of the Post Exchange a couple of times," Wiggins said. "I did my welcome back once I won here and I think it's amazing how welcoming ... they've been. I know this is somewhere where families come and meet and they shop, so to be here in the community and in the mix is really great. To be invited back to do the Little Miss Fort Riley, especially during the Month of the Military Child, it's very exciting to give back and make everyone feel like a princess."

Girls ages 4 to 12 were able to sign up for the event during the week. The event included the girls having their hair done at the salon and make-up done by professionals of Lancome and Estee Lauder. Little Miss Fort Riley was part of the Exchange staff's way of celebrating the Month of the Military Child.

"It's very important to us and having Miss Kansas with us, she is a military child and her mother is stationed here at Fort Riley," said Maria Berrios Borges, sales and merchandise manager for the







**LEFT:** Miss Kansas USA 2016 Victoria Wiggins pretends to crown Kassidy Gibson, daughter of Stephanie and Sgt. Sean Gibson, 1st Squadron, 4th Cavalry Regiment, 1st Sustainment Brigade, 1st Infantry Division, during the Little Miss Fort Riley event April 16. **RIGHT:** President Thomas Esang "Tommy" Remengesau Jr., of Palau, speaks to Palauan citizens June 10 at the Geary County 4-H/Senior Center.

Fort Riley Main Post Exchange, the Army and Air Force Exchange Service. "So who else is better to represent the little girls and give them a little chance of feeling like a princess, and just make the little girls happy."

#### 4. FORT RILEY SOLDIERS, AIRMEN CARRY TORCH TO SUPPORT SPECIAL OLYMPICS.

Soldiers from the 97th Military Police Battalion, along with the Directorate of Emergency Services, 1st Infantry Division Provost Marshal Office and the 10th Air Support Operations Squadron, participated in the Kansas Law Enforcement Torch Run June 2.

Fort Riley participants accepted the torch from the Riley County Police Department at the Ogden Gate and ran it to the Grant Gate, where they handed it off to the Junction City, Kansas Police Department.

According to members of the Special Olympics, the Law Enforcement Torch Run is a series of statewide runs. Through the early months of 2016, 1,150 officers from 97 different agencies throughout Kansas advanced the torch through 52 counties, traveling approximately 1,275 miles throughout the state, on the way to Wichita for the Opening Ceremony of the Annual Summer Games.

Lt. Col. Alexander Murray, commander of the 97th MP Bn., said this is a great opportunity for Soldiers of the battalion and the community to support a great cause. This is the fourth year this has happened at Fort Riley, and Murray's second time as the commander. No matter what the weather looks like, the torch is still passed.

"It went very well this year," Murray said. "It was nice and sunny ... We had our companies and detachments spread along the route."

According to a press release about the run, it is the largest grassroots fundraiser and public awareness vehicle for Special Olympics Kansas.

#### **5. PRESIDENT OF PALAU LETS COUNTRYMEN LIVING, SERVING IN U.S. KNOW THEY MATTER.**

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.





Photos by Capt. Ed Alvarado | 19TH PUBLIC AFFAIRS DETACHMENT Audience members braved the incoming snow and frigid cold to watch the 1st Infantry Division Band and the Junction City Community Band play holiday favorites during their concert at the C.L. Hoover Opera House Dec. 17 in Junction City, Kansas, the second night of their two-night revue. The "Big Red One" band played classic favorites and special renditions of holiday songs during the concert, which also featured band members who are deployed.



Cell phone use while driving is prohibited on post. Phone calls may be made only with a hands-free device. Texting is included in the ban. Failure to adhere to policy will result in a \$75 fine.

#### **K-State instructor** provides holiday parenting tips

STORY AND PHOTO BY K-STATE NEWS AND COMMUNICATIONS SERVICES DIVISION OF COMMUNICATIONS AND MARKETING

MANHATTAN, Kan. - Holidays are a time when children are often expected to have excellent manners, whether they are receiving gifts, greeting an aunt or passing the peas.

Rebekah Meitler, instructor in Kansas State University's School of Family Studies and Human Services, said teaching manners to young children is all about preparation, practice and pointing out examples. Meitler, who teaches toddlers and preschoolers at the Hoeflin Stone House Early Childhood Education Center, said this three-step process could be applied to any type of holiday manners, from greetings to mealtimes.

#### **GIVERS AND GIFTS**

When it comes to gifts, Meitler said what's most important is for children to remember the givers, who should receive appreciation for their generosity. To prepare for gift situations, Meitler recommends telling children they may receive a gift, why gifts are shared during holidays and how they ought to respond.

"When children first learn the words 'please' and 'thank you,' they're abstract concepts, like any other vocabulary word," Meitler said. "That's why it's important before large gatherings to use 'please' and 'thank you' in concrete ways in smaller contexts where children are comfortable practicing those manners."

To practice, Meitler recommends passing something back and forth while saying "please" and "thank you." An engaging way to practice is having a pretend meal or tea party prior to attending a gathering, passing dishes back and forth. When parents receive a gift, they can point out afterward, "Did you notice that when Suzie handed me the present, I told her 'thank you?' Did you see how it made Suzie feel? She was happy



Rebekah Meitler, instructor in Kansas State University's School of Family Studies and Human Services, says teaching manners to young children is all about preparation, practice and pointing out examples.

#### **PARENTING TIPS**

- Sit close to the child and talk to them softly so they feel psychologically safe, even in what may be an unfamiliar type of gathering.
- · Ask the child if he or she is feeling nervous about talking in front of everyone and acknowledging that it takes courage to speak up in front of so many faces.
- Gently remind them that next time someone gives them a gift or passes them a dish, they can practice saying "thank you" or requesting with the word "please."

kisses, but if children haven't connected lately with them, the kids might not respond as warmly as expected.

Meitler advises parents to prepare children before they go to family holiday gatherings by listing all the people they might see, reminding the child of when they last saw the person and restating how they are related. This is necessary because often, extended families don't see each other for months, which is a very long time for young children.

"Preparing the children to see 'cousin this' or 'uncle soand-so' helps them feel more confident in saying hello and greeting them in ways we might expect," Meitler said.

Parents can also practice greetings with their children and point out examples of how they greet extended family members by using the person's name and adding a hug or a phrase like, "It's good to see you."

#### **MEALTIME MANNERS**

When it comes to mealtime at holiday gatherings, Meitler gross!" She advises parents to describe the appearance, texture and flavor of foods their children may have not seen for 12 months, as well as whether they are to be eaten with the meal or at the end as dessert.

Parents need to clarify beforehand whether the children are required to taste everything or are welcome to say "no thank you" and pass it on to the next person, Meitler said. Parents can also prepare their children by bringing a booster seat or a stool.

"Having something to raise them up closer to others' eye level can help to set them up for success," Meitler said. "Also, putting a stool under the children's feet helps them feel grounded and less inclined to wiggle."

Any mealtime at home can serve as a practice opportunity. Meitler said parents could capitalize on the moment by pointing out when they use good manners, such as saying, 'Did you notice how I passed the corn to Dad?" Meitler said those examples take the concept from just another thing to learn to something that is real to them.

#### STRIKING UP CONVERSATIONS

"Don't take Christmas time as the only time to teach children to be thankful. Manners are important all year long."

**REBEKAH MEITLER INSTRUCTOR AT KANSAS** STATE UNIVERSITY'S SCHOOL OF FAMILY STUDIES AND HUMAN SERVICES

whelmed at holiday gatherings and forget their manners, Meitler said. In those cases, it is best to take on a supportive role. Some tips:

- Sit close to the child and talk to them softly so they feel psychologically safe, even in what may be an unfamiliar type of gathering.
- Ask the child if he or she is feeling nervous about talking in front of everyone and acknowledging that it takes courage to speak up in front of so many faces.
- Gently remind them that next time someone gives them a gift or passes them a dish, they can practice saying "thank you" or requesting with the word "please."

"Those kinds of conversations really support the child and are more helpful than reacting with, 'Oh, you really should have said 'thank you' for that," Meitler said. "Positive reinforcement is key, so be sure to show the child that you recognize when they do say 'please' and 'thank you."

Meitler said manners are a habit to be taught, discussed and demonstrated all year long — at home, at restaurants and everywhere we go.

"If we model manners for our children in daily routines, then at family gatherings and with friends, it will be secondnature because they've already learned that skill," Meitler said. "Don't take Christmas time as the only time to teach children because I said 'thank you.'" said few things are worse than Relatives may hope for joy-ous greetings with hugs and iar food by saying, "That looks amples, children may feel over-int food by saying, "That looks amples, children may feel over-important all year long."



Photos by Season Osterfeld | POST Santa Claus talks with children about what they want for the holidays Dec. 18 during Bowling with Santa at Custer Hill Bowling Center. Bowling with Santa is an annual event that gives families time to play and visit with Santa, said Bobby Kimball, Custer Hill Bowling Center business manager, said. The event included bowling, pizza and soft drinks for a family, as well as a raffle for prizes like a slow cooker, rice cooker and 12 pound turkey. Santa Claus made his way to each family as they played, taking time to sit down and talk with children, pose for photos and hand out candy canes. "It's a chance to bowl, get something to eat," said Sgt. 1st Class James Schutt, Headquarters and Headquarters Company, 1st Combat Aviation Brigade, 1st Infantry Division. "It's very enjoyable and family oriented."



Even after preparing, prac-

#### CAROLERS SPREAD HOLIDAY CHEER



Photos by Season Osterfeld | POST

Personnel from the Directorate of Family and Morale, Welfare and Recreation, Army Community Services and Child, Youth and School Services sing holiday carols to fellow garrison staff in different directorates Dec. 14 at garrison headquarters, building 500. The carolers spread holiday cheer in colorful costumes and decorated in ornaments to everyone in the building.



Victor Flores, son of Sgt. Marcos Mendez, 1st Squadron, 6th Cavalry Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, sits on Santa's Lap Dec. 18 during Bowling with Santa at Custer Hill Bowling Center.



# Kids celebrate holidays with Project North Pole

#### Staffs partner together to bring cheer to families during bittersweet holiday season

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

Families of deployed or fallen Soldiers, as well as those in the Exceptional Family Member Program gathered for a day of games, snacks, photos with Santa Claus and gifts Dec. 17 during Project North Pole at the Warrior Transition Battalion Clamshell.

Representatives from the American Legion, USO Fort Riley, Army Community Service, American Red Cross and more teamed up to provide gifts and activities to children whose holidays may not be as cheerful as they were in previous years.

Project North Pole began as an event for families of Soldiers in the Warrior Transition Battalion. However, Sally Sowell, Soldier-Family Assistance Center director, said she wanted a way to spread cheer to more families on Fort Riley, so she brought together different organizations on and off post to include families of deployed or fallen Soldiers and families in EFMP. For the last three years, Project North Pole has become a two-day event with separate days for each group.

"We just expanded it so we could make more children happy," she said. "The American Legion has made that possible because they provide all the toys that Santa is giving out."

Members from local chapters of the American Legion work together throughout the year to raise money to purchase more than 1,000 toys that are given out to the children at Project North Pole.



Jadamarie Holness, left, daughter of Staff Sgt. Earl Holness, Office of the Staff Judge Advocate, and Kassidy Gibson, daughter of Sgt. Sean Gibson, 1st Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, decorate cookies Dec. 17 during Project North Pole at the Warrior Transition Battalion Clamshell. Families of deployed or fallen Soldiers and families in the Exceptional Family Member Program enjoyed a day of games, a visit with Santa and a present for the children on the second day of the event.

"We gather up all these toys, on the average anywhere from 1,000 to 1,500 toys, and then we load (them) all up, we collect them all and we bring them all here for distribution," said Bill "Hippy" Ryan, committee chairman for the American Legion.

Ryan and Allen "Sheriff" Longstaff, committee chairman for the American Legion, said they and other members of the American Legion do this because they want to see the children happy and they remember when they were in the military and events such as this were not available.

"It's Christmas and it's all about the kids and our organization, the American Legion, does nothing but support veterans all over the year and then, when you get their kids involved in it, that's about as good as it gets," Ryan said.

Longstaff agreed, adding this was his favorite event of the year, alongside the Turkey Run.

"I think this is one of the greatest programs that we do," Longstaff said. "Without this, there would be some children here who might not have any Christmas."

Along with receiving a present as children visited with Santa Claus, they were able to decorate cookies, win prizes in a bean bag toss or robotic rabbit race and have their faces painted.



Jadan Wagner, left, of Girl Scout Troop 1182, paints the face of Marleeana Woods, daughter of Sgt. Montanize Woods, 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, Dec. 17 during Project North Pole at the Warrior Transition Battalion Clamshell.

"It's amazing," said Jennifer Lawson, wife of Spc. Darren Lawson, 3rd Battalion, 66th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division. "It's great that they do this for us, we're very appreciative."

Lawson came to the event with her three children and said they loved the different games and presents and she enjoyed seeing how happy they were.

"It's put a smile on their faces when it's kind of a bittersweet holiday this year," she said.

Sowell said she knows Project North Pole will continue for years to come with the support of the organizations on and off post and she hopes to see it grow.

"It will continue as long as the American Legion continues to partner with us, and we can continue working with all the organizations together," she said. "I don't see it ever going away."

# Annual Project North Pole event hit with Soldiers, families

More than 100 from Warrior Transition Battalion kick off holiday season with festive activities, holiday treats, gifts

#### Story and photo by Chris Cannon 1ST INF. DIV. POST

The Warrior Transition Battalion Clamshell was full and bedecked with Christmas decorations the evening of Dec. 16 during the sixth annual Operation North Pole. The Soldier and Family Assistance Center staff and volunteers from American Legion Posts across the state of Kansas paired up to bring more than 100 Soldiers and families of the Warrior Transition Battalion a happy start to the holiday season.

The evening started with families registering and picking



The children's cheers echo throughout the Warrior Transition Battalion Clamshell as they participate in one of the many activities available during Operation North Pole the evening of Dec. 16. The event was open to families of Soldiers from the Warrior Transition Battalion. The Fort Riley Girl Scout Cadets led by Kathy Stage, painted faces. The troop volunteers at an event at least once a month as a part of the requirements to earn badges.

"I thought it would be fun to come out and paint faces for the Christmas party," said Kaitlyn Farner, daughter of Sgt. 1st Class Christopher Farner, 1st Combined Arms Battalion, 63rd Armor Regiment, 2nd ABCT, 1st Inf. Div.

There was plenty of fun to be had by the children after they decorated cookies with the USO Fort Riley. Children could pose for photos in the Polar Express, toss bean bags to a snowman, throw stuffed snowballs or take photos with Santa. As each family entered the party and signed in, they received a raffle ticket for prizes donated to the SFAC by Hallmark and the American Legion. The grand prize for the evening was an air hockey table won by Savannah Fraser, granddaughter of Linda Nazeck, So-

up a holiday shopping bag for the children's presents. As families entered the clamshell, they were greeted by a tree decorated with purple Christmas decorations and paper snowflakes. There were Christmas ornaments, books and stuffed toys available for children to choose as they made their way inside.

Children could choose from a number of activities. Some like Nichelle Kimeu, daughter of Sgt. Graham Kimeu, 299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division, and Connie Kimeu, a contract employee with the Warrior Transition Battalion, and American Legion volunteer, chose to make a Santa Claus, Grinch or reindeer paper plate ornaments.

"I love the fact that so many people came together and that they are so many different types of people, both young and old, to participate in the holiday celebration." cial Worker, Company A, Warrior Transition Battalion.

More than 500 cookies and bread loaves were donated by Kansas Women's Auxiliaries as a part of the refreshments offered by the American Legion volunteers and the WTB staff. Refreshments included popcorn and ice cream, as well as sandwiches and hot foods.

Carrie Barnett with New Parent Support Program helped decorate the Clamshell.

"This is a fantastic event," she said. "Seeing the kids' faces light up is the best part of the event



#### HOME OF THE BIG RED ONE



Company leadership handed the bags out at formation Dec. 15 behind building 208. Several on and off post organizations donated items such as fruit, candy and grooming kits. "For some, it's there first Christmas away from home so it's a nice gift bag when they're probably not getting any other gifts," said Angela Martin, management analyst, DHR.

Short on time? Call ahead and pick it up - we'll have it ready for you! 785.240.6616

We also have Wings Quesadillas Starbucks Drinks And lots more

# PO TOURNAMENTS



#### TOURNAMENTS **FIRST AND THIRD FRIDAYS OF EVERY MONTH GPM**





# **Pool Tournament** 6PM = 1st and 3rd Fridays

**All-Day Anime** 11am-9pm= 1st Saturday of the month Magic: The Gathering Booster Draft (\$15) 2PM - Every Saturday Star Wars: The Old Republic Guild Play 3PM = Every Saturday

Super Smash Brothers Tournament (\$5) 4pm = Every Saturday

League of Legends

4PM = Last Sunday of the month



Warrior Zone = 7867 Normandy Drive Open Monday-Friday, 11am-8pm = Open Friday-Sunday, 11am-9pm Open to ages 18+ = 785.240.6618 = Find us on Facebook at "BOSS & the Warrior Zone"

Food specials daily: Lunch and

dinner!

# **Sports & Recreation**

DECEMBER 23, 2016

Ø

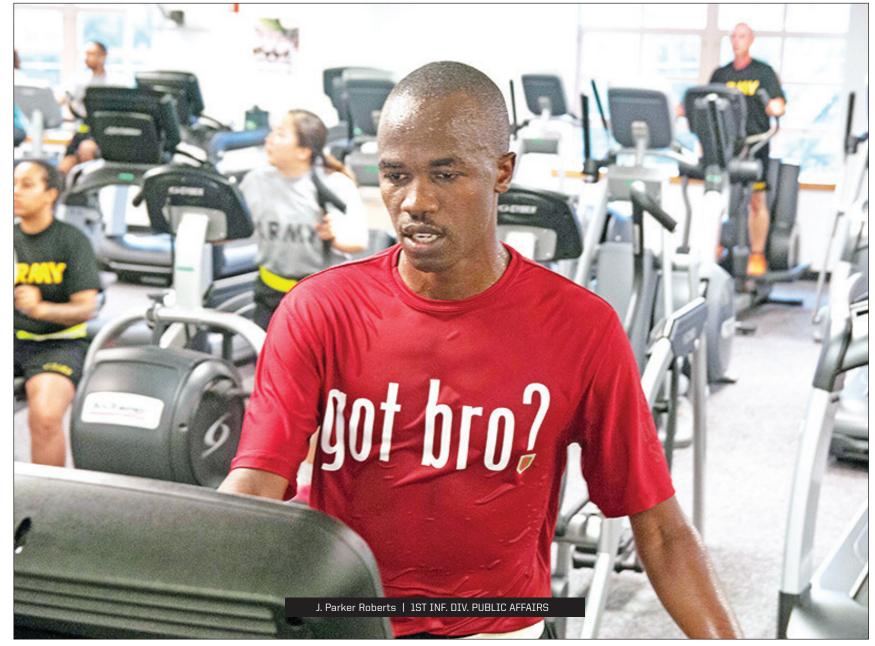
HOME OF THE BIG RED ONE

PAGE 17 \star

**TOP FIVE SPORTS STORIES OF 2016** 

# **1st Infantry Division Soldiers excelled in 2016**

Whether on their own or engaged with the community, local athletes embodied Army values



**ABOVE:** Spc. Samuel Kosgei, a combat medic assigned to Division Headquarters and Headquarters Battalion, 1st Infantry Division, completes a workout July 29 at Fort Riley's King Field House. Kosgei and Spc. Susan Tanui, a dental assistant with Dental Activity, took part in the Armed Forces Marathon Championship Oct. 27 to 31 in Washington, D.C. **BELOW RIGHT:** Pfc. Susan Tanui, upper left, joins a group of Army women who won gold medals in the 2015 Armed Forces Cross Country Championship held in conjunction with the USA Track and Field Winter National Cross Country Championship Feb. 7 in Boulder, Colorado.

1

STAFF REPORT

The Army values of resilience and strength of mind and body were evident all year in the world of sports and recreation, embraced by Soldiers and families. Also noteworthy were the consistent efforts of garrison organizations to engage military children in healthy forms of sport and recreation, and encourage them to adopt active, productive lifestyles. before the event. "The hope is ask their parents opportunities to First Sgt. Al Infantry Regime his three children

water is getting warmer. Workers from DPW stocked Moon Lake with 1,200 pounds of channel catfish days before the event.

before the event.



*Here are the five top stories from the sports and recreation pages for 2016:* 

#### **1. TWO FORT RILEY SOLDIERS SELECTED** FOR 2016 ALL ARMY MARATHON TEAM.

Spc. Samuel Kosgei, a combat medic assigned to Division Headquarters and Headquarters Battalion, 1st Infantry Division, and Spc. Susan Tanui, a dental assistant with Dental Activity, both earned places on the 2016 All Army Men's and Women's Marathon teams. In doing so they qualified for the Armed Forces Marathon Championship in late October at Washington, D.C.

"I'm so honored to represent the Army, although at the same time I'm honored to run for Fort Riley," Kosgei said at the time. "Most people think if you're in duty stations, you don't get to run good. But I'm proving that wrong now because I use my free time ... When I'm at work, I'm at work, but when I'm out I try to use that time to push myself and accomplish."

Tanui said being Soldier played a heavy role in preparation for the All Army Marathon too.

"Staying in good shape, having that motivation, working hard — it's all part of the virtues and ethics of being a Soldier," Tanui said. "I feel like pushing myself harder can help me with most of the challenges that I face, and it disciplines me likewise."

#### **2.** GONE FISHIN': KIDS, FAMILIES ANGLE FOR FUN AT MOON LAKE.

Staff from the Directorate of Public Works Conservation Branch, in conjunction with representatives from the Fort Riley Outdoorsmen Group, Directorate of Family and Morale, Welfare and Recreation, Directorate of Emergency Services, Corvias Military Living and the Kansas Department of Wildlife, Parks and Tourism, sponsored the Fort Riley Kids Fishing Day April 23 at Moon Lake. It was held to celebrate Month of the Military Child.

Tom Duckworth, fish and wildlife biologist for the conservation branch of the Directorate of Public Works, spent time handing out rods to children, and he said this event is about making memories.

"It's pretty satisfying when they bring that rod back and they tell you they caught a fish or that they caught their first fish," Duckworth said. "That makes it worth doing."

He said it's a good time to fish in the state of Kansas because the weather is mild, the insects aren't out yet and the fish are just waking up because the "The hope is that it sparks an interest there and they ask their parents to go fishing because there is a lot of opportunities to fish on Fort Riley," Duckworth said.

First Sgt. Alejandro Romar, 1st Battalion, 16th Infantry Regiment, 1st ABCT, 1st Inf. Div., brought his three children to the event. His kids learned about fishing from their grandfather in Germany. Romar himself was only a beginning fisherman.

"They've been asking me to go fishing for a while now," Romar said. "It's better to come out when it is free and there are qualified people who can help me do it."

He said he was enjoying spending time with his kids while his wife was at home working on homework for school.

"It's a time for families to come out and have a good time — that's good for any community — especially for kids," Romar said. "Fort Riley is a busy place. Parents can come out here and have time with their children before they deploy."

More than 250 children showed up with their guardians to participate in the event. Children under the age of 16 were allowed to fish for free with no fishing license. Volunteers were on sight to assist those fishing during the event.

Steven Wahle, an organizer for the event and fish and wildlife biologist for the conservation branch of DPW, said the event is in honor of Earth Week and to get kids and their families outdoors.

"Fishing is a sport that can be done with the whole family," Wahle said. "You don't have to be a certain age to do it. It's getting people outside in nature and it's fun."

#### **3.** WORLD SERIES CHAMPIONS KAN-SAS CITY ROYALS HOST 1ST INFANTRY DIVISION SOLDIERS.

The Kansas City Royals hosted "Big Red One" Soldiers for Armed Forces Night on Memorial Day May 30 at Kauffman Stadium.

This Memorial Day service further strengthened relationships between the Royals and the 1st Infantry Division of Fort Riley.

"Community relationships are important," said Spc. Cody Harnish, a cavalry scout with Headquarters and Headquarters Company, 2nd Armored Brigade Combat Team, 1st Inf. Div. "When you feel apart of the community you feel like you belong, you interact more and feel at home because making new areas home is important to the military."

A special ceremony honored service members prior to the game against the Tampa Bay Rays.

See YEAR IN SPORTS, page 18

#### TOP FIVE STORIES FROM THE 1ST INFANTRY DIVISION POST SPORTS PAGES IN 2016

- 1. Two Fort Riley Soldiers selected for 2016 All Army marathon team
- 2. Gone fishin': Kids, families angle for fun at Moon Lake
- 3. World Series Champions Kansas City Royals host 1st Infantry Division Soldiers
- 4. Kansas Motor Speedway site of tribute to 1st Infantry Division Soldiers
- 5. Spirit of Invictus: Staff Sgt. Ashley Anderson





# YEAR IN SPORTS Continued from page 17

Soldiers participated in the National Anthem, starting lineups, honoring of Vietnam veterans and a commemoration of the 25th anniversary of Operation Desert Storm.

"Tonight we wanted to show our appreciation for the fallen and those who serve now," said Pfc. Kakia Ashley, 116th Military Police Company, 97th MP Battalion. "We wanted to show that we support them and stand by them."

Ashley said it was an honor to stand on the field of a Major League Baseball stadium for the first time and to be recognized by the returning World Series champions.

#### 4. KANSAS MOTOR SPEEDWAY SITE OF TRIBUTE TO 1ST INFANTRY DIVISION SOLDIERS.

Soldiers of the 1st Combat Aviation Brigade, 1st Infantry Division were guests of NASCAR at the Go Bowling 400 Sprint Cup Race in support of the NASCAR Troops to the Track program at the Kansas Speedway May 7 in Kansas City, Kansas.

The Soldiers participated in prerace activities, the starting lineup and the national anthem.

#### 5. SPIRIT OF INVICTUS: STAFF SGT. ASHLEY ANDERSON

Fort Riley was represented at the Invictus games by Staff Sgt. Ashley Anderson, an internmentresettlement specialist assigned to the Warrior Transition Battalion.

The Games were held May 8 to 12 in Orlando, Florida.

A native of Winnebago, Minnesota, Anderson threw the discus 23.78 meters and the shotput 9.61 meters, earning her a silver medal in both events.

Anderson, like her comrades, had worked to overcome life-changing injuries sustained while serving her country.

The Invictus Games, founded by Prince Henry of Wales, showed the resiliency of military members who refused to let their injuries neither define nor limit them.

London hosted the inaugural Invictus games in 2014. It was an international sporting event for wounded, injured and sick service members.

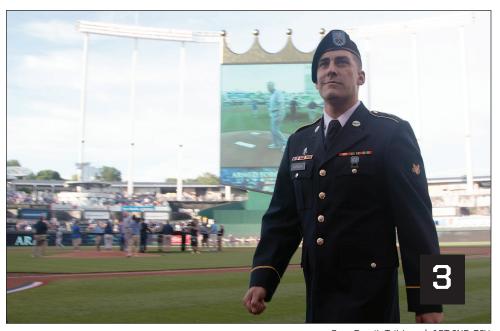
The word Invictus means unconquered. The games harness the power of sport to inspire recovery, support rehabilitation and generate a wider understanding and respect for those who serve their country.



#### Maria Childs | POST

Carter Cole, 6, son of Staff Sgt. Matthew Cole, 3rd Battalion, 66th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, grins as he holds up a sun perch he just removed from his fishing line for his mother. It was the second fish he had caught at the Fort Riley Kids Fishing Day April 23 at Moon Lake.

Fort Riley was represented at the Invictus games by Staff Sgt. Ashley Anderson, an internment-resettlement specialist assigned to the Warrior Transition Battalion. She is shown with Prince Henry of Wales, during the Invictus Games, May 8 to 12 in Orlando, Florida. Anderson, a native of Winnebago, Minnesota, threw the discus 23.78 meters and the shotput 9.61 meters, earning her a silver medal in both events.



Spc. Derrik Tribbey | 1ST INF. DIV.

Spc. Cody Harnish, a cavalry scout with Headquarters and Headquarters Company 2nd Armored Brigade Combat Team, 1st Infantry Division exits the field after the pre-game ceremony at Kauffman Stadium in Kansas City, Missouri. The Kansas City Royals hosted "Big Red One" Soldiers for Armed Forces Night. Soldiers participated in the National Anthem, player announcements, honoring of Vietnam veterans and a commemoration of the 25th anniversary of Desert Storm.

# SUICIDE PREVENTION

# THE POWER OF 🚺



Sgt. 1st Class Mark Albright | 1st Inf. Div.

**ABOVE:** Davis Shaefer, Chip Ganassi Racing, talks with Soldiers of 1st Combat Aviation Brigade, 1st Infantry Division, before the Go Bowling 400 Sprint Cup Race in support of the NASCAR Troops to the Track program at the Kansas Speedway May 7 in Kansas City, Kansas. The Soldiers were guests of NASCAR. **BELOW:** Soldiers from 1st Combat Aviation Brigade, 1st Infantry Division, render a salute during the national anthem before the Go Bowling 400 Sprint Cup Race.





# **Travel & Fun in Kansas**



There are many options for ice skating in Kansas including at the Jon and Ruth Ann Wefald Pavilion in City Park in Manhattan, Kansas. The cost is \$3 per person to skate and rental skates are available for \$3 per person. Visitors who will not be skating do not have to pay admission.



lembers of the Manhattan, Kar as, community ice skate Dec. 17 at the Jon and

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

Ice skating is a cold-weather family activity. There are many options for ice skating in Kansas, some near and far.

One of the oldest parks in the community is City Park in Manhattan, Kansas, near the Aggieville and downtown district. The ice rink is at the Jon and Ruth Wefald Pavilion. The cost is \$3 per person to skate and rental skates are available for \$3 per person. Visitors who will not be skating do not have to pay admission.

Hours of operation of the ice rink in City Park are 3 p.m. to 7 p.m. weekdays and 1 p.m. to 7 p.m. on weekends. The ice rink opens at 1 p.m. on weekdays that Unified School District 383 dismisses early. The ice rink is closed Christmas and New Year day. Lessons are available for youth ages 4 to 17. For more information, visit mhkprd.com.

More skating can be found a short drive east on Interstate 70 in Topeka, Kansas. The staff of the Kansas Expocentre open the Landon Arena

Both figure skates and hockey skates are available on a first-come basis ranging from size 1 to 13. Each session runs for two hours. Skate sharpening is available for \$5 per pair during each session.

For more information including dates and times of each session, visit www.ksexpo.com/ events/2016/skating.

The Ice Terrace in Kansas City, Missouri, is also open for its 44th season of great skating fun. About two hours away from Fort Riley, the ice rink is located in the Crown Center. Regular admission is \$6, or free for adults older than 60 and children age 4 and under. Skate rental is \$3, or skaters may bring their own. Skaters age 12 and under must be under the supervision of a parent or guardian older than 21. For hours of operation and group rates, call 816-274-8411.

Two hours south of Fort Riley, in Wichita, Kansas, at the Wichita Ice Center, members of the public can skate between matches in the hockey schedule. This recreational opportunity is open for all ages and levels of skaters. On Mondays and Tuesdays, everyone skates for \$2 and skate rentals are \$3. Hours of operation vary by date. For more information about hours and group rates, call 316-337-9199 or visit www.wichitaicecenter.com.

Ø

Ruth Ann Wefald Pavilion in City Park. More ice skating can be found in Topeka, through Jan. 28 for recreational ice skating. The Kansas at the Kansas Expocentre, which has the Landon Arena open from Oct. 1 southeast entrance opens 30 minutes before each through Jan. 28 for recreational ice skating.

session. Admission is \$7 and skate rentals are \$3.



One of the oldest parks in the community is City Park in Manhattan, Kansas, near Aggieville and the downtown district, the ice rink is at the Jon and Ruth Ann Wefald Pavilion. Hours of operation of the ice rink in City Park are 3 p.m. to 7 p.m. weekdays and 1 p.m. to 7 p.m. on weekends. The ice rink opens at 1 p.m. on weekdays that Unified School District 383 dismisses early.



LEFT: Members of the Manhattan, Kansas, community talk and ice skate Dec. 17 at the Jon and Ruth Ann Wefald Pavilion in City Park. For more information about the Jon and Ruth Ann Wefald Pavilion in City Park, visit mhkprd.com. RIGHT: One of the closest options for ice skating is at the Jon and Ruth Ann Wefald Pavilion in City Park in Manhattan, Kansas. Another option is two hours south of Fort Riley, in Wichita, Kansas, at the Wichita Ice Center. Members of the public can skate between matches in the hockey schedule.



# 1ST INF&NTRÝ DIVISION &T FORT RILEÝ 2016 YE&R IN REVIEW





Season Osterfeld | POST

Governor of Kansas Sam Brownback speaks to a crowd at the ribbon cutting ceremony of the new Irwin Army Community Hospital Oct. 12. Compared to the old hospital, the new one has about 47 percent more space. It is 550,669 square feet, while the old hospital is 380,000 square feet.

# A YEAR OF TOTAL FORCE, TOTAL COMMITMENT

Amid a year of challenges, 1st Infantry Division and Fort Riley stood ready to meet the nation's needs while remaining the best place to live, train, deploy from and come home to

SUMMARIES COMPILED BY STAFF FROM OF 1ST INF. DIV. POST

were resilient and ready to serve the nation and remained faithful to its motto: "No Mission Too Difficult, No Sacrifice Too Great — Duty First!" Here are the top 10 stories from 2016.

"I think we're moving forward. I'm hoping it becomes part of our culture (that) all teachers all across the United States will make an effort ro recognize military children and their challenges."

JILL BIDEN | SECOND LADY OF THE UNITED STATES



Fort Riley in 2016 once again proved it is as dynamic and multipurpose as any military installation in the world. A year that saw the division and the post celebrate the Army's 241st birthday and prepare for the 1st Infantry Division centennial has come to an end.

For Soldiers, preparation for combat and coordination with other military elements remained the highest priority as enhanced support for the Army's Total Force concept were the overarching themes of the year. In the past 12 months more than 26,000 military personnel — active duty, Reserve Army, National and Air National Guard, Air Force, foreign military personnel etc. — came to Fort Riley to train.

*It was the embodiment of the Total Force doctrine.* 

Yet conformity with this mandate came amid leaner budgets and fewer Soldiers. The era of fiscal austerity demanded the 1st Infantry Division and Fort Riley be more efficient and provide America with a more costconscious defense.

In spite of those challenges, the demand for the Big Red One's organizational and military acumen continued.

Along with the need for readiness, the committment to the quality of life for military families has never been stronger. To that end, the new Irwin Army Community Hospital opened its doors and stands ready to deliver medical services that are second to none. For that reason, the opening of the hospital is the top story of 2016.

In spite of all the challenges facing America's First Division and the post it calls home, Fort Riley and its Soldiers, families civilians and retirees

#### 1. NEW IRWIN ARMY COMMUNITY HOSPITAL OPENS

The new Irwin Army Community Hospital officially opened Oct. 12 with a ribbon-cutting ceremony amid the pomp commensurate with the occasion.

"We cannot honor you enough, but we can at least provide firstclass medical facilities to you for your service," said Kansas Gov. Sam Brownback.

Along with Brownback, Col. John Melton, IACH commander; Brig. Gen. William Turner, deputy commanding general, 1st Infantry Division; Maj. Gen. Thomas Tempel, commander of Regional Health Command-Central; U.S Sen. Pat Roberts; U.S. Sen. Jerry Moran; and Dr. John Fahey, Irwin family biographer, spoke at the ceremony about the advancements in the new facility and celebration of its opening.

"Our team is well aware of the great gift we are receiving today from the American people," Melton said. "This new hospital represents the unwavering commitment of our nation and military for those who serve and the families who share in that service."

Compared to the old hospital, the new one has about 47 percent more space. It is 550,669 square feet, while the old hospital is 380,000 square feet. The new facility provides the capability to significantly expand and enhance services to Service members, families and retirees.

See TOP 10, page 22

Amanda Kim Stairrett | 1ST INF. DIV. Second lady of the U.S. Jill Biden visited Fort Riley April 5 and 6 to talk to Soldiers, family members, militaryconnected students and educators from Kansas State University and Geary County USD 475, as well as numerous members of the civilian community who support the mission of educating military children. The vist was part of the Month of the Military Child and an initiative that Biden supported along with First Lady Michelle Obama.

#### TOP 10 NEWS STORIES FROM 2016

- 1. New Irwin Army Community Hospital opens
- 2. Jill Biden, spouse of Vice President Joe Biden, visits Fort Riley
- 3. Maj. Gen. Joseph Martin assumes command of the 1st Infantry Division at Fort Riley
- 4. Regional military leaders convene at Total Army Conference
- 5. Danger Focus highlights year of intense training
- 6. 1st Inf. Div. Sustainment Brigade returns from Kuwait
- 7. 2nd Armored Brigade Combat Team returns from Southwest Asia
- 8. Fort Riley Logistics Readiness Center earns national honor/Center Transportation Division's personnel, they won the Chief of Staff Army Logistics Excellence Award for the continental United States
- 9. 1st Infantry Division Victory Week
- 10. Fort Riley Garrison Commander Col. Andrew Cole Jr. departs. Col. John Lawrence assumes garrison command

#### TOP COMMUNITY AND SPORTS STORIES FROM 2016



- FALL APPLE DAY FESTIVAL, PAGE 11



- FORT RILEY MARATHONERS, PAGE 17

#### HOME OF THE BIG RED ONE

#### JANUARY

# **YEAR IN REVIEW**



Rex, a military working dog assigned to Fort Riley for seven years of active-duty service, was laid to rest Jan. 6.



Maj. James Collins accepted to ity noncommissioned officer of the Fort Riley garrison

Feb. 3.



FEBRUARY

Chief Warrant Officer 2 Ruben Ray Gutierrez of the 1st Combat Aviation Brigade, received the Army Aviation Air Traffic Control Manager of the year award.



MARCH

A 10-Soldier team from the 1st Infantry Division took home one gold, 16 silver and two bronze medals from the 41st Annual Military Culinary Arts Competitive Training Event March 4 to 11. The contest, hosted by the Joint Culinary Center of Excellence, featured teams from across the U.S. military and is the largest military culinary competition in North America.



Brig. Gen. William A. Turner became the 1st Infantry Division's deputy commanding general for maneuver, taking over for Brig. Gen. John Kolasheski





Amanda Kim Stairrett | 1ST INF. DIV. Kansas adjutant, Maj. Gen. Lee Tafanelli, left, and Maj. Gen. Daryl L. Bohac of the Nebraska Air National Guard, above, attend the Total Force Conference Feb. 11.



The Total Army doctrine mandated by Army senior leadership meant Fort Riley became the place to train for units of all military services on active duty or with the Army Reserve and the National Guard. **ABOVE:** U.S. Air Force Staff Sgt. Nicole Boxx-Hampton, a loadmaster for the 180th Airlift Squadron, 139th Airlift Wing, Missouri Air National Guard, performs an air drop at Fort Riley March 23. **BELOW:** Pilots from the 3rd Airlift Squadron, 436th Airlift Wing at Dover Air Force Base, Delaware, land a C-17 Globemaster III June 25 at Savage Airfield on Fort Riley. This was the first time a C-17 landed at Savage Field.







Staff Sgt. Jerry Griffis | 19TH PUBLIC AFFAIRS DETACHMENT

Maj. Gen. Joseph M. Martin, above, speaks at the Assumption of Command Ceremony Oct. 18, at Fort Riley's Cavalry Parade Field. A month later he would lead the division headquarters to a nine-month deployment in Iraq. previously served with the division twice, first as a company commander for the "Dagger" brigade in 1990 and later as commander of the 2nd Heavy Brigade Combat Team, 1st Inf. Div., from 2008 to 2010.



## TOP 10 Continued from page 21

Melton said none of this would have been possible without the assistance of Fort Riley and IACH community partners, Kansas and the American people, but through them, readiness has been increased at Fort Riley.

"With this new hospital, together with our partners, we will continue to create opportunities that enhance the operational readiness of our units and enabled the resiliency of our community," he said.

#### 2. JILL BIDEN, SPOUSE OF VICE PRESIDENT JOE BIDEN, VISITS FORT RILEY

To celebrate Month of the Military Child and as part of her shared initiative with first lady Michelle Obama, Joining Forces, second lady of the U.S. Jill Biden visited Fort Riley April 5 and 6. She came to talk to Soldiers, family members, military-connected students and educators from Kansas State University and Geary County USD 475, as well as numerous members of the civilian community who support the mission of educating military children.

Holly Dailey, wife of Sgt. Maj. of the Army Daniel A. Dailey, accompanied her. Students of Fort Riley Middle School lined the entryway of the school to greet Biden, who toured classrooms and interacted with teachers and student teachers who work there as well as students and parents about their experiences with military life.

"I think we're moving forward," Biden said. "I'm hoping it becomes part of our culture (that) all teachers needs of military-connected students in their classrooms.

During her visit, Biden met with parents and students of the middle school to talk about the unique challenges faced by the kids.

"I'm hoping it becomes part of our culture forever and ever," Biden said about the program. "And that all teachers across the United States will make an effort to recognize military mony Oct. 18 at Fort Riley's Cavalry Parade Field.

He was not destined to be at Fort Riley during the initial months of his command, however. Soldiers from the Big Red One headquarters were preparing for a nine-month deployment to Iraq. They would assume command in Iraq barely a month after this ceremony on Nov. 17.

"I understand Fort Riley. I know the community; I understand the division; I know the training area; I know the people."

#### MAJ. GEN. JOSEPH MARTIN

1ST INFANTRY DIVISION AND FORT RILEY COMMANDING GENERAL WHO TOOK COMMAND IN OCTOBER

all across the United States will make an effort to recognize military children and their challenges."

During the visit, Biden highlighted the educational partnership between Fort Riley and Kansas State University as part of Operation Educate the Educators — an effort Biden launched through the Joining Forces initiative to train teachers to recognize the unique

children, their challenges and what great kids they are."

#### 3. MAJ. GEN. JOSEPH MARTIN ASSUMES COMMAND OF THE FIRST INFANTRY DIVISION AT FORT RILEY

Maj. Gen. Joseph M. Martin officially assumed command of the "Big Red One" and Fort Riley at a cereDuring the Assumption of Command Ceremony, Martin spoke about the deployment, which will see the 1st Inf. Div. assume the role of Combined Joint Forces Land Component Command — Operation Inherent Resolve, replacing the 101st Airborne Division.

"I understand Fort Riley," said Martin, who previously served with the division twice, first as a company commander for the "Dagger" brigade in 1990 and later as commander of the 2nd Heavy Brigade Combat Team, 1st Inf. Div., from 2008 to 2010. "I know the community; I understand the division; I know the training area; I know the people."

Martin most recently served as commander of the National Training Center and Fort Irwin, California.

#### 4. REGIONAL MILITARY LEADERS CONVENE AT TOTAL ARMY CONFERENCE

Senior leadership from the 1st Infantry Division at Fort Riley was joined by military leaders from six states throughout the Midwest Feb. 11, to work toward strengthening the partnership between active-duty, National Guard and Reserve forces, making them all more operationally effective.

The conference included an extensive tour of Fort Riley training sites and facilities so adjutant generals from Kansas, Missouri, Nebraska, Oklahoma, Iowa and Minnesota could get a look at just what was available to them in the Central Flint Hills of Kansas. Kansas National Guard and Reserve forces are no strangers to Fort Riley.

See TOP 10, page 23



2nd Armored Brigade Combat Team, 1st Infantry Division, Col. Miles Brown, along with Command Sgt. Maj. Larry H. Orvis Jr., relinquished command and responsibility to Col. David Gardner and Command Sgt. Maj. Craig A. Copridge July 15.



Lt. Col. Jeffery Hambrice assumed command of the U.S. Army Dental Activity at Fort Riley at a change of command ceremony Aug. 30, taking over for Col. Daniel Convey, who served as interim commander since February



converged on Fort Riley for the Housing the Forces Training Event Aug. 29 to Sept. 1 at Riley's Conference Center. The event brought together more than 250 military housing and to learn the best practices in military family housing.



Retired Sgt. 1st Class Nolan Self passed away Sept. 9, at the age of 98. Self was a former Buffalo Soldier in the 10th Cavalry. He served in multiple campaigns including World War II. Self was one of two of the last Buffalo Soldiers from the 10th Cav.



JULY

**YEAR IN REVIEW** 

#### AUGUST

#### **SEPTEMBER**

#### DECEMBER 23, 2016 | 23

YEAR

IN REVIEW

#### APRIL

#### MAY

#### JUNE



In early April, Fort Riley Army Community Service earned accreditation from Headquarters, Department of the Army. Cheryl Erickson, director of Fort Riley ACS, said "It is validation that Fort Riley Army Community Service is a premiere Army program effectively fulfilling its role in meeting the needs of our frequently deploying Soldiers and their families."



Fort Riley's Directorate of Family and Morale, Welfare and Recreation won the 2015 Excellence in Army Recreation Awards, securing \$10,000 in prize money to put toward programs that benefit Soldiers and their families.



A new unmanned aircraft system facility was opened at a ribbon-cutting ceremony May 2 at Fort Riley's Marshall Army Airfield. Col. John M. Cyrulik, commander of the 1st CAB, said "This is the result of years of effort by many dedicated men and women of our Fort Riley and 'Big Red One' team and continued support by local, state, federal officials and partners.



LEFT: Veronica Lane watches as her husband, Sgt. 1st Class David Lane, hugs their children, 12-year-old McKenzie and 9-year-old Zachary, for the first time in nine months March 7 at Fort Riley. Lane, Headquarters and Headquarters Company, Special Troops Battalion, 1st Infantry Division Sustainment Brigade, returned to Fort Riley after a nine-month deployment to Kuwait. "My babies, my babies," he said as he held his children. RIGHT: Col. Allen T. Cassell, left, and Command Sgt. Maj. Stephen M. Harris case the colors of the 1st Infantry Division Sustainment Brigade in Kuwait, which signified the transferring of its authority to the 17th Sustainment Brigade, during a March 3 ceremony at Camp Arifjan, Kuwait. During its nine-month tour, the 1st Inf. Div. Sust. Bde. oversaw the transport and issue of more than \$1 billion worth of military equipment for Iraqi allies to use in its fight against Daesh, also known as ISIS.



Maj. Gen. Edward M. Daly, commanding officer of the Army Sustainment After staring at her father from her mother's arms for awhile, 16-month-



Amanda Kim Stairrett | 1ST INF. DIV.

Command, speaks to several members of the Fort Riley's Logistics Readiness old Shaelynn finally decided to go to Sgt. Colton Hoefling of the 1st Center staff after hem presented the awards to LRC members at a ceremony in Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st 1st Infantry Division headquarters Aug. 24.The LRC team was presented the Infantry Division. Hoefling returned to Fort Riley June 21 with about 250 Spearhead of Logistics, Chief of Transportation, Best of the Best Deployment Soldiers from the "Dagger" brigade following a nine-month deployment to Award and the Chief of Staff Army Deployment Excellence Award, both for 2015. Southwest Asia.

## TOP 10 Continued from page 22

#### **5. DANGER FOCUS HIGHLIGHTS YEAR OF INTENSE TRAINING**

The Total Army Conference barely ended on Feb. 11 when Brig. Gen. John S. Kolasheski, who was the 1st Infantry Division deputy commanding general for maneuver at that time, introduced a leader development training program focused on incoming battalion commanders.

In a Feb. 26 story in the 1st Infantry Division Post, Kolasheski said terrain board rehearsals give commanders "the opportunity to think through an NTC (National Training Center) fight so when his actual unit goes there, he (the battalion commander) has already considered different ways to execute some of his possible assigned missions."

Kolasheski added that "A senior mentor provides experience and insight that will help prepare battalion commanders, giving them the opportunity to 'shake off the dust' before they take command."

By the time Danger Focus began on April 26, the value of the program was evident: Danger Focus was an intense and comprehensive exercise

**ING FIRST!** 

#### "You all are absolute superstars. I compare you all to linemen in a football game ... You are worth your weight in gold.

#### MAJ. GEN. EDWARD M. DALY

#### COMMANDER OF THE ARMY SUSTAINMENT COMMAND TO STAFF MEMBERS OF THE FORT RILEY'S LOGISTICS READINESS CENTER AT AN AWARDS CEREMONY AUG. 24.

that lasted until June 3. It featured weapons systems that ranged from small arms and mortars, to Bradley Fighting Vehicles, tanks, multiple launch rocket systems, cannon artillery, attack helicopters and unmanned aerial systems.

But Danger Focus was only part of the story. Throughout the year, Army Reserve, National Guard, Air Force, Marines, ROTC, military personnel from foreign nations and other military units came to Fort Riley to accomplish their training goals.

They were supported, not only by the 1st Infantry Division, but by the U.S. Army Garrison at Fort Riley and the Directorate of Plans, Training, Mobilization and Security. The DPTMS staff works as much as two years in advance to accommodate these units. In 2015, nearly 22,000 Soldiers from various units not associated with Fort Riley trained here using the equipment and staff provided. In 2016, that number jumped to more than 26,000.

The end result is a total force, integrated and prepared to meet the nation's enemies.

#### **6. 1ST INFANTRY DIVISION** SUSTAINMENT BRIGADE **RETURNS FROM KUWAIT**

"This is, in my opinion, the most complex and difficult sustainment mission ever tackled by a sustainment brigade ... I do not say that lightly because I know the phenomenal work done by other sustainment brigades, but I'm telling you this mission is the most difficult one I have seen in 30 years of service."

That was how Maj. Gen. Paul C. Hurley Jr., commander of the 1st Sustainment Command (Theater),

characterized the performance of the 1st Infantry Division Sustainment Brigade during its nine-month tour of duty in Kuwait.

The 1st Inf. Div. Sust. Bde. began its work in the summer of 2015 and transferred authority for military logistical operations to the 17th Sustainment Brigade during a March 3 ceremony.

The brigade's mission involved providing supplies and services to United States and coalition forces in seven countries, including providing the Iraqi military equipment through the Iraq Training and Equipment Fund.

During their nine-month deployment, the "Durable" brigade Soldiers improved logistical operations in a number of ways. Hurley praised Col. Allen T. Cassell, 1st Inf. Div. Sust. Bde. commander, and his team for

saving millions of dollars on contracts, developing new supply routes and helping Iraqi allies, all while operating in a logistical environment constrained

by a troop cap in Iraq. "They helped build partner capacity in Iraq, taking on the huge task of receiving, bringing to record, warehousing, reconfiguring, transporting and issuing (more than \$1 billion) worth of ITEF equipment to our Iraqi partners," Hurley said. "And I cannot over emphasize how tough that is when you're operating in a very restrictive, minimal logistics footprint."

Cassell directed the praise to his Soldiers, saying, "They have been durable to one of the toughest missions given to a sustainment brigade. They sustained the forces ... providing support to (Iraqi Security Forces), U.S. and joint coalition forces and anyone else who needed it."

#### 7. 2ND ARMORED BRIGADE COMBAT TEAM RETURNS **FROM SOUTHWEST ASIA**

Soldiers from the 1st Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st In

See TOP 10, page 24



Soldiers with 1st Infantry Division Artillery conduct an esprit-de-corps run during the DIVARTY's 90th anniversary celebration Oct. 13. Units participating were 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, and 1st Bn., 7th FA Regt. 2nd ABCT.



The final group of Soldiers from the 1st Armored Brigade Combat Team, 1st Infantry Division, to deploy to the Republic of Korea arrived at Osan Air Base Oct. 28. "The Devil brigade is trained and ready for its mission," said Col. Timothy Hayden, the brigade's commander.



The 1st Infantry Division, commanded by Maj. Gen. Joseph Martin, assumed command of the Combined Joint Forces Land Component Command-Operation Inherent Resolve from the 101st Airborne Division during a Transfer of Authority ceremony Nov. 17 at Forward Operating Base Union III in Iraq.



The 1st Infantry Division and Fort Riley ushered in the holiday season with Trees for Troops and visits from Santa.

#### OCTOBER

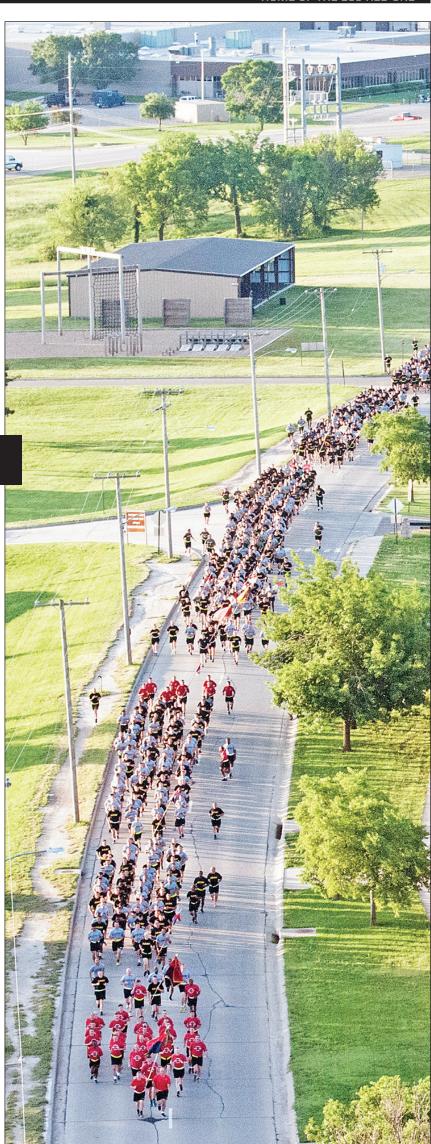
#### NOVEMBER

#### DECEMBER



**ABOVE:** 1st Infantry Division Victory Week was a weeklong celebration of the Big Red One's history, traditions and warrior ethos. The event began June 6 and culminated with senior leadership of the 97th Military Police Battalion, above, holding the 2016 Victory Cup aloft on June 10. **RIGHT:** 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 Throughout the week, Soldiers represented their units in nearly two dozen athletic events. Soldiers paid their respects to their fallen comrades at the Victory Park memorial rededication and wreath-laying ceremony June 7. A signing ceremony was held June 6 to observe the official adoption of the 100th Anniversary Committee Charter. Eighteen members of more than 60 leaders and community members from across the state of Kansas that formed to help the 1st Infantry Division and Fort Riley paused to remember the actions and sacrifices made on D-Day 72 years ago.





Spc. Derrik Tribbey | 1ST INF. DIV.

**DUTY FIRST!** 

Maria Childs | POST

Command Sgt. Maj. James Collins, left, U.S. Army Garrison Fort Riley senior noncommissioned officer, Col. Andrew Cole Jr., second from left, outgoing garrison commander, Joe Capps, second from right, Installation Management Command Central Region director, and Col. John Lawrence right, incoming garrison commander, prepare to conduct a change of command ceremony July 13 at Riley's Conference Center. Cole's departure ended ended his three-year leadership of the garrison.

# TOP 10 Continued from page 23

fantry Division returned to Fort Riley June 21 with about 250 Soldiers following a nine-month deployment to Southwest Asia.

The "Dagger" brigade Soldiers supported stability and security in the Southwest Asia region.

#### 8. FORT RILEY LOGISTICS READINESS CENTER EARNS NATIONAL HONOR

At a formal ceremony at the 1st Infantry Division headquarters Aug. 24, Maj. Gen. Edward M. Daly, commander of the Army Sustainment Command, presented the Spearhead of Logistics, Chief of Transportation, Best of the Best Deployment Award and the Chief of Staff Army Deployment Excellence Award, both for 2015 to Fort Riley's Logistics Readiness Center staff.

The awards placed the LRC among the elite logistics organizations across the Army.

The awards were presented to Scot Bird, installation transportation officer, Scott Arcuri, freight chief, and Matt Holloway, unit movement supervisor, on behalf of their LRC team. The LRC director is Larry Githerman.

This year marked the fifth time in the past eight years the Fort Riley LRC has won the Chief of Staff Army Deployment Excellence Award. The LRC earned it in 2008, 2011, 2012 and 2014.

The other award — the Spearhead of Logistics, Chief of

"The garrison has been through some challenging times throughout my tenure. This workforce has weathered a reduction in force as well as seen no relief in their support mission as they enable combat readiness for the 1st Infantry Division. Nonetheless, our workforce has continued to strive for and achieved excellence."

#### COL. ANDREW COLE JR.

OUTGOING COMMANDER OF THE FORT RILEY GARRISON AT HIS FAREWELL CEREMONY JULY 13

Transportation, Best of the Best Deployment Award in the large installation category — had never been presented to an installation the size of Fort Riley. Past awardees have all been smaller units.

"You all are absolute superstars," Daly said. "I compare you all to linemen in a football game. You rarely hear their names, but just try to execute a fight without them. You are worth your weight in gold."

## 8. FIRST INFANTRY DIVISION VICTORY WEEK

A celebration of Big Red One history, traditions and warrior ethos: that is what Victory Week 2016 was in the first month of summer. The event was open to all visitors and supporters or the 1st Infantry Division.

The event began June 6 and culminated with senior leadership of the 97th Military Police Battalion holding the 2016 Victory Cup aloft June 10.

During the week, Soldiers paid their respects to their fallen comrades at the

Victory Park memorial rededication and wreath-laying ceremony June 7.

In light of the approaching 100th birthday of the 1st Infantry Division, a signing ceremony was held June 6 to observe the official adoption of the 100th Anniversary Committee Charter. Eighteen members of more than 60 leaders and community members from across the state of Kansas that formed to help the 1st Infantry Division celebrate its 100 years of service were on hand.

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

At what was officailly called "Operation Overlord," Big Red One Soldiers stormed Omaha Beach as part of the Allied invasion.

Throughout the week, Soldiers represented their units in nearly two dozen athletic events that ranged from arm-wresting to soccer, from flag football to fishing.

#### 10. FORT RILEY GARRISON COMMANDER COL. ANDREW COLE JR. DEPARTS, COL. JOHN LAWRENCE ASSUMES COMMAND

Fort Riley garrison commander Col. Andrew Cole Jr., said farewell July 13 during a ceremony at Riley's Conferenced Center. Cole relinguished responsibility for the garrison to Col. John Lawrence.

Cole's departure ended ended his three-year leadership of the garrison.

Joe Capps, Installation Management Command Central Region director, acknowledged some of Andrew's accomplishments during his time in command in his remarks.

"I could talk for hours about Andrew, but I know that he is the kind of leader that his accomplishments were the accomplishments of a team, and it was a privilege to lead that team," Capps said. "Andrew had to work within the direction and guidance provided by the senior mission commander while balancing the realities of a resource constrained environment."

In 2015, Fort Riley was recognized by IMCOM for the culture of safety that Cole garnered while in command. This year, Fort Riley was named the best installation in the Department of Defense. Mission readiness of the Soldiers at Fort Riley improved during his leadership as well asmany other accomplishments across the installation.

Capps said these accomplishments set Cole apart as a garrison commander.

"The time truly has flown over the last three years," Cole said. "The garrison has been through some challenging times throughout my tenure. This workforce has weathered a reduction in force as well as seen no relief in their support mission as they enable combat readiness for the 1st Infantry Division. Nonetheless, our workforce has continued to strive for and achieved excellence."

