



HIGH DESERT WARRIOR

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Published in the interest of the National Training Center and Fort Irwin community

Red Cross Classes

The Fort Irwin American Red Cross Station will host its monthly Cardio-pulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) Class on March 27, 9 a.m.-2 p.m. and March 28, 9 a.m.-1 p.m. Classes cost \$60 per person. If you are a registered Red Cross volunteer and volunteer at least 20 hours per month, the fee is \$10. Active-duty Soldier's fee is \$45. Family members pay \$22.50. To participate in this life saving course, contact Fort Irwin Red Cross Station at 380-3697.

10-Miler Team Tryout

All active duty, National Guard and, Reserve Soldiers stationed or assigned to the National Training Center and Fort Irwin are invited to the Fort Irwin 10-Miler Team tryout at the Fitness Connection, 7 a.m., April 10. National Guardsmen or Reservists currently serving on active duty need to be on active duty at the time of tryouts and during the event in October. The top six male and six female Soldiers who qualify for the team will start training April 19 and will represent Fort Irwin during the annual Army 10-Miler Run, in Washington D.C., Oct. 24.

For more information, contact Sgt. 1st Class Catherine Harris, 380-8386.



Lt. Dan Band Concert

Gary Sinise, bass guitarist for the Lt. Dan Band, will hold a FREE concert at Army Field for the Fort Irwin community, 7 p.m., TOMORROW. The Lt. Dan Band covers everything from Springsteen to Linkin Park, from Aretha Franklin to Jimi Hendrix. The band is known for a character Sinise portrayed in the 1994 Academy Award winning film, Forrest Gump. Sinise received an Oscar nomination for Best Supporting Actor. Gates will open at 5:30 p.m. Coolers with food and non-alcoholic beverages are allowed. Bags and coolers will be searched at the entrances. Beer will be available for sale at the concert. No pets allowed at Army Field. Concert goers are encouraged to park a distance away from Army Field and to walk to the field to avoid traffic congestion. For more information, call 380-9275.

REMINDER: Don't drink and drive.



Afghanistan Sgt. Maj. of the Army Roshan Safi, right, answers a question from Spc. Ehab Amer, an interpreter/translator, 51st Translator Interpreter Company, 11th Armored Cavalry Regiment, during a briefing at the post theater, March 3.

“Shohna ba Shohna”

Top Afghan Army NCO: ‘Shoulder to shoulder’ approach among Afghanistan, American forces required for success

STORY AND PHOTO BY GUSTAVO BAHENA
Warrior Staff Writer

The Dari phrase ‘shohna ba shohna’ translates into ‘shoulder to shoulder,’ and that is exactly what the top noncommissioned officer of the Afghan National Army wanted to convey during a visit to the National Training Center and Fort Irwin on March 3.

Afghanistan Sgt. Maj. of the Army Roshan Safi spoke those words during a briefing he presented to senior NCOs at the post theater here. He talked about the training that his Army is performing and how his NCO Corps is being improved.

Safi was appointed the Sergeant Major of the Army in June of 2006 and has led the way in establishing an NCO Corps in his Army. Safi graduated from Class 56 of the United States Army Sergeants Major Academy in Fort Bliss, Texas, and was the top international student in that class.

The Afghan NCO Corps has been developed according to a framework that the U.S. Army follows. It is well-known that the NCO Corps is the backbone of the U.S. Army, and it is evident by the authority and responsibility delegated to individual sergeants. Sergeants are charged with leading, teaching, and with maintaining accountability of equipment.

Safi said in his briefing that the Afghan Army historically did not have an NCO Corps until its inception in 2003. The NCO Corps now includes squad leaders, team leaders and platoon sergeants. He went on to say that his Army's primary trainers are NCOs and that officers are delegating more authority or ‘power’ to NCOs. He said that is a result of the training and education that NCOs are receiving. Safi mentioned that the head of his Army now considers the NCO Corps as very relevant.

“Right now the chief of the Army believes that noncommissioned officers are like glue — they are keeping the units together,” Safi said.

Unity is important in the fight in Afghanistan. Safi pointed out that coalition forces, the International Security Assistance Force and Afghanistan National Security Forces (comprised of the ANA and Afghanistan National Police) are working together.

“They are working as one team for one fight,” Safi said. “They are planning together. They are fighting together. They are doing operations together. We need to work together ‘shohna ba shohna,’ or shoulder to shoulder.”

Safi made a point of highlighting the sacrifices made by the United States, other coalition members and the ANSF. He presented a slide with 2009 statistics that showed 360 U.S. personnel killed in Afghanistan, 185 allies, and 1,030 ANSF killed.

“We both are losing Soldiers,” Safi said. “We are shedding blood in Afghanistan, and the people of Afghanistan will never forget that United States Soldiers left their beautiful country and went all the way to support Afghanistan's fight against Al Qaeda and Taliban.”

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MAR.-APR. 2010

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ROTATIONAL SOLDIER USE OF POST FACILITIES

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247

FORT IRWIN SOLDIERS
CURRENTLY DEPLOYED

Source: Directorate of Human Resources
National Training Center and Fort Irwin

NTC — Fort Irwin “Customer Corner”

BY ADAM COLE

Customer Service Officer

Outstanding Organizations On Post Receive Customer Service Achievement Awards

In addition to our Customer Service Warrior Awards which recognize individuals who demonstrate outstanding customer service, each quarter up to six agencies on post will be recognized for outstanding customer service to our community.

Agencies on post fall into one of two Customer Service Achievement Award categories, either the Command/Directorate or the Front Line Service Provide category. At the Community Services Council held at Ingalls Recreation Center on March 1, six agencies on post received this quarter's awards.

Our awards process begins by downloading ICE comments for the previous nine months for every organization on post. Organizations with at least 25 comments, customer satisfaction ratings of at least 85 percent, and at least a 90 percent positive response to our Staff Attitude or Dignity and Respect question is sent to our Awards Committee. Our Awards Committee scores these nominated organizations based on a short questionnaire and the three highest scoring organizations in each category are awarded.

This quarter's organizations receiving the Customer Service Achievement Award in the Command/Directorate category are Garrison's Directorate of Human Resources, the Religious Support Office and Main Chapel, and DENTAC — Shuttleworth Dental Clinic.

Accepting the Award on behalf of the Directorate of Human Resources (DHR), Garrison, was Director Ms Sheila Higgins. DHR manages Military Personnel Support, Education Services, Casualty and Mortuary Services, the Army Career and Alumni Program, Administrative Services, and Army Substance Abuse Program. DHR customers submitted over 3,500 ICE comment cards Submitted in the previous nine months. These indicated a 98 percent overall satisfaction rating including Staff Attitude and treatment with Dignity and Respect. Here is what a recent DHR customer submitted in ICE: “I recently submitted retirement paperwork and was pleased by the ease of the process. Staff was extremely knowledgeable and helpful, ensuring that my paperwork was complete and submitted on time, and always available to address my concerns ensuring the process was smooth and seamless for me.”

Accepting on behalf of DENTAC and the Shuttleworth Dental Clinic was DENTAC Fort Irwin commander, Col. Vo. DENTAC, provides dental service to all our Soldiers. DENTAC customers submitted over 1,200 ICE comment cards in the previous nine months. These indicated a 97 percent overall service satisfaction rating including Staff Attitude. Here is what a recent customer submitted in ICE: “I want to offer praise for the superior treatment that I received at your

dental clinic while visiting NTC as a part of our deployment training. We have faced challenges with our dental care and are apprehensive about “suffering” through another painful dental appointment. My experience at the clinic here restored my faith ... You have exemplary practitioners ... with a great sense of humor and concern for patients ... God bless and god speed.”

Accepting on behalf of the Religious Support Office (RSO) and Main Chapel was Chaplain (Col.) Dennis Newton. RSO provides comprehensive religious programs for the various religions represented on post as well as education, training, and prayer groups. It also implements a number of special programs such as Youth Groups, and the Food Closet. Customers submitted over 230 ICE comment cards in the previous nine months. These indicated a 99 percent overall service satisfaction rating including Staff Attitude. Here is what a recent RSO customer submitted in ICE: “I came to the Chapel for assistance. The Chaplain assistant was very helpful. Thank you very much for making assistance available for families who are really struggling! it gives families like ours hope when everything looks bleak. God bless your kindness.”

“Mr. Torres did an exceptional job updating my ERB . . .”
— *Personnel Services Branch customer*

Likewise, three outstanding service organizations in the Front Line Service Provider Award Category received Customer Service Achievement Awards. Organizations in this category are front line service units within a larger command or directorate, or are individual businesses or offices. This quarter's awardees in this category were MWR's Auto Craft Shop and Soldier Family Assistance Center, and the Personnel Services Branch within Garrison Human Resources.

Accepting on behalf of the Auto Crafts Shop and the Soldier Family Assistance Center was the Director of Family Morale Welfare and Recreation Ms Silvia Berglund. Auto Crafts Shop provides our Soldiers and Family Members a professionally stocked and managed auto repair facility complete with lifts and a machine shop. The Soldier and Family Assistance Center (SFAC) provide service to our wounded warriors and their families. Together, Auto Crafts and SFAC customers submitted almost 500 ICE comment cards in the previous nine months. For each facility these indicated a 99 percent overall service satisfaction rating, and a 99 percent positive response to questions regarding Staff Attitude and treatment with Dignity and Respect. Here is what an Auto Crafts customer recently submitted in ICE: “I came to the auto craft shop to mount a tire on a rim for my travel trailer. Javier found out that I did not know how

to operate the tire machine and volunteered to assist me. We ran into difficulty and...as closing time was at hand I offered to return in the morning. Mr. Lopez would not hear of it! He, Veronica + Vito saved my rear.” For SFAC, a customer recently submitted in ICE: “I am very happy to know that someone cares about preparing me for my future career. All of the staff and guest speakers are knowledgeable and interact with each soldier in depth. Good to know and learn of the benefits and programs available to succeed in civilian transition.”

Accepting the Customer Service Achievement Award on behalf of the Personnel Services Branch within Garrison DHR, was Manager Mr. Chris Stewart. Personnel Services Branch manages military personnel in-processing, personnel records management, promotions, evaluations, deployments, AWOL and DFR's. Personnel Services Branch received more than 2,500 comments from customers in the previous 9 months and maintained a 100 percent service satisfaction rate including treating customers with Dignity and Respect. Here is what one recent customer submitted in ICE: “Mr. Torres did an exceptional job updating my ERB. He was the epitome of professional

and courtesy. Each time I come to DHR the staff is always polite and professional. 19 years of service and this facility by far is the best, great job. Gabriel Torres (is an) invaluable asset to your organization.”

Help us congratulate these organizations and staff for providing sustained outstanding customer service to the National Training Center and Fort Irwin community.

There are 104 service managers at more than 130 service providers on post that are waiting for your comments. We currently receive between 200 and 400 comments per week. Whether you are being served a meal, receiving your gear or an ID card, recreating with friends, picking up your child at day care, driving through our front gate, keeping your medical appointment, or participating in a community event you are being served.

Make it a habit to leave at least one ICE comment per week as commanders and other leaders need to know how their organizations meet the needs of our Soldiers and families. You owe it to yourself, your family, and your unit. To access ICE, the easiest way is to click the ICE logo at the bottom right of the NTC — Fort Irwin homepage, or visit one of the 15 kiosks on post (such as the one in the “mall” area of the Post Exchange, next to the Red Box)

POC for ICE, and other customer comment programs, is Mr. Adam Cole at adam.cole4@us.army.mil , or 380-7639.

WHO WE ARE

Brig. Gen. Robert B. Abrams
Commanding General
Command Sgt. Maj. Victor Martinez
Post CSM
Col. Jim Chevallier
Garrison Commander
Command Sgt. Maj. Mark A. Harvey
Garrison CSM
John M. Wagstaffe, NTC PAO Director

High Desert Warrior Staff

Chicpaul Becerra, Editor
chicpaul.becerra@us.army.mil
Gustavo Bahena, Staff Writer
gustavo.bahena@us.army.mil
Agustin Rodriguez, Editorial Assistant
agustin.rodriguez1@us.army.mil
Caroline Keyser, HDW Volunteer Writer
caroline.gotler@us.army.mil

Aerotech News

Tammi Haynes, Graphic Designer

HIGH DESERT WARRIOR

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SUBMISSIONS

Story and photos may be sent to the High Desert Warrior at least two weeks prior to the desired publication date. Items submitted to the High Desert Warrior are always subject to editing. Submissions should include subject's names, ranks and work affiliation (unit or organization) of everyone in the photograph. Group photos of four or more people don't require individual names. Submissions may be e-mailed to the editor at chicpaul.becerra@us.army.mil.

NEWSPAPER AWARDS

2nd Place, 2009 U.S. Army IMCOM-West
Newspaper Competition — Tabloid Category
Honorable Mention, 2008 Dept. of the Army
Maj. Gen. Keith L. Ware
Newspaper Competition — Tabloid category
3rd Place, 2007 U.S. Army IMCOM-West
Newspaper Competition — Tabloid Category

SEND US FEEDBACK

Send your questions, suggestions, or problems to:
1. Your chain of command
2. ICE (Interactive Customer Evaluation)
3. CG's Hotline: 380-5463

Spouses get chance to tell the Army what's on their mind

BY ROB MCILVAINE

FMWRC Public Affairs

ALEXANDRIA, Va. — The U.S. Army recently sent out the 2010 Survey of Army Families VI to a random selection of civilian Active Army spouses in order to assess the support provided to Families and Soldiers during these past nine years of persistent conflict.

"This survey is your chance to tell the Army leadership what it's like during this difficult period with so many of our Soldiers deployed," Lt. Gen. Rick Lynch, IMCOM commander told 75,000 civilian spouses of Active Soldiers in a letter introducing the 2010 Survey of Army Families VI.

Because this number represents just a small portion of the total number of spouses, it's extremely important to complete the survey, according to survey officials. Every four years, this valuable information gives the Army a grassroots view of how Family's opinions and attitudes have changed, and provides an opportunity to evaluate the effects of programs on Families.

The survey also tracks trends regarding the characteristics of Army Families, identifies new and emerging Family issues, and supplements other studies on Army Families.

"Your voice is extremely important. As a spouse randomly selected to participate in this survey, you will be not only be speaking for yourself, you'll be representing many other Army spouses," Joseph Rayzor, FMWRC director of Marketing, said.

Army leadership will use the survey results to plan, formulate, and improve policies and programs which benefit Army Families. For example, results from previous surveys of Army Families have helped the Army design Family Readiness Groups and improve Family and Morale, Welfare and Recreation programs.

This year's focus is the impact deployments have on Army Families.

"Multiple deployments during this time of persistent conflict may have changed the needs of our Soldiers and their Family members. We must hear from our customers in order to make the best informed decisions for the Army, our Soldiers and their Families," Rayzor said.

The Survey of Army Families was institutionalized to meet DoD's requirement for military departments to perform Family research and program evaluation, and an Army requirement (through a 1983 CSA White Paper) to conduct research on the role of Army Families and the effect of Army life on Families.

After receiving the letter about participation in the 2010 Survey of Army Families VI, spouses may complete the survey on the Internet or using a hard-copy version provided by mail.

To keep the survey as scientifically accurate as possible, only those selected during the random sampling will be able to participate in the survey.

Spouses not selected for the survey but who wish to provide comments, suggestions or critiques of support programming are encouraged to use their spouse's chain of command, participate in the AFAP process, or speak to their local Family Support Group or Army Community Service directors to learn how to direct their comments to the appropriate agency.



Brig. Gen. Robert "Abe" Abrams, National Training Center and Fort Irwin commanding general, presents Spc. Nayeli Carter, HHT, RSS, 11th ACR, with the Army Commendation Medal during an awards presentation, March 3. Carter and 11 other Troopers from the 11th Armored Cavalry Regiment received the Army Commendation Medals for winning the Active Army Field Kitchen category of the Department of the Army level of the 2009 Philip A. Connelly Awards Program for Excellence in Army Food Service.

CG presents award-winning Blackhorse team with ARCOMs

STORY AND PHOTO

BY SGT. GIANCARLO CASEM

11th ACR Public Affairs

Brig. Gen. Robert "Abe" Abrams, National Training Center and Fort Irwin commanding general, presented 12 Troopers from the 11th Armored Cavalry Regiment with Army Commendation Medals during a presentation ceremony March 3.

The Blackhorse team competed in the Active Army Field Kitchen category and represented the NTC, the 11th ACR and Army Forces Command at the Department of the Army level of the 2009 Philip A. Connelly Awards Program for Excellence in Army Food Service.

"It is extraordinarily difficult, I've been in almost 28 years and this is the closest I've been to a Connelly Cup winner," Abrams said at the awards presentation. "This is not insignificant, this is a big deal."

From providing nutritional

meals to creating morale-boosting environments, food-service professionals keep the Army rolling along. The Connelly Awards program honors those who rise above the standard and continually demonstrate excellence in food service.

The program is managed by the Quartermaster Center and School's Joint Culinary Center of Excellence and co-sponsored by the International Food Service Executives Association and the Department of the Army. The competition is named in honor of the late Philip A. Connelly, past president of IFSEA, highly regarded as the driving force behind obtaining IFSEA sponsorship of the Department of the Army's recognition of excellence in Army food service.

The JCCoE and IFSEA evaluators traveled the globe in throughout the year in 2009 to obtain first-hand knowledge of how Army food-service personnel perform their jobs. Connelly

judges descended upon Fort Irwin in December to assess the team. They were graded on the whole gamut of food services ranging from preparing and ration control to proper record keeping. The success of the Regiment at the competition hinged on teamwork said Sgt. Sergio Enriquez, Regimental Headquarters and Headquarters Troop, 11th ACR.

"It shows the teamwork and support that food service personnel have for each other," said the native of Vacaville, Calif. "We accomplished a great mission."

The program also allowed junior Soldiers to participate and work with others outside their unit and with other job specialties, it also allowed them to see their leaders operate in a field environment said Spc. Nayeli Carter, Headquarters and Headquarters Troop, Regimental Support Squadron, 11th ACR.

"It showed to me how the Army can work together; we

had Soldiers from all over the Regiment," said Carter, native of Ingleside, Texas. Carter worked as a cook in the mobile kitchen during the competition. "It also showed leadership skills. The junior Soldiers saw how leaders work."

Enriquez, who worked as the sanitation noncommissioned officer-in-charge, agreed with Carter and added that winning the competition has set a standard for other food-services Soldiers.

"It's important because it shows what the standards are and should be," Enriquez said. "It gives the Soldiers a motivation, a goal."

Before he awarded the Blackhorse Troopers, he added that even though the 12 Soldiers were receiving the awards, it was indeed a whole team effort.

"It took everybody's support," Abrams said. "It is a mark of excellence, the Regiment's got a whole lot to be proud of."

For more information go to www.irwin.army.mil

Crime Watch

Information provided by Provost Marshal Office

Police receive a report of larceny of private and government property from a residence in the Calico Estates housing area.

Police receive a report of larceny of tools from a maintenance area.

Police receive a report of larceny of funds using a debit card.

Police respond to a report of larceny of government property from a unit motor pool.

Police receive a report of ID theft regarding opening accounts using unauthorized information.

Police respond to a report of an individual with a suspended license at the front gate. The person was found to be a habitual traffic offender and the license was suspended. Citations were issued and the vehicle was towed.

Police respond to a report of an assault at an FMWR facility. Minor injuries reported.

Police receive a report of damage to a POV in the Desert Winds housing area.

Police respond to a report of someone disturbing the peace in the Desert Winds housing area. One person was charged with Disturbing the Peace and Public Intoxication.

Police respond to a report of a physical altercation in the Granite Canyon housing area. One person was charged with Assault and Child Neglect.

Police respond to a report of a physical altercation in the Mojave Desert housing area. Two persons were charged with Assault.

Police respond to a report of a physical altercation in the Desert Winds housing area. One person was charged with Assault and Child Abuse.

Police respond to an assault at an FMWR facility. Injuries reported.

Adopt-a-pet



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Call 380-3025 for more information.
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News Briefs

Non-competitive Appointment

Are you married to an active duty service member or a widow or widower of a service member killed while on active duty? Are you the spouse of a retired or separated service member with a disability rating of 100 percent? If you answered "YES" to any of the questions above, you may qualify for a non-competitive appointment in the Federal Civil Service! Call 380-5165 for more information.

AUSA Regional Meet

The Association of the U.S. Army will hold its 7th Region Annual Meeting at the Hampton Inn and Suites, Barstow, from today through Saturday. The annual meeting allows leaders from the region's 13 chapters to discuss achievements and share ideas on how to achieve the primary mission of 'Voice for the Army, Support for the Soldier. Today, Gen. (Retired) Gordon Sullivan, AUSA president, will give a briefing presentation. Keynote speakers on Saturday are National Training Center and Fort Irwin commanding general, Brig. Gen. Robert 'Abe' Abrams, 34th District Assemblywoman Connie Conway, and Assemblyman Steve Knight. Conference attendees will be able to attend briefing presentations on Institute on Land Warfare, Veterans Affairs, and more. Attendees will also be given briefings and a tour of Fort Irwin tomorrow. For more information, call Calvin Phillips at 985-8905.

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<p>2010 OUTLANDER ES</p> <p>MSRP.....\$21,580 DEALER DISCOUNT.....\$2,092 OWNER LOYALTY REBATE* \$1,000 MILITARY REBATE*.....\$500</p> <p>\$17,988</p> <p>NET COST 5 AT THIS PRICE</p>	<p>2009 ECLIPSE GS</p> <p>MSRP.....\$24,113 DEALER DISCOUNT.....\$2,125 FACTORY REBATE.....\$2,000 OWNER LOYALTY REBATE* \$500 MILITARY REBATE*.....\$500</p> <p>\$18,988</p> <p>NET COST 5 AT THIS PRICE</p> <p>• Fully Loaded! • Automatic • All Power Options</p>	<p>2010 SPORTBACK LANCER GTS</p> <p>MSRP.....\$19,910 DEALER DISCOUNT.....\$1,922 FACTORY REBATE.....\$1,000 OWNER LOYALTY REBATE* \$1,000 MILITARY REBATE*.....\$500</p> <p>\$15,488</p> <p>NET COST 5 AT THIS PRICE</p> <p>• Automatic</p>

<p>'00 HONDA ACCORD SDN LX</p> <p>STK. H2026A \$5,988</p>	<p>'08 CHRYSLER SEBRING LX</p> <p>STK. V2308P \$10,988</p>	<p>'08 NISSAN SENTRA BASIC</p> <p>STK. V2307P \$11,900</p>	<p>'05 CHEVROLET TRAILBLAZER LS</p> <p>STK. V2304A \$11,988</p>	<p>'07 NISSAN SENTRA 2.0</p> <p>STK. L2389P \$11,988</p>	<p>'07 CHRYSLER 300 BASIC</p> <p>STK. V2367P \$13,988</p>	<p>'07 HONDA CIVIC SI BASIC</p> <p>STK. S4124P \$14,988</p>
<p>'07 DODGE CHARGER SE</p> <p>STK. V2390P \$15,988</p>	<p>'05 NISSAN 350Z TOURING</p> <p>STK. S4126A \$16,800</p>	<p>'09 HONDA CR-V LX</p> <p>STK. V90292A \$20,900</p>				

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Worship Services/Chapel Activities

CATHOLIC

Holy Mass	Sunday, 9 a.m.	Center Chapel
Daily Mass	M, T, Th, & F 11:45 a.m.	Center Chapel
Rosary	20 Min before Mass	Center Chapel
Confession	30 Min before Mass	Center Chapel
Choir Rehearsal	Wednesday, 6:30 p.m.	Center Chapel
LifeTeen	Thursday, 6:30 p.m.	Center Chapel
EDGE	Sunday, 10:15 a.m.	Center Chapel

PROTESTANT

Liturgical	Sunday, 9 a.m.	Blackhorse Chapel
Sunday School	Sunday, 9:30 a.m.	Center Chapel
Chapel NeXt	Sunday, 11 a.m.	Center Chapel
Traditional (LAR)	Sunday, 11 a.m.	Center Chapel
PYOC (Youth)	Monday, 7 p.m.	Center Chapel
PWOC, Morning	Tuesday, 9 a.m.	Center Chapel
PWOC Evening	Tuesday, 6 p.m.	Center Chapel
Worship Service,	9 a.m., Sunday,	Blackhorse Chapel

GOSPEL

Gospel Service	Sunday, 11 a.m.	Blackhorse Chapel
Prayer Warriors	Wednesday, 6 p.m.	Blackhorse Chapel
Children's Church &		
Choir Practice	Thursday, 6 p.m.	Blackhorse Chapel
Adult Bible Study	Wednesday, 7 p.m.	Blackhorse Chapel
Prayer Men Of Integrity	Women of Excellence	
2nd Wednesday of the Month,	7 p.m.	Blackhorse Chapel

LATTER DAY SAINTS

Sacrament Meeting	Sunday, 1 pm.	Blackhorse Chapel
Sunday School	Sunday, 2:15 p.m.	Center Chapel
Priesthood/RSE	Sunday, 3:10 p.m.	CFLC/Bldg 317

MUSLIM

Prayer	Friday, 1 p.m.	Bldg 317
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JEWISH

Jewish Service	Friday, 6 p.m.	Black Horse Chapel
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CHAPEL ACTIVITIES

AWANA (3 yrs.-6th grade)	Wednesday, 4 p.m.	Center Chapel
HS Bible Study	Wednesday, 6 p.m.	Bldg 320
MOPS	2nd and 4th Wed, 9 a.m.	Center Chapel
<i>Note:</i> For more information on chapel activities, contact the Center Chapel staff at 380-3562 or the Blackhorse Chapel staff at 380-4088.		

AWANA:	Approved Workmen Are Not Ashamed (2 Tim 2:15)
CWOC:	Catholic Women of the Chapel
PEWS:	Protestant Evening Worship Service
PWOC:	Protestant Women of the Chapel
PYOC:	Protestant Youth of the Chapel
CFLC:	Chaplain Family Life Center, Bldg 320
MOPS:	Mothers of Pre-Schoolers, Bldg 317
Childcare services for ages 5-years-old and under are provided free of charge for all scheduled chapel services.	

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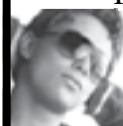
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Community Happenings

OCSC Spring Welfare Campaign

As a response to the needs of the military and civilian community, the OCSC's Fort Irwin Spouses Club is currently accepting requests for charitable donations. Spring welfare requests must be hand-delivered by tomorrow. The purpose of OCSC's Fort Irwin Spouses Club is to promote opportunities for cultural, educational and creative pursuits and to support worthwhile service and community projects. Community events, such as the annual Mardi Gras celebration that will raise funds to be distributed during the spring welfare and scholarship campaigns. For information on how to submit a welfare request, access the OCSC website at www.ftirwinocsc.org under the heading "Welfare and Scholarships" or contact Melissa Karlberg, OCSC 2nd vice president, at melissakarlberg@aol.com.

Nominate Volunteers Now

Army Community Service is accepting volunteer nominations for the upcoming Volunteer Recognition Ceremony. Nominate a Soldier, adult, child or family that has improved the quality of life at Fort Irwin by volunteering. Nomination packets can be picked up at ACS Bldg. 548 or by visiting www.ftirwinmwr.com. You can also call Silky Isaak, ACS volunteer coordinator, 380-8422. Nominees must be registered at www.mymyonesource.com and must have logged their volunteer hours in the tracking system. Deadline for nominations is tomorrow. Winners will be announced at the Volunteer Recognition Ceremony on April 14, 6-7:30 p.m., at Reggie's. The theme for this year's event is "Old Hollywood." The event will be like the Academy Awards, but Fort Irwin style, because volunteers are like superstars. Walk the red carpet starting at 5:30 p.m. Enjoy cake and other refreshments. This is a free and semi-formal optional event.

Domino Tournament

An Army MWR Domino Tournament will be held at Shock Wave. The competition starts on March 16 and continues on March 23 and 30, April 13 and April 20. Participants could win a deluxe domino set and a chance to win a trip to go to the finals in May. Sign up now. For more information, call 380-8646.

Education Center Open House

Fort Irwin Army Education Center will host an Open House for high school students and their parents, from 6-8 p.m., Tuesday. Representatives will be available to discuss ACT/SAT testing, college and career choices, scholarships and financial aid, GI Bill transferability, ROTC, on post colleges, and much more. Door prizes, pizza, and soft drinks will be available. The Education Center is located in Bldg. 1020, corner of Third St. and Ave. F. For more information and/or to RSVP to this event, contact Carolyn Stimpson at 380-2392 or her e-mail at carolyn.stimpson@us.army.mil.

GSAB FRG EVENTS

Following are upcoming General Support Aviation Battalion, Family Readiness Group events:

HHD, GSAB

Jun 10: HHD FRG meeting; Time: 6 p.m., Location: Bldg. 1200 Forum, Topic: TBD. If you should have any questions, contact Ms. Hunter at 380-7781 or email: hhdfrg507@gmail.com.

AAD, GSAB

AAD FRG has not yet scheduled their next meeting. If you should have any questions, contact Sherry Martin at 207.664.8021 or email: aadfrg@gmail.com.

AVCO, GSAB

AVCO FRG meeting has not been scheduled as of yet. If you should have any questions, contact Ms. Hunter at 380-7781 or email: avcofrg@gmail.com.

For more information go to www.irwin.army.mil

Family Resiliency Training

Fort Irwin families are invited to 916th Support Brigade-hosted Family Resiliency Training at Sandy Basin Community Center, 3-4:30 p.m., Wednesday. Learn how to help your family 'bounce back' and understand what your Soldier is learning about resiliency. Families will receive Resiliency Training Module 1 certificates. Presenters include master resiliency trainer, Fort Irwin librarian, Elmo and Big Bird. There will be FREE snacks and children activities. For more information, contact Angie Parreno at 380-7545.

Fort Irwin Pageant

Registration is going on for the 2010 Little Miss/Mister Fort Irwin Pageant at Ingalls Recreation Center, Bldg. 361, until March 19. The pageant is scheduled for March 27, 6 p.m., and is open for kids ages 2 to 18. The pageant's theme this year is Hawaiian Luau. Registration fees are \$30/child. Contact Leslie or Debbie with any questions at 380-3585 or e-mail her at leslie.weston1@us.army.mil

At the Movies

Thursday, Mar. 11

7 p.m. Closed (PG-13)

Friday, Mar. 12

7 p.m. The Tooth Fairy (PG)

7 p.m. Legion (R)

9:30 p.m. Edge of Darkness (R)

9:30 p.m. The Lovely Bones (PG-13)

Saturday, Mar. 13

7 p.m. Studio Appreciation

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Sunday, Mar. 14

4 p.m. The Tooth Fairy (PG)

7 p.m. Edge of Darkness (R)

7 p.m. The Lovely Bones (PG-13)

Monday, Mar. 15

7 p.m. The Tooth Fairy (PG)

7 p.m. Edge of Darkness (R)

Tuesday, Mar. 16

7 p.m. Closed (PG-13)

Wednesday, Mar. 17

7 p.m. Closed (PG-13)

This schedule is subject to change at the last minute to accommodate changes in movies and free showings. ID cards are required from all personnel not in uniform when purchasing movie tickets. For more information and movie updates, call 380-3490.

OCSC Scholarship Campaign

The OCSC's Fort Irwin Spouses Club 2010 Scholarship Campaign is now underway. Applications are being accepted for scholarships to be applied towards the Fall 2010 Semester. Applicants must be a family member of a service member stationed at Fort Irwin on active duty status or must be a civilian member of the OCSC's Fort Irwin Spouses Club or one of his or her family members. Applicants must be enrolled or intend to enroll in an academic institution on a part-time or full-time basis in undergraduate or post-graduate studies. Applications will be evaluated based upon academic achievement, community service/school-sponsored extracurricular activities, an essay and letters of recommendation. All applications must be postmarked by March 23, 2010 and/or received by March 26, 2010. Incomplete applications or those received after the scholarship campaign deadline will not be considered. For eligibility guidelines and a complete application packet, access the OCSC website at www.ftirwinocsc.org under the heading "Welfare and Scholarships" or contact Melissa Karlberg, OCSC 2nd vice president, at melissakarlberg@aol.com.

Scholarship Applications

Barstow Community College is currently taking scholarship applications. The deadline is March 19.

Classes to Start

Park University is offering classes at Fort Irwin, starting Monday. For more information, call 386-8062.

Children's FREE Classes

During April, Month of the Military Child, EDGE! Program will honor our youth with FREE EDGE! classes. April is packed with a number of fun, engaging, and educational programs to include: Golf, Jewelry Making, Teen Job Readiness, Mosaic Art, and Bowling. Classes are open to youth in grades 3-12 and take place at various MWR facilities on base. Transportation from Tiefert, School Age Services and the Middle School and Teen Center is available. Register at Parent Central (Bldg. 1323) or through webtrac at <https://webtrac.mwr.army.mil/webtrac/irwincyms.html>. Spaces are limited, so register today. For more information call 380-5816.

Change of Command

1916th Support Battalion invites the Fort Irwin community to attend 699th Maintenance Company's Change of Command ceremony at the Rotational Unit Field Maintenance Area (RUFMA), 9 a.m., tomorrow. Capt. Christian Gatbonton will relinquish command to Capt. Michael McCarty.

Spouses' Orientation Tour

Are you new to Fort Irwin? Check out the 2-day Spouses' Tour — attendance required for both days of the tour. Participants must be military ID card holders. The tour is free of charge and child care is provided. Space is limited and children must be enrolled at Central Enrollment. For more information, call 380-2258.

School Events

Silver Valley Unified School District

Mar. 12: End of 3rd Quarter

Mar. 16: School Board Meeting, 7 p.m.

Lewis Elementary School

Mar. 18: Spring School Pictures

Fort Irwin Middle School

Mar. 18: 9th grade registration at FIMS, 8:30 a.m.

Silver Valley High School

Mar. 11: Track at Desert, 3 p.m.

Mar. 11: Baseball vs. Vasquez, 3:30 p.m.

Mar. 16-17: CAHSEE 10th, 11th, and 12th grade

Mar. 17: Parent/Teacher Conferences, 12:30-2 p.m.

Mar. 17: Freshmen Orientation, 6 p.m.

Mar. 18: Track at Boron, 3 p.m.

Youth and School Activities

Middle School Activities

Thursday: Photography Club, Jello Jigglers

Friday: Pierced Suncatcher, Cooking Club Shepherd's Pie

Monday: Shamrock Photo Magnet, Pinwheels

Tuesday: Shamrock Stacking Candle, Newspaper Club

Wednesday: Smart Girls, Ultimate Journey, 4-H Build a Computer

Teen Activities

Friday: CARD Tournament

Saturday: Green Party

Hours of Operation:

Middle School: Mon.-Fri. until 6 p.m.

Teen Center:

Friday: 6-11 p.m.

Saturday: 3:30-11 p.m.

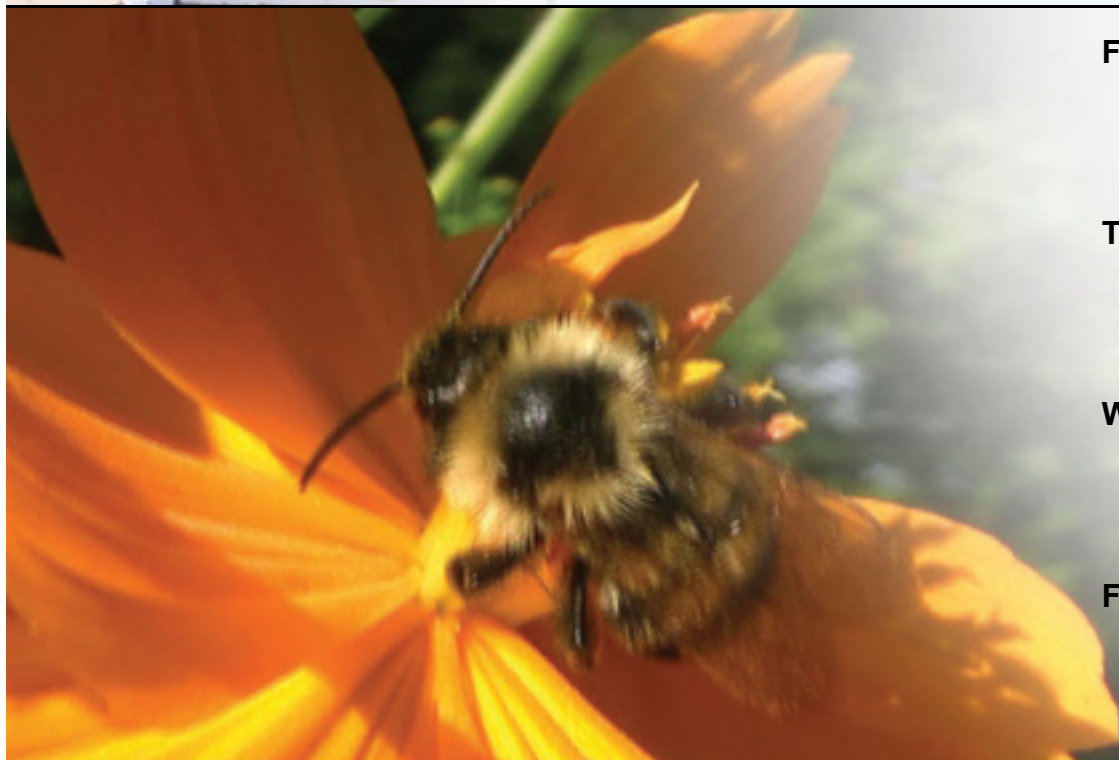
Sundays and Holidays: Closed

More information: Kristin Morgan at 380-3732.

Send Community Happenings briefs at least two weeks in advance of event to the editor, chicpaul.becerra@us.army.mil



Fort Irwin Community Calendar



Fri., Mar. 12

Lt. Dan Band Concert
7 p.m.
Army Field
380-9275

Tue., Mar. 16

Education Center Open House
6-8 p.m.
Bldg. 1020 at 3rd & F Ave.
Carolyn Stimpson, 380-2392

Wed., Mar. 17

916th Family Resiliency Training
3-4:30 p.m.
Sandy Basin Community Center
380-7545

Fri., Mar. 27

Little Miss/Mister FI Pageant
6 p.m.

Ingalls Recreation Center
Leslie//Debbie, 380-3585

Fri., Apr. 9

Fort Irwin Women's Conference
8 a.m.-4 p.m.
Reggie's
380-6716/5111

Wed., Apr. 14

Volunteer Recognition Ceremony
6-7:30 p.m.
Reggie's
Silky Isaac, 380-8422

Sat., May 15

Food & Wine Festival
5-9 p.m.
Sandy Basin Community Center
380-7144

Check out these upcoming activities at Fort Irwin

Girl Scouts Graffiti Clean-up



PHOTOS BY JANA MAYER

Members of Girl Scout Junior Troop 1239 arrive at their Girl Scout Hut before splitting into groups and heading to clean-up 10 parks located at Sandy Basin, Bitter Springs, Desert Winds, and Cactus Cove, Feb. 18. The Girl Scouts initiated and planned the service work. Girl Scout Samantha Kelly took the initiative to talk with Pinnacle to coordinate clean-up day, and Pinnacle supplied the clean-up materials for the Girl Scouts. In the photo, top row, are Samantha Kelly, Audrey Wood, Kaitlin Mayer, Sadie Gardner, Carmen Cooper, Jala Robinson and Alyssa Warnock. Girl Scouts in the bottom row are Alexis Olwine, Bryce Hustead, Haley Rogers, Tabby Lawler and Kailey Cudahy.



Jala Robinson scrub bottom of a slide at the Sandy Basin community park, Feb. 18.



Audrey Wood and Sadie Gardner clean vandalized area at the Sandy Basin community park on Feb. 18.

For more information go to www.irwin.army.mil

AAFES Senior Enlisted Advisor visits Irwin



GUSTAVO BAHENA

The senior enlisted advisor, from Army and Air Force Exchange Service (AAFES), Chief Master Sgt. Jeffry Helm, right, makes a courtesy call and discusses various AAFES projects and other AAFES-related issues with Command Sgt. Maj. Mark Harvey, Fort Irwin Garrison command sergeant major, who expresses his views and concerns on AAFES at Fort Irwin, located in the middle of California's Mojave Desert. Helm's visit included tours of the main Post Exchange, food court and concessions, 24-hour shoppette, furniture store and concession activities. He also took a wind shield tour of Fort Irwin and met with Fort Irwin housing mayors to share and listen to Fort Irwin AAFES-related issues.



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Safety Awareness Day



PHOTOS BY KEVIN H. FUNK

Soldiers of the 1916th Support Battalion participated in its Quarterly Safety Awareness Day on Feb. 26. The goals of this quarterly event were to prepare for the upcoming Spring season without forgetting safety at home during the Winter season, the Army's Anti-drinking and Driving Pledge, and Motorcycle Mentorship Program. In the photos, Soldiers checked out various safety stations, including the Motorcycle/ATV station, DUI/DWI station, and Smokehouse/Earthquake Simulator stations.

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Rotation 10-05

NTC welcomes ... 2nd Stryker Brigade Combat Team, 25th Infantry Division



Spc. Patrick Irwin of 25th ID, 2nd Stryker Brigade Combat Team, secures the driver's hatch after staging his vehicle where it could have MILES equipment installed for training to be held soon at the National Training Center.



1st Lt. Darell Coffey of the 25th ID, 2nd Stryker Brigade Combat Team shows Spc. Tyler Maffi where ground guide Spc. Patrick Irwin, and his crew, needs to have MILES gear installed on their Stryker light armored vehicle.

PHOTOS BY NTC PAO / SGT. 1ST CLASS RAFAEL RODRIGUEZ



Pfc. Matthew Becerra of the 25th Infantry Division, 2nd Stryker Brigade Combat Team, 1-21 Infantry inspects and prepares his Stryker light armored vehicle to be fitted with Multiple Integrated Laser Engagement System (MILES) gear to enhance training during their rotation through the National Training Center.

Canadian unit ends training at NTC

Support from Army, Air Force, Joint Forces Command

BY CASEY BAIN AND GUSTAVO BAHENA

JFIIT, USJFCOM

NTC Public Affairs

A Canadian Forces unit recently completed a rotation at the U.S. Army's National Training Center (NTC) here in preparation for its upcoming deployment to Afghanistan.

Task Force (TF) 1-10, part of the 2nd Canadian Mechanized Brigade Group located near Ottawa, Ontario, has been training for its upcoming Afghanistan mission with assistance from NTC's Operations Group, the U.S. Air Force's Green Flag West (GFW) at Nellis Air Force Base, Nev., and support from U.S. Joint Forces Command (USJFCOM).

The nearly seven-week training rotation for the Canadian unit marked the first time that the NTC has hosted a brigade-size coalition partner in preparing for a combat deployment to Afghanistan.

"We conduct training for coalition partners at combat training centers (CTCs) routinely, but



PHOTOS BY CASEY BAIN, JFIIT, USJFCOM

Canadian Forces Col. Wayne Eyre, commander, Task Force 1-10, inspects one of his light armored vehicles before an NTC training mission at Fort Irwin, Calif.



Canadian Forces Brig. Gen. Jean Collin, commander, Canada's Land Force Central Area and Joint Task Force Central, reviews the training plan for Task Force 1-10 during NTC rotation 10-04 at Fort Irwin, Calif.

not to this magnitude," said Army Brig. Gen. Robert "Abe" Abrams, NTC and Fort Irwin commanding general. "This is the first time we've had an allied brigade come and train at a CTC. It's a first for the CTC program, and it's a first for NTC."

This capstone training event for the Canadian task force also received vital support from the Air Force's GFW and USJFCOM's Joint Fires Integration and Interoperability Team (JFIIT), according to Canadian Forces Brig. Gen. Jean Collin, commander for Canada's Land Force Central Area and Joint Task Force Central.

"As far as combined operations and the integration of U.S. air assets, this training has been very beneficial," he said. "We've received tremendous air support from our U.S. partners primarily through the Air Force's Green Flag exercise, and NTC's and Joint Forces Command's hard work coordinating those assets.

The fact that we've been able to conduct this type of airspace coordination and call for fire training with a coalition partner is huge."

Green Flag West supported the training with F-16 fighter aircraft from the 510th Fighter Squadron, part of the 31st Fighter Wing at Aviano Air Base, Italy.

"Where we really earn our money is integrating our close air support (CAS) capabilities with the Army and our coalition partner ground forces," said U.S. Air Force Lt. Col. John Walker, commander, GFW and the 549th Combat Training Squadron at Nellis Air Force Base, Nev. "There's learning on all sides, and it pays big dividends to our forces once they are deployed."

JFIIT helped integrate a variety of joint intelligence, surveillance, and reconnaissance (ISR) assets between the Canadian Forces and GFW.

"We assisted the Canadian task force by providing them with the tools they will need to

request U.S. joint ISR assets when they deploy downrange," said Danny Myers, JFIIT senior military analyst at NTC. "We helped the NTC staff coach, teach, and mentor TF 1-10 on how to use U.S. assets like the Predator, Reaper, and other key resources to enhance their operations and help make the entire coalition team more effective in theater."

"NTC and the Air Force's Green Flag are great examples of how we can integrate our coalition partners into a first-class training environment that can benefit the entire team," said Army Lt. Col. Richard Meredith, JFIIT operations officer. "This training will help the unit shorten their learning curve once in theater and will improve the integration of coalition assets so the commander can more efficiently leverage all available capabilities."

The Canadian task force commander explained the importance of this extended NTC training rotation for the unit.

"Overseas, we have Canadian and American forces working side by side under each other's command, and we share assets back and forth on a regular basis," said Canadian Forces Col. Wayne Eyre, TF 1-10 commander. "However, back in Canada we don't have regular access to many of the ISR platforms that we do at NTC. Here our young officers can practice integrating both Canadian and U.S. assets the same way they will overseas."

Abrams said NTC's staff and resources provided a realistic training environment for units preparing to deploy.

"The single most important capability that we have to train our joint and coalition forces are our people," Abrams said. "It's the observer controllers, opposing forces, contractors, cultural role players, and all our joint partners. It's the people aspect that makes the difference and sets us apart from everybody else in the world."

"This has enabled them to train their forces to a high level and put it as close to their deployment as possible," he added. "They will be razor-sharp when they leave here, and ultimately, it will save lives."

The advantages of this training were evident to the leaders of the Canadian unit.

"The beauty about this training was at the end of the day, I think our two nations worked so well together, and it really didn't matter what flag was on the side of the airplane or surveillance aircraft supporting the ground forces," Collin said. "The procedures were the same, the calls for fire were the same, and you got the required effect on the target regardless of the nation that provided that effect and that was truly beneficial."

"We've been fighting hard in Kandahar for the last five years, and we'll continue fighting hard with our brother American forces," Eyre said. "Our soldiers very much appreciate this training opportunity. We're soaking up the lessons learned here like sponges and the staff here at NTC has done everything possible to make this a world-class training event."

For more information go to www.irwin.army.mil

Canadian Soldiers donate food to Desert Manna

On Feb. 26, Canadian Soldiers brought their excess food supplies, after their training at Fort Irwin, to Desert Manna Shelter in Barstow. Canadian Chaplain Khadij and fellow Soldiers volunteered their time to drive and help unload the food supplies at Desert Manna before returning to Canada. This food helped refill Desert Manna's food supply, as well as the food supplies of other agencies who serve meals such as the Barstow Senior Citizens Center.



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Hollywood's military-themed films

Increase appreciation for service members noted

BY SGT. JENNIFER L. SIERRA

302nd Mobile Public Affairs Detachment

BEVERLY HILLS, Calif. — With flashing cameras and blinding spotlights all around, nominees of the 82nd Annual Academy Awards braved the media during the 29th Academy Awards Nominee Luncheon at the Beverly Hilton Hotel on Feb. 15.

Among this year's nominees, military-themed movies have an overall 29 collective nominations in 12 different categories. Of those nominations, nine belong to "The Hurt Locker," for Best Picture, Best Director, and Best Actor Jeremy Renner.

Soldiers of the 302nd Mobile Public Affairs Detachment in Bell, Calif., attended the event to interview the stars behind this year's military movies and capture their perspective on the military after making these films.

"My views have grown as far as my respect for the military...Actually physically doing the same training that they all go through, and in being there, and the guys sharing their lives with me as they did so generously, is an experience that I'll never forget," said Renner. "It makes all this actually very palpable."

The experience has even changed his viewpoint of his own work.

"The military is my touchstone at this point," Renner said, "It's shifted from movie and moviegoer to civilian and soldier, in this experience."

Renner also made it a point in his everyday life to express gratitude to service members.

"You ask how this has changed my life - well, (now) I walk up to every military person (I meet) and I shake their hand and thank them for their service." Renner will be participating in a USO tour of Iraq and Afghanistan in September.



COURTESY OF SUMMIT ENTERTAINMENT

Staff Sgt. William James narrowly escapes after a bomb is detonated in a scene from the Hollywood movie "The Hurt Locker."

Seasoned actor Woody Harrelson, nominated for Best Supporting Actor in "The Messenger," has not always been a supporter of the efforts in Iraq and Afghanistan. However, during the luncheon Harrelson revealed a newfound appreciation for service members.

"It wasn't until I got the opportunity, through the shooting of "The Messenger," to spend a lot of time with the people in the Army that I started to realize how amazing these people are," he said.

"They're some of the bright lights of people that I've met; and I was kind of knocked out

by the people I've met in the military," he said. "So, I have a higher regard and a lot of respect for them. Still, as much as I have come to love the warrior, I still loathe the war."

It became apparent that this role not only changed his opinion of service members but it also changed his way of thinking.

"Preparing for this part in 'The Messenger,' I really went into a whole other mental arena. I would do things like go jogging, and I'd be slogging along at my typical slow pace and then I'd think in terms of Capt. Tony Stone, and I'd feel myself picking up the pace," he said.

"Anytime I'd try and get into the mindset of this character I really felt like a different person, from me."

Other nominees in attendance included Kathryn Bigelow, Best Director for "The Hurt Locker" and Christoph Waltz, Best Supporting Actor in "Inglourious Basterds."

Editor's note: The 82nd Annual Academy Award was held at the Kodak Theatre in Hollywood, Calif. on March 7. The movie "The Hurt Locker" earned six Academy awards, including Best Picture of the Year.

Deploying to Afghanistan

Soldiers to get new camouflage wear

BY C. TODD LOPEZ

Army News Service



WASHINGTON — Starting this summer, Soldiers sent to fight in Afghanistan will wear an Army Combat Uniform with the "MultiCam" pattern instead of the standard-issue universal camouflage pattern.

Secretary of the Army John McHugh made that announcement Feb. 19, after the service conducted a rigorous four-month evaluation of various uniform patterns to determine what could best protect Soldiers in Afghanistan.

The new uniforms are of the same material and cut that Soldiers are already wearing in the Army Combat Uniform or ACU. It is the camouflage printed on the fabric that will be different. The change allows commanders in Afghanistan to have more options in deciding how best to equip their Soldiers.

"As a material provider, I want to be responsive to the Soldiers I support," said Col. William E.

Cole, project manager for Soldier Protection and Individual Equipment. "I want to give commanders options, I want to be responsive to Soldiers. That is what we were trying to do — we're working to give (them) more options."

The uniforms bearing the new pattern, like the latest ACUs, are fire resistant. They are officially called the Fire Resistant Army Combat Uniform.

The decision to use the MultiCam pattern came after the Army evaluated its effectiveness at providing camouflage protection in Iraq. That was done, in part, by consulting with nearly 750 Soldiers who had deployed to Afghanistan. Those Soldiers participated in a "photo simulation" study administered by the Army.

Additionally, feedback from Soldiers who have already worn the uniform in Afghanistan was used to make the final decision. About 2,000 Soldiers were involved in tests to see how effective patterns such as MultiCam and UCP-Delta were at providing concealment in the varying terrain of Afghanistan.

For more information go to www.irwin.army.mil

Celebrating America's annual green day

BY BOB LUCAS

Commentator

St. Patrick's Day is based upon a real individual, the patron saint of Ireland, Patrick. He was a follower of God, became a priest, then was the Bishop of Ireland, and ultimately the patron saint of Ireland. Patrick was a busy man who also went through several life experiences before he became an important religious figure.

As a teen in Britain under Roman rule, he traveled home to Ireland through Britain. One eventful day, Patrick was captured by a band of brigands, who returned him to slavery. After release, Patrick traveled aimlessly throughout Europe for seven years, trying to determine what his purpose was on earth. This is something we all go through in life, "Who are we, and why are we here?" Patrick found his answer. Eventually finding religion through the voice of God, Patrick's devout religion and following was recognized...he was called to the

city of Rome and was given the overwhelming honor of Bishop before he embarked on his holy mission to Ireland.

Because of his strong will and ability to spread the Christian faith, Patrick won the admiration of King Laoghaire and the Irish population who gave him the freedom to roam the Irish landscape. Patrick was said to have encountered the Druids at Tara and abolished their pagan rites. Because a lot of folklore surrounded Patrick's travels and accomplishments, people sometimes embellished their stories. Nevertheless, flocks of people came to Patrick and converted to the religion of Christianity, and Ireland slowly became a Christian land.

He found out that his purpose in life was to convert the Irish to Christianity. He was pretty good at it as people liked him. Unfortunately, the King of Ireland never became a Christian as he felt it would betray his ancestors who had entrusted him with the land and traditions.

So why is St. Patrick's Day celebrated on March 17 each year? The Patron Saint of Ireland, St. Patrick, died on March 17, AD 461, at the age of 76, after a long and fruitful life. Many Irish consider St. Patrick's Day a religious holiday and attend mass on this day.

It is a traditional day for spiritual renewal and offering of prayers for missionaries worldwide. To many, this day is a secular holiday. In American cities with large Irish populations, St. Patrick's Day is a very big deal.

From drinking green beer and wearing clothing of green, to parades, music and songs, Irish food, and Irish dances, it is a day of celebration. Many celebrate St. Patrick's Day because it is a few days before spring.

Others celebrate the day with shamrocks, luck, and anything green and gold. If one is not wearing green on St. Patrick's Day, the custom is to pinch the individual. Although many of us are working on St. Patrick's Day, I find this is still a day to enjoy family outings,

barbeques, friendship ... to "smell the roses" so to speak, and about family. I also find it is as a time to understand and reflect on St. Patrick's Day itself and why it exists.

We must be careful that we do not drink too much on this day. After all, the next day is another workday.

Editor's Note: Bob Lucas can be reached at barstowbob2@verizon.net.



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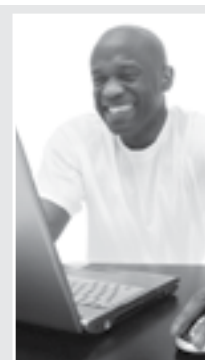
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ARRIVE ALIVE, PLEASE DON'T DRINK AND DRIVE

This is gonna be good!

BY AL POTTHOFF

Post Librarian

Most folks would agree that these days, economically, are not the good old days. One may view it as a bit of poor timing that March is National Optimism Month. Actually, the timing could not be better.

Optimism is about today. It's about tomorrow. Some folks look to the future as opportunity for improvement, a chance for things to get better, work a little lighter, finding a few answers that are not around today. Hey, this is your month. But, if you are the type of person who is threatened by the phrase "tomorrow is only a day away!" it is possible that this isn't your month.

At the post Library, we are observing National Optimism Month by featuring a selection of books advocating that an optimistic outlook contributes to eventual success, a sense of well-being, and a more satisfying life. Optimists are welcome to browse the selection just to see what other members of the choir are saying. Pessimists are just as welcome to investigate just how out of touch with reality some folks can get. Then, ironically, you can look forward to our observation, next month, of Stress Awareness Month.

Join us in celebration of National Optimism Month. For more information, come to the Fort Irwin Post Library, Bldg. 331 or call us at 380-3462.

Sophies-ticated Lady

BY AL POTTHOFF

Post Librarian

Alarms might go off for eligible bachelors if a friend started talking about this wonderful lady. She is an Oxford-educated financial journalist with a quirky sense of humor. "Uh-Oh! They are trying to set me up on a blind date!"

It gets worse. In truth she is all the time going on and on about being haunted by dark shadows of the past, the anguish of episodes of depersonalization, and self-destructive

addictive personality defects. And, it's all immensely entertaining. You really should meet this lady.

Sophie Kinsella gained fame through the hilarious contradictions of the Shopaholic series. In other books she lightly reveals the foibles other characters who are mostly confused, not quite up to coping with reality, and who must constantly muddle through angst-ridden situations arising from unhealthy choices. Somehow, despite the frustrations of the hapless character most readers are thoroughly delighted.

The Read & Relax Book Group at the Fort Irwin NTC Post Library have adopted the novels of Sophie Kinsella as the suggested reading selection for the month of March. Come to the Post Library. Browse the selections and see if you aren't motivated to make a date for a few hours of fun with this most sophisticated lady.

The Read and Relax Book Group will meet at the Post Library, 4 p.m., March 13. For more information, call the Fort Irwin NTC Post Library, 380-3462.

Diet & Exercise

Can you have one without the other?

BY SANDY CLARK

Fitness Connection Fitness Coordinator

Is it possible to only diet and lose weight? Can you only workout, and keep off those unwanted pounds?

So many people hate to exercise. They think, by cutting their calories, they will lose the pounds. They just might, but the key lies in keeping the pounds off. The National Weight Control Registry reports that only 5 percent of dieters keep the weight off. Most regain a third of the weight within a year's time and all of it back within three years.

While dieting will help you lose those pounds, it's exercise that keeps you physically fit! Exercise keeps your heart happy! (You can be skinny fat you know?) So having a combination of them both is the key. Combining the two can get a little complicated. You have to eat enough to fuel your body so that you may have the energy to workout. However, eating too much will cause you to gain weight. Just because you are working out, doesn't mean you can eat what you want.

Many people get to their magic number and think that is it. They think it's unnecessary to watch their diet or exercise

any longer. So not true. Once you reach that ideal weight, you must maintain it. It's not going to happen by itself, that's what gets you there in the first place. You must stick to the plan. A less intense plan, but you still need to maintain a controlled nutrition and exercise plan.

It's a lifestyle! Embrace it! Watch what you eat, exercise regularly, drink your water, and you'll make that goal in no time!

**As always, consult your doctor before starting any workout/weight loss program.*

Fun Run Results: Men			Fun Run Results: Women		
Name	Time	BIP #	Name	Time	Bip #
1 Lammey, Brandon	19:51	1623	1 Stavinole, Trisha	20:20	1186
2 Wennblom, Martin	20:07	1624	2 Kasales, Mary	23:12	1158
3 Rakers, Douglas	23:19	1616	3 Broadwater, Alicia	27:15	1194
4 Readon, Sean	23:37	1607	4 Roberts, Amber	29:25:00	1171
5 Negin, Jon	24:05	1609	5 Tangalin, Thu	31:48	1160
6 Welcher, Kwane	24:28	1628	6 Quiner, Christy	34:51	1187
7 Quinter, Ron	24:51	1618	7 Owolabi, Thoresa	35:38	1193
8 Taylor, Akeem	24:59	1620	8 Roberts, Denae	35:55	1191
9 Dominquez, Xavier	25:30	1631	9 Johnson, Nicole	36:48	1202
10 Turner, Cameron	25:52	1610	10 Throckmorton, Emily	38:20:00	1199
11 Brady, Matthew	27:06	1617	11 Throckmorton, Jodi	38:20	1200
12 Broadwater, Jeff	27:15	1619	12 Holmes, Bianca	38:55	1192
13 Bygness, Brad	27:16	1630	13 Turner, Christy	41:56	1180
14 Miller, Nick	28:56	1626	14 Turner, Sadie	41:56	1178
15 Emery II, Thomas	29:03	1629	15 Hood, Nekya	46:55	1175
16 Cruchacz, Brian	30:16	1627	16 King, Michelle	46:55	1184
17 Medina, Jesus	31:32	1621	17 Teeter, Lily	49:46	1183
18 Tangalin, Thomas	31:48	1594	18 Broadwater, Meredith	50:28	1189
19 Plotner, Everett	32:25	1633	19 Mulch, Julie	51:04	1195
20 Bravo, Roberto	37:46	1622	20 Maikranz, Jennifer	51:05	1196
21 Moore, Christopher	38:26	1605	21 Turner, Danielle	51:23	1179
22 Turner, Dennis	41:56	1611	22 Hamm, Natasha	52:23	1204
23 Hamm, Isaac	52:23	1632	23 Loper, Joni	52:36	1176
24 Loper, Jake	52:36	1613	24 Pierce, Jamie	53:13	1190
25 Loper, Jeff	52:36	1614	25 Teeter, Shelby	56:56	1182
26 Pape, Jack	58:02	1593	26 Wright, Arealia	58:08	1205
27 Wright, Simala	58:07	1634	27 Blackmon, Brenda	59:58	1198
28 Blackmon, Keith	59:58	1625	28 King, Angela	1 Hr 09	
29 Teeter, Daniel	1 Hr 1 Min	1606		Min 38 sec	1197
			29 Teeter, Wendy	1 Hr	
				11 Min	1181

The Fitness Connection Fitness Class Schedule

Thursday, March 11

Morning

6:30 Spin/Sandy

8:30 Body Shop/Sandy

11:45 Spin/Sandy

Afternoon

5:30 Cardio Circuit Mix/Robin

6:30 Pilates/Robi

Friday, March 12

Morning

8:30 Step/Tamara

9:30 Pilates/Cara

11:45 Boot Camp/Sandy

Afternoon

3:00 Yoga/Michell

Monday, March 15

Morning

8:30 Spin/Sandy

9:30 Pilates/Cara

11:45 Step/Tamara

*30 min express

Afternoon

12:15 Upper Cuts/Robin

*30 min express

3:00 No Class

5:30 Spin & Core/Sandy

*45 min spin 30 min core

Tuesday, March 16

Morning

6:30 Spin/Sandy * Free Class

8:30 Body Shop/Tamara

9:30 Belly Dancing B/Tamara

11:45 Kickboxing/Sandy

Afternoon

5:30 Zumba/Robin

6:30 Yoga/Robin

Wednesday, March 17

Morning

8:30 Cardio Craze/Tamara

9:30 Belly Dancing C/Tamara

11:45 Cardio craze/ Tamara

*30 min Express

Afternoon

12:15 Bottom Line/Robin

*30 min express

3:00 Yoga/Michell

5:30 Power Spin/Sandy* 1 hour

6:30 Kickboxing/Sandy

Check our new class schedule. We've added many new classes to help you reach your fitness goals. Come out and join the fun. You will get fit and have a blast!

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For more information go to www.irwin.army.mil

HIGH DESERT WARRIOR CLASSIFIED AD POLICIES AND FORM

FREE ADS

The **ONLY** personnel eligible to place free ads in the High Desert Warrior are:

• **Active Duty Military and DoD personnel Stationed at Fort Irwin NTC and their dependents, and retired military.**

The **ONLY** Classified ads that are available as free ads to above listed personnel are:

- Pets - Free To Good Home
- Roommate Wanted
- Lost & Found
- Cars & Trucks (Except RV's)
- Furniture & Appliances
- Misc. For Sale
- Garage & Yard Sales
- Motorcycles
- Misc. Wanted

All other categories are paid.

If you are eligible use the form below:

FREE CLASSIFIED AD FORM

AD COPY

One word, phone number, price per space.

20 Words Maximum.Limit 2 Free Ads Per Family, Per Week

Code: _____ (For Aerotech Office Use Only)

Name: _____ Rank: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Duty Phone: _____

Organization: _____

PAID ADS

The following categories are paid ads:

- | | | |
|--------------------------|-------------------------|----------------------------|
| • Homes For Sale | • Recreational Vehicles | • Acreage |
| • Houses For Rent | • Work Wanted | • Income Property |
| • Apartments For Rent | • Condos For Sale | • Farms & Ranches |
| • Lots | • Townhomes | • Services |
| • Hotels & Motels | • Industrial Properties | • Employment Opportunities |
| • Commercial Rentals | • Mobiles For Sale | • Child care |
| • Loans | • Mobiles For Rent | • Condos For Rent |
| • Investments | • Misc. For Rent | |
| • Business Opportunities | | |

The following ads are also considered paid ads if you do not qualify under **FREE ADS Guidelines.**

- | | |
|-------------------------------|-----------------------|
| • Pets - Free To Good Home | • Garage & Yard Sales |
| • Lost & Found | • Motorcycles |
| • Cars & Trucks (Except RV's) | • Misc. Wanted |
| • Furniture & Appliances | • Roommate Wanted |
| • Misc. For Sale | • Rooms For Rent |

For **PAID ADS**, use the form below:

PAID CLASSIFIED AD FORM

- | | |
|---|---|
| <input type="checkbox"/> HOMES FOR SALE | <input type="checkbox"/> MOBILES FOR RENT |
| <input type="checkbox"/> HOUSES FOR RENT | <input type="checkbox"/> MISC. FOR RENT |
| <input type="checkbox"/> APTS FOR RENT | <input type="checkbox"/> ACREAGE |
| <input type="checkbox"/> LOTS | <input type="checkbox"/> INCOME PROPERTY |
| <input type="checkbox"/> HOTELS & MOTELS | <input type="checkbox"/> FARMS & RANCHES |
| <input type="checkbox"/> COMMERCIAL RENTALS | <input type="checkbox"/> MISC. FOR SALE |
| <input type="checkbox"/> LOANS | <input type="checkbox"/> SERVICES |
| <input type="checkbox"/> INVESTMENTS | <input type="checkbox"/> EMPLOYMENT OPPORTUNITIES |
| <input type="checkbox"/> BUSINESS OPPORTUNITIES | <input type="checkbox"/> PETS |
| <input type="checkbox"/> RECREATION VEHICLES | <input type="checkbox"/> CARS & TRUCKS |
| <input type="checkbox"/> MOTORCYCLES | <input type="checkbox"/> FURNITURE & APPLIANCES |
| <input type="checkbox"/> WORK WANTED | <input type="checkbox"/> MISC. WANTED |
| <input type="checkbox"/> LOST & FOUND | <input type="checkbox"/> GARAGE & YARD SALES |
| <input type="checkbox"/> INDUSTRIAL PROPERTY | <input type="checkbox"/> CHILD CARE |
| <input type="checkbox"/> MOBILES FOR SALE | <input type="checkbox"/> CONDOS FOR RENT |

ALL ADS MUST BE PREPAID

AMOUNT\$ _____

CASH _____

CHECK # _____

AUTHORIZATION _____

DATE _____

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One word, phone number, price per space.

Four lines (\$18.00) minimum. Payment must accompany ad copy

To this line - \$18.00 (minimum)

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To this line - \$26.00

Each additional line \$4.00

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Visa/Mastercard/American Express # _____

Exp. Date: _____ Daytime Phone: _____

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Lancaster, CA 93535

BY FAX:

Paid And Free Ads
(877) 247-9188

BY EMAIL:

Paid And Free Ads
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BY PHONE:

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Aerotech News & Review

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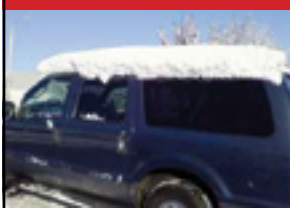
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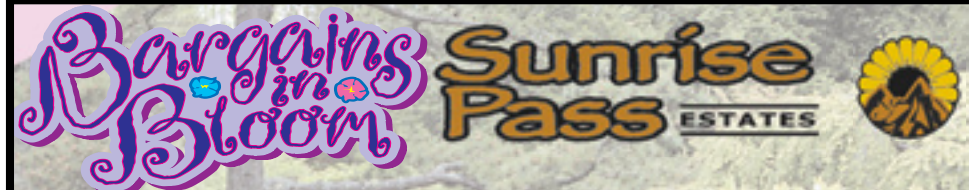
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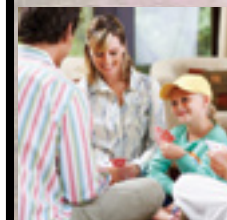
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how

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5 Things Everyone Should Know About Identity Theft:

1. You're Only as Safe as Your Weakest Link.

The challenge in protecting your identity is that your personal information is everywhere. Even if you shred your private documents, or use secure websites and strong passwords, what about everyone else who has your Social Security number – like your doctor, dentist or the 17-year-old clerk handling your credit application at the electronics store? The problem quickly becomes obvious: you may be doing everything right, but what about everyone else who has your information?

2. Once Your Social Security Number is Out, It's Staying Out.

If your credit or debit card is stolen, you can replace it, but what happens when non-changing information like your Social Security number is stolen? The fact is, once it's out, it's out. Identity thieves buy, sell and trade stolen information, using it over and over again for years. Is your Social Security number really secure?

3. Anyone Can Be A Target.

Recent news reports revealed that even the chairman of the Federal Reserve¹ was one of the 9.9 million Americans who were victims of identity theft in 2008.² Other reports describe how one identity theft ring was responsible for two of the largest thefts in history, resulting in the theft of more than 130 million credit and debit card numbers.³ Think you could be at risk? (See #1.)

4. How Protected Are You?

You may think you're protected, but are you really? Your credit card may be safeguarded; but that won't help if thieves open new lines of credit. Credit monitoring will only alert you once something bad has already happened. Neither method will help prevent identity theft, nor resolve problems once you've become a victim.

5. There is Help.

LifeLock, the leader in identity theft protection, helps protect your identity – even if your information gets in the wrong hands. And at LifeLock, we are so confident in our service that we back it with a million dollar guarantee – if you become a victim of identity theft because of a failure in our service, we will help you fix it, up to one million dollars. Of course, restrictions apply and we want you to check it out by calling us now. Then use promo code 'FIVEFACTS' for a special offer on LifeLock.

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