



HIGH DESERT WARRIOR

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Dental Clinic to open

Dental Clinic 1 (DC1), located in Bldg. 478, 3rd and G Street, will reopen Sept. 7. The clinic will be open for orthodontic and pediatric care. The officer-in-charge/orthodontist is Maj. Kevyn Wetzel, who will handle active duty and very limited family members while the pediatric dentist is Maj. Adam Bushell, who will handle children, ages birth-8 years of age. For more information, contact Maj. Kevyn Wetzel, 380-3284.

DUI Free Zone

The Fort Irwin Garrison Safety Office reminds everyone to be safe when consuming alcoholic beverages and plan ahead. Fort Irwin and the National Training Center is a DUI Free Zone and everyone is encouraged to do their part to prevent drunk driving.

Speed Limit Changes

The speed limit on Inner Loop Road between Barstow and Goldstone roads has been reduced from 35 mph to 25 mph. All motorists should take note of this change and adjust their speeds accordingly.

Personal ID Training

Personal Identifiable Information Training, mandatory for all service members, DoD employees, and contractor personnel, will take place on Sept. 2 in Bldg. 552, Avenue G, -8:30-10:30 a.m. For more information, call 380-4540/5337.

In-Processing Relocation

Military Personnel and Finance In-processing Sections have relocated to Bldg. 312, co-located with the AG Replacement. All other Military Personnel Functions remain in Bldg. 561. DEERS and ID Cards section remains in its current location — Bldg. 563.

Civilian Job Openings

The Fort Irwin Civilian Personnel Advisory Center (CPAC) has been piloting a new software program and because of this, some Fort Irwin job vacancy announcements are ONLY posted on www.usajobs.gov and not on the CPOL web site. CPAC is using USAJOBS to announce the following types of positions: 0203-Human Resources Assistance, 0346-Logistics Management, 0301-Miscellaneous Administration and Program Series, 0560-Budget Analysis, 0671-Health System Specialists, 0679 Medical Support Assistance, 2005 Supply Clerical and Technician Series, and 2210 Information Technology Management. CPAC currently has several announcements on the USA Jobs web site. These announcements can be located by searching by title and/or by searching Fort Irwin or San Bernardino County as the locations. For more information, contact Brian Bennett at brian.j.bennett1@us.army.mil. Share the news on using USAJOBS.



SPC. CODY CAMPANA

Soldiers from Company A, 1/185 Armor (Combined Arms Battalion), clear a house during a training exercise in a mock village at the National Training Center here on August 7.

NTC training brings about unity

BY PFC. CHALON E. HUTSON
301st Public Affairs Detachment

Soldiers jumped over a fence to breach an old, adobe-style home in the middle of the desert. The squad stacked on the door, waiting for their moment to breach. Their mission was to clear the area of any insurgent making homemade explosives. Every Soldier remained calm and ready to complete the job.

As real as all of this seemed, this breach was just a training exercise.

Infantry Soldiers from Company A of the 1/185 Armor (Combined Arms Battalion) participated in town-and-building clearing simulations at the National Training Center in August.

"The Soldiers are trying to get as much experience as possible," said Sgt. David Villegas, a squad leader for this National Guard unit.

This training is important because their company has many new Soldiers, many who are straight out of basic training, he said.

"They will be prepared when they are (overseas) ... They are getting to know each other," he said.

Villegas said he's optimistic about Soldiers uniting as one through working and training together.

With the different types of experience in their unit — some have been through Ranger school, and some served as private security in the civilian world — they have many ways to complete the mission, he said. This training was

one of the first times the whole unit was able to train together on this type of mission. With this in mind, Villegas believed they did very well.

As a squad entered the building, they encountered a group of unarmed enemies on the first floor. One team pulled security as the other team took the enemies as prisoners. Then Soldiers climbed the stairs to clear the rest of the building.

The mock village simulated Afghanistan, said Spc. Carlo P. Acevedo, a team leader

"It's good to get a feel for the environment (we will face) out there in theater," he said.

It's important to practice close quarter combat training, said Sgt. Oscar Demara, squad leader from Barley, Calif.

See Unity, page 12

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AUG./SEPT. 2010

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ROTATIONAL SOLDIER USE OF POST FACILITIES

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CURRENTLY DEPLOYED**

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

ICE — Customer Service Corner

Taking the Customer Service Assessment will benefit Fort Irwin

BY MEREDITH STORM
Customer Service Officer

Courteous customer service is something that can quickly change an individual's opinion and can often be more important than other factors in determining the overall satisfaction level associated with their experience. If you are dining out and experience a delay in getting your food, but the waiter is friendly and informative and the food is descent, you are likely to rate your experience more positively than if the waiter was rude, neglectful or did not explain the delay. The waiter's behavior is one aspect of service. Having someone politely, patiently, and accurately explain the process to get your household goods shipped is another

example of service. HQ IMCOM cares about service and is about to release an online survey that allows you, the customer, to rate the garrison's services. This annual survey is called the Customer Service Assessment (CSA).

The survey (CSA) will be open Aug. 30 through Sep. 26 and can be accessed by going online to www.mymilitaryvoice.org. Anyone who uses garrison services is eligible to take the survey. That means we want to hear from family members, Soldiers, civilians, retirees, contractors, leaders and anyone else who works, lives or plays on Fort Irwin. You only need about 15 minutes to take the survey and provide HQ IMCOM and this garrison your feedback about the importance and performance of their services.

The results help shape the way services are funded and what improvements and changes will be made. Who better to help make those decisions than the people who use those services? Your voice is important! The survey allows IMCOM to analyze the voice of the customer by constituent groups, by garrison, by region and to identify trends and be proactive in adjusting services to meet customers' needs. Help us improve Fort Irwin services by giving us your feedback. Take the Customer Service Assessment online beginning Aug. 30.

For more information on the 2010 Customer Service Assessment, contact Meredith Storm at 380-7639 or via email at meredith.storm@us.army.mil. Let your voice be heard

Bob's Corner

Take advantage of the Army Career and Alumni Program

Some of us use the term "back in the day" when we discuss "people programs" because they were non-existent to many military veterans over the years. Many veterans settled for any job at any location because we had no direction or schooling in how to interview, write resumes, or interview. Now that the military services provide various activities to help military members successfully transition into civilian life ... many do not take advantage of it. This service is called the Army Career and Alumni Program (ACAP). This program is here to help the Soldier and Soldier's family successfully transition into civilian life ... what a thought! Then, why do many people not take this program seriously? I think it is because either these people think they do not need the information or they already have a job waiting for them. Are we insane? Either way, the ACAP services are a fantastic way to allow one to do well after military service.

I believe we each owe it to ourselves to take full advantage of this program for ourselves and for our families. Why? We have earned the right to do well after our honorable and selfless service to our country. Here is what you need to do to obtain all of these services offered. Prior to starting ACAP, a transitioning Soldier must have a current AKO account. Family members must be sponsored by transitioning military personnel. ACAP Pre-Separation Counseling is on Mondays or Wednesdays on one of the following times — 8 a.m., 10 a.m. and 2 p.m.. Please call them for an appointment or go online to ACAP Express to register.

Here are examples of what ACAP can do to assist you: They can help you set a realistic objective, assess your abilities, explore the job market, create an effective resume, apply for a federal job, maximize the job interview; and evaluate and negotiate a job offer. Wow! It would be difficult to learn all of these on your own when ACAP has already broken the code and has the answers.

Here are some important ACAP Center Activities: Use of workstations (by appointment only), basic resume writing seminar, DAV medical records review, employers' briefing, federal resume writing seminar, individual job assistance counseling, pre-separation counseling, Transition Assistance Program employment workshop, veteran affairs (VA) benefits briefing, VA claims filing, and VA/DTAP briefing. At the bottom of this article is the contact information.

Everyone who wears the uniform and who will one day leave the military service needs to know there is a place to go to get a great amount of information on his or her transition into the civilian community. Make it your mission to take advantage of this service. Also, "thank you" for serving our Nation. It is a big deal.

Contact Information Numbers ACAP Transition Services Manager (TSM) 380-5648 ACAP Counselors 380-5644; E-mail: acap.irwin@serco-na.com Fax 380-3906.

Editor's note: To contact Bob, call him at 380-4540.



PHOTO COURTESY OF U.S. ARMY

As Soldiers prepare to transition to civilian life, the Army Career and Alumni Program can help.

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

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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

Engineers train, prepare for mobilization

STORY AND PHOTOS BY
SPC. CODY CAMPANA

301st Public Affairs Detachment

With sand blowing and sweat rolling down their faces, Soldiers from all over the U.S. are constantly training at the National Training Center here.

In the intense summer heat of the California desert, Soldiers are training for their deployments overseas. Army Reserve, National Guard, and Active Duty Soldiers are immersed in an environment resembling the Middle East so they may be more prepared for what is to come.

The 391st Engineer Company from Boise, Idaho, is an Army Reserve unit taking part in the NTC's intense training for 28 days to prepare for mobilization to Iraq in November.

"The NTC provides the most realistic, real world, and collective training for maneuver and counter insurgency operations," said Capt. Ryan Strong, commander of the 391st Eng. Co. under the 301st Maneuver Enhancement Brigade. The real world training at NTC creates an atmosphere where Soldiers can ease into combat situations, while lives are not actually held in the balance.

"My overall goal is to integrate Counter Insurgency doctrine into all aspects of route and area clearance operations," said Strong.

While taking part in the NTC, the 391st plans to conduct training in real war scenarios, live fires, urban operations, and vehicle dismounting, he said. Much of the unit's training will also include training to defend against roadside bombs and clearing, he added. The training will take part in the classroom as well as in the field.

One of the most beneficial training opportunities that NTC provides is the chance for Soldiers to familiarize themselves with equipment that they may not use very often.

"The NTC has given the 391st Soldiers a chance to use the Buffalo mine clearing vehicle, the Husky mine detection vehicle, and explosive resistant security vehicles," said Spc.



Spc. Jordan Manwill, a combat engineer with the 391st Engineer Company, places plastic bottle caps on the ground to show how the handheld mine detector can be used to detect things other than mines at NTC.

Wayne Smith, a combat engineer with the 391st Eng. Co.

Training here has also given him the chance to familiarize himself with hand held mine detecting devices. The ability to familiarize with the hand held mine detector can be crucial for Reserve Soldiers who also have civilian careers. As a civilian Smith goes to college for graphic design, he said. Equipment familiarization can be some of the most important training for Soldiers like Smith because he doesn't get a chance to use this equipment every day as a Reserve Soldier.

The training that Soldiers receive at the NTC may not only affect themselves but other Soldiers indirectly. The training they receive

here allows them to practice safe removal of improvised explosive devices from the battlefield, which would create major casualties for other units if not extracted.

Engineers can be a valuable resource for the safety of all Soldiers during deployments. Engineers do not only extract IEDs, they sweep for mines, perform cache sweeps, provide convoy escorts, and serve as force protection for other Soldiers, said 1st Sgt. Andrew Paulin, the 391st Eng. Co. first sergeant.

The best tool an engineering company has is the individual Soldier, added Paulin. Soldiers can find more caches, IEDs and casualty-producing tools than any of the equipment they use, he said. However; the combat engi-

neers do have an arsenal of life-saving devices at hand in order to fulfill their mission, such as the hand-held mine detecting device. Every beep and zoom of the device gives the engineers valuable information on where a mine may be located. Engineers play a very large role overseas, whether it is a hero saving lives or the as experienced and ready Warfighters.

The missions of engineers include providing mobility, promoting Soldier safety, fighting as infantry, and providing counter mobility, said Paulin. NTC helps Soldiers better accomplish their missions by giving them a fast operational tempo and the realism of being deployed.

"All Soldiers must be fully alert at all times," he said.

Overall, Paulin's goal for his company is to make them respect and take care of each other, he said. While on deployment service members may have to rely on one another for various situations, and it's important for them to be there for their comrades.

NTC may benefit all of the military units attending, but it has definitely benefited the 391st Eng. Co. NTC training is doing exactly what it is intended to do, said Strong. Service members can leave here with a far more realistic experience of their military occupational skill and a clearer view of how combat will be if mobilized.

The 391st may be one of the last Reserve engineering units to enter Iraq for the military's current operation there. They can plan on entering Iraq fully prepared for most engineering missions and with a realistic expectation of what it will be like when they arrive later this year.

The 28 training days that the 391st plans on spending at the NTC may be some of the most beneficial training the Army has to offer them. Having noncommissioned officers with the confidence to take care of their Soldiers in combat is another of Paulin's goals, he said. These warrior engineers can go to Iraq knowing that they have received the best training the Army has to offer and the experience to successfully complete their missions and goals.

(LEFT) An explosive resistant security vehicle at NTC.

(BELOW) Husky mine detection vehicle.



Spc. Jordan Manwill, a combat engineer with the 391st Engineer Company, uses the handheld mine detector to find objects in the ground at NTC.



Crime Watch

Information provided by
Provost Marshal Office

Non-injury traffic accident. Location: Parking lot Bldg. ####. Police investigated the report of a non-injury fender bender.

Possible fight in progress. Location: Freedom Fitness Center. Police investigated the report of a fight. The report was unfounded.

Domestic disturbance. Location: Sage Brush housing district. Police investigated the report of a family domestic disturbance.

Domestic disturbance. Location: Mojave Desert housing district. Police investigated the report of a family domestic disturbance.

Stray animal. Location: Chinook Animal control responded to the report of a stray dog. The dog was captured.

Domestic disturbance. Location: Bitter Springs housing district. Police responded to the report of a family domestic disturbance.

Larceny of private property. Location: Calico Estates housing. Victim reported that the victim's bike was stolen from the victim's yard.

Possible DUI / failure to provide identification. Location: Main Gate. Police responded to the Main Gate regarding the report of an intoxicated driver.

Adopt-a-pet



Name: Tuffy
Breed: Domestic Shorthair
Gender: Male
Age: 12-months

Tuffy is available for adoption at the Fort Irwin Vet's Clinic. Call 380-3025 for more information. You can also check out the Fort Irwin section on www.petfinder.com

EEO Corner

Frequently Asked Question: Who pays the cost of processing an EEO complaint investigation?

BY JOHN E. WINKFIELD

Equal Employment
Opportunity Director

During the past several months, it has come to the EEO director's attention that some co-workers, friends, and even supervisors are telling their employees that, if they initiate an Equal Employment Opportunity (EEO) Complaint, the individual will have to bear the cost for the investigations from Investigations Resolution Division (IRD) EEO investigation out of their pocket if the individual is not successful. "Not true." Let me say it again, "It is not true." From

the start of the EEO process, the agency/organization where the complaint arose bears all costs incidental to the hearing, including, but not limited to, the costs of travel for witnesses, complainants, and representatives who are employees of National Training Center and Fort Irwin; and the costs of the transcripts. Travel of witnesses from other government agencies who are testifying based upon previous employment with the NTC and Fort Irwin, Calif. All questions should be directed to the NTC Fort Irwin EEO Office: Ms. Monique R. Jennings or John E. Winkfield 380-7339 or 380-4961.

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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, 6 p.m.	Center Chapel
PWOC, Morning	Tuesday, 9 a.m.	Center Chapel
PWOC Evening	Tuesday, 6 p.m.	Center 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 p.m.	Blackhorse Chapel
Sunday School	Sunday, 2:15 p.m.	Center Chapel
Priesthood/RSE	Sunday, 3:10 p.m.	CFLC/Bldg 317

MUSLIM

Prayer	Friday, 12 p.m.	Bldg 317
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JEWISH

For information about Jewish activities, call 380-3562

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
Note: 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)
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.		

Chapel Activities Summer Schedule

June: No extra-activities scheduled for June
July: 29 — Army Chaplaincy 235th Anniversary
 Recurring Worship Services Center Chapel
Friday: Noon — Islamic Prayer Service (Center Chapel (317))
Sunday: 9 a.m. — Catholic Mass (Rosary Before) Sanctuary)
 9:30 a.m. — Protestant Sunday school
 10:15 a.m. — The EDGE Catholic Middle School
 11 a.m. — Chapel Next, Contemporary Worship Service (Sanctuary)
 11 a.m. — Protestant Traditional Service (Activity Room)
 (Canceled during block leave)
 2:15 p.m. — Latter Day Saints Religious Education (Activity Room)
 3:15 p.m. — Latter Day Saints- Priesthood & Relief Society (Bldg 317)
 Recurring Worship Services Blackhorse Chapel
Sunday: 9 a.m. — Protestant Liturgical Service (Canceled during block leave)
 11 a.m. — Gospel Service (Canceled during block leave)
 1 p.m. — Church of Jesus Christ of Latter Day Saints Worship Service
Wednesday: 6 p.m. — Intercessory Prayer; 1900 — Bible study
 Center Chapel Recurring Weekday Programs & Services
 Daily Catholic Mass — Mon., Tues., Thur., Fri. (11:45 a.m.)
 PYOC — Protestant Youth, Middle School Mon. (6-7:30 p.m.)
 PYOC — Protestant Youth High School Mon. (7-9 p.m.)
 PWOC — Protestant Women of Chapel Tues. (9 a.m.) and (6 p.m.)
 AWANA — Wed. (4 p.m.)
 MOPS — Mothers of Preschoolers 2nd & 4th Wed. (9 a.m.)
 LifeTeen — Catholic High School Students Mon. (6:30 p.m.)
 Operation Helping Hands Food Pantry —
 Monday-Friday 8 a.m.-4 p.m. closed on main Holidays
 For additional information, call Center Chapel at 380-3562

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Community Happenings

RSS/11ACR FRG events

Following are upcoming Regimental Support Squadron, 11th Armored Cavalry Regiment, Family Readiness Group events:

Aug. 30: S&T, FRG Meeting, TBD

Aug. 30: Maintenance Troop, FRG Meeting, TBD

Sept. 10: 58th CEC FRG Picnic, TBD

Sept. 14: S&T FRG BBQ, TBD

Sept. 22: Maintenance Troop, FRG Bake Sale, TBD

Sept. 23: Horse Detachment, FRG Meeting, Regimental Stables, TBD

More information: Patti Flores at 380-5581 or patti.l.flores@us.army.mil.

GSAB FRG Events

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

HHD, GSAB

Sept. 30: HHD FRG meeting at Bldg. 507. Time: 6 p.m. If you should have any questions, contact Cpl. Sparrow at 380-5485 or email: hhdfrg507@gmail.com.

AAD, GSAB

AAD FRG meeting has not been scheduled. If you should have any questions, contact Juli Cummings at (254) 630-2596 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.

1916th Support Battalion FRG Events

The upcoming 1916th Support Battalion Family Readiness Group meetings are: 699 Maintenance Company: FRG meeting Sept. 1, 6 p.m., Sandy Basin Community Center.

For more information, contact 1st Lt. Patrick Rogers at 380-4745.

Pet Grooming Available

Sgt Fuzzbuddy's Kennel does pet grooming on Tuesdays and Wednesdays. It's convenient and very affordable. Check them out.

Mothers of Pre-Schoolers

Mothers of Pre-Schoolers (MOPS) will host its first meeting on Sept. 8, from 9-11 a.m. Food, childcare and friendship will be provided. MOPS will continue to meet the second and fourth Wednesday of each month. For more information, call the Chapel at 380-3562 or contact Tiffany Spicer or Terra Chew at ftirwinmops@gmail.com.

First Aid Classes

Fort Irwin Red Cross is offering CPR/AED and First Aid classes on a regular basis. For more information, contact the Red Cross at 380-3697, e-mail Stephanie Luce the Station Manager at stephanie.luce@us.army.mil, or stop by the Red Cross office in Bldg. 566.

Golf Tournament

The Warrant Officer Association will host its golf tournament at the Spring Valley Country Club, on Oct. 13. Cost is \$70 for early registration (thru Sept 15) or \$80 Sept. 16-30. Tee off is at noon. 4-person teams for 18 Holes Texas Scramble. Tournament includes range balls for driving range or putting green, riding cart, and barbecue luncheon. Proceeds go to Fort Irwin Child Youth Services. To register, contact CW2 Brian Miller, 380-4168.

Race Tickets Available

NASCAR Tickets for the Pepsi400 are now available at the Leisure Travel Services, in Bldg. 976. Tickets are priced at approxi-

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

mately 50 percent off the gate price. You can also get pre-race pit passes at an even bigger discount. The Pepsi 400 will be held at Fontana, Oct 10. If you don't want to drive, let us do the driving for you. Sign up to catch a ride with Leisure Travel Services. For more information stop by Bldg. 976 or call 380-4767.

Basketball Tryouts

Fort Irwin Men's Basketball Team tryouts will be held at the Freedom Fitness Gym, from 6 to 8 p.m., Sept. 7 and 9. Fort Irwin Women's Basketball Team tryouts will be held at the Freedom Fitness Gym, from 6 to 8 p.m., Sept. 8 and 10. For more information on both tryouts, contact Scoop at 380-3457 or Sgt. 1st. Class Brody, (832) 579-8769.

At the Movies

Thursday, Aug. 26

7 p.m. Closed

Friday, Aug. 27

7 p.m. Despicable Me (PG)

7 p.m. The Last Airbender (PG-13)

9:30 p.m. Inception (PG-13)

9:30 p.m. The Twilight Saga: Eclipse (PG-13)

Saturday, Aug. 21

7 p.m. Despicable Me (PG)

7 p.m. The Last Airbender (PG-13)

9:30 p.m. Inception (PG-13)

9:30 p.m. The Twilight Saga: Eclipse (PG-13)

Sunday, Aug. 22

4 p.m. Despicable Me (PG)

7 p.m. The Last Airbender (PG-13)

7 p.m. The Twilight Saga: Eclipse (PG-13)

Monday, Aug. 23

7 p.m. Despicable Me (PG)

7 p.m. The Last Airbender (PG-13)

Tuesday, Aug. 24

7 p.m. Closed

Wednesday, Aug. 25

7 p.m. Closed

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.

Club Super Sign Up

The Military and Civilian Spouses' Club (MCSC) of Fort Irwin will host its California Dreamin' Super Sign Up at the Sandy Basin Community Center, today, from 9:30 a.m. to 1:30 p.m. The California Dreamin' Super Sign Up will be a fun, casual introduction to this all-ranks community service organization. Join in the fun, learn about the club, shop from local crafters and home-based businesses, and enjoy free refreshments. If you have some funky flip-flops, wear them; and you might win a prize! For more information, visit our website at www.mscftirwin.org; or call Elena at (562) 233-0442.

Family Housing Extravaganza

Join Pinnacle Family Housing for the 2010 Extravaganza on Oct. 8, from 4 p.m. to 8 p.m., at the Multi-Purpose Field, located on the corner of Inner Loop and Barstow Road. Wear your favorite soccer team jersey. Food, entertainment, games, face painting, jump houses and much more will be provided. It's a fun-filled free event for the whole family. For more information, call the housing office at (888) 419-6499.

Recruitment Briefing

Asymmetric Warfare Group (similar to Special Forces) recruiters, from Fort Meade, Md., are seeking enlisted and

officer personnel to attend its recruitment briefings at the Fort Irwin Education Center, from Sept. 1-2 at 10:30 a.m., 1:30 and 3 p.m. For more information, contact Greg Melcher at (301) 768-5481 or email at gregory.a.melcher@us.army.mil.

Pet Grooming Available

Sgt Fuzzbuddy's Kennel does pet grooming on Tuesdays and Wednesdays. It's convenient and very affordable. Check them out.

Customer Service Assessment

The Customer Service Assessment survey is open from Aug. 30 through Sept. 26 to rate the importance and performance of Garrison services. The survey can be found at <http://www.mymilitaryvoice.org> and is open to all eligible patrons. For more information about the survey, contact Customer Service Office Meredith Storm at either 380-7639 or meredith.storm@us.army.mil.

Operation Battle Blackout

Operation Battle Blackout-Fort Irwin, through its partnership with our electricity provider (Southern California Edison) has been called upon to voluntarily reduce its peak electricity usage during the critical period of 12 noon to 8 p.m. to support and aid in averting a possible energy emergency. Do your part: conserve energy by cutting down on electrical and power usage in you work area or in you home.

School Events

Lewis Elementary School

Aug. 26: 2nd grade Back to School Night, 4-5:30 p.m.

Aug. 26: Fall Picture Day

Tiefort View Intermediate School

Aug. 31: Lunch with the Principal

Fort Irwin Middle School

Aug. 24: Picture Day

Aug. 26: Cross Country Practice, 7:15 a.m.

Aug. 30: Cross Country AFTERSCHOOL, 3:30-4:30 p.m.

Aug. 31: Cross Country Practice, 7:15 a.m.

Sept. 1: Cross Country Practice 7:15 a.m.

Sept 2: Cross Country Meet at Bradach (Adelanto, CA), 4 p.m.

Silver Valley High School

Sept 2: SVHS Picture Day

Sept 2: SVHS Senior Night, 6 p.m.

Youth and School Activities

Middle School Activities

Thursday: Cooking Club Ice Cream in a Bag

Friday: Pool

Monday: Water Balloon Games

Tuesday: Create your own Jewelry

Wednesday: Smart Club Ultimate Journey

Teen Activities

Friday: Rock Band

Saturday: Cooking Club Fruit Smoothie

** We are currently revamping our facility, so we have temporarily moved to Bldg. 287. Please call 380.3732 for directions. Welcome to the new sixth graders!

Hours of Operation:

Middle School: M-F 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

Thu., Aug. 26

Military and Civilian Spouses Club Super Sign up
9:30 a.m.-1:30 p.m.
Sandy Basin Community Center
Elena, 562-233-0442

Thu., Aug. 26

Rising Star Audition
6-8 p.m.
Reggie's Ball Room, 380-3509

Wed., Sept. 1

699 Maintenance Co FRG Meeting
6 p.m.
Sandy Basin Community Center
1st Lt. Patrick Rogers, 380-4745

Fri., Sept. 3

Family Movie Night
7-9 p.m.
Oasis Pool
380-3046

Thu., Sept. 9

Spouse Battlemind Training
6-8 p.m.
The Forum, Bldg. 1200
380-2399

Wed., Sept. 15

Teen AFAP Conference
4:30-8 p.m.
The Forum, Bldg. 1200
380-2382

Thu., Sept. 30

GSAB-HHD FRG Meeting
6 p.m.
Bldg. 57
Cpl. Sparrow, 380-5485

Sat., Oct. 2

Oktoberfest
5 p.m.-1 a.m.
Reggie's, 380-3084



Check out these upcoming activities at Fort Irwin

FREE WEIGHT LOSS SURGERY SEMINARS

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Thursday, September 2
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6:30 to 7:30 pm

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Understanding good (ergonomically correct) working posture conditions

BY DALE DOMEK

Garrison Safety Office

To understand the best way to set up a computer workstation, it is helpful to understand the concept of neutral body positioning. This is a comfortable working posture in which your joints are naturally aligned. Working with the body in a neutral position reduces stress and strain on the muscles, tendons, and skeletal system and reduces your risk of developing a musculoskeletal disorder (MSD). The following are important considerations when attempting to maintain neutral body postures while working at the computer workstation:

- Hands, wrists, and forearms are straight, in-line and roughly parallel to the floor.
- Head is level or bent slightly forward, forward facing, and balanced. Generally it is in-line with the torso.
- Shoulders are relaxed and upper arms hang normally at the side of the body.
- Elbows stay in close to the body and are bent between 90 and 120 degrees.
- Feet are fully supported by the floor

- or a footrest may be used if the desk height is not adjustable.
- Back is fully supported with appropriate lumbar support when sitting vertical or leaning back slightly.
- Thighs and hips are supported by a well-padded seat and generally parallel to the floor.
- Knees are about the same height as the hips with the feet slightly forward.

Regardless of how good your working posture is, working in the same posture or sitting still for prolonged periods is not healthy. You should change your working position frequently throughout the day in the following ways:

- Make small adjustments to your chair or backrest.
- Stretch your fingers, hands, arms, and torso.
- Stand up and walk around for a few minutes periodically.

These four reference postures are examples of body posture changes that all provide neutral positioning for the body.



Figure 1.
Upright sitting posture



Figure 2.
The user's torso and neck are approximately vertical and in-line, the thighs are approximately horizontal, and the lower legs are vertical

Upright sitting posture. The user's torso and neck are approximately vertical in-line, the thighs are approximately horizontal and the lower legs are vertical



Figure 5.
Declined sitting position



Figure 6.
The user's thighs are inclined with the buttocks higher than the knee and the angle between the thighs and the torso is greater than 90 degrees. The torso is vertical or slightly reclined and the legs are vertical

Declined sitting posture. The user's thighs are inclined with the buttocks higher than the knee and the angle between the thighs and the torso is greater than 90 degrees. The torso is vertical or slightly reclined and the legs are vertical.



Figure 3.
Standing posture



Figure 4.
The user's legs, torso, neck, and head are approximately in-line and vertical

Standing posture. The user's legs, torso, neck and head are approximately in-line and vertical. The user may also elevate one foot on a rest while in this posture



Figure 7.
Reclined sitting posture



Figure 8.
The user's torso and neck are straight and recline between 105 and 120 degrees from the thighs

Reclined sitting posture. The user's torso and neck are straight and recline between 105 and 120 degrees from the thighs

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Birth Announcements

DAMETRIUS DASHAWN, boy, 8 lbs., 7 oz., 20 inches, born to Daniella and David Holcomb, July. 1, at 10:39 a.m.

YESHAYA CHRISTIAN ELISHA, boy, 5 lbs., 6 oz., 19 inches, born to Brianna and Edward Espinosa, July. 1, at 6 p.m.

EMILY JANE, girl, 8 lbs., 12 oz., 20 inches, born to Ashley and James Bithorn, July. 2, at 4:15 p.m.

NATALIE ELIZABETH, girl, 7 lbs., 3 oz., 19 inches, born to Ashlee and Daniel Luallen, July. 3, at 3:20 p.m.

AURORA MAY, girl, 5 lbs., 13 oz., 18 inches, born to Calista and Robert Ingersoll, July. 4, at 11:40 p.m.

AALIYAH HOPE, girl, 7 lbs., 4 oz., 21 inches, born to Ashley and Durell Jones, July. 5, at 3:42 p.m.

ETHAN SCOTT, boy, 9 lbs., 11 oz., 20 inches, born to Victoria and Daniel Larimer, July. 7, at 8:23 a.m.

JAYLA MARIE, girl, 6 lbs., 10 oz., 19 inches, born to Laneka and Joel Montgomery, July. 7, at 5:17 p.m.

ALEXANDER FABIAN, boy, 6 lbs., 5 oz., 19 inches, born to Amber and Alejandro Buentello, July. 7, at 6:09 a.m.

ALEXANDER JORDAN, boy, 8 lbs., 3 oz., 19 inches, born to Elisa and Cody Pogalz, July. 8, at 9:12 p.m.

RYAN MATTHEW, boy, 10 lbs., 1 oz., 22 inches, born to Traci and Raymond Bouches, July. 10, at 10:51 a.m.

AUSTIN SCOTT-ALLEN, boy, 7 lbs., 1 oz., 19 inches, born to Kristina and Louis Parmelee, July. 10, at 2:11 a.m.

JEREMIAH BACILIO, boy, 6 lbs., 9 oz., 19 inches, born to Katie and Ascension Vasquez, July. 10, at 10:20 p.m.

LILIANA MARIE, girl, 8 lbs., 4 oz., 19 inches, born to Gracie and Zachary Sheahan, July. 12, at 8:32 p.m.

PAITEN MARIE, girl, 8 lbs., 6 oz., 19 inches, born to Denise and Robert Carr, July. 13, at 10:20 p.m.

RYAN ETHAN, boy, 8 lbs., 2 oz., 19 inches, born to Rebecca and Matthew Decker, July. 15, at 8:23 a.m.

JASON STANFORD THORNTON JR., boy, 7 lbs., 15 oz., 21 inches, born to Briana and Jason Thornton, July. 15, at 9:56 a.m.

CADEN NELSON, boy, 7 lbs., 4 oz., 19 inches, born to Kellye and Andray McCuilen, July. 17, at 9:23 a.m.

ISABELLA ELAINE, girl, 7 lbs., 4 oz., 20 inches, born to Andrea and Joshua Anderson, July. 17, at 6:44 a.m.

XANDER MAXIMUS, boy, 6 lbs., 14 oz., 20 inches, born to Sherry and Juan Fuentes, July. 17, at 5:55 p.m.

BENAIHAH DAVID, boy, 8 lbs., 14 oz., 21 inches, born to Kristena and Adam Sahlberg, July. 22, at 1:31 p.m.

TRENTON SHAWN, boy, 6 lbs., 10 oz., 19 inches, born to Cathy and David Herring, July. 23, at 9:40 a.m.

HARRISON MONGKUL, boy, 8 lbs., 5 oz., 20 inches, born to Sotheaka and Phidel Hun, July. 23, at 5:24 p.m.

MADYSON ANNE, girl, 6 lbs., 15 oz., 19 inches, born to Jennilyn and Steven Staneart, July. 24, at 11:26 a.m.

MARIELLA HANY, girl, 7 lbs., 3 oz., 20 inches, born to Remonda and Hany Ibrahim, July. 25, at 2:04 a.m.

ELENA ANETTE, girl, 6 lbs., 12 oz., 18 inches, born to Azuncion and Eddie Ramos, July. 26, at 8:04 a.m.

BAILY KATHERINE, girl, 6 lbs., 7 oz., 18 inches, born to Mandy and Travis Smith, July. 28, at 11:08 p.m.

MARK RAMSEES, boy, 7 lbs., 0 oz., 21 inches, born to Dora Maitland, July. 28, at 8:04 p.m.

ALEXIS JEANNETTE, girl, 7 lbs., 15 oz., 21 inches, born to Jennifer and Ryan Sherry, July. 29, at 4:28 p.m.

ALINA LOU, girl, 6 lbs., 4 oz., 19 inches, born to Debbra and Daniel Perez, July. 31, at 3:27 a.m.

For more information or questions, contact Mrs. Claudia Beck, Patient Administration Division, Medical Correspondence Section at 380-3165.



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Soldier show cast members perform a rendition of Lynyrd Skynyrd's "Sweet Home Alabama." Country music, rock and roll and hip hop selections were all featured during the show.



Cast members line up during a World War II-themed performance of Irving Berlin's "Oh How I Hate to Get Up in the Morning." The song was part of a tribute to Berlin that included many of his Army-related songs that became popular during the war.



Pfc. Drake DeLuca, 8th Psychological Operations Battalion, Fort Bragg, N.C., performs during the Soldier Show's rendition of "Don't Stop Believin'." Before joining the Army, DeLuca worked as an entertainer aboard cruise ships and in casinos.



The 2010 U. S. Army Soldier Show cast members perform their finale, an original piece written by the cast members. The song was inspired by the strength of Soldiers and their families, and the obstacles they overcome.

Soldier Show entertains Fort Irwin community

STORY AND PHOTOS BY CAROLINE KEYSER

Warrior Volunteer writer

The Fort Irwin community was entertained by some of its own when the 2010 U.S. Army Soldier Show came to Freedom Fitness Center, Aug. 21. The 90-minute performance featured 22 active-duty Soldiers performing a variety of musical numbers. The Soldiers are chosen from across the Army for their music, dance, and performance abilities. Songs included in the show covered a wide range of genres and decades, from Irving Berlin's "Cheek

to Cheek," to a tribute to Michael Jackson. One performer, Sgt. 1st Class Michael Carter, is assigned to Fort Irwin's Operations Group Scorpion Team.

"It feels pretty good to be able to give back to the Fort Irwin community," he said.

Five-year-old Max Wakefield, who attended the show with his family, said he had fun.

"My favorite part was the Black Eyed Peas song," he said.

The 2010 U.S. Army Soldier Show tours for six months. It is sponsored by the GI Sexual Harassment and Assault Response and Prevention Program, and by the Army Fitness Program.



The audience claps during one of the Soldier Show's musical numbers.



The Soldier Show's gospel performance had audience members on their feet and clapping. Gospel was one of many musical genres incorporated into the show.



Audience members enjoy the 2010 U.S. Army Soldier Show, which took place Aug. 21 at Freedom Fitness Center.



A Soldier Show cast member plays the saxophone during a rendition of "New York, New York," that included a reproduction of a New York City subway stop sign. There were other New York-related songs in the show as well, such as Jay-Z's "Empire State of Mind."



Cast members perform Journey's "Don't Stop Believin'." The song was part of a pop-music medley that included songs by Beyonce, Miley Cyrus, and the Black Eyed Peas.

Unity, from page 1

"It's really hard to simulate that anywhere else, other than here, including the weather and terrain," he said. "It's really close to being the real thing."

The squad went up to the second floor and secured the remaining enemies. The Soldiers searched the house and found a small hidden door behind a bookcase. They opened the door where they were surprised by an explosive device about to go off.

"It motivates me and all the other (noncommissioned officers) to see these guys jumping over fences," said Sgt. Robert Millan, team leader from Lindsay, Calif. "We don't have one bad attitude out here. All these young (Soldiers) are really, really motivated ... It's good for the Soldiers that are just coming out of boot camp. They don't get to see the quality training that this, so it's pretty realistic.



PHOTOS BY SPC. CODY CAMPANA

Second Lt. Pete Fortier, platoon leader out of Fresno, Calif., gave feedback to Soldiers during the drill. Fortier draws his experience from deployments both to Iraq and Afghanistan, as well as Ranger training.

"I feel they have done an excellent job," said Fortier. He said they took a variety of Soldiers with different types of experience and pulled together their resources to provide them with high-quality training.

The scenario sites here at NTC are modern and state-of-the-art. NTC is one of the few sites where Soldiers have training sites like this.

"Traditionally, in the past, our (Soldiers) have not been able to get quality training that they need as dismounts, to operate

in an urban environment or even a patrolling environment," Fortier said. Therefore, they used the advantages of NTC to deal with combatants and non-combatants in the houses and better prepare them for overseas operations.

"Realistic training hones realistic skills," he said."

His company doesn't have many opportunities to practice on skills in a realistic environment, and because they are guardsmen they need to improve skills while they can, he said.

"We are better preparing the sons and daughters of the United States to have a better survivability overseas. We are exposing them to realistic threats that they will encounter in urban environments of both Afghanistan and Iraq. And they will be better prepared for when they actually go to do the job," he said.

(FAR LEFT) Soldiers from Company A, 1/185 Armor (Combined Arms Battalion) cross the street to breach a building in a mock village at the National Training Center on August 7 as part of a training exercise.

(LEFT) Spc. Carlo P. Acevedo, a team leader, Company A, 1/185 Armor (Combined Arms Battalion), provides security for Soldiers to move into the mock village here at the National Training Center on August 7, as part of a training exercise.




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Quarterly Domestic Water Public Notice

UPDATED: 18 MAY 2010

Fort Irwin's Water System is operated under a privatization contract with CH2MHill. As the system ownership is not transferred to CH2MHill, compliance responsibilities still reside with the U.S. Army.

Fort Irwin has two water systems. A Reverse Osmosis or RO System and a domestic use system or DU system. The domestic use (DU) water is higher than the California standard in Fluoride (Maximum Contaminate Levels, MCL = 2 mg/L). The Domestic Use water is also higher than both the U. S. Environmental Protection Agency (US EPA) and State of California standard of Arsenic (MCL 10 µg/L). DU water is intended for use in washing, cleaning, irrigation, and other non potable uses.

Fort Irwin treats a portion of the DU water at our reverse osmosis water treatment plant. The Reverse Osmosis treatment process removes contaminants including Fluoride and Arsenic and ensures our water meets all State and Federal Safe Drinking Water standards. The RO water should be used for drinking and cooking.

The RO system is visible in housing or your work space as either a RO water tab (shown at left) usually in the kitchen or a water fountain (shown at right). Areas that do not have RO water are provided with bottled drinking water.

Fort Irwin has completed the design of a new Water Treatment Facility. Our goal is that by the end of the year 2013, all water that our customer's use will meet or exceed the Federal and state MCLs. At that time the system ownership and permits will be transferred to CH2MHill.

Fort Irwin's water permit requires Fort Irwin to notify the public quarterly of the following:

This is an alert about your drinking water and a cosmetic dental problem that might affect children under nine years of age. At low levels, fluoride can help prevent cavities, but children drinking water containing more than 2 milligrams per liter (mg/L) of fluoride may develop cosmetic discoloration of their permanent teeth (dental fluorosis). The Domestic Use (DU) water provided by Fort Irwin water system has a fluoride concentration ranging from 0.8 mg/L to 9.4 mg/L.

Dental fluorosis may result in a brown staining and/or pitting of the permanent teeth. This problem occurs only in developing teeth, before they erupt from the gums. Children under nine should use the RO water to avoid the possibility of staining and pitting of their permanent teeth. You may also want to contact your dentist about proper use by young children of fluoride-containing products. Older children and adults may safely drink the water.



Drinking water containing more than 4 mg/L of fluoride can increase your risk of developing bone disease.

Some people who drink water containing arsenic in excess of the MCL over many years may experience skin damage or circulatory system problems, and may have an increased risk of getting cancer. The Domestic Use (DU) water provided by Fort Irwin water system has a arsenic concentration ranging from Not Detected to 35 µg/L.

Please note, both the fluoride and the arsenic in our water comes from erosion of natural deposits.

For more information, please contact Water Resources Manager, Fort Irwin DPW, at 380-4987 or P.O. Box 105085, Bldg 602, Fifth St. Fort Irwin, CA 92310-5085. If you have questions concerning Fort Irwin Water System operation contact CH2MHill 386-9706. Some home water treatment units are also available to remove fluoride from drinking water. To learn more about available home water treatment units, you may call the California Department of Health Services Water Treatment Device Unit at (916) 323-5600.

Please share this information with all the other people who drink this water, especially those who may not have received this notice directly (for example, people in apartments, nursing homes, schools, and businesses). You can do this by posting this public notice in a public place or distribution copies by hand or mail.

Si desea leer este anuncio en Español puede leerlo en red electrónica en <http://www.irwin.army.mil/Post/Environment/> Estado de California a la Unidad de Equipo de Tratamiento al teléfono 916 323-5600.

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'09 CHEVY AVEO LT Sedan 4D 4 Cyl, 1.6 Liter, Auto, FWD, A/C, Pwr Steering #380377 WAS \$12,515 NOW \$8,995	'05 SCION xA Hatchback 4D 4 Cyl, 3.0 Liter, 5 Speed, FWD, A/C, Pwr Steering #129489 WAS \$11,985 NOW \$9,995	'09 KIA RIO LX Sedan 4D 4 Cyl, 1.6 Liter, 4 Spd Auto, A/C, Pwr Steering #442681 WAS \$11,999 NOW \$9,995	'08 CHRYSLER PT CRUISER Sport Wagon 4D 4 Cyl, 2.4 Liter, Auto, FWD, A/C, Pwr Steering, Windows, Doors #229704 WAS \$11,995 NOW \$9,995	'08 SUZUKI FORENZA Sedan 4D 4 Cyl, 2.7 Liter, Auto, FWD, A/C, Pwr Steering, Windows, Doors #136429 WAS \$11,995 NOW \$9,995	'09 FORD FOCUS SE Sedan 4D 4 Cyl, 2.0 Liter, Auto, FWD, A/C, Pwr Steering, Front Air Bags #114404 WAS \$13,785 NOW \$10,995	'09 KIA SPECTRA EX Sedan 4D 4 Cyl, 2.0 Liter, Auto, FWD, A/C, Pwr Windows #586705 WAS \$13,495 NOW \$10,995	'08 PONTIAC GRAND PRIX Sedan 4D V6, 3.8 Liter, FWD, A/C, Pwr Steering, Windows, Doors #137079 WAS \$14,495 NOW \$11,995	'06 CHEVY COLORADO LS Pickup 2D 4 Cyl, 2.8 Liter, 2WD #36461 WAS \$14,995 NOW \$11,995
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Coyote Activity Center

Fitness Specialist Certification

Combines the knowledge and skills of personal fitness trainers and group exercise instructors

When: September 24, 25, 26, 2010

Where: Coyote Activity Center, Bldg. 127 Innerloop, Fort Irwin Ca 92310

Certification Cost: Regular Cost \$489.00 Military discount Cost \$344.25 *military discount applies to active duty personnel, retired military members, DOD cardholders, and base fitness center staff

Book Cost: (2 textbooks) Regular Cost \$138.00 Military discount Cost \$110.40. Cost includes: 3 day certification workshop, Military Fitness Specialist Certification study guide, written and practical exams, one year membership (\$69 value) to American Fitness magazine, and 15 CEU's toward previously achieved AFAA certifications.

*Current CPR required before certificate is issued. Certificate is good for two years. Within the two years you must obtain 15 CEU's to keep certificate current. CEU's can be obtained through live workshops or online classes. POC: Sandy Clark, 380-7240, sandra.clark6@us.army.mil

Fitness Class Schedule

Thursday, August 26 Morning

8:30 Body Shop/Sandy
9:30 Belly Dancing C/Ranai

Afternoon

12:00 Cycling/Sandy
5:30 Xtreme Fitness/Robin Sandy Ryndee

Friday, August 27 Morning

8:30 Step/Ryndee
9:30 Pilates/Sandy
12:00 Boot Camp/Sandy

Monday, August 30 Morning

8:30 Turbo Kick/Ryndee
9:30 Yoga/Kimberly

Afternoon

12:00 Yo-lates/Robin
3:00 Yoga/Michell
5:30 Cycling/Ryndee
6:30 Body Shop/Sandy

Tuesday, August 31 Morning

6:30 Cycling/Sandy
8:30 Body Shop/Ryndee
9:30 Belly Dancing B/Ranai

Afternoon

12:00 Step/Sandy
5:30 Dance Fusion/Robin
6:30 Yoga/Robin

Wednesday, September 1 Morning

8:30 Step/Ryndee
9:30 Yoga/Kimberly

Afternoon

12:00 Body Shop/Robin
3:00 Yoga/Michell
5:30 Cycling Core/Sandy
6:30 Turbo Kick/Ryndee

Xtreme Fitness: Are you up for the challenge? 90 minutes of INTENSE training with Sandy, Robin & Ryndee! Come out and test you will. This class is guaranteed to make you sweat! Fitness Class Pass: \$30 Unlimited monthly pass; \$20 10-class punch card; \$3 per single class. Classes during PT hours are FREE! For more information about fitness classes at The Coyote Activity Center, call Sandy Clark, fitness coordinator, at 380-7242 or email at getfitfortirwin@yahoo.com

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A little help from friends

Reserve, NG boost manpower at NTC

STORY AND PHOTOS
BY SGT. DEBRALEE P. CRANKSHAW
363rd Public Affairs Detachment

Combat trainers are an integral part of training units at the National Training Center at Fort Irwin, Calif. For Rotation 10-09, NTC asked for a little help from a friend: the Reserve and National Guard.

Reserve and National Guard Soldiers from throughout the U.S. were asked to spend their annual training as combat trainers, augmenting the active duty trainers already at NTC. Fifteen answered the call to assist the approximately 50 active duty combat trainers who help training reserves Soldiers.

"It seems they need more manpower — they can't do it all by themselves so they need Reserve and National Guard to come in and assist with each rotation," said Reserve Staff Sgt. Patrick Wysingle, communications team chief, 211th Regional Support Group and a combat trainer from Natchitoches, La.

For this rotation, these Soldiers are observing the 319th Combat Sustainment Support Brigade.

"Usually when we have a Reserve unit here, we contact the CSSB sister unit and they send their best and brightest," said active duty combat trainer Sgt. 1st Class Corey Cooley, CSSB trainer, Goldminers, Operations Group.

Most combat trainers work approximately 12 hours a day, usually dividing the day in two shifts, one day and one night. Sometimes, if there are enough combat trainers, they will also divide the day further into shifts so the combat trainers may be well rested. Others sleep in the training area and can be on duty for up to 24 hours. They are responsible for their particular area of expertise, whether communication, intelligence or other area of concentration. The number of Soldiers a combat trainer observes varies based on their role. Some may only oversee a section, while others may oversee an entire company.

To prepare them for their new role, the Soldiers who volunteered for this opportunity were required to take a four-day course at the Combat Trainers Academy. This training was geared toward teaching the rules and procedures for role players, training exercise lanes and being a combat trainer. This training was a shorter, less intense version of what the active duty combat trainers attend.

"We bring the Reserve in to help facilitate without the same training CTs have," said Cooley, a Soso, Miss., native.

Although the Reserve and National Guard combat trainers are not trained to the degree of the active duty, they still see challenges in their role.

"Struggles and challenges would be trying to really get down to the nitty-gritty," said Wysingle. "Sometime you get answers, sometimes you don't get the answers you're looking for, but really what you're doing is observing and you're trying to assist them so they can be battle-ready. The struggles would just be capturing all that information back — asking enough questions and the right questions."

Many of the National Guard and Reserve Soldiers who received this training were impressed



Reserve Sgt. 1st Class Ricardo Martinez, ammunition sergeant, 211th Regional Support Group and combat trainer for NTC Rotation 10-09 from Beeville, Texas, right, discusses how the intelligence section is operating with Maj. German Hoppenstedt, 319th CSSB support operations officer and McAllen, Texas native.

and believed it helped them grow as Soldiers and noncommissioned officers.

"I think it's a great experience. I got to learn different approaches, different techniques to use throughout the different training events," said National Guard Master Sgt. Tammy Nelson, from New York, a human resource sergeant for the 369th Sustainment Brigade. "I think it was a great opportunity for us to try to experience exactly what the regular Army Soldiers experience. I learned a lot of things. Some things I knew and was able to get more in-depth training."

Nelson said she was able to learn the operations of each mission and the processes to accomplish mission completion. She also said the experience of doing the mission day-by-day instead of one weekend a month helped her see the active duty side.

"When you're doing your mission one weekend a month you might forget some things, but if you're constant you never forget," said Nelson.

Other combat trainers took it as an opportunity to bring their knowledge to young Soldiers.

"I wanted to learn as much as possible so whenever someone asked me a question I could answer them honestly," said Reserve Sgt. 1st Class Ricardo Martinez, ammunition sergeant, 211th Regional Support Group from Beeville, Texas. "It can weigh on you. If you think about it, some of these Soldiers are going overseas, they're going out there and they might not come back. It can make you proud too because you say, I gave them the best advice I could. I was there and I helped them."

This was a unique opportunity for Guard and Reserve Soldiers. Most combat trainers



Sgt. Walter Walker, intelligence sergeant, 90th Sustainment Brigade and combat trainer for NTC rotation 10-09 from Cabot, Ark., center, assists Sgt. Dorian Gantenbein, 369th Sust. Bde. intelligence sergeant and New York native with a software issue as 1st Lt. Jennifer Bonkowski, 369th Sust. Bde. assistant intelligence officer from Herkimer, N.Y. discusses other software with Walker.

are active duty and it's not common for that to change.

"It's not the norm (for Reserve and National Guard). This is actually my first time here as a combat trainer," said Wysingle. "I've been before on regular rotations ... seven times."

Others wanted to see how the combat trainers operate and experience their side.

"My unit was looking for Soldiers to come to NTC and they told me about this opportunity. So my Reserve unit asked me if I wanted to volunteer and I said, 'Yeah, I want to be on the other side,'" said Martinez. "We're always on this side watching combat trainers evaluating us, and now I see they're really not there to give you a grade. They're there to help your unit deploy. And I wanted to see that."

Reserve and National Guard combat trainers gained new perceptions of a combat trainer's purpose.

"They're helping you out so your unit can survive, so your unit can go to a place like Afghanistan or Iraq and be prepared," said Martinez. "There is so much realistic training here and the combat trainers are here to be used, to be advisors for your unit. You don't want to see the combat trainers as being critical of you and that's how many units see combat trainers — they're critics. It helped me see that they're not critics. They are here to help and advise."

They also see their components as bringing something different to the training at NTC. Wysingle sees this as the experience from the civilian side that can apply to military issues.

"The difference between active duty and Reserve is Reserve and National Guard components bring an extra piece to the playing table," said Wysingle. "Active Duty do this all the time. As a Reservist, I'm an IT guy on the civilian side and an IT guy in the military. I might have experienced something on the civilian side, but never experienced it on the military side and now we hit that problem and, hey I can fix that. So, we bring extra to the table."

Martinez also sees the variety of the Reserve and National Guard as an advantage.

"All the different jobs and experiences in our civilian lives (give Reserve combat trainers a different view). We are not in tunnel vision. Active

Duty has a tunnel vision, they don't have other experiences coming in," said Martinez. "This could be good and it could be bad, but reservists come in and they broaden the spectrum. They bring in other experiences, and I think it makes it rich. It helps the active duty even more and I'm glad it does because we need to help the ones who are there every single day."

While Reserve and National Guard combat trainers see this as an opportunity to help the active duty, they also see a chance to help Soldiers.

"It's rewarding for me just showing them (what I know) and giving them what I've learned and experienced (in Iraq) to help them out," said Wysingle. "Just making sure I'm taking care of the Soldiers so once they're over there, they're good or at least they have knowledge to base it off of when they start."

Reserve and National Guard combat trainers were excited for this opportunity, but they expressed their main goal during this mission is to make a difference for the Soldiers in the NTC rotation.

"I think the Reserves bring the readiness to help their fellow Soldier better themselves even though it may be two to three weeks at a time," said Sgt. Walter Walker, intelligence sergeant, 90th Sustainment Brigade and combat trainer from Cabot, Ark.

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:

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- Roommate Wanted
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- Furniture & Appliances
- Misc. For Sale
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- Misc. Wanted

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