



HIGH DESERT WARRIOR

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September 9, 2010

Published in the interest of the National Training Center and Fort Irwin community since 1981

Operation Battle Blackout

Operation Battle Blackout — Fort Irwin, through its partnership with its electricity provider (Southern California Edison), is calling everyone 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 lighting, electrical, and power usage in your work area or in your home. Encourage your fellow Soldiers, co-workers, and family members to conserve energy every day.

Donated Leave Request

A Fort Irwin employee has requested donated leave. If interested in donating leave to the following individual please fill out form OPM 630 A. When donating leave you may only donate annual leave. E-mail the form to laurie.ann.sheats@conus.army.mil or you may drop it off at Building 571. If you have any questions please contact Laurie Sheats at 380-2560.

Customer Service Assessment

The Customer Service Assessment survey is open 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.

Dental Clinic to open

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



Irwin celebrates Women's Equality Day



SGT. 1ST CLASS RAFAEL RODRIGUEZ

The Women's Equality Day audience sat transfixed as they listened to the still commanding voice of guest speaker, Command Sgt. Maj. (Ret.) Michele S. Jones. She symbolically cast aside the restraints of the podium, and shared with them her life experiences in a ceremony honoring the 90th anniversary of the passage of the 19th Amendment to the Constitution. See more photos on page 8.

Suicide Prevention

Family members first to notice signs of distress

BY SHARI LOPATIN

TriWest Healthcare Alliance

Your service member recently returned from a deployment. And you noticed some changes.

Some may be part of the "new normal." But others you wonder about: bursts of anger,

withdrawal from friends and family, trouble sleeping or sleeping too much. Should you brush it off as just a phase?

Absolutely not. Family members are often the first to recognize symptoms of stress, depression or post-traumatic stress. They can be the help for a loved one — before it's too late.

But where can you turn if you're not sure what to do? Many resources are here to help, even online, through TriWest Healthcare Alliance, the company which administers your TRICARE benefit throughout 21 western states.

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ROTATIONAL SOLDIER USE OF POST FACILITIES

■ HEAVY USE ■ MEDIUM USE ■ MINIMAL USE

We salute, honor



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

Defender 6 Sends

Putting energy front and center



Lt. Gen Rick Lynch

In the past, energy has been a side conversation for the Army. It tended to be an area of concern for some experts and specialists, but for a lot of us, whether Soldiers and Civilians in the workplace or Family members in the community, we did not give it much thought. Maybe we paid attention to the Public Service Announcements reminding us to turn off lights, but that was about it.

However, with changing security concerns and increased demands on finite financial and natural resources, energy has become an issue we all have to pay attention to. We must proactively address today's energy challenges for the sake of ourselves, our mission and our nation as well as for future generations. So I intend to keep the issue front and center. I intend to keep the dialogue focused on what we in the Installation Management Community must do, can do and are doing to increase the Army's energy efficiency and security.

The Army depends on a reliable, safe, cost-effective supply of energy to accomplish its mission, as well as provide a good quality of life for Soldiers, Civilians and Families on installations worldwide. To the extent that the supply and distribution of energy lay outside the Army's control, the ability to accomplish our mission is open to risk.

In January 2009, the Army issued guidance for increasing energy security, the Army Energy Security Implementation Strategy. The Installation Management Campaign Plan, the strategic document directing our actions, includes a section focused on energy efficiency and security; this section, Line of Effort (LOE) 6, was developed in support of the Army energy guidance. The keys to success for LOE 6 focus on reducing energy and water consumption, increasing energy and water efficiency, modernizing infrastructure, and developing renewable and alternative energy supplies.

Since version 1 of the Campaign Plan was released in March, we have continued to work on LOE 6, in particular refining the keys to success and developing meaningful metrics to measure our progress. Version 2 of the Campaign Plan will be released in October, which is national Energy Awareness Month. I did not plan for the two events to coincide, but it is fitting. The revised LOE 6 will show us the way ahead for achieving

the energy security and efficiency that is a critical part of achieving and maintaining installation readiness.

While the Campaign Plan is the driving force in changing how we do business, the Installation Management Energy Portfolio is our toolbox. This document, which is also being revised for release in October, describes Army programs and initiatives that help installations realize their energy goals. One example is metering. Residential Communities Initiative housing on 45 Army installations are metered to measure whether the occupants of each unit are using above or below the energy usage baseline every month. Provided with the meter data, occupants have steadily reduced their energy consumption so that 80 percent now receive money back for using less than the baseline each month.

Other programs and initiatives include efforts to improve the Army's energy grid security and management, to track and offset utility costs, and to require that new military construction and renovation meet rigorous energy efficiency standards.



I have always said that vision without resources is hallucination, so the Energy Portfolio also lists a number of resource opportunities. These include Army and private programs, contracts and other vehicles through which installations can partner with private industry to gain expertise and resources to create innovative energy programs.

Finally, the Energy Portfolio highlights several projects in which installations are making creative use of all these resources to save and produce energy. These projects include a 12-acre solar power array at Fort Carson, Colo., a vegetative roof project at Tobyhanna Army Depot in Pennsylvania, a methane gas project at Fort Knox, Ky., the first wind turbine on an active Army installation at Tooele Army Depot in Utah, and solar walls at Fort Drum, N.Y. The revised Energy Portfolio will expand on this last section in particular, to provide ideas and inspiration to other members of the Installation Management Community.

In addition to version 2 of the Campaign Plan and the revised Energy Portfolio, in Oc-

tober I will also publish an energy operations order, to direct specific actions that raise the overall level of effort within the Installation Management Community.

When we look at the energy projects around our installations, we can see the Installation Management Community has made a solid start in addressing energy issues. However, when we consider those issues, we can also see how far we still have to go. Last year we spent \$1.3 billion for the installation utility bill, which includes electricity, steam, water and natural gas. The Army spent \$4 billion for fuel and utilities. That is a large price tag for resources we do not control and that will run out eventually.

I am looking for people who are passionate about energy issues and committed to finding innovative ways to solve the challenges. One key person is the garrison energy manager. Every garrison needs a full-time energy manager, or more than one, depending on the size of the installation, who can help leadership build a robust energy program. And every garrison needs leadership to back a robust energy plan. Leadership has to communicate that every Soldier, Civilian employee and Family member on the installation is responsible for doing his or her part.

Occasionally someone who is less-than-committed to energy efficiency says to me, in effect, "Hey, quit going on about turning off the lights." Here is an idea: turn off the lights and I will quit talking about it. When we have achieved the energy efficiencies that are possible—when we have found ways to avoid energy costs and reduced unavoidable costs and limited our use of nonrenewable resources—then we can talk about other issues,

such as which Soldier and Family programs to apply the savings to.

Focusing on our energy programs is truly non-negotiable. We have to look to our programs to generate savings that will help with the Army's part of the \$23 billion in efficiencies that the Secretary of Defense is requiring from all the services. We have to look to them to more securely position us to accomplish our missions, to provide an even better quality of life for Soldiers and Families, and to help address some critical environmental issues, so that we do not pass them on to our children and their children. For all of these reasons, it is the right thing to do to get our energy programs right.

Lt. Gen Rick Lynch
Commanding General
Installation Management Command
(Defender 6)

(Lt. Gen. Rick Lynch is also the Assistant Chief of Staff for Installation Management)

WHO WE ARE

Brig. Gen. Robert B. Abrams
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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



1 September 2010



To the Men and Women of the United States Army,


Today, Operation Iraqi Freedom and Operation New Dawn begins. This transition represents a significant milestone and a huge accomplishment for the men and women of the United States Army. Our congratulations to General Ray Odierno, to the USF-I Team, and to the nearly 800,000 Soldiers who served in Iraq and contributed to this success.

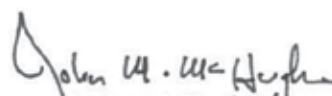
While we reflect on our accomplishments, it is important to remember that our mission there is not yet complete. In cooperation with the Government of Iraq, we will continue to advise and assist the Iraqi Security Forces, support Iraqi troops in targeted counterterrorism missions, and protect our civilians who are moving into the lead to support Iraq. We will complete these missions with the same focus, determination, and professionalism that have seen us through the last seven years.

Our Soldiers have been the key to our success in Iraq. They have adapted to a new form of war — accomplishing the near-impossible every day and led the way in providing the 28 million people of Iraq with the opportunity for a better future.

This success has come at a cost — more than 3,200 American Soldiers have given their lives, and over 22,000 have been wounded. We should use today as an opportunity to pause and remember them, and to renew our commitment to never forget them or their Families.

We could not be prouder of our Army on this historic day. You remain the Strength of this Nation. Army Strong!


George W. Casey, Jr.
General, United States Army
Chief of Staff


John M. McHugh
Secretary of the Army

Distress, from page 1

Online Care

For life issues such as stress management, relationship problems and self-esteem, you can connect with a counselor 24/7/365 using chat and Web video from your home or any Internet connection. As part of TriWest Online Care, you may have access to the TRICARE Assistance Program, or TRIAP. TRIAP offers non-medical, non-reportable video counseling sessions. To be eligible for TRIAP, you must meet one of the following criteria:

- An active duty service member (includes Guard/Reserve members who've been activated)
- An active duty service member's spouse
- An active duty family member 18 years or older
- Guard/Reserve members who've purchased coverage under TRICARE Reserve Select
- Eligible for TRICARE benefits under the Transitional Assistance Management Program (TAMP)

Want more information? Curious to see what kind of help a counselor offers, even

if it's guidance for you to help your spouse? Visit www.triwest.com/OnlineCare to get started.

Other TriWest Resources

TriWest and TRICARE have many other resources available to support you and your spouse: pre-deployment, post-deployment, and during deployment.

Behavioral Health Crisis Line, 1-866-284-3743: Having a stress crisis? Not sure what to do and need to talk? Call us here, 24/7/365.

Behavioral Health Contact Center, 1-888 TRIWEST (874-9378): Information about your behavioral health benefit and help finding a counselor.

TriWest Behavioral Health Portal: www.triwest.com/BH: This portal is filled with a number of resources, from literature on coping with stress and parenting problems, to a map of national support organizations.

"Help from Home" video series: www.triwest.com/HelpFromHome: Watch "Help From Home," a free series of on-line videos (also available as a free DVD set) that offers advice from other families and experts who've lived through it, firsthand.

Fort Irwin Muslims ...

Observe Ramadan despite extreme weather

STORY AND PHOTO BY
SPC. ZACHARY A. GARDNER
11th ACR Public Affairs

With the extreme temperatures that are often associated with living in the desert, it is easy to see why some people succumb to dehydration or exhaustion. Despite such obstacles, local Muslims still observe the Islamic holy month of Ramadan by fasting, praying and studying their religion.

Ramadan is the ninth month of the Islamic lunar calendar and officially begins with the sighting of the first crescent moon of the lunar cycle. Because the start date revolves around the visibility of the moon, there are often discrepancies regarding the official date across the Islamic world.

"It all depends on the moon," said Admiral Mirza, Instructor at the Contemporary Operating Environment Academy and Middle Eastern culture subject matter expert.

A person in Indonesia may not see the moon at the same time as a person in Egypt, Mirza said. So, this is why starting dates may vary across the Muslim world.

During the month of Ramadan fasting takes place between sunrise and sunset. It is only after the sun has set for the day that the fast is broken. The traditional way to break the fast is to first eat dates at the beginning of the break, followed by warm soup, vegetables and then the main course.

"Fasting during Ramadan is practiced for the soul, the mind and the body," Mirza said. "It is the purification of the mind from bad thoughts and the purification of the soul from everything that is not right. It is a total cleansing. The fasting process helps us become better people."

Unlike other Islamic holidays, Ramadan is a pillar of Islam. It is a time when Muslims work towards their Islamic goals and serve their communities. Fasting helps complete these goals not



U.S. Army Sgt. 1st Class Clarence L. Aiken Jr., a radar target acquisition combat trainer for Operations Group's Wolf Team, from Fort Pierce, Fla., conducts an Islamic prayer service for Ramadan, Aug 20.

by starving people, but by giving them the perspective of the less fortunate.

"The goal of fasting is to put you closer to those you are supposed to be serving, the poor," said Sgt. 1st Class Clarence L. Aiken Jr., a radar target acquisition combat trainer for Operations Group's Wolf Team. By fasting, you understand what they go through. It's one thing to just sit back and give people a couple of dollars. It's another thing entirely to actually go through what they go through.

Another reason why Ramadan is so important is because Muslims believe that it was during the month of Ramadan that the Quran was revealed to the prophet Muhammad and received

Allah's holy message. This is why during Ramadan, many Muslims take part in the Tarawih prayer. The Tarawih prayer divides the Quran into 30 sections. The goal of doing this is to recite the Quran from cover to cover during the month of Ramadan.

"As a Muslim and a Soldier, I am proud of where I come from, just like everyone else," Aiken said. "We are just as much a part of America as everyone else. We just have a different religion."

While people are fasting, Aiken urges others to be respectful. If someone is fasting it may be considered rude to eat or drink in front of them. Muslim Soldiers also need to remember during this time to be safe and responsible. Working or exercising in the extreme heat while fasting can be dangerous, said Aiken.

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

Crime Watch

Information provided by
Provost Marshal Office

Arrested Soldier — Off post. California Highway Patrol notified the Fort Irwin police of a regimental Soldier that had been arrested for DUI.

Larceny of private property. Location: Dove Gulch housing. Victim reported that several electronic items were stolen from the victim's vehicle.

Violation of a restraining order. Location: Bldg. ### Rm. ####. Complainant stated that the subject sent the victim a text message, in violation of a restraining order. Subject was apprehended and released to the subject's unit.

Larceny of private property. Location: Tiefort View housing. Victim reported that someone removed various electronic items from the victim's vehicle that was parked in front of the victim's residence.

Emergency vehicle lock-out. Location: Mojave Desert housing. Reporting party accidentally locked his child in his vehicle. The Fort Irwin Fire Department broke the vehicle window to remove the child from the vehicle.

Domestic disturbance. Location: Mojave Desert housing. During an argument, the subject punched the victim in the stomach. The subject was apprehended.

Domestic disturbance. Location: Desert Winds housing. After a verbal dispute, both parties engaged in mutual affray. Both parties were apprehended and prosecuted.

Down power line. Location: RUBA. Fort Irwin Fire Department investigated the report of a downed power line. Investigation revealed that a vehicle struck a power pole and snapped the pole guide wire.

Adopt-a-pet



Name: Colorado
Breed: Australian Shepherd/
Labrador Retriever mix
Gender: Male
Age: 2-years-old

Colorado 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

News Briefs

Savings Bonds Allotment

U.S. Savings Bond allotment procedures processed by the Defense Finance and Accounting Service for military personnel, military retirees and federal civilian employees have changed. The new procedures are a result of the U.S. Treasury's conversion from paper savings bond purchases, made through payroll deductions, to electronic transactions via TreasuryDirect.gov.

The change required DFAS to discontinue employees' current savings bond allotments. Customers desiring to continue automatic savings bond purchases need to create an account at TreasuryDirect.gov and then start a new allotment. Once the new TreasuryDirect account is established, customers will use their new account information when starting a new pay allotment for purchasing bonds. For those without computer access, paper U.S. Savings Bonds will continue to be available and may be purchased at participating financial institutions. Check with your financial institution to see if they offer paper U.S. Savings Bonds. Customers must have their TreasuryDirect account number to ensure their requests are processed properly and to avoid any frustrations. More information on TreasuryDirect is available online at <http://www.treasurydirect.gov/indiv/indiv.htm>. More information on purchasing Treasury securities is available at the DFAS website at <http://www.dfas.mil/news/ussavingsbondallotments.html>. This site also includes a list of frequently asked questions about the change from paper to electronic bond purchase.



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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 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, 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.	

Camp PWOC

The Protestant Women of the Chapel invites everyone to its Camp PWOC at the Center Chapel on Sept. 21, 9 a.m. and 6 p.m. Childcare, food, and new friendship will be provided.



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Community Happenings

Seafood Night Tonight

Seafood Night is around the corner. Reggie's has created a new seafood menu just for you on tonight, 5 p.m. Enjoy great cuisines like seafood gumbo and lobster stuffed gumbo. Call 380-6717 for more details.

Spouses' Luncheon Set

Join the Fort Irwin Military and Civilian Spouses' Club for its monthly luncheon Sept. 16 at Reggie's. The doors open at 11 a.m., and lunch begins at 11:30 a.m. This will be a fun luncheon based on the popular TV show, "Minute-to-Win-It." Come see how you do competing against the clock. The Club will host the Stray Animal Clinic at the luncheon and invites you to bring a donation to support this charity. The Stray Animal Clinic is looking for items like collars, leashes, carriers, blankets, towels, water bowls and food dishes to help care for stray animals here on post. The fee for lunch is \$12, and you can pay by cash or check at the door. Register by Sept. 11 on the club website at mcsctirwin.org. For more information, contact Elena Dunlap at (562) 233-0442.

Oasis pool renovation

During the upcoming renovation of Oasis Pool, the locker rooms and showers will be closed. Showers are available at Memorial Fitness Center.

Rising Star

Check out fortirwinrisingstar.com and vote for your favorite rising star. Rising star finals are at Reggie's on Sept. 24, 6:30 p.m. For more information, call 380-3509

Strike Zone

Saturday Sept. 18, Strike Zone is hosting a bowling tournament. For \$35 you get 6 games and free food from the party menu. Register early on Sept. 17 and only pay \$30. Call 380-4249 for more details. There is a minimum of 10 bowlers to have the tournament.

Swim Team

Join the swim team! Ages 5-18-years-old, enrollment is being held through Sept. 10. The fee is \$50 per child. Season begins Sept. 15 and runs through Dec 15. Practice meets every Tuesday, Wednesday, and Thursday, from 6-7:30 p.m. For more details, call 380-7044

Chili Cook-off

The Fort Irwin Military and Civilian Spouses' Club (MCSC) is seeking competitors for its Rockin' Desert Nights Chili Cook-Off at Sandy Basin Community Center, Oct. 9, 6-9 p.m. This annual competition is open to both teams and individuals from across Fort Irwin. Registration forms and entry guidelines are now available on the MCSC Web site at mcsctirwin.org. Registration is due by Sept. 24. New to the competition this year is a best-tasting salsa competition. Prizes will be awarded for Best Chili, People's Choice Chili, Best Decorated Booth and Best Salsa. Registration is free. Tickets are \$5 in advance or \$7 at the door. Up to four members per registered team will receive free entry into the Chili Cook-Off. Proceeds from the Rockin' Desert Nights Chili Cook-Off will be used by MCSC to support the Fort Irwin Community. For more information, visit our Web site at mcsctirwin.org or contact Heather Adams at (703) 927-7624.

Free Admission

Big Bear Lake will open its 40th anniversary celebration of Oktoberfest on Sept. 18 and 19 and invites all military personnel, law enforcement, firefighters (need to show badge or ID), and their immediate family members, to America's Heroes Weekend at the Big Bear Lake Convention Center, 42900 Big Bear Blvd., on Sept. 18 and 19. The celebration continues for six consecutive weekends through Oct. 30. For more information, call (909) 585-3000 or go to www.bigbearevents.com

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.

Basketball Tryouts

Fort Irwin Men's Basketball Team tryouts will be held at the Freedom Fitness Gym, from 6 to 8 p.m., Sept. 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.

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

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.

Movie Night

Bring your family to Ingalls Recreation for our FREE Popcorn and Movie Night on Sept. 15, 6 p.m., as they show the original "Willy Wonka & the Chocolate Factory." Seating will be provided, but if you and your children wish to get comfortable, bring a blanket and have a seat on our mats, or bring your own. Other snacks and beverages will be sold at the issue counter. For questions call 380-3585.

New Parent Support

New Parent Support is a program designed to assist you every step of the way with raising your children in a nurturing, safe, and healthy environment. Childcare is provided for all New Parent Support classes offered. Infant care classes offered Mondays, Wednesdays, and Fridays by appointment only. Classes are held in the Army Community Service conference room. Point-of-contacts are Kahalia Anderson, 380-8344 and Shawn Robinson, 380-4021.

At the Movies

Thursday, Sept. 9

7 p.m. Closed

Friday, Sept. 10

7 p.m. Cats and Dogs :The

Revenge of Kitty Galore (PG)

7 p.m. Ramona and Beezus (G)

9:30 p.m. Charlie St. Cloud (PG-13)

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

Saturday, Sept. 11

7 p.m. Cats and Dogs :The

Revenge of Kitty Galore (PG)

7 p.m. Ramona and Beezus (G)

9:30 p.m. Charlie St. Cloud (PG-13)

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

Sunday, Sept. 12

4 p.m. Cats and Dogs :The

Revenge of Kitty Galore (PG)

7 p.m. Charlie St. Cloud (PG-13)

7 p.m. Salt (PG-13)

Monday, Sept. 13

7 p.m. Ramona and Beezus (G)

7 p.m. Cyrus (R)

Tuesday, Sept. 14

7 p.m. Closed

Wednesday, Sept. 15

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.

Start a Bowling League

Strike Zone has started fall sign-ups for Mixed Handicap League, Scratch League, Youth/Tween and Teen League, Ladies League, and a Lunch League. Have a league that's not on this list? Start your own. Leagues are open to all Soldiers, family members, civilians, and contractors. The Bowling Center has state-of-the-art pro-comp synthetic lane beds and the best pinsetters money can buy. The Strike Zone is USBC-certified and is willing to start a Sport Shot League if the interest is there. Make some friends, enjoy the music, have a cool beverage and a great meal. For more information, contact Sherry Hoerr at 380-4249.

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 website. 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 website. These announcements can be located by searching by title and/or by search-

ing 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.

Radio Broadcast Streaming

Public Affairs Office is streaming radio broadcast on KNTC 88.3FM. The link can be accessed at the Fort Irwin home Web page. Listeners can click on the KNTC logo, located at the top right of the home page, which will open the media player and play the broadcast. If anyone has questions about the stream, call 380-3450.

Race Tickets Available

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

Weight Watchers

Weekly meetings are on Thursdays, at 12 noon, Bldg. 317 (2nd Street and Avenue E). Sign-up and weigh-in start at 11:30 a.m. Public is free to check out the meeting. More information: call Christine at 298-3438 or getfit@ww-Christine.com.

Mothers of Pre-Schoolers

Mothers of Pre-Schoolers (MOPS) hold meetings on the second and fourth Wednesday of each month. Food, childcare and friendship will be provided. For more information, call the Chapel at 380-3562 or contact Tiffany Spicer or Terra Chew at ftirwinmops@gmail.com.

Breastfeeding Support Group

Breastfeeding is an unequalled way of providing ideal food for the healthy growth and development of infants. For this reason, the Weed Army Community Hospital OB/GYN Clinic and Mother Baby Unit are committed to support and assist our breastfeeding mothers. Breastfeeding Orientation is offered every last Monday of each month from 9-11 a.m. In this class, staff teaches basic breastfeeding techniques to help you prepare for your breastfeeding baby. As you continue breastfeeding, the Breastfeeding Support Group is there to provide you with ongoing assistance and support. BFSG is held every Wednesday from 1-2 p.m. Classes are held at the Mary E. Walker Clinic conference room. For more information, call 380-0613.

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.

Youth and School Activities

Middle School Activities

Thursday: PC Baseball, Cooking Club Burger Cake

Friday: Design your own shirt (Continued), typing skills

Monday: Video Game Tournament, Straw Picture Frame

Tuesday: Newsletter Club, Homemade Chinese Fan

Wednesday: Ultimate Journey/Smart Girls, 4-H, MYO Calendar

Teen Activities

Friday: Card Games

Saturday: Battle of the Bands

** 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 3:15 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., Sep. 9

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

Thu., Sep. 30

GSAB-HHD FRG Meeting
6 p.m.
Bldg. 507
Cpl. Sparrow, 380-5485

Sat., Oct. 9

Chili Cook Off
6-10 p.m.
Sandy Basin Community
Center
703-927-7624

Wed., Sep. 15

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

Sat., Oct. 2

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

Sun., Oct. 10

NASCAR Pepsi400 Races
All Day
Fontana Race Track
380-4767

Thu., Sep. 16

Spouses Luncheon
11 a.m.
Reggie's
Elena Dunlap, 562-233-0442

Fri., Oct. 8

Family Housing Extravaganza
4-8 p.m.
Multi-Purpose Field
Housing Office, 888-419-6499

Wed., Oct. 13

WOA Golf Tournament
12 noon
Spring Valley Country Club
CW2 Brian Miller, 380-4168



Check out these upcoming activities at Fort Irwin

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Women's Equality Day



Command Sgt. Maj. (Retired) Michele Jones, right, accepts a token of appreciation during Women's Equality Day. She was the keynote speaker during the event.



Little Evelyn Bowen answers "Wish Bone" to help Command Sgt. Maj. (Ret.) Jones explain her "Bones Theory" in which she recounts how certain "bones" were necessary (for her) to progress socially, professionally and socially — namely, back-bone, wish-bone, funny-bone, and tail-bone.

PHOTOS BY SGT. 1ST CLASS RAFAEL RODRIGUEZ

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Suicide Awareness Prevention Month

Everyone needs to be aware of warning signs

BY VALENCIA R. BARNES

Army Substance Abuse Program
Employee Assistance Program Coordinator

Suicide is the act of deliberately taking one's own life. For most people the pain in their lives is unbearable and suicide is an attempt to be rid of the pain. Unfortunately, suicide is a permanent solution to a temporary problem. Suicide may be triggered by life events and situations such as: relationship issues, drug/alcohol dependence, emotional trauma, mental health disorders, death of a loved one, financial problems/unemployment, serious physical illness, problems with the law, isolation, etc.

Unfortunately suicide does not discriminate by age, gender, ethnicity, or social economic status. With one suicide every 15.2 minutes in the United States, everyone needs to be aware of the warning signs of suicide. The information below comes from the American Association of Suicidology.

Suicide Warning Signs

- I IDEATION:** Thoughts of suicide expressed, threatened, written
- S SUBSTANCE USE:** Increased or excessive alcohol or drug use.
- P PURPOSELESSNESS:** Seeing no reason for living or having no sense of meaning or purpose of life.
- A ANXIETY:** Feeling anxious, agitated, frequent nightmares, or unable to sleep (or sleeping all the time).
- T TRAPPED:** Feeling trapped, like there is no way out.
- H HOPELESSNESS:** Feeling hopeless about self, others, the future.
- W WITHDRAWAL:** Withdrawing from family, friends, usual activities, society.
- A ANGER:** Feeling rage or uncontrolled anger, seeking revenge for perceived wrongs.
- R RECKLESSNESS:** Acting without regard for consequences, excessively risky behavior.
- M MOOD CHANGES:** Experiencing dramatic changes in mood. Unstable mood.



Remember: IS PATH WARM. If someone tells you they are suicidal, believe them! Please take them to get help.

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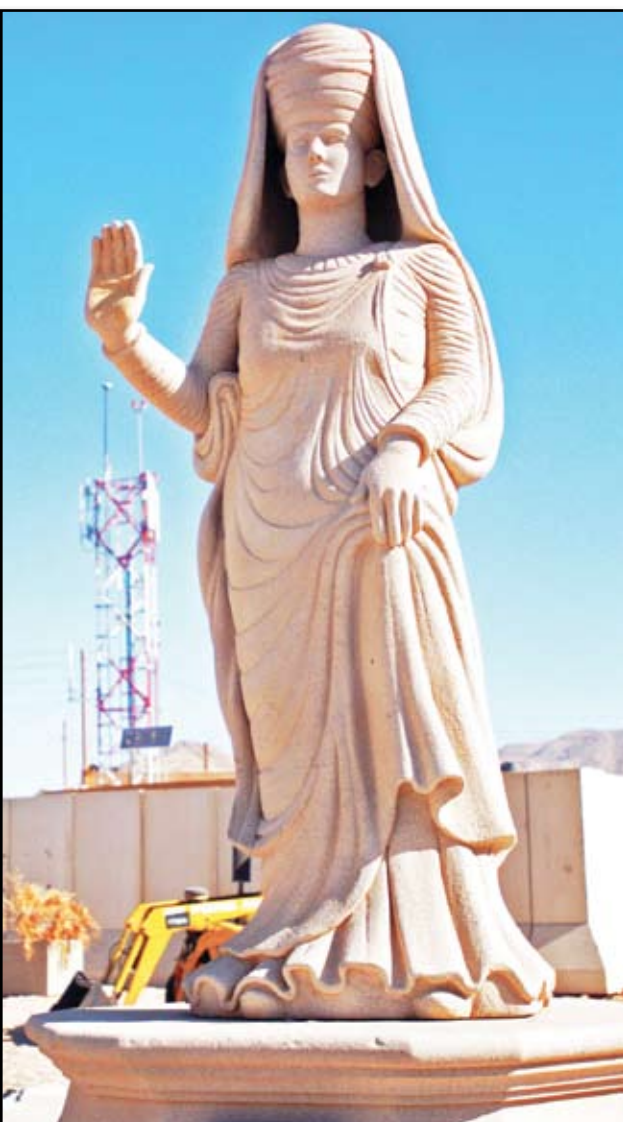
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The statue of the princess of Hatra lies in the middle of a mock village, simulating a middle eastern village at NTC.



(ABOVE) These Iraqi Americans are contract employees who role-play as insurgents for Soldiers training at NTC

(RIGHT) Soldiers from the 603rd Military Police Company from Belton, Mo. participate in a Humvee motorcade at NTC.



PHOTOS BY PFC. CHALON E. HUTSON

Soldiers of the 937th Engineer Company from Fort Hood, Texas, gather and participate in an After Action Review of the training scenario they just finished at a mock village at NTC.

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

— 10-09



PHOTOS BY SPC. MICHAEL CRAWFORD

A Soldier searches for metallic objects hidden in the sand with the Gizmo, a collapsible, compact, light-weight metal detector, as part of the Rapid Equipping Force course at the National Training Center here. REF quickly procures equipment for Soldiers outside of the standard military supply system by bypassing standard acquisition processes.



(LEFT) Soldiers at the National Training Center here wait in line for dinner at the dining facility on forward-operating base Warrior. FOB Warrior, which lies inside the safe zone at NTC, has four such facilities which cater to Reserve, National Guard and Active Duty units.



(ABOVE) Soldiers with the 1569th Transportation Company, based in New Windsor, N.Y., await instructions after delivering supplies to a forward-operating base at the National Training Center here. Active duty units stationed on FOBs outside the safe zone rely on shipments like this from Reserve units to accomplish their missions.



(ABOVE AND RIGHT) Staff Sgt. Jonathan Collier, a fuel handler with the 1st Infantry Division, waits on top of a fuel tanker from the 298th Transportation Company while it transfers petroleum to a mobile refueling station at the National Training Center here. Active duty units stationed on forward-operating bases outside the safe zone rely on shipments like this from Reserve units to accomplish their missions.



Managing your TRICARE coverage with other health insurance

BY SHARI LOPATIN

TriWest Healthcare Alliance

OHI: If you don't know what that means, and you have a private health insurer, you could end up with a claims mess.

OHI stands for Other Health Insurance. This is any health insurance you receive, beyond TRICARE, through an employer or individual plan. Exceptions to this rule are Medicaid, Indian Health Services, other State Funded plans and supplemental insurance policies, which are usually offered by military associations or private companies.

The rules for using OHI with TRICARE differ, depending on if you're an active duty service member, or a family member. Either way, the moment you begin a health plan using

OHI, you need to inform TriWest Healthcare Alliance, your regional TRICARE contractor that administers the TRICARE health benefit throughout 21 western states. TriWest needs to know if you have OHI to coordinate your benefits more smoothly.

If you're an active duty service member . . .

TRICARE will always be your primary health plan. You may have OHI with TRICARE, but all active duty service members are required to enroll into TRICARE Prime. Since TRICARE is your main plan, you must follow its rules. It may also be a good idea to read the fine print of any civilian health plan you register for, as many civilian policies exclude members of the active Armed Forces.

If you're a family member of someone on active duty: Your OHI is considered your pri-

mary health insurance. This means any claims for doctor's visits, medications, hospital stays and other services are submitted for payment to your OHI first. If any balance remains after your OHI pays, you or your provider can then submit the claim to TRICARE for secondary processing.

Additionally, you must follow all the rules of your OHI plan, including requirements for referrals and authorizations.

Submitting claims with OHI as a Family Member:

Your doctor's office will most likely submit your claims for you. If you have OHI, those claims will go to the company that supplies that health coverage first. Once the claim has been processed, you and your doctor will receive a statement—called an "explanation of benefits"—showing the amount paid on the claim.

After you receive that statement, you or your provider can send the claim to TRICARE, for secondary processing. You or your doctor should attach the "explanation of benefits" statement to the claim. If you are submitting your own claims, follow the steps on TriWest's Claims Portal to properly submit them. This portal will also tell you where to mail your claims: www.triwest.com/beneficiary/claims.aspx.

View your claim status online: You can now view the status of your TRICARE claims online by registering at www.triwest.com and enrolling in the paperless options. Using this secure account, you can receive your referrals and authorizations online, view your out-of-pocket expenses, update your personal information and explore many other online-only benefits. Get started today and visit www.triwest.com/gogreen.

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Congratulations newlyweds



The groom, Sgt. 1st Class Kevin Robinson, who serves on the Scorpion Team, Operations Group, and the bride, Keiondra Hunter, who works for General Support Aviation Battalion (GSAB), got married at the Fort Irwin Chapel on Aug. 8. The reception followed, with friends and family, at Reggie's.

10-Miler Team runs with FIMS



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Becoming a U.S. citizen

Service members need to visit Legal Assistance Office by Sept. 24

BY CAPT. MATT WRIGHT

NTC and Fort Irwin
Chief of Legal Assistance

If you are a service member who is a non-American citizen, becoming an American citizen has never been easier. No more trips to Riverside for fingerprints. No more trips to San Bernardino for your interview. No more trips to Los Angeles for your oath ceremony. You will not have to go anywhere, because the process will come to you.

Beginning this fall, it will be possible for non-American citizen service members to become U.S. citizens in 90 days or less without ever leaving Fort Irwin. This is because agents from the San Bernardino Field Office of the United States Citizenship and Immigration Service (USCIS), working in conjunction with the Fort Irwin Legal Assistance Office, have agreed to come to the installation. Here is how it works:

Step 1: Come to the Legal Assistance Office between now and September 24. No appointment is necessary; the point of contact is Mr. Enitima Lauulu. Bring your green card, and military identification card. Ensure a naturalization file is started for you. Pick up a "Fall 2010 USCIS Naturalization Outreach Packet" containing the required forms and instructions and have your passport photos taken at Bldg. 488 on 5th Street (the same location where DA photos are taken), or the Barstow Post Office. Complete the forms and bring everything back to the Legal Assistance Office, no later than October 8.

Step 2: Come to the Legal Assistance Office on October 12 (BRD 4, Rotation 10-10). USCIS Agents will be on site to review and accept your applications, answer any questions you may have, and take your finger prints.

Step 3: Report back to the Legal Assistance Office on Monday, November 22 (RSOI 1, Rotation 11-02). The Legal Assistance Office

will inform you of your appointment time. USCIS Agents will be on site to interview you and administer the civics exam.

If your application is approved, the Legal Assistance Office will contact you and inform you of the date, time, and location of your oath ceremony. If you are a Soldier, who wants to be a citizen, the ball is in your court. Applying is free, fast, and has never been easier.

The Legal Assistance Office is located in Bldg. 288, on Barstow Road, across from the Main Post Chapel and MP Station. Naturalization assistance is available weekdays from 8 a.m.-4 p.m. (Thursdays, 8 a.m.-3 p.m.). Please feel free to stop by or call 380-3257 with any questions you may have.

Editor's note: This article is a re-publication from a previous issue of the High Desert Warrior for the benefit of Fort Irwin's Soldiers and other service members.



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Protocol's VIP Corner

BY CANDICE JAMOLES
Protocol Officer

The National Training Center received nearly two dozen special visits and events during Rotation 10-09. General James D. Thurman, commanding general of U.S. Army Forces Command, visited NTC to observe

training. General Thurman once served as the commander of Operations Group and as the commanding general of the National Training Center.

The Defense Science Study Group also visited the installation last month. This group of prestigious university professors learned about U.S. national security efforts first-hand.



Gen. James D. Thurman, commanding general of U.S. Army Forces Command walks the streets of Shar-e Tiefert, along with Brig. Gen. Robert "Abe" Abrams, commanding general, National Training Center and Fort Irwin.



Gen. Thurman and Brig. Gen. Abrams share a brief conversational moment in Shar-e-Tiefert.



Members of the Defense Science Study group observe the town population in Ertebat Shar.



Brig. Gen. Robert "Abe" Abrams, commanding general, National Training Center and Fort Irwin, explains the significance of the NTC's mission to the group.



Members of the Defense Science Study Group listen intently as they learn about the Urban Mounted Patrol STX Lane rehearsal they are about to witness in Ertebat Shar.

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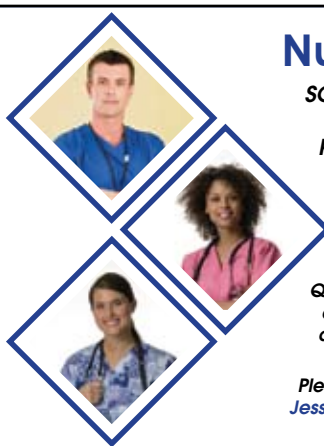
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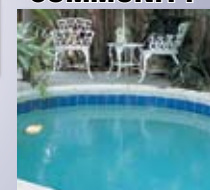
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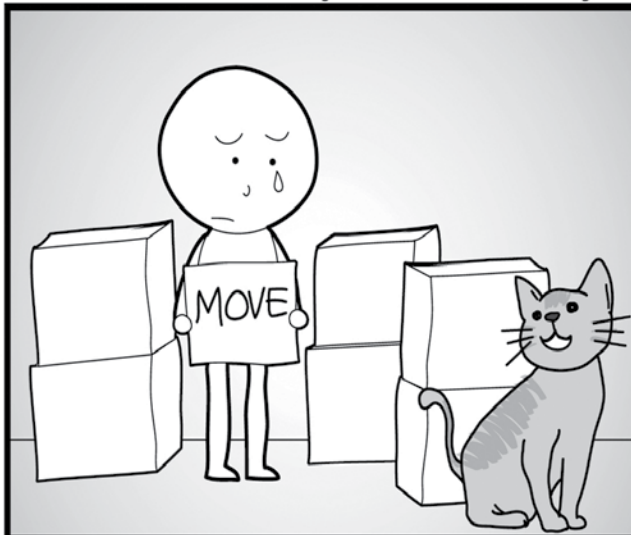
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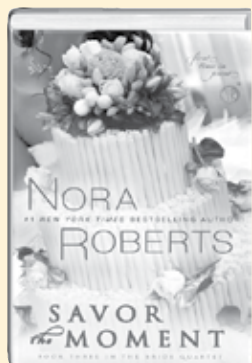


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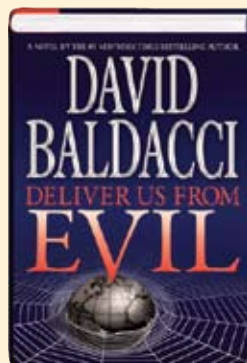
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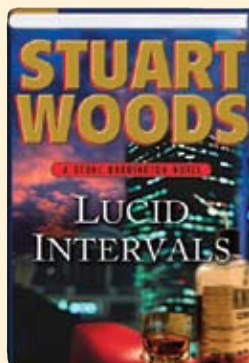
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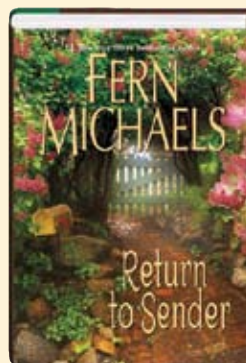
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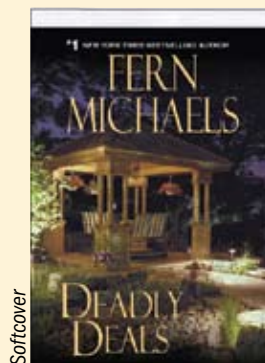
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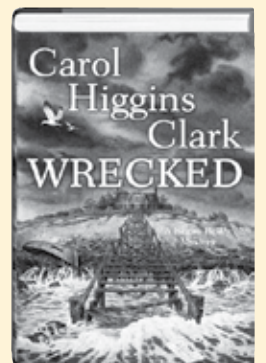
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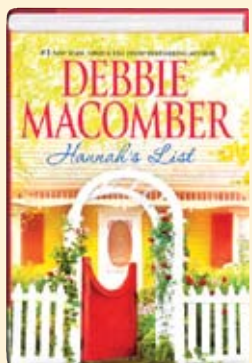
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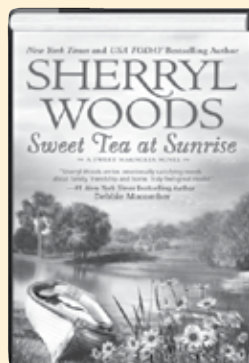
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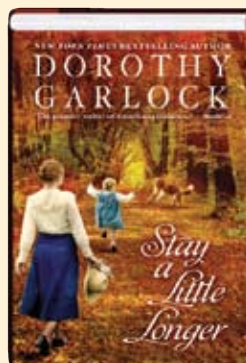
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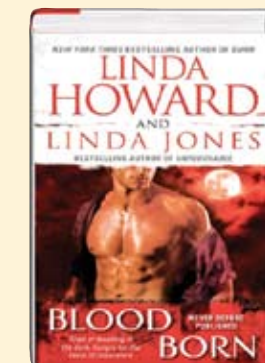
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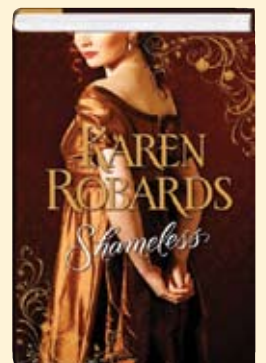
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