

THURSDAY JAN. 4, 2024

THE FORT JACKSON **LEADER**

"VICTORY ... STARTS HERE."

YEAR IN REVIEW **2023**



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Strengthening Fort Jackson through resiliency

By EMILY HILEMAN
Fort Jackson Public Affairs

In a proactive move to prioritize the well-being of Soldiers, their Families, retirees, and the Fort Jackson Community, the post hosted a Resiliency Stand-To Nov. 16-17, 2023.

The event led and organized, by Capt. Holly Kauer, training officer of the G35; Theresita Moses, Suicide Prevention Coordinator; and the Resiliency Stand-To Committee, aimed to provide a comprehensive array of resources and support.

Their goal was clear: make the Resiliency Stand-To a robust resource for military community members, equipping them with tools to overcome challenges and navigate successful transitions.

"Resiliency is about your ability to overcome difficult situations and to continue to move in a forward direction with your life," Kauer said. "It's your ability to turn the negative situations into a positive outcome. So, I really wanted to make this a big event and have all the resources available to the service members and retirees in our community."

The stand-to sought to empower individuals, encouraging them to turn adversity into positivity and reminding them that they don't have to face tough times alone.

In the Army, Soldiers and their Families are used to hearing about stand down days, specifically for safety, but those are events lasting most of a day where Soldiers cease working and receive education and training on specific topics.



Photo by NATHAN CLINEBELLE

Marilynn Bailey, Army Community Service specialist, speaks to a Soldier during the stand-to. Fort Jackson chose to have a stand-to instead of a stand down because standing to refers to assuming positions of readiness for possible attack. U.S. Army Garrison activities, training brigades and partners in excellence opened their doors to highlight the various activities available to help the community cope with difficult times.

A stand-to, however, means to assume positions to resist a possible attack. The Resiliency Stand-To stands to do just that: Prepare Soldiers, their Families and retirees with the proper resources to withstand any attack that life may throw at them, whether personal or Army-related.

"Following a crisis involving Soldiers, civilians or Families, we often perform a reactive stand down to review the facts, determine the appropriate steps necessary

to avoid a particular crisis and prevent it from happening again in the future," said Post Command Sgt. Maj. Erick E. Ochs.

He added that "during our planning for this event ... we felt it was much more suitable and effective to establish a proactive stand-to in our approach to demonstrate commitment to resiliency preparedness and readiness by informing our Soldiers and community about the many programs and services that we have available here

on Fort Jackson and in our greater surrounding community."

Lt. Col. John Baker, 4th Battalion, 39th Infantry Regiment commander, expressed enthusiasm for the proactive measures taken at the Stand-To.

"As Command Sgt. Major Ochs mentioned in his opening statement, 'an ounce of prevention is better than a pound of hindsight' and that's exactly true," he said. "Solving problems when they're small problems is much better than waiting for folks to suffer in silence."

Baker also stressed the importance of addressing issues before they escalate, highlighting that "prehab is always better than rehab." He commended the event for bringing crucial conversations to the forefront of everyone's minds and praised the wealth of resources available.

Reflecting on military training experiences, Baker emphasized that resilience is rooted in a strong mental approach and determination.

"Resiliency is the key to everything. Throughout my training, folks have asked me about various things that I've done like, 'Was it hard?' or 'How did you get through it,'" Baker recounted.

"I think the assumption is that those who complete trainings like Ranger School are stronger or they're more this or that, but the mental approach is the most important part. So, that mindset is critical."

Army resources that are readily available to support one or more domains of

ON THE COVER

Trainees wait on buses heading to the Columbia Metropolitan Airport, Dec. 18, 2023 as part of Victory Block Leave. Fort Jackson had a banner year with many highlights. Read this issue to learn more.



Photo by ROBERT TIMMONS

THE FORT JACKSON LEADER

"We Make American Soldiers"

Fort Jackson, South Carolina 29207

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#TopDrill2023

Army tags best drill sergeants

By JONATHAN DAHMS
Center for Initial Military Training

The 2023 U.S. Army and U.S. Army Reserve Drill Sergeants of the Year were announced during a ceremony Sept. 15, 2023 at Fort Jackson.

After four days of physically and mentally grueling competition, Staff Sgt. Ashley Buhl, a drill sergeant with the 193rd Infantry Training Brigade, was named the U.S. Army Drill Sergeant of the Year and Staff Sgt. Cody Ramburger, a drill sergeant with the 104th Training Division at Joint Base Lewis-McChord, Washington, earned the title of U.S. Army Reserve Drill Sergeant of the Year.

"I honestly never saw myself standing here," Buhl said. "I've been working so hard the last few months to prepare for this competition, not only the last few months, ever since I became a drill sergeant this has been a dream of mine."

Maj. Gen. John Kline, the commanding general for the U.S. Army Center for Initial Military Training, said the Drill Sergeant of the Year competition is different than other Army competitions in that the winner will continue to advocate for the more than 4,000 drill sergeants across the Army by being assigned to the Center for Initial Military Training the following year.

"This one's different," Kline said. "This competition you have to give back. You have a responsibility. You have a responsibility to inspire, you have a responsibility to educate, and you have a responsibility to listen."

Ramburger said he understands the importance of his new responsibility.

"Winning this competition means I will be representing every single drill sergeant in the United States Army," Ramburger said. "I will set the example for them and be their advocate to Army leadership."

In a change from previous competitions, this year all competitors received green belts to distinguish them as their respective Center of Excellence or Army Training Center Drill Sergeant of the Year.



Photo by NATHAN CLINEBELLE

Staff Sgt. Ashley Buhl, a drill sergeant with the 193rd Infantry Brigade, crawls through an obstacle at the Fit to Win obstacle course on post. Buhl, was named the 2023 U.S. Army Drill Sergeant of the Year, Sept. 15.



Buhl



Ramburger

commanding generals and command sergeants major."

The competitors were challenged throughout the four-day contest with events designed to test their strength and grit while also testing their ability to coach, teach, and mentor new trainees — the primary tenants for all drill sergeants.

Buhl gave credit to the experts from her brigade's Holistic Health and Fitness Performance Team in preparing her for everything the competition threw her way.

"(Holistic Health and Fitness) was there by my side to help me through all five domains of Holistic Health and Fitness," Buhl said. "Not only was I training to be stronger

or to be faster, I had my sports dietitian create meal plans for me to make sure I was eating properly. I was seeing the occupational therapist to make sure I was getting enough sleep. Ensuring that every aspect of my well-being was taken care of every step of the way."

Winning the competition at Fort Jackson with the Holistic Health and Fitness team and her friends there for the announcement just made taking home the belt that much sweeter.

"I felt like everyone in the world who has ever cared about me was in that room," Buhl said. "It was an amazing feeling to have so many people there to support me."

"We demand the very best of our Drill Sergeants of the Year," Kline stated. "They represent not only the institution of drill sergeants, but they also represent their installations and will serve as advisors for those

Community Updates

ANNOUNCEMENTS

Road Name Changes

Fort Jackson has renamed numerous roads and streets on post named after Confederate leaders, battles and units. This is part of efforts to rename Department of Defense installations, streets, buildings and ships that featured names commemorating the Confederacy. These name changes, effective Jan. 1, have already been made by the U.S. Postal Service. To learn which road names have changed, scan the QR code or visit <https://home.army.mil/jackson/about/fort-jackson-road-renaming>.



ArmyIgnitED 101

Are you new to tuition assistance or credentialing assistance? Maybe you are looking for some refresher training. The Fort Jackson Army Continuing Education System is holding ArmyIgnitED 101 briefs every second and fourth Mondays and Wednesdays of each month. The briefings will be held in person at the Education Center (4600 Strom Thurmond Blvd.) To sign up email your attendance request to usarmy.jackson.93-sig-bde.mbx.dhr-jacksonedcenter@army.mil. Walk-ins are welcome.

Coffee, Donuts and Purpose

Coffee, Donuts, and Purpose allows retirees with drill experience to connect with current drill sergeants and those who are about to start their time on the trail. This common bond event allows retirees and today's Army members to connect and give back to one another

making each other stronger through their shared service, passion, weaknesses, and strengths. For more information, email Tabatha Baker, 193rd Health Educator, at tabatha.l.baker2.civ@army.mil.

Combined Federal Campaign

Fort Jackson is holding its Combined Federal Campaign until Jan. 14 to allow Soldiers and Department of the Army Civilians an opportunity to donate. CFC is a program allowing certain nonprofit organizations to solicit contributions from employees of the federal government of the United States. The mission of the CFC is to promote and support philanthropy through a program that is employee focused, cost-efficient, and effective in providing all federal employees the opportunity to improve the quality of life for all. It is one of two campaigns allowed to solicit donations on post. For more information on how to donate contact your unit CFC coordinator.

COMMUNITY EVENTS

JAN. 11

Ice Skating

Noon to 3 p.m., Flight Park Irmo. Join Fort Jackson Outdoor Recreation for a day on the ice. We will be visiting Flight Adventure Park in Irmo S.C. to use their Ice Rink and other amenities. Price \$25 per person ice skate rentals included in the price. Register at Marion Street Station or call 751-3484.

Guest Day at the Fort Jackson Golf Club

Fort Jackson Golf Club members are now permitted to bring up to three guests on guest days. Green fees are waived for guest(s) on Guest Day, but each guest must still pay cart and user fees

JAN. 17-20

Winter Basketball Tournament

Open to Department of Defense card-holders, spouses, retirees, civilians. Located at Coleman Gym. For more information contact 751-3096/5839.

JAN. 20

Horseback ride

9 a.m. to 3 p.m., Fort Eisenhower, Ga. Join Fort Jackson Outdoor Recreation for a horseback trail ride at Fort Eisenhower Stables. \$60 per person, must be 7 years old or older. Novice or Pro, this guided ride will be great for those looking for an outdoor adventure. Register at Marion Street Station or call 751-3484.

JAN. 25

Army vs. Air Force Flag Football

6 p.m., U.S. Army Drill Sergeant Academy. Come watch a Fort Jackson team play Shaw Air Force Base, S.C. for gridiron bragging rights. For more information, call 751-3096.

FEB. 8

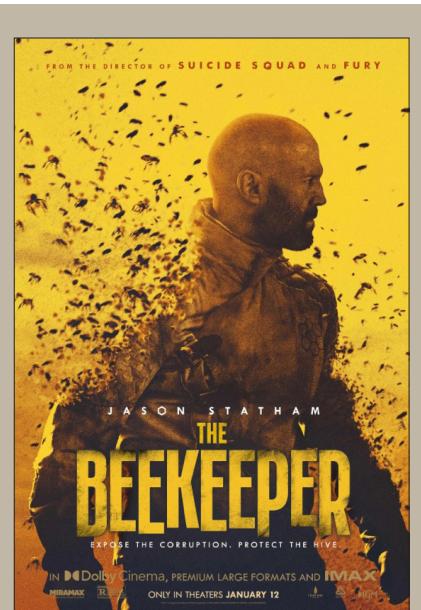
Guest Day at the Fort Jackson Golf Club

Fort Jackson Golf Club members are now permitted to bring up to three guests on guest days. Green fees are waived for guest(s) on Guest Day, but each guest must still pay cart and user fees.

FEB. 10

Charleston Brews Cruise

9:30 a.m., Marion Street Station. Join Outdoor Recreation for a guided drinking tour of downtown Charleston, S.C.. The tour includes three brewery stops. Snacks and bottled water are provided. Coolers will be provided on the bus to chill purchases from the breweries visited on tour. All guests must be over 21 years of age. Department of Defense ID cards are required to attend. The tour costs \$95 per person. For more information, call 751-3489, or visit Marion Street Station.



Fort Jackson Movie Schedule

3319 Jackson Blvd.

Phone: 751-7488

JAN. 5

■ The Holdovers (R) 6 p.m.

JAN. 6

■ The Beekeeper (R) 2 p.m.

● Ticket sales open 30 minutes before each movie.

● Movie times and schedule are subject to change without notice.

Thursday. Include the date and place of the event, as well as a description of what took place. Please include quotations, if possible.

With any photo you submit, include IDs — rank, unit, and first and last names. All submissions will be edited and published using Associated Press Style.

Questions? Call 751-6739.

THE FORT JACKSON LEADER

SEND ALL SUBMISSIONS TO
usarmy.jackson.93-sig-bde.mbx.atzj-pao@army.mil

Deadline for events to be included in the Community Updates is one week before publication. Include the time, date and place the event will occur, as well as other necessary information.

If you submit an article on an event that already has taken place, please send it as soon as possible. Tuesday is the last day we will be able to accept an article for publication the following



Photo by NATHAN CLINEBELLE

A drill sergeant grabs a pre-made wrap at Victory Fresh, a new dining establishment on post where service members, Department of Defense civilians and their guests can grab a quick healthy bite to eat during a soft opening Oct. 30, 2023. Victory Fresh is located on the back side of the Academy dining facility facing Marion Avenue. The opening was one of many events that highlighted 2023 at Fort Jackson.

Healthy meals for on-the-go Soldiers

By ROBERT TIMMONS

Fort Jackson Public Affairs

Fort Jackson took another step towards holistic health and fitness when the doors for Victory Fresh opened at the U.S. Army Drill Sergeant Academy, Oct. 30, 2023. Victory Fresh offers grab and go wraps and salads, as well as a build-your-own power bowl available to service members, Department of Defense civilians, and their guests.

The Victory Fresh initiative,

created in conjunction with the Robert Irvine Foundation and others, is aimed at creating a way for people to have healthier meal options even when they don't have the time to have a sit-down meal.

"This is really critical to what we are trying to do

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....

- Col. Mark Huhtanen
Fort Jackson
Deputy Commanding Officer

with the Victory Health and Holistic Fitness Program and having a place that we can have nutritious foods within Army standards," said Col. Mark Huhtanen, deputy commanding officer for the Army Training

Center and Fort Jackson.

It's not just your average run-of-the-mill restaurant.

"What is unique about this is taking all the fresh ingredients and being able to serve it in a way that fits our drill sergeant's schedule," Huhtanen added.

Shane Cash said initiative leaders spoke with drill sergeants a year and half ago asking what they needed to improve their nutritional health.

"They said, 'We need to come into an establishment like this because we are meal prepping all day

on our days off because we don't have the time during the week to go to the (dining facility), (due to their training schedule)," said Cash, who supervised the opening for the Robert Irvine Foundation. "So they were like, 'we need to be able to go grab breakfast, and have something that's fresh, nutritious so they can go out to the field and do their jobs."

Just having nutritious food wouldn't suffice.

Cash said one catch was that Soldiers "don't just want nutritious food. It has to be good. It has to be appealing and appetizing."

"How do you make someone come back like they go back to" a fast food chain. "We want you to come back to Victory Fresh to get that fresh wrap that's more nutritious, does just as good or better than you can get in a fast food restaurant. But you can also come in and customize your meal if you want something special like that."

Victory Fresh, located at the U.S. Army Drill Sergeant Academy Dining Facility, Bldg. 9572, is open Monday through Friday with grab 'n go open from 9 a.m. to 4 p.m. and build-your-own power bowl available from 11 a.m. to 2 p.m. All meals include a beverage and dessert.

Victory Fresh, which was created in conjunction with the Logistical Readiness Center, South Carolina Commission for the Blind, will have more options available after its official grand opening in February.

"It fits our lifestyle here on Fort Jackson," Huhtanen said. "As we know our drill sergeants are always on the go. We've got drill sergeant candidates here at the Drill Sergeant Academy ... we are across the street from our officer training courses. And so it's critical, I think, for us to have something like this if we're really going to live health and holistic fitness."

New center a 'seismic shift' in Army health, fitness

By ROBERT TIMMONS and
EMILY HILEMAN
Fort Jackson Public Affairs

Fort Jackson felt the earth move, March 24, 2023 – not because another earthquake hit the South Carolina midlands, but rather because the post opened a health facility on post.

The Drill Sergeant Timothy Kay Soldier Performance Readiness Center, and holistic health and fitness represent a



Photo by ROBERT TIMMONS
Brig. Gen. Jason E. Kelly, Fort Jackson commander, speaks at the grand opening of the Drill Sergeant Timothy Kay Soldier Performance Readiness Center, March 24, 2023

"seismic shift" towards how the Army approaches how troops are trained, evaluated, and sustained, said Brig. Gen. Jason E. Kelly, Fort Jackson's commander. "It is an investment in individual Soldier preparedness."

The facility is named after the late Staff Sgt. Timothy Kay, a drill sergeant from 4th Battalion, 39th Infantry Regiment, who overcame cancer to become a drill sergeant only to have it return. Kay, an avid proponent of physical fitness, lost his fight to cancer in 2022.

"Starting today we can all come here and immerse ourselves in the finer points of holistic health and fitness," Kelly added. "We can consult with occupational therapists, dieticians, cognitive enhancement specialist, athletic trainers, and spiritual advisors ..."

The center, the first in the U.S. Army Center for Initial Military Training, is about "empowerment," Fort Jackson's top officer said. It is a way to help each Soldier and cadre member to become better versions of themselves.

The SPRC is about resilience, Kelly added. The newly opened center offers the opportunity "to speak with advisors, to be coached on how best to deal with the adversity we have in our lives."

"I am of the opinion if we take care of our people, all else will follow," Kelly said.

Maj. Gen. John D. Kline, CIMT commander, said during the event that senior leaders said the cost that goes along with H2F is "well worth the investment ... But I will tell you that if we save a life (or) we save two lives, one would argue this is absolutely worth every penny."

Soldiers and civilians using the SPRC can talk to counselors, athletic trainers, occupational therapists, nutritionists, and other specialists.

The idea for H2F had its genesis in the U.S. Special Operations Command initiatives aimed at human optimization for peak performance.

The 165th Infantry Brigade's commander, Col. Kent Solheim, was with the 3rd Special Forces Group when H2F concept took off.

THE GOAL IS TO
MAKE US STRONG
IN ALL AREAS ...
- Col. Kent Solheim
165th Infantry Brigade
commander

"So how do we create peak performance in our Soldiers? We do that through the five domains of health and fitness," Solheim said. The five domains of H2F are mental, physical, spiritual, sleep and nutritional fitness. "When you come here you are rewiring yourself to be able to have a better life. It helps you not only perform on the objective, but perform at home, at work and everywhere else."

The SPRC has workout rooms lined with free weight benches, barbells and climbing ropes, and other rooms dedicated to physical therapy. In the future the center will house offices dedicated to behavioral health and spiritual fitness.

While the center has top of the line workout equipment, that is not the goal, he said.

"This is a shift in culture," he said. "Yeah, I'd love to see you come in here and bench press more, but that is not the goal. The goal is to make us strong in all areas and increase the performance of how our Army operates. That starts with a cultural shift and that's what this represents."

After the ribbon was cut to officially open the SPRC, Soldiers filed into the center to conduct a workout dedicated to Kay.

Capt. Jonathan Lambright, with the 165th Infantry Brigade, said he was excited the center was opened.

"There's a lot of good things" in the center, he said. He said he was privileged to visit the SPRC before it opened and is "excited for it to be fully capable and to get the cadre and Soldiers in here."

Capt. Christopher Enke, the 165th Infantry Brigade Occupational Therapist said it was "really cool to be a part of this program as well as to dedicate to someone who lived every single day the things that we're trying to espouse in Soldiers."

"Kay was someone that pushed himself hard to get better every day, so it's great that we're able to honor him with this facility," he added.

The SPRC is open to unit cadre and to Department of the Army Civilians who are in the Civilian Fitness and Health Promotion Program.



Photo by EMILY HILEMAN

Participants in the Kay Workout of the Day run 400 meters before returning back to the Drill Sergeant Timothy Kay Soldier Performance Readiness Center. The KWOD was held as part of the center's grand opening.



Photo by NATHAN CLINEBELLE

Makenzi Capezza, a physical therapy assistant with the 165th Infantry Brigade Holistic Health and Fitness Team, explains to Capt. Sarah Kolb, aide de camp to Brig. Gen. Jason E. Kelly, how physical therapy equipment works in the Drill Sergeant Timothy Kay Soldier Performance Readiness Center, March 24, 2023. The goal of the center to increase Soldier performance in all areas of fitness.



Photo by ROBERT TIMMONS

Staff Sgt. Dane Howard, a drill sergeant with 120th Adjutant General Battalion, climbs a rope as part of the Kay Workout of the Day held as part of the grand opening of the Drill Sergeant Timothy Kay Soldier Performance Readiness Center, March 24, 2023. The facility is named after the late Staff Sgt. Timothy Kay, a drill sergeant from 4th Battalion, 39th Infantry Regiment.

Fort Jackson salutes revolutionary soldiers

By ROBERT TIMMONS and EMILY HILEMAN
Fort Jackson Public Affairs

More than 200 years ago cannons roared during a battle in Camden, South Carolina as the Continental Army suffered a humiliating defeat at the hands of the British Army. The remains of 12 American and 1 British soldiers of the 5,930 engaged in the battle, would be found in 2022.

The 13 would hear cannon fire again, April 20, while their remains were moved in a procession through Fort Jackson. Soldiers and civilians from across post lined Jackson Boulevard to salute the procession as it passed. The procession would lead across the Midlands to ultimately return to the battlefield where they fell.

Soldiers and civilians from across post, including those at the U.S. Army Institute for Religious Leadership, stood shoulder-to-shoulder to salute those who fought in the Army years before them.

For some of the future religious affairs specialists, watching the procession was a memorable event they will never forget.

Pfc. Kacie Stewart, who is a history buff, said she was “pretty excited when they first were discussing it in class, they kind of had little highlights of (the battle) ... So, I was pretty excited to experience it. I know me, and my fellow peers were talking about a little bit who were like history buffs, too.

“So, seeing the mix of people all around you and knowing that you are part of something that happened hundreds of years ago and still is being celebrated now,” Stewart said. “It’s just like heroic events and very, just patriotic to me. So that’s, that’s what makes me happy.”

Pvt. Brandon Screen, an Advanced Individual Training student at the IRL, said the significance of the procession made him reflect on his service.

If not for those who fell fighting in the American Revolution the country wouldn’t have the freedom we have today, he said.

“If they wouldn’t die for us, we probably wouldn’t be free now,” Screen said. “So that’s why I think it is very important to honor those who fell defending us.”

The Battle of Camden took place Aug. 16, 1780, when American Maj. Gen. Horatio Gates, hero of the Battle of Saratoga, marched into South Carolina to wrest it from English control. Gates was met by British Gen. Charles Cornwallis and soundly defeated as British bayonets caused inexperienced militia men to break and run.

Cornwallis would later surrender British forces to Gen.

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NOW

- Pvt. Bryan Screen
Institute for Religious
Leadership



Leader file photos

(Above) Fort Jackson Commanding General, Brig. Gen. Jason E. Kelly, and Col. Mark Huhutanen, deputy commanding officer, salute as the remains of an American killed during the Revolutionary War Battle of Camden is moved through Fort Jackson, April 20, 2023. **(Below)** Soldiers salute as remains are transported past.

George Washington at the Battle of Yorktown to effectively end the war.

Since the war, the two countries have become close allies and fought side-by-side in two world wars.

The British soldier’s remains were also included in the procession.

Sgt. Tyric Miller, who is in school at the IRL to change his military occupational specialty, said it was “a really big deal” to salute the procession.



Lightning Brigade welcomes 'winning' commander

by EMILY HILEMAN
Fort Jackson Public Affairs

The "perfect commander" to lead in their winning ways took command of the Lightning Brigade during a change of command ceremony, July 21, 2024.

Col. David A. Uthlaut, a native of Charleston, South Carolina, took command of one of the two training Brigades at Fort Jackson from Col. Kent G. Solheim during a ceremony held at Hilton Field on post.

Brig. Gen. Jason E. Kelly, Fort Jackson commander, who presided over the cere-

mony said, "Col. Uthlaut is the perfect commander to lead the 165th to continue its winning ways and to establish a dynasty."

The service and dedication required of Soldiers is

not lost on Uthlaut and his wife, Haley. Both are graduates of the U.S. Military Academy at West Point who have received many decorations and awards during their military careers.

Kelly welcomed the family with advice to remember the Jackson five to help the family prioritize and be deliberate with Fort Jackson's resources, plans, actions and activities.

"Dave, this is your challenge," he said. "Always do right by the individual, the Family, the 165th Infantry Brigade and the United States Army."

To Solheim, Kelly reminded the audience of "the big plays and wins" held by the Lightning Brigade such as the Future Soldier Prep Course and the Drill Sergeant Timothy Kay Soldier Performance Readiness Center.

"Super Bowl caliber wins," Kelly emphasized. "This team is good. 165th accomplishments during your watch are now history."

Solheim spoke following Kelly and drew the stark comparison to the amount of Sol-



Uthlaut



Photo by NATHAN CLINEBELLE

Col. David A. Uthlaut, 165th Infantry Brigade commander, salutes the formation after assuming command of the unit from Col. Kent. Solheim in a ceremony held July 21, 2024 at Hilton Field.

diers present for changes of command in operational units as opposed to Fort Jackson.

"It's not because we're trying to be nice and keep them off the field," Solheim said. "It's because the machine doesn't stop. Right now, there's company commanders, first sergeants, drill sergeants, cadre and staff with sleeves rolled up, getting dirty and getting the job done."

Uthlaut exuded gratitude as he thanked Kelly for his clear guidance.

"I appreciate that, and I look forward to working with you," he said. "Thanks for your confidence in me to lead this formation."

"I really can't think of a better privilege than to be taking over a brigade that's responsible for turning America's sons and daughters into the Soldiers with that prime mission of being able to fight and win our nation's wars," he said.



Photo by NATHAN CLINEBELLE

Battalion command teams from the 165th Infantry Brigade stand in formation during a change of command ceremony held July 21, 2024.

Jackson

Continued from Page 2

the Holistic Health and Fitness program such as the Armed Forces Wellness Center and Army Community Service were onsite and delivered valuable information and demonstrations to help everyone know the resources available to them.

The stand-to wasn't just filled with resources from the Army community, but also more than 15 people and organizations in the greater Columbia area dedicated to health, resiliency and healing.

"I'm so excited to be here and I've got a lot a of my team here as well. It's awesome," Baker said. "I was aware of maybe 40% of the resources here, so I think this is great. For me personally, I am walking away with a small library of handouts and resources that I can take with me and integrate into our approach to individual wellness and unit fitness."

Throughout the first day, break-

out sessions such as Sexual Harassment/Assault Resistance and Prevention Jeopardy and individual physical health coaching sessions were also available for attendees.

Master Resiliency Trainers from the Leader Training Brigade hosted four half-hour MRT demonstrations during the break-out sessions to help attendees avoid thinking traps, detect thinking icebergs, learn about assertive communication and active constructing responding.

"Master Resiliency Training has been around for a while and I was actually in one of the first classes for MRT back in March 2010 and I've been teaching it since then," said 1st Sgt. Catherine Tripp, Company D, 1st Battalion, 61st Infantry Regiment. "This is also a good opportunity to see how these other programs are affordable for military dependents and Family members. It also helps you integrate with your Soldiers; to better assist with the problems versus training and tutoring versus being a mentor."



Photo by NATHAN CLINEBELLE

Capt. Diego Caula, battalion operations officer for 4th Battalion, 39th Infantry Regiment, checks the strength of his grip during the Resiliency Stand-To, Nov. 16, 2023.

DID YOU KNOW: Getting wet makes an individual much more susceptible to cold weather illnesses and injuries. The most common causes of trainee cold weather illnesses/injuries at Fort Jackson stems from not staying dry.

WORSHIP SCHEDULE

FAITH GROUP	DAY	TIME	PLACE
CATHOLIC MASS	SUNDAY	9:30-10:30 A.M.	MAIN POST CHAPEL
CATHOLIC MASS	MON-FRI	NOON	MAIN POST CHAPEL
GOSPEL SERVICE	SUNDAY	10:30 A.M.	DANIEL CIRCLE CHAPEL
GENERAL PROTESTANT	SUNDAY	11 A.M. TO NOON	MAIN POST CHAPEL
REVIVE SERVICE	SUNDAY	5 P.M.	MAIN POST CHAPEL
INITIAL ENTRY TRAINING	DAY	TIME	PLACE
CATHOLIC MASS	SUNDAY	8-9 A.M.	SOLOMON CENTER
PROTESTANT CONSOLIDATED SERVICE	SUNDAY	9:30-10:30 A.M.	SOLOMON CENTER
CHURCH OF CHRIST	SUNDAY	10:30-11:30 A.M.	MAGRUDER CHAPEL
HISPANIC PROTESTANT SERVICE	SUNDAY	8:30-10 A.M.	POST THEATER
ISLAMIC SERVICE	SUNDAY	8-9 A.M.	DANIEL CIRCLE CHAPEL
JEWISH SERVICE	SUNDAY	10:15-11:30 A.M.	LIGHTNING CHAPEL
THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS	SUNDAY	10:30 A.M. - NOON	ANDERSON CHAPEL

Leader Training Brigade welcomes new leader

By EMILY HILEMAN
Fort Jackson Public Affairs

Members of the Leader Training Brigade and the Fort Jackson community gathered to welcome Col. Kenneth M. Dwyer and his Family to the team and bid farewell to Col. Joseph A. Jackson at a ceremony, June 23, 2023.

The change of command was held at the Army Physical Fitness School, a fitting place for Dwyer, who received his bachelor's degree in Health and Exercise Science from Furman University in 1998 before he was commissioned as an infantry officer.

The LTB team is excited and ready to receive their new leader who is fully prepared to guide them in their future endeavors.

"You are getting a highly respected and battle-tested leader. You're getting a passionate professional, a warrior who respects and values his team," said Brig. Gen. Jason E. Kelly, Fort Jackson commanding general. "I'm confident he'll advance the cause."

"I can think of no better place to serve or greater mission than to educate the leaders who are tasked to provide the fighting force with trained, motivated, and physically fit leaders who espouse the Army core values," Dwyer said. He continued to thank the command and brigade team for welcoming him and his Family into the Fort Jackson community with open arms.

"I promise you will always get my best effort and complete commitment to the organization and those who serve within its ranks," he said.

Kelly lauded the unit's efforts in training Soldiers.

"For the past 44 years, the (LTB) has helped make American Soldiers better here at Fort Jackson," Kelly said. He emphasized the impact the brigade has played



Photo by NATHAN CLINEBELLE

Brig. Gen. Jason E. Kelly shakes Col. Kenneth M. Dwyer's hand and hugs him during the Leader Training Brigade change of command ceremony held at the Physical Fitness School on Fort Jackson, June 23, 2023. Dwyer promised during the ceremony that 'you will always get my best effort and complete commitment to the organization and those who serve within its ranks.'

in preparing, educating, and guiding Army Leaders.

"Any in the crowd that have been the benefactors of an army sponsored, advanced civil schooling broadening opportunity, were assigned to this unit," Kelly said. "I'm, in fact, an LTB student detachment alumnus, and I'm proud of it."

Kelly commended Jackson on his dedication, commitment and training expertise and the mark he left on LTB as well as how he

I'M CONFIDENT
HE'LL ADVANCE THE
CAUSE.

- Brig. Gen. Jason Kelly
Army Training Center and Fort
Jackson commander

empowered subordinates and motivated others to take advantage of professional development opportunities.

"You invested in us," Kelly said.

Dwyer arrived at Fort Jackson after serving as the deputy commanding officer of the 7th Special Forces Group at Camp Bull Simons located at Eglin Air Force Base, Florida. Dwyer's experience as a detachment commander of Operational Detachment Alpha 325 as well as company commander of Headquarters and Group Support Companies both with 3rd Special Forces Group, and as a company commander for 1st Spe-

cial Warfare Training Group at the John F. Kennedy Special Warfare Center and School, at Fort Liberty (formerly Fort Bragg), North Carolina, and garrison commander of Hunter Army Airfield, Georgia.

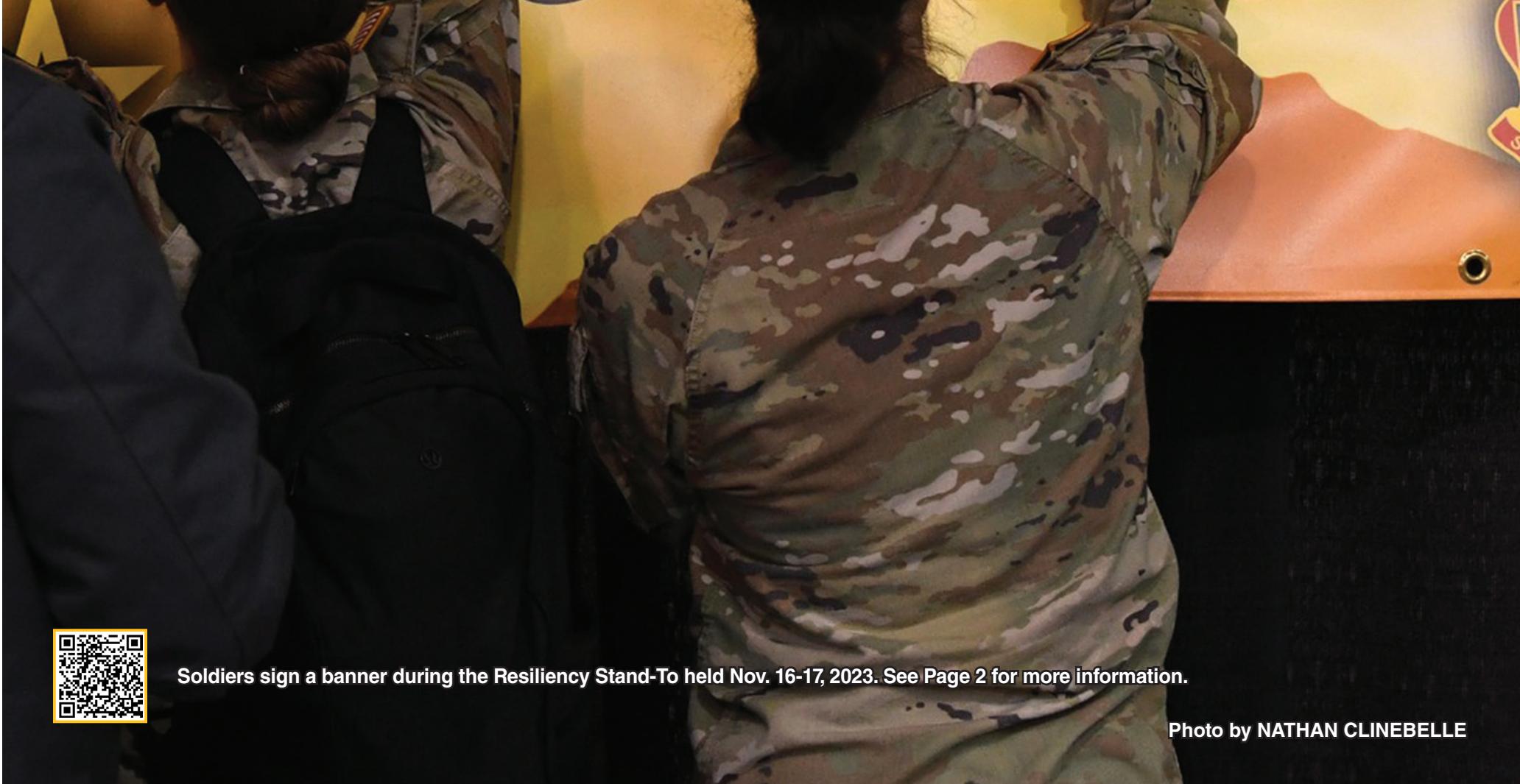
"As I take leave of this organization, I know that I'm leaving it in expertly capable hands of Col. Dwyer and Command Sgt. Maj. Otero," Jackson said. He heralded the expert-level leadership and professionalism of the LTB team as he delivered his remarks.

Fort Jackson

VICTORY... Resiliency Stand

RESTART

HERE Nov 6-17



Soldiers sign a banner during the Resiliency Stand-To held Nov. 16-17, 2023. See Page 2 for more information.

Photo by NATHAN CLINEBELLE