

# ARMY FLYER

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An AH-64E Apache crew trains over Hanchey Airfield on Fort Rucker Aug. 13.

PHOTO BY HOLLY STERLING

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# LEAD-BASED PAINT HAZARD

Officials: Threat level low in Fort Rucker housing areas

By Jim Hughes

*Fort Rucker Public Affairs*

The threat to people's health from lead-based paint is very low in Fort Rucker on-post housing, according to the garrison commander who hosted a Lead Hazards in Army Housing Town Hall Sept. 13 in the post theater.

Of the 1,476 homes located on Fort Rucker, only 108 classic homes in Munson Heights have lead-based paint in them, said Col. Brian E. Walsh.

"That doesn't mean it hasn't been contained," he said, adding that the units will be inspected per Army direction to ensure no unsafe conditions exist.

In those homes with lead-based paint, the hazard is eliminated by its being encapsulated or removed, both Army- and Environmental Protection Agency-approved solutions, according to Ed Janasky, director of the Fort Rucker Directorate of Public Works.

"Say you have cabinets that were painted years ago with lead paint, you can put coats of paint over that and encapsulate it," he said. "As long as it's not peeling or chipping or something like that, that's an acceptable way to deal with it. If we come in and do work in that area, you're going to find we're going to take out that paint completely, so a lot of it in these houses has been removed over time."

People living in the classic homes who notice chipped or peeling paint, or damage that might expose old paint should put in a work order at <http://rucker.corviasmilitaryliving.com/work-order>, or, if it's an emergency, call

it in at 1-866-575-2027.

Other housing units in Munson Heights, along with all of the housing in the rest of the neighborhoods on post, were completely renovated – either down to the slabs or to the frames – in recent years, so there is no lead-based paint present in those homes, Janasky said, adding that housing inspections are conducted annually and include surveys of paint.

The threat from lead contamination does come in forms other than paint or water, he added. "You can have someone coming into the home from working at the ammunition range and get lead-based contamination transferred in from a secondary source like that."

He added that the risk can take other forms, as well, including older toys, utensils, food, cosmetics and hobby materials.

"As for our water, it's tested annually and there's never been an issue," Janasky said.

And lead-based contamination has not been a health issue at Fort Rucker, according to Lt. Col. Jimmie Tolvert, Lyster Army Health Clinic commander.

"There is no safe level of exposure to lead. We test for it in children," he said. "We test at 2, 6, 12 and 18 months. We test kids who we know live in housing and we test for symptoms regularly. But if anyone has any health concerns, contact your health care provider."

People can find out more about the risks of lead-based paint at the Army Pub-

lic Health Center web page at <https://phc.amedd.Army.mil/topics/workplacehealth/ih/Pages/Lead.aspx>. Other resources include the EPA, the Centers for Disease Control and Prevention, the Department of Housing and Urban Development, and people's health care providers.

One person among the 19 residents in attendance brought up that she lived in one of the classic homes and she suspected her house had some paint damage. Walsh asked her to get with the DPW and Corvias Military Living representatives who were in attendance after the meeting for direction on getting immediate action.

"You're our priority right now – I'm thankful you're here," he said.

The bottom line is that Fort Rucker and Army leadership care, said William G. "Bill" Kidd, U.S. Army Aviation Center of Excellence and Fort Rucker deputy to the command general.

"Many of you are concerned parents, family members, people who live here, just like me," he said, adding that he lives in one of the classic homes. "The Army has said they are absolutely not going to allow any Soldier or family member or anyone living on its installations to live in unsafe conditions. We will continue to do tests and we'll be totally transparent about the risks we see from our testing in homes or water sources here."

## REDUCING THE RISK

The following steps people can take to minimize the risk from lead contamination in their homes.

**Inspect and maintain all painted surfaces to prevent paint deterioration. Make sure your child does not have access to peeling paint or painted chewable surfaces.**

**Address water damage quickly and completely.**

**Use only cold water to prepare food and drinks.**

**Clean debris out of outlet screens or faucet aerators on a regular basis.**

**Avoid using containers, cookware or tableware that are not shown to be lead-free to store or cook foods or liquids.**

**Be aware of lead hazards from certain hobbies, such as stained glass, or that involve casting lead objects. Keep children away from work areas.**



# NEVER FORGET

## Post holds 9/11 ceremony to honor lives lost in attacks

By Jim Hughes  
*Fort Rucker Public Affairs*

Fort Rucker joined Americans across the country in commemorating the 9/11 terrorist attacks during a memorial ceremony Sept. 11 that honored the nearly 3,000 lives lost that day in 2001.

With a large American flag providing top cover from the ladder of a firetruck parked out front, the Directorate of Public Safety hosted the event in Fire Station 1 on Andrews Avenue. Lonny Keen, deputy fire chief, provided the bulk of the comments.

“Seventeen years ago today, our world was changed as we knew it. Most of you in here, with the exception of a couple, probably remember exactly what (you were doing) when you first heard it,” Keen said. “I was actually teaching a combat lifesaving course in Fayetteville, North Carolina, teaching a bunch of MPs.”

Eventually, as students in the class were called away, the class was cancelled, he recalled, “and I went home and actually started seeing things on TV. The loss of life seemed impossible. I just didn’t really know how to comprehend it – I’m sure everyone in here didn’t know what to do either.

“Today, we remember those who were

lost on this tragic day,” Keen added. “Because you never know what tomorrow holds, remember the important things in life – kiss your kids goodnight before they go to bed or goodbye if you’re going to leave, tell your family how much you love them and make the best of everything you do.”

The ceremony concluded with the reading of the “Fireman’s Prayer” by firefighter Keith Sharp.

After the ceremony, first responders took part in the Stephen Siller Moving Tribute that featured a 2.33-mile trek carrying varying amounts of firefighting equipment to honor the event’s namesake who rushed roughly that same distance to the World Trade Center before giving his life while saving others the day of the attacks.

DPS also hosted a 9/11 Memorial Stair Climb Sept. 7 in Bldg. 5700 that featured Fort Rucker first responders going up and down the building’s stairwells 33 times in full gear to represent the 110 floors the firefighter of the New York Fire Department faced that day at the World Trade Center, according to DPS officials who organized the event.



PHOTOS BY JIM HUGHES

**Mikel Featherston, Fort Rucker firefighter, rings the bell at the Fort Rucker 9/11 Memorial Ceremony Sept. 11 at Fire Station 1.**



**Fort Rucker firefighters and other first responders during their trek up and down the stairs of Bldg. 5700 Sept. 7 as part of the Directorate of Public Safety 9/11 Memorial Stair Climb.**



# CHILD SUPERVISION

Policy change adds more flexibility to parents' decision making

By Jim Hughes

Fort Rucker Public Affairs

Considering input from parents at a monthly Worthwhile Information Needing Distribution meeting, post leadership recently made changes to the Fort Rucker Child Supervision Policy after detailed analysis.

Col. Brian E. Walsh, Fort Rucker garrison commander, said the changes were made to give parents flexibility in making decisions on what responsibilities their children can and can't handle.

"The changes make sense," the commander said of the policy changes that, in certain age groups, lower the ages in which children can be left alone at home, watch other children, and play outside or walk to school unattended. "If parents are responsible and doing what they're supposed to be doing, then there is no reason not to make these changes.

"The safety of everyone on Fort Rucker is one of our top concerns, especially when it comes to the safety of our children," Walsh said. "The child supervision matrix is a guide for parents, and I feel the changes give parents the greatest flexibility we can give them to make individual decisions on what is best for their children, while maintaining a safe environment for everyone at Fort Rucker. Parents need to make a decision based on each child's personality, ability and maturity level -- can they handle the responsibilities you are giving them?

"And parents aren't alone in this -- Fort Rucker Army Community Service has programs and experts in place to help educate parents and their children, and also point them to additional resources to help them make the decisions they need to make to keep their children safe," he added.

One of those ready to help is Luticia Trimble-Smith, Fort Rucker Family Advocacy Program manager, who advised all parents and children on post to attend ACS' Home Alone class.

"The class focuses on safety, and can give parents a good idea of where their children are at and also the different threats that are out there," Trimble-Smith said, adding that parents need to consider the what-ifs and if their children are prepared to handle them. "It talks about things like what happens if the children are home alone and someone knocks on the door. Do they let them in? What if they get hungry? Are they allowed to cook? What if the child is walking to school and is getting bullied?

"Parents need to consider how their children have made decisions before," she said. "Do they make good decisions? Do they follow the rules? Children should be earning their parent's trust -- showing their parents that they are listening, they're obeying and that they can be trusted to handle these responsibilities."

She said that family advocacy staff members stand ready to help parents with all the information, resources, training and face-to-face counseling they need to make solid decisions on what they should allow their children to do.

Trimble-Smith added that parents are ultimately responsible for their children's safety and are also accountable for them.

"Parents are the best ones to determine what is best for their children," Trimble-Smith said. "They're responsible for their children and know what is best for their children. You won't go to jail if you violate the matrix, but you may go to jail if you act in a way that puts your child at risk and something happens."

The Fort Rucker Child Supervision Policy and accompanying matrix is on the Fort Rucker intranet. For information on the policy, call Trimble-Smith and the family advocacy team at 255-3898. For more information on the Home Alone class, call 255-9812 or 255-1867. The next class is scheduled for Oct. 1.

Fort Rucker Family Advocacy Program presents:



**BTSADV**

THE NATIONAL VOICE OF  
DOMESTIC VIOLENCE

Break the Silence Against Domestic Violence

KNOW THE SIGNS



Kristen Faith and TerryJosiah come together to share a complete picture: from the victim to the abuser perspective. Their knowledge and experiences educate audiences on the red flags, warning signs, and steps towards recovery.

U.S. Army Veteran and Domestic Violence Advocate TerryJosiah shares interactive and engaging message about domestic violence and relationships.



**FORT RUCKER THEATER**

October 02, 2018  
0900-1100  
1300-1500  
1730-1930\*

October 03, 2018  
0900-1100  
1300-1500

Open to the Public

\*This presentation is appropriate for ages 14 and older with Free Childcare available. Call 334-255-3898 to register. Childcare registration deadline is September 21. Limited childcare slots\* EFMP Friendly

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4:30 PM - 9:30 PM

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**FREE ADMISSION** ★ **OPEN TO THE PUBLIC\***  
**MUSIC** ★ **FUN** ★ **DRINK**

# IMCOM welcomes new CG

By Susan A. Merkner  
*IMCOM Public Affairs*

SAN ANTONIO -- Lt. Gen. Bradley A. Becker took command of United States Army Installation Management Command in ceremonies Sept. 5 at Joint Base San Antonio-Fort Sam Houston.

Becker was promoted to lieutenant general immediately before the ceremony by Gen. Mark A. Milley, chief of staff of the U.S. Army.

Becker replaces Lt. Gen. Kenneth R. Dahl, who had served IMCOM since November 2015.

During Becker's promotion ceremony, Milley said the new IMCOM commander was talented and humble, a man who "is not afraid to speak truth to power. We want servant-leaders in our generals."

At the change of command ceremony, Milley praised IMCOM and its employees, thanking them for generating Army readiness by supporting Soldiers, their families and civilians. "Readiness is much more than manning, equipping and training. Soldiers can't focus exclusively on their combat mission if they think their family is in lousy housing, or has inadequate medical care, or unsafe schools for their children," he said.

Of the Army's 1.1 million Soldiers, 60 percent are married and most have at least two children, Milley said.

Under Dahl's leadership, IMCOM reduced 1,000 positions "which allowed us to apply those resources to build an SFAB (Security Force Assistance Brigade) which is in Afghanistan today," Milley said.

"Every base and installation is important, both in CONUS and overseas," Milley said. "Every single Soldier in the Army passes through IMCOM at some point, and IMCOM is responsible for the readiness of today's Army."

Dahl was the first commanding general of IMCOM who was not dual-hatted as the Army's Assistant Chief of Staff for Installation Management. During his remarks at the ceremony, Dahl thanked the command's 50,000 employees for their role in providing continuity in the Army's 75 installations.

Despite budget cuts and doubling down on multiple jobs, IMCOM employees are dedicated professionals who keep the day-to-day operations going, providing facilities, utilities, security and recreational opportunities, he said.

"IMCOM provides platforms for readiness, so our Soldiers are fit, trained and ready for combat," said Dahl, who will be retiring from active service later this month.

Becker thanked family and friends for their support and said Dahl built a great team at IMCOM.

"IMCOM touches the lives of every Soldier, civilian and their family members in the Army," Becker said. "What you do every day is truly impressive. I appreciate all you do to keep the Army strong."

The change of command ceremony Sept. 5 included music by the First Armored Division Army Band, the national anthem sung by Sgt. First Class Charmakeitha M. Smith



**Becker**

of IMCOM, and an invocation by IMCOM Command Chaplain Col. Yvonne Hudson.

IMCOM Command Sgt. Maj. Melissa A. Judkins participated in the guidon exchange ceremony with the three generals. The traditional presentation of flowers was held to honor the outgoing and incoming commanding generals' wives, Lt. Col. (R) Celia FlorCruz and Sherri Becker, respectively.

Prior to taking command of IMCOM, Becker was chief, Office of Security Cooperation-Iraq, U.S. Central Command, Iraq.

He was commander of the Joint Force Headquarters -- National Capital Region and the U.S. Army Military District of Washington. He previously served as the commanding general, U.S. Army Training Center and Fort Jackson, South Carolina. He has had several joint assignments and has served in Iraq and Korea, as well as at Schofield Bar-

racks, Hawaii, and Fort Lewis, Washington.

Becker's awards include the Distinguished Service Medal (second award), the Defense Superior Service Medal, the Legion of Merit, the Bronze Star Medal with Oak Leaf Cluster, the Defense Meritorious Service Medal, the Meritorious Service Medal with four Oak Leaf Clusters, the Army Commendation Medal with Oak Leaf Cluster, and the Army Achievement Medal with three Oak Leaf Clusters. He has earned the Combat Action Badge, Parachutist and Air Assault identification badges, and is Ranger qualified.

Becker was commissioned as a second lieutenant in the field artillery upon graduating from the University of California at Davis in 1986 with a Bachelor of Arts degree in political science. He also holds a master's degree in political science from Auburn University.



# Army astronaut prepares for December launch to International Space Station

By Jason Cutshaw

*U.S. Army Space and Missile Command / Army Forces Strategic Command*

REDSTONE ARSENAL, Ala. -- One Soldier proves childhood dreams can come true as she prepares to launch into space for her first time.

U.S. Army astronaut Lt. Col. Anne C. McClain, along with her crewmates, David Saint-Jacques of the Canadian Space Agency and Oleg Kononenko of the Russian Space Agency Roscosmos, is scheduled to launch Dec. 20 aboard the Soyuz MS-11 spacecraft from the Baikonur Cosmodrome in Kazakhstan for a six-month rotation on the International Space Station.

"When you look over the history of human space flight during the past 50 years, it is a relatively short time," McClain said. "Every vehicle that has been built and every flight that has been taken is an accomplishment in and of itself. We have been flying to the space station for about 18 years and the thing we are always doing at all of our agencies is 'What's next?' What is the next step we can take where mankind has never been before? For us, that is deep space.

"At the crew level we are fortunate," she continued. "We have been training together more than a year for this flight. It is actually very easy to forget we are from three different countries and three different places because we are doing the same things together every day. We have the same concerns and the same issues in dealing with our families and we just connect as human beings. At the end

of the day, the Earth is a small place and we are all in it together. The decisions we make affect one another. From our perspectives, rather than taking politics and letting them inform our friendships, we actually take our friendships and let them inform our view of how politics should be and how our world could be.

"The peaceful exploration of space is absolutely a unifying aspect," McClain added. "Working with this crew is an incredible opportunity, but it is also an example of what humans can do when we put aside our differences and really focus on what motivates us."

McClain is a native of Spokane, Washington, and earned her undergraduate degree from the U.S. Military Academy at West Point, New York. Additionally, she earned two master's degrees while studying in England. She was a member of the USA Rugby Women's National Team and noted her experiences have played an integral role in helping her work with the international members of her NASA team.

"We are not just going to the International Space Station to visit, we are going there to live. It will be our home, and we are going to adapt to it," McClain said. "When I go to Russia, it is absolutely a second home for me right now. I always tell people it is amazing the perspective you get when you get out of your comfort zone long enough to make it your comfort zone.



NASA PHOTO

**Future International Space Station crew members Army astronaut Lt. Col. Anne McClain, U.S. Army Space and Missile Defense Command/Army Forces Strategic Command, left, Oleg Kononenko of the Russian space agency Roscosmos, and David Saint-Jacques of the Canadian Space Agency, pose for a picture as the Soyuz rocket arrives at the launch pad after being rolled out by train June 4 at the Baikonur Cosmodrome in Kazakhstan.**

"It is amazing to see how people on the other side of the world approach the exact same problems yet come up with different solutions," she added. "Getting comfortable in another culture really helps you understand perspectives and that we are not that different from one another."

As a Soldier, McClain earned her wings as an OH-58D Kiowa Warrior scout/attack helicopter pilot. She has more than 2,000 flight hours and served at every level of Army Aviation units at Wheeler Army Airfield, Hawaii, and at Fort Rucker, Alabama, as well as combat operations during Operation Iraqi Freedom.

"The Army has given me everything I have as an adult," McClain said. "It gave me my undergraduate college education and two master's degrees. It gave me flight school and test pilot school. But I think most importantly the Army gave me really humbling, selfless leadership experience. I went into the Army probably a little over-confident in some of my abilities, and I came out very humbled and very in awe of the people I serve with and with a recognition that I could never accomplish remotely what others can when

given the right tools. My biggest role as a leader or as a member of the team is to enable other people around me to perform at their optimal best.

"I try to be the leader who synergizes the team and tries to recognize barriers to the team around me and knock those barriers down," she continued. "Our Soldiers in our military are some of the most innovative, smart, dedicated, selfless people who I have ever worked with in my life. I am humbled every day just to be in their ranks. I learned from them to trust the people around me.

"Here at NASA our lives depend on each other every day," McClain added. "I was in a vacuum chamber last week that can be a real threat to your body. These guys put on my gloves and pants while doing a leak check to make sure everything was good. My life was in their hands last week and it will be again in the future. I learned to have that trust in the Army."

In 2013, McClain attended the U.S. Naval Test Pilot School where she was selected as one of eight members of NASA's 21st astronaut class. Her astronaut candidate training included scientific and technical briefings,

## ASTRONAUT *CONT.*

intensive instruction in ISS systems, space-walks, robotics, physiological training, T-38 flight training, and water and wilderness survival training. She completed astronaut training in 2015.

"If you do the thing everybody else does, you are going to get what everybody else does," McClain said. "If you want to do something amazing and something great, you need to start being different today and stay dedicated to that. There is nothing you are doing that is not important so you must excel in everything you do."

During the upcoming mission, McClain and her team will facilitate approximately 250 research investigations and technology demonstrations. She added that science experiments conducted in space yield benefits and technology advancements for all humanity and looks forward to achieving more scientific progress.

"The benefit of science experiments in micro-gravity and low-earth orbit are too numerous to just leave and move onto the next thing," McClain said. "I am overwhelmed at the quantity of tasks we have, in a good way. One of the really neat things about going to the space station for six months is that we don't specialize."

"One of the things I really like is getting into academic areas I had no experience with before," she continued. "I am an aerospace engineer by training and I was a test pilot in the Army. One of my favorite things now is biology and learning about the human body. To me this is really fascinating, and I could have had a totally different career and loved it also."

"What I am most excited about is space walks. We have some 'penciled in' for our mission," McClain added. "It is what I dreamed of when I was a little 5-year-old girl and it is pretty neat to think that maybe in the next six months it could be happening."

# CLEANING HOUSE

## Autumn cleaning can prevent mold, serious health issues

By Andrew Hamre

*Lyster Army Health Clinic*

It has been a wet and humid summer and mold thrives in moist conditions.

Mold is a fungus, and is naturally found outdoors and performs an essential role in the natural decomposition of organic matter. Fungus has been used positively to produce antibiotics and biological pesticides, and is a food source in the form of mushrooms.

However, when mold is growing inside buildings where we live and work, it can have negative consequences.

When mold is active and growing outdoors, it produces mold spores, and they can enter your home or workplace through open doorways, windows, vents, and heating and air conditioning systems. Mold spores will then grow in places with a lot of moisture, such as around leaks in roofs, windows, pipes or where there has been flooding. Mold grows well on paper products, books, cardboard, leather products, ceiling tiles and wood products, and can also grow in dust, paints, wallpaper, insulation, drywall, carpet, fabric and upholstery.

### HOW YOU CAN CONTROL MOLD

There is no practical way to completely eliminate all mold or mold spores indoors.

However, inside your home you can control mold growth by:

- Maintaining humidity levels below 60 percent -- an air conditioner or dehumidifier will help you keep the level low;
- Immediately fixing leaky roofs, windows and pipes;
- Cleaning mold from hard surfaces with water and detergent -- absorbent materials like drywall, carpeting and ceiling tiles may need to be replaced;
- Drying damp or wet building materials or furnishings within 24 to 48 hours; and
- Properly ventilating showers, clothes dryers and cooking areas.

When mold is growing in your home, you need to clean up the mold and fix the moisture problem. This also applies to your work area. In offices and work areas that are not maintained and kept clean, mold will often grow on and around the air conditioner vents, and on window and window ledges where dust accumulates.

Mold growth can be easily removed from most hard surfaces with plain soap and water,

detergent products or a mild bleach solution.

If the area to be cleaned of mold is 10 square feet or more, consult the Environmental Health Section, Preventive Medicine Activity, Lyster Army Health Clinic. Additional information is also available from the U.S. Environmental Protection Agency guide "Mold Remediation in Schools and Commercial Buildings." Although focused on schools and commercial buildings, this document also applies to other building types. You can download the document by going to the EPA web site at <https://www.epa.gov/mold/mold-remediation-schools-and-commercial-buildings-guide>.

### QUESTIONS ABOUT MOLD?

If you have questions, call the Environmental Health Section, Preventive Medicine Activity, Lyster Army Health Clinic at 255-7253.

If you reside in on-post housing and have visible mold growing on absorbent materials, such as ceilings and wall boards, contact Corvias, the Fort Rucker housing manager, at 440-8988.

# Army improving integrated training environment for aviators

By Devon L. Suits

WASHINGTON -- To better prepare aviators for the future fight against a near-peer adversary, the Army is working to improve live, virtual and constructive training environments.

For the past 15 years, the Army has focused on counterinsurgency operations while potential enemies were quietly making improvements to integrated air defense, electronic warfare, cyber, and space capabilities, said Maj. Gen. Maria R. Gervais, deputy commanding general, U.S. Army Combined Arms Center.

Gervais spoke Sept. 5 during a panel discussion at the Association of the U.S. Army's "Hot Topics" forum on Army Aviation.

Combat training centers, or CTCs, are transitioning from a "counterinsurgency mission rehearsal type environment" and are implementing more large-scale combat operations that include "decisive action training capabilities," Gervais said.

As capabilities from near-peer strategic competitors continue to increase, there is a need to refine training in support of the aviation community, she said, adding the CTCs are stepping up aviation and air defense training.

An integrated air defense capability at the CTCs is changing the way aviators fly, Gervais said. "It is driving the change to our culture," she said.

## SIMULATED TRAINING ENVIRONMENT

Aside from improving the CTCs, the Army is looking for better ways to develop

a Soldier's home-station training capability, Gervais said. She currently serves as the Synthetic Training Environment Cross-Functional Team, or STE CFT, lead with U.S. Army Futures Command.

The general said that the Army's live, virtual, and constructive training capability is currently limited to 10 locations.

"We need to improve our home-station training capability through simulations. As (Soldiers) enter into the live environment, they go in with increased proficiency," she said. "That's where I see the synthetic training environment is going to be the most beneficial."

Today, much of the integrated training environment is actually operating on 1980s and 1990s technologies and limits training functionality, Gervais said.

"[Each piece of technology] was individually developed, stove-piped, and proprietary, and right now we have 57 different terrain formats," she said. "All of these different simulators use terrain differently."

"When we want to hook them together, we spend a lot of time getting these different simulators to use the terrain the same."

For example, training officials recently developed an air defense capability to challenge aviators during simulation training, Gervais said. However, since each simulator operates through a different "game engine," each system sees and uses the terrain differently.

For instance, as aviators navigate through one training scenario, differences between



PHOTO BY PFC. MATTHEW MARCELLUS

**An AH-64 Apache attack helicopter assigned to the 4th Combat Aviation Brigade, 4th Infantry Division lands for the first time at Illsheim Army Air Field, Germany, July 31, 2018, in support of U.S. Army Europe's Operation Atlantic Resolve.**

software allow air defenders to shoot targets through hills, she said.

To help remedy such problems, the STE CFT is working to develop 10 different terrain formats to meet Army Chief of Staff Gen. Mark A. Milley's request, Gervais said. So far, the CFT has delivered three.

"What we envision as part of the synthetic training environment is what we call 'One World Terrain,'" she said. "It just takes time to build it; two, it's costly."

Over the next two years, the CFT is driven to produce an STE that can support large-scale combat training operations.

"[Milley] wants to be able to pull that terrain down and put it right into our simulators -- all the way from the squad to the collective trainers," she said. "He wants to do that in seven days ... versus the 120 to 180 days that it takes us to plan a constructive level exercise."

"We're already demonstrating some level of this capability," she added.

## CHANGES TO TRAINING, DOCTRINE

In addition to the improvements made to the live, virtual, and constructive environment, training officials are working on modifications to Army aviation doctrine and training manuals to reflect the shift in large-scale combat operations, said Col. William A. Ryan III, deputy commanding officer at the U.S. Army Aviation Center of Excellence.

The Aviation branch is returning to fundamentals of flight to prepare the warrant officer corps better, Ryan said.

"Our Soldiers are our most important capability," said Chief Warrant Officer 5 Joseph B. Roland of the Aviation Center of Excellence. "If we have a piece of (equipment) our enemy can figure out a way to defeat that piece of (equipment)."

The one thing the enemy has a hard time trying to defeat is a "Soldier that's properly trained, that's innovative and adaptive," he added.



# NEW ACFT

New fitness test measures combat readiness, says Army secretary

By David Vergun,  
*Army News Service*

WASHINGTON -- "If you can't pass the Army Combat Fitness Test, then there's probably not a spot for you in the Army," said Secretary of the Army Mark T. Esper.

"That doesn't mean you'll immediately get kicked out," he added. "It means there will be some sort of remedial program, the details of which are still being worked out."

Esper addressed a range of issues, from recruiting and acquisition to offering a tribute to the late Sen. John McCain, during a Defense Writers Group breakfast Aug. 29.

The current Army Physical Fitness Test, which has been around some 40 years, is flawed, Esper said.

"I grew up in the Army with the APFT and I personally never thought it was a good indicator of combat physical fitness, nor did many of my colleagues. The testing has proved that out," he said.

The secretary said studies done by U.S. Army Training and Doctrine Command show that the APFT captures "maybe 30 or 40 percent relevance of what you demand in combat ... the ACFT is upwards of 80 percent."

The main purpose of the ACFT is two-

fold, he said. First, the test ensures Soldiers are ready for combat. Second, preparation for the test improves physical fitness as it relates to injury prevention.

Losing Soldiers to injuries during PT or field exercises contributes to decreased readiness, he added, because injured Soldiers can't deploy.

At one point, upwards of 15 percent of Soldiers were categorized as non-deployable, he said. That's about 150,000 Soldiers across the entire force. Now, that figure has been reduced to 9 percent, and there are vigorous efforts underway to lower that percentage even more.

"If you're not physically fit for combat, then we're not only doing you an injustice, we're doing an injustice to your colleagues and peers as well," he said, explaining that if a Soldier can't deploy, that means someone else has to deploy twice as much.

"At the end of the day we need Soldiers who are deployable, lethal and ready," he emphasized.

Beginning October 2020, all Soldiers will be required to take the ACFT, which TRADOC fitness researchers term "gender- and



PHOTO BY JOHN PERRINO

**Secretary of the Army Dr. Mark T. Esper meets with journalists from the Defense Writers Group, an association of news outlets with reporters that cover national security issues, at the Fairmont Hotel Aug. 29, 2018. The Defense Writers Group is housed at the George Washington University's School of Media and Public Affairs under the Project for Media and National Security.**

age-neutral."

## NOT LOWERING STANDARDS

There's a need to grow the active Army to at least 500,000, with associated growth in the Guard and Reserve, Esper said.

To do that, the Army is planning a modest annual increase spread out over the next several years to get to that number, he said. The additional Soldiers will be used to fill current units that are undermanned and grow additional capabilities.

Asked if he'd consider lowering standards to meet the end-strength goal, the secretary said the Army is not lowering standards, and will not.

"We've raised standards, such as limiting Category IV accessions from the DOD higher end of 4 percent to the Army higher end of 2 percent, putting more stringent requirements on issuing waivers and making sure we truly take into account the holistic person to ensure persons who receive waivers are high-quality recruits," Esper said.

As to attaining higher end strength, Es-

per said the Army needs to do a better job of recruiting.

One step being taken includes letting Soldiers go home for a number of weeks to assist recruiters by doing outreach, he said.

This is particularly important in areas without a military presence, he added. The Army has increasingly become "a family business." Almost all of the Soldiers he's spoken to have told him they have veterans in their immediate family. And most senior Army leaders have or have had sons or daughters in the military.

Fewer and fewer young people know someone who's served, he said, and so to them, the Army is unknown.

Other efforts to attract quality recruits include putting more recruiters on the street -- an effort that began in the spring -- and moving recruiting stations to more optimal locations, he said.

Some other approaches include better utilizing Army public relations assets like the Golden Knights and Army bands, he said.

# FROM DFMWR

## HOME BUYING WORKSHOP

The Fort Rucker Army Community Service Financial Readiness Program will host a home buying seminar from 6:30-8:30 p.m. Sept. 18 in the Soldier Service Center, Bldg. 5700, Rm. 350. Discussion will cover a variety of topics: when to buy a house, credit history, the cost of being a homeowner, Veterans Affairs Mortgage Insurance and applying for a mortgage. This discussion will be facilitated by ACS accredited financial counselors. Pre-registration is required by Sept. 17. Free child care is available with registration. Class is subject to cancellation without pre-registration.

For more information and to register, call 255-3765 or 255-9631. Registration can also be completed at <http://rucker.armymwr.com/us/rucker/programs/army-community-service>.

## SINGLE PARENT FAMILY GAME NIGHT

Fort Rucker ACS and the Army and Air Force Exchange Service will host its Single Parent Family Game Night Sept. 20 from 5-7 p.m. at the post exchange food court. The event will feature free giveaways and will be Exceptional Family Member Program friendly. The event is open to authorized patrons – single parents who are active-duty or retired military, DOD employees and their families, but is limited to the first 20 families to sign up.

People need to pre-register for the event by calling 255-3359 or 255-9647.

## NEWCOMERS WELCOME

Fort Rucker will host its Newcomers Welcome Sept. 21 from 9-11:30 a.m. at The Landing. Active-duty military, military spouses – especially spouses of Soldiers training at Fort Rucker – foreign students, DOD civilian employees and family members are all encouraged to attend and learn more about Fort Rucker and the resources available to them. A free light breakfast and coffee will be served.

For free childcare, people may register their children at the child development center by calling 255-3564. Reservations must be made 24 hours prior to the Newcomers Welcome. For more information, call 255-3161 or 255-2887.

## FEDERAL JOB WORKSHOP

Interested in working for the federal government? Mystified by the federal hiring process? Or maybe you're just frustrated by your repeated attempts to put together an effective and impactful USAJOBS.gov resume? Then make plans to attend the Federal Job Workshop with ACS Sept. 24 from 8 a.m. to noon in Bldg. 5700, Rm. 284. This informative and interactive workshop is aimed at getting you the information you need to increase your federal employment possibilities. Participants will receive a free copy of Kathryn Troutman's "Jobseeker's Guide (7th Edition)." Registration is required two days prior to the workshop. Space is limited to the first 60 people to register. The workshop is open to authorized patrons only.

For more information or to register, call 255-2594.

## BLENDED RETIREMENT SYSTEM SEMINAR

Army Community Service accredited financial counselors will present a Blended Retirement System Seminar from 6-7 p.m. Sept. 25 in the Soldier Service Center, Bldg. 5700, Rm. 350. A discussion of the significant changes to the current military retirement system, including continuation pay and the Thrift Saving Plan with matching government contributions. Pre-registration is required by Sept. 24. Free child care is available with registration. Class subject to cancellation without pre-registration.

For more information and to register, call 255-9631 or 255-2341. Registration can also be completed by going to <http://rucker.armymwr.com/us/rucker/programs/army-community-service>.

# UNAUTHORIZED CHILD CARE



- Unauthorized child care is any care, occurring in your privatized housing on post, in excess of 10 child care hours per week being provided on a regular basis.
- Please do not begin caring for children until you have been certified by the Garrison Family Child Care Office.
- Providing unauthorized child care jeopardizes your eligibility for housing.

**Check with the  
Family Child Care Office  
to learn about FCC Certification.**

**For more information call the  
Family Child Care Office  
at (334)255-3066.**





# DFMWR



Visit Fort Rucker Army Community Service on Facebook for a calendar of our activities!

## WOUNDED WARRIOR FALL HUNT

The Fort Rucker DFMWR Outdoor Recreation Program will host the Wounded Warrior Fall Hunt Sept. 26-29. Wounded warriors from across the Southeast will participate in the hunt free of charge. Hunters are expected from Virginia, Florida, Alabama, Kentucky, Georgia and Mississippi. The hunt is also open to the general public for \$25 per hunter. Volunteer guides to assist the wounded warriors are welcomed.

For more information, call 255-4305.

Also, \$5 door prize tickets are available at ODR and MWR Central. To take part, people must be ages 18 and older and they do not have to be present to win.

## CARDBOARD BOAT REGATTA

People are invited to turn cardboard into seaworthy vessels at the Cardboard Regatta Sept. 27 at the Fort Rucker Physical Fitness Center Indoor Pool and race against other boats. Teams of two or more can build a boat at home out of cardboard and bring it in to see if it floats. Teams must register at PFC by Sept. 25. Check in starts at 5 p.m. with a safety brief at 5:30 p.m. The event begins after the safety brief. Prizes will be given out to winners in various categories.

For additional details, call 255-2296.

## FORT RUCKER RIGHT ARM NIGHT

Leaders, bring your right-hand man or woman out for Fort Rucker Right Arm Night Sept. 27 from 4-6 p.m. at The Landing. Fort Rucker Right Arm Night is an old Army tradition, promoting a night of camaraderie and esprit de corps as leaders come together and treat those standing to their right -- the ones helping them get through daily missions. Complimentary

appetizers will be served while supplies last. Fort Rucker Right Arm Night will be held every month. Both military and civilians are invited to attend.

For more information, call 255-0768.

## WWI PRESENTATION

The Center Library will offer a special WWI presentation by Christopher Braund titled "AEF Experience During the War." The presentation is part of a year-long commemoration of America's entry into WWI and will be held at the Aviation Technical Library Sept. 27 at noon. The event will be open to authorized patrons and be EFMP friendly.

For more information, call 255-3885.

## OKTOBERFEST

Fort Rucker's 16th annual Oktoberfest is scheduled for Sept. 28 from 4:30-9:30 p.m. on the festival fields. The event will feature live German music by the Sonnenschein Express; traditional German food, including bratwurst and schnitzel; a keg toss competition; a car show and more. At this family-friendly event, there will also be inflatables for the children, a pumpkin patch, craft activities and more. So, put on your lederhosen and don't miss out on this celebration of German culture.

For additional information, call 255-1749.

## BATTLE OF MOGADISHU MEMORIAL 5K RUN

The Battle of Mogadishu Memorial 5K Run will take place Sept. 29 at 9 a.m. at the Fortenberry-Colton Physical Fitness Center. Race day registration begins at 7:30 a.m. and ends at 8:30 a.m.

Pre-registration fee is \$20 by Sept. 23

and \$25 afterwards. The no T-shirt option fee is \$15 at all times. Teams of eight people pay \$120 (\$15 per team member) and each additional person pays the normal registration fee during pre-registration and \$160 (\$20 per team member) afterwards. Only eight medals per team will be awarded. Top 3 teams will be awarded streamers. T-shirts will be given to the first 125 pre-registered paid competitors. T-shirts only are \$10. Pre-registration is highly recommended.

Registration forms will be at both the Fortenberry-Colton and Fort Rucker PFCs, MWR Central and also available to print on the MWR website: rucker.armymwr.com. Entry forms can be processed and paid for -- with cash, check or credit card -- at either PFC or MWR Central. Sports drinks, water and fruit will be provided for participants.

For more information, call 255-1951.

## GOLD STAR MOTHER'S AND FAMILY DAY LUMINARY SERVICE

The mission of the Gold Star Luminary initiative is to promote awareness of Gold Star Family Day, and urge organizations and individuals in communities throughout the United States to light luminaries at dusk on the last Sunday of each September in honor of our fallen heroes. Gold Star Mother's Day and Family Day is Sept. 30. Fort Rucker Survivor Outreach Services asks that you light a luminary on Gold Star Family Day. Please pledge your support of the special day by coming together as a community to light luminaries, honoring members of all branches of the service. Fort Rucker will host a Gold Star Mother's and Family Day Luminary Service Sept. 30 at 6 p.m. at the Main Post Chapel.

For more information, call 255-9637.

# FORT RUCKER MOVIE SCHEDULE

## FOR SEPT. 20 - OCT. 7

### Thursday, Sept. 20

Slender Man (PG-13) ..... 7 p.m.

### Friday, Sept. 21

Mile 22 (R) ..... 7 p.m.

### Saturday, Sept. 22

Crazy Rich Asians (PG-13) ..... 4 p.m.

Mile 22 (R) ..... 7 p.m.

### Sunday, Sept. 23

Alpha (PG-13) ..... 1 p.m.

Crazy Rich Asians (PG-13) ..... 4 p.m.

### Thursday, Sept. 27

Alpha (PG-13) ..... 7 p.m.

### Friday, Sept. 28

Blackkkkiansman (R) ..... 7 p.m.

### Saturday, Sept. 29

Searching (PG-13) ..... 4 p.m.

Blackkkkiansman (R) ..... 7 p.m.

### Sunday, Sept. 30

Teen Titans Go To The Movie (PG) ..... 1 p.m.

Alpha (PG-13) ..... 4 p.m.

### Thursday, Oct. 4

The Happytime Murders (R) ..... 7 p.m.

### Friday, Oct. 5

Venom (NR) ..... 4 & 7 p.m.

### Saturday, Oct. 6

Venom (NR) ..... 4 & 7 p.m.

### Sunday, Oct. 7

Venom (NR) ..... 1 & 4 p.m.

TICKETS ARE \$6 FOR ADULTS AND \$5 FOR CHILDREN, 12 AND UNDER. MILITARY I.D. CARDHOLDERS AND THEIR GUESTS ARE WELCOME. SCHEDULE SUBJECT TO CHANGE. FOR MORE INFORMATION, CALL 255-2408.

# NEWS IN BRIEF

## WOUNDED WARRIOR CABIN RIBBON CUTTING

Fort Rucker will host a ribbon cutting ceremony for the opening of the Wounded Warrior Retreat by the Lake Sept. 19 at 10 a.m. at Lake Tholocco's East Beach.

## POW/MIA CEREMONY

Fort Rucker will host its annual POW/MIA ceremony Sept. 21 at 8:30 a.m. at Veterans Park. In case of inclement weather, the ceremony will be held in the U.S. Army Aviation Museum.

## ARMY FUNDED LEGAL EDUCATION PROGRAM

The Office of the Judge Advocate General is accepting applications for the Army's Funded Legal Education Program. The Army projects sending up to 25 active-duty commissioned officers to law school at

government expense. Selected officers will attend law school beginning the fall of 2019 and will remain on active duty while attending law school.

Interested officers should review Army MILPER Message 18-081 and Chapter 10 of Army Regulation 27-1 to determine their eligibility. The program is open to officers in the ranks of second lieutenant through captain. Applicants must have at least two, but not more than six years of total active federal service at the time the legal training begins. Eligibility is governed by statute (10 U.S.C. 2004) and is non-waivable.

Eligible officers interested in applying should immediately register for the earliest offering of the Law School Admission Test. Applicants must send their request through command channels, to include the junior office's branch manager at Army Human

Resources Command, send the original application to the Office of the Judge Advocate General, Attn.: DAJA-PT (Ms. Yvonne Caron-Rm. 2B517), 2200 Army Pentagon, Washington, DC, 20310, to be received by Nov. 1. Legal office officials recommend people send in their applications well before the deadline.

For more information, call 255-2547.

## POWER OUTAGE

In order to conduct maintenance, Alabama Power has scheduled two power outages in October that will affect power throughout the post. The first outage is scheduled for Oct. 6 from midnight to 5 a.m. The alternate date for the first outage is Oct. 7 from midnight to 5 a.m.

The second outage is scheduled Oct. 12 at 11 p.m. to Oct. 13 at 7 a.m. The alternate

date for the second outage is Oct. 13 at 11 p.m. to Oct. 14, at 7 a.m.

## FORT RUCKER RETIREE HEALTH FAIR

The 44th annual Fort Rucker Retiree Health Fair is scheduled for Oct. 31 from 8 a.m. to noon at Yano Hall, Bldg. 6005, Shamrock Street. Lyster Army Health Clinic, along with other outside agencies, will have tables set up along with interactive areas to educate retirees and their family members on numerous health topics, including disease management, chiropractic care, digestive health, physical therapy, nutrition and more. Retirees can also receive their 2018-2019 flu vaccination.

For more information contact Lyster Army Health Clinic at 255-7930.

# ARMY FLIER

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Fort Rucker Commanding General

**Col. Brian E. Walsh**  
Fort Rucker Garrison Commander

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