

ARMY FLYER

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PHOTO BY JIM HUGHES

Fort Rucker, U.S. Army Aviation Center of Excellence and Wiregrass Wounded Veterans Committee officials cut the ribbon on the Wounded Warrior Retreat by the Lake at Lake Tholocco's East Beach Sept. 19.

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'TRULY AMAZING'

Support to wounded warriors increases with opening of new cabin

By Jim Hughes

Fort Rucker Public Affairs

Fort Rucker continued its ascent as a top-flight destination for wounded warriors who want to experience the great outdoors when it opened its Wounded Warrior Retreat by the Lake Sept. 19.

The new American Disabilities Act-accessible cabin on Lake Tholocco's East Beach is a one-of-a-kind facility and further supports what Fort Rucker officials often claim – Fort Rucker is the top Army installation, said William G. "Bill" Kidd, deputy to the commanding general of the U.S. Army Aviation Center and Fort Rucker, at the ribbon cutting ceremony.

"This is yet again another accolade that the community came together to achieve that makes it the best in the Army," Kidd said. "We are the only installation that has such a facility. And we deeply appreciate all of you who volunteered your time and your talents and your efforts to make this a reality today."

A partnership of private and corporate sponsors, spearheaded by the Wiregrass Wounded Veterans Committee, made the cabin – featuring an enlarged carport, wheelchair ramp, lowered light switches and appliances, wheelchair-accessible shower and other features all designed to make common tasks more convenient for the nation's visiting wounded warriors – happen, he added.

"The government did not build this with its own resources, it was generated by generous folks like you. We're deeply appreciative of that," Kidd said. "There are lots of people that were involved in it and I hope that you're justly proud of what you're seeing here today."

And people were seeing more than just a cabin, they were seeing a legacy of caring and generosity that the Wiregrass is known for, he added.

"With every wounded warrior there is a family and a community that is changed by their relationship with them," Kidd added. "And I would say that Fort Rucker and the Wiregrass is fundamentally changed by its relationship with its wounded warriors and its veterans. Thank you from the bottom of our hearts for what this means to our wounded warriors and veterans, but also to Soldiers who see that commitment – that untiring commitment – that you've given."

And that commitment was readily apparent to the first wounded warriors to stay in the cabin, wounded warriors Aaron and Shanan LeFeat, who live near Fort Benning, Georgia, and their friend Michael Bennett from Nashville.

"It's a wonderful house – everything is accessible," Bennett, who spent 21 years in the military, said. "I've been to a handful of Army installations and I've never seen anything like this. It's truly amazing we have a place to stay where we don't have to bring our own ramps, our own suction-type railings for showers – the adaptive equipment is already here. You don't have to do anything but just show up and stay – I love it!"

Not one to rest on Fort Rucker's laurels, garrison commander Col. Brian E. Walsh asked Bennett to help the post support wounded warriors even more. "After you've spent the night, give us some feedback – help us make it better."

But Bennett had only good things to say about the efforts of the Wiregrass and Fort Rucker to support wounded war-

riors.

"What you guys are doing here is amazing for wounded vets, and I hope that the other installations can get on board and start doing stuff like this because it really helps us," he said. "When you come back and you're injured, you just want to enjoy life with your buddies and stuff, and when people say let's go camping or something like that, you're like, 'I'm not camping in a tent.'"

"Fort Rucker has this house, a trailer, a boat and hunting equipment all designed to support wounded warriors," he said. "I'll be putting the word out like crazy. 'Hey! This is available for you. This is for you – the wounded warriors.' I'm so thankful for being here. And to the people who put this together, I am honored to shake your hands."

Bennett's glowing reviews were music to the ears of Conrad Stempel, co-chairman of the WWVC, who also spoke at the event and thanked the many different local veterans groups, businesses and other people who gave their time, effort and money to support the venture.

Stempel also thanked the Directorate of Family, and Morale, Welfare and Recreation and Directorate of Public Works staffs for their efforts, as well, before announcing that an ADA-accessible floating boat dock with fishing pier project was just approved that will further the experience of wounded warriors staying at the cabin.

For more information on the cabin or to make a reservation, call Lake Tholocco Lodging at 255-4234.



One of the first people to stay in the cabin, Michael Bennett, a wounded warrior, gives a glowing review of the cabin to Col. Brian E. Walsh, Fort Rucker garrison commander, after the ceremony.



Ribbon cutting ceremony attendees receive a tour of the cabin.



The view from the back porch of the cabin.

HONORING SACRIFICE

Fort Rucker honors POWS, MIAs during ceremony

By Jim Hughes
Fort Rucker Public Affairs

Fort Rucker joined the rest of the nation in reaffirming its commitment to honoring its service members who were held captive by its enemies and bringing home each of its more than 82,000 military members still missing in action from the nation's wars during its Prisoners of War/Missing in Action Ceremony Sept. 21.

"We gather here on a beautiful Alabama morning in Veterans Park on a solemn and important occasion for our community and for our nation," said Col. William A. Ryan III, deputy commander of the U.S. Army Aviation Center of Excellence and Fort Rucker. "(We are here to) pause and honor the service and sacrifice of all of our prisoners of war, those who are still unaccounted for and their families."

Since its inception in 1979, POW/MIA ceremonies across the U.S. on the third Friday of September serve as an opportunity for the country's citizens to "remember, reflect and acknowledge the courage and sacrifice of those in the service of our country who, in responding to our nation's call to arms, forfeited their individual freedoms as prisoners of war, or who lost their lives and remain missing," Ryan continued.

"So, today at Fort Rucker and across our nation, in military installations and towns and cities, businesses and at veterans organization posts, we fly the familiar black and white flag, and pause to remember and reaffirm together to our he-

roes: you are not forgotten," he added. "In recognizing these special Americans, we must continue to ensure we do everything we can to account for those who have never returned in the wartime service of our great nation. In doing so, we continue to hold out hope for the over 82,000 Americans who still remain missing from WWII, the Cold War, and the Korean and Vietnam wars."

Ryan then recognized retired Sgt. 1st Class Daniel J. Stamaris, who was a crew chief and gunner on a UH-60 Black Hawk that was shot down during Operation Desert Storm 1991. He suffered numerous severe injuries from the crash and was captured by Iraqi forces.

He now works for the Aviation Center Logistics Command, but also assists today's Soldiers by helping out with Survival, Evasion, Resistance and Escape training, Ryan said, helping them understand what they can expect and how they may survive captivity.

"Thanks for your continued leadership, the positive example you set for all of us and for being here to share a special day – your day of recognition," the colonel said.

And on his day of recognition, Stamaris had a message he wanted to impart to today's Soldiers who may one day find themselves in a situation similar to his own.

"Never give up – somebody else has probably got it worse

off than you do," he said, "I always have that mentality that says, 'Yeah, I'm in this situation. But what about someone else who is in another situation?' It all ties back to never giving up, and always having hope and faith in you, your country, your fellow service members – your fellow human beings, for that matter."

He added that the hope he felt never wavered.

"There were points where I was actually left alone – I guess they (the Iraqis) thought I was going to die," Stamaris said. "But I always had that hope that my fellow Soldiers would find me, or maybe diplomatically getting me back. I never gave up that hope that somehow the government would get me back home. I never thought they'd ever give up on me."

"It all comes down to no one being left behind," he added. "It's part of the modern day warrior ethos – that is what we always strive for: no one is left behind."

And work continues on the accounting for all of America's missing heroes, said Ryan.

"Since we conducted our POW/MIA recognition last year, the U.S. government has accounted for nearly 200 previously missing service members," he said. "While we know there are still tens of thousands of fallen Americans who remain missing from our many wars, our nation continues to work hard to bring all of them home."



PHOTO BY JIM HUGHES

Retired Sgt. 1st Class Daniel J. Stamaris Jr., Aviation Center Logistics Command, stands as he's recognized as a former prisoner of war at the Fort Rucker POW/MIA ceremony Sept. 21.

Aviation Branch CSM shares 'Top 10' recommended reading list for leaders

By Kelly Morris
USAACE Public Affairs

If you're looking for a few good reads about leadership for professional development but don't know where to start, the Aviation Branch Command Sergeant Major just made that task easier.

The "Top 10" list of recommended book titles from Command Sgt. Maj. Brian N. Hauke's personal library is available on the USAACE and Fort Rucker website with the click of a button at the link http://www.rucker.army.mil/biographies/bio_csm.html.

The books range from approximately 30 pages to over 400 pages in length, and include fun reads, historical and sports analogies that are his personal top picks to help professionally develop leaders at all levels, and may also benefit aspiring leaders.

"If you're a leader out there, a platoon sergeant, a first sergeant, or a command sergeant major in Army Aviation, this could be a tool for you to use. And not only for non-commissioned officers but for our warrant officers and officers as well. It's great professional development for all," Hauke said. "I think there's a responsi-

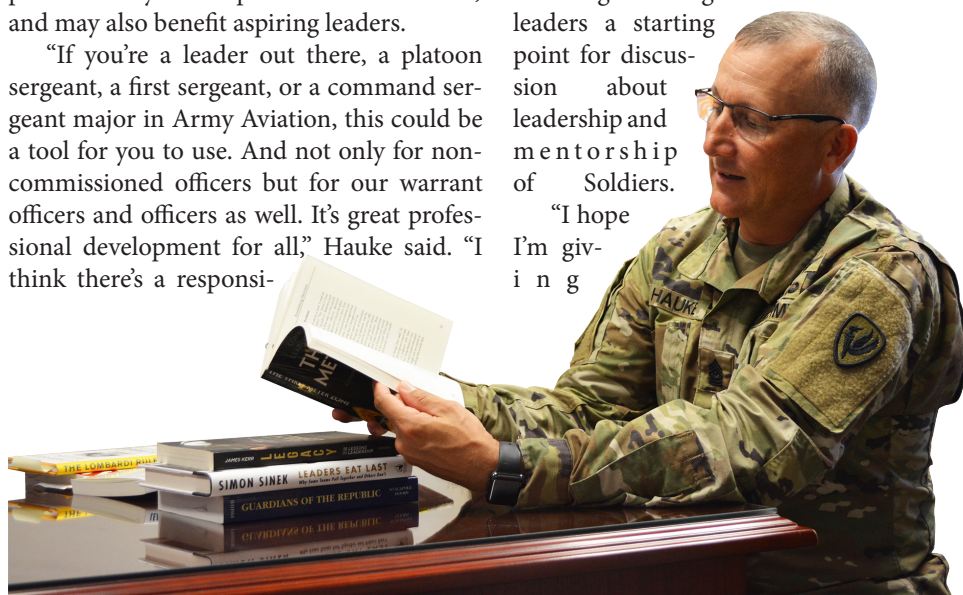
bility I have to at least provide some opportunities and titles."

According to Hauke, a good leader is an educated leader, and part of that requires self-development.

"In our world today reading is a perishable skill. We're glued to our devices and a television set, and I'm as much at fault as anybody else," Hauke said. "This really revolves around being educated as a leader... and you can't get that all from social media, the news and television. There are resources -- i.e. books -- that should be looked at if you have the opportunity, to educate yourself to be a better leader."

The goal is to give leaders a starting point for discussion about leadership and mentorship of Soldiers.

"I hope I'm giving



Hauke

PHOTO BY KELLY MORRIS

our leaders at all levels an opportunity to have a few books on leadership narrowed down to the point where if the Branch Sergeant Major feels these are important titles from authors, you can rest assured if you pick one of these up you'll probably gain something from it."

"These are a pretty good group of books to start with and can be found anywhere," Hauke said.

According to Hauke, the books include ideas on how to build a team, how to interact with individuals and subordinates, getting members of the team to accomplish a mission, and lifelong lessons as a leader.

One of the areas Hauke emphasized reading about is the history of the U.S. Army.

"I think we're doing a better job in our NCO professional development system in talking about history and how we've gotten after some of that, but it never hurts to read about the past and how our corps has morphed over the years," Hauke said.

A major benefit from professional reading is the opportunity for self-reflection, according to Hauke.

"I've leaned on the reading from time to time to give me the ability to reflect internally at how I'm doing. So if there's something that I've taken away from it is the ability to self-reflect on who I am and how I am as a leader," Hauke said.

According to Hauke, developing a unit library where leaders can check out resources to read and discuss the content and viewpoints together can be a valuable professional development tool. Just as an author's thoughts may not always line up exactly with the reader's, what a leader thinks may not always be in line with subordinates' viewpoints or perceptions.

"That discussion alone is going to be important in how we develop our noncommissioned officers across our branch," he said.

Hauke said he hopes the list will make it

easier on leaders to have that discussion, and be beneficial to them.

"I'm not naïve enough to think everybody's going to pick this up and read all ten books," Hauke said. "But I hope that at some point in time if you're an Aviation noncommissioned officer you at least see the list and maybe it's something that you decide--hey, this is an important deal, let me take a look at one of these and see if I can take anything away from any one of these books."

AVIATION BRANCH CSM'S "TOP 10" RECOMMENDED READING LIST FOR LEADERS

The Three Meter Zone - Common Sense Leadership for NCOs
By J.D. Pendry

A Message to Garcia
By Elbert Hubbard

Leaders Eat Last: Why Some Teams Pull Together and Others Don't
By Simon Sinek

The Lombardi Rules: 26 Lessons from Vince Lombardi, the World's Greatest Coach
By Vince Lombardi, Jr.

Legacy: 15 Lessons in Leadership
By James Kerr

Start with Why: How Great Leaders Inspire Everyone to Take Action
By Simon Sinek

Lincoln on Leadership: Executive Strategies for Tough Times
By Donald T. Phillips

Leadership and Self-Deception: Getting Out of the Box
By The Arbinger Institute

Getting to Yes: How to Negotiate Agreement Without Giving In
By Roger Fisher, William L. Ury, Bruce Patton

Guardians of the Republic - A History of the Noncommissioned Officer Corps of the U.S. Army
By Ernest F. Fisher, Jr.

The appearance of a title on this reading list does not imply endorsement of the author's views or interpretations.

'IN GOOD HANDS'



PHOTO BY JIM HUGHES

Staff Sgt. Tanya Foderingham, USASAM cadre, is suspended from the school's hoist tower system as Fort Rucker firefighters maneuver the ladder on a firetruck to begin a simulated rescue during training at the Dustoff Training Complex Sept. 24.

By Jim Hughes
Fort Rucker Public Affairs

Suspended 30-60 feet off the ground thanks to a malfunctioning hoist system is no time for students at the U.S. Army School of Aviation Medicine to be unsure if someone will be able to rescue them.

So, officials at the school and the Fort Rucker Fire Department teamed up for a first-ever hoist rescue training session Sept. 24 at the school's 75-foot tower to prove to future students, and themselves, that they can rescue anyone who may find themselves left hanging during hoist training, according to Maj. Genna Speed, director, USASAM En Route Care Branch director.

"You can't assume, one, that local emergency services and the fire department even know where you're at, and two, know how to perform a rescue in the event of a hoist mal-

function," she said. "So, to truly know that our SOP (Standard Operating Procedure) meets the standards and expectations for safety, we wanted to run through and make sure that the fire department could do the things that we were depending on them to do."

With cadre members playing the victims at three different sections of the tower, the fire department sprang into action by conducting high-angle rescues with its ladder truck, and also by rappelling down, removing the victim from the school's hoist system and attaching them into their own system.

And while the general goals were clear, it was not a paint-by-numbers training session, according to Sgt. 1st Class Tommy Brown, NCO in charge of the USASAM En Route Care Branch.

USASAM, fire department conduct hoist rescue training

"We've never done this before, so there aren't step-by-step procedures," he said. "Since this is the first time that we're going to do it together, after each iteration we're going to come back and do an AAR (after-action report) and we're going to see the shortcomings, or what we did right and continue forward. There are no set parameters or procedures for this, this is us trying to run through it and actually make our own procedures for any kinds of future instances that we have."

And the fire department was happy to oblige, according to Fort Rucker FD Lt. Wade "Best" Danford, adding that department personnel were eager to try out the rescue skills they already had at a facility they didn't have experience with.

"We can do such training on our own

training grounds, but this gives us a chance to do something outside of our box and improvise as we go," Danford said. "It presents a different scenario we can work with and get better with."

"Hopefully, at the end of the day, when they (USASAM officials) leave here, they won't be worried about what will happen when we get down here – they'll know what to expect from us and know that we have them covered," he added.

That hope was realized, according to Speed.

"The training event was a great success," she said. "During this time we were able to address potential challenges and concerns associated with emergency hoist rescue operations. I am fully confident that the highly

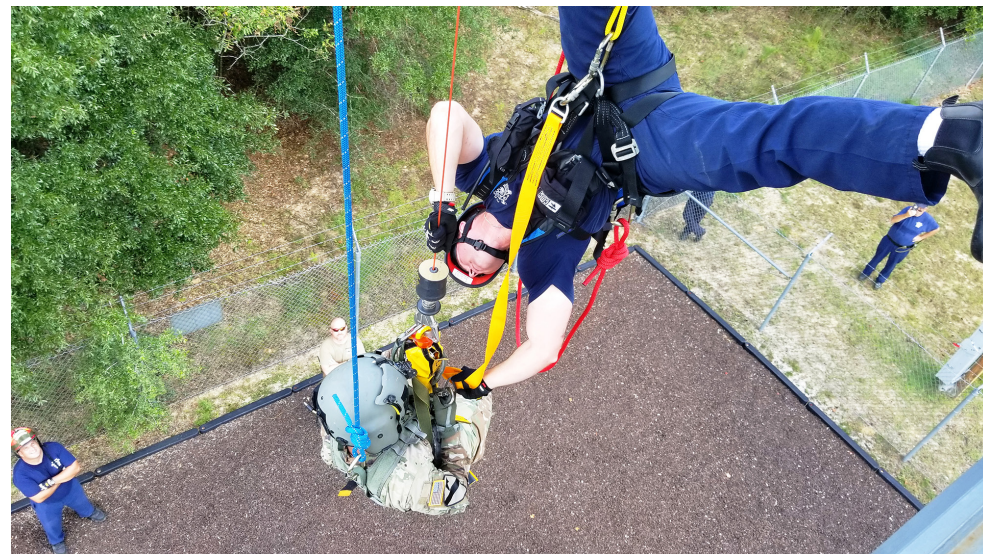


PHOTO BY MAJ. GENNA SPEED

Firefighter Todd McKee begins unhooking Staff Sgt. Tanya Foderingham, USASAM cadre and simulated victim, during training at the Dustoff Training Complex Sept. 24.

USASAM CONT.

skilled team members of the fire department will be able to execute rescue operations to ensure the safety of all personnel in the event of a hoist emergency. We are in good hands.”

Those good hands will eventually extend to benefit Soldiers in the field thanks to better-trained medics who benefit from the safe environment provided in USASAM’s hoist training, Speed said, adding that hoist training is critical in developing Above the Best

flight paramedics.

“Being able to conduct tower hoist operations is integral to developing the skillset they need to make an impact on our warfighters’ lives. So, when they graduate from this course, they have at least been exposed to what hoist ops entail, so they can conduct that exercise safely and effectively in their units.”

FROM DFMWR

WEAR PURPLE ON FRIDAY

The Know the Signs Campaign will kick off events planned for Domestic Violence Awareness Month. The campaign will begin Oct. 5. Purple is often used to recognize and support victims and survivors of domestic abuse. This is a community-wide effort to bring awareness to domestic violence. The community is asked to wear purple each Friday of the month.

For more information, call 255-3898 or 255-3246.

YOUTH CENTER THEMED ACTIVITIES

The Fort Rucker Youth Center will host a themed night of activities and food each Friday and Saturday in October from 6-9:30 p.m. Youth ages 11-18 (Grades 6-12) are invited to attend and can bring a friend.

For more information, call 255-2260.

HALLOWEEN PUMPKIN CHILDREN’S ACTIVITY

The Fort Rucker Arts and Crafts Center will host a children’s activity featuring the painting of a light-up ceramic pumpkin to celebrate the fall Oct. 6 from 10 a.m. to

noon. The cost will be \$20 per pumpkin kit, which includes a pumpkin, a plug-in bulb, all paints and the activity time.

For more information, call 255-9020.

GARDENING WORKSHOP

The Center Library will host a gardening workshop titled, “Color in the Fall Landscape,” led by Lucy Edwards, a regional extension agent, Oct. 9 from 5:15-6:15 p.m. The free event is opened to authorized patrons of all ages and is Exceptional Family Member Program friendly.

For more information, visit the library or call 255-3885.

EMPLOYMENT READINESS WORKSHOP

Mark your calendars and make plans to attend the employment readiness program workshops scheduled for Oct. 11 and 25 from 8:45-11:30 a.m. in Bldg. 5700 in the Army Community Service Multipurpose Room. Patrons will meet in Rm. 350 at 8:45 a.m. for paperwork and attendance prior to the session. They’ll get the essentials about how to conduct a successful job campaign, to include crafting a winning resume, prep-

In order to conduct maintenance, Alabama Power has scheduled two power outages in October that will affect power throughout post.

OUTAGE #1:

**SATURDAY, OCT. 6, MIDNIGHT TO 5 A.M.
(ALTERNATE: SUNDAY, OCT. 7, MIDNIGHT TO 5 A.M.)**

OUTAGE #2:

**SATURDAY, OCT. 13, 11 P.M. TO SUNDAY, OCT. 14, 7 A.M.
(ALTERNATE: SATURDAY, OCT. 20, 11 P.M. TO SUNDAY, OCT. 21, 7 A.M.)**

We apologize for the inconvenience and thank you in advance for your patience.



ping for job interviews and other helpful tips. Advance registration is required.

For more information and to reserve your seat, call 255-2594.

SUNRISE YOGA

Sunrise Yoga is schedule for Oct. 13 from 7:30-9 a.m. at West Beach, Lake Tholocco where people will be able to enjoy 90 minutes of sun salutations and vinyasa flow on the serene shores of the lake. All levels are welcome. All yogis are welcome to bring their own mat, additional mats will be available. Price is \$5. The event is open to the public. For more information, call 255-2296 or 255-1951.

YARD SALE AND FLEA MARKET

The Fort Rucker Fall Outdoor Yard Sale is scheduled for Oct. 13 from 7-11 a.m. on the festival fields. The event is open to the public. Booth space fees apply to sellers. No commercial vendors allowed without a contract – contact special events for details and fees. Registering in advance is recommended, but not required. Booth cost for ID card holders (active-duty and family mem-

bers, retirees, reserve component members, Department of Defense civilians): 15x20 is \$20, 30x20 is \$30, and tables are \$10 each. Cost for general public: 15x20 is \$30, 30x20 is \$40, and Tables are \$10 each.

For more information, call 255-1749.

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 Oct. 18 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.

DFMWR



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

BABY SIGN LANGUAGE

Babies are happiest when they can communicate with the people who love them the most – their families. Did you know that babies can actually understand spoken language before they are able to physically speak? Signing is a tool that can be the key into your baby's thought and the springboard for future language development. The Fort Rucker New Parent Support Program and Parent to Parent invite all active-duty and retired military members, DOD employees and their family members to a free parent and child interactive baby sign language class scheduled for Oct. 18 from 10-11 a.m. at Bldg. 5700, in Rm. 371 G. The class teaches expectant parents and those with young children how to communicate with their children and avoid frustrations associated with language development. Pre-registration is required by the Friday before class starts each month. The class is limited to the first 10 registrants for each session. The class is EFMP friendly and open to authorized patrons.

For registration, childcare and more information, call 255-9647 or 255-3359.

MAD SCIENTIST WORKSHOP

Put your engineering and technology skills to the test in this month's Mad Scientist Workshop scheduled for Oct. 18 at the Center Library. People are welcome to try their hand at snap circuits, building blocks and invention kits in the mini-maker faire. The program is open to children aged 7-12 and will be divided into two sessions: 3:30-4:30 p.m. and 4:30-5:30 p.m. Each session is limited to 12 participants and registration is required. For more information or to register, visit the library or call 255-3885.

FALLPALOOZA

The family advocacy program will partner with Corvias Military Living for its Fallpalooza event Oct. 19 from 4-7 p.m. Victim advocates will assist children in making handprints on their "Hands Are Not For Hitting" poster boards. For more information, call 255-3898 or 255-3246.

COSTUME CARNIVAL SKATE NIGHT

Come dressed in your finest costume while you skate the night away at the child and youth services skate night Oct. 19 at the Fort Rucker School Age Center. The safety skate will be from 5-6 p.m. and will be followed by the regular skate from 6-8 p.m. Please make sure your costume shows your face and won't scare your friends. The cost for the safety skate is \$2 and the regular skate is \$5 – cash only. Participants must be CYS registered members.

For more information or to sign-up for membership, call 255-9638. For more information about the skate night, call 255-9108.

QUILTS OF VALOR

The Fort Rucker Arts and Crafts Center will host free quilting workshops conducted by the Quilts of Valor Foundation Oct. 19. Come and join us as we endeavor to piece together quilts under the instruction of experienced Quilts of Valor quilters. Finished quilts will be presented to wounded warriors as a show of honor and comfort. Any skill level can participate as various tasks of the quilting process will be needed. The free workshops are open to the public, ages 16 and over. Please RSVP a minimum of two days prior to the workshop date. If you cannot attend the entire workshop, you can still participate. The mission of the Quilts

of Valor Foundation is to cover service members and veterans touched by war with comforting and healing Quilts of Valor.

For more information, including the time of the event, or to register for the free workshops, call 255-9020.

NEWCOMERS WELCOME

Fort Rucker will host its Newcomers Welcome Oct. 19 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.

TWO-MAN BUDDY BASS TOURNAMENT

Outdoor recreation will host its Two-Man Buddy Bass Tournament Oct. 20 from 6 a.m. to 2 p.m. Entry fee is \$100 per two-man team, with only 25 slots available. Top three weigh-in totals will receive a cash prize. There will be a cash prize for biggest fish and door prize giveaways. Participants must have an Alabama State Fishing License, Fort Rucker Post Fishing Permit and Fort Rucker Boater Safety Completion Card. The event is open to the public. People can register at ODR or MWR Central.

For more information, call 255-4305 or 255-2997.

FORT RUCKER MOVIE SCHEDULE

FOR OCT. 4 - 21

Thursday, Oct. 4

The Happytime Murders (R) 7 p.m.

Friday, Oct. 5

Venom (PG-13) 4 & 7 p.m.

Saturday, Oct. 6

Venom (PG-13) 4 & 7 p.m.

Sunday, Oct. 7

Venom (PG-13) 1 & 4 p.m.

Thursday, Oct. 11

Venom (PG-13) 7 p.m.

Friday, Oct. 12

Venom 3D (PG-13) 7 p.m.

Saturday, Oct. 13

Searching (PG-13) 4 p.m.

The Nun (R) 7 p.m.

Sunday, Oct. 14

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

The Nun (R) 4 p.m.

Thursday, Oct. 18

Peppermint (R) 7 p.m.

Friday, Oct. 19

The Predator (R) 7 p.m.

Saturday, Oct. 20

The Happytime Murders (R) 4 p.m.

White Boy Rick (R) 7 p.m.

Sunday, Oct. 21

Alpha (PG-13) 1 p.m.

A Simple Favor (R) 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.

Warrior Brigade luncheon highlights spiritual resiliency, diversity

By Kelly P. Morris
USAACE Public Affairs

The chaplains at 110th Aviation Brigade held their first-ever prayer luncheon and symposium for 110th Aviation Brigade leaders at The Landing Aug. 24.

The goal was to provide a forum for discussion for platoon leaders, section leaders and junior leaders, and to hear from guest speaker retired Maj. Gen. Clyde “Lou” Hennies, a former master Aviator, Army Ranger and combat infantryman with more than 40 years combined service in the U.S. Army and U.S. Air Force, including three tours in Vietnam.

Col. Chad Chasteen, commander of 110th Aviation Brigade, welcomed participants and thanked the chaplains for making the event possible.

He described Hennies as having served the equivalent of “two military lifetimes,” an Aviation Hall of Fame inductee and recipient of “multiple awards at the highest level,” including the Distinguished Service Medal, Silver Star, Legion of Merit, Distinguished Flying Cross and Bronze Star.

He also noted the Hennies family has three generations of Black Hawk Aviators.

Hennies, who has lived under the leadership of 13 U.S. presidents, shared a perspective across the decades at how the world and the Army has changed—including a childhood memory of when Pearl Harbor was attacked Dec. 7, 1941.

“I can tell you what our country was like then. We were all concerned. The Japanese bombed Pearl Harbor and war was brewing in Europe – it was already going on,” Hennies said. “But our country pulled together

as a country. I mean, there was no political correctness. We knew what had to be done. We were fighting evil, and the greatest generation got us across the finish line.”

Hennies called for more civility and trust today on individual and institutional levels, in light of the divisiveness he sees on talk shows and social media.

He defined the word civility as formal politeness and courtesy in behavior and speech, disagreeing without disrespect, and finding common ground as a starting point for a dialogue about differences.

Trust is a cornerstone of the Army – a firm belief in reliability, truth, ability or strength of someone or something.

“For Soldiers, trust is imbedded institutionally – trust in your leaders, equipment and your training. Trust is an absolute must in our profession and our everyday lives – in our faith, our leadership, our behavior, our marriage, our family, our work, our word, professional proficiency and courage,” Hennies said.

Hennies referred to American democracy as a “grand experiment” with a foundation in Judeo-Christian beliefs, and its struggles over the years to include the Civil War, which set the stage for equality and civil rights for all citizens, but came at a high cost in terms of American lives.

“What we’re talking about is we, as a country, have skin in the game on our democracy, and we should never forget that,” Hennies said.

According to Gallup polling, the institutions Americans trust has shifted dramatically



PHOTO BY KELLY MORRIS.

Retired Maj. Gen. Clyde “Lou” Hennies speaks to leaders gathered for the 110th Aviation Brigade Prayer Luncheon and Symposium at the Landing Aug. 24.

ly over the past four decades, with less trust indicated in clergy, news media and others, which should serve as a call to action for leaders today, according to Hennies.

“You’re all problem solvers. And you all influence someone. Movements start with one person,” Hennies said.

Hennies described a difficult period during and immediately following the Vietnam War when trust was at an all-time low.

“Rather than bail out ... a lot of us stayed the course and we set out to do our part in fixing it. The senior leadership – the awesome leadership under (President) Ronald Reagan transformed a disaster in the making into the greatest and most expensive ever Army comprised of all volunteers coming from all walks of society. And we called it ‘Peace through Strength’. Smarter than ever was what they were, trained in state-of-the-art equipment to unprecedented levels of proficiency with a total dedication to excellence,” Hennies said.

Hennies noted most of the force today has been at war for their whole military careers.

“That’s all you guys know is war. That’s not the way it’s supposed to be. You deter. You keep peace. But if you have to fight you

have a purpose and a way to do it and you get it done quickly,” Hennies said.

According to Hennies, building relationships is the key ingredient in trust.

“We’re the consummate melting pot. It’s most important that we stick closely together. You’ve got to know each other ... because that’s how trust is built,” Hennies said. “Trust based on clear standards, and watching each other’s back in peace and in war, setting a positive example at work and home and in the community.”

He emphasized the need for good leadership today.

“When our leaders fail, people get hurt and our reputation gets tarnished. And that’s as an Army, as a town, as a state, as a country,” Hennies said. “Our mission as a fighting force is clear and readiness rules the game. We must never lose sight of that.”

The luncheon also included vocal performances by Private 1st Class Ashley Dunn, and was immediately followed by a roundtable discussion for the leadership with Hennies, Fort Rucker Chaplain (Lt. Col.) Jeffrey Ryan, and retired Lt. Col. Everett Urech, a former Staff Judge Advocate at Fort Rucker who served as a Cobra pilot during Vietnam.

CYBERSECURITY

‘Remain vigilant, be accountable, stand ready’ Army major general says

By David Vergun
Army News Service

WASHINGTON -- The theme for Cybersecurity Awareness Month in October will be “Remain vigilant, be accountable, stand ready,” said Maj. Gen. Garrett Yee.

Yee, the Army’s acting deputy chief information officer, G-6, spoke at the Defense Strategies Institute-sponsored “Cyber Operations for National Defense Symposium” here Sept. 25.

“Cybersecurity is absolutely a big topic of discussion now in the Pentagon,” he said. “We take cyber -- offensive, defensive and cybersecurity -- extremely seriously.”

Look around any installation or at weapons systems on the battlefield, Yee observed. Think how many of those things are web-enabled, think how many are wireless, and think how many have Bluetooth connectivity.

As part of modernization efforts, the Army is doing a full service assessment, incorporating cybersecurity considerations from the ground up, and dedicating the required resources -- including people, policy and money -- to ensure each weapons system is secure and any vulnerability is addressed, he said.

“Ultimately, our work to modernize our network will make us stronger and safer,” Yee added.

Yee also remarked on the newly created Army Futures Command, which will focus

on six areas: the Army network, long-range precision fires, future vertical lift, next-generation combat vehicle, air and missile defense, and Soldier lethality.

“The Army has created cross-functional teams to get after the six modernization priorities,” he said. “Incorporating cybersecurity into all modernization efforts secures networks, platforms and data to create cyberspace advantages that enhance operations across all domains.”

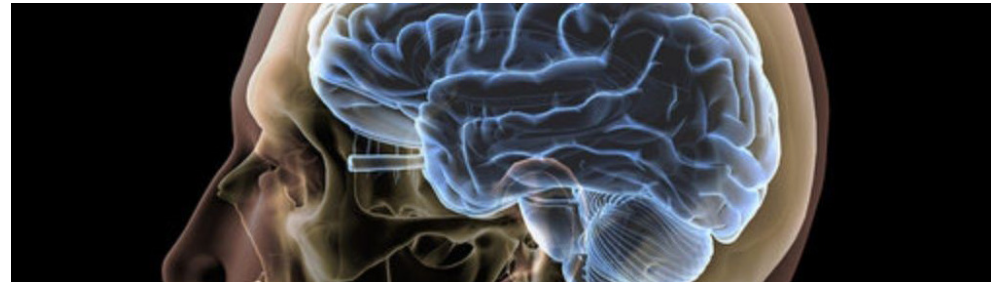
He added that all six of the Army’s modernization priorities are network enabled. “And, of course, we work hand in hand with the Network CFT to get cutting-edge network and cybersecurity tools into the hands of Soldiers for testing and possibly fielding.”

Yee closed by circling back to Cybersecurity Awareness Month, explaining that October marks the kickoff of a year-long Cybersecurity Awareness Campaign.

“The campaign is designed to highlight and provide protective solutions to cyber threats that may compromise mission readiness,” he said. “Each week the campaign will cover topics relevant to Soldiers, civilians, contractors and family members -- both personally and on the Army network.”

A strong cybersecurity foundation is essential to protecting the Army’s people, mission and operational information, he added.

Army scientists discover mathematics of brain waves that could help PTSD



COURTESY ILLUSTRATION

By U.S. Army Research Laboratory Public Affairs

ADELPHI, Md. -- A U.S. Army Research Laboratory scientist has collaborated with a team of researchers from the University of North Texas to develop a new data processing technique that uses electroencephalogram, or EEG, time series variability as a measure of the state of the brain.

The researchers say such a technique has the potential to provide measures that facilitate the development of procedures to mitigate stress and the onset of conditions such as Post-Traumatic Stress Disorder in troops.

“The human brain is considered by many to be the most complex organ in existence, with over a billion neurons and having in excess of a trillion interconnections,” said Dr. Bruce West, senior scientist of mathematics and information science at the U.S. Army Research Office and ARL fellow.

According to West, it is the operation of this extraordinary complex network of neurons that hosts human thinking, and through the central nervous system, enables the functioning of most, if not all, of the physiologic networks, such as the respiratory, motor control and cardiovascular.

However, according to the researchers, even with this central role the brain plays in enabling our existence, remarkably little is

known about how it does what it does.

Consequently, measures for how well the brain carries out its various functions are critical surrogates for understanding, particularly for maintaining the health and well-being of military personnel.

A small but measurable electrical signal generated by the mammalian brain was captured in the electrocardiogram of small animals by Caton in 1875 and in human brains by Berger in 1925.

Norbert Wiener, a half century later, provided the mathematical tools believed necessary to penetrate the mysterious relations between the brain waves in EEG time series and the functioning of the brain.

According to West, progress along this path has been slow, and after over a century of data collection and analysis, there is no taxonomy of EEG patterns that delineates the correspondence between those patterns and brain activity ... until now.

The technique developed by West and his academic partners generalizes Evolutionary Game Theory, a mathematical technique historically used in the formulation of decision making in war gaming.

Their findings are reported in a paper published in the August edition of *Frontiers*

PTSD *CONT.*

in Physiology.

In the paper, titled “Bridging Waves and Crucial Events in the Dynamics of the Brain,” West, along with Gyanendra Bohara and Paolo Grigolini of the University of North Texas, propose and successfully test a new model for the collective behavior within the brain, which bridges the gap between waves and random fluctuations in EEG data.

“The workhorse of decision making within the military has historically been Game Theory, in which players cooperate or defect, and with pairwise interactions receive various payoffs so that under given conditions certain strategies always win,” West said. “When the game is extended to groups in which individual strategy choices are made sequentially and can change over time, the situation evolves, offering a richer variety of outcomes including the formation of collective states in which everyone is a cooperator or a defector, resulting in a collective state.”

It turns out, West said, that the technique developed to process EEG data, the self-organized time criticality method, or SOTC method, incorporates a strategy that is an extension of Evolutionary Game Theory directly into the modeling of the brain’s dynamics.

“The collective, or critical, state of the neural network is reached spontaneously by the internal dynamics of the brain, and as with all critical phenomena, its emergent properties are determined by the macroscale independently of the microscale dynamics,” West said.

This macroscale can be directly accessed by the EEG spectrum.

The EEG spectrum, obtained by the SOTC method, decays like Brownian motion at high frequencies, has a peak at an intermediate frequency (alpha wave) and at low frequencies has an inverse power law.

In the case of the brain, the inverse power

law has revealed that there is a broad range of time scales over which the brain is able to respond to the demands placed on it.

This spectrum suggests a flexibility in response, reflecting a potential range from concentrating on a single task for hours to rapidly countering a physical assault.

“This means that in the foreseeable future the physical training of warriors, along with the necessary monitoring of progress associated with that training, will be expanded to include the brain,” West said. “The reliable processing of brain activity, along with the interpretation of the processed EEG signal, will guide the development of reliable techniques to reduce stress, enhance situational awareness and increase the ability to deal with uncertainty, both on and off the battlefield.”

West said that the research team even speculates that such understanding of brain dynamics may provide the insight necessary to mitigate the onset of PTSD by early detection and intervention, as is routinely done for more obvious maladies.

According to West, going forward with this research can proceed in at least two ways.

“One way is to apply these promising results to data sets of interest to the Army,” West said. “For example, quantify how the EEG records of warriors with PTSD differ from a control group of warriors and how this measure changes under different therapy and medication protocols. The other way is to refine the technique, for example, locate where on the scalp it is the most robust, while retaining sensitivity.”

However this research proceeds, these Army scientists are focused on bringing the technology to fruition to help the Soldier of the future succeed in an ever-changing world and battlefield.

TAKE THE PLEDGE



Pictured from left: Col. Brian Walsh, garrison commander, USAG Fort Rucker; Lt. Col. Jimmie Tolvert, Lyster Army Health Clinic commander; Col. Kelly Hines, commandant, U.S. Army Warrant Officer Career College; CW4 Olga Elliott, commander of the 1st WOC.

The Warrant Officer Candidate School is partnering with Lyster Army Health Clinic to bring the Breast Cancer Awareness Pink Partner Pledge (P3) Program to the Fort Rucker and Army community.

Leadership from the WOC School and Lyster Army Health Clinic signed the pledge Sept. 24. The pledge states that the signer pledges to support a partner in scheduling and receiving their mammogram.

Pledge forms can be found on the Lyster Army Health Clinic Facebook page. If you take the pledge with a partner, be sure to comment and let us know on their Facebook post.



NEWS IN BRIEF

GATE CLOSURE

In observance of the Columbus Day holiday, the Faulkner and Newton gates will be closed Oct. 6-8. Both gates will resume normal operating hours Oct. 9.

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. 13 at 11 p.m. to Oct. 14 at 7 a.m. The alternate date for the second outage is Oct. 20 at 11 p.m. to Oct. 21, at 7 a.m.

RETIREMENT CEREMONY

Fort Rucker will host its quarterly retirement ceremony Oct. 26 at 2 p.m. in the U.S. Army Aviation Museum. All are welcome to attend and honor the post's latest retirees and their families for their service.

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 offices 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.

FORT RUCKER RETIREE HEALTH FAIR

The annual Fort Rucker Retiree Health Fair is scheduled for Oct. 26 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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