

ARMY FLYER

SERVING THE U.S. ARMY AVIATION CENTER OF EXCELLENCE AND THE FORT RUCKER COMMUNITY SINCE 1956

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PHOTO BY ASHLEY TEVENAUGH

Col. Brian E. Walsh, Fort Rucker garrison commander, reads to Fort Rucker youth at the Camping Under the Stars event at Lake Tholocco Nov. 2.

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CW3 Docaser Bennett, WOCC training, advising and counseling officer, instructs a JROTC cadet on how to render a proper salute.

PHOTOS BY JIM HUGHES

GIVING BACK

WOCC instructors volunteer to help local JROTC cadets

By Jim Hughes

Fort Rucker Public Affairs

Three U.S. Army Warrant Officer Career College TAC officers took time out of their extremely busy schedules Oct. 23-24 to provide some training, advising and counseling to Carroll High School Junior Reserve Officer Training Corps cadets in Ozark.

CW3s Enrico Leak, Lee Deal and Docaser Bennett spent several hours each day with the cadets sharing their backgrounds and experiences in the Army, answering questions about military service, and providing direction and training in drill, marching, and

customs and courtesies, according to CW4 Nathan Barley, lead action officer for the volunteer effort.

And the volunteers' efforts were greatly appreciated and much needed, said retired Col. Milton Shipman, director of JROTC at the school.

"It is a blessing," he said. "We started out this year without an Army instructor. The AI is typically in charge of drill and ceremony, and, right now, we're trying to teach six classes, prepare lesson plans, as well as making

sure each cadet is trained – it's very difficult for one person."

That difficulty made it to the ears of Barley, who coordinated the volunteer effort between the school and the WOCC, Shipman said.

"The WOCC instructors are out here to help us become a better unit and, as you can see, they have become a much better unit," Shipman said. "They're teaching them cohesiveness, teaching them how drill and ceremony is really conducted -- it's better than

what I could do because each individual cadet now is getting individual training."

That individual training should really pay off as the JROTC cadets face a busy season of parades and competitions that will kick off around Veterans Day, the director added.

"We can't put a price tag on this -- this is just invaluable," he said. "And, as you can see, our (cadets) have just loved it -- they have smiles on their faces, they're receptive to the training. These ladies and gentlemen are outstanding instructors -- this is done out of love

WOCC *CONT.*

CW3 Enrico Leak, U.S. Army Warrant Officer Career College TAC officer, provides marching instruction to Carroll High School JROTC cadets Oct. 24 at the school in Ozark.

for the community and the WOCC community has been just outstanding.”

And the volunteers were happy to help out, said Deal.

“Our classes are back to back to back, so our schedules are always booked,” he said. “We don’t get time to really come out into the communities like we want to, so this is one of those times where we can actually come out into the community and hopefully provide some inspiration to future Airmen, Soldiers, Sailors or Marines.

“It’s awesome,” he added. “Hopefully, we can lay a foundation in their minds of what they can do next to prepare for them for what some of them may take on in joining the military. I tell them that everything is not going to be easy for them – there will be down times.

“But for me, coming from a little small town, it was a real good thing because I got so many different experiences in life,” Deal added.

ed. “It helped me along, kind of opened my mind to different things – not just the United States of America, but the whole world.”

But these cadets aren’t military members just yet, and there is a stark contrast between working with high school students and the warrant officer cadets, Leak said.

“Totally different,” he said. “Warrant officer candidates have experience, some type of military experience in the Army system or in a military system, (while the JROTC cadets) haven’t gone through the process of becoming a Soldier. But they do have some skills we can work with – some good foundational skills that will put them ahead of someone who has never dealt with any type of military experience.”

While Leak didn’t have a pitch prepared to entice the cadets to join the military, he did provide some advice and life lessons he’s learned along his journey of becoming a leader and teacher of Soldiers.

“The sky is the limit,” he said. “Whatever your goal is, you can set it there. There’s no limit to how far you can set your goals. If you want to be a Soldier, you can do that. If you want to be a doctor or a lawyer, a police officer or a firefighter, you can do that.

“This (being a Soldier) is just one career path that was chosen by myself and my fellow

low Soldiers,” he said. “This is what we chose and this is the goal that we set for ourselves. If you’re focused and disciplined enough, you can accomplish those goals just like we did. Life is going to throw a lot of problems at you, a lot of issues, but if you’re focused and disciplined, you can accomplish your goals.”



CW3 Docaser Bennett, WOCC TAC officer, instructs a group of JROTC cadets in what to do if a senior officer approaches a formation of Soldiers.

HONORING SERVICE

8 Soldiers retire at quarterly ceremony

By **Jim Hughes**
Fort Rucker Public Affairs

With a combined 190 years of service to the nation, eight Soldiers retired Oct. 26 at the Fort Rucker Quarterly Retirement Ceremony at the U.S. Army Aviation Museum.

A short write-up on each retiree follows.

LT. COL MITCH ROSNICK

Rosnick, commandant of the U.S. Army Jet Training Detachment at Dobbins Air Reserve Base, Georgia, entered military service in 1995 as an M1A1 armor Soldier. He was selected to attend the U.S. Military Academy Preparatory School after winning Eighth United States Army Soldier of the Year honors in 1997 and graduated West Point in 2003 as an Aviation officer. He served multiple combat tours in operations Iraqi Freedom and Enduring Freedom. He said the highlight of his career was working with the great men and women of this country while conducting combat operations during the surge in Mosul, Iraq. He and his wife, Amy, have two children. They plan to reside in southern California.

CW4 KENNETH THOMAS

Thomas, 5-159th General Support Aviation Battalion safety officer, Fort Eustis, Virginia, entered military service in 1987 as a CH-47 Chinook mechanic. In 1992, he was selected for Army Warrant Officer Flight Training.



PHOTO BY JIM HUGHES

Eight Soldiers retired Oct. 26 at the quarterly retirement ceremony at the U.S. Army Aviation Museum. Front row: Staff Sgt. Miranda Jackson, CW3 Joshua Biretz, Command Sgt. Gloria Green and CW3 Christopher DeOliveira. Back row: CW4 David Hall, Lt. Col. Mitch Rosnick, CW4 Kenneth Thomas, and Master Sgt. Joseph Christensen.

He served multiple combat tours in support of operations Iraqi Freedom and New Dawn. He said the highlight of his career was being able to retire while never losing a Soldier or equipment to a preventable accident. He and his wife, Marianne, have three children. They plan to reside in Enterprise.

CW4 DAVID HALL

Hall, D Company, 1st Battalion, 14th Aviation Regiment AH-64 Apache instructor pilot, entered military service in 1997 as a combat engineer. In 2000, he was selected for Army Warrant Officer Flight Training. He served multiple combat tours in support

of operations Iraqi Freedom and Enduring Freedom. He said the highlight of his career was being a company standardization instructor pilot in Afghanistan. He and his wife, Lyndsay, have two children. They plan to reside in Dallas.

CW3 JOSHUA BIRETZ

Biretz, F Co., 1-212th Avn. Regt. standardization pilot and instrument examiner section leader, entered military service in 1998 as an infantry Soldier. In 2007, he was selected for Army Warrant Officer Flight Training. He served multiple combat tours in support of operations Iraqi Freedom and Enduring

Freedom. He said the highlight of his career was being a part of Task Force Denali in 2010 delivering much-needed relief to the victims of the flooded Indus River in Pakistan. He and his wife, Nicole, have two children. They plan to reside in Ozark.

CW3 CHRISTOPHER DEOLIVEIRA

DeOliveira, C Co., 1-212th Avn. Regt., instructor pilot, entered military service in 1998 as an ammunition specialist. He was selected for Army Warrant Officer Flight Training in 2008. He served multiple combat tours in support of operations in Iraq and Afghanistan. He said the highlight of his career

SERVICE *CONT.*

was being an instructor pilot at Fort Rucker. He plans to reside in Knoxville, Tennessee.

COMMAND SGT. MAJ. GLORIA GREEN

Green, command sergeant major for the 1-357th Brigade Support Battalion at Joint Base Lewis-McChord, Washington, entered military service in 1988 as an equipment records and parts specialist. She later became an automated logistical specialist. She served multiple combat tours in support of operations Iraqi Freedom and Enduring Freedom. She said the highlight of her career was giving birth to her beautiful daughter. She and her husband, Ivan, plan to reside in Newport News, Virginia.

MASTER SGT. JOSEPH CHRISTENSEN

Christensen, U.S. Army Aviation Center of Excellence and Fort Rucker chief equal opportunity adviser, entered military service in 1993 as a UH-60 Black Hawk repairer. He served multiple combat tours in support of operations Iraqi Freedom and Enduring Freedom. He said the highlight of his career was training and serving with fellow Soldiers through operations overseas, as well as hurricane recovery efforts for hurricanes Katrina and Rita. He and his wife, Valorie, have five children. They plan to reside in Enterprise.

STAFF SGT. MIRANDA JACKSON

Jackson, 1-14th Avn. Regt. operations sergeant, entered military service in 1998 as a flight operations specialist. She served multiple combat tours in support of operations Iraqi Freedom and Enduring Freedom. She said the highlight of her career was being able to retire with 20 years of military service just as her father, Nathaniel Brooks, did. She plans to reside in Atlanta.

RETIREE APPRECIATION

Annual retiree health fair returns to Fort Rucker

By Jenny Stripling

LAHC Public Affairs

Retirees are valued members of the Army family and Fort Rucker showed its appreciation for their service by giving back to those who paved the way for today's Soldiers.

Hundreds of retirees and their family members were in attendance at the 44th annual Fort Rucker Retiree Health Fair at Yano Hall Oct. 26, where they were provided access to medical and health informational needs.

Retirees were able to talk with medical professionals, receive their flu vaccination, and have health mini-evaluations, such as blood pressure and body mass index checks.

"We take this opportunity to acknowledge our retirees, and continue to support them as they supported and continue to support our nation," said Capt. Mildred Castillo. "We want to thank everyone who participates and provides information, as well. Without their support we could not

Jerry Brecher, retired military, gets his flu vaccination from Spc. Shauntae Jackson, Lyster Army Health Clinic, during the 44th annual Fort Rucker Retiree Health Fair at Yano Hall Oct. 26.

host an event such as this."

Medical professionals from Lyster Army Health Clinic, Medical Center Enterprise, American Family Care and Wiregrass Veterans Affairs were all on site to answer any medical questions people might have had.

Retirees like Milton Houston attend the health fair to make sure they received their flu vaccine.

"It's important for me and my family that we receive our flu shots," said Houston. "We come every year, so having this fair is something we look forward to seeing."

Over 500 retirees and family members visited

the health fair and over 300 flu shots were provided.

Davis Hartman, Army veteran, said that events like the health fair make it easier for him to stay up to date on whatever treatments he might need as he ages.

"When you get older, things just don't work as well as they used to," he said. "You have to start taking better care of yourself, but nobody really tells you what you need to get checked unless you go and look for the help and ask the questions.

"That's what makes (the health fair) so convenient. You can come and ask all the questions you need to right here," he said. "It can be tough preparing for old age, but this makes it so much easier to do so. I think that this opens up opportunities for people that might not otherwise get the help that they need."

Many of those opportunities are available at LAHC, which had their booth set up to educate their patrons on their various programs, including physical therapy, preventative medicine, primary care, behavioral health, nutrition care, managed care, the pharmacy and the dental clinic.

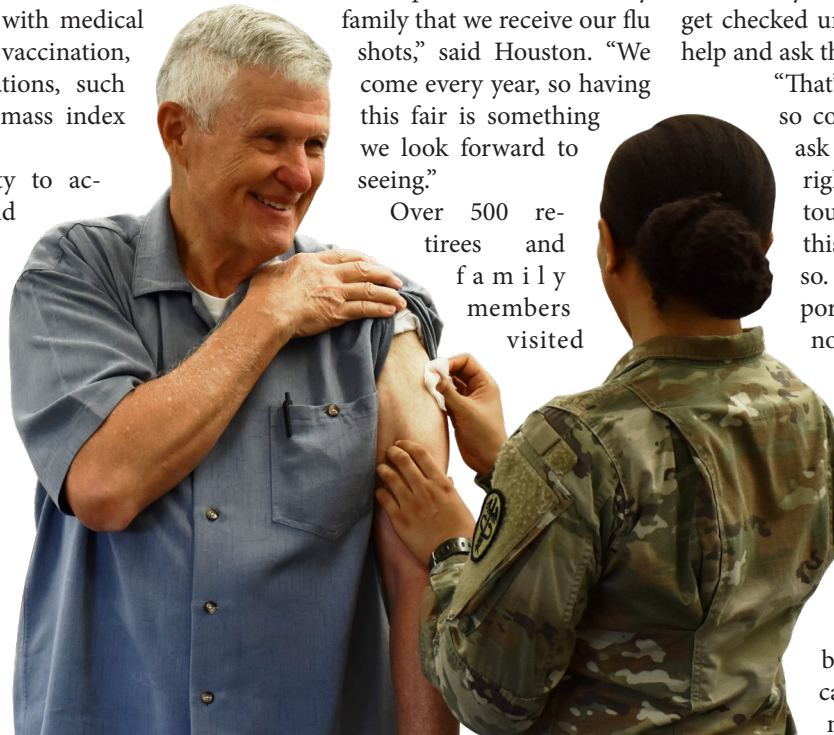


PHOTO BY JENNY STRIPLING

40 YEARS

UH-60 Black Hawk enters fourth decade of service

By U.S. Army Program Executive Office Aviation

The UH-60 Black Hawk has been the Army's front line utility helicopter for the past 40 years, and it shows no signs of letting up.

Now in its fourth decade of service, the Black Hawk was developed as a result of the Army's requirement in 1972 for a simple, robust and reliable utility helicopter system to satisfy projected air-mobile requirements around the globe.

Named after the Native American war chief and leader of the Sauk tribe in the Midwest, Black Hawk, the first production UH-60A was accepted by the Army in 1978, and entered service in 1979 when it was delivered to aviation components of the 101st and 82nd Airborne Divisions. Since that time, the Black Hawk has accumulated more than nine million total fleet hours, and has supported Soldiers in every major contingency operation the Army has executed, including Grenada, Panama, Iraq, Somalia, the Balkans, Afghanistan and throughout the Middle East.

Over the years, the helicopter has been modified and upgraded to support evolving missions and roles, including mine laying, medical evacuation and special operations. Today, the Army continues to integrate emerging technology enhancements into the Black Hawk fleet to increase the performance, reliability, availability and maintainability of the platform through addition of technologies such as the integration of the Improved Turbine Engine; upgrades to the airframe, including an improved troop seat for additional crash worthiness; and a lightweight, composite all-moving tail.

"Developing and fielding an aircraft that has earned and maintained an extraordinary reputation of remarkable service supporting Soldiers over a full spectrum of military op-



PHOTO BY SGT. TIMOTHY MACDUFFIE

U.S. Soldiers assigned to the 3rd Assault Helicopter Battalion, 227th Aviation Regiment, 1st Air Cavalry Brigade, 1st Cavalry Division conduct sling load operations with a UH-60 Black Hawk as part of Exercise Saber Junction 16, at 7th Army Joint Multinational Training Command's Hohenfels Training Area, Germany, April 7, 2016.

erations these past 40 years is the direct result of the incredible efforts of all the government and industry teammates who have supported the Black Hawk program throughout the history of the program," said Col. Billy Jackson, program manager for PEO Aviation's Utility Helicopters Program Office. "I'm exceptionally proud of this team and the herculean effort everyone puts in managing a very complex program with such sustained success."

Today, the UH-60 Black Hawk makes up the Army's largest rotary wing fleet with more than 2100 airframes in the current inventory. As production of the most current H-60M model continues, over the coming years the Army will divest its remaining UH-60A and L aircraft, to be replaced by 760 UH-60Vs.

With multiple versions of the H-60 Black Hawk in service, the helicopter is considered the "workhorse" of Army Aviation. Besides being the U.S. Army's primary tactical transport helicopter, approximately 1,200 H-60s operate in 30 partner and allied nations, making it a key component to

enhancing partner capacity.

For nearly half a century the Black Hawk has served remarkably as the primary medium lift, multi-role helicopter for the U.S. Army. Although it has been around for longer than most of the current generation of Soldiers it supports, don't expect to see it fly off into the sunset anytime soon. With planned major upgrades such as the Improved Turbine Engine on the horizon, the platform will be a key component of the Army Aviation fleet through 2054.

"The Utility Helicopters Program Office, in collaboration with our government and industry partners who support the Black Hawk, have worked diligently for 40 years to provide operational commanders and Soldiers the much needed capabilities the Army's workhorse helicopter provides," said Jackson. "We will continue to adapt to meet current and future needs to ensure the Black Hawk remains relevant in the operational environment over the next 40."



FORT RUCKER MOVIE SCHEDULE

FOR NOV. 8-25

Thursday, Nov. 8

The Nutcracker and The Four Realms (PG) 7 p.m.

Friday, Nov. 9

The Nutcracker and The Four Realms 3D (PG) 4 p.m.

Hunter Killer (R) 7 p.m.

Saturday, Nov. 10

Small Foot (PG) 4 p.m.

Night School (PG-13) 7 p.m.

Sunday, Nov. 11

Small Foot (PG) 1 p.m.

Night School (PG-13) 4 p.m.

Thursday, Nov. 15

Hell Fest (R) 7 p.m.

Friday, Nov. 16

White Boy Rick (R) 7 p.m.

Saturday, Nov. 17

Goosebumps 2: Haunted Halloween (PG) 4 p.m.

A Star Is Born (R) 7 p.m.

Sunday, Nov. 18

Goosebumps 2: Haunted Halloween (PG) 1 p.m.

Venom (PG-13) 4 p.m.

Wednesday, Nov. 21

Ralph Breaks the Internet (PG) 4 & 7 p.m.

Thursday, Nov. 22

Ralph Breaks the Internet (PG) Noon & 3 p.m.

Friday, Nov. 23

Ralph Breaks the Internet (PG) 4 & 7 p.m.

Saturday, Nov. 24

Ralph Breaks the Internet (PG) 2 & 5 p.m.

Sunday, Nov. 25

Ralph Breaks the Internet (PG) 4 & 7 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.



Fort Rucker Schools students take part in the Red Ribbon Parade Oct. 30.

FORT RUCKER SCHOOLS PHOTO

Fort Rucker schools celebrate Red Ribbon Week

Fort Rucker Schools

Staff Report

Fort Rucker Schools celebrated Red Ribbon Week Oct. 23-31 as students enjoyed a week of great lessons and pledges for a healthy, drug-free lifestyle.

Guidance lessons focused on healthy alternatives to drugs and alcohol, such as: art, sports or other forms of expression from the [Natural High Curriculum](#).

The official theme for Red Ribbon Week 2018 was Life Is Your Journey, Travel Drug Free. To help students make connections, the daily themes were centered around the word journeys. Each morning students were greeted with music from the band, Journey, courtesy of Marcus Hart, the amazing Fort Rucker Schools music teacher and band director.

Themes for the week were:

- Oct. 24 – Tacky Tourist;
- Oct. 25 – Racing Through My Journey Drug Free;
- Oct. 26 – Oh! The Places You Will Go!
- Oct. 27 – Red Ribbon Day
- Oct. 30 – Red Ribbon Parade, supported by the outstanding Daleville High School Band, military police, fire department, Fort Rucker Directorate of Public Service, McGruff the Crime Dog and Sparky the Fire Dog.

Students from Fort Rucker Elementary School made posters and signs to share their commitment to a healthy lifestyle. Students, staff and parents enjoyed an exciting parade led by the Daleville High School Band, a Fort

Rucker fire truck, McGruff the Crime Dog and Sparky the Fire Dog.

Students were also furnished fun Red Ribbon week goodies and grab bags by Richard Kohl on behalf of Army Substance Abuse Program. Red ribbons and stickers were furnished by Department of Defense Education Activity.

The Fort Rucker Schools mission is Engage and Equip Learners for Excellence and Red Ribbon Week is a great way to equip students for the future.

“It’s easier to say ‘no,’ when you have a bigger ‘yes,’ in your heart!”

The Red Ribbon Week Parade can be viewed on You Tube via <https://youtu.be/AZrEsH1Dka4>.



The UH-1D Huey helicopter sits as a centerpiece in the U.S. Army Aviation Museum.

FILE PHOTOS

LEARNING FROM THE PAST

Museum offers portal into Army Aviation history

Fort Rucker Public Affairs

Staff Report

More than 100,000 people visit the U.S. Army Aviation Museum each year to get a glimpse into the history of Army Aviation and learn from the past.

But as much as patrons are able to see what the history of Army Aviation holds, there is much more than currently meets the eye when it comes to the museum's vast collection.

"Currently, in the existing museum, we are limited by space, so we have to have displayed what was actually in the Army's op-

erational inventory," said Bob Mitchell, U.S. Army Aviation Museum curator. "When grandpa brings his kids and grandkids in here to show them the helicopter he flew, we have to have it in here, which means that there is a lot of stuff that we have that we can't really put [on display]."

Currently there are about five storage facilities that house a slew of prototype aircraft and equipment, as well as many aircraft that are slated for restoration in the future to be exhibited on the museum floor, and although

the current museum has about 120,000 square feet of floor space, it's not enough to be able to display everything that is housed in the museum's storage units, said Mitchell.

From the first XH-40 prototype helicopter that paved the way for the famous Huey helicopter to a Boeing-Sikorsky RAH-66 Comanche, an aircraft that never quite made it into the Army's operational inventory, the museum has something for everyone, said Mitchell.

The Comanche, which is one of the mu-

seums biggest attractions, allows visitors to see just how far the evolution of Army Aviation has come from aircraft that flew more than 100 years ago, which can also be seen within the museum's walls. There are about 50 aircraft on display in the public galleries at any one time throughout the museum, but the entire collection encompasses over 160

We have a little bit of everything here. We have an original Newport 28 from World War I. There are only a handful of those that survived. We also have Super 68 from the Battle of Mogadishu ... and pretty much a sampling of everything in between.

- Bob Mitchell, Curator
U.S. Army Aviation Museum

airplanes, helicopters and other vertical flight aircraft, according to the museum's website, www.armyaviationmuseum.org, most of which is found in storage out of public view.

Of the vast collection of aircraft and memorabilia that the museum houses, the unseen artifacts encompass more than two thirds of the museum's entire collection, said Mitchell. The collection has been accumulated over the last 60 years, and due to space constraints, the museum is typically limited to showcase aircraft that were in the Army's operational inventory, but that doesn't negate the importance of the pieces sitting in storage.

"Fort Rucker's museum is the showcase for Army Aviation," Mitchell said. "When non-military personnel and veterans come to Fort Rucker, they generally come to see

HISTORY CONT.

the museum. It's basically Army Aviation's house, so we want to make sure the visitors have a pleasurable visit (and that) they understand the mission of Army Aviation and its rich heritage.

"Most people who interact with Fort Rucker and the museum will walk away with the opinion of the Army based on the museum," he added. "It is very important we conduct ourselves in a professional manner, the exhibits are correct and people leave here understanding Army Aviation."

The museum is set up in a way to try and take people on a journey through the history of Army Aviation as they walk through various exhibits, said Mitchell.

"They can expect to find examples of Army Aviation dating from the Wright Brothers' production of the Army Wright Model B flyer through World War I and World War II, the Korean Conflict, Vietnam War and the global war on terrorism," he said. "It is important to understand that the United States Army is the reason for the modern-day helicopter. The Army paid the money, and conducted research and development to get the helicopter where it is today.

"We have a little bit of everything in here," he added. "We have an original Newport 28 from World War I. There are only a handful of those that survived. We also have Super 68 from the Battle of Mogadishu, as seen in the movie 'Black Hawk Down,' and pretty much a sampling of everything in between."

The museum is open to visit Mondays-Fridays from 9 a.m. to 4 p.m. and Saturdays from 9 a.m. to 3 p.m. It is closed on federal holidays, except for Memorial Day, Independence Day and Veterans Day.

For more information about the museum, visit www.armyaviationmuseum.org.



The Boeing-Sikorsky RAH-66 Comanche sits on display for people to see at the U.S. Army Aviation Museum. The helicopter is one of only two remaining Comanches.



Aircraft sit in one of the storage facilities behind the U.S. Army Aviation Museum that houses much of the museum's unseen collection.



The UH-1D Huey helicopter sits as a centerpiece in the U.S. Army Aviation Museum.

Prayer luncheon highlights breast cancer awareness

By Kelly Morris
USACE Public Affairs

A person may think she is strong until she battles cancer.

That's according to Lisa Hale, a nurse at Lyster Army Health Clinic, who shared her story as a 10-year breast cancer survivor during the 1-223rd Aviation Regiment Prayer Luncheon focused on breast cancer awareness at the Spiritual Life Center Oct. 30.

"You can think you are strong, but until you are faced with chemotherapy – chemo shows you (that) you are not strong," Hale said. "We prayed and we prayed."

Hale was diagnosed at the age of 36 with triple negative cancer, a very fast growing cancer that affects mostly young women, African American and Hispanic women. The disease is usually not detected until it has already reached Stage 4, but luckily hers was caught early on so she had more options.

At the high rate the cancer was replicating, in a matter of weeks the cancer would have spread throughout her body.

"I'm grateful I'm still alive," Hale said.

The impact of the disease is not limited to the person diagnosed with it.

"If you know someone who has been diagnosed, don't only pray for the person who has cancer, pray for the family," Hale said.

Her advice is to do monthly breast exams and get regular mammograms yearly starting at age 40. She also pointed out that men are also susceptible to the disease.

The month of October is designated as an annual international health campaign month to increase breast cancer awareness.

With an overarching theme of spiritual resilience and healing, the luncheon includ-

ed prayers by brigade chaplains, Scripture readings, and special music by Brittany Ferguson, as well as a catered buffet.

Col. Chad E. Chasteen, commander of the 110th Aviation Brigade, in his remarks noted that one in eight women develop invasive breast cancer during their lifetime.

"I would be surprised if there's anyone in this room that has not been impacted by cancer in some way," Chasteen said. "It's ruthless, relentless and insidious, it attacks methodically and indiscriminately and silently. While we can mitigate the risk of cancer through our lifestyle choices ... we cannot prevent it entirely," he said.

According to Chasteen, people can fight back with faith, hope and action.

Chasteen recounted his experience with the disease. He went for a medical appointment regarding an abdominal hernia, but was surprised when they told him they would postpone the surgery. He was shown the results of a scan that revealed an abnormality in one of his kidneys.

"My left kidney looked like someone had taken soft serve ice-cream and poured it on top," he said. "Cancer."

He had heard the word "cancer" all his life, but up to that point it was always about someone else.

"It was others, it was a statistic, it wasn't me. Being a Soldier, I've grown familiar with tough times, hard days and bad news — crashes, casualties, funerals, memorials, wounded in action, missing in action. This one took more effort to compartmentalize," he said.

The cancer had been slowly growing for five to seven years, which dated back to multiple deployments to Iraq.

He reflected on the times he flew assault missions in combat.



PHOTO BY KELLY MORRIS

Lisa Hale, Lyster Army Health Clinic nurse, shares her personal story as a breast cancer survivor during the 1-223rd Aviation Regiment Prayer Luncheon focused on spiritual resilience and healing, and breast cancer awareness Oct. 30.

"In a flight of four highly modified Black Hawks, screaming through the pitch black sky to insert 40 heavily armed operators at the decisive time and place to capture or kill a terrorist, insurgent or foreign fighter. After 100 night assaults ... I'd been shot at, shot up, I've been wounded and worse, but I had never been hurt."

He prided himself in being calm during chaos and felt he was invincible.

"But now, I felt a clear wave of weakness and panic as I thought about my life, which suddenly seemed unfulfilled, and what the worst outcome could mean to my family," he said.

The risk of the cancer spreading to his lungs was imminent.

In the weeks leading up to his surgery, which he referred to as "removing the whole lima bean," he felt a sense of calm. He felt grateful for the abdominal hernia which led to the CT scan and the discovery of the cancer, he said.

Chasteen leaned on the writings of the

Apostle Paul who faced adversity, including being "berated, robbed, beaten, stoned, imprisoned and shipwrecked three times," he said.

"Paul said, 'Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus,'" he said.

Chasteen challenged himself to be optimistic because he wanted to be a positive light in a dark space.

"We all face trials in life, like this strong young lady over here," he said, referring to Hale. "The cold, hard reality is that bad things happen to good people. We can all expect to face trials of many kinds."

Chasteen's advice to the audience was to exercise to build their "faith muscles," light the way forward with a smile and to trust in the "highest headquarters," as he did.

FROM DFMWR



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

ORNAMENT CONTEST

DFMWR will host a handmade ornament contest for children ages 3–11 now through Nov. 30. Ornaments may be turned into the youth center, child development center or MWR Central. Prizes will be awarded to first-place entries in the following categories: 3–5 years old, 6–8 years old and 9–11 years old. Awards will be presented at this year's Fort Rucker Christmas Tree Lighting. The overall winner will light the tree at this year's Christmas Tree Lighting Ceremony Dec. 3. All handmade ornament entries will be displayed on the post Christmas tree. Label your entry with the child's name, age, and guardian's name and contact information. For more information, call 255-1749.

YOUTH DEER HUNT

Fort Rucker Outdoor Recreation will host its youth deer hunt Nov. 10. The cost is \$20 and it is open to the public for youth ages 7–15 years old. Parents and escorts of youth hunters must have an Alabama State Hunting License and Hunter Safety Education Course Completion Card. No antlerless deer are allowed to be harvested. Spike bucks and larger will be allowed to be harvested only if the youth is registered with ODR and participates in the youth hunt. Door prizes and lunch will be provided. Prizes will be awarded to first-, second- and third-place winners. People can sign up at the Fort Rucker ODR Service Center located on West Beach of Lake Tholocco. For more information, call 255-4305.

WWI PRESENTATION

The Center Library will offer a special

WWI presentation by Bob Barlow Nov. 13 at noon at the Aviation Technical Library as part of a year-long commemoration of America's entry into WWI. The event will be open to authorized patrons and be Exceptional Family Member Program friendly. For more information, call 255-3885.

THANKSGIVING CRAFT

The Center Library will host a Thanksgiving craft session for children ages 3–11 Nov. 13 from 3:30–4:30 p.m. Light refreshments will be served. Space is limited to the first 40 children to register. The event will be open to authorized patrons and will be EFMP friendly. For more information or to register, visit the library or call 255-3885.

BLENDED RETIREMENT SYSTEM SEMINAR

Army Community Service accredited financial counselors will present a Blended Retirement System Seminar Nov. 13 from 6–7 p.m. in the Soldier Service Center, Bldg. 5700, in 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 Nov. 9. Free child care will be available with registration. For more information and to register, call 255-9631 or 255-2341. Registration can also be completed by going to rucker.armymwr.com/us/rucker/programs/army-community-service.

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 are inviting all active-duty and retired military, Department of Defense employees and their family members to a free parent and child interactive baby sign language class Nov. 15 from 10–11 a.m. at Bldg. 5700 in Rm. 371F. The class is designed to teach 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 the class starts each month. Participation is limited to the first 10 registrants each session. The event is EFMP friendly and open to authorized patrons. For registration, childcare and more information on the class, call 255-9647 or 255-9805.

TURKEY WOBBLE SKATE NIGHT

Calling all turkeys to the Fort Rucker School Age Center Turkey Wobble Thanksgiving Skate Night Nov. 16. Bring a canned food item to continue helping supply local food banks for the holiday season. The Turkey Wobble Skate Night safety skate will be from 5–6 p.m. followed by the regular skate from 6–8 p.m. The cost for the safety skate is \$2 and the regular skate is \$5 – only payment in cash is accepted. Participants must be registered with child and youth services. 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 quilting workshops conducted by the Quilts of Valor Foundation Nov. 16. 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, or to register for the free workshop, call 255-9020.

NEWCOMERS WELCOME

The Fort Rucker Newcomers Welcome is scheduled for Nov. 16 from 9–11:30 a.m. at The Landing. Active-duty military, spouses, foreign students, Department of the Army civilians and family members are all encouraged to attend this informative event. A free light breakfast and coffee will be served. For free childcare, register your 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.

THANKSGIVING TURKEY SHOOTOUT

The Silver Wings Golf Course will host its Thanksgiving Turkey Shootout Nov. 17. The format is four-person team scramble with tee times from 7–9 a.m. This is a Stableford Tournament with a \$20 fee, plus cart fees and green fees, if applicable. For

DFMWR

Individual Stroke Play U.S. golf Association Handicap or Weekend Dogfight points will be used. Gift certificates and turkeys will be awarded as prizes. Individuals must register prior to tee off. For more information, call 255-0089.

TIMELESS TURKEY PREDICTION RUN

Make plans to be a part of Fort Rucker's Timeless Turkey Prediction Run at the physical fitness center Nov. 17 at 9 a.m. The Timeless Turkey Prediction Run is not about being the fastest runner, but rather about the most accurate at predicting your finish time. Those with the most accurate predictions will win a frozen turkey just in time for Thanksgiving. The exact course route will be kept a secret until race day. Watches, cell phones or other time-keeping devices are not allowed and the finish clock will not be visible to the runner. Frozen turkeys will be awarded to the 25 runners or walkers with the closest predicted times. Patrons can register and enter their predicted times at either PFC. This is a free run and bibs will be available for pick up on race day. For more information, call 255-2296 or 255-1951.

FAMILY MEMBER RESILIENCY TRAINING: DAY 1

Designed to provide family members and civilians with the tools to better cope and overcome adversity and challenges, as well as perform better in stressful situations, this training will take place Nov. 20 from 8:30 a.m. to 2:30 p.m. in Bldg. 5700, Rm. 371F. The goal is for students to thrive when facing life challenges, not just bounce back. To register, call 255-3735.

THANKSGIVING FEAST

With Thanksgiving just around the corner, have you found yourself wishing you could have a delicious Thanksgiving meal without all the work? You can! Relax while The Landing takes care of the cooking for you, so you can enjoy time with family and friends Nov. 22 from 11 a.m. to 2 p.m. at The Landing. The Thanksgiving feast will be buffet style, featuring delicious Thanksgiving favorites. Menu includes favorites like carved turkey, ham or beef; sweet potato casserole; green bean casserole; stuffing and gravy; Corn O' Brien; a Mac 'n' Cheese Bar; seasoned lima beans; and assorted desserts, rolls and more.

There will also be a Military Family Special for \$45.99 for two adults and up to two children ages 12 and under.

Individual prices:

- Adults (ages 13 & over): \$19.99;
- Children: (ages 6-12);
- Children (ages 3-5): \$4.99; and
- Children ages 2 and under are free.

Reservations are highly recommended.

When making your reservation, include how many adults and children will be in your party. For more information or to make a reservation, call 255-0769.

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 Army Community Service Nov. 28 from 8 a.m. to noon in Bldg. 5700, Rm. 284. This informative and interactive workshop is aimed at getting you the infor-

mation 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.

THRIFT SAVINGS PLAN 101

The ACS Financial Readiness Program will present a Thrift Savings Plan 101 Seminar from 6-7 p.m. Nov. 27 in the Soldier Service Center, Bldg. 5700, Rm. 350. The seminar will feature a discussion of the significant aspects of the TSP, including: why people should invest with the TSP, how to start contributing, risk tolerance, traditional and Roth Accounts, TSP funds and diversification. The discussion will be facilitated by ACS accredited financial counselors. Pre-registration is required by Nov. 26. Free child care will be available with registration.

For more information and to register, call 255-3765 or 255-9631.

TURKEY BURN

The Fortenberry-Colton Physical Fitness Center will host its Turkey Burn Nov. 28 to help people burn off those Thanksgiving calories. Door prizes will be awarded. Also, fruit and water will be available to all participants. The four-hour fitness marathon will include a variety of classes with a mixture of instructors. Cost is \$3.50 per four-hour session. Two sessions are available: 8 a.m. to noon or 4-8 p.m. Classes will include: spinning, Strong Bodies, step aerobics, AB Lab, Tabata and yoga. For more information, call 255-2296 or 255-1951.



November 5th - 30th

Handmade Ornament Contest



Hey kids, here's your chance to help light the Post Christmas Tree! For your chance, create an ornament for the Post Christmas Tree. Submit your entry and Family and MWR will pick a winner from each age category and reward with a special prize. One overall winner from all age categories will be picked to help light the tree. Ornaments must be turned in by November 30th to be considered in the contest.

Prizes awarded to 1st Place for ages 3-5 years, 6-8 years, 9-11 years and an overall winner.

Turn in your decorated ornament to the Youth Center, Child Development Center or MWR Central in Bldg. 5700.

Please label the entry with child's name, age and parent or guardian's name and contact information.

Christmas Tree Lighting Ceremony
December 3rd, 5 p.m. - 6 p.m.
Hawze Field

SPECIAL EVENTS
 (334) 255-1749

Fort Rucker MWR
 rucker.armymwr.com

NEWS IN BRIEF

VETERANS DAY CEREMONY

Fort Rucker will host its Veterans Day ceremony Nov. 9 at 11 a.m. at Veterans Park.

DHR HOLIDAY CLOSURES

The Directorate of Human Resources Headquarters, Army Substance Abuse Program, Military Personnel Division, including the ID card section and Casualty Assistance, will be closed Nov. 16 from 1-4:15 p.m. for their annual Thanksgiving luncheon. The Education Center, Soldier for Life Transition Assistance Program, Administrative Services, and Military Personnel – Audit Readiness will remain open.

OH, DEER!

The Fort Rucker Directorate Public Service cautions drivers to look out for deer along

the roads on post, especially this time of year as hunting pressure increases deer movement across roads, officials said.

USING TURKEY FRYERS

The Fort Rucker DPS offers some simple but important rules when frying a turkey: Use outdoors a safe distance from buildings and any other material that can burn; Make sure the fryer is used on a flat surface to reduce accidental tipping; Never leave the fryer unattended; Never let children or pets near the fryer when in use; Even after use, never allow children or pets near the turkey fryer – the oil inside the cooking pot can remain dangerously hot, hours after use; and Keep an all-purpose fire extinguisher nearby.

ARMY FLIER

COMMAND

Maj. Gen. William K. Gayler
Fort Rucker Commanding General

Col. Brian E. Walsh
Fort Rucker Garrison Commander

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Questions, comments or submissions for the “Army Flier” should be directed to the editor at usarmy.rucker.usag.mbx.atzq-pao@mail.mil.

The PAO staff reserves the right to edit



PHOTO BY JIM HUGHES

RIDING FOR A CAUSE

The 1-13th Aviation Regiment hosted a motorcycle rider mentorship ride in honor of Breast Cancer Awareness Week Oct. 26. Staff Sgt. Nickolas Hooe, organizer of the event, flew a pink ribbon flag on the back of his motorcycle as the group of riders went to several stops where supporters of the cause and survivors of breast cancer signed the flag. The event ended at the Fort Rucker Mini-Child Development Center where the flag was presented to Monteka Freeman, assistant director of child and youth services, for her volunteer efforts in raising awareness and helping people afflicted with the disease.

submissions selected for publication.

For more information about the “Army Flier,” call 334-255-1239.

Deadline for
submissions is one
week before
publication.

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