



# THE FRONTLINE



VOL. 55, ISSUE 45 Serving the Fort Stewart and Hunter Army Airfield communities • <https://home.army.mil/stewart/index.php/about/news> NOVEMBER 12, 2020

## THE SKY IS THE LIMIT

Dogface Soldier makes impact, Page 4  
Flu clinics keep installation safe, Page 9  
Raiders stay combat ready, Page 12  
Panther Soldiers return home, Page 20

# 3rd ID Soldiers support Veterans Day

**Dina McKain**  
Fort Stewart Public Affairs

We celebrate Veterans Day on the anniversary of the armistice that ended WWI. On the 11th hour of the 11th day, of the 11th month, the battlefields of Europe fell silent after more than four years of fighting. First called "Armistice Day" it was changed to Veterans Day after WWII and the Korean War to honor veterans of all wars. Soldiers of the 3rd Infantry Division supported events in person and virtually this year.

Military speakers were recorded by students to be used in virtual Veterans Day productions by area schools. The schools, Richmond Hill High School and Arthur Murray Middle School in Jesup broadcast their productions on their internal social media sites.

On Veterans Day, 3rd ID Soldiers supported area events in communities surrounding Fort Stewart and Hunter Army Airfield. Here is where Soldiers will be honoring veterans and supporting community events.

The Hinesville VFW Post 6602,

Maj. Gen. Tony Aguto, 3rd ID Commanding General, was the keynote speaker. The division band and color guard also supported.

The 3rd CAB color guard lead the Port Wentworth Veterans Day Parade.

The city of Savannah observed Veterans Day with a coordinated pause at five intersections and a moment of silence. Police stopped the flow of traffic at the intersections. The 3rd ID color guard participated at the intersection of Bay and Bull Street and presented the colors.



Courtesy graphic

## Marne Voices Speak Out

### What are your best barracks cleaning tips?

Photos by Sgt. Michael McElroy

"Be sure not to mix cleaning chemicals or overdue it without ventilation."

**Sgt. Rhett Flake**  
MEDDAC



"70% isopropyl alcohol does the trick."

**Spc. Cha Young Kim**  
MEDDAC



"Cleaning a little here and there goes a long way."

**Spc. George Jones**  
530th CC, 92nd ENG.



"Don't forget to check your vent filters because sometimes it can be full of dust and that's unhealthy."

**Spc. Fernando Rocha**  
135th QM, 87th CSSB



"A very knowledgeable command sergeant major once told me about using white vinegar to get rid of mold."

**Sgt. Michael McElroy**  
BOSS, USAG



3RD INFANTRY DIVISION COMMANDER  
SENIOR COMMANDER STEWART-HUNTER  
MAJ. GEN. ANTONIO AGUTO

USAG FORT STEWART-HUNTER ARMY AIRFIELD COMMANDER  
COL. BRYAN L. LOGAN

HUNTER ARMY AIRFIELD COMMANDER  
LT. COL. STEPHAN R. BOLTON

## THE FRONTLINE

942 Dr. Ben Hall Place  
Suite 1087, Building 1  
Fort Stewart, Georgia 31314

Garrison Public Affairs Officer  
Chris Fletcher

2nd ABCT PAO reporter  
Spc. Jordyn Worshek

Editorial/Design Staff  
Managing Editor  
Molly Cooke  
Military Editor  
Spc. Noelle E. Wiehe  
Production Manager  
Eliese Bowles

3rd IDSB PAO NCOIC  
Staff Sgt. Joel Salgado  
3rd IDSB PAO reporter  
Sgt. Laurissa Hodges

Hunter Public Affairs Officer  
Daniel Malta

3rd CAB PAO  
1st Lt. Kelsey Cochran  
3rd CAB PAO NCOIC  
Sgt. Andrew McNeil

3rd Infantry Division PAO  
Lt. Col. Lindsey Elder  
3rd ID PAO NCOIC  
Sgt 1st Class Jason Hull  
Deputy PAO  
Maj. Angel Tomko

3rd CAB PAO Reporter  
Pfc. Savannah Roy

1st ABCT PAO NCOIC  
Sgt. Daniel Guerrero

50th PAD  
Capt. Joe Bisso  
50th PAD NCOIC  
Staff Sgt. Ian Morales

2nd ABCT PAO  
Maj. William Laney  
2nd ABCT PAO NCOIC  
Staff Sgt. Brian Ragin

Voice your opinion!  
Write a letter to the editor

Send to: The Frontline  
Attn: The Frontline, Editor  
942 Dr. Ben Hall Place, suite 1087  
Fort Stewart, Ga. 31314  
or email to:

[usarmy.stewart.3-id.list.pao-frontline-news-desk@mail.mil](mailto:usarmy.stewart.3-id.list.pao-frontline-news-desk@mail.mil)  
or fax it to 767-6673  
visit [home.army.mil/stewart/index.php/about/news](http://home.army.mil/stewart/index.php/about/news)

Copyright 2016  
Advertising: 368-0526  
The Frontline Office: 435-9614  
Hunter News Bureau: 315-5617

This civilian enterprise newspaper is an authorized publication for members of the U.S. Army. Contents of the Frontline are not necessarily the official views of, or are endorsed by, the U.S. Government, Department of Defense, Department of the Army, or U.S. Forces Command. It is published weekly by the Public Affairs Office, Fort Stewart, Georgia. 31314-5000. All editorial content of the Frontline newspaper is prepared, edited, provided and approved by the Public Affairs Office of Fort Stewart, Georgia, and the 3rd Infantry Division, and is printed by Morris Newspaper Corporation of Hinesville, Inc., a private firm in no way connected with the Department of the Army, under exclusive written contract with Fort Stewart, Georgia. The civilian printer is responsible for commercial advertising. Subscription rates are \$12/three months, \$20/six months and \$36 for 12 months. Rates are Third Class mail inside the continental U.S.

**Cover: Spc. Tyler Mehalko, a UH-60 Black Hawk helicopter repairer assigned to 4th Battalion, 3rd Aviation Regiment, 3rd Combat Aviation Brigade, 3rd Infantry Division, scans for targets during aerial gunnery, Oct. 28 on Fort Stewart. (Photo by Spc. Savannah Roy)**

Left: Editors Note; The previous edition credited the Marne Voice to Spc. Savannah Roy when it should have been credited to Spc. Elorina Santos.

# Flu vaccination helps keep community safe

**Gustave Rehnstrom**  
Winn ACH Public Affairs

Capt. Kimberly Hanson adjusted her gloves and walked towards the first car pulled up at the Winn Army Community Hospital influenza vaccination drive-through clinic Nov. 5 on Fort Stewart.

A mother and her child occupied the car. They were the first of many, with nearly 2,400 Soldiers and civilians vaccinated during the two-day event.

Hanson, a young mother herself, understands the importance of keeping Families protected.

“I know the value of getting a flu shot this year; it is very important,” Hanson said, noting the ongoing coronavirus made getting the flu vaccine critical. By getting the vaccine, Soldiers and their Families will reduce the threat and impact on medical resources.

Hanson is Winn Army Community Hospital’s Medical Company commander. She volunteered her time as a screener and vaccination alongside the Winn’s team of Soldiers and Civilians, Nov. 5-6.

“We have put in hours and hours of work to coordinate this event,” said Maj. Atia Mbah, Public Health Director. “We are following the CDC guidelines on how to execute this event safely, and still maintain social distancing and prevent the spread



Photo by Gustave Rehnstrom

**Capt. Kimberly Hanson, Winn Army Community Hospital’s Medical Company commander, greets the first child to visit the Drive-thru Flu Clinic Nov. 5 on Fort Stewart.**

of COVID. This is the first year that we have done this with COVID. So, we’ve put in a lot of time.”

As the vehicles began to pass through each station, Michele Parker with Public Health collaborated with Hanson to ensure the youngest beneficiaries safely received their pediatric dose.

“It’s very important to be able to provide this to children,” Parker said. “The flu is a dangerous respiratory illness. So being able to provide that for our

community is very rewarding.”

The event was originally scheduled for three days on Fort Stewart and two days on Hunter Army Airfield. However, a few dates had to be postponed until additional vaccinations arrive.

Currently, influenza vaccines are available for children between the ages of 6 months and 36 months and beneficiaries greater than 65 years of age. The children’s flu vaccine is available in the pediatrics and allergy immunization clinics. For those 65 years and older, the flu vaccine is available at Winn ACH’s Allergy and Immunization clinic.

TRICARE covers the flu vaccine with no cost-shares or copayments if a pharmacist administers it at a participating network pharmacy or by a TRICARE-authorized provider.

There are many hometown pharmacies in network. Beneficiaries can call Express Script at 877-363-1303 or go to [tricare.mil](http://tricare.mil) to confirm local pharmacies.

Note: Remember to keep a copy of your vaccination record. A copayment or cost-shares will apply if given within outpatient office visit, though the vaccine is free. Minute Clinics within the network pharmacies which can lead to charges so ask before you check-in.

## CONNECT WITH YOUR COMMUNITY

Get your installation services and post information on the **NEW** Digital Garrison app on your smartphone or tablet.

**DIGITAL GARRISON**  
POWERED BY 

## STOP THE SPREAD

### ISOLATION

Isolation is used to separate COVID - 19 positive people from healthy people. Isolation may be at a hospital, at home or other locations deemed appropriate. In the home, anyone sick should separate themselves from others.

- ✔ Notify chain of command
- ✔ Stay in one room
- ✔ Use separate bathroom
- ✔ Clean with disinfectants
- ✔ Wear mask, gloves



NURSE ADVICE LINE  
☎ 1-800-TRICARE

**PHYSICALLY DISTANT  
SOCIAALLY CONNECTED**

🌐 [www.facebook.com/winncares](http://www.facebook.com/winncares)



Photos by Spc. Albert Valladares

**Staff Sgt. Alex Houston stands in the center with six Soldiers from the 106th Public Affairs Detachment based in Carson City, Nevada, and two Soldiers with the 17th Sustainment Brigade Public Affairs out of Las Vegas, Nevada at the Joint Multinational Readiness Center for Combined Resolve XIV, Sept. 13 in Hohenfels, Germany. Combined Resolve XIV is a Headquarters Department of the Army-directed Multinational exercise designed to build 2nd Armored Brigade Combat Team, 3rd Infantry Division's readiness and enhance interoperability with allied forces to fight and win against any adversary.**

## Dogface Soldier holds key position during training



**Staff Sgt. Alex Houston stands in front of a motor pool staging area at the Joint Multinational Readiness Center for Combined Resolve XIV, Sept. 13 in Hohenfels, Germany.**

**Staff Sgt. Ryan Getsie**  
*Joint Multinational Readiness Center*

**HOHENFELS, Germany**— Staff Sgt. Alex Houston hails from Fallon, Nevada, a small town boasting a population of 8,000. Today, Houston's work with the Army has taken him all over the globe, including his most recent position at Hohenfels with the 3rd Infantry Division, 2nd Brigade, where he has been stationed for the past eight months.

In his capacity as a non-commissioned officer with the Joint Multinational Readiness Center, Houston provides support to Soldiers who travel to the Hohenfels Training Area to participate in the exercises held there, including the recent Combined Resolve XIV.

"I focus on logistical support for all national and international forces for this mission. I react to any problems that arise which could inhibit the success of our mission," Houston said. "It's been a huge challenge for me because I'm a line [combat] Soldier. This is a whole different ballgame. It's more mental than physical."

Houston, who was born in Reno, Nevada, but graduated from Churchill County High in 2013. Fallon is the county seat of Churchill County and is about 60 miles southeast of Reno.

Houston enlisted in the Army in 2013 and completed his initial training as a tanker at Fort Benning. Houston has traveled to 11 countries since leaving northern Nevada to begin his Army career seven years ago. Although he has not been able return to Fallon since 2017, it still holds a special place in his heart.

"I consider Fallon home because that's where I felt like I grew the most as a person," Houston said.

Houston said he plans to once again become an armor tank commander at his next duty station. He also plans to move on to his "broadening assignment" such as a combat training instructor or a drill sergeant noting that these are necessary steps that allow Soldiers to gain additional skills to complement their primary military occupation skills and knowledge, a vital part of achieving promotions.

Houston's short-term goals are simple ones. He hopes to carve out some time in the near future to visit his loved ones. In the long-term, Houston plans to remain in the Army and work his way up the ranks in the organization.

"My ultimate goal is to become a sergeant major one day," Houston said. "I want to make an impact and shape positive changes in the Army."



# ACS, MWR, Coastal Happening Briefs

## Like ACS on Facebook

Search for "Army Community Service, Fort Stewart-Hunter Army Airfield." Help the Hunter Army Airfield community get more "likes" by visiting their Facebook page. ACS publishes great information for our Soldiers and Army Families as well.

## Free classes offered at Stewart ACS

Upon request from the chain-of-command:

- Sponsorship training
  - Risk management for senior NCOs (E7-E9)
  - FAP commander/senior leader brief (Monday)
  - Financial planning for PCS, 10 to 11:30 a.m.
- ACS Stewart, (Mandatory for E-4 and below)

## SHARP hotline numbers

The 3rd ID SHARP Hotline number is 271-9958. the Garrison SHARP Hotline number is 318-4957.

## Adopt-a-pet

The stray animal facility at the Fort Stewart Veterinary treatment Facility has several dogs and cats available for adoption. The adoption fee is \$57 and includes vaccinations and a microchip. Call the veterinary clinic or come by during normal business hours to pick out a furever friend. For information, call 435-7387.

## Face masks required in on-post facilities

Until further notice all personnel, military and civilian, on Fort Stewart and Hunter Army Airfield will wear face coverings or masks when inside on-post public buildings and facilities. Personnel are not required to wear masks inside individual work spaces if they work alone or they can maintain a minimum of 6 feet of social distancing. Face coverings with valves are not permitted.

## 3rd ID Equal Opportunity hotline

The 3rd Infantry Division Equal Opportunity Office has a 24 hours a day, seven days a week hotline that Soldiers and Family members can call and speak to an Equal Opportunity Advisor in the event they have any questions pertaining to Military Equal Opportunity. Additionally, you now have the ability to do an anonymous complaint through this number as well, 432-0421.

## Families First COVID Response Act

The Families First COVID-19 Response Act authorizes employees to be paid sick leave or expanded family and medical leave for specified reasons related to COVID-19. These provisions apply through Dec. 31. For details and to read the fact sheet visit [home.army.mil/stewart/index.php/my-fort/covid](http://home.army.mil/stewart/index.php/my-fort/covid).

## Housing on post

The Department of Defense continues to be fully committed to ensuring the Nation's military Service members and their Families have access to safe, quality and well-maintained homes and communities on DOD installations. Review the documents at [home.army.mil/stewart/index.php/my-fort/newcomers-1/housing](http://home.army.mil/stewart/index.php/my-fort/newcomers-1/housing).

## Download the Digital Garrison app

Download the new digital garrison app for your guide to all on post services. Available for your android or Apple device. Just search for Digital Garrison App and choose Fort Stewart Hunter Army Airfield to get started.

## Fitness centers open to DoD ID cardholders

Tominac, Newman and Jordan fitness centers are now open to authorized I.D. card holders after 11 a.m. on weekdays and normal business hours on weekends. Limited capacity, social distancing and extra cleaning procedures are in place which means equipment available is limited. For hours and operations, call Newman at 767-3031, Jordan at 767-5742 or Tominac at 315-5078.

## Virtual newcomers orientation

Virtual Newcomers Orientation now online! Encourage incoming Soldiers and Family members to visit the new Virtual Newcomers Orientation on the Team Stewart website. Included are informational videos from the senior commander, the Marne Reception Center, the hospital, schools, housing, a special link just for Families and so much more. Make sure to take the survey at the end to help us make these products better to serve you. For information, visit [home.army.mil/stewart/index.php/my-fort/newcomers-1/fair](http://home.army.mil/stewart/index.php/my-fort/newcomers-1/fair).

## Library services offered on Hunter

Hays Library offers curbside pickup at Hunter Army Airfield on Mondays, 9 a.m. - 12 p.m. and Fridays, 1 p.m. - 4 p.m. To reserve materials, call 767-2828. Copies, fax and notary services are also available upon request.

## Take the DA civilian military spouse survey

Military Spouses serve a vital role in contributing to the financial and personal success of military Families. In order to better serve our military Families and support Army readiness, we invite current Army civilian spouses of active-duty and retired members of the Armed Forces to complete this short survey: [surveymonkey.com/r/DACMS](http://surveymonkey.com/r/DACMS).

## Marne Report podcast is online

Check out the Marne Report podcast online at [home.army.mil/stewart](http://home.army.mil/stewart). Listen for the latest news and updates on the installations.

## Drive-up Flu clinic postponed

We're waiting on our next vaccine shipment and we are postponing future drive-thru vaccination clinics. The clinics for Fort Stewart and Hunter Army Airfield have been postponed but will be rescheduled later in the month. When available, new dates and times will be posted for the community. We apologize for the inconvenience and thank you for your patience. For information visit the Winn Army Community Hospital Facebook page at [facebook.com/winncares](https://www.facebook.com/winncares). Children between the ages of 6 and 36 months are able to receive their flu vaccine in the pediatric clinics. Beneficiaries greater than 65-years of age are also able to receive their flu vaccines in the primary care clinics. The Flu vaccine is covered by TRICARE with no cost-shares or copayments if it's administered by a pharmacist at a participating network pharmacy or by a TRICARE-authorized provider. Remember to keep a copy of your vaccination record. A copayment or cost-shares will apply if given within outpatient office visit, though the vaccine is free. Minute Clinics within the network pharmacies which can lead to charges so ask before you check-in.

## DFMWR to host post-wide yard sale

The Fall post-wide yard sales will be held Nov. 14 starting at 8 a.m. On Fort Stewart, participants can set up at their house on post or can rent a spot in the Club Stewart parking lot. On Hunter Army Airfield, participants are able to set up at their house. For information visit [StewartHunter.ArmyMWR.com](http://StewartHunter.ArmyMWR.com).

## Red Cross blood drive slated

Red Cross Blood Drive at the Main Post Chapel Nov. 13, 9:30 a.m. to 4 p.m. Donate Blood. Bring your spouse, friend or workmate. Register at [redcrossblood.org](http://redcrossblood.org) for your appointment. Walk-in appointments welcomed. Call 1-800-733-2767 for information.

## Logging operations resume on Fort Stewart

Logging operations have resumed in the wooded areas between Hero Road, New Guinea Street and the motor pools off Ricker Avenue. Caution signs will be posted as logging trucks will be utilizing Ricker Avenue and Hero Road to access the sites. Motorists and pedestrians are advised to use extra caution when traveling in these areas. For information, call 767-2010.

## Installation to offer holiday town hall

Tune in to the Fort Stewart and Hunter Army Airfield holiday town hall, 7 p.m. on Nov. 18. Learn about on post holiday events, the Army Community Service toy drive, installation holiday hours of operation, religious activities, gate hours and more during this live streamed event. To tune in visit the Fort Stewart Hunter Army Airfield Facebook page at [facebook.com/FortStewartHunterArmyAirfield/](https://www.facebook.com/FortStewartHunterArmyAirfield/).

## Fort Stewart-Hunter Army Airfield Briefs

### Join the SAMC

Are you a Sergeant Audie Murphy Club member? Do you have aspirations of becoming a member? The Fort Stewart-Hunter Army Airfield "Rock of the Marne" SAMC is reaching out to all members across the installation. We are actively updating our contact rosters and want to ensure we are capturing our members for updates with the Club. Please contact Sgt. 1st Class Karl Kirven at [karl.w.kirven.mil@mail.mil](mailto:karl.w.kirven.mil@mail.mil) for more information. We look forward to hearing from you. The meeting is the third Wednesday of each month at noon at building 1 on Fort Stewart in the SAMC conference room.

### Basic skills education offered

The basic skills education program is a refresher course covering both math and English to help Soldiers raise GT scores when retesting on the Armed Forces Classification Test. See your Army education counselor or call 767-8331.

### Virtual CIED, CUAS training

The Fort Stewart Home Station Training Team is currently offering classes via virtual platform Webex. The benefit of this capability is that it provides an educational solution regardless of physical distance. In an environment where social distancing is paramount, their goal is to be able to provide remote learning in an environment where students and instructors have minimal proximity to each other or to our instructors. It is their plan to continue to work with units that are interested to continue this capability. Contact John Summers at [john.l.summers.ctr@mail.mil](mailto:john.l.summers.ctr@mail.mil) or Troy Clements at [troy.j.clements.ctr@mail.mil](mailto:troy.j.clements.ctr@mail.mil).

### Mass warning notification system test

Fort Stewart and Hunter Army Airfield will conduct a MWNS monthly test on the first Tuesday of every month at noon. The next test will be Aug. 4. The monthly tests are required to ensure the systems function properly and to identify issues before presented with a real world emergency. For more information call the MP Station Desk (PMO) 767-4264.

### Holiday unaccompanied quarters checks

Sign up now for security checks at your on-post home while you are on leave during the holidays Nov. 21- Jan. 3. Unoccupied Quarters Security Checks will consist of a walk around visual inspection of residence once every 24 hours to make sure there is no damage to the entry points of the residence. Request forms are available at the PMO Desk located at bldg. 280 on Fort Stewart and bldg. 1240 on Hunter Army Airfield. All requests must be submitted in person with all the correct information filled out. For information, call 767-9629 or 315-6135.

### Closings and cancellations

Follow the Fort Stewart-Hunter website and Facebook pages for information. Updates will be sent as information is provided.

### SFAB Recruiting Facebook Live event

The Security Force Assistance Brigade assesses Soldiers encourages interested Soldiers to attend information briefs and meet with the SFAB Recruiting Team at [facebook.com/SFABRecruiting](https://www.facebook.com/SFABRecruiting) every Wednesday at 2 p.m. Visit [goarmy.com/sfab](https://www.goarmy.com/sfab) for information.

### Virtual unit TARP training offered

The Fort Stewart and Hunter Army Airfield Counterintelligence Team offers unit virtual TARP Training through Microsoft Teams to meet annual training requirements. Unit training officers call 315-2006 or submit a request via email [usarmy.hunter.902-mi-grp.list.308th-savannah-fo@mail.mil](mailto:usarmy.hunter.902-mi-grp.list.308th-savannah-fo@mail.mil) to schedule.

### Equal employment opportunity

Fort Stewart and Hunter Army Airfield Equal Employment Opportunity Office is conducting virtual operations. All complaint intakes and Reasonable and Religious Accommodations requests will be conducted via email. Email complaints or requests for RA to [usarmy.stewart.usag.list.eeo-all@mail.mil](mailto:usarmy.stewart.usag.list.eeo-all@mail.mil) or reach them by phone at 767-4074.

### Traffic alert to affect post access

A traffic shift to build the GA Hwy 144 double roundabout will affect traffic at I-95 and the exit 90 ramps. Contractors are moving the traffic signals to support the pattern change. Drivers will be delayed at the Exit 90 ramp areas. The main work area runs from Thunderbird Drive to Longwood Drive, vicinity McDonald's. Two modern roundabouts will be constructed to better accommodate traffic volumes, reduce backups and increase safety.

### Have medication delivered to your home

TRICARE and Express Scripts invite beneficiaries to use the many services offered by Express Scripts to help manage their prescription requirements. Express Scripts will allow beneficiaries to receive home delivery, order refills, check your order status, setup auto refills and get benefit explanations from their website, over the phone or by using their new enhanced Express Scripts mobile app. The app allows community members to manage medications from their computer or cell phone. Anytime. Anywhere. For information call Express Scripts at 877-363-1303.

### Changes made to APO mail procedures

A handwritten PS Form 2976, PS Form 2976-A, and PS Form 2976-B customs declaration forms will no longer be accepted. The policy change is due to the Global Trade Compliance requirements that address international security risks facing the United States. Any packages found in the mail stream with hand written customs declaration forms will be returned to sender.

### Winn ACH dining facility

The Winn Army Community Hospital Dining Facility is open only to Winn ACH staff, patients, patient Family members and Warrior Transition Battalion Service members until further notice. Diners must display their hospital badge or be on the SRU access memo to enter the DFAC.

### Legal offices resume services

The Fort Stewart-Hunter Army Airfield Legal Assistance Offices will be open Tuesdays 9 to 11:30 a.m. and 1 to 4 p.m. The offices are open for walk-in notary services and powers of attorney only. Appointments can be scheduled by email at [usarmy.stewart.forscom.mbx.fsga-legal-assistance-office@mail.mil](mailto:usarmy.stewart.forscom.mbx.fsga-legal-assistance-office@mail.mil) or by calling Fort Stewart at 767-8819 or Hunter Army Airfield at 315-5117. FS Legal Services, Bldg. 620, 944 William H Wilson Ave. The Legal Assistance Office is still conducting will executions for Soldiers. For Powers of Attorney and notary services for Active-duty Soldiers, please go to your Brigade Legal Office. If you are a tenant unit, please visit DIVARTY.

### Health Benefits Fair slated

The Fort Stewart Civilian Personnel Advisory center will be hosting our annual Health Benefits Fair Nov. 3-4 from 9:00 am to 2:00 p.m. at Winn Army Community Hospital, Patriot Auditorium. Open Season runs through Dec. 14. This event is for federal civilian employees to aid in making informed benefit election decisions during open season. Healthcare vendors will be available both in person and virtually. For virtual attendance via Microsoft Teams call 767-128 or 767-8358.

### Inspector General to host sensing session

If you are a spouse or Family member who arrived to the installation between May 1-Nov. 30, the Inspector General would like your feedback. Please join us to discuss your arrival experience to Fort Stewart and Hunter Army Airfield. The event for Fort Stewart Families will be held on Dec. 2 and Dec. 4 at Moon Theater, Bldg. 704 at 8:30 a.m. and 4 p.m. Hunter Army Airfield Families are invited to the Education Center in Bldg. 1290, Rm. 26 on Dec. 2 and Dec. 3 at 8:30 a.m. and 4 p.m. For details, email [USARMY.stewart.3-id.list.ask-the-ig@mail.mil](mailto:USARMY.stewart.3-id.list.ask-the-ig@mail.mil) or call 767-4530.

# R2 Performance Centers look to strengthen Soldier health

**Thomas Brading**  
Army News Service

**WASHINGTON** — Maintaining physical readiness for many Soldiers is as easy as stopping by the gym, but when it comes to mental health things aren't always as simple.

From individual Soldiers to entire units, Ready and Resilient Performance Centers are at the ready for Soldiers by providing specialized training to help sustain personal readiness, enhance resilience, optimize human performance and build unit cohesion.

"Soldiers need to build their mental strength like they do their physical strength," said Master Sgt. Kevin Edmondson, Ready and Resilient Integration and Training Division noncommissioned officer in charge.

Their mission is part of the Army's new health approach to overall readiness, said Casey Olson, chief of training for the Army Resilience Directorate.

"Our intent going forward is to align embedded performance experts [and] cognitive enhancement specialists to support the Holistic Health and Fitness initiative," she added.

In the last 10 years, more than 30 performance centers across the Army have equipped upwards of 49,000 master resilience trainers with tools needed to conduct resilience training at the unit level, and serve as advisers to commanders, Edmondson said.

Through the Master Resilience Trainer Course, Soldiers undergo an 80-hour, 10-day course to better help Soldiers, Family Readiness Group spouses and Army civilians.

Over time, units with qualified MRTs have seen notably lower rates of drug and alcohol abuse and mental health issues like anxiety, depression and post-traumatic stress disorder, compared to units without MRTs, Edmondson said.

"We also see that [Soldiers] who go to our bystander intervention training are more likely to intervene - and have intervened - in the following months after taking our intervention training," Olson said.

For Soldiers without a local R2PC, "they can always call one of the performance centers that are closer to them to get a virtual assistant or potentially plan on support and a planned timeframe," Olson said.

## Resilience trainers

These centers staff experts "similar to people in the field of sports and performance psychology," Edmondson said. On par with, for example, performance experts in the NFL, NBA, MLB, and their sole mission is helping Soldiers.

"We know that our Soldiers are essentially athletes," he added. "But unlike athletes, they are not on a seasonal basis. Our athletes are professionals on a 365-day basis."

In addition, the experts have master's degrees and doctorates in an array of backgrounds, Olson said, like sport and performance psychology, kinesiology, counseling, education, and more. "We pull from some of the top programs across the country to ensure that we have the best of the best when it comes to the performance experts."

However, they are not clinical doctors offering diag-

noses, Edmondson said. "They are there to be a force multiplier to support the Soldiers in continuing to grow and strengthen their skills."

These services are available to individual Soldiers who walk-in, or entire groups who need various training.

## Types of training

As diverse as the experts' backgrounds are, so are the readiness opportunities they offer.

Both individual and organizational assistance with the Army Combat Fitness Test, competition and promotion board guidance, and help with mastery badges, lethality training, and more is available, Edmondson said.

To ensure overall readiness and deployability, the centers also offer bystander intervention and stress management training, he said. In addition, the centers offer academic help, not only to Soldiers but also to their Families.

Other types of training include Engage training for family members, which is Army-approved suicide prevention and awareness training, among other options for military Families.

The Army's Child and Youth Services personnel have also been specially trained by R2 Performance experts to facilitate resilience training to adolescents. The training sessions are meant to empower individual Soldiers, families, and civilians, Edmondson said.

"We are attempting to provide our Soldiers, Family members, and civilians with more tools in their kitbag, so they can not only become more self-aware and self-regulatory but also identify different things in their battle buddies and offer help and assistance to each other," Olson said.

# THE ROCKIN' TOP 3

YOUR WEEKLY TOP 3 FROM AROUND FORT STEWART AND HUNTER

Answers provided by Sgt. Daniel Guerrero



## TOP 3 ITEMS TO SEND IN A CARE PACKAGE



**TRAVEL TOILETRIES**



**SOCKS**



**POWDERED BEVERAGES**

# Soldier forever enshrined at National Army Museum

**Devon Suits**  
Army News Service

**FORT BELVOIR, Va.** — Lt. Col. Ashley Hartwell let out a joyous gasp as she marveled at a unique display in the National Museum of the United States Army for the first time.

A bright smile beamed across her face as she turned to share her excitement with her husband, Maj. Kristopher Hartwell, and daughter, Grace.

A life-sized model in Hartwell's visage, dressed in an Army combat uniform, stood tall in front of the family.

Symbolic of a female military police officer on high alert in Iraq, Hartwell's display conveys a feeling of tension as she grasps onto her M-249 light machine gun in a low-ready position.

The model, titled "Corporal on Patrol in Ramadi," highlights the growing role of women in combat during the wars in Iraq and Afghanistan, museum officials said. In 2013, former Secretary of Defense Leon Panetta removed the ban on women serving in combat arms, creating more opportunities for females throughout the force.

Hartwell, a reservist and former intermediate-level education instructor at the U.S. Army Command and General Staff College at Fort Belvoir, first enlisted in the Massachusetts National Guard to obtain her college degree, and a year later signed up for the Reserve Officers' Training Corps. She then served on active duty for 10 years before moving to the Hawaii Guard, and later the Army Reserve.

"While we may join the Army for the benefits, or even for national pride, many of us stay in for the people on our left and right," she said. "There have been many times throughout my career where I am bone tired, dirty, hungry, and miserable, but so were the Soldiers next to me.

"We had 'shared misery,' and we all got through it together, usually with a great story in the end," she added.

Hartwell's first supervisor also taught her the value of leadership during her initial four-year commitment. The two discussed the significance behind an Army career, to include topics about financial management and retirement.

In turn, the Army has grown to become a large, extended family, Hartwell added.

"I have not always loved the Army ...

but I am, without a doubt, a stronger and better person for having joined," she said.

While the museum's display is not a direct representation of Hartwell's career, the sweat on the figure's brow triggered some key memories, she said.

Hartwell served two tours in Iraq. As a Captain she worked closely with the local population and directly with the Iraqi military as a military transition team member during her initial tour in 2007-2008. She returned in 2010-2011, first as a Company Commander and later a stability team transition team member, again working hand in hand with the same Iraqi military officers she had three years earlier.

During her first deployment, "we were out on missions with the Iraqis every week for a year. I was a M240B machine gunner in the lead vehicle of our three-vehicle convoy" - an uncommon role for female Soldiers at that time, she explained.

"The days I spent as a gunner in a combat patrol was physically and mentally demanding," she added. "But like so many women before and after me, I knew that I was up to the task."

Aside from combat, there were many challenges female Soldiers had to face during that time, Hartwell said. For example, the Army's standard issued body armor was originally designed to fit a male body composition.

Hartwell recalled the pain she felt whenever the convoy would come to a quick halt, throwing her back against the rear of the gunner's turret.

"My body armor would smack me in my spine because it was too big, even at an extra-small size," she said. "I would come back with bruises all down my spine."

Since her time in Iraq, there have been many changes to support women's growing role throughout the force, Hartwell said. For decades, female Soldiers wore the same uniform as their male counterparts.

The Army proposed a list of changes to the combat uniform design to better fit both genders in 2010. This initiative led to Army Combat Uniform-Alternate, or the first combat garment intentionally designed to fit a female Soldier.

Additionally, the Army released an Improved Outer Tactical Vest in 2013, which featured a shorter torso and a cus-



Photo by Devon Suits

*A display at the National Museum of the U.S. Army on Fort Belvoir, Va., titled "Corporal on Patrol in Ramadi," highlights the growing role of women in combat during the wars in Iraq and Afghanistan.*

tomizable design to support the female form.

"I feel that women in the Army also have a greater opportunity to take on a leader-

ship role," she said. "In my tenure, I have seen women in the Army enter combat, graduate Ranger school, and now serve in combat arms.



## Win Me !!!

Drawing  
Feb. 13, 2021

1975 Corvette Stingray



**ALL PROFITS GO TO THE  
VIETNAM VETERANS  
OF AMERICA  
LIBERTY, CHAPTER 789**



**\$5.00 per  
ticket  
\$20.00 for 5  
Tickets  
On-line Tickets  
Point camera  
at QR code or  
to go to:  
BojoToGo.com**

Sponsored by:

**Bojangles**

Local GA Franchisee:  
Hinesville, Pooler  
and Ogeechee Road



Photo by Sgt. Andrew McNeil

Soldiers assigned to 3rd Squadron, 17th Cavalry Regiment, 3rd Combat Aviation Brigade, 3rd Infantry Division, fuel and arm an AH-64 Apache helicopter, Oct. 27 on Fort Stewart.

# AERIAL GUNNERY KEEPS

Courtesy photo

Soldiers assigned to 4th Battalion, 3rd Aviation Regiment, 3rd CAB, 3rd ID, set up tents during a training exercise, Nov. 3 on Fort Stewart. This training allowed Soldiers to work alongside Marines from 2nd Marine Division, preparing both units to function in a joint force operational environment.

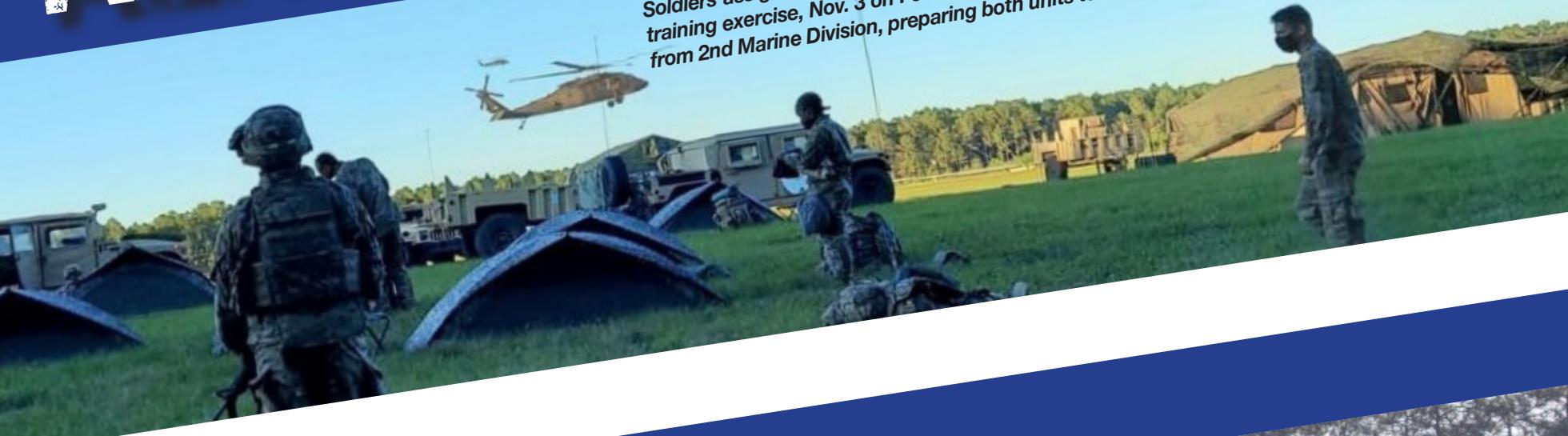


Photo by Sgt. Andrew McNeil

An AH-64 Apache helicopter descends on the forward arming and refueling point during aerial gunnery, Oct. 27 on Fort Stewart. The Soldiers of 3rd Sqn., 17th Cav. Regt, 3rd ID, ran forward arming and refueling point operations during the event.

Photo by Spc. Savannah Roy

*Soldiers assigned to 4th Bn., 3rd AVN Regt., 3rd CAB, 3rd ID, load ammunition on to a UH-60 Black Hawk helicopter during aerial gunnery, Oct. 28 on Fort Stewart. Aerial gunnery allows Soldiers to train on their mission essential tasks and improves the brigade's combat readiness.*

# MARNE AIR ON TARGET

Photo by Sgt. Andrew McNeil

*Soldiers assigned to 3rd Sqn., 17th Cav. Regt., 3rd CAB, 3rd ID, stand as fire watch during FARP operations throughout aerial gunnery, Oct. 27 on Fort Stewart.*

Photo by Sgt. Andrew McNeil

*Sgt. Jonathan Olavarria, a petroleum supply specialist assigned to 3rd Sqn., 17th Cav. Regt., 3rd CAB, 3rd ID, fuels an AH-64 Apache helicopter during aerial gunnery, Oct. 27 on Fort Stewart.*

# RAIDERS BEGIN COMBAT FOCUSED PHYSICAL TRAINING



Photo by Sgt. Daniel Guerrero

*Sgt. Daniel Guerrero, left, and Spc. William Griffen, HHC, 1st ABCT, 3rd ID, perform a ruck march while wearing their M50 Joint Service General Purpose Mask as part of their physical readiness training and Chemical Biological Radiological Nuclear training, Oct.29 on Camp Hovey, Republic of Korea.*

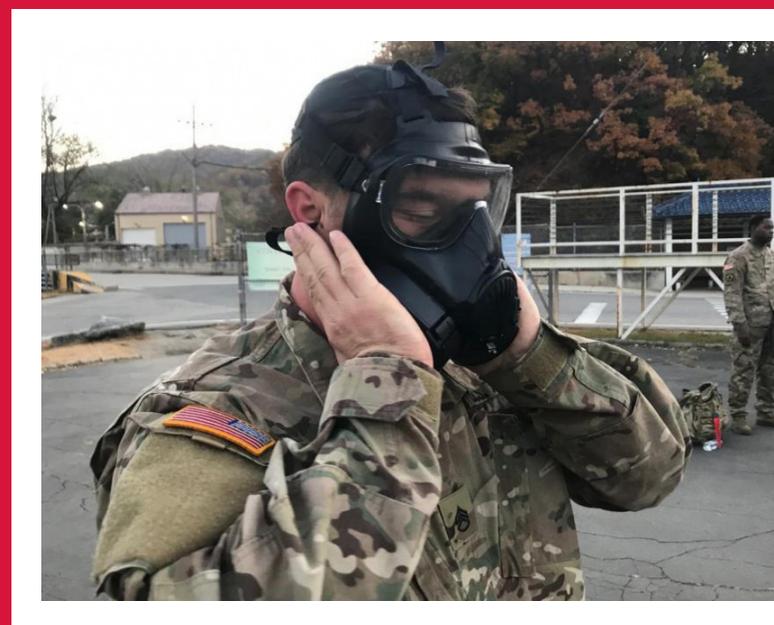


Photo by Spc. William Griffen

*Staff Sgt. Robert Jubito, Battery A, 1st Bn., 41st FFAR, 1st ABCT, 3rd ID, leads Raider Soldiers in Chemical Biological Radiological Nuclear training, Oct. 29 on Camp Hovey, Republic of Korea.*

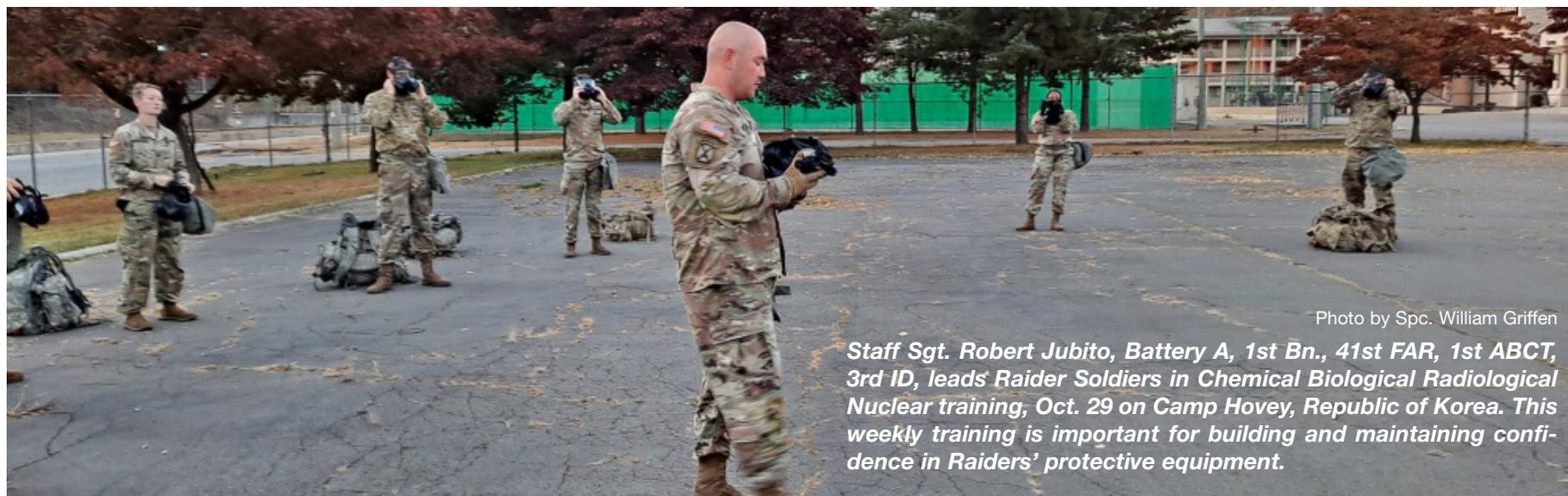


Photo by Spc. William Griffen

*Staff Sgt. Robert Jubito, Battery A, 1st Bn., 41st FAR, 1st ABCT, 3rd ID, leads Raider Soldiers in Chemical Biological Radiological Nuclear training, Oct. 29 on Camp Hovey, Republic of Korea. This weekly training is important for building and maintaining confidence in Raiders' protective equipment.*



A promotional banner for Sunset Novelties. It features a blue silhouette of a soldier saluting against a background of the American flag. A yellow ribbon with the word "HEROES" is draped across the soldier. The text reads: "Proudly SUPPORTING Our MILITARY And FIRST RESPONDERS". To the right, a dashed box contains the text "25% OFF WITH COUPON". Below this, it says "Expires 12/31/2020".

# Two Soldiers commissioned as Physician Assistants at Winn

**Patrick Young**  
Winn ACH Public Affairs

Two officer candidates participating in phase two of the Interservice Physician Assistant Program received their commission, Nov. 6 in a ceremony held at Winn Army Community Hospital on Fort Stewart.

Commissioned were 1st Lt. Huon Sharpe and 1st Lt. Seth Ravid.

Maj. Robert Dichiera, IPAP Phase II clinical coordinator at Winn ACH said the two new Physician Assistants will now be

charged with the health and well-being of U.S. service members as primary care providers.

The IPAP program offers between 150-200 Soldiers a year an opportunity to become physician assistants. Cadets that graduate from the program earn both a bachelor's and master's degree from the University of Nebraska Medical Center and receive a commission as a first lieutenant.

The IPAP mission statement is to provide the uniformed services with highly competent, compassionate physician assis-

tants who model integrity, strive for leadership excellence, and are committed to lifelong learning.

Capt. James D. Stillwell, a physician assistant who graduated the course on Fort Stewart in 2018, was the guest speaker for the day's event. Now serving with the 3rd Sustainment Brigade, said the experience was rewarding - though it would mean long hours. He advised the graduates to remember to balance work with Family time and remember to be humble and empathetic.



Photos by Pat Young

**Above: Capt. James D. Stillwell served as the guest speaker during the Winn Army Community Hospital Interservice Physician Assistant Program graduation and commissioning ceremony, Nov. 6 on Fort Stewart.**



**Above: U.S. Airforce 1st Lt. Zachary Solomkin reads the oath to 1st Lt. Seth I. Ravid, during the Nov. 6 IPAP graduation and commissioning ceremony held at Winn Army Community Hospital on Fort Stewart.**



**Left: 1st Lt. Huon Sharpe has his rank pinned on by his son, Ajani Sharpe, 14, as his daughter Aviana Sharpe, age 10, looks on, Nov. 6 at Winn Army Community Hospital on Fort Stewart.**

## Special Deliveries

Provided by Winn Army Community Hospital

### Nov. 2

**Lucas William Dennis**, a boy, 7 pounds, 15 ounces, born to Pfc. Brian Dennis and Annalise Dennis.

**Adelina Gomes**, a girl, 8 pounds, 10 ounces, born to Spc. Jordan Gomes and Cynthia Gomes.

**Olivia Lourdes Rogers**, a girl, 8 pounds, 12 ounces, born to Sgt. Jason Rogers and Syliva Rogers.

### Nov. 3

**Mia Isabel Guisao Perez**, a girl, 8 pounds, 6 ounces, born to Pfc. Maria Fernanda Guisao Perez and Maria Alejandra Guisao Osorio.

### Nov. 4

**Mia Sofia Flournoy**, a girl, 6 pounds, 13 ounces, born to Sgt. Bryant Flournoy and Spc. Yarivette Flournoy.

### Nov. 6

**Zara Seraya Copeland**, a girl, 7 pounds, born to Sgt. Ashiyah Copeland



Courtesy graphic



Call or visit us today for a free quote!

Auto | Home | Mobile Home | Renters | Business

## BOYD'S INSURANCE SERVICES

324 N Main St Suite A • Hinesville • 31313  
(912) 408-2693 • [www.boydsinsuranceservices.com](http://www.boydsinsuranceservices.com)

# CHAPLAIN'S CORNER

## Remember spirit of generosity, gratitude

**Capt. David Dyrenforth**  
6-8 Cav. Chaplain

*Give thanks to the Lord, for he is good,  
for his steadfast love endures forever.  
Give thanks to the God of gods,  
for his steadfast love endures forever.  
Give thanks to the Lord of lords,  
for his steadfast love endures forever.  
— (Psalm 136:1-3 ESV)*

As we look [forward to the] Thanksgiving holiday, let us also remember that a spirit of gratitude is healthy throughout the year. We are each the beneficiaries of another's generosity. Honestly, we are neither as independent nor as self-sustaining as we assume. We have much to be thankful for. Sadly, we often only inventory our blessings when we or those we care for are threatened to lose them: health, the ability to work, relationships, faith, wealth, and self-worth each give us reason to give thanks. And for each of these, we benefit from giving thanks each day.

Many of our greatest blessings are presented as challenges and adversities, causing us to avoid feeling joy or offering thanks. However, these blessings are what help us find peace and strength for ourselves and our posterity. The inconveniences and disappointments can fill our lives, especially when our work lives are programmed for us with moves, training schedules, and deployments dictating where, when, and how we serve. We are each easily threatened with resentment when forced into anything, including to receive a blessing.

An attitude of resentment stands in direct opposition to a posture of gratitude. Resentments spoil the blessings and poison our souls from enjoying the possibilities presented to us. Conversely, gratitude brings life and joy in the midst of all situations. Gratitude trains us to be satisfied with our circumstances and appreciate those who care for us.

Saint Paul discovered this peace

when responding to those who had pity on him.

*“Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me.”* (Philippians 4:11-13 ESV)

There are many requirements placed on each of us that seems to limit our freedom, but we all have the ability to respond to our circumstances with gratitude. Developing a posture of gratitude takes consistent practice over time. I personally begin my day by pondering the many reasons why I am grateful. I know people who have developed gratitude by maintaining a gratitude journal in which they log the kind acts of others and the seemingly random events that benefited them. Others have made a habit of spending a few minutes, such as on a car ride to physical training to list a few reasons to be grateful. Even the Army's Master Resiliency Training teaches to “Hunt the Good Stuff.” These techniques help people gain and maintain a spirit of thanksgiving year-round.

The benefits of developing a posture of gratitude must not be neglected. The perennial spirit of thanksgiving helps us to weather the trials of life, experience joys otherwise overlooked, find contentment apart from the rat-race of life, develop stronger trust and deeper relationships, and experience better emotional and physical health. Gratitude also breeds generosity and compassion in many people. Let us seek hearts and lives filled with the joy of Thanksgiving everyday.

*Editor's note: This article was originally published on Nov. 11, 2018.*

## Holiday Religious Services

Fort Stewart and Hunter Army Airfield

### Roman Catholic Services, Main Post Chapel, Fort Stewart

**Nov. 29:** 9 a.m. - First Sunday of Advent

**Dec. 6:** 9 a.m. - Second Sunday of Advent

**Dec. 8:** 6 p.m. - HDO: Solemnity of the Immaculate Conception of the Blessed Virgin Mary, Patronal Feast of the United States of America.

**Dec. 13:** 9 a.m. - Third Sunday of Advent

**Dec. 20:** 9 a.m. - Fourth Sunday of Advent

**Dec. 24:** 9 p.m. - Christmas Vigil Mass

**Dec. 25:** 10 a.m. - HDO: Solemnity of the Nativity of the Lord

**Jan. 1:** 10 a.m. - HDO: Solemnity of Mary, the Holy Mother of God

### Greening of the Chapel

**Dec. 1:** 5:30 p.m. - Decorate the Fort Stewart Main Post Chapel for the Holidays

### Combined Protestant Services, Main Post Chapel, Fort Stewart

**Dec. 24:** 6 p.m. - Christmas Eve Candle Light Service

### Traditional Protestant, Marne Chapel, Fort Stewart

**Nov. 29:** 9 a.m. - First Sunday of Advent

**Dec. 6:** 9 a.m. - Second Sunday of Advent

**Dec. 13:** 9 a.m. - Third Sunday of Advent

**Dec. 20:** 9 a.m. - Fourth Sunday of Advent

### Hunter Chapel, Hunter Army Airfield

**Dec. 24:** 6 p.m. - Christmas Eve Candle Light Service

POC: CH (MAJ) Kevin Daul: kevin.m.dual.mil@mail.mil, 767-8778

**THE INSTALLATION  
HOLIDAY HOURS ARE  
NOW ONLINE!**

**HOME.ARMY.MIL/STEWART**



# PANTHERS RETURN HOME



Courtesy photos

*Above: The first wave of Soldiers from 2nd Battalion, 69th Armored Regiment, 2nd Armored Brigade Combat Team, 3rd Infantry Division disembark a plane, Nov. 5 on Hunter Army Airfield. The Panther Battalion was deployed to Pabrade Training Area, Lithuania, where they supported Operation Atlantic Resolve efforts.*

*Left: Soldiers from 2nd Bn., 69th AR, 2nd ABCT, 3rd ID, perform rail-head operations Nov. 5 at the Smelte Container Terminal in Klaipeda, Lithuania. The Panther Battalion assisted with the transition of the incoming unit while finalizing their redeployment efforts.*

*Below: A Smelte Container terminal employee secures Bradley fighting vehicles to a rail car during railhead operations Nov. 5 in Klaipeda, Lithuania.*

