



HIGH DESERT WARRIOR

Volume 6, Number 29

www.irwin.army.mil

July 22, 2010

Published in the interest of the National Training Center and Fort Irwin community since 1981

DRM Closure Dates

The Directorate of Resource Management Office will close on the following days due to General Fund Enterprise Business System (GFEB) Training on July 26 and Aug. 13.

Centralized Enrollment Hours

Centralized Enrollment will be from 8:30-11:30 a.m., July 21 through tomorrow at Tiefort View Intermediate School for students not currently enrolled in school at Fort Irwin. For more information, contact the school liaison officer at 380-6880.

Personal ID Training

Personal Identifiable Information Training, mandatory for all service members, DoD employees, and contractor personnel, will take place on today/July 22, Aug. 5, and Sept. 2 in Bldg. 552, Avenue G, from 8:30-10:30 a.m. For more information, call 380-4540/5337.

Audie Murphy Induction

Command Sgt. Maj. Victor Martinez, post command sergeant major, invites everyone to the Sgt. Audie Murphy Club Induction Ceremony at Reggie's, 1:30 p.m., July 27. Guest speaker is Command Sgt. Maj. Nathan Buckner, 916th Support Brigade command sergeant major, who is also a member of the prestigious club. Attire is duty uniform for military and casual attire for civilians. Prior to the induction, Audie Murphy Club and Sgt. Morales members are encouraged to attend their monthly meeting from 12 noon to 1 p.m. For more information, contact Sgt. 1st Class Catherine Harris, 380-8950 or Sgt. 1st Class Crudup at 380-3319.

Civilian Job Openings

The Fort Irwin Civilian Personnel Advisory Center (CPAC) has been piloting a new software program and because of this, some Fort Irwin job vacancy announcements are ONLY posted on www.usajobs.gov and not on the CPOL Web site. CPAC is using USAJOBS to announce the following types of positions: 0203-Human Resources Assistance, 0346-Logistics Management, 0301-Miscellaneous Administration and Program Series, 0560-Budget Analysis, 0671-Health System Specialists, 0679 Medical Support Assistance, 2005 Supply Clerical and Technician Series, and 2210 Information Technology Management. CPAC currently has several announcements on the USA Jobs Web site. These announcements can be located by searching by title and/or by searching Fort Irwin or San Bernardino County as the locations. For more information, contact Brian Bennett at brian.j.bennett1@us.army.mil. Share the news on using USAJOBS.

High Five Tour makes pit stop at NTC



SGT. GIANCARLO CASEM

John Folsom, a retired Marine colonel, greets Soldiers from 1st Squadron, 11th Armored Cavalry Regiment, during his stop at the National Training Center on Fort Irwin, Calif., July 12. As part of his High Five Tour, Folsom is driving across the country giving 'high fives' to thank Americans for their support of the military. See story and more photos on page 3.

Fort Irwin Garrison's Standard Operating Procedures online

BY CHARLES MELTON

Garrison Command
Community Information Manager

The days of relying on desert lore to navigate your way through the process of getting a CAC Card or reserving a post facility are evaporating quicker than a rain drop on a High Desert summer day.

For the past two months the Fort Irwin Garrison Commander's Office staff has been uploading Standard Operating Procedures (SOPs) from across the Garrison

onto both the Fort Irwin Web site, www.irwin.army.mil, and the Fort Irwin SharePoint Portal, which can only be accessed by CAC-card holders.

The impetus behind the project has been Fort Irwin garrison commander, Col. James Chevallier's desire to overcome the installation's reliance on "desert lore" to accomplish common tasks such as fund raising on-post, moving household goods or registering children at the post's youth centers.

Those SOPs, which pertain to the general public, are posted on the Fort Irwin Web site,

while those affecting the Fort Irwin workforce are on the SharePoint site.

Examples of SOPs on the Fort Irwin Web site include obtaining a dig permit, commercial solicitation and enrolling children in school, while examples of SOPs only on the Fort Irwin SharePoint Portal include Installation Status Reports, purchasing IT equipment and reserving the Garrison Conference Room.

One of the many benefits of the project is that all newcomers to Fort Irwin have easy ac-

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JULY/AUG. 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				22	23	24
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8	9	10	11	12	13	14
15	16	17	18	19	20	21

ROTATIONAL SOLDIER USE OF POST FACILITIES

■ HEAVY USE ■ MEDIUM USE ■ MINIMAL USE

We salute, honor



476

**FORT IRWIN SOLDIERS
CURRENTLY DEPLOYED**

Source: Directorate of Human Resources
National Training Center and Fort Irwin

Double amputee takes charge of ...

Wounded Warrior Program

BY ALEXANDRA HEMMERLY-BROWN
Army News Service

WASHINGTON — The U.S. Army Wounded Warrior Program gained a new director Tuesday — one who has a lot in common with those he'll be leading.

Lt. Col. Gregory D. Gadson, a West Point graduate, lost both of his legs to a roadside bomb in Iraq in 2007. Despite nearly losing his life, Gadson went on to complete two graduate degrees and recovered with assistance from the Wounded Warrior Program, which he is now responsible for.

The Wounded Warrior Program, nicknamed AW2, is the official Army program that assists and advocates for the most severely wounded, ill, and injured Soldiers, veterans, and their families.

"It's all about the Army making good on its promise to never leave a fallen comrade," said Brig. Gen. Gary H. Cheek, command-

ing general for the Warrior Transition Command, which AW2 falls under.

Gadson replaced AW2 director Col. James S. Rice, who spent three years at the post. Jokingly, Rice handed Gadson his Blackberry smartphone during the handover ceremony.

"I think having been wounded and having grown up in the AW2 program, it's given me a certain lens that not many have had ... I have that patient perspective and hopefully I can communicate those experiences to make the organization better," Gadson said.

Gadson made a splash in national media in 2008 when the New York Giants adopted him as a good-luck charm and source of inspiration, taking them all the way

to the Super Bowl.

Gadson, who played football at West Point with Giants wide-receiver coach Mike Sullivan, received a visit from Sullivan during his recovery at Walter Reed Army Medical

Center. When asked if there was anything he needed, Gadson asked Sullivan to see the Giants play when they came to Washington. When the Giants came to town, Sullivan took him up on his request and asked Gadson to say a few words to the team before the game. They won, breaking the Giants out of a losing streak.

Gadson continued to attend Giants games and motivate the players all the way up to the Super Bowl, which Gadson and his family were invited to attend. The Giants called him their inspiration, but Gadson said he was the one who felt honored to be included as part of the Giants' team.

Since then, Gadson has also been recognized for being the first person to receive the latest version of battery-powered "bionic" prosthetic knees, called Power Knees.

Cheek, who had advocated for Gadson to replace Rice in the position, was emotional during the change-of-authority ceremony.

"Wow, what a day for the Army," Cheek said choking back tears, "because the Army Wounded Warrior Program brings home today one of their own. What a great message that sends ... it tells our wounded warriors that 'if it's possible for him, it's possible for me.'"

Gadson said he is honored and humbled to be selected, yet maintains that he plays a small part in a bigger picture.

"This is not about me, this is an opportunity to continue to serve those who have made huge sacrifices for our nation, and we owe that to them," Gadson said. "If I allow myself to think about it, I can become emotional, because I know where I was three years ago, and this certainly wasn't on the horizon at that point for me."



Lt. Col. Gregory D. Gadson, a West Point graduate, lost both of his legs to a roadside bomb in Iraq in 2007. Despite nearly losing his life, Gadson went on to complete two graduate degrees and recovered with assistance from the Wounded Warrior Program, which he is now responsible for.

Pentagon's cost savings

Acquisition reform plays key role

BY LISA DANIEL
American Forces Press Service

WASHINGTON — The Defense Department has the opportunity to save billions of taxpayer dollars through acquisitions reform, but only if it grows its workforce with the right federal workers in place to oversee contracts, a senior Pentagon official said today.

"There is a significant opportunity to save billions of dollars, but only if we have a well-trained and sufficient workforce," Shay Assad, the acting director of the department's procurement and acquisition policy, said during a Senate Budget Committee hearing.

Assad called acquisitions reform and improved efficiencies a top priority of Defense Secretary

Robert M. Gates, with a goal of \$100 billion in savings over five years, starting in fiscal 2012. He said the secretary ordered his staff to consider two questions with regard to old-style contracting procedures: Is this respectful of the American taxpayer at a time of economic and fiscal duress? And, is this the best use of limited dollars?

With cost savings derived from better efficiencies, Assad said, department officials hope to attain 2 to 3 percent net growth in warfighting capabilities without a mirrored budget increase.

Earlier this month, Ashton Carter, undersecretary of defense for logistics, "directed all echelons of the department to take a hard look" at ways to cut costs, Assad said. Carter's directive, he

said, "really was about increasing the buying power of the department and in getting a better deal for taxpayers."

"We need to examine not only what we acquiring, but how we are acquiring it," Assad added.

The department procured three million contracts in fiscal 2009, amounting to \$375 billion, Assad said. It spent \$372 billion in contracts last year, he said. About 53 percent of those costs, he said, go to contracted services, while 47 percent go to products, such as equipment.

Overall, the entire federal government, including defense, spent \$560 billion in fiscal 2009, according to Daniel I. Gordon, administrator of federal procurement policy in the

White House's Office of Management and Budget, who testified alongside Assad. That compares to \$535 billion the government spent in fiscal 2008, Gordon said, adding that this year's amount would have been much larger without major cost-cutting initiatives.

Agencies are now pooling their purchases, using more fixed-price contracts, having Internet-based "reverse auctions" for contracts, and paying more attention to contract management, Gordon said. The result, he said, is a drop in annual contract growth that averaged 12 percent every year between 2001 and 2008, to an average of 4 percent since then.

During that time, Gordon
See Savings, page 12

WHO WE ARE

Brig. Gen. Robert B. Abrams
Commanding General
Command Sgt. Maj. Victor Martinez
Post CSM

Col. Jim Chevallier
Garrison Commander
Command Sgt. Maj. Mark A. Harvey
Garrison CSM

Chicpaul Becerra, Acting NTC PAO Director

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HIGH DESERT WARRIOR

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SUBMISSIONS

Story and photos may be sent to the High Desert Warrior at least two weeks prior to the desired publication date. Items submitted to the High Desert Warrior are always subject to editing. Submissions should include subject's names, ranks and work affiliation (unit or organization) of everyone in the photograph. Group photos of four or more people don't require individual names. Submissions may be e-mailed to the editor at chicpaul.becerra@us.army.mil.

NEWSPAPER AWARDS

2nd Place, 2009 U.S. Army IMCOM-West
Newspaper Competition — Tabloid Category

Honorable Mention, 2008 Dept. of the Army

Maj. Gen. Keith L. Ware
Newspaper Competition — Tabloid category

3rd Place, 2007 U.S. Army IMCOM-West
Newspaper Competition — Tabloid Category

SEND US FEEDBACK

Send your questions, suggestions, or problems to:
1. Your chain of command
2. ICE (Interactive Customer Evaluation)
3. CG's Hotline: 380-5463

Thanking America's support across country

STORY AND PHOTOS BY
SGT. GIANCARLO CASEM

11th ACR Public Affairs

The Wounded Warriors Family Support's High Five Tour made a brief stop at the National Training Center on Fort Irwin, Calif., July 12.

The High Five Tour was spearheaded by John Folsom, a retired Marine colonel. Folsom, driving a custom-painted Shelby Mustang Cobra, has logged thousands of miles and given countless high-fives.

"As a veteran of multiple combat deployments as a Marine, I wanted to personally thank and 'high five' as many of my fellow Americans as I can during my three-week 10,000-mile tour of our great country," Folsom said.

Folsom started his trip in Nebraska and headed east and hit major metropolitan cities such as Chicago, New York, Boston and Washington, D.C. Folsom said the object of giving high fives is to personally thank everyday people for their continued support.

"We want to thank Americans for supporting its military families. The outpouring support and devotion to our military over the past seven years is nothing but outstanding," he said. "We want to make Americans aware that Wounded Warriors Family Support is ready to support and serve our military families."

The Wounded Warriors Family Support is a charity organization whose aim is to provide support to Families of service members who have been killed or injured. The organization provides support financially and is also able to send families to retreats and resorts to help heal some of the emotional and psychological scars.

During Folsom's stop at the NTC, he was greeted by Command Sgt. Maj. Martin Wilcox, 11th Armored Cavalry Regiment regimental command sergeant major. Wilcox introduced Folsom to a few Soldiers who were given high fives. Folsom thanked the Blackhorse Troopers for their service as well as their Families' sacrifices.

The Soldiers then signed Folsom's car, which is adorned with signatures from people around the country. After the trip, the car will be auctioned and the proceeds will go to service members' Families in need of support.

The car has helped Folsom garner attention to his cause. Sgt. Aaron Hernandez, Headquarters and Headquarters Troop, 1st Squadron, 11th ACR, said it was the car that originally caught his attention.

"I'm not much of a Ford guy," he said. "But I always wanted to drive a Shelby."

Hernandez, a native of Rancho Cucamonga, Calif., added that he appreciated Folsom's efforts.

"It's a good morale booster to see someone campaigning for the wounded warriors," Hernandez said.



Command Sgt. Maj. Martin Wilcox, the 11th Armored Cavalry Regiment regimental command sergeant major, signs the Wounded Warriors Family Support car as retired Marine Col. John Folsom looks on, July 12. Folsom stopped at Fort Irwin during his High Five Tour to meet with and thank Soldiers for their hard work. At the end of his trip, the car will be auctioned and the proceeds will help support wounded service members' families.



The car of John Folsom, a retired Marine colonel, is adorned with a newly-affixed Blackhorse sticker, July 12. Folsom stopped at Fort Irwin during his High Five Tour to meet with and thank Soldiers for their hard work. Soldiers signed the car which, at the end of his trip, will be auctioned and the proceeds will help support wounded service members' families.

Online, from page 1

cess to answers to any questions they might have about Fort Irwin Garrison procedures and policies before they arrive.

As SOPs change and new ones are developed, they are being added to both sites as the project continues to evolve to the changes on the installation.

Other information channels, including Facebook, Twitter and the InFocus e-mail system, are available to the public at Fort Irwin.

The link to the Fort Irwin/NTC Facebook page is <http://www.facebook.com/?ref=home#!/pages/Fort-IrwinNational-Training-Center/186307408734>.

The link to the Fort Irwin/NTC Twitter page is http://twitter.com/NTC_UPDATE.

To sign up for the InFocus e-mail system, simply go to the Fort Irwin Web site, www.irwin.army.mil, click on the InFocus link on the left side of the page, and on the InFocus log in page, click on

the Create An Account link to create your InFocus account.

Once your account is created and you have successfully logged in, click on the My Subscriptions link and select which groups you would like to receive updates about their activities.

Crime Watch

Information provided by
Provost Marshal Office

Verbal threats (out of state). Victim reported that he had received verbal threats, over the phone from his ex-wife.

Traffic accident — non injury. Location: burger king drive thru. Two vehicles were involved in a minor traffic accident at the Burger King drive thru.

Health and welfare check. Location: Cactus Cove housing. Police investigated the report of a family disturbance and checked the welfare of the residents.

Found UXO. Location: Bldg. ####. An HVAC mechanic reported the discovery of a grenade simulator in the ceiling, near the air conditioning ducts.

911 hang up. Location: Sandy Basin housing. Police responded to the report of a 911 hang up. Investigation disclosed that a toddler had dialed 911.

Missing person. Location: Sandy Basin housing. Police investigated the report of a missing 17-year-old.

Child endangerment. Location: Coyote Springs housing. Police were notified that a young child was found wandering the street.

Adopt-a-pet



Name: Sage
Breed: Domestic Short Hair
Gender: Female
Age: 3-months-old

Sage is available for adoption at the Fort Irwin Vet's Clinic. Call 380-3025 for more information. You can also check out the Fort Irwin section on www.petfinder.com

News Briefs

Radio Broadcast Streaming

Public Affairs Office is streaming radio broadcast on KNTC 88.3fm. The link can be accessed at the Fort Irwin home Web page. Listeners can click on the KNTC logo, located at the top right of the home page, which will open the media player and play the broadcast. If anyone has questions about the stream, call 380-3450.

Legal Assistance Appointments

The Legal Assistance Office has changed the way we schedule appointments in order to more efficiently serve the Fort Irwin Community. Individuals no longer need to wait until Friday at 1 p.m. to schedule an appointment. Appointments may now be scheduled anytime, either in person or over the phone. Legal Assistance services are available for active duty, active Guard Reserve, mobilized service members, retirees and their dependents. Prospective clients must have a valid military identification card. Screening for eligibility of legal services will take place at the time the appointment is scheduled. New clients, who are not able to make an appointment on-the-spot, will be placed on a wait list and contacted as soon as an appointment is available. Individuals with emergency legal issues, as defined by our standing office policy, will be scheduled for an appointment as soon as possible. Your feedback on this new scheduling process is desired and encouraged. To schedule an appointment, stop by the Legal Assistance Office located in Bldg. 288, across from the Main Post Chapel on Barstow Road, or call 380-5321.

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Worship Services/Chapel Activities

CATHOLIC

Holy Mass	Sunday, 9 a.m.	Center Chapel
Daily Mass	M, T, Th, & F 11:45 a.m.	Center Chapel
Rosary	20 Min before Mass	Center Chapel
Confession	30 Min before Mass	Center Chapel
Choir Rehearsal	Wednesday, 6:30 p.m.	Center Chapel
LifeTeen	Thursday, 6:30 p.m.	Center Chapel
EDGE	Sunday, 10:15 a.m.	Center Chapel

PROTESTANT

Liturgical	Sunday, 9 a.m.	Blackhorse Chapel
Sunday School	Sunday, 9:30 a.m.	Center Chapel
Chapel NeXt	Sunday, 11 a.m.	Center Chapel
Traditional (LAR)	Sunday, 11 a.m.	Center Chapel
PYOC (Youth)	Monday, 6 p.m.	Center Chapel
PWOC, Morning	Tuesday, 9 a.m.	Center Chapel
PWOC Evening	Tuesday, 6 p.m.	Center Chapel

GOSPEL

Gospel Service	Sunday, 11 a.m.	Blackhorse Chapel
Prayer Warriors	Wednesday, 6 p.m.	Blackhorse Chapel
Children's Church &		
Choir Practice	Thursday, 6 p.m.	Blackhorse Chapel
Adult Bible Study	Wednesday, 7 p.m.	Blackhorse Chapel
Prayer Men Of Integrity	Women of Excellence	
2nd Wednesday of the Month,	7 p.m.	Blackhorse Chapel

LATTER DAY SAINTS

Sacrament Meeting	Sunday, 1 pm.	Blackhorse Chapel
Sunday School	Sunday, 2:15 p.m.	Center Chapel
Priesthood/RSE	Sunday, 3:10 p.m.	CFLC/Bldg 317

MUSLIM

Prayer	Friday, 12 p.m.	Bldg 317
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JEWISH

Jewish Service	Friday, 6 p.m.	Black Horse Chapel
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CHAPEL ACTIVITIES

AWANA		
(3 yrs.-6th grade)	Wednesday, 4 p.m.	Center Chapel
HS Bible Study	Wednesday, 6 p.m.	Bldg 320
MOPS	2nd and 4th Wed, 9 a.m.	Center Chapel
Note:	For more information on chapel activities, contact the Center Chapel staff at 380-3562 or the Blackhorse Chapel staff at 380-4088.	

AWANA:	Approved Workmen Are Not Ashamed	(2 Tim 2:15)
PWOC:	Protestant Women of the Chapel	
PYOC:	Protestant Youth of the Chapel	
CFLC:	Chaplain Family Life Center, Bldg 320	
MOPS:	Mothers of Pre-Schoolers, Bldg 317	
	Childcare services for ages 5-years-old and under are provided free of charge for all scheduled chapel services.	

Chapel Activities Summer Schedule

June: No extra-activities scheduled for June
July: 29 — Army Chaplaincy 235th Anniversary
 Recurring Worship Services Center Chapel
Friday: Noon — Islamic Prayer Service (Center Chapel (317))
Sunday: 9 a.m. — Catholic Mass (Rosary Before) Sanctuary)
 9:30 a.m. — Protestant Sunday school
 10:15 a.m. — The EDGE Catholic Middle School
 11 a.m. — Chapel Next, Contemporary Worship Service (Sanctuary)
 11 a.m. — Protestant Traditional Service (Activity Room)
 (Canceled during block leave)
 2:15 p.m. — Latter Day Saints Religious Education (Activity Room)
 3:15 p.m. — Latter Day Saints- Priesthood & Relief Society (Bldg 317)
 Recurring Worship Services Blackhorse Chapel
Sunday: 9 a.m. — Protestant Liturgical Service (Canceled during block leave)
 11 a.m. — Gospel Service (Canceled during block leave)
 1 p.m. — Church of Jesus Christ of Latter Day Saints Worship Service
Wednesday: 6 p.m. — Intercessory Prayer; 1900 — Bible study
 Center Chapel Recurring Weekday Programs & Services
 Daily Catholic Mass — Mon., Tues., Thur., Fri. (11:45 a.m.)
 PYOC — Protestant Youth, Middle School Mon. (6-7:30 p.m.)
 PYOC — Protestant Youth High School Mon. (7-9 p.m.)
 PWOC — Protestant Women of Chapel Tues. (9 a.m.) and (6 p.m.)
 AWANA — Wed. (4 p.m.)
 MOPS — Mothers of Preschoolers 2nd & 4th Wed. (9 a.m.)
 LifeTeen — Catholic High School Students Mon. (6:30 p.m.)
 Operation Helping Hands Food Pantry —
 Monday-Friday 8 a.m.-4 p.m. closed on main Holidays
 For additional information, call Center Chapel at 380-3562



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Community Happenings

Community Information Line

For information about places to eat, Commissary and Post Exchange hours or other major tenant phone numbers on Fort Irwin, check out the Fort Irwin Community Information Line at 380-8300.

Cub Scout Party

Come join Cub Scout Pack 67's Annual Back to School Pool Party at the Oasis Pool, 7 p.m., Aug. 3. The scouts will hold their private ice cream party/swim at 8 a.m. Anyone interested in becoming a Cub Scout is welcome to join. If you have questions, contact Marianne Cowen at 386-0277 or e-mail us at FtIrwinCubScouts@gmail.com.

Elmo at Fort Irwin

The Sesame Street/USO Experience for Military Families will perform at Fort Irwin on Aug. 18 and 19. The free traveling USO show, which is exclusively for military families, is back in the U.S. after an around the world tour. Audiences will experience a 25-minute character performance, which includes Elmo and Friends, and receive promotional items and outreach materials. The Sesame Street Workshop/USO partnership debuted its first show in July 2008. It has traveled more than 50,000 miles to 95 bases in nine countries. More than 150,000 service members and families have been entertained during 237 shows.

Board Game Day

Play Flames of War, Tide of Iron, or Warhammer 40k with other players at the Ingalls Recreation Center Saturday, 12:45-7:45 p.m. Don't miss this opportunity to meet and play with like-minded gamers. Bring your games with you or just drop on by to see what is going on. Minors attending must be accompanied by a parent or guardian. For more information, email at <http://www.boardgamegeek.com/thread/535605>.

Raging Waters Trip

Cool off this summer with the EDGE! program as we take a trip to San Dimas Raging Waters. Trip is tomorrow and is open to youth in grades 6-12. Cost is just \$35 and includes admission, 1 meal voucher and all you can drink fountain drinks. Register at Parent Central, Bldg. 1323. For more information, call 380-5816.

GSAB FRG Events

Following are upcoming General Support Aviation Battalion, Family Readiness Group events:

HHD, GSAB

HHD FRG meeting has not been scheduled as of yet. If you should have any questions, contact Ms. Hunter at 380-7781 or email: hhdfrg507@gmail.com.

AAD, GSAB

July 27: Come join us for a Taco Salad Dinner at the unit! Bring your favorite taco salad topping. Help provide suggestions on the direction you would like the FRG to go for the next year. AAD FRG meeting; Time: 6 p.m. Tuesday, Location: Bldg. 154. If you should have any questions, contact Juli Cummings at (254) 630-2596 or email: j_kindseth@hotmail.com.

AVCO, GSAB

AVCO FRG meeting has not been scheduled as of yet. If you should have any questions, contact Ms. Hunter at 380-7781 or email: avcofrg@gmail.com.

1/ 1 ACR FRG events

Following are upcoming 1st Squadron, 11th Armored Cavalry Regiment, Family Readiness Group events:

July 26: A Troop, FRG Meeting, 5 p.m., Squadron Conference Room

July 27: C Troop, FRG Meeting, 4 p.m., Squadron Conference Room,

More information: Joan Morschel at 380-5749 or joan.morschel@us.army.mil.

For more information go to www.irwin.army.mil

Breastfeeding Support Group

Breastfeeding is an unequalled way of providing ideal food for the healthy growth and development of infants. For this reason, the Weed Army Community Hospital OB/GYN Clinic and Mother Baby Unit are committed to support and assist our breastfeeding mothers. Breastfeeding Orientation is offered every last Monday of each month from 9-11 a.m. In this class, staff teaches basic breastfeeding techniques to help you prepare for your breastfeeding baby. As you continue breastfeeding, the Breastfeeding Support Group is there to provide you with ongoing assistance and support. BFSG is held every Wednesday 1-2 p.m. Classes are held at the Mary E. Walker Clinic conference room. For more information, call 380-0613.

At the Movies

Thursday, July 22

7 p.m. Closed

Friday, July 23

7 p.m. The Karate Kid (PG)

7 p.m. Marmaduke (PG)

9:30 p.m. Splice (R)

Saturday, July 24

7 p.m. The Karate Kid (PG)

7 p.m. Marmaduke (PG)

9:30 p.m. Splice (R)

Sunday, July 25

4 p.m. Marmaduke (PG)

7 p.m. Jonah Hex (PG-13)

7 p.m. Killers (PG-13)

Monday, July 26

7 p.m. Killers (PG-13)

7 p.m. Jonah Hex (PG-13)

Tuesday, July 27

7 p.m. Closed

Wednesday, July 28

7 p.m. Closed

This schedule is subject to change at the last minute to accommodate changes in movies and free showings. ID cards are required from all personnel not in uniform when purchasing movie tickets. For more information and movie updates, call 380-3490.

Tennis Tournament

A Tennis Tournament will be held at the tennis courts, across from Ingalls Recreation Center, Saturday. This event is open to all Fort Irwin/ NTC and surrounding area personnel. All interested parties may obtain an entry form at the Fitness Center front counter. All entry forms must be turned-in at the Fitness Center no later than July 21. For more information, call 380-3457.

Relationship Workshops

The Chaplain Family Life Center, located in Bldg. 320 — behind the Center Chapel, will host a series of mini-workshops on a variety of relationship issues, 11:45 a.m.-12:45 p.m., Tuesdays, beginning July 6 through Aug. 17.

Relationship Seminar

A video-based seminar by Dr. Gary Smalley, and hosted by the Family Life Chaplain, will be held at the Center Chapel, Bldg. 315, 9 a.m. to 4 p.m., July 28. The seminar is supported by Military Family Life Consultants. The sessions include Five Levels of Intimate Communication Session, Your Mate's Personality Can Improve Your Marriage Session, Honor The Single Greatest Skill for a Satisfying Marriage Session, LUV Talk The Number One Communication Method Session, and Love. Discovering and Meeting the Most Important Relational Needs of Your Mate. Lunch on your own from 12 to 1 p.m. Child care is available with RSVP (call 380-4664 by noon July 27). For more information, call 380-4664.

Shine in the Light

Protestant Women of the Chapel will host the Fall Kick Off's Shine in the Light of His Glory, featuring Christian comedian

Carol Simpson, at the Center Chapel, 9 a.m. and 6 p.m., Aug. 10. Food, childcare, and friendships will be provided. For more information, email pwoc.ftirwin@gmail.com.

Irwin Resource Expo

Learn about the various agencies on Post and what they can do for you on Aug. 4, 12 noon-4 p.m., at Ingalls Recreation Center and Freedom Fitness Center.

Race Tickets Available

NASCAR Tickets for the Pepsi400 are now available at the Leisure Travel Services, in Bldg. 976. Tickets are priced at approximately 50 percent off the gate price. You can also get pre-race pit passes at an even bigger discount. The Pepsi 400 will be held at Fontana, Oct 10. If you don't want to drive, let us do the driving for you. Sign up to catch a ride with Leisure Travel Services. For more information stop by Bldg. 976 or call 380-4767.

Car Design Competition

Military and Army civilian employees are invited to a car design competition. For more information, rules and guidelines, go to Battle of the Builds Web site <http://battleofthebuilds.com/> or call 380-9275. Win bragging rights for Fort Irwin and do the installation proud.

Pet Grooming Available

Sgt Fuzzbuddy's Kennel does pet grooming on Tuesdays and Wednesdays. It's convenient and very affordable. Check them out.

Shockwave's July Lineup

Unplugged: Check out Singer/Song writer Caleb Fritel. Shockwave will be featuring acoustic nights every Friday during the month of July, from 5-8 p.m. Enjoy great music and appetizers. Visit fortirwinfmwr.com for a sound check of Unplugged Nights. Call 380-8646 for more details. Fridays in July have just gotten better, only at Shockwave.

Dueling Pianos: Dueling Pianos is returning to Shockwave tomorrow. If you missed their last show at Shockwave, here is your chance. Show starts at 8 p.m. Opening for Dueling Pianos is Unplugged, so arrive early and listen to singer/songwriter Caleb Fritel boogie on the acoustic guitar from 5-8 p.m. Get your tickets early at Shockwave starting July 5, tickets are just \$10 each. Make sure you join FMWR Facebook page for Dueling Piano ticket giveaways!

Thrash Metal: Shockwave presents Damage Inc., Southern California's Metallica Tribute. Check out the band on Saturday, 8 p.m. Remember songs like Enter Sandman & Master of Puppets? Revisit Metallica's greatest songs while chilling at Shockwave.

Youth and School Activities

Middle School Teen Center Summer Camps 9 a.m.-1 p.m. Bldg. 1313

Week 9: July 19-July 23: Project Runway (Learn to create fashion with clothes from home. Off-post field trip)

Week 10: July 26 – July 30: Youth Leadership (Pine Summit Day, Barstow Vet's Home, Post Beautification, and Leadership Workshop)

MST 1-6 p.m.

Learn to play spades, badminton, tie die pillow cases, painting, patriotic wreath, guitar tournament, dodge ball, and much more.

Cooking Club: Banana Pudding, Chicken Salad, Peanut butter cornflake cookies, Cinnamon toasties

Hours of Operation:

Middle School: Mon.-Fri. until 6 p.m.

Teen Center:

Friday: 6-11 p.m.

Saturday: 3:30-11 p.m.

Sundays and Holidays: Closed

More information: Kristin Morgan at 380-3732.

Send Community Happenings briefs at least two weeks in advance of event to the editor, chicpaul.becerra@us.army.mil



Fort Irwin Community Calendar

Thu., July 22

Safeguarding Personal
Information Training
8:30-10:30 a.m.
Bldg. 552, Avenue G
380-4540/5337

Fri., July 23

Dueling Pianos
8 p.m.
Shock Wave
380-8646

Tue., July 27

GSAB-AAD FRG Meeting
6 p.m.
Bldg. 154
Ms. Hunter
380-7781

Wed., July 28

Secrets To Lasting Love
Seminar

9 a.m.-4 p.m.

Center Chapel, Bldg. 315
380-4664

Sat., July 31

Rock Climbing/
Bouldering Trip
6:30 a.m.
Joshua Tree National Park
Bldg. 976
380-4327

Tue., Aug. 3

Cub Scout Pack 67
Pool Party
7 p.m.
Oasis Pool
Marianne Cowen
386-0277

Thu., Aug. 5

Safeguarding Personal
Information

8:30-10:30 a.m.

Bldg. 552, Avenue G
380-4540/5337

Tue., Aug. 10

PWOC Fall Kick Off
9 a.m.-6 p.m.
Center Chapel
Bldg. 217
380-3562



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The image features a graphic design with two words. The word "STRANGER" is written in a bold, orange, blocky font with thick black outlines. Below it, the word "DANGER" is written in a blue, brush-stroke style font, appearing more dynamic and hand-painted. The background is plain white.

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New Army health program ...

Bringing holistic approach to health, wellness

BY JESSIE MAXWELL

Army News Service

WASHINGTON — Commanders charged with addressing the physical, emotional and spiritual needs of Soldiers and families have a new “tool” that focuses all available installation resources on those needs.

The Health Promotion Coordinator Program provides trained professionals to synchronize installation health and wellness programs. The coordinators are assigned to garrison support staffs, but are hired and trained by the U.S. Army Public Health Command (Provisional).

“Our goals are to make the community aware of health and wellness resources and — through installation Community Health Program Councils — to ensure that we all work together on issues such as suicide, substance abuse, financial problems, and marital problems,” said Jo Huber, health promotion coordinator at Fort Campbell, Ky.

At Fort Campbell, this holistic approach to making services easily available and mutually supportive began in June 2008. Currently there are seven HPCs at continental United States installations (the others are at Fort Lewis, Wash.; Fort Carson, Colo.; Fort Bragg, N.C.; Fort Bliss, Texas; Fort Hood, Texas; and Fort Drum, N.Y.), and four more are being recruited. Huber said the hope is to have HPCs at all Forces Command installations by October of this year.

“The program provides commanders with a blueprint for integrating services,” Huber explained. “It allows the leadership to maximize their strategic capabilities to drive their public health initiatives for a more mission-ready force.”

In plain language, “maximizing” can mean identifying gaps in services, while reducing stove-piping and duplication of effort, as well as harnessing what already exists. The HPC program also stimulates communication and teamwork among the installation experts who provide Soldier and family services.

That was Fort Campbell’s experience.

“We found once this process was in place, that it reduced the stove-piping and duplication of effort among different chains of command, Huber said. “At Fort Campbell, we have a very cohesive community with all (the groups) working very closely together.”

Huber said flow of communication is one of the biggest benefits that has come from the Community Health Promotion Council.

“The flow of communication of all the programs we have has definitely helped our tactical commanders understand how those programs fit together,” Huber said.

She said this understanding allows the programs to help the Soldiers and their families more effectively, and for subject-matter experts to collaborate and better use available resources.

Huber and her HPC colleagues also facilitate working groups associated with the Community Health Promotion Council. At Fort Campbell, the working groups Huber facilitates are incorporated into the Comprehensive Soldier Fitness

Program, which targets overall well-being and resiliency. Two working groups, the Suicide Prevention Task Force and Installation Prevention Team, were in motion before the Community Health Promotion Council was created.

“What we have done here is invited those two working groups to be a part of the council, where they actually brief out their initiatives (on a monthly basis) to the community health promotion executives,” said Huber.

The health promotion executives are the garrison commander, medical commander and chief of staff. The teams also brief to senior commanders on a quarterly basis.

The Community Health Promotion Councils themselves are part of the Army’s Health Promotion program, an Army G-1 proponentcy.

The councils were first launched by U.S. Army Europe in 1997, in an effort to pull together existing community programs that work with emotional, spiritual and family wellness groups, according to Walter Morales, Army Suicide Prevention Program manager.

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Fort Irwin's rock-steady monument

Painted Rocks area preserves military history

BY CANDICE JAMOLES AND SGT. GIANCARLO CASEM

NTC Protocol Officer

11th Armored Cavalry Regiment Public Affairs, respectively

Although rock painting dates back to prehistoric times with cave paintings, the military has kept the practice alive and well.

The tradition of rock painting among military units continues at the National Training Center at the colorful, larger-than-life structure known as Painted Rocks on Fort Irwin Road, just outside the gate of this High Desert military installation. Painted Rocks has become one of the NTC's most noticeable landmarks, easily identifiable as an outcrop of boulders piled on top of each other. Most rocks, if not all, have their granite faces painted over with unit insignias, crests and mottos.

Soldiers with Army National Guard and Reserve units first began painting their units' names and symbols at Painted Rocks sometime between the late 1940s and late 1950s, according to Neil Morrison, director of the NTC and 11th Armored Cavalry Regiment Museum.

Morrison said the first "painted rock" included a picture of an alligator. It is located on the back side of Painted Rocks and cannot be seen well, because it has been painted over, he said. According to Morrison, during the late 1940s and 1950s,

Painted Rocks became a gathering place for Soldiers and their instructors.

"[Painted Rocks] was used as the place for Soldiers to congregate, train and take classes," he said. "The majority of [them] would take classes on the back side. The hill was used as an amphitheater."

After Fort Irwin's designation as the NTC in 1980, active-duty units started to paint their unit identifiers at Painted Rocks following their training rotations. The practice continues today, but now painting on the rocks is regulated.

Units at the battalion level or higher, which have completed a training rotation at NTC, are allowed to paint a rock. Regulations require that units provide their own rocks, since the ones at Painted Rocks have all been used. Units must indicate the rock's proposed color and design and whether they will be painting on a new rock or simply updating an existing image.

Visitors to the museum on Fort Irwin are informed about the importance of preserving the images at Painted Rocks — to help keep alive a special part of Fort Irwin's history — Morrison said. Painted Rocks has helped tell the story of NTC and even the U.S. Army through the years, added Morrison.

Recently, a new boulder was incorporated into the collection at Painted Rocks. The rock received an image that was a break from the traditional unit logo.

"We have a tradition at the National Training Center of painting rocks with unit patches and insignias; symbols of pride and allegiance," said Command Sgt. Maj. Victor Martinez, the NTC and Fort Irwin command sergeant major. "In celebrating one of America's greatest assets, the NCO Corps, the backbone of the American army, today, we commemorate a painted rock to recognize 2009 as the Year of the Noncommissioned Officer."

Headquarters and Headquarters Troop, 2nd Squadron, 11th Armored Cavalry Regiment, obtained a rock that was painted by two Soldiers from F Troop of the same squadron. Spc. Ryan Ferreira and Pfc. Michael Sharpe created and painted a design that symbolized the significance of the Year of the NCO. The representation shows an eagle, the U.S. flag, and a Revolutionary War-era Soldier holding a musket. The rock was unveiled at a ceremony Aug. 7, 2009, at which Martinez said, "We are a Corps of innovative competent professionals capable of leading, training and motivating the most diverse teams in the most unpredictable of environments."

As the first and last landmark people see as they come and go from Fort Irwin, Painted Rocks now host a symbol as steadfast as the NCO Corps itself, the "Year of the NCO" rock.

Editor's Note: This article is a re-publication from a past issue of the High Desert Warrior.





Savings, from page 2

said, there was no expansion of the federal workforce to oversee the "tsunami" of contracts coming through. Over the next several years, the Obama administration is investing in hiring thousands of new federal procurement officers, the "lifeblood" of acquisition reform, he said.

To improve the procurement of services, Assad said, the defense department also must expand competition, move away from longstanding "incumbent" contractors, ensure that work statements are understood, and use proper contracts.

With regard to weapons systems, Assad said, "It's all about properly defining the requirements." Contractors now are "spending a lot of time up front" to ensure that contracts are realistic to avoid future add-on costs, he said.

In the past, defense procurement officials spent too much time measuring processes rather than outcomes, Assad said. And that, he said, is where expanding the workforce with highly trained acquisition professionals comes in.

The Pentagon plans to add 20,000 federal procurement workers over the next five years, Assad said. Among other things, he said, the additional workers are needed to properly oversee contracts "from an arm's length."

The department is making good progress, having already hired 4,600 acquisitions and procurement workers, Assad said. Many of the workers, he said, are former servicemembers who'd used the equipment and services they will now help to procure.



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Protect self, others from extreme summer heat

SAN BERNARDINO COUNTY PUBLIC HEALTH

News Release

SAN BERNARDINO — San Bernardino County Public Health Officer Dr. Maxwell Ohikhuare has issued an extreme heat advisory for San Bernardino County, due to high temperature forecasts for inland and desert regions. Residents are urged to take precautions that will prevent heat-related illness.

Some health conditions such as obesity, fever, dehydration, heart disease, poor circulation, sunburn, and drug and alcohol use can make it harder for the body to stay cool in hot weather. While the heat advisory is in effect, follow these steps:

Get plenty to drink

- Drink more water, juice and sports drinks
- Avoid drinks with caffeine (tea, coffee and cola) and alcohol
- Talk with your doctor first if you take water pills, or are on a low-salt diet

Stay cool indoors

- Stay in an air conditioned area, if possible
- If you don't have air conditioning, go to a public building or shopping mall for a few hours – dial 2-1-1 to ask about Cooling Centers near you, or visit the website at www.coolingsb.org.
- A cool shower or bath is also a good way to cool off

Wear light clothing and sunscreen

- Choose lightweight, light-colored and loose-fitting clothing

- A wide-brimmed hat will keep your head cool
- Use sunscreen with a sun protection factor (SPF) of 15 or higher and reapply every two hours while in the sun (all skin types)

Schedule outdoor activities carefully

- Try to be less active during late afternoon, the hottest part of the day
- Rest often in a shady area
- Never leave kids or pets in a parked car

Pace yourself

- Take frequent, regularly scheduled breaks
- If your heart pounds or you get out of breath, lightheaded, weak, or feel faint, stop your activity and rest in a cool or shady area

Use a buddy system

- Check on your friends and family and have someone do the same for you
- Check on the elderly and people with health conditions twice a day during a heat wave
- Warning signs of heat illness include heavy sweating, cramps, headache, nausea or vomiting, tiredness, weakness, dizziness and fainting. Take steps to cool the body. Drink cool, nonalcoholic beverages, take a cool shower, bath, or sponge bath. Seek an air-conditioned place. Wear lightweight clothing.

Editor's note: For more information about extreme heat, visit www.bepreparedcalifornia.ca.gov.



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Diet & Exercise

'Can you have one without the other?'

BY SANDY CLARK

Coyote Activity Center Fitness Coordinator

Is it possible to only diet and lose weight? Can you only workout and keep off those unwanted pounds?

So many people hate to exercise. They think by cutting their calories they will lose the pounds. They just might, but the key lies in keeping the pounds off. The National Weight Control Registry reports that only 5 percent of dieters keep the weight off. Most regain a third of the weight within a year's time and all of it back within three years.

While dieting will help you lose those pounds, its exercise that keeps you physically fit! Exercise keeps your heart happy! (You can be skinny fat you know?) So having a combination of them both is the key. Combining the two can get a little complicated. You have

to eat enough to fuel your body so that you may have the energy to workout. However, eating too much will cause you to gain weight. Just because you are working out, doesn't mean you can eat what you want.

Many people get to their magic number and think that is it. They think it's unnecessary to watch their diet or exercise any longer. So not true. Once you reach that ideal weight, you must maintain it. It's not going to happen by itself, that's what gets you there in the first place. You must stick to the plan. A less intense plan, but you still need to maintain a controlled nutrition and exercise plan.

It's a lifestyle! Embrace it! Watch what you eat, exercise regularly, drink your water, and you'll make that goal in no time!

**As always consult you doctor before started any workout/weight loss program.*

Coyote Activity Center Fitness Class Schedule

Thursday, July 22 Morning

6:30 No class
8:30 Body Shop/Ryndee
9:30 Belly Dancing C/Ranai

Afternoon

12:00 Cycling/Robin
5:30 Boot Camp/Robin

Friday, July 23 Morning

8:30 Step/Ryndee

Afternoon

3:00 Yoga/Michell

Monday, July 26 Morning

8:30 Turbo Kick/Ryndee
9:30 Yoga/Kimberly

Afternoon

12:00 Yoga/Robin
3:00 Yoga/Michell
5:30 Cycling/Ryndee

Tuesday, July 27 Morning

6:30 No Class
8:30 Body Shop/Ryndee
9:30 Belly Dancing B/Ranai

Afternoon

12:00 Step/Sandy
5:30 Dance Fusion/Robin
6:30 Yoga/Robin

Wednesday, July 28 Morning

8:30 Cycling/Sandy
9:30 Yoga/Kimberly

Afternoon

12:00 Body Shop/Robin
3:00 Yoga/Michell
5:30 Cycling Core/Sandy
6:30 Turbo Kick/Ryndee

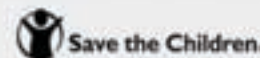
Xtreme Fitness: Are you up for the challenge? 90 minutes of INTENSE training with Sandy, Robin & Ryndee! Come out and test you will. This class is guaranteed to make you sweat! Fitness Class Pass: \$30 Unlimited monthly pass; \$20 10-class punch card; \$3 per single class. Classes during PT hours are FREE! For more information about fitness classes at The Coyote Activity Center, call Sandy Clark, fitness coordinator, at 380-7242 or email at getfitfortirwin@yahoo.com



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Football, Cheer Camp

Football players, cheerleaders meet the pros, beat the heat

STORY AND PHOTOS BY JOHN GARNER

Offensive Line/Defensive Line Coach

It was hotter than Hades last Friday and still 65 Fort Irwin youth showed up at CYS Field to participate in a Football and Cheer Camp conducted by the pros and staff of CSI Football.

At its conclusion, the probing question asked by Daniel Robinson, a wide receiver with the Green Bay Blizzard, was “Did you learn anything?” and the answer was a loud and enthusiastic, “Yes!”

“Did you have fun?” was the next question and again the answer was “Yes!”

The audience was some 40 youth football players who braved 116-degree temperatures for three hours to hone their skills and learn some technique. The girls did as well and with no complaints.

But, unlike the CSI of TV fame, this CSI doesn't solve crimes. This CSI stands for Coaching Solution Innovations. It's the brainchild of its owner and founder, John “Tex” Williams, who wanting to promote safe and player-friendly football practices in the High Desert and surrounding areas, formed his unique company three years ago.

This most recent camp at Fort Irwin was his third. “And it won't be our last,” he added, as he handed out free T-shirts to the participants.

“Our motto is that every kid is a winner. There is no losing, no pressure, no criticism.” Coach Williams explained.

“Everything we do is about building up the young athlete and about creating a positive experience that not only enhances their athletic skills but prepares them for life's challenges.”

It is the life challenges to which Williams alluded that explain why CSI brings a champion to their camps and not just any champion, but a Super Bowl champion. Only a few can lay claim to that distinction and Chris Hayes is one.

The former defensive back for the Green Bay Packers is someone who overcame a boatload of challenges to make it to Washington State, then to the NFL, having first to grow up and succeed in the rough and tumble neighborhoods of San Bernardino, CA.

“It was football that set me straight, that got me motivated about academics because I wanted to play after high school. I was blessed with talent but I wouldn't be here today without the discipline and commitment I learned from my football coaches.”

CSI also brought in Bari Yonkers, formerly of the Arizona Cardinals, and Harmony Hunt, of the Los Angeles Clippers, who conducted a two-hour cheer clinic for 25 young cheerleaders.

Yonkers is the co-founder of the “Sweethearts for Soldiers” organization that is comprised of current and former professional cheerleaders who travel the world to boost the morale of our troops and show our appreciation and support of their work and sacrifices.

“The clinic was a great success. The girls were highly motivated and already well coached. It was a lot of fun and a great experience for everyone,” she said.



(LEFT) Former NFL player Chris Hayes, and assistant Al Harper, autographs a Green Bay Packers helmet for Child, Youth, and School Services Youth Sports Program.

Despite the oven-like temperatures for both the football campers and the cheerleaders, the camp was in the words of Tom Gilbert, the FMWR's Youth Sports director, “The most impressive I've ever seen.”

Or as one happy camper asked, “Can we do this every day?”

The answer, sadly, is no, not every day but definitely again next year for one day and hopefully under the lights.

A special thanks goes out to three Fort Irwin contractors — PACE, Curran/Servtech, and Dryke — whose gracious donations greatly reduced the cost of the event for all military dependents.



(BELOW) Capt. Karl Harness, officer-in-charge of Medina Wasl village, briefs CSI Football Cheerleading Camp professionals about Situational Training Exercise lanes.



Bari Yonkers, co-founder of Sweethearts for Soldiers, second from left, and Harmony Hunts, right front, pose with Regimental role players in Medina Wasl village.

PHOTOS BY JACKIE HOGGINS

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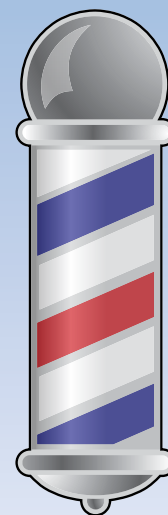
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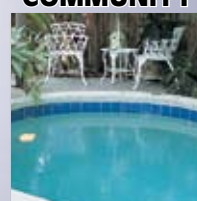


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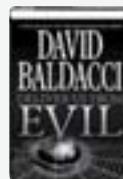
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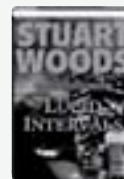
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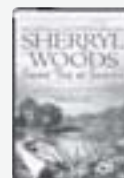
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