



### Reach goals and get fit with the Armed Forces Wellness Center



Brittany Trumbull

Indulge a little too much this holiday season? Does January find you over-sugared, stressed and ready to get back on track? The Armed Forces Wellness Center (AFWC) is a free resource on Fort Novosel that is equipped to help you set lifestyle changes to start 2024 off on the right foot.

Fort Novosel mascot Sgt. Ted E. Bear strikes a powerful pose in front of an AH-64E Apache Helicopter at Hanchey Army Heliport, Fort Novosel, Alabama. Photo by

The AFWC approach is not your average trainer's fitness plan. This is a holistic process considering an individual's physical and psychological health to meet...

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### Chinook instructor pilot retires from federal service at 10,000 hours



It is said that students are often just one encouraging instructor away from being a success story.

For many Chinook pilots over the past 20 years, that instructor was Department of the Army Civilian Charles Mineo, a retired chief warrant officer 4 who served during Desert Storm.

Upon his recent flight in the Chinook marking his 10,000th incident-free flying hour, the well-known instructor pilot...

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#### **Geneva city leaders tour Fort Novosel**



Local civic leaders from the city of Geneva visited Fort Novosel to participate in a Meet Your Army event to learn more about the Home of Army Aviation Dec. 15, 2023.

The group, including the city mayor, police chief, council members, representatives of the Chamber of Commerce, Disabled American Veterans group, the Board of Education, and the city clerk, were treated to a full day of touring and hands-on activities focused primarily on their...

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# AROUND THE ARMY

Medal of Honor: Army Tech. Sgt. Charles MacGillivary

King of Battle gets a lift at Mihail Kogalniceanu Air Base

Human resources specialist rides long road of resilience to Miss America pageant

Sergeant Major of the Army promotes newest Army recruiters

Bliss welcomes Tony the Tiger Sun Bowl schools before annual El Paso football bowl game





### 1-13th NCO receives battalion's first SPC 5 Fujii Award

The 1st Battalion, 13th Aviation Regiment honored one of its own with the unit's new Specialist 5 Fujii Award in a ceremony on Soldier On Field on Dec. 15, 2023. Staff Sgt. Janai Thomas, training management noncommissioned officer at 1-13th Aviation, received the award for embodying the traits of selfless service and dedication to fellow

Soldiers that was exemplified on the battlefield by Specialist 5 Dennis M. Fujii, a Medal of Honor recipient and his distinguished service as a crew chief aboard a...



#### Army Aviation Learning Center equipment enhances education process

THESE

COULD

U.S. ARMY

THREE DIGITS

For the Military Crisis Line / Veterans

SAVE A LIFE

Flight school is hard work. There is no way around it. The Aviation Learning Center on Fort Novosel, however, is a valued resource to guide flight students through the speed bumps and barriers that may come during training. The latest technology at the ALC helps flight students with hands-on tools miles away from the flight line. George Snyder, ALC lead instructor, encourages students to utilize the myriad of resources the facility has to offer.

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SUICIDE

& CRISIS

Call, Text, Chat











Maj. Gen. Michael C. McCurry

Col. John P. Miller

# DITORIAL STAFF

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