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SECARMY VISITS JACKSON



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Domestic abuse help available at ACS

Military OneSource

Our pets provide us with great comfort, cuddles and company. They offer and inspire unconditional love.

Unfortunately, that love between a family and a pet may be used by an abusive partner to inflict emotional abuse, manipulate and control their partner.

A military protection order is the military version of a restraining order. Once a victim decides to make an unrestricted report of domestic abuse, a military commander can issue an MPO. Within the MPO form, the victim may request to include their pet as protected property.

There is space to include what threats or abuse have occurred toward a pet in addition to those made toward the victim.

Individuals who are in an abusive relationship can call or visit their local Family Advocacy Program office for assistance.

Staff can help develop a safety plan, which can include pets.

There doesn't need to be physical violence for FAP to help. Anyone seeking support for relationship abuse can speak with a victim advocate, who can guide them on:

- What options they have for reporting abuse
 - How to obtain an MPO
 - How to add their pet to the MPO
 - How to create a safety plan to include pets
 - Where they and their pet can find safe shelter
- If concerns for your pet's safety are keeping you from seeking help for abuse,

know that you have options for protection.

On an installation, an MPO can legally prohibit an abusive partner from returning home, taking possession of a pet or entering the victim's workplace.

An MPO may also require that the abusive partner turn over their weapons.

An MPO is usually only enforceable on the installation. For off-installation protection, individuals in an abusive relationship can seek to obtain a civilian restraining/protection order.

Many, but not all states, passed laws that permit courts to include animals in civilian protection orders, though the type and amount of protection varies from state to state.

A domestic abuse victim advocate can help individuals find information and resources on MPOs and civilian protection/restraining orders.

The "Military Protective Order," DD Form 2873, allows those in abusive relationships to:

- Include their pets in the protection order (under Section 7(m), "Other specific provisions of this order," by specifying what is being requested regarding an animal(s).
 - List threats or injuries to the pet by the abuser (under Section 5 of the MPO form, "Information Supporting Issuance of Military Protective Order")
- The UCMJ recognizes:
- Threats to injure a pet as a crime (Article 115 of the UCMJ on Communicating Threats)
 - How pets are used by abusers as a means to intimidate and threaten victims

(Article 128b of the UCMJ on Domestic Violence)

In addition to seeking help from a domestic abuse victim advocate, individuals can also reach out to their legal services office for information on how to request and fill out an MPO or civilian protection/restraining order.

Another resource available is the National Domestic Violence Hotline. A trained advocate is available to speak with anyone in need of support 24/7.

Call the National Domestic Violence Hotline at (800) 799-7233 to report animal and intimate partner abuse. Individuals may access support for:

- Crisis intervention
- Safety planning so they and their pet can remain safe

Honk and Wave!

for the elimination of Domestic Violence

0900-1100
October 15, 2024
5450 Strom Thurmond BLVD
 Call ACS Family Advocacy Program at 751-5256
 for more information

Logos for U.S. Army, Navy, Air Force, Marine Corps, and ACS are displayed at the bottom.

- Referrals to local service providers
- If you find yourself or someone you know in immediate danger, call 911.

Also, if you need to speak with a Domestic Abuse Victim Advocate at Fort Jackson call the Army Community Service at (803) 751-5256.

ON THE COVER

Secretary of the Army Christine Wormuth speaks to Soldiers during her visit to Fort Jackson, Sept. 25-26. She also spoke at the 3rd Battalion, 13th Infantry Regiment graduation, Sept. 26.



Photo by NATHAN CLINEBELLE

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THE FORT JACKSON LEADER

Fort Jackson, South Carolina 29207

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Sgt. Maj. of the Army Michael Weimer listens as a Soldier asks him a question during the Lt. Gen. Timothy Maude Leadership Lecture Series held Oct. 1 in the Solomon Center at Fort Jackson.



Sgt. Maj. of the Army Michael Weimer holds up one of the first 10 copies of the Army's new Blue Book to be distributed at the upcoming Association of the U.S. Army convention.

Weimer speaks about leadership at Maude series

Story, photos by ROBERT TIMMONS
Fort Jackson Public Affairs

The Army's top enlisted Soldier spoke to Fort Jackson Soldiers and leaders during the Lt. Gen. Timothy J. Maude Leadership Lecture Series, Oct. 1.

The series, sponsored by the Adjutant General School, celebrates Maude's "love of Soldiers and devotion to the Army was at the core of his commitment to duty."

According to the event program, Maude's success in launching the "Army of One" campaign demonstrated his own passionate belief that service to the Nation was the noblest of endeavors, as well as his broad understanding of the human spirit seeking for something greater than self.

Maude was the senior ranking service member killed during the Sept. 11, 2001, terror attack on the Pentagon.

"It is an opportunity for prominent leaders, community leaders and senior leaders in the Army to come and share their thoughts on leadership," said Col. Chesley Thigpin, AG School commandant and chief of the AG Corps as he introduced Sgt. Maj. of the Army Michael

**THE NUMBER ONE
THING ABOUT YOUR
LEADERSHIP IS DO
PEOPLE TRUST YOU?**

- Sgt. Maj. of the Army
Michael Weimer

to observe training and interact with Soldiers and their Families. He sits on a variety of councils and boards that make decisions affecting enlisted Soldiers and their Families and routinely invited to testify before Congress.

"The number one thing about your leadership is do people trust you? Because if they don't trust you, you have no influence," said Weimer, the 17th Sergeant Major of the Army.

Leaders must be credible.

"You need to absolutely protect your credibiliy," he

Weimer.

He spoke about many aspects of leadership and answered questions from the audience.

Weimer is the Army Chief of Staff's personal adviser on matters affecting the enlisted force. He devotes the majority of his time traveling throughout the Army

advised those leaders present. "You need to be jealous about you. It's your reputation. I would ask you to assess your reputation after today."

Weimer said "If you can't trust your leaders, there's a problem with that, and I think we have some of that going on right now. I don't think it's all because of malice, if you will. I don't think it's because we have formations full of leaders we can't trust. I think the issue is when we don't have leaders engaged as deeply and empathically as we think we do."

Weimer also said he was "a firm believer that if you're not being slightly intrusive, you're not as engaged as you think you are." He was speaking about the leader whom a Soldier knew cared about them.

One must be humble and vulnerable to be that kind of leader.

"You've got to put yourself out there a little bit, which requires you to be a little bit humble, vulnerable," he said, "and then you have the ability to be a little bit intrusive. If you try to jump into your formation and immediately be

Community Updates

ANNOUNCEMENTS

Safety Training Classes

The Installation Safety Office presents various safety training classes. To register for the Army Traffic Safety Training or Local Hazards training classes, go to <https://imc.army.mil/airs/default.aspx>. To register for the Unit Safety Officer training, contact your Safety Specialist.

- Basic Riders Course: Oct. 8-10 (4 seats open); Oct. 22-(4 seats open)
- Advanced Riders Course: Oct. 15 (4 seats open); Oct. 29 (4 seats open)
- Local Hazards Course: Oct. 7, 21, 28
- Intermediate Drivers Course: Today (20 seats open); Oct. 17 (30 seats open)
- Remedial Drivers Course: Oct. 16 (12 seats open)

Army Continuing Education System

The Army Continuing Education System has moved back to the Education Center, Bldg. 4600. ACES is open Monday-Friday, from 7:30 a.m. to 4:30 p.m. and is closed for training on the first and third Thursday of the month from 12:30-4:30 p.m.

DHR holiday hours

The Directorate of Human Resources will be closed on these holidays:

Columbus Day:	Oct. 14
Veterans Day:	Nov. 11
Thanksgiving Day:	Nov. 28
Thanksgiving Training Holiday:	Nov. 29
Christmas Eve Training Holiday:	Dec. 24
Christmas Day:	Dec. 25
New Year's Day:	Jan. 1

COMMUNITY EVENTS

TODAY AND TOMORROW Resiliency Stand-To

Fort Jackson conducts a Resiliency Stand-To today and tomorrow. The Stand-To starts at 8 a.m. today with a small group circuit at the Soldier Performance

Readiness Center and an opportunity to visit with on and off post service providers focusing on physical, sleep, and nutritional readiness. This afternoon there will be a speaker panel at the 1917 Club from 1-3:30 p.m. and an opportunity to visit with on and off post service providers focusing on mental and spiritual readiness. Buidling resiliency classes will be held at the Training Support Center, tomorrow.

SATURDAY

CYS Halloween Paint and Sip

3-5 p.m., Solomon Center. Come join us for a great time and learn some basic painting skills. Registration required. Last day for sign up is Oct. 2, 2024. This is a parent and child class. Child must be registered in CYS, or be enrolled in the Teen Program on Fort Jackson. For more information & to sign up call (803) 751-6387.

Do It in Pink Aerobathon and 5K

8 a.m. to noon, Hilton Field Sports Complex. The Do It in Pink delivers a free two-part event for breast cancer prevention and early detection awareness. All participants must wear pink. For more information or to register, call (803) 751-3700/5251.

SATURDAY AND SUNDAY

Fall Family Campout

4 p.m., Twin Lakes. Outdoor recreation is hosting a family-friendly overnight primitive camping event tat will have fun activities such as games, fishing, s'mores making, arts and crafts and more. Hot dogs and potato chips will be provided for dinner, and coffee and individually wrapped pastries for breakfast the next morning. Come join us by the bonfire and enjoy the great outdoors. Cost is \$15 for children and \$20 for adults. Sign up at Marion Street Station today. You don't need to have your own equipment, rent from us. Supplies are limited. For more information and to register, call (803) 751-3484.

TUESDAY

Thrift Savings Plan

2:30-4 p.m., 9810 Liberty Division Road. Army Community Service Financial Readiness Program will conduct a Thrift Savings Plan seminar. Do you want to gain a better understanding about the different funds and how they can impact your plan for retirement? Learn the differences between Roth and Traditional accounts, avoiding penalties, withdrawals, latest changes and more! Registration is required. For more information or to register, call (803) 751-5256 (option 3).

OCT. 12

Private Weapons Day

10 a.m. to 2 p.m., Aachen Range. Shooters can shoot at targets. Spotting scopes, tables and chairs are provided. Patrons can shoot rifle or pistol at a Day rate or on an hourly rate. Pre-register at Marion Street Station The cost is: \$25 per person for all day (four hours), \$10 per person per hour (pre-register), \$15 per person per hour (day onsite/cash only). Ensure all weapons are registered on post. No automatic weapons or .50 cal allowed. Age 12 and up, 17 and younger must be accompanied by an adult. Open to all authorized ID card holders. For more information, call (803) 751-3484.

OCT. 15

Meals in Minutes & Your Budget Webinar

9-10 a.m., MS Teams. Army Community Service Financial Readiness Program, in partnership with the Fort Jackson Armed Forces Wellness Center will host Meals in Minutes webinar to teach how to save calories while also optimizing your budget. AFWC and ACS provides programs and services to improve and/or maintain readiness of the military community. Registration is required. For more information or to register, call (803) 751-5256 (option 3).

OCT. 22

Fort Jackson Movie Schedule

3319 Jackson Blvd.

Phone: 751-7488

SATURDAY, OCT. 5

- Beetlejuice Beetlejuice (PG-13) 2 p.m.

WEDNESDAY, OCT. 9

- The Crow (R) 2 p.m.

- Ticket sales open 30 minutes before each movie.
- Movie times and schedule are subject to change without notice.

Estate Planning – Protect Your Assets!

10-11 a.m., 9810 Liberty Division Road. Army Community Service Financial Readiness Program will host an Estate Planning seminar. This seminar will provide information about the components of an estate plan (wills, trusts, power of attorney, beneficiary designations and health care directives). Registration is required. For more information or to register, call (803) 751-5256 (option 3).

OCT. 25

Fort Jackson Fall Fest

6-8 p.m., Youth Sports Complex. Child and Youth Services hosts the annual Fall Fest to provide the Fort Jackson Community with a safe, fun and celebratory fair experience for all ages; and to show appreciation for the Fort Jackson community and military families. CYS will offer age-appropriate activities, games, and entertainment. For more information, call (803) 751-4824.

See **EVENTS:** Page 10

THE FORT JACKSON LEADER

SEND ALL SUBMISSIONS TO

usarmy.jackson.93-sig-bde.mbx.atzj-pao@army.mil

Deadline for events to be included in the Community Updates is one week before publication. Include the time, date and place the event will occur, as well as other necessary information.

If you submit an article on an event that already has taken place, please send it as soon as possible. Tuesday is the last day we will be able to accept an article for publication the following

Thursday. Include the date and place of the event, as well as a description of what took place. Please include quotations, if possible.

With any photo you submit, include IDs — rank, unit, and first and last names. All submissions will be edited and published using Associated Press Style.

Questions? Call 751-3615.

Soul Focus - The hurried life (part two)

By **CHAPLAIN (COL.) STAN SMITH**
Garrison Chaplain

So how do we get after reducing, and eliminating, a hurried life? Remember, the answer is not more time. In his book, "The Ruthless Elimination of Hurry," John Mark Comer describes how much time the average person spends each day on social media each year (705 hours), and on watching television (over 2,700 hours).

Based on this, the average person could read nearly 200 books each year.

He goes on to say, "In an hour of TV before bed, we could read through the entire Bible. In six months."

Today, I want to share with you the first of four practices that will help us unhurry our lives. It is the practice of silence and solitude. The practice is based on a reduction of distractions and being present in life.

Comer describes this as being, "Present to God. Present to other people. Present to all that is good, beautiful, and true in our world. Even present to our own souls."

To practice silence, set aside five minutes and find a quiet place free of distractions. Set an alarm so you will not need to keep checking the time. Be still, take a



Department of Defense photo

Garrison Chaplain (Col.) Stan Smith writes the practice of silence and solitude as a way for people to reduce a hurried life caused by social media, television and other societal factors.

few deep breaths, and enter into silence. Use the time to pray, to think through the good things going on around you, and to allow potentially distracting thoughts to pass. As you practice silence more, try to increase the time and frequency.

To practice solitude, remember the distinction between isolation and solitude.

Comer describes it this way, "Solitude is engagement; isolation is escape. Solitude is safety; isolation is danger."

Richard Foster writes in "Celebration of Discipline," that "Loneliness is inner emptiness. Solitude is inner fulfillment."

Try the practice of silence and solitude this week, and see how your soul can be nourished and strengthened.

DOD kicks off pilot program for PCS move

By **ASHLEY M. WRIGHT**
DOD News

This week the Department of Defense kicks off a three-year pilot program meant to reimburse service members up to \$1,500 for travel-related expenses incurred for a temporary child care provider following a permanent change of station move.

When an active duty service member makes a permanent change of station move to a new duty location and finds that child care at the local child development center won't be available within 30 days of their report date, they can hire their own provider, typically a relative or family friend, and then later file for reimbursement of transportation-related expenses.

The process begins with a service member visiting the military child care website to apply for child care at their new duty location, said Christopher Woods, chief of the policy branch within the Defense Travel Management Office.

"If the scheduling shows that care could not be provided within 30 days of the member's report date, then the member would become eligible to bring a child care provider to their permanent duty station to look after the child while the member reports to work and their spouse begins to do all those things like unpacking or finding their next job," Woods said.

The military child care website is the DOD's official tool to sign up for child care. When the program begins in October, the website will provide instructions

See **PCS:** Page 11

History of the Directorate of Emergency Services

By **MAJ. TRAVIS VALLEY**
Directorate of Emergency Services

The Directorate of Emergency Services at Fort Jackson has a proud history, deeply rooted in its mission to safeguard one of the Army's premier training installations.

Established during World War II, DES has consistently evolved to meet the ever-changing needs of military and civilian protection. While initially focused on basic police and fire services, DES has broadened its capabilities to encompass a comprehensive range of services, including services for command leadership such as:

Law Enforcement:

- K9 support for health/welfare inspections
- Cadre and trainee briefings
- Search operations for AWOLs/ Missing personnel
- Physical Security:**
 - Courtesy inspections
 - Physical security classes
- Fire:**
 - Fire drills and inspections
 - Assistance in prioritizing DPW work orders related to fire safety

The DES's commitment to excellence extends beyond these core services. It has also pioneered innovative emergency response protocols and fostered strong interagency

cooperation, often setting the standard for other military installations. Through continuous improvement and adaptation, the DES remains at the forefront of emergency management, reflecting the Army's dedication to maintaining a secure and resilient environment.

Today, the DES at Fort Jackson stands as a vital pillar of the installation's infrastructure, embodying a legacy of unwavering commitment to service, professionalism, and dedication. Its history serves as a powerful reminder of the critical role effective emergency services play in supporting the Army's mission and protecting those who serve.



Photos by NATHAN CLINEBELLE

Secretary of the Army Christine Wormuth speaks during the 3rd Battalion, 13th Infantry Regiment Basic Combat Training graduation, Sept. 26. She visited Fort Jackson for the first time, Sept. 25-26.



Secretary of the Army Christine Wormuth watches as trainees take the Oath of Citizenship during a naturalization ceremony, Sept. 25.



Secretary of the Army Christine Wormuth looks at the different reasons why Soldiers joined the service posted on the 1st Battalion, 61st Infantry Regiment's 'Why Wall.'



Staff Sgt. Dixie Sayyeau speaks with the the Secretary of the Army.



Secretary of the Army Christine Wormuth, speaks with Soldiers and trainees during her visit.

SECARMY visits Fort Jackson

By BRANDY MEJIA
Army News Service

Secretary of the Army Christine Wormuth visited Fort Jackson last week to see how the post trains Soldiers and to see first-hand some of the initiatives the post is spearheading including the Future Soldier Preparatory Course, Foundation Skills Training and Holistic Health and Fitness.

She also spoke at the 3rd Battalion, 13th Infantry Regiment graduation, Sept. 26. The text of the speech is below:

Good morning, everyone, and welcome to the distinguished guests, family, and friends of 3rd Battalion, 13th Infantry Regiment. It is a great day here at Fort Jackson, and I am honored to be with you.

To the Gators, Bulldogs, Cobras, Death Dealers, and War Eagles, congratulations. Earlier this morning, as the day was breaking, you completed your training and earned the title of American Soldier.

For most of you, this journey officially began many months ago in recruiting stations across the country. You came from 47 states and 33 countries to be here at Fort Jackson, South Carolina. You come from different cultures, different backgrounds, and each of you has different goals. But all of you standing on this field now share one common identity: today, you are American Soldiers.

As you all know better than I, becoming an American Soldier isn't easy. Over the past two months, you shared some tough times. You weathered the storms, sometimes literally, during field training. You learned how strong you could be as you put on your boots, shouldered your rucksacks, picked up your weapons and marched over 40 miles during the cycle. You spent hours on the range honing your skills. Not everyone who started finished. But all of you who are here today found strength in each other, fought through adversity, and earned the right to wear the uniform of our Army.

Basic training is a mentally and physically challenging journey, and I'm sure each one of you is glad it's over.

Congratulations, you should be incredibly proud of what you've done.

You are now part of the lethal fighting force

I AM PLEASED TO ANNOUNCE THAT
THIS YEAR, MORE THAN 55,000
AMERICANS SIGNED CONTRACTS
TO BECOME ACTIVE-DUTY SOLDIERS.

- Christine Wormuth
Secretary of the Army

that is the United States Army. For 249 years, American Soldiers have defended this nation with courage and bravery. Now it is your turn.

You must uphold the high standards set by generations of American Soldiers who have come before you because you are now the newest generation of Soldiers. Just like it says in the Soldier's Creed, you must "serve the people of the United States and live the Army Values."

Our Army Values are the core of who we are as an Army: loyalty, duty, respect, selfless service, honor, integrity, and personal courage. They are more than just words that your drill sergeants had you memorize; they are principles that must guide your actions. When you find yourself facing a hard problem, these seven principles can help you decide what to do.

It is your duty to ensure your actions are honorable and that no matter how difficult, you demonstrate the personal courage and integrity to do what is right and to uphold the oath you've sworn to our Constitution.

The Army Values bind you to your battle buddies on your left and right and are part of why you trust each other. And just like your battle buddies, Army leaders trust you to accomplish the mission. The nation trusts in you to defend this country. It is up to you to preserve this trust. And I know that you will.

Some of you here in the stands also know what it means to have that trust, and I would like to thank all of the veterans who are here today. You know how rewarding it is to be part of something greater than yourself and how the bonds of friendship and camaraderie you build through service and shared hardships can last a lifetime.

I would also like to extend my gratitude to all the Family and friends of these Soldiers, both those who were able to be here with us today and those sending love and support from afar or

in spirit. Thank you for supporting them as they made one of the most consequential decisions of their lives. Your words of encouragement helped them overcome challenges and push through to the finish line, and they couldn't have done it without you.

I know you are anxiously waiting to be reunited with your Soldiers whom you haven't seen in two months, so I promise you I am almost done talking.

But I can't end these remarks without recognizing our outstanding cadre, to whom we owe a great deal. From the Soldiers who support each cycle to the NCOs who serve as instructors to the officers who plan and resource the training, thank you for the time, effort, and motivation that you give each day.

And finally, while I can guarantee you that these Soldiers out on the field won't remember me years from now, they will remember the drill sergeants who helped them get to where they are today. Being a drill sergeant is one of the hardest jobs in the army, so please join me in giving a round of applause to all the drill sergeants and their Families for taking on the crucial responsibility of training the newest Soldiers in our Army.

I am optimistic about this country, especially when I see these remarkable young people who are willing to serve in uniform— but I also know we are living in dangerous, volatile times.

There is war again in the Middle East and a real risk that it could widen. Ukraine is facing its third winter fighting Russia's unprovoked invasion, even as the United States, our NATO allies, and many others provide Ukraine with significant lethal assistance. And China continues to build up its military while harassing countries like the Philippines in the South China Sea and providing support to Russia's war effort in Ukraine.

In a world this complex and dangerous, a strong U.S. Army is critical. The most important thing that makes our Army strong is our Soldiers – Soldiers like you standing in this field. Soldiers who embody the warrior ethos.

I am pleased to announce that this year, more than 55,000 Americans signed contracts to become active-duty Soldiers – we reached and then exceeded our recruiting goal. We also set a goal to bring 5,000 applicants into the delayed entry pro-

Army seeks quality of life upgrades with enhanced privatized housing oversight

By **CHRISTOPHER HURD**
Army News Service

Army senior leaders and family housing providers recently discussed the ongoing construction and renovation efforts for military housing during the Army Privatized Housing Council meeting in Arlington, Virginia.

This annual gathering allows Army leaders and housing providers to discuss the importance of ensuring Soldiers and their families have access to safe, comfortable and modern living conditions while looking for innovative ways to improve military family housing.

“Over the next three years, private housing providers are expected to invest over \$2 billion in new construction, renovations and other development projects,” said Rachel Jacobson, assistant secretary of the U.S. Army for installations, energy and environment. “This significant investment demonstrates our commitment to provid-

ing safe, healthy and sufficient housing possible to our Soldiers and Families.”

Six different private companies operate the Army’s inventory of 87,000 family homes across 50 locations around the country. The council discussed several challenges facing the military’s privatized housing as well as some possible changes to make sure privatized housing meets satisfactory standards:

Operational costs for labor and material have outpaced privatized housing revenues presenting concerns about the long-term financial sustainability for many of the housing projects.

The council agreed to explore a standard quality assurance across all housing providers that would make sure home maintenance was properly prioritized and executed.

Recent changes strengthened the standard ground lease for the privatized housing, clarifying housing providers responsibility to provide safe homes for families

and comply with the tenants’ bill of rights.

Army leaders emphasized the need to link financial incentives to the quality of housing provided to families.

The Army’s 2025 budget request includes funding for continued third-party inspections of privatized family homes. All homes are inspected in between tenants.

The Army requires additional inspections when the homes are occupied when serious health and safety concerns are raised. Jacobson said the Army aims to complete inspections for all family housing by the end of fiscal year 2026. This includes all privatized and Army-owned family housing.

Another topic of discussion at the meeting was educating junior Soldiers on lease agreements. Sgt. Maj. of the Army Michael Weimer asked that leaders look at housing education, to include lease agreement education, in Soldier onboarding programs.

Currently, the Army requires housing providers to give prospective tenants a

plain language briefing prior to signing a lease and again 30 days after move-in. This brief presents the facts on tenants’ rights and responsibilities associated with tenancy in privatized housing and gives points of contacts for the Army Housing Office, the housing advocate, and the privatized housing provider to resolve issues within the home.

“These Soldiers are often experiencing independent living for the first time, and they rely on us to provide safe, secure environments,” he said. “We can empower our Soldiers with the knowledge they need to make informed decisions and uphold their responsibilities as tenants.”

The service continues to ensure each installation has sufficient and quality housing. The Army is working with the private housing providers to explore innovative ways to redevelop the existing housing inventory, and where needed, add additional housing units, that best meet the needs of modern families.

WEATHER DAMAGE

WHO SHOULD YOU CALL?

IF YOU ARE IN HOUSING, CALL



**FORT JACKSON
FAMILY HOMES**
(803) 787-6416

IN THE BARRACKS
OR OTHER BUILDINGS,
ACCESS



ARMA
ARMYMAINTENANCE.COM

ANYWHERE ELSE
ON POST, CALL



**INSTALLATION
OPERATIONS
CENTER**
803-751-5166

IN AN EMERGENCY, CALL 911

Let's Talk Trash!

Now that the fall weather is approaching and leaves will be falling, this is a reminder that leaves, pinecones and pine needles, and general yard waste are not allowed in any of the dumpsters on Fort Jackson. Units can take these items to the mulch site on Golden Arrow Road on Tuesdays and Thursdays from 7:30 a.m. to 3 p.m.

Call (520) 671-8471 for more information.



Courtesy photo

Celebrating Oktober

A poster with the words to Schnitzelbank, a drinking song, sits in front of a band during Fort Jackson's Oktoberfest celebration held Sept. 27 at The 1917 Club.

'The Weigh It Is' with Pam James-Long

Years ago, I tried to love running. I knew it would be great for my weight, and I wanted to experience that 'runner's high' that people spoke about. I hoped it would happen to me.

It did, but it was a brief experience. I just could not find pleasure in running. I adored exercise, but running just was not for me. I thought walking would be too slow, so I never gave it a thought.

Boy, was I wrong.

My first walk allowed me to slow down and enjoy the walk. Something great was happening for my body, but something greater was happening for my mind. Mentally, I felt lighter, clearer, it was uplifting.

Today, I make time to walk, especially outdoors. It has become a regular part of my wellness routine.

As the year begins to wind down, 2025 is on the horizon.



James-Long

I am creating a program with the entire Fort Jackson community in mind. At the beginning of 2024, I created a Water and Walk program for 30 days. It was very successful. There were roughly 35 participants, and each participant stuck to the challenge for 30 days (some never stopped even when the challenge ended).

As I search for ways to spread the gift of health, my Water and Walk challenge has stuck with me.

It is a positive, doable exercise and wellness habit that we can do as a community and improve our wellness one step at a time.

This is a call for outdoor walking. I recognize that indoor walking can't be helped sometimes, but I want to encourage people to get up, get outdoors and get their walk on.

Below are proven benefits gained from walking:

- Reduces anxiety and depression
- Boosts your mood
- Enhances thinking and reasoning

- Makes you feel good
- And more

There is a lot of information available on the benefits of walking, but not on the styles or types of walking. There are specific types of walking we do (or can do) to improve our wellness journey with ourselves.

I want to sing the praises of outdoor walking because it is good for the body.

Walking outdoors is also one of the best things we can do for our mental wellness.

Walking outdoors regularly has the potential to make you mentally healthier.

This is because when we are outdoors, we are more engaged with our surroundings and thoughts. This is an opportunity for a mind-body connection boost you can achieve through regular outdoor walking.

It is the easiest exercise in the world. Just step outside and start moving.

Being outdoors and just enjoying your walk in silence is called silent walking. These are the types of walks I take

See **WEIGH:** Page 11

Take Action to Prevent the Flu



Wash your hands frequently during cold and flu season



Get the flu vaccine



Isolate sick family members to avoid spreading germs

If you do get sick, follow your doctor's orders including getting plenty of rest, staying hydrated, and taking any prescribed medications.

Fort Jackson Flu Vaccination Schedule

DATE	TIME	LOCATION
Monday, Oct. 7	4-6 p.m.	Armed Forces Wellness Center, 4512 8th Division Rd
Wednesday Oct. 9	4-6 p.m.	Armed Forces Wellness Center, 4512 8th Division Rd
Wednesday, Oct. 16	4-6 p.m.	Armed Forces Wellness Center, 4512 8th Division Rd
Saturday, Oct. 19	11 a.m. to 3 p.m.	Ft. Jackson Army & Air Force Exchange Service (AAFES)/Main PX, 4110 Century Division Ave.
Monday, Oct. 21	4-6 p.m.	Armed Forces Wellness Center, 4512 8th Division Rd
Wednesday Oct. 23	4-6 p.m.	Armed Forces Wellness Center, 4512 8th Division Rd
Monday, Nov. 4	4-6 p.m.	Armed Forces Wellness Center, 4512 8th Division Rd
Wednesday Nov. 6	4-6 p.m.	Armed Forces Wellness Center, 4512 8th Division Rd

Flu Vaccine available to all TriCare Beneficiaries (Active, Reserve, National Guard, Mission Essential, Health care Personnel and Dependents ages 6 months and older)

** We do not have the High-Dose flu vaccine, you can get this at network locations**



Photo by NATHAN CLINEBELLE

Happy Retirement

Fort Jackson recognized the service of Chief Warrant Officer 5 Todd Good, with the U.S. Army Ordnance Corps and Ordnance School at Fort Gregg-Adams, Va.; and Master Sgt. Shani E. Lee from the 193rd Infantry Brigade, during the Basic Combat Training graduation, Sept. 26.

Events

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OCT. 26
Zombie Run
8 a.m., Twin Lakes Recreation Area. The Directorate of Family and Morale, Welfare and Recreation provides Fort Jackson community with a fun,

Halloween-themed Run featuring zombies and creepy music along the route for a apooky fun time. For more information, call (803) 751-3700.

OCT. 31
Taking the BOO Out of Budgeting
9-10 a.m., 9810 Liberty Division Road. Army Community Service Financial Readiness Program is hosting a basic budgeting class. Learn the components of a budget, how to

prioritize bill paying and techniques to get more out of your monthly income. Registration is required. For more information or to register, call (803) 751-5256 (option 3).

NOV. 19
Fall Career Fair
9 a.m. to 1 p.m., 1917 Club. The fair allows employers the opportunity to provide employment openings to the Fort Jackson community. The Career Fair is free to the post community. More than 60 prospective employers are invited to represent their agency and to offer various job opportunities to the community. For more information, call (803) 751-5256.

Shred Day
9 a.m. to 2 p.m., 5671 Liberty Division Road. No large metal clips. Open to Department of Defense ID cardholders. No classified documents. All types of paper accepted.

NOV. 23
Holiday Shopping Trip
8:30 a.m. to 5 p.m. Hate the hustle and bustle of the holiday season? Let Outdoor Recreation take care of that for you. Trip costs \$20 per person. Join them for a shopping trip to Concord Mills in North Carolina.

Weimer

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intrusive without a little bit of humility and vulnerability, it's not going to work."

The Army isn't a perfect and won't be, but leaders must be engaged to effective.

"It all goes back to where I started, which is if people don't trust and they don't see your audio and video matching, like physically engaging with IMCOM on your barracks, or you're not physically picking up the phone and calling HRC and advocating for your people. You may not have the answer, but it's what are you doing about it?

"That is what your overall report card is going to be as a leader."

Expectation management is a leader's responsibility, Weimer said.

"It's your job to engage with your people from an informed perspective so they understand the why," he said. "That's a leader's responsibility."

Weimer also answered numerous questions from the audience including one on discipline. As part of his answer, Weimer took out a copy of the Army's new Blue Book of standards to be given out at the Association of the U.S. Army annual convention. Every Soldier is to carry the book to help them know what right looks like.

UPCOMING JEWISH HOLIDAY SERVICES

Rosh Hashana

- Oct. 3 – 10:30 a.m. to 12:30 p.m. Rosh Hashanah 1st day
- Oct. 3 – 6-7:30 p.m. Rosh Hashanah 2nd night
- Oct. 4 – 10:30 a.m. to 12:30 p.m. Rosh Hashana 2nd day
- Oct. 4 – 6-7 p.m. Weekly Shabbos Service

Yom Kippur

- Oct. 11 – 6-7:30 p.m. Weekly Shabbos Service combined with Yom Kippur Service
- Oct. 12 – 11 a.m. to noon

DID YOU KNOW: Bicycle helmets are required for riding bicycles at Fort Jackson.

WORSHIP SCHEDULE

FAITH GROUP	DAY	TIME	PLACE
CATHOLIC MASS	SUNDAY	9:30-10:30 A.M.	MAIN POST CHAPEL
CATHOLIC MASS	MON-FRI	NOON	MAIN POST CHAPEL
GOSPEL SERVICE	SUNDAY	10:30 A.M.	KINGS MOUNTAIN CHAPEL
GENERAL PROTESTANT	SUNDAY	11 A.M. TO NOON	MAIN POST CHAPEL
REVIVE SERVICE	SUNDAY	5 P.M.	MAIN POST CHAPEL
JEWISH SHABBAT SERVICE	FRIDAY	7-8 P.M.	LIGHTNING CHAPEL
HEATHEN/PAGAN	EVERY 2ND AND 4TH SATURDAY	NOON TO 2 P.M.	CENTURY DIVISION CHAPEL
INITIAL ENTRY TRAINING	DAY	TIME	PLACE
CATHOLIC MASS	SUNDAY	8-9 A.M.	SOLOMON CENTER
PROTESTANT CONSOLIDATED SERVICE	SUNDAY	9:30-10:30 A.M.	SOLOMON CENTER
CHURCH OF CHRIST	SUNDAY	10:30-11:30 A.M.	CENTURY DIVISION CHAPEL
HISPANIC PROTESTANT SERVICE	SUNDAY	8:30-10 A.M.	POST THEATER
ISLAMIC SERVICE	SUNDAY	8-9 A.M.	KINGS MOUNTAIN CHAPEL
JEWISH SERVICE	SUNDAY	10:15-11:30 A.M.	LIGHTNING CHAPEL
THE CHURCH OF JESUS CHRIST OF			
LATTER DAY SAINTS	SUNDAY	10:30 A.M. - NOON	WASHINGTON ROAD CHAPEL
HEATHEN/PAGAN	SUNDAY	8:30-9:30 A.M.	CENTURY DIVISION CHAPEL

Weigh

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all the time. The silence allows you to detach yourself from the fast pace and everyday stress you may experience in your life. Silent walking is a real style of walking. Your goal is to let your thoughts pass by as you redirect your mental energy into moving quietly through the environment along your walk. Silent walking is a type of meditation to help you clear your mind.

Mindfulness walking is the practice of bringing your attention to the present moment.

Remaining present while you walk helps bring awareness of where you are and who you are.

It's a time to appreciate your surroundings and connect with how your body and mind feel during your walk. Get into the sounds and sights of nature. Normally, this type of walking leaves us feeling calmer, more focused and less stressed.

Walking with a friend makes for a great social walk. Research shows that social connection is important for mental health. Walking with a friend or in a group benefits us as we are designed to connect with others and our common interests. Walking in a group builds camaraderie and accountability.

Walking is also an opportunity to get or be more productive.

Instead of your favorite tunes, maybe take this time and try a podcast on something you have wanted to learn more about. You might even want to try listening to an audio book. Both are great ways to engage the brain, relax the mind, or learn something new. Getting lost in an episode or conversation not only exercises your mind, but it also keeps you moving longer, making your regular walk a whole new experience.

Just getting out and walking can be exhilarating when you are not caught up in having a specific destination. You could go down a path that is new, just to see where it leads. Going for a wander lets you enjoy the walk without pressure to finish at a specific time. You might even discover a new favorite path. You are just enjoying time spent outdoors with yourself and no destination is required.

Join us in January and help build a Water and Walk Fort Jackson Community. More information to come on how to register. This program is great if you enjoy walking alone, or in a group from your location. This program has no ending, just a beginning.

Pam's thought for the week: "Anywhere is within walking distance."

The Fitness Department offers a variety of group exercise classes that can help you reach your wellness goals. Contact Pam Long, Fitness and Wellness Specialist for the Directorate of Family and Morale, Welfare and Recreation at (803) 751-3700 for more information or to become a member of the fitness and wellness program.

PCS

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to affected service members and generate the necessary forms that allow service members to obtain the needed child care.

"What would happen at that point is the member takes that documentation that they have from MilitaryChildCare.com... and they begin to coordinate with their local travel office to treat that child care provider much like they would treat a dependent to begin to make the commercial travel reservations," he said.

Reimbursement is limited to commercial transportation expenses, including flights, rail tickets, transportation to or from an airport and an en route and departure rental car.

Reimbursement for privately owned vehicle mileage is not authorized, while reimbursement for fuel used in a privately owned vehicle is.

For a permanent change of station move between locations within the continental United States, reimbursement is limited to \$500. For a move to or from a duty station outside the continental United States, the reimbursement is limited to \$1,500.

Typically, a child care provider in these situations would be a relative or family friend, Woods said.



Leader file photo

A patron brings his children to a child development center on Fort Jackson June 3, 2020 when the post reopened them after the COVID pandemic. The Department of Defense is starting a pilot program to reimburse certain child care costs after permanent change of station moves.

But it could also be an au pair, for instance. But Woods also said that reimbursement is for transportation only — both at the start of the period needed for child care and at the end, to send the child care provider home. There is no reimbursement to pay a child care provider a salary or to provide for room and board.

As part of the program, only one child care provider is authorized per military family, and only one service member in a military-to-military couple can request reimbursement.

The pilot program, which lasts three years and runs Oct. 1, 2024,

through Sept. 30, 2027, comes after direction by Congress in the 2023 National Defense Authorization Act, Woods said.

While the program is active, said Heidi E. Welch, the associate director for child and youth programs operations, it's expected to relieve a burden on military families.

"Coming from the child care perspective, this is going to help families, so they have less strain," Welch said. "PCSing is a challenge and it's very difficult. I think this is going to relieve some of the strain and burden that families have as they're making those PCS transitions."

Wormuth

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gram, and we have far surpassed that with over 11,000 commitments from young people around the country. These commitments will allow our recruiting efforts for next year to start strong right out of the gate.

Our ability to defend this nation requires hard work from Army recruiters all across the country. In a very tight labor market, our recruiters have been working incredibly hard for more than two years to tell the Army

story effectively, and we are seeing the results of their work. Well done.

The United States' all-volunteer force is something that other countries envy and our enemies fear. All who serve in it choose to wear the uniform and choose to defend the nation. The all-volunteer force protects our interests, our loved ones, and our democracy. Thank you to the men and women of Basic Combat Training Class 24-04 for volunteering to serve. You are special for having done so.

Congratulations on earning the right to be called an American Soldier. And thank you to everyone here for supporting your Soldiers, your Army, and the United States of America.

VICTORY... STARTS HERE



Secretary of the Army Christine Wormuth smiles and laughs with Family members of a recent Basic Combat Training graduate, Sept. 26. Wormuth was the keynote speaker at the 3rd Battalion, 13th Infantry Regiment's graduation that day.

Photo by NATHAN CLINEBELLE