SINSIDE IMCOM

INSTALLATION MANAGEMENT COMMAND NEWS

IMCOM leaders gather for GCTC. Page



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Inside IMCOM is a publication created by the IMCOM professional, for the IMCOM professional, to increase awareness of fellow team members and foster deeper relationships among the IMCOM workforce.

Inside IMCOM is part of our service culture. It is a venue to recognize our amazing staff, exchange useful lessons and best practices, share information with one another about the more interesting aspects of our work in our communities, and spark new ideas to inculcate our service culture and enhance our working environments.

We can't do that without you! If you are assigned to IMCOM – whether a Soldier, civilian or contractor – you are an *Insider*. You have interesting information to share, and we want to know about it. *Inside IMCOM* depends on columns, commentaries, articles, letters and photos from you.

Please send your content ideas and author's name, rank, department and contact information to: usarmy.jbsa.imcom-hq.mbx.public-affairs-office@mail.mil

All editorial content of *Inside IMCOM* is prepared, edited and provided by the U.S. Army Installation Management Command Public Affairs Office. The IMCOM Director of Public Affairs is the approving official. *Inside IMCOM* reserves the right to edit submissions selected for the newsletter.

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COMMANDER'S CORNER LTG OMAR JONES



LTG Omar Jones, center, presided over the Relinquishment of Responsibility ceremony for ID-Pacific on July 12 at Fort Shafter, Hawaii. Craig Deatrick, second from right, is departing as ID-Pacific Director. Brenda Lee McCullough, the ID-Readiness Director, will succeed Deatrick as the ID-Pacific Director. Standing to the left of LTG Jones are former ID-Pacific Directors (U.S. Army photo by R. Slade Walters)

IMCOM Professionals,



Since I assumed command last year, I continue to be amazed and inspired by the commitment of our team – all of you! – to improve the quality of life for our Army people and improve the readiness and resiliency of our Army.

There is no greater honor than serving our Soldiers and Army people. What we do every day is transforming the Army and posturing it for the future. From our Counter Mold Workshop, the FIP Wargame, Garrison Pre-Command Courses and Garrison Command Team Conference, we are tackling important issues while ensuring we are taking care of our No. 1 priority – our Army people.

It is also important to recognize our IMCOM professionals who are making a difference. That is a vital component of our Service Culture Campaign. It is always a privilege to celebrate their dedication to the command's success. I ask each of you to seek opportunities to publicly recognize exceptional work across our team.

Finally, thank you for your service and commitment the quality of life for our Soldiers, Families and Civilians. It is my sincere honor to serve alongside you.

PEOPLE FIRST – WINNING MATTERS – ARMY STRONG — WE ARE THE ARMY'S HOME!

WHO ARE YOU?

PETE SICOLI

Position: G3 Operations Division Chief

What year were you born, and where are you from?: Born 1969, Astoria, New York (NYC Borough of Queens).

Why did you join the Army? When I was growing up, a World War II veteran, Mr. Dominic Cello, lived across the street from my family. My brother and I spent many hours on his porch, listening to his combat experiences in the Philippines, fighting with the 1st Cavalry Division



(7th Cavalry Regiment). The time I spent listening to Mr. Cello imparted in me a love for the Army and the 1st Cavalry Division. Dominic was a great influence on me and was one of the reasons I joined the Army. I was honored to have twice served in the 1st Cavalry Division during my military career (1-7 Cavalry and 1-8 Cavalry as a Battalion Commander).

How did you become involved with IMCOM? When I was selected to be a Garrison Commander at Fort Hamilton, New York.

What is your best memory of the Army? There are many cherished memories of my service, but one of my proudest moments was when I represented the U.S. Army at St. Patrick's Cathedral during a 9/11 Remembrance Service in 2016. As the Fort Hamilton Garrison Commander, I was invited to participate along with many state and federal dignitaries, the family and friends of the 343 firefighters who lost their lives on 9/11, and those who continue to succumb to related illnesses. I was incredibly honored and humbled to represent the Army on that day.

What do you enjoy most about your job? Being part of a cohesive and committed team that supports our IDs and garrison command teams. I am extremely proud of the IMCOM mission and what we are "For, Are, and Do."

What is something that you would like your IMCOM teammates to know about you? I love the New York Giants, Yankees, Rangers and Knicks. While I am a transplanted New Yorker and now a proud Texas resident, I will never give up on my favorite teams.

GCTC



LTG Omar Jones and CSM Jason Copeland pose with the IMCOM Stalwart Award winners for 2023 during the Garrison Command Team Conference held in San Antonio on June 6-8. (U.S. Army photo by Maria Gallegos)

Leaders gather to discuss services, quality of life

IMCOM Public Affairs

JOINT BASE SAN ANTONIO, Texas – More than 200 leaders from 80 Army garrisons worldwide converged in San Antonio for the annual Installation Management Command Garrison Command Team Conference.

The conference was hosted by LTG Omar Jones, IMCOM commanding general.

"This is your conference," he told the group, encouraging the senior leaders to actively participate in the conference to share their ideas, best practices and lessons learned to improve the global command overall.

Jones joined garrison commanders and command sergeants major in diving deep into IMCOM's core competencies and how their military and civilian teammates work together to improve the lives of the Army People.

The group participated in presentations and discussions about various topics such as countering mold in Army facilities, fielding a fleet of electric vehicles and charging stations, investing in and maintaining Army infrastructure, creating more opportunities for spouse employment, and enhancing Morale, Welfare, and Recreation programs.

Regardless of the topic, Jones continually reiterated that everything garrison commanders and their teams of professionals do is in direct support of their installation's senior commander priorities.

Jones kicked off the conference with a ceremony recognizing the 2021 and 2022 IMCOM Stalwart Award

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BEST GARRISONS Fort Leonard Wood named best garrison

By Susan A. Merkner IMCOM Public Affairs

JOINT BASE SAN ANTONIO-FORT SAM HOU-STON, Texas – The Department of Defense announced Fort Leonard Wood, Missouri, as the U.S. Army's best garrison and will award them with the Commander in Chief's Annual Award for Installation Excellence during a virtual ceremony on July 14.

Fort Leonard Wood was among six installations selected for being the best in performing installation management within their military service and the Defense Logistics Agency. The award recognizes the outstanding and innovative efforts of the people who operate and maintain U.S. military installations, and their exemplary support of Defense Department missions.

"It is a well-deserved honor for Fort Leonard Wood's Army leaders, Soldiers, Families and Civilians to receive this extremely competitive award for excellence," said LTG Omar Jones, commanding general,

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Participants practice an active-shooter scenario during a full-scale exercise at Fort Leonard Wood, which received the 2023 Commander in Chief's Annual Award for Installation Excellence in the U.S. Army. The garrison is home to U.S. Army Training and Doctrine Command's Maneuver Support Center of Excellence, and numerous other schools and training missions, and generates 80,000 Soldiers and Civilians to the force each year. (U.S. Army photo by Angi Betran)

CONFERENCE

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winners.

The Stalwart Award was approved by the Secretary of the Army in 2003 to recognize IMCOM individuals who have demonstrated the highest standards of performance and significantly contributed to the command's success and responsibilities. These are IMCOM's best and brightest.

Throughout the three-day conference, the consistent theme was taking care of people – from 60,000

IMCOM professionals around the globe to the Army's Soldiers, Civilians, Family members and communities surrounding Army installations.

CSM Jason Copeland, IMCOM command sergeant major, agreed, and went on to further inspire the command teams to be engaged in the communities where they live and work.

"What we do can be measured when we leave our offices," he said. "Seeing life be better in the community is proof we are doing a good job."

This taking care of people and Army communities is the driving force behind IMCOM's motto: "We Are The Army's Home!"

BEST GARRISONS

GARRISON

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U.S. Army Installation Management Command.

"IMCOM's Service Culture encourages everyone throughout the command to perform at the highest levels while supporting their senior commander and customers, and this is exemplified by the outstanding work performed by the Fort Leonard Wood team," Jones said.

Fort Leonard Wood's senior commander is MG Christopher G. Beck and the Garrison Commander is COL Anthony F. Pollio Jr.

IMCOM Best Garrisons

Fort Leonard Wood initially was announced as the U.S. Army's best garrison and DOD contender for the installation excellence award on June 6. The five IMCOM Best Garrisons were:

First place: Fort Leonard Wood, ID-T

Second place: USAG Italy, ID-E

Third place: USAG Hawaii, ID-P

Fourth place: Fort Liberty, ID-R

Fifth place: USAG Picatinny Arsenal, ID-S.

Located in the Missouri Ozarks, Fort Leonard Wood is home to the U.S. Army Training and Doctrine Command's Maneuver Support Center of Excellence, and numerous other schools and training missions.

For the Commander in Chief's Annual Award for Installation Excellence, installations compete on how well they achieve DOD objectives in several areas of installation management, including mission support, energy conservation, quality of life and unit morale, environmental stewardship, real property management, safety, health and security, communications, and public relations.

Other recipients of the 2023 Commander in Chief's Annual Award for Installation Excellence were:

Naval Station Mayport, Florida: Commanding Officer: RADM Wesley R. McCall, U.S. Navy



LTG Omar Jones (left), commanding general of U.S. Army Installation Management Command, and IMCOM CSM Jason Copeland (right), present the 2023 Best Garrison Award to COL Anthony Pollio, Fort Leonard Wood commander (second from left), and Fort Leonard Wood CSM Danny Castleberry on June 6 at Joint Base San Antonio, Texas. (U.S. Army photo by Maria Gallegos)

Marine Corps Logistics Base Albany, Georgia: Base Commander COL Michael J. Fitzgerald, U.S. Marine Corps

Royal Air Force Lakenheath, United Kingdom: Commanding Officer BG Joseph L. Campo, U.S. Air Force

Peterson Space Force Base, Colorado: Commanding Officer COL David G. Hanson, U.S. Space Force

Defense Distribution San Joaquin, California: Commanding Officer COL Kevin M. Chunn, U.S. Marine Corps.

Secretary of Defense Lloyd J. Austin announced the winners June 23. Each winning installation will receive a commemorative trophy, flag, and a congratulatory letter from the President.



SSG Cody Mackall, the Department of the Army's BOSS representative, is passionate about telling his story about how BOSS lifted him from a suicide attempt in 2016 and gave him purpose. (U.S. Army photo by Steve Warns)

SSG Mackall credits BOSS for saving his life

By Steve Warns

IMCOM Public Affairs

JOINT BASE SAN ANTONIO-FORT SAM HOUSTON, Texas – The Better Opportunities for Single Soldiers program saved Staff Sgt. Cody Mackall's life.

Not once, but twice.

Mackall, the Department of the Army's BOSS representative, is passionate about telling his story on how BOSS lifted him from a suicide attempt in 2016 and gave him purpose.

"In my 12 years of the Army, I've spent about 8 1/2 years in BOSS," said Mackall, who enlisted in the Army in 2011. "There are times when I still struggle, but I

now know that during those times you really have to reach out to people you need to lean on and don't hide in the corner like I did. Whether I choose to stay in or get out, I will always keep BOSS in mind because, ultimately, it's the only reason why I am still standing today."

BOSS was founded in 1989 to respond to the recreational needs of single Soldiers ages 18-25, who make up 35% of the Army. Since its founding, it has evolved into a program that teaches life skills for new Soldiers and as a safe space for those Soldiers who are struggling.

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MACKALL

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"I could tell countless stories of Soldiers who have said the program has saved their life," Mackall said. "Once we're able to show that this program has saved more lives than people may know, it's when people may realize that we're here as that tool for Soldiers to have that release."

IMCOM CSM Jason Copeland, who serves as the senior enlisted advisor for the BOSS program and is the representative between the program and the Sergeant Major of the Army, praises Mackall's commitment and passion for the program.

"He's very passionate about getting others involved and understanding they should be involved," said Copeland, who as a directorate sergeant major met Mackall almost two years ago when he was going through the process of being selected as the DA BOSS representative. "He's a great mentor to those junior Soldiers serving as BOSS presidents. They have that same fire and motivation to convey the same message, 'Hey, this is our program, and it's only successful if we use it.' We're the bridge between the services that are offered and the actual Soldiers in assisting and supporting the units they belong to."

Seeking a new path

Mackall, a native of Norwalk, Ohio, enlisted in the U.S. Army in 2011 after a semester at Bowling Green State University. An avid swimmer, he originally wanted to be a rescue diver for the Coast Guard, but a physical revealed a heart murmur and exerciseinduced asthma.

Also, drug use was rampant in his hometown, and after seeing two of his friends overdose, he said he needed to leave before he went down their paths.

"The Army was next," Mackall said. "It was really to get me out of a bad place that was north-central Ohio. The job market wasn't the greatest. I was working at a local restaurant called Bob Evans to make ends meet. I wanted a better life option, to get out and see the world. Growing up, it was always, 'Hey, what's California like or what's Europe like?' I come from a town "Once we're able to show that this program has saved more lives than people may know, it's when people may realize that we're here as that tool for Soldiers to have that release."

SSG Cody Mackall

where you stay there your entire life or you leave and never come back."

Mackall did his basic training at Fort Moore (previously Benning), Georgia, before he was stationed at Joint Base Lewis-McChord, Washington, from 2011-16. He deployed to Afghanistan from 2011-12 and became involved with BOSS after returning to JBLM.

"I got involved with BOSS when we redeployed from our deployment in 2012," Mackall said. "I was a company representative with my battalion. I kind of got seen from the efforts I was doing from the battalion, so I became a battalion representative soon after. Then my efforts got noticed from the brigade, so I became a brigade representative in mid-2012.

"In January 2013, I was taken on as JBLM's BOSS team president and grew from there until I PCSd from JBLM in 2016. The original plan was to say, 'Hey, my time with the program is done.' I got to go back to doing infantry things, team time and squad leader time and all of those things an infantryman needs. That's where the rocky road kind of starts."

Overcoming tough times

Mackall PCSd to Fort Campbell, Kentucky, in 2016, and the unit he was assigned to deployed two days after he arrived. After his physical, Mackall underwent a medical procedure known as a UP3, or uvulopala-

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topharyngoplasty, which removed his tonsils and opened his sinus cavity.

"I was in a relationship for 2½ years, and I came out of the surgery to a 'Dear John' letter saying, 'Hey, I have a better option,' " Mackall said. "Three days later, my girlfriend at the time got married to someone else. A lot of those 'what-ifs' came into play, and the few friends I had at Campbell kind of went off and did their own thing downrange. I was all alone."

Mackall emptied his bottle of percoset, which he had after his UP3 surgery, into his coffee cup with the intention of ingesting the contents at Dunbar Cave, which is near Fort Campbell.

"As we all know, when things get bad, sometimes you resort to bad things," Mackall said. "I remember telling my team leader technically, "Nice knowing you. See you when I see you.' He didn't know the full intentions of what I was really saying. I was capital D-O-N-E done."

A phone call from a friend asking him to volunteer for a BOSS event and striking up a friendship with a veteran who shared Mackall's same story ultimately saved his life and reinvigorated his commitment to BOSS.

"A lot of the senior leaders have asked me why the BOSS program is so important," Mackall said. "It's important for me personally and for a couple of the other Soldiers who share the same experience that I do. It's because it is an out. It's an alternate safe escape for the everyday stresses of the military life. I wasn't very open with my story until the past couple of months. Nobody knew that I was struggling. Nobody knew that I was at the bottom of the barrel, going home, drinking whatever bottle was in the kitchen. I was just done."

Neicey Davis, who was the FWMR BOSS Advisor at Fort Campbell when Mackall was stationed there, said Mackall's journey is a testament to the transformative power of support, camaraderie, and a strong sense of belonging. "His story exemplifies the profound positive impact that programs like BOSS can have on the lives of our service members, and his story serves as a powerful reminder of the impact BOSS can have on individuals struggling with their mental health."

> Neicey Davis, Fort Cavazos FMWR BOSS Advisor

"His story exemplifies the profound positive impact that programs like BOSS can have on the lives of our service members, and his story serves as a powerful reminder of the impact BOSS can have on individuals struggling with their mental health," said Davis, who is now the FMWR BOSS Advisor at Fort Cavazos. "During his time in the BOSS program, I had the privilege of witnessing his incredible growth as a leader and his ability to overcome the mental health issues he faced."

While Mackall is proud of how BOSS has evolved, he wishes more senior leaders could see the importance of BOSS to the Army.

"Yeah, we do things like get outside and do the fun stuff like go hiking, climb mountains, but it's a lot of the little stuff that doesn't get out," Mackall said. "They don't quite hear about the life skills or the community service. There is so much more to this program. It's an enhancement to every formation, and its greatest potential value is the development of Junior Leaders and Soldiers."

Editor's Note: For more information on the BOSS Program, contact your local BOSS Office or contact SSG Cody Mackall, Department of the Army BOSS Representative, at cody.a.mackall.mil@army.mil.



LaToya "Dr. Toya" Sizer, chief of institutional training at the Training Center, in her office at IMCOM headquarters, Joint Base San Antonio-Fort Sam Houston. (U.S. Army photo by Susan A. Merkner)

Dr. Toya's life of service

By Susan A. Merkner

IMCOM Public Affairs

JOINT BASE SAN ANTONIO-FORT SAM HOUSTON, Texas – Like many young people, LaToya Sizer joined the U.S. Army to broaden her career opportunities.

At 22, a high school graduate with a few years of clerical work experience and a few college credits, she longed for an occupation more exciting than what she had experienced growing up in East St. Louis and Springfield, Illinois. No doubt she never dreamed that someday she would head the Army's top training center for installation management and carry the title chief of institutional training at the U.S. Army

IMCOM delivers expertise to 80 garrisons worldwide with its diverse range of core competencies: provide Soldier and Family services, manage the regular Army's infrastructure, enhance readiness and deploya-

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bility, and provide and integrate base operations. The IMCOM Training Center, at IMCOM headquarters, Joint Base San Antonio-Fort Sam Houston, hosts an array of programming for Soldiers and civilians, and is known variously as "the academy," "the College of Institutional Management" or "the CIM," the "ITC" and "the schoolhouse" – names representing the training center's growth and expansion through the years.

Served as Soldier, civilian and veteran

Sizer's service as a Soldier, Army civilian and veteran is a tale worth telling anytime, but especially in March during the national observance of Women's History Month, which has the theme "Celebrating Women Who Tell Our Stories."

Her story of Army service exemplifies the dedication of those who make the Army stronger. As the daughter of a single, teenage mother who worked full time, Sizer was raised by her grandmother, who also took in Sizer's two brothers.

"I grew up in a strict religion. Going to church six days a week – that was my life."

As role models, Sizer cites her 94-year-old grandmother, who has 23 grandchildren now. "My grandmother grew up in Mississippi. She didn't go to school; she learned to read and write on her own," Sizer said. "She cared for people. If you needed a place to stay or a meal, she was the person who would help you. And my mother is one of the strongest women I know. Because of her work ethic, I knew I wanted more out of life."

Sizer loved school and was a spelling bee winner, as well as an athlete. She attended Lincoln High School in East St. Louis, Illinois, and ran track with Jackie Joyner-Kersee. At 14 her family moved to Springfield, Illinois. Going from a predominantly Black community in East St. Louis to Springfield, where Sizer was a minority in high school at the time, was an adjustment she made well, she said.



LaToya Sizer attained the rank of command sergeant major after she enlisted in the Army. (Courtesy photo)

a 10th grade career day, Sizer expressed her hopes of becoming a pediatrician.

"That will never happen," the teacher told her flatly, saying that as a child of a single mother she wouldn't have the financial resources to afford medical school. "That really crushed me," Sizer said. "But after I continued high school, his words were my reality, and I believed him. He broke my spirit and dream."

Because she was enrolled in

a high school program that enabled her to attend class half-days and work half-days, Sizer gained some clerical skills and worked full time for a few years after graduation. "But I didn't see much of a future in Springfield," she said. Sizer wanted more and shared her hopes with her then-boyfriend, an Army recruiter. He connected her with a fellow recruiter who showed her the positions open to women at the time and suggested she pursue a job as a truck driver.

"I was a girly girl. Truck driving was not in my DNA, so I asked to see all the positions," Sizer said. "When I looked at the list of occupations, I thought journalism and public affairs sounded interesting, because I always loved to read and write," Sizer said. "I signed up, told my boss I was joining the Army, and two weeks later, I was in basic training at Fort Dix."

Describing herself as competitive by nature, Sizer said she figured she would give the Army a chance. She had no problem passing the physical or fitness test, but at 22, she was one of the older recruits. She was made a squad leader quickly and enjoyed learning about the Army and meeting people from all over the world.

"I was always disciplined, and my level of tolerance was strong. My self-esteem increased in the Army. Becoming a Soldier ended up being the best thing I could have done for myself."

However, teachers weren't very encouraging. During

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Sizer spent 22 years in the Army, traveled the world and met and interviewed thousands of interesting people.

"I'm one of the fortunate ones. I enjoyed every place the Army sent me," she said.

In 1988, she was sent to Seoul, South Korea, to cover the Summer Olympics. It was her first time out of the United States.

"I never imagined in my life that I would be at the Olympics, watching Florence Griffith Joyner and many other athletes compete," Sizer said.

Attending the Olympics was an exciting time for Sizer, but living in a foreign country was a defining moment.

"It really humbled me, to see how other people lived, in Korea. We visited orphanages and got to connect with the Korean people," she added. "It made me appreciate being an American – we have the best of everything. It taught me a lot about life."

In 1991, she married her husband, Richard, at Fort Leavenworth, Kansas. Thirty-two years later, they have two sons, ages 28 and 24, both engineers by trade, and chefs in their spare time.

Mentors delivered consistent message

Throughout Sizer's Army career, she was mentored and sponsored by some of the best and brightest. Those who influenced her delivered a consistent message: Get your education, work a variety of assignments, and always exceed the standard. She listened.

Sizer earned an associate's degree early in her career and retired with a master's. Those credentials helped her reach the highest enlisted rank in her field, Command Sergeant Major.

In 2001, Sizer served as the 1st Corps and Fort Lewis Public Affairs Sergeant Major in Washington. A few years later, she became the first CSM in Army public affairs history of the American Forces Network Europe. She was also the first woman, first African



LaToya Sizer, left, had a role model growing up in her grandmother, right, who turned 94 in June. "My grandmother grew up in Mississippi. She didn't go to school; she learned to read and write on her own," Sizer said. "She cared for people. If you needed a place to stay or a meal, she was the person who would help you." (Courtesy photo)

American and first print journalist to hold that position.

After she and her husband retired from the Army together on the same day, the Sizer family moved to San Antonio in 2009, took a year off from work, then Sizer found employment at IMCOM as a public affairs supervisor.

Sizer volunteered for the IMCOM Strategic Communication team and served on it for five years. In 2015 she moved to the IMCOM Academy, offering graduate-level, command-directed courses and programs in garrison leadership, such as the Senior Commander Course, Garrison Pre-command Course for commanders and CSM's selected to command garrisons. The training center curriculum also emphasizes customer service, specifically IMCOM's Service Culture Campaign, and installation management, since serv-

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Why Share a Ride Instead of Driving My Own Car?

- Reduce lbs. of CO₂ yearly.
 - Support IMCOM energy initiatives Network with other IMCOM employees.
- Relax or recharge with a nap.
 - Catch up on personal emails
 Take care of personal business
 - Reduce wear and tear on your personal vehicle.
 - Lower your insurance premiums.

- 1. Visit Commute with Enterprise website: https://www.commutewithenterprise.com/ en/faqs/why-share-a-ride-instead-of-driving-my-own-car.html
- 2. Submit info to JOIN COMMUTE either individually or as a group.
- 3. Enjoy the ride!



Soldiers assigned to 3rd Infantry Division compete during the Marne Week 2022 tug-of war-event Nov. 28, 2022. Marne Week is an annual event that promotes esprit de corps and celebrates 3ID history. (U.S. Army photo by Daniel Malta)

DOD honors HAAF's Malta

By Susan A. Merkner IMCOM Public Affairs

An IMCOM public affairs officer was named the DOD's best civilian photographer for 2022.

Daniel Malta. the Hunter Army Airfield public affairs officer at Fort Stewart, Georgia, was named the Department of Defense Media Awards Program's Thomas Jefferson Civilian Photographer of the Year in June. He was eligible to compete for that award after winning U.S. Army Civilian Photographer of the Year in April in the 2022 MG Keith L. Ware Communications Competition.

"Being my own worst critic, I was pretty surprised when I received the unexpected news," Malta said.

"I was obviously happy, but more than anything, I was just glad to not disappoint," he said. "All my leaders, from IMCOM to the FSGA PAO office, have been super-gracious in building me up and encouraging me. My success is a direct result of that support."

Malta said he approaches upcoming assignments with the goal of making them interesting.

"I don't want to just cover something, I want to make things exciting," he said. "IMCOM is like an iceberg, on the surface it's a few uniform buildings and a gate, but underneath it's a massive treasure trove of moving parts."



Malta grew up in Jacksonville, Florida, and joined the U.S. Marine Corps in 2007. After graduating from the Defense Information School's basic public affairs specialist course the following year, he worked as a broadcaster, combat correspondent, press chief, and marketing and public affairs chief.

Daniel Malta

He ended active service in 2015 to

pursue full-time academics, and graduated with a bachelor of science degree in marketing from Colorado State University and a master of arts degree in communications management from the University of Denver.

He worked for the Denver Army Recruiting Battalion, where he managed all advertising for Army recruiting within a three-state region. In 2018, his wife joined the U.S. Army and the family relocated to Fort Sill, where he was hired as the digital media strategist. In January 2020, he moved to Fort Stewart-HAAF.

"While I may have won a DoD-level award, I've by no means crossed the finish line. Public affairs comprises multiple disciplines, which all change as fast as the technology around us. This was a good indication I'm heading in the right direction, but the motivation to educate myself and compete is ongoing."

Picatinny fire chief earns doctorate, yearns to be educator

By Eric Kowal

Picatinny Arsenal Public Affairs

PICATINNY ARSENAL, N.J. - Christopher Foster, fire chief of the U.S. Army Garrison at Picatinny Arsenal, achieved a notable educational goal by earning a doctorate degree in November 2022.

Foster, who is responsible for the overall management of the Picatinny Arsenal Fire Department, completed a doctorate in Emergency Management from Capella University online and was officially presented with his credentials during a ceremony in March 2023.



In order to fulfill curriculum requirements, Foster had to attend three residency phases. First, he was required to develop a topic for the dissertation. During the second residency, he had to secure approval from the dissertation chair and collect lit-

Picatinny Arsenal Fire Chief Christopher Foster earned his PhD in November 2022.

erature that would help develop the basis for his research. The final residency was the culmination of all dissertation development into a research plan so that Foster could finalize his plan and obtain internal review board approval once he entered the dissertation phase of the program.

It took five years for the fire chief to obtain his degree as several challenges were thrown his way, but none that he could not overcome.

"Several things played into my extended time," Foster said. "One was COVID-19 pandemic. Because of the pandemic, our ability to conduct research face-to-face was taken away out of precaution to the students."

The second challenge came when Foster accepted

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ing as a garrison commander is in essence like running a city, providing a wide range of services.

Sizer was named director of the School of Installation Management in 2015 and chief of institutional training for IMCOM in 2019. Her love for academics stemmed from teaching journalism and public affairs at the Department of Defense Information School and serving as its first sergeant for hundreds of Soldiers, Sailors, Airmen, Marines, Coast Guardsmen and civilians.

After earning advanced degrees from Trident University – an MBA in human resources management and services in 2007, and a Ph.D. in educational leadership and administration in 2018 – she became known as "Dr. Toya" around IMCOM, where her warm smile and outgoing personality welcome everyone.

"I love IMCOM's mission and working with the garrisons," she said. "No other organization in the world touches the lives of every Soldier, civilian and their families every day, everywhere, like we do."

Being in the IMCOM academic environment is her passion, Sizer said, and another reason she is a school board trustee for the Fort Sam Houston Independent School District.

People also are Sizer's passion, she said, and is quick to credit her institutional training team as "reliable and amazing."

"When it comes to getting everyone on board, we are a group; we get it done," she said. "My job is to serve people, be a resource. When we provide great customer service to those we serve, and see the fruits of our labor, that's the most rewarding. IMCOM is the Army's home, and our team is a family. I love all of them and what they do for Soldiers and families all day, every day."

Military service gave Sizer the opportunities she sought to pursue her passions and purpose. Now there are more than 200 career fields open to Soldiers.



Participants included, from leftr to right, Salvatore Corcione, USAG Ansbach; Oliver Giese, USAG Benelux: Stephen Eric Segura, USAG Ansbach; Paul Wolfgang Hlawatsch, USAG Bavaria; Mark Fricke, USAG Benelux; Rudiger Schmitt, U.S Air Force; Tomasz Filatow, USAG Wiesbaden; Zachary Eberbach, USAG Rheinland-Pfalz: Alexander Griessinger, USAG Wiesbaden; Aziz Demeribas, USAG Wiesbaden; Phillipp Bauer, IMCOM-Europe; Thomas Hanke, USAG Rheinland-Pfalz; Stefanie Poulsen, IMCOM-Europe; and Benjamin Stöber, IMCOM-Europe. (Courtesy photo)

Wiesbaden hosts workshop for energy and utility managers

By Mark Heeter

IMCOM Europe Public Affairs

WIESBADEN, Germany -- More than a dozen energy managers and utility managers and specialists from across Installation Management Command-Europe participated in an energy workshop in Munich June 13 -16.

The event, which was focused on energy transformation and renewable energy technologies, also included a convention, speakers, and hot topics important to the U.S. Army in Europe, according to Benjamin Stöber, IMCOM-Europe engineer responsible for gas and electricity contracts and technical lead for renewable energies.

"All that transformation is nothing new for us, but it has received more attention with the climate goals from the U.S. and the climate goal from host nations," said Stöber, who led the effort to bring the IMCOM-Europe and garrison teammates to the event.

"There were different speakers from around the world,

agencies, companies, all presenting their steps toward transformation, how they worked out strategies, what kind of technology they used," he said.

Stöber also arranged for the group to have sessions with the German Miliary University, which was one of the most important portions of the workshop.

"They are doing transformation for the German military bases, so why not cooperate with those people who have to face the same regulations that we have in Germany and just try to cooperate with things and tools that we can use?" he asked rhetorically.

The chance to cooperate and learn from others was among the greatest benefits to other participants as well, according to Mark Fricke, Energy Manager at the USAG Benelux.

"For me it was an eye opener, because here at the Benelux, we are not a typical German garrison, meaning sometimes we're a little different," Fricke said, noting that his garrison does have oversight of the Army Prepositioned Stock site in Duelmen, Germany.

"For me, it was really interesting to connect and to see everyone and to talk about the issues we have. Then you find out, most of the time you have the same issues that you're tackling. And that really lifts you up," he said.

Fort Cavazos starts to shed energy load during Texas heat

By Samantha Harms

Fort Cavazos Public Affairs

FORT CAVAZOS, Texas – Load shedding efforts here began June 16 through reducing electrical energy consumption during the highest demand part of the day – 2 to 6 p.m. – to reduce the strain on the Texas power grid. This effort will continue throughout the summer months, with the load shedding effort programmed to end in September, according to Fort Cavazos officials.

Using Fort Cavazos' Utility Monitoring and Control System, temperature set points on HVAC systems will be adjusted 3-4 degrees warmer in nearly 200 facilities across the installation. Family housing and barracks will not be impacted by this effort.

"(This is Fort Cavazos being) good stewards of tax dollars through electrical energy cost savings as well as being good neighbors with Texas communities," Brian Dosa, Directorate of Public Works director, shared. "Similar actions taken last summer reduced energy consumption by more than 1,800 megawatt hours with a cost avoidance of more than \$429,000. It is anticipated the load shedding effort will produce similar results this summer."

Help conserve energy by following these simple tips from Texas Energy Commission at home and at work:

• Use a programmable air-conditioning thermostat and adjust the thermostat during overnight hours or when no one is at work to reduce the cooling costs. To reduce energy consumption, set the thermostat at 78 degrees or higher, and remember to keep the doors and windows closed. At the end of the workday or if the space is unoccupied, set the thermostat to 85 degrees.

• Replace incandescent lights with Light Emitting Diodes lights whenever possible. Using LEDs instead of



Kirk Farmer, manager of the Utility Monitoring and Control System at Fort Cavazos, uses the UMCS to remotely monitor and manage more than 200 facilities. (U.S. Army photo by Christine Luciano)

comparable incandescent bulbs can save about 70-80 percent on lighting costs. These LEDs only use one-twelfth the energy and last up to 100 times longer.

- Switch off all unnecessary lights in places such as conference rooms, restrooms and storage rooms. Use dimmers, motion sensors or occupancy sensors to automatically turn off lighting when not in use.
- Close or adjust window blinds to block direct sunlight to reduce cooling needs during warm months.
- Service your air conditioner. Easy maintenance such as routinely replacing or cleaning air filters can lower your cooling system's energy consumption by up to 15 percent.
- Seal ducts to reduce air loss through ducts, which can lead to high electricity costs, accounting for nearly 30 percent of a cooling system's energy consumption.
- Switch on bathroom fans to suck out heat and humidity from your home, improving comfort.
- Cool your home with ceiling fans, which will allow you to raise your thermostat four degrees. This can help lower your electricity bills without sacrificing overall comfort.

ENVIRONMENT

DPWED chief's leadership drives WSMR programs

By Thomas Milligan USAEC Public Affairs

The Army Compatible Use Buffer program, long considered one of the most effective programs and models for balancing environmental stewardship and vital training, is an important tool across the U.S. Army.

At White Sands Missile Range, Brian Knight, chief of the Directorate of Public Works Environmental Division, has won acclaim for effective implementation of an ACUB program as part of a series of steps to establish and protect the necessary buffers between training grounds and off-site development. Knight is credited with managing the complex relationships, varied jurisdictions, private and public entities that come with sustaining the vital training at WSMR and providing top-quality environmental stewardship.

"As leader at WSMR, Brian Knight has strengthened military readiness, long-term mission sustainability and resilience. He planned and executed conservation easements in areas surrounding WSMR that are most vulnerable to encroachment from incompatible development," said Garrison Commander Col. David A. Mitchell. "It takes a strong leader to lead the massive program at WSMR, to create the partnerships and the win-win relationships. He's done a remarkable job."

WSMR encompasses 2.2 million-acres and 8,500 miles of DoD restricted airspace and military training routes, across jurisdictions of five New Mexico counties. WSMR is the DoD largest research, development, test, and evaluation range. WSMR hosts the military's remote pilot aircraft training, 70% of the F-22 and F-16 pilot training and most training for nearby Holloman Air Force Base.

Close management is required to preserve the necessary training environment both within the installation and on adjacent lands. Conservation easements with landowners prevented incompatible development



such as energy transmission lines, wind turbines, radio frequency, and urban development -- all potential challenges to maintaining existing aerial approaches into WSMR on the northern and western boundaries.

Brian Knight

Tall structures such as windmills and energy distribution lines, for example,

must be limited because those structures eliminate the capability for low-altitude flights into the installation and can emit radio frequencies that disrupt military radar systems.

ACUB is a tool to protect the access and availability of lands and the capabilities that those lands provide. Installations collaborate with partners to identify mutual land conservation objectives. The partners purchase easements or fee-simple property acquisitions from willing landowners within areas determined to be a priority for protection. The partner, not the Army or even DoD, holds the deeded interest in the property.

Another tool Knight is credited with effectively implementing at WSMR is the Readiness and Environmental Protection Integration program, of which ACUB is a component. REPI is designed to cultivate projects that conserve lands at a greater scale, test promising means to finance land protection and harness the creativity of the private sector and market-base approaches above and beyond each installations' ACUB program

"Partnerships with private conservation groups are a win-win because there is cost sharing to acquiring easements or other interests in land that promote compatible land use and natural habitat conservation off an installation," said Mitchell.

Knight led efforts to garner more than \$27 million in funding support for ACUB and REPI programs at WSMR and won \$5.1 through a REPI competitive grant process.

FOSTER

From Page 16

the job of fire chief at Picatinny, moving his family from USAG Fort Campbell, Kentucky, where he served as the assistant fire chief. Already enrolled in the academic courses required to earn the doctorate degree, Foster had to rearrange his academic requirements around the challenges that included shifting to a new state and career path.

"The first two years of the program were much like other online programs," Foster said. "We were given different assignments pertaining to emergency management with a major focus on critical analysis, research, and theory. We completed discussion posts and spent hours having discussions with fellow classmates and professors on different topics relating to emergency management. Once I completed all classroom work, I was able to move on to the comprehensive exam."

After successfully completing the comp exam, Foster became a doctoral candidate and was able to advance to the dissertation phase, which was designed to develop independent research on the approved study by the doctoral candidate. The fire chief's research was about "The Role of Emergency Managers with Active Shooter Events: A Qualitative Analysis."

"I never really dreamed of achieving the level of academic success as I have, but once I got close to achieving my PhD, I began to think about using the degree to teach at a university," Foster said of his achievements. "I believe I would enjoy sculpting young minds and helping them achieve their dreams."

Foster began his career in the United States Air Force, serving in various fire departments. He has more than 25 years of experience with increasing responsibilities working in fire and emergency services at multiple installations.

"I hope that the lessons I have learned in my 28-year career and can be beneficial to the next generation," Foster said. "The world will always need these men and women who will risk it all to save a stranger, and while my time of doing the job will soon close, I will find other ways to contribute to society. I believe I can best help my fellow responders through research and educating. They will always need a voice to help them achieve success, and I plan to be a strong advocate and voice for those that are still doing the work that we all so desperately need."

As Picatinny Arsenal fire chief, Foster is tasked with mentoring, coaching, and supervising other officers and firefighters within the department. He is also responsible for recruiting, training, and equipping the firefighters to ensure the community receives the best customer service possible.

"I am extremely impressed by the Chief's desire in continuing to seek self-improvement, dedication, and consideration for the future as he looks to mold the next generation of Emergency Managers/ Responders," said Fortunato Rubio, Picatinny Arsenal's Director of Operations. "His hard work and sacrifice of lifelong learning will continue to benefit the Picatinny Community."

Earlier this year, the PAFD was recognized as "Small Fire Department of the Year" by U.S. Army Installation Management Command (IMCOM) Directorate-Sustainment (ID-Sustainment). Along with the departmental award, two of Foster's crewmembers were individually recognized. Firefighter James Brees was selected as Civilian Firefighter of the Year, and Capt. Nolan Rampulla was selected for Civilian Fire Officer of the Year within ID-Sustainment.

"Earning a PhD in emergency management shows the character and leadership Chief Foster brings to our Fire Department and the Picatinny Arsenal mission," said Lt. Col. Alexander D. Burgos, Picatinny Arsenal garrison commander.

"His leadership was already demonstrated as our Fire Department won Small Fire Department of the Year by IMCOM Directorate Sustainment for fiscal year 2022. This accomplishment just continues to build on the high standards at which our fire department operates."

Foster also holds a bachelor of science in Fire & Emergency Management from Kaplan University (now Purdue Global), and a Master of Public Administration from the University of Southern California.

FES

Wildland brush truck to maximize savings, readiness

By Steve Warns

IMCOM Public Affairs

SUMNER, Wash. – U.S. Army Installation Management Command recently purchased Wildland Type VI brush trucks in support of their wildland urban interface operations. The trucks are expected to greatly improve fleet readiness and generate significant cost savings.

Al Rivera, IMCOM Fire Protection Specialist, saw firsthand the capability and durability of the brush trucks — rugged enough to handle adverse terrain and wildland interface operations yet easy to drive and operate.

"The trucks are strong and powerful, yet they have great maneuverability," Rivera said.

IMCOM purchased five Wildland Type VI vehicles in FY23 and plans to purchase 15 more vehicles in the next 12 months at a cost ranging from \$190,000 to \$200,000.

Lloyd Hamilton, U.S. Fire Equipment CEO, a company that produce wildland fire vehicles has supported Army Fire and Emergency Services operations for about 18 years. Hamilton said. "we're looking forward to our continual commitment in providing high quality fire vehicles in order to meet their mission requirements."

"For me and my company, our commitment to the U.S. military is above anything else because they protect us," he said. "We're helping the people who protect us. They help us sleep at night. Twenty-five percent of our workforce are veterans. We really emphasize on hiring veterans because they come to us with a sense of duty and wanting to help and give back to their communities, which is a big benefit."

Among the Wildland Type VI brush truck's features are an off-road suspension lift kit with heavy-duty offroad shocks, a 400-gallon water tank, a winch that features 80 feet of 3/8" synthetic rope and an 18,000-



U.S. Army Installation Management Command recently purchased Wildland Type VI brush trucks. The trucks are expected to greatly improve fleet readiness and generate significant cost savings. (U.S. Army photo by Steve Warns)

pound capacity hook, and a thermal camera mounted on top of the truck that features a removable tablet on the dashboard. It has what is known as Wildland Urban Interface, or WUI, capability, where it can handle a wildland fire or engage with a car or structure fire.

Fort Carson fire chief Rob Fisher, whose department already has the Wildland Type VI brush truck, said the truck is diverse enough to operate at any Army installation. Since the Wildland Type VI will be the standard brush truck across the Army installations, it makes it easier to get somebody up to speed, he said.

"What we've done is taken an already established framework of a specification and incorporated the diversity of the different installations and how it's going to be used across the Army versus different trucks with different specifications," Fisher said. "The modifications that do need to be made are minimal modifications. The apparatus' components are the same except for maybe the tires and the lift."

WARRIOR GAMES



Prince Harry, the Duke of Sussex and founder of the Invictus Games, speaks during the closing ceremonies June 12 of the DOD Warrior Games Challenge at Naval Air Station North Island Coronado. California. (U.S. Army photo by Steve Warns)

Recovering service members compete and forge new ties

By Steve Warns

IMCOM Public Affairs

NAVAL AIR STATION NORTH ISLAND, Calif. – The Department of Defense Warrior Games Challenge, held June 2-12 at Naval Base Coronado, leveraged the power of adaptive sports to provide healthy competition for service members.

More importantly, it provided camaraderie and community as they heal from visible and invisible injuries.

"You have shown all of us that there is no such thing as a bad day," said GEN Gary Brito, commanding general of Army Training and Doctrine Command and the host of the DOD Warrior Games Challenge. "You have shown all of us what is in the art of possible when you wake up with a can-do attitude, and you have shown us an obstacle can be brief and to just get over the obstacle."

Prince Harry, the Duke of Sussex and the founder of the Invictus Games, spent time with athletes during competition and at the Send-Off Dinner, encouraging the athletes to never forget the value of themselves.

"My hope is that this moment empowers you to continue your journey and to reimagine the limits of your own lives," Prince Harry said. "Encourage others to believe in themselves, to believe in the power of recovery, and to make the impossible possible."

Athlete service members and veterans from the Army, See **WARRIORS**, Page 23

WARRIOR GAMES

WARRIOR

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Navy, Air Force, Marines, Space Force, Coast Guard and Special Operations Command competed in eight individual sports and three team sports.

The eight individual sports were archery, cycling, field, indoor rowing, powerlifting, shooting, swimming and track. The three team sports were sitting volleyball, wheelchair basketball and wheelchair rugby.

Adaptive sports has been a positive influence for MAJ Tori Camire of the Joint Base Lewis-McChord Solider Recovery Unit, who was competing in her second Warrior Games event.

Camire earned a gold medal in road race cycling, silver medals in the shot put and relay team row, and bronze medals in powerlifting and time trial cycling.

"It means a lot for me to compete," Camire said. "When I first came to the SRU, I was in a really dark place. At the time, my 13-year career was coming to an end, and I had a hard time dealing with it. My SRU was advertising for the Warrior Games Challenge, and at first I thought there was no way I would make the team. I decided to try out, and here I am."

"I retire next month, but this is something I want to continue to be a part of. I'll compete in the Invictus Games (in Dusseldorf, Germany) in September, and next year I'll try out for Team Army for the Warrior Games and Team U.S. for the Invictus Games," she added.

For SSG Robert Ellison, stationed at Fort Campbell SRU, his first DOD Warrior Games Challenge showed there is a complete brotherhood among the other service members. Ellison tore his left hamstring competing in the 400-meter relay, but he was amazed how the other service members supported him.

"That helped me mentally," said Ellison, who won gold medals in the 50-meter backstroke, 50 breaststroke, 50 freestyle, 100 freestyle and 200 relay, silver medals in the 200 dash, 400 dash, 800 run and 1,500 run and bronze in the 100 dash. "It's genuine caring for each other."

The program taught Ellison that every sport can be adaptive where they can compete.

"Even though you're injured, whether it's mental or physical, you're not out of the fight and you're not out of the game," Ellison said. "We can still improvise, adapt and overcome."

See WARRIOR, Page 26

<image>

From left, Maj. Tori Camire celebrates after winning gold in cycling during the DOD Warrior Games Challenge on June 4. Right, MSG Michael Haley competes in the powerlifting event during the first day of competition June 3. Haley won gold. (U.S. Army photo by Steve Warns)



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WCAP

Soldier-Athletes share best practices at forum



Willie Wilson, Army World Class Athlete Program chief, speaks to the WCAP Soldier-Athletes during their Org Day at WCAP Headquarters at Fort Carson, Colorado. Soldier-Athletes gathered for a forum June 26-29 to network and listen to subject matter experts. (U.S. Army photo by Steve Warns)

By Steve Warns

IMCOM Public Affairs

FORT CARSON, Colo. – There are important reasons for the annual World Class Athlete Program Forum, said Capt. Robert Cheseret, WCAP commander.

"It's a chance to get everybody together, have a little bit of fun, get away from their sports, reset their minds and start fresh," Cheseret said.

"Coming here to WCAP headquarters also allows them to complete their annual required training and to complete the Army Combat Fitness Test. That way, when they go back to their duty station, they can focus on their training. It allows them that uninterrupted time to focus on training for the Olympic Games."

Soldier-Athletes, who are trying to make U.S. Olympic teams in their respective sports for the 2024 Paris Games,

came to WCAP headquarters June 26-29 to network with each other, listen to subject matter experts in nutrition and sports psychology and to share best practices.

The forum also gave Soldier-Athletes a chance to complete their annual training, which includes the Army Combat Fitness Test. The Soldier-Athletes capped off the forum with their Org Day, which featured food, fun and fellowship in the shadow of the Rocky Mountains.

"IMCOM provides the Soldiers of the World Class Athlete Program with great support in order for them to accomplish their mission, and this forum gives them a chance to see the great support that they receive from the Army with the goal of making their Olympic teams," said Willie Wilson, Army WCAP chief.

SPORTS

WARRIOR

From Page 26

Adaptive sports brought Sgt. Carl Judd of Fort Moore SRU out of his comfort zone mentally and physically.

"Every time I do an adaptive sport, I'm hurting, but it's a good hurt," said Judd, who competed in discus, shot put, shooting, sitting volleyball and wheelchair racing. "It's not like 'I have to lay in bed for the next five or six days.' I did something I wanted to do. Yes, there's some pain, but it's not much different from when I'm going to do a hard workout.

"Adaptive sports does that, and it allows you to be you for a few minutes. That has a lot of healing power."

In his first DOD Warrior Games Challenge, MSG Michael Haley earned five swimming gold medals in the 50 backstroke, 50 breaststroke, 50 freestyle, 100 freestyle and 200 freestyle relay, golds in 400 wheelchair racing sprint and in powerlifting, silver medals in the 100 and 200 wheelchair racing sprints and a silver in archery.

"It's fantastic to see everybody compete and come

FORUM

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WCAP's importance to the Army and the Armed Forces cannot be overstated, Wilson said. He added there are numerous former WCAP members who have had very successful careers in the Army.

"First and foremost, the Soldier-Athletes do a great job telling their story and the Army's story," Wilson said. "For some of them, WCAP and the Army changed their lives. For others, it's giving them an opportunity to pursue their Olympic dreams. The Army and World Class Athlete Program provide Soldiers the opportunity to pursue their Olympic dreams and to develop a career. They represent their command, the Army and the United States on the world stage.

"They give back to the Army by supporting Total Army Involvement in Recruiting (TAIR), going out into high schools and colleges, telling their story and sharing the many differ-



SSG Robert Ellison cheers on his teammates while holding the U.S. Army flag during the first day of competition of the DOD Warrior Games Challenge (U.S. Army photo by Steve Warns)

around," said Haley, who is at the Fort Stewart SRU who also worked in the SOCOM community with the Air Force, as well as the Army. "It provides more opportunities showing what recovering Soldiers are still capable of."

And the advice Haley would give to those interested in competing in the DOD Warrior Games Challenge?

"Come on. Let's see what you got," he said.

Those interested in learning more about the DOD Warrior Games can visit www.DoDWarriorGames.com.

ent programs and unique opportunities that the Army of-fers."

The Army WCAP forums get better every year, said Shon Lewis, Army WCAP's longtime Greco-Roman Wrestling coach.

"There are new faces, and it's always nice to put a face to a name," Lewis said. "I really enjoy these forums every year. What the forum provides is camaraderie between the Soldier-Athletes. It allows them to see that it's not just your own little world. Everyone is dealing with something, and they realize that they're not alone."

COVID-19 upended the training for the Soldier-Athletes and delayed the Tokyo Olympics for a year, but Lewis said the Soldier-Athletes are returning to their normal training routines.

"We're getting our timing back, and I think our Soldier-Athletes are getting very excited and training hard for the 2024 Olympics in Paris."