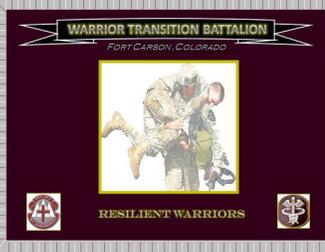


Resilient Warrior Source

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U.S. Grand Prix of Cycling by Kaila Muggli

Heavy wind and rain almost washed out four Warrior Transition Battalion riders' hopes of taking on the 35-degree "wall" of the 7-Eleven Velodrome at Memorial Park during the U.S. Grand Prix of Sprinting July 13. A team wielding leaf blowers, squeegees and brooms dried out the 333-meter track allowing the international cycling event to start only an hour late.

The WTB cyclists participated in a special exhibition race in front of Olympic level cyclists from 11 countries.

"This is awesome! To have the opportunity to train with a real Olympic coach [Pat McDonough], on the Olympic Velodrome, and the fact that Colorado Springs provides the team with adaptive reconditioning coaches is just awesome," WTB Commander, Lt. Col. Aaron Termain said. "We should do it more often."

Awaiting their time on the track, the WTB cyclists kept their muscles warm along with the other cyclists. The Olympians kept ready for their heats by placing their cycles on devices called rollers. The high tech rollers offer resistance that forces the rider to think about spinning, balance and holding a steady line. The Olympians made the task seem effortless, gliding along to combat the cold wind.

The WTB sponsored team included Sgt. 1st Class Keoki Smythe, Staff Sgt. Jericar Martinez, Sgt. (retired) Gerardo L. Medrano and Steve Sanders. Completing the team was Sarah Braun, the Colorado Springs Therapeutic Recreation Program Coordinator for Military Programs. She works with the team every week scheduling training and coordinating equipment, rides and events.

"The program is great!" Martinez said excitedly, "Staff Sgt. Kevin McDonald and I were among the originators that started the program for the battalion and to come back and actually be a part of it is great."

Following four events, the WTB riders took to the track. As they lined up along the rail, the crowd stood with loud cheers and applause. The atmosphere became electrifying as the announcer introduced the riders. The sound of the start gun soon rang through the air and the team pushed off.



Staff Sgt. Jericar Martinez (left) and Sgt. (retired) Gerardo L. Medrano warm up on the Velodrome inner circle prior to their exhibition race at the U.S. Grand Prix of Sprinting July 13. (Photo by Spc. Kaila Muggli)

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MSG (R) Travis Leland was presented with his Purple Heart Medal July 30th.

See photo page 2



Warrior Support Group Happenings



August 15th—Back to School Stress and Anxiety Reduction Class 9:00-11:00 a.m. at the SFAC. Learn tips to reduce stress and combat anxiety. Light refreshments will be provided.

September 5th—Resume Writing and Mock Interviews 9:00 –11:00 a.m. at the SFAC. Get prepared for your next career by building a resume that highlights your unique abilities. Participate in mock interviews to brush up on your interview skills.



September 19th—Self Defense Class 9:00 a.m.– noon at the SFAC. Learn real and effective self-defense techniques to create a safer environment for yourself.

WTB Honors Retired Soldier with Purple Heart

Master Sgt. (Retired) Travis Leland shakes hands with Maj. Gen. H. Michael Edwards, The Adjutant General of the Colorado National Guard, after the general pinned the Purple Heart on him during a ceremony at the Warrior Transition Battalion on Tuesday, July 30, 2013. Leland, who retired last year, was injured during a 2008 deployment to Afghanistan.

(Photo courtesy of SFC Jeffrey Troth, MEDDAC Public Affairs.)



Save the Date

August is "Hunting Site-In Month" at Cheyenne Mountain Shooting Complex. Questions? Please call 243-6629.

August 3rd—Kids Marksmanship Camp at Cheyenne Mountain Shooting Complex. Open to the public. Sign-up kids age 6-12 for \$10 each. Cost includes a target, snack and a gift. Questions? Call 896-6196.

August 6th—National Night Out. Join your community in America's Night Out Against Crime.

August 7th—Tumbleweeds, located in the Mini-mall, offers an Origami class. For class times/cost, please call 393-3734.

August 8th—The Automatic Millionaire, A Powerful One-Step Plan to Live and Finish Rich will be presented at ACS from 5:30-7:00 p.m. To register, call 526-4590.

August 8th—Sky Sox Military Appreciation Game at Sky Sox Stadium at 6:30 p.m. FREE vouchers are distributed through MWR Information Tickets and Registration office. Questions? Call 526-5366.

August 9th—Deadline to register for Fall Youth Sports and Fitness teams. Register for flag football, soccer and cheerleading. Questions? Call 526-4425.

August 10th—"Annie Get Your Gun" Day at Cheyenne Mountain Shooting Complex. Ladies have FREE range time from 8:00 a.m. - 7:00 p.m. Questions? Call 896-6196.



August 12th—Valor Games applications are due. Questions? Please call SFC Contreras at 524-5930. More info, see page 5.

August 13th—CPR/First Aid/AED class offered by Red Cross. Questions? Call 526-2311 or 526-7144.

August 17th—Fort Carson's Soldier Memorial Run/Walk at Iron Horse Park from 8 a.m. – noon. Run or walk in honor and remembrance of those Fort Carson Soldiers who made the ultimate sacrifice for this country in Iraq and Afghanistan and throughout history in other wars. Participation is free. Please call 526-1867 for info.

August 19th—Mountain Post Spouses' Club (MPSC) Super Sign-Up at the Special Event Center from 10-1 p.m. MPSC is Fort Carson's consolidated Spouses club.

August 21st—Destination Fort Carson at the Special Events Center from 9 a.m.-3 p.m. This information expo is a great resource for information on Fort Carson and the surrounding community.

August 28th—Birthday Cakes for August birthdays at the SFAC from 11:30 to 1:00 p.m.

August 31st—End of Summer Roundup (formerly know as 4th on the 3rd) at Iron Horse Park. Open to the public and admission is free. Enjoy live music, horse races, wild west photos, family activities, bounce houses, beverage tents, food vendors and prize drawings. Finally, fireworks show will begin at 8:15 p.m.

Chaplain's Corner: Authenticity by Chaplain Alfred Matthews

I am a Texas boy and everything in Texas is big and real with most things being really BIG and a lot of it. It seems that on every corner in Texas there is a restaurant claiming to have "Authentic Mexican Dining." After living in Texas for 29 years, I have yet to find a restaurant that was authentic even though there were a few in San Antonio that came close. The issue was that I was using a different standard to measure authenticity. You see, in Texas most restaurants are Tex-Mex (rich sauces) and not traditional Mexican food. I could not find authenticity because what I was using to measure was not in terms with what I was looking for.

So what does it mean to be authentic? Authenticity means being who you are in the moment that you find yourself. At the heart of authenticity is the integrity. A person of integrity is responsible and faithful in all that they say and do. The integrity is linked to trustworthiness. Authenticity is living life with unimpeachable integrity: People of sincerity, purpose, transparency, and authority are utterly trustworthy.

Authenticity begins with sincerity. The scriptures attest that we are to have our statements be, "Yes, yes" or "No, no" (Matthews 5:37). In my quest to be authentic I must embrace the truth that true life involves authentic self-expression. I need to be humble, attentive, and responsive to what God is doing in me. I cannot be anyone else but me. Dan Webster speaks to the heart of sincerity in saying, "God invests a sacred trust in each of us so that we can accomplish a sacred task for him." I need not fake or be anyone other than who I am; that's sincerity in authenticity.

Authenticity in integrity also means moving with purpose. It means to be intentional in fulfilling the calling in which we serve; it is an intentionality with an end in view. As I walk the road in authenticity I must affirm that God uses all the experiences of my life to prepare me for what's next. In sports, champions are not made on game day but every day they train. In order to live a life of integrity it is important I run the race of faith in such a way as to be prepared for the moments that come (1 Corinthians 9:24).

Authenticity means having an attitude of transparency. Transparency is living a life that is open to investigation. Ray Stedman asserts that "a man who walks in the sight of God is more interested in his inner reality than his outer reputation." When we see ourselves as only walking in the sight of man there is a tendency to only display our best and leave the rest, but we walk in the sight of God and He knows our heart (1 Chronicles 28:9). It requires a life of total honesty and transparency as we live for the audience of one.

Authenticity in transparency is accepting the pain that life brings my way and allowing it to make me a more understanding and able servant. As an authentic leader I need to bring all of who I am: the good, the bad, and the ugly. Yet this endeavor is scary. Being known opens us up to exposure, and if exposed we risk rejection in that who we truly are might not be lovely or beautiful in the eyes of another. It is easy to hide behind a veil in order to preserve our life. Fear, while it provides a place to hide, quickly becomes a prison. I need to be open to intimate relationships in a safe communities. This begins with knowing myself and being transparent with who I really am in the midst of others.

Finally, authenticity in integrity is moving with authority. But authority is not derived from self but is established as one's under authority. Authority is only given power when there is a standard that backs that authority. If the standard is removed then authority ceases to be and corruptions rules the day. To move with authority is to remember that the authority to move is not ours but in the power of another.

The key is to remember that surrender unleashes the power to fulfill the commitments I make through my honest authentic surrender in life with all of whom I am just as I am. There is no need to try to be what I am not. As the Army states it, "Stay in your lane." As a person of faith in God, I have come to experience that authority becomes a foundation when I am willing to swim in the sea of God's great grace and rest in His care to see me through the crashing waves. I still hear the charge to Joshua echo in my ears, "Be strong and courageous because God goes with you and before you" (Joshua 1:9). Impeachable integrity begins with authenticity that is sincere, purposeful, transparent, and has authority rooted in courage to be and grace when we are not.



WTB Welcomes New Chaplain

The WTB welcomed CH (CPT) Alfred Matthews and his family, wife, Amber; son, Mason; and daughter Abigail in July. CH Matthews is from Houston, Texas and has been in the Army for 3.5 years. Chaplain Matthews started his career at Fort Hood, Texas with the 1st Cavalry Division and then transferred to Brook Army Medical Center in San Antonio for Clinical Pastoral Education school.

I asked CH Matthews what put him on the road to being a chaplain and he replied, "My wife suggested it and the Lord opened a door for me to be able to care for people, to be real and honest."

Chaplain Matthews' office is in the SFAC in room 130. He is available there on a walk-in basis, by phone at 719-323-8882 or by email at alfred.e.matthews2.mil@mail.mil.

Grand Prix continued from Page 1

"The fixed gear bike is difficult. We are all used to being able to coast, to having brakes, and to not riding on 35 degree embankments," Sanders said.

After two laps, the bell rang for the final lap.

"One lap to go riders! One lap to go!" the announcer yelled. Smythe held the lead going into the final lap by a marginal gap, but as the final lap was coming to a close, Smythe burned out fast as he hit the head-on wind; the gap quickly closed between him and the others.

"It is like hitting a wall at 30mph when the riders go into the wind," the announcer informed the crowd.

Just as the crowd was preparing for Medrano or Martinez to pass him in the turn, Smythe pushed through and maintained speed to the finish line.

"It was a blast! I had to go out quick because my buddies are all better spinners than me," Smythe said.

Smythe pedaled his way to first closely followed by Martinez, Medrano and Sanders.

"He did an excellent job. This was actually his second day on the track and first day on the race line so he did amazing!" teammate Martinez proclaimed.

McDonough who helped to train Smythe in cycling, won a silver medal in the 1984 Olympics in Los Angeles. He has helped organize the cycling events for the Warrior Games competitions and helped organize the track cycling program for injured service members for the past three summers.

"They had the crowd cheering for them; the announcer cheering for them and it wasn't just because they are Wounded Warriors," Braun said proudly of her team. "It is because they are athletes."



Staff Sgt. Jericar Martinez (left to right), Sgt. (retired) Gerardo L. Medrano, Sgt. 1st Class Keoki Smythe, and Steve Sanders head down the straight away during their exhibition race at the U.S. Grand Prix of Sprinting July 13. (Photo by Spc. Kaila Muggli)

Adaptive Reconditioning Program Highlights



LEFT: Staff Sgt. Peery made a video through his mounted camera to give potential participants of the Mountain Biking Adaptive Reconditioning Program, still in the planning stages, a view of what to expect during a ride.

RIGHT: SSG Benton sharpens his skills with the Compound Bow during the Archery Clinic at Endeavor Games in Edmond, Oklahoma June 6-9.

Other participants from Fort Carson WTB included: SPC Evans, SPC Aguiar and SFC Smythe .



Watch the video at <http://www.youtube.com/watch?v=J1tFUdWGfvl>

August 12th Deadline to Submit Application for Valor Games

The **Valor Games** brings together disabled veterans and wounded, ill or injured service members and engages them in three days of Paralympic sport competition. The event celebrates sport as a means of empowering individuals and strengthening community. Beyond competition, the Valor Games connects athletes with ongoing sports opportunities and resources in their local communities.

Valor Games Southwest will be held in **San Antonio, TX September 24-26, 2013**. Valor Games sports will include archery, cycling, kayaking, shooting and powerlifting.

Applications must be submitted by August 12th. Applications can be downloaded at http://www.va.gov/opa/speceven/valor_games/. Potential candidates must attend at least four (4) training events (listed below). Please contact SFC Contreras at 524-5930 for more information.

Valor Games Training Schedule August 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Valor Games Sports: Archery, Cycling, Kayaking, Shooting (Air Rifle only), Powerlifting</i>				1	2 <i>Kayaking— Team River Runner (6-8p)</i>	3
4	5	6 <i>Cycling—(630-730a) Kayaking— Parks & Rec (10a-12p)</i>	7	8 <i>Cycling—(630-730a)</i>	9 <i>Kayaking— Team River Runner (6-8p)</i>	10
11	12	13 <i>Cycling—(630-730a) Kayaking— Parks & Rec (10a-12p)</i>	14 <i>Shooting—TBD</i>	15 <i>Cycling—(630-730a) Archery— Pellegrino's (1-3p)</i>	16 <i>Kayaking— Team River Runner (6-8p)</i>	17
18	19	20 <i>Cycling—(630-730a) Kayaking— Parks & Rec (10a-12p)</i>	21 <i>Shooting—TBD</i>	22 <i>Cycling—(630-730a) Archery— Pellegrino's (1-3p)</i>	23 <i>Kayaking— Team River Runner (6-8p)</i>	24
25	26	27 <i>Cycling—(630-730a) Kayaking— Parks & Rec (10a-12p)</i>	28 <i>Shooting—TBD</i>	29 <i>Cycling—(630-730a) Archery— Pellegrino's (1-3p)</i>	30 <i>Kayaking— Team River Runner (6-8p)</i>	31

WTB Soldiers visit Bronco Training Camp

SFC Kieliszewski (fifth from left) and SGT Robert Howe (far right) were among a group of Soldiers who visited Bronco training camp on July 31st. The Soldiers met with the players, got autographs and observed the Broncos in action.



Community Service Announcements



Have you liked the Warrior Transition Battalion's facebook page? If not I would like to extend a personal invitation to do so. I have posted future opportunities extending through the end of the year under the EVENTS tab and I will continue to add more as I am made aware of them. You can also find photo albums of Alpha Company Soldiers each week, photos of WTB Soldiers attending the Broncos training camp, outreach opportunities, adaptive sports competitions and sign-up deadlines. Like our page at www.facebook.com/FtCarsonWTB today!

EACH FURLOUGH IMPACTS ON YOUR HEALTHCARE: To mitigate the effects of the furlough on patients, MEDDAC's leadership has developed a plan for clinics to continue seeing patients without compromising the standard of healthcare. On furlough days there will be some increases in wait times and fewer appointments, but MEDDAC has made every effort to minimize the impact on our patients. Since Friday is generally the lowest demand day in MEDDAC's family medicine clinics, MEDDAC will minimize the number of civilian workers on Fridays. Patients should only request Friday appointments for acute concerns, issues that cannot wait until Monday. Use (719) 526-CARE (2273) to schedule and cancel appointments. **The emergency department and the Mountain Post Birthing Center remain operational 24/7.**



YOU CAN MAKE A DIFFERENCE, SUBMIT YOUR APLSS! Want to help minimize the impact of budget cuts on your medical care? Fill out and return the Army Provider Level Satisfaction Surveys you receive in the mail after your appointments. Evans hospital gets **funding** based on **patients seen AND customer satisfaction**. Positive surveys returned can bring in **up to \$800 each!** Help keep your providers and keep departments and clinics fully functional. PLEASE take the time to respond to your APLSS surveys. Questions? Call (719) 526-7256. Video: http://www.evans.amedd.army.mil/PAO/videos/APLSS_2013_web.wmv.

HIRED! APPRENTICESHIP PROGRAM: Need work experience? Want something challenging? The HIRED! Apprenticeship Program is an opportunity for youth, **ages 15-18**, to receive real-world career experience and the best part is you get **PAID** (a stipend). You will develop job skills, customer service skills, and receive tools to make you competitive in future job opportunities, college applications, and life in general. There are a wide variety of positions available. If this program interests you, please call Denise Dorsett, Workforce Preparation Specialist for Child, Youth and School Services. She can be reached at 524-2457 or by email at denise.a.dorsett.naf@mail.mil. Spaces go quickly, so don't hesitate!



BALANCE AND K-OS: Iron Horse Physical Fitness Center is offering a **FREE six-week program** starting August 27th with an assessment. You will get a great workout and learn a balanced approach to eating through the seminars, featuring topics such as: goal setting, lose the fat, planning ahead, portion distortion, groceries on a budget and dietary supplements. **Sign up by August 23rd** at the Iron Horse Physical Fitness Center front desk.

IRON HORSE GIFT SHOP: The Iron Horse Gift Shop has **moved to the HUB!** It's your one-stop shop for all things 4ID to include unit pins, clothing, mugs, baby presents, jewelry and welcome and farewell gifts. Many items can be made unit specific. It is open on Tuesdays 2-5 p.m. and Wednesdays and Thursdays 10 –2 p.m.



WATER RESTRICTIONS: Fort Carson, in step with Colorado Springs Utilities' drought response, is implementing water restrictions to **reduce water use by 30 percent** through Oct. 30. The garrison, in partnership with Fort Carson Family Housing, signed a 2013 Drought Response Water Policy May 3 outlining the water restrictions for housing and non-housing areas. Effective the beginning of May, most turf areas will only be watered twice a week and native grass areas will not be watered at all. Because of the reduced irrigation this summer the community can anticipate that landscaping in many areas will

RED CROSS UPCOMING CLASSES: An emergency can happen at any time and anywhere, be prepared! Upcoming **CPR/First Aid/AED** classes on Fort Carson will be held **Tuesday, Aug 13th;** and **Saturday, September 14th.** Military discounts offered! Call the Fort Carson office for details on the promotion code offer. American Red Cross is located at 1675 Ellis Street bldg 1217 or Evans Army Community Hospital (EACH) room 1033; Phone 719-526-2311 / 526-7144.



NATIONAL BIKE CHALLENGE: Challenge yourself, fellow Soldiers, family members or pedal with co-workers to get healthier, have fun and become part of a national online community. Join Fort Carson and bikers nationwide as part of a free five month bike challenge campaign beginning now! This campaign offers free online mileage tracking to encourage everyone to bike for transportation, fitness and recreation. Have fun and ride safe with your family, friends, neighbors and co-workers. It's easy to join Fort Carson's team by logging on to www.nationalbikechallenge.org. Follow the prompts and become registered today!

SPRINGS BARGAINS: With furlough looming and everyone anxious to pinch pennies, this new website is full of ideas to do just that. Check out www.springsbargains.com for ideas on free and cheap summer fun, a milk price tracker, where to find the best grocery deals, military discounts, where kids eat free, restaurant deals and much more!

