

# Resilient Warrior Source

August 2011

## Commander's Corner

I can't believe summer is half way over. I hope all of you have had an opportunity to enjoy the warm weather. July has been a very exciting and busy month for the Battalion. We had four Soldiers compete against LPGA Pro Stacy Lewis in a four hole golf scramble, at the Broadmoor and actually won. I am sure many of you were able to get out to the LPGA tournament and enjoy the competition. We had a great opportunity for about 30 Soldiers and family members to meet Jay Leno and get VIP Seating at his show here on Ft. Carson. About eight Soldiers got to go on a rafting trip to MOAB and had a great time. There are so many opportunities for our Soldiers to get out with their families and enjoy different activities. We have concert tickets, golf tournaments, fishing trips, rafting trips, horseback riding and on and on. I encourage all of you to check out the different opportunities that are available at the SFAC.

Along, with all the fun we have also been doing a lot of great work to improve our care for our Soldiers and ensure they have every opportunity to be successful in their transition. I want to recognize some folks who have been doing an exceptional job. First I want to say congratulations to SSG Madrid from Charlie Company for winning the Squad Leader of the year and Renae Allen for winning Nurse Case Manager of the year for Western Region Medical Command. I also want to recognize our hard working clinical staff and S1 section for their hard work. Both sections were commended for their excellent performance during the Operational Inspection this month. Finally, I want to recognize the finance team for all their hard work and receiving the first all Green Commendable rating from the DFAS inspection team.



LTC Mechelle Tuttle



Left: LTC Tanaka, MAJ Ortiz and LTC Tuttle pose for a photo after completing a MEDDAC run with MG Volpe, commander, WRMC. The Esprit de Corp run was held at Garden of the Gods with the participants tasked with wearing their craziest hat. LTC Tanaka was the overall winner and LTC Tuttle came in second.

## Topics of Interest

Commander's Corner

WTB Welcomes New Executive Officer

Company News

Chaplain's Corner

Special Interest Photos

Soldier and Family Assistance Center

Army Family Action Plan

TBI Classes

Special Interest

- Mountain Post Spouses Conference
- Mountain Post Challenge-Hero Series
- Fight Back 101
- Total Fitness 101
- Military Getaway Offer

## Websites of the Month

<http://www.warriorgateway.org>

or

<https://www.NRD.gov>

# Resilient Warrior Source

Welcome Wagon

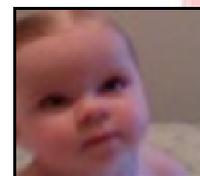
## WTB Welcomes New Executive Officer, MAJ Ortiz



I would like to introduce our family members (from Left to Right) they are: my wife Mrs. Gloria Fernandez-Ortiz, from Indianapolis and yes, she is a Colts fan; my beautiful daughter Denise and the tall fellow, in the Dolphins shirt, is my son Gabriel and they both live in Miami, my second home. There is also my stepson Dale, his wife Stephanie and my wife's granddaughter Little Gloria; however, I refuse to be called "Granpa".

We've been at Fort Carson since 2009 before I deployed with 4<sup>th</sup> ID in support of Operation New Dawn in Oct 2010. Although a relative short deployment compared to previous ones, it was a very rewarding one working as a Division Liaison for the Kurdistan Regional Government in Erbil.

Shortly after leaving for Iraq, my wife relocated to Melbourne, Florida to continue her career as Marketing and Communications Director for Health First Insurance, hoping to soon reunite again, in the meantime, we'll rack up frequent flyer miles.



My passions are for music, especially playing percussion instruments, cooking Latin food and exercise. For me life is all about learning, education and to take on challenges head on. I am a news freak, so I am passionate about current events. One of my favorite books is "Man's search for Meaning" by Dr. Viktor Frankl.

My military and civilian career spans about 27 years. I have been in the Army for 14 years between Active Duty and Reserve. I left the Army after Desert Storm to care for my son, who suffers from Asperger's Syndrome and to pursue a civilian career. Therefore, I have firsthand knowledge about transition to civilian life and back to the ranks.

Once again, I beg your indulgence, but just wanted to introduce my family to yours and let you know how excited we are about being part of the team. We are impressed with the quality of leadership, especially at the company level, the entire staff, including our civilians and the medical team. This is a top notch organization and look forward to do great things and to take care of our Soldiers. My door will always be open.

Sincerely,

MAJ Pedro (Pete) Ortiz  
Executive Officer WTB  
Resilient Warrior 5PT P



# Resilient Warrior Source

Alpha Company

**Company Commander:** CPT Regina Donley  
**Company First Sergeant:** 1SG John Beall  
**Company Executive Officer:** CPT Jesse Best  
**1st PLT PSG:** SFC Brian Belsma  
**2nd PLT PSG:** SFC Mark Leach  
**3rd PLT PSG:** Yvonne Robinson  
**4th PLT PSG:** SFC Dexter Jackson  
**5th PLT PSG:** SFC Jason Pichette



## Quote of the Month:

"It's never too late to start and it's never too late to restart."

Deepti Agrawal

## Farewell Cadre Members:

SSG Kelvin Foye

## Welcome New Soldiers to the Aces:

SSG Burks, Jason  
SFC Bridgers, Harold  
CW3 Timmreck, Tyler  
SGT Jensen, Jerrald  
SGT Cornman, Nathaniel  
SPC Cordoba, Alejandro  
SPC Meesseman, Joseph  
SGT Willison, Mark  
SSG Ngo, Anthony  
SSG Bessler, Matthew

## Congratulations!!!!

The following Service Member's were recently promoted to the rank of Captain.

CPT David Rosencrans, 3rd Platoon  
CPT Jesse Best, Executive Officer



**Left:** SGT King shares a moment with her daughter Vanessa. SGT King was returned to duty as a 42A and reports to Ft Jackson, SC on 5 Aug for AIT.

**Right:** CW3 Timmreck of 3rd Platoon prepares a plate of food during the A Co BBQ 15 Jul 11 hosted at Memorial Park.



**Below:** AW2 Rep, "Mo," prepares food for A Co Soldiers and Staff during the A Co BBQ 22 Jul 11. Mo is new to the unit and has already made a lasting impact for the soldiers.



## Commander's Corner

I would like to extend a warm welcome to Alpha's newest Ace, Ava Ceci Centennial, born 24 July at Evans, to SFC and Mrs. Centennial. Also thank you all for attending the Alpha Company BBQ both at Memorial Park and at the company. Be on the lookout for some awesome Lifequest, Parks and Rec and MWR activities.

# Resilient Warrior Source

Bravo Company

Company Commander: CPT William C. Hamrick  
Company First Sergeant: 1SG Henry W. Wilkins  
Company Executive Officer: 1LT Jimmy Biggerman

1st PLT PSG: SFC Daniel Root  
2nd PLT PSG: SFC Christopher Hughes  
3rd PLT PSG: SFC Nouel Vargas  
4th PLT PSG: SFC Harold Bollinger  
5th PLT PSG: SFC James Renaud

## Quote of the Month:

If you wish success in life, make perseverance your bosom friend, experience your wise counselor, caution your elder brother, and hope your guardian genius.

Joseph Addison



## August "Business" Month

Dates to Remember:

- 03 August: Company Town Hall (SFAC and Meal to Follow)
- 05 August: Family Friday (Minimal Appointments)
- 12 August: EO Training
- 19 August: Family Friday
- 26 August: Company Training
- 26 August: Family Friday

Welcome:

SSG Rose  
SGT Mellon  
SGT Tetidrick  
SPC Jenkins  
SFC Johnson  
SPC Monroe  
SGT Mitchell  
SPC Churchill

Farewell:

SSG(P) Elza Malmborg (Korea)  
SFC Floyd Williams (FT Bliss)



## Minn. Soldier Fulfills Dream of Honoring His Friend

A Minnesota soldier got to fulfill a dream at a recent Twins game. Army Specialist Matt Birr got to raise the American flag. He says it is something he has wanted to do for his friend that was killed overseas.

## Message from the Executive Officer:

I would like to take the chance and introduce myself. My family and I have just recently moved here from Clarksville, TN. I am married to my beautiful wife of seven years, Sarah and we have two boys Maddox age six and Alexander age three. We look forward to getting to know the soldiers and spouses of Bravo Company. We are honored to get the chance to help the most important resource in the military and that is the Soldiers.

1LT James C. Biggerman

# Resilient Warrior Source

Chaplain's Corner

FROM THE CHAPLAIN'S HEART TO YOURS:

Romans 1:16-17 "For I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes, to the Jew first and also to the Greek. For in it the righteousness of God is revealed from faith for faith, as it is written, "The righteous shall live by faith." ESV

Sin has a penalty. No one escapes that penalty but through Christ Jesus. No amount of good works will save you from the wrath to come. Grandma's salvation is but her own and is not extended as fire insurance to all of her family.

Just come as you are to the Father. Repent from your sins and ask Christ to enter your heart. Not only will you be joining HIS family in heaven, but you will have joy immeasurable in the meanwhile.

This Bible tells us how God makes us "RIGHT" in his sight. This is accomplished from start to finish by faith. As the Scriptures say, "It is through faith that a righteous person has life." **But remember this, without our acceptance of God's Son as our Savior, there is no payment for our sin and there is no life here on earth or in the life to come.**

\*\*\*\*\*

A LITTLE LEVITY FOR YOUR READING:

Charley, a new retiree-greeter at Wal-Mart, just couldn't seem to get to work on time. Every day he was 5, 10, 15 minutes late. But he was a good worker, really tidy, clean-shaven, sharp-minded and a real credit to the company and obviously demonstrating their "Older Person Friendly" policies.

One day the boss called him into the office for a talk. "Charley, I have to tell you, I like your work ethic, you do a bang-up job when you finally get here; but you're being late so often is quite bothersome."

"Yes, I know boss, and I am working on it."

"Well good, you are a team player. That's what I like to hear."



The Warrior Transition Battalion's new Chaplain, CH Harlow-Curtis, poses here with his children Ethan and Nathaniel and his wife Emily.

Yes sir, I understand your concern and I'll try harder.

Seeming puzzled, the manager went on to comment, "It's odd though you're coming in late. I know you're retired from the Armed Forces. What did they say to you there if you showed up in the morning so late and so often?"

The old man looked down at the floor, and then smiled. He chuckled quietly, and then said with a grin, "They usually saluted and said, Good morning, Admiral, can I get your coffee, sir?" --Humor Digest

Chaplain (CPT) Dell E. Harlow-Curtis  
Warrior Transition Battalion  
Fort Carson, Colorado  
719-238-6614

# Resilient Warrior Source

*Special Interest*



**Left:** Alpha Company's Stellar Performer of the Week, SPC Lendt, performs PMCS on the Battalion Commander's TMP. Amazingly enough, he actually knew where the dipstick was.

**Below:** Gary Sinise took time out to pose with WTB Soldier's at a Meet and Greet at the SFAC April 8th. Sinise was on post for a Lt Dan Band concert at the Special Events Center. Pictured from left are Bravo Company Soldiers 1SG Henry Wilkins, SPC Stephen Langlitz, Sinise, SSG Paul Hall, SPC Marcus Moore and CPT William Hamrick.



# Resilient Warrior Source

*Soldier Family Assistance Center*

## Family Social

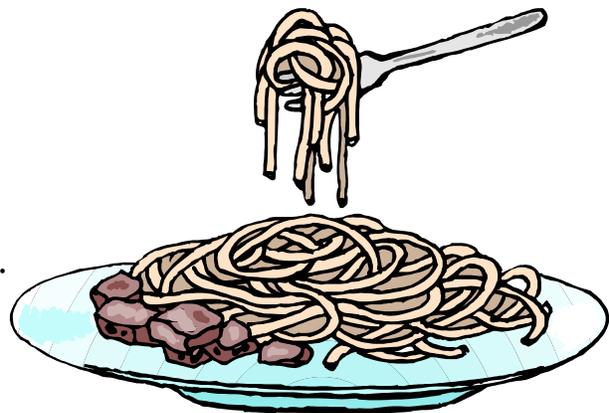
The SFAC hosts a Family Social the last Tuesday of every month beginning at 5:30 p.m. Dinner is FREE and the whole Family is invited to join the SFAC staff. Learn more about all the SFAC services and how they can support you during your Soldier's transition period.

**30 August 2011**

**5:30 – 7:30 p.m.**

For more information please contact Jamel Gilbert at 526-0464.

We look forward to meeting you!!!



## School and Sports Physical Appointments Available

Evans Army Community Hospital and its clinics are currently conducting school and sports physicals. Parents can call 457-CARE to set up an appointment with their child's primary care manager; bring all school-required forms. Fountain-Fort Carson parents can find their district's form at [www.ffc8.org](http://www.ffc8.org). Click on the student health tab.

**Remember, S-L-O-W** down in school zones and stop for flashing red lights on school buses.



# Resilient Warrior Source

Special Interest



## Wanted:



# Great Ideas

## Army Family Action Plan (AFAP)

### ***PARTICIPATE & Make-A-Difference***

#### **What is AFAP?**

AFAP is YOUR opportunity to submit ideas and suggestions for quality of life improvements, as well as working together with leadership to make a change.

#### **Does AFAP really work?**

YES! It has affected the changes in issues such as SGLI, Family Separation Allowance, and the creation of Thrift Savings Plan.

#### **How can I PARTICIPATE?**

- 1) Submit an AFAP Issues Submission Form
- 2) Attend the AFAP Conference Sept. 9th, 2:00pm at the Elkhorn Conference & Catering Center
- 3) Volunteer to be a Delegate

#### **For More Information on AFAP:**

Call Army Community Service at (719) 526-4590

Visit facebook @ [www.facebook.com/FortCarsonAFAP](http://www.facebook.com/FortCarsonAFAP)

Email: [afap.fortcarson@us.army.mil](mailto:afap.fortcarson@us.army.mil)

### **PARTICIPATE...YOU too can Make-A-Difference!!!**



# Resilient Warrior Source

Special Interest

## TRAUMATIC BRAIN INJURY (TBI) "BACK TO BASIC"

WHAT IS TBI

BLAST INJURY

**WHO?** ANYONE WITH A TBI OR INTERESTED IN LEARNING MORE ABOUT TBI

**WHAT?** APPROXIMATELY ONE HOUR PRESENTATION WITH QUESTIONS, ANSWERS AND RESOURCE INFORMATION

**WHEN?** AN OFFERING OF 3 IDENTICAL CLASSES - CHOOSE THE BEST TIME FOR YOU!

**3 August 1130-1230 at SRP**  
**10 August 1130-1230 at WRC**  
**17 August 1700-1800 at WRC**  
**31 August 1230-1330 at SFAC**

### WHERE?

**Soldier Readiness Center (SRP) (BUILDING 1042-ROOM#224)**  
**Warrior Recovery Center (WRC) (BUILDING 7489-Group Therapy Room)**  
**Soldier and Family Assistance Center (SFAC) (BUILDING 7492 Titus Blvd)**

**WHY?** SO YOU CAN TAKE CARE OF YOURSELF OR YOUR BUDDY

### PRESENTED BY:

ROBIN WININGER, BA, CBIS and TAMI CLARK, BA  
EDUCATION COORDINATORS

FOR THE DEFENSE AND VETERANS BRAIN INJURY CENTER  
THE TBI OPERATIONAL COMPONENT OF THE DEFENSE CENTERS OF EXCELLENCE

**CALL: 719-526-8636**

TO RESERVE YOUR SPOT AND FOR MORE INFORMATION!  
Additional Classes for groups of 10 or more are available through coordination with DVBC

# Resilient Warrior Source

*Special Interest*



## Traumatic Brain Injury (TBI) "Beyond the Basic"

**Who:** Anyone who has been diagnosed with TBI or who would like more information on TBI (A continuation of the "Back to Basic" Class)

**What:** 30 minutes of information about life after TBI.  
August Topic: Social Skills

**When:** Thursday 4 August from 1300-1330  
Thursday 18 August from 1300-1330

**Where:** Soldier Readiness Processing (SRP)  
1853 O'Connell Blvd  
Building 1042  
Room 224  
Ft. Carson, CO 80913

### **Presented by:**

Tami Clark and Robin Winger, Education Coordinators  
Defense and Veterans Brain Injury Center  
TBI Operational Component of the Defense Centers of  
Excellence

Please Contact: **719-526-1327** to reserve a spot or for more information

# Resilient Warrior Source

Special Interest

## Life After TBI for Caregivers



This group is for the caregivers/family members of the WTU Soldiers with ongoing concerns from TBI. This group will be held once per month at the SFAC (Soldier and Family Assistance Center).

Caregiving techniques, self-care and resources will be addressed during this class. The maximum number of registered attendees for each group is 20. The attendee must register with Robin Winingar 719-526-8636 or Tami Clark 719-526-1327. Childcare will be provided but the children must be registered with the CDC on Fort Carson. Please give the ages of the children needing care when responding to the class at 719-526-8636.

Tami Clark and Robin Winingar (Education) and Paula Creamer and Joanne Smaldino Bennett (Care Coordination) for DVBC will be the facilitators for this group. The members of this group should include adult family members (spouses, significant others, parents, relatives, or friends) that serve as caregivers/support systems for the Service Member with a diagnosed TBI and is part of the WTU.

**“Life after Brain Injury for Caregivers”**

**Friday 19 AUG 1330-1430 at the SFAC**

## Commander's Corner continued

Summer is also the PCS season and we have a lot of folks coming and going from the Battalion. I would like to welcome aboard the new S3, MAJ Angela Butler and the new XO, MAJ Pete Ortiz. They are a great addition to the team and are already making a difference in the battalion. Sadly, we also say farewell to newly promoted, MAJ Aniniba and CPT Mazzella. The new commanders CPT Burg is on board for Charlie Company, and CPT Provow and 1SG Hanback are the new command team for Headquarters Company. Please welcome all our new folks and help them get settled into their new positions.

Finally, I want to say thanks to all of you for your daily sacrifices for our Country, and when I say all of you I mean families too! I know our Soldiers cannot focus on their mission without the support of their family.

Resilient Warriors Can Do!!

Warrior 6

# Resilient Warrior Source

Special Interest

## You are cordially invited to attend the Mountain Post Spouse Conference

September 22, 2011 @ the El Pomar Conference Center  
9:00 a.m. to 3:00 p.m.

- ☛ Check-in begins at 8:00 a.m. in the Garden Pavilion
- ☛ Cost is \$5.00 and is required at time of registration
- ☛ Dress attire is business casual



Registration is required for all attendees and will begin August 1, 2011 (open until full). Registration includes conference materials, light refreshments, and lunch. Drop off registration at The Hub, Building 1532, Specker & Prussman

For more information contact Army Community Service at The Hub, 719-526-8747/8749.



**THE MOUNTAIN POST CHALLENGE  
HERO SERIES**

### 2011 EVENTS:

APRIL 16: MOUNTAIN BIKE X  
APRIL 30: 5/10 K COMPETITIVE RUN  
MAY 21: TRIATHLON TEAM EVENT  
JUNE: IRON HORSE WEEK ROAD RACE  
JULY 16: DIRTY BIATHLON AT TURKEY CREEK RANCH  
AUGUST 27: TRIATHLON  
SEPTEMBER 17: ADVENTURE CHALLENGE  
NOVEMBER 9: TURKEY TROT RUN



# Resilient Warrior Source

Special Interest

## FIGHT BACK 101



### FREE CLASS: FIGHT BACK 101

DATE: SATURDAY, JULY 30, 2011  
 TIME: 1:00 p.m.—4:00 p.m.  
 PLACE: Family Readiness Center, BLDG 6237  
 Registration Required

A free class for anyone who would like to learn personal protection skills!

- Reading nonverbal cues and body language
- Practical self defense using simple movements
- Common sense preventions
- Solutions to hazardous situations
- Common mistakes made in self defense situations
- Successful methods of overcoming "fear"
- Role playing of self defense scenarios

- This class is for everyone—regardless of physical conditioning!
- Only 30 slots are available per class—sign up today!
- Paid childcare available (\$4 per hr/per child), children must be registered with CYS. Indicate childcare need when registering.
- A release form is required. Fill out the attachment

### REGISTER:

Email: [registercarson@live.com](mailto:registercarson@live.com)

Provide: Name  
 Name/age of child for childcare (if needed)

## FITNESS 101

FREE Total Fitness 101 Series

Register today for one, some, or all of our FREE workshops. Learn the basics of the workshop's featured exercise type, the scientific principles behind it, and all possible variations. After completion of each workshop, you will be ready to safely continue on your own in order to achieve your fitness goals.

<b>Weightlifting 101</b> June 21 - July 7 Tuesdays & Thursdays, 7 - 8 p.m. Registration Deadline: June 20	<b>Yoga 101</b> July 11 - Aug. 15 Mondays & Wednesdays 11:30 a.m. - 12:45 p.m. and 5 - 6:15 p.m. Registration Deadline: July 8
<b>Spinning 101</b> Aug. 16 - Sept. 8 Tuesdays & Thursdays, 12 - 1 p.m. & 5 - 6 p.m. Registration Deadline: Aug. 15	<b>Body Weight Exercise 101</b> Sept. 13 - Oct. 6 Tuesdays, 12 - 1 p.m. Thursdays, 5:30 - 6:30 p.m. Registration Deadline: Sept. 12
<b>Cardio/Machines 101</b> Oct. 11 - 27 Tuesdays & Thursdays, 5:30 - 6:30 p.m. Registration Deadline: Oct. 8	

Register at the Waller Fitness Center in person or by phone: 526-2742

For more information call or e-mail: [sabine.clark@us.army.mil](mailto:sabine.clark@us.army.mil) or check out our website [www.mwrfortcarson.com/waller.php](http://www.mwrfortcarson.com/waller.php)

It will be up to the instructor to allow late registrations.

[www.ymcarockies.org](http://www.ymcarockies.org)

Thanking our troops  
 Military Getaway

\$149 for 2 nights in a lodge room and meals. Up to four people in a room.  
Redeemable at Snow Mountain Ranch or Estes Park Center. Based on availability.  
Please call and mention the Military Getaway offer!

Central Reservations: 800-777-9622  
 Extra children \$19/day  
 Extra adults \$29/day

Valid through 30 November 2011

Must be able to provide proof of active duty upon checkin.

