



SPORTS & RECREATION

JANUARY 7, 2010

3rd ID takes second in All-Army Combatives

Spc. Jared S. Eastman
1HBCT Public Affairs

Sept. 18-20, 2009 Soldiers from all over the world shook hands and locked arms during the 5th Annual All-Army Combatives Competition at Fort Benning, Ga., Sept. 18-20.

Although missing three weight classes, 3rd Infantry Division placed second overall with competitors placing all over the board.

The 3rd ID had three Soldiers place in two weight classes. Staff Sergeant Keith Bach, 1st Battalion, 15th Infantry Regiment, 3rd Heavy Brigade Combat Team, placed third in lightweight; Sgt. Nathaniel Freeman, Headquarters and Headquarters Company, 1st Heavy Brigade Combat Team, placed second in heavyweight; and Staff Sgt. Brandon Sayles, 3rd Squadron, 1st Cavalry Regiment, 3rd HBCT, placed first in heavyweight.

"I think the team did very well, considering we are getting ready to go to the National Training Center (at Fort Irwin, Calif.) in about two weeks, and a lot of people have Iraq on their mind," said Sgt. 1st Class Travis Pheanis, 1st HBCT Combatives Trainer and 3rd ID coach.

"Some individuals really rose to the occasion. Some guys got experience. We got second place overall, while last year we got third. Last year we were just getting back, so maybe if we go to the combatives competition while we are deployed, that's the secret to success."

Staff Sergeant Bach faced fellow division teammate Capt. Ken Steinrose, commander of Company E, 3rd Battalion, 69th Armor Regiment, for third place.

The two competitors for first and second place in the heavyweight class were also from 3rd Infantry Division.

"Freeman was a tough opponent," said Staff Sgt. Sayles, who also took first in the heavyweight class in 2006 and 2008.

Combatives is important to the average Soldier because of its applications in warfare. Basic knowledge in hand-to-hand combat is a must for any Soldier.

Although the division was not the best in the competition, they prevailed through multiple obstacles such as training for deployment, personal preparation for NTC and hours spent away from Family and friends to practice. Without the support of the division's Soldiers from private to commander, the team would not only have failed to place but failed to compete at all, Staff Sgt. Sayles said.

Spc. Jared S. Eastman, 1st HBCT Public Affairs



Staff Sergeant Keith Bach, 1/15 Infantry, attempts to strike Capt. Ken Steinrose, Echo Co., 3/69 Armor commander, at the All-Army Combatives Tournament on Fort Benning, Sept. 20. The 3rd ID went 1-2-3 in the heavyweight division, and took second place overall in the competition.

Disabled Soldiers take 'first swing' at Hunter

Nancy Gould
Hunter Public Affairs

Nov. 16-17, 2009 When Sgt. Maj. (Ret.) Juan Garcia left Fort Stewart in 2003, he never thought he'd return to a military installation to play golf as a double amputee.

But on Nov. 16 and 17, Garcia returned to Hunter Army Airfield's driving range for the "First Swing" workshop, offered by the National Amputee Golfers Association.

Joining him were disabled Soldiers from the Warrior Transition Unit, along with about 20 golf professionals and occupational therapists, who came to learn how to encourage and teach the disabled to play.

Garcia, who plays golf regularly, was also there to encourage the sport.

"If they hit the ball just one time, they're hooked," he said, explaining his own reaction when he played for the first time.

See SWING ————— Page 3C

Stewart-Hunter golfers impress the pros



Steve Hart

April 22-23, 2009 Captain Jeff Meinders, 1/3 Aviation Battalion, drives from the first tee box during the Liberty Mutual Legends of Golf Pro-Am at the Westin Savannah Harbor Golf Resort & Spa. See story page 3C

24th Finance captain plays with All Armed Forces volleyball team

Spc. Gaelen Lowers
3rd Sustainment Bde.

July 23, 2009 Captain Amanda Psiaki, 24th Finance Company, Special Troops Battalion, 3rd Sustainment Brigade, has many loves in her life. She loves her husband, she loves the Army and she loves her Family. But there is one love in her life that has taken her places that most will never visit in a lifetime. That love is volleyball.

The Greenville, S.C., native was recruited to play volleyball at the United States Military Academy at West Point. After college, she was placed on active duty with 24th Finance Co., which was on its way to Iraq.

Captain Psiaki, who redeployed in February from a 15-month tour of duty, reported to Fort Bragg in May for volleyball training camp with the All Army Volleyball Team, and they trained for a month to prepare for the All Armed Forces Women's Volleyball Tournament in early June.

During the training camp, Capt. Psiaki was named the Army team captain and played as an outside hitter on the court. The Army, Navy, Coast Guard, Air Force and Marine volleyball teams then traveled to the Marine Corps Air Station at Cherry

Point, N.C., for the competition. While the Army team did not win the tournament, her outstanding efforts were recognized with a selection to the seven-member, All-Tournament Team. Additionally, she was selected to travel to Rio de Janeiro, Brazil as one of the 12 members of the All Armed Forces Volleyball Team.

The All Armed Forces team practiced together at MCAS Cherry Point before embarking to the 30th Conseil International du Sport Militaire World Military Volleyball Championships. Thirteen countries were represented at the military's volleyball world championships. Participating countries included Brazil, Canada, China, Finland, Germany, Greece, India, Iran, Italy, Netherlands, Qatar, Venezuela and the United States.

During her time on the All Armed Forces volleyball team, Capt. Psiaki played as the team's libero, who is, generally, the most skilled defensive player on the team.

She had an impressive 104 digs during the tournament with an outstanding 4.52 digs per game average.

At the end of the CISM Volleyball Tournament, the USA Women's Team lost to Greece in the bronze medal match in four sets.

Atlanta Falcons visit 3rd HBCT

Spc. Ben Hutto
3rd HBCT Public Affairs

June 8, 2009 FORT BENNING, Ga. — Soldiers assigned to the 3rd Heavy Brigade Combat Team, 3rd Infantry Division welcomed 10 Atlanta Falcon football players and 10 dancers from the team's cheerleading squad to Kelley Hill on Fort Benning, June 8.

The players and dancers, who were flown to Fort Benning from Atlanta by the Georgia National Guard, ate with Soldiers at the Kelley Hill dining facility before having a meet-and-greet autograph session at the 3rd HBCT's Recreation Center.

"The organization (the Atlanta Falcons) came up with the idea to go out and show support for our Soldiers," said Chris Millman, the Community Relations and Youth Programs manager for the Falcons.

Millman stressed that the trip was not forced on any of the players or cheerleaders by the Falcon's organization.

Coy Wire, a safety for the Falcons, spoke to the Soldiers at the Recreation Center

before signing autographs, encouraging them to keep a positive attitude during the brigade's upcoming deployment.

"The one thing you can always be in control of is your attitude," Wire said. "During times of adversity, whatever they may be, how you get through the situation is by being positive."

The Sledgehammer Soldiers cheered when Wire and his teammates dedicated their first game of the coming season to the Soldiers of the 3rd HBCT.

"It is a really humbling experience to see people who have such an important job get excited over us," said Justin Blalock, an offensive guard for the Falcons. "This is really just a chance to meet new people and get a new perspective on things."

The players and cheerleaders had the opportunity to sign autographs before they had to catch their flight back to Atlanta.

"The whole event is very special to them," said Millman. "It isn't everyday that they get to meet the men and women who defend our country."

2009 INTRAMURAL SPORTS CHAMPIONS

BASKETBALL

HUNTER: B CO 603RD ASB

STEWART: 87TH CSSB

OVERALL: 87TH CSSB

SOFTBALL

HUNTER: 514TH HAAFD

STEWART: MEDDAC

OVERALL: 514TH HAAFD

FOOTBALL

HUNTER: 603RD ASB

STEWART: B TROOP 6/8 CAV

OVERALL: DUE TO DEPLOYMENT, NO OVERALL

CHAMPIONSHIP GAME WAS PLAYED

3rd ID signal officer runs for All-Army

Sgt. Johnathon Jobson
1st HBCT Public Affairs

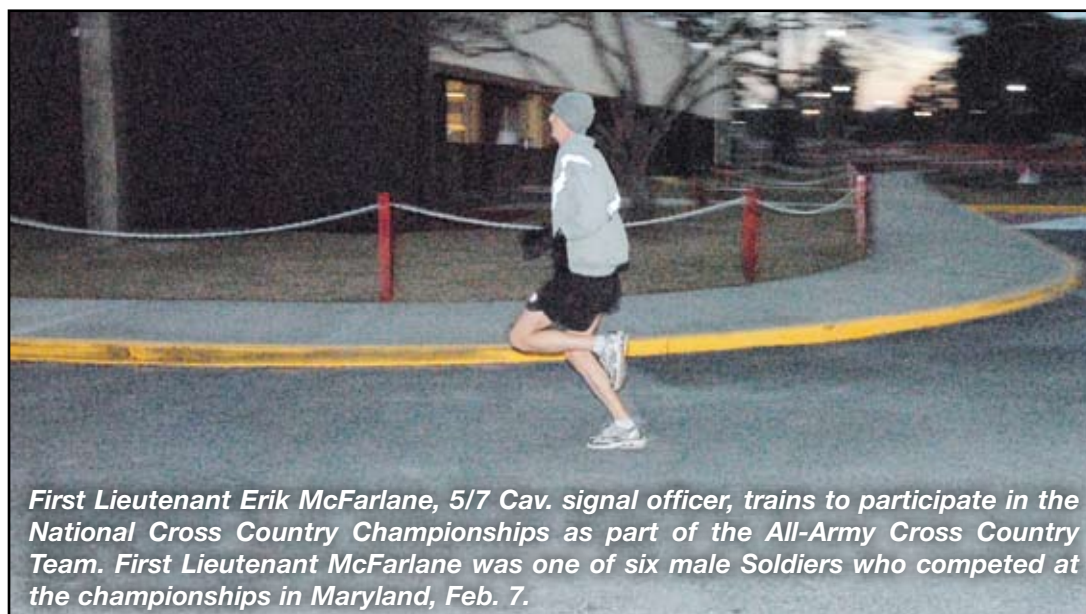
Jan. 15, 2009 In January, First Lieutenant Erik McFarlane, the signal officer for 5th Squadron, 7th Cavalry Regiment, 1st Brigade Combat Team, was chosen as one of six male Soldiers, and the only one from the 3rd Infantry Division, to compete on the All-Army Cross Country Team at the USA Cross Country National Championships and World Cross Country Team trials.

This is the second time 1st Lt. McFarlane has been chosen to represent the Army at the Cross Country Championships. Prior to

his last deployment, he participated in the 2006 Championships held in Boulder, Colo.

"I feel better about this time," 1st Lt. McFarlane said of the competition, which was held in Derwood, Md., Feb. 7. "When you train at sea-level and compete at altitude, it is kind of difficult. This year won't be at altitude, so I feel better about competing."

First Lieutenant McFarlane began training for the championships in June, after returning from a deployment to Iraq. In addition to running each Monday, Wednesday and Friday during PT with his unit, 1st Lt. McFarlane also runs after work.



First Lieutenant Erik McFarlane, 5/7 Cav. signal officer, trains to participate in the National Cross Country Championships as part of the All-Army Cross Country Team. First Lieutenant McFarlane was one of six male Soldiers who competed at the championships in Maryland, Feb. 7.

Hunter hosts Rock of the Marne Triathlon



Photos by Nancy Gould, Hunter Army Airfield Public Affairs

June 21, 2009

LEFT: Competitors swim 500 yards across the Forest River in the first leg of the Rock of the Marne Triathlon at Hunter Army Airfield.

CENTER: Gabriele Hauck completes the biking portion of the event en route to finishing second overall in the women's division with a time of 1:12:49.7.

RIGHT: Commander Donna Cottrell, commanding officer, U.S. Coast Guard Air Station Savannah, finishes the 5-kilometer run, the second leg of the Rock of the Marne Triathlon. She took second place among the military women who competed.



Garcia lost his legs after suffering a heart attack in 2005 while playing racquetball.

"My kidneys failed and my blood flow stopped," he said. "It was either my legs or my life."

After rehabilitation and a period of adjustment, Garcia found that he could play golf again, and it was a great outlet.

"Many disabled people just sit inside depressed with mental and physical wounds," he said. "But when they get out and play, there's no time for depression. They focus on the game, not their short comings."

Tommie McArthur, director of golf for Fort Stewart-Hunter Army Airfield said the workshop teaches golf professionals how to adjust their instruction to a person's physical restrictions. Physical and occupational therapists learn additional techniques and exercise methods. McArthur spent two days himself learning how to instruct the physically challenged at Fort Bragg, N.C. in April.

"It broadened my understanding of how prosthetics that are specially designed for golf move and the prosthetics' ability to give you movements," he said.

Nancy Gould

Sergeant Major (Ret.) Juan Garcia joined WTU Soldiers, Exceptional Family Members, PGA professionals and occupational therapists who participated in Hunter's First Swing workshop, where professionals learned how to work with and teach physically-challenged golfers.

That knowledge helps him instruct physically challenged golfers at Fort Stewart and Hunter Army Airfield.

Bob Wilson, a 20-year double amputee and the director of the National Amputee Golf Association, said golf is one of the best forms of therapy for the disabled.

"It's rehabilitative and re-creative," he said. "Walking on the greens uses all your muscles. Outdoor sports are uplifting, and for me, the pain goes away when I play."

Professional Golfer's Association of America member John Fesperman, a Richmond Hill resident attended the training.

"I have friends who've returned from Iraq with missing arms and legs," he said. "I'm here to learn to teach them how to play with an artificial limb."

"The reward is seeing them smile and doing what I believe God wants me to do – to help others," said Garcia.

If you want more information about the golf program at Fort Stewart-Hunter Army Airfield, contact McArthur at 315-5117 or 767-2370.

Marne Team competes in Army Ten-Miler



Kaytrina Cutris, Hunter Army Airfield Public Affairs

Oct. 4, 2009 Inside the Hoah Tent Zone, members of the Fort Stewart-Hunter Army Airfield Marne Team pose for a picture with 3rd Infantry Division Commander, Maj. Gen. Tony Cucolo (right of Rocky) and Command Sgt. Maj. Jesse Andrews (left of Rocky), 3rd ID command sergeant major, after running the Army Ten-Miler in Washington D.C.

Garrison golfers impress the pros

Steve Hart

Hunter Army Airfield Public Affairs

April 22-23, 2009 Captain Jeff Meinders watched intently as his drive climbed skyward as if launched from the Apache helicopter he flies as a Soldier in the 3rd Combat Aviation Brigade, 1st Battalion, 3rd Aviation Regiment at Hunter Army Airfield.

The golf ball made impact on the fairway some 250 yards from the tee box and rolled another 50 yards.

"Nice shot, kid," said professional golfer Tom Jenkins as Capt. Meinders recovered his tee.

Captain Meinders, along with Chief Warrant Officer Matt Campbell of the 4th Battalion, 3rd Aviation Regiment; Petty Officer Adam Morehouse of the U.S. Coast Guard Air Station Savannah; and Spc. David Jarrett, 3rd Battalion, 69th Armor Regiment; received complimentary admission to compete in the 32nd annual Liberty Mutual Legends of Golf Pro-Am, April 22-23, at the Westin Savannah Harbor Golf Resort & Spa.

The Pro-Am, which precedes the formal tournament, features the greatest names in golf playing with amateur golfers in a team, best-ball format.

With a long history of supporting charities, it

was three years ago that Steve Sullivan, a former Liberty Mutual executive and Vietnam War veteran, decided to include supporting the men and women of the Armed Forces, said tournament director, Tim Iley.

Iley said he could not think of a better way to give back to the military than to offer active duty servicemembers and their Families free admission, free concessions and a free foursome in the Pro-Am, along with a sizeable donation to the Fort Stewart-Hunter Army Airfield Consolidated Chaplains Fund.

On day one of the two-day tournament, the servicemembers played with Bill Rogers, the 1981 winner of the British Open.

On day two, they played with Tom Jenkins, who has won seven Champions Tour events.

"First of all, it's an honor for me to play with guys who are fighting for our country," said Jenkins, whose brother-in-law commanded an aviation battalion in the 1980's. "Second, these guys are very good golfers. Often times in these Pro-Ams, I'm paired with players who are twice (the age of) these guys and have twice their handicaps. We end up chasing balls all over the course throughout the day."

All of the young servicemembers who participated boast single-digit handicaps.