



Photos by Staff Sgt. Tanya Polk

Recently redeployed Soldiers with 3/15 Inf., 4th IBCT pedal through a three-mile mountain bike course at Fort Stewart's Warrior Adventure Quest, April 8.

# Stewart-Hunter recreation activities help combat post-deployment stress

Staff Sgt. Tanya Polk  
4th IBCT Public Affairs

Soldiers with the 4th Infantry Brigade Combat Team recently returned from operations in Iraq and are the first group of Soldiers here to take part in a new Army-wide program designed to help troops funnel their combat stress through recreational activities.

Unique to the 24 garrisons across the Army participating in the new program, Fort Stewart-Hunter Army Airfield is the first installation to offer six separate outdoor activities to redeployed Soldiers through a program dubbed Warrior Adventure Quest at Holbrook Pond on Fort Stewart.

Warrior Adventure Quest, developed through a partnership between the Family and Morale, Welfare and Recreation Command and the Office of the Surgeon General, was created in conjunction with the Army's "battemind" training to offer Soldiers high-adventure events in a safe, controlled environment, providing them an outlet to release stress but avoid high-risk activities.

Battlemind is an Army psychological resiliency-building program that helps Soldiers recognize and respond to fear during combat, then mitigate the cumulative effects of a sustained combat environment and become mentally prepared to reintegrate during the redeployment, post-deployment and reset portions of the deployment cycle.

"The Department of the Army saw a need to help Soldiers reintegrate

back to normal after they've been in a high-tempo, high-adrenaline environment and look to outdoor recreational activities as a way to help transition them," said Stewart-Hunter Outdoor Recreation Director Susan Chipple. "When (Soldiers) get home, it's hard for them to adjust to a relaxed lifestyle. (Warrior Adventure Quest) gives Soldiers the opportunity to do so."

Set up in a round-robin atmosphere, Stewart-Hunter's Warrior Adventure Quest showcases six separate outdoor activities: kayaking, mountain biking, geocaching, skeet and trap shooting, paintball and rock climbing.

Chipple said the array of activities was meant to give Soldiers both sedentary and physically-active events to help illustrate the "up-and-down" effects Soldiers may experience when transitioning home from war.

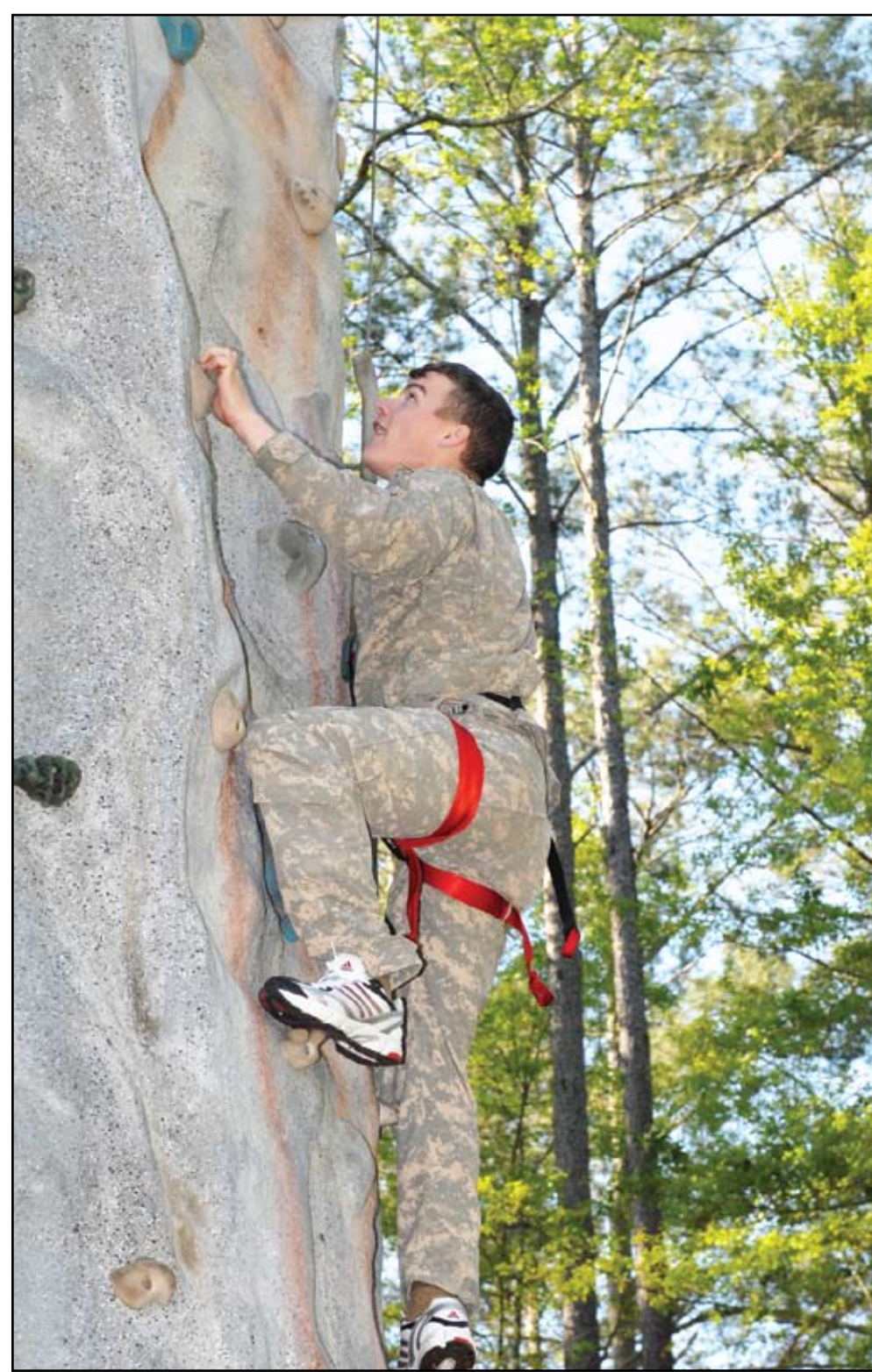
"It gives Soldiers the opportunity to try something they've never tried before," he said, adding that six activities, as opposed to one, helps the installation's attempt to capture an individual's interest.

Chipple said another goal of the Warrior Adventure Quest is to allow units to participate in activities together, helping to foster unit camaraderie and emphasizing to Soldiers that units deploy and redeploy as a team.

Sergeant First Class Val Thierry, intelligence noncommissioned officer in charge for the 3rd Battalion, 15th Infantry Regiment, 4th IBCT, participated in the Warrior Adventure Quest, April 8. His unit – the former 4th Battalion, 64th Armored Regiment, which deactivated and reflagged as 3/15 Inf. as a part of the Vanguard Brigade's recent transition to a light infantry brigade combat team – redeployed from in Iraq in December 2008.

He said the Warrior Adventure Quest was a great way to help transition his team back to the "garrison" lifestyle.

"The motivation and morale here is high," Thierry said of the Warrior Adventure Quest. "This is a great way to come together as a team. (Additionally), it's a stress reliever, especially for an infantry Soldier. A Soldier could be dealing with a lot of stress at home, and this is great opportunity to help relieve that stress."



Specialist Aaron Paradis, HHC, 3/15th Inf., 4th IBCT, 3rd ID, reaches for the top of a rock climbing wall during the Warrior Adventure Quest at Fort Stewart's Holbrook Pond, April 8.



LEFT: Sergeant Chadd Myers, HHC, 3/15th Inf., 4th IBCT, fires one of 10 rounds at Holbrook Pond's skeet range, April 8. The skeet range is one of six outdoor recreational events included in Fort Stewart's Warrior Adventure Quest.

Not only have redeployed Vanguard Soldiers benefited from the Warrior Adventure Quest, but the new initiative has been an asset to the installation's Outdoor Recreation as well, said Chipple.

"We've had the opportunity to expose an entire (brigade combat team) to outdoor recreational programs here," Chipple said, adding the 4th IBCT Soldiers have provided a lot of positive feedback. "We've already seen an increase in participation at the skeet and trap range, and more Soldiers are calling to reserve a time to play paintball."

Though the Warrior Adventure Quest is slated to end April 30 for the 4th IBCT, the outdoor activities remain available to all Soldiers throughout the week. For skeet and trap or paintball reservations or for kayak and bike rentals, call Outdoor Recreation at 435-8205. Indoor rock climbing is offered at Corkan Family Recreation Center, which can be reached at 767-9884.

Any redeploying Stewart-Hunter units interested in participating in Warrior Adventure Quest can call Chris Dent, Recreation Delivery System coordinator, at 767-4316.

# Jake's Body Shop: Springtime is time for fitness

**Jake Battle**  
DMWR Fitness Director

A long-term exercise program needs scheduling for success. Here are a few important points to consider:

## Does your exercise plan fit you?

Think about what kind of person you are, what you like and do not like, and how you feel at throughout the day. If you are a night person, maybe exercise after work will help to relieve stress. If you are an early riser, perhaps exercise in the morning will help you to get a good start to your day.

## Does it fit your Family and friends?

If you want to exercise with a friend, you will have to find a time that is good for both of you. The same goes for team sports. Also, keep in mind that your Family may have feelings about when you exercise – your spouse may not want the alarm going off an hour earlier in the morning, or your spouse may like to exercise with you but can only do it in the evening.

## How hungry are you?

Exercising right after eating can be



uncomfortable; however, if you have not eaten for hours, you may not have enough energy for your exercises. Try eating some fruit or a snack 1-2 hours before exercising.

## Miss a day? Now what?

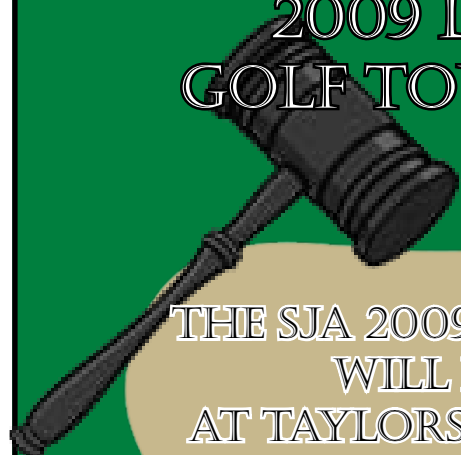
You may not always keep to a schedule. Most people cannot. There are interruptions and unexpected happenings - a friend may drop in or it may rain or snow. Your fitness regiment must be able to adapt to changes in your everyday life in order to fit into your lifestyle and become part of a regular routine.

One common way to make an exercise program adaptable is to schedule exercise for every other day. If you miss a day, you can do the exercises the next day, and there will still be no more than two days between sessions.

Deciding now on your exercise strategy and your approach to implementing that strategy will increase your chances of long-term success. By selecting what is going to work for you, you have made great strides toward a successful exercise program.

If you have not yet fit exercise into your life – make time for it. Do not risk wasting another minute.

## THE STAFF JUDGE ADVOCATE'S 2009 LAW DAY GOLF TOURNAMENT



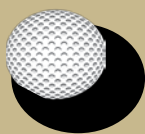
THE SJA 2009 GOLF TOURNAMENT  
WILL BE HELD MAY 1  
AT TAYLORS CREEK GOLF COURSE  
FORT STEWART.

**All are welcome!**

Registration deadline is April 29.  
25-team scramble will begin at 8:30 a.m.  
with a shotgun start.

Cost is \$35 per player. Fees include greens fees, golf cart,  
driving range balls and tournament prizes.

To register, call 767-4723, or visit the Administrative Law  
office, 60 McNeely Rd., bldg. T-54, Fort Stewart. The first 25  
four-person teams will be accepted. Individuals may  
register, but will be placed with a team at a later date.



## HAAF Garrison Commander's Golf Scramble goes to 3/7 Inf

**Sgt. Joseph McAtee**  
3rd Infantry Division Public Affairs

While the best golfers in the world fought their way around Augusta National Golf Club on the second day of The Masters, golfers of the 3rd Infantry Division were locked in a battle of their own during a Garrison Commander's scramble at Hunter Golf Club on Hunter Army Airfield, April 10. The results are as follows:

### First Place, 53 3/7 Inf.

Pfc. Paul Confer  
Jerry Leatherwood  
Rob Snyder  
Lt. Col. Joe Leatherwood

### Second Place 55 Civilians

Anthony Green  
1st. Sgt. (Ret) Mike Hayes  
David Alexander

### Third Place 59 3rd SB

Jay Blocker  
Sgt. Len Carrette  
Len Carrette  
Capt. Mike Thomas

### Fourth Place 61 B Co., 603rd ASB

Sgt. Patrick Donovan  
Sgt. James Truitt  
Ramon Pachales  
Capt. Art Flores

### Fifth Place 62 BAE Systems

Jerry Kimbell  
Sgt. Maj. Jimmie Spencer  
Sgt. Maj. Don Thomas  
Sgt. Maj. Mark Baker

The next Garrison Commander's scramble at Hunter is slated for May 15 with a scheduled 8 a.m. shotgun start. For more information about the tournament or about Hunter Golf Club, call (912) 315-9115, or go to [www.stewartmwr.com/Golf-Hunter306/Index.htm](http://www.stewartmwr.com/Golf-Hunter306/Index.htm).

# Bradwell trounces Windsor Forest, 16-1

**Patty Leon**  
*Coastal Courier*

The Windsor Forest Knights stopped by for a brief visit Friday afternoon, and the Bradwell Tigers politely showed them the door in three innings, winning their fourth region game of the season 16-1.

Bradwell head coach Rhett Hellgren's squad committed 2 errors and Tiger pitcher Jacob Dill allowed only three hits, helping the Tigers improve their region 3-5A record to 4-2 as they hit the final stretch of the regular season. They are 5-10 overall and moved up to third place in the region.

The Tigers put the game in the bag in the bottom of the 1st inning. The first Tiger batter struck out but DeAnte Day got on base and stole second. Josh Rivers hit a double, bringing Day in. Rivers took second and Steven Dill hit Rivers home. Dill got on second on a wild pitch and Josh Driggers brought Dill home.

Dominick Materne hit one to centerfield, bringing in Driggers. Ulrich John hit another one out to center, bringing the score to 6-0 with one out.

Day hit another to center to bring in the next two Tigers and the Tigers added another 7 runs to lead 13-0 going into the 2nd inning.

The Knights had a hit in the 2nd but were never in scoring position. The Tigers took over in the bottom of the 2nd inning. With runners on first and third, Tiger Alton Malpass hit a home run to go up 16-0.

The Knights had a runner score after he made it to first, stole and and third, and was hit home. But Jacob Dill



Photo by Patty Leon

**Bradwell Tiger Alton Malpass smiles as he heads for home after slamming a home run in the bottom of the 2nd inning, putting the Tigers up 16-0.**

struck out the next batter and the game.

third batter hit one out to left field The game was the Tigers' second where a Tiger caught it to end the region win in a row.

## Legends of Golf to hold Demo Days

**Christie Koppel**  
*Robertson & Markowitz Public Relations*

The Liberty Mutual Legends of Golf tournament will hold Troon Golf Demo Days, a series of events and entertainment for tournament spectators, April 25 and 26 from 10 a.m. to 4 p.m. at the north end of the practice range.

Participating vendors will include Nike Golf, Cobra Golf, Founders Club and Callaway Golf, Ahead Headwear, US Kids Golf, PHAB Nutrition, and Executive Women's Golf Association.

Local professionals Cindy Jones and Tim O'Neal will hold clinics to help attendees improve their golf game. National Long Drive Champion Gerry James will hold a trick shot show to display some of his unusual golfing skills.

A new addition to this year's Troon Golf Demo Days is the "Beat the Pro" putting contest, which gives children ages 17 and under a chance to go head to head with a Champions Tour player to see who

is the best putter. The contest will be Saturday, April 25 at 3 p.m.

Entry into the Troon Golf Demo Days is included with tournament admission.

The event is named after the famed Scottish town of Troon, Scotland, home of the Royal Troon golf course. Royal Troon is one of the most famous courses in the world and has hosted the British Open eight times.

The Liberty Mutual Legends of Golf, played in Savannah since 2003, takes place April 20 - 26 at the Westin Savannah Harbor Golf Resort & Spa in Savannah and encompasses some of golf's most elite performers including Tom Watson, Tom Kite, Mark O'Meara, Greg Norman, Lee Trevino, Gary Player, Nick Price, Tom Lehman and Jay Haas.

For more information about the Liberty Mutual Legends of Golf Tournament, including ticket information for the 2009 tournament, go to [www.lmlog.com](http://www.lmlog.com) or call the Tournament Office at (912) 236-1333.

## Liberty summer sport registration opens May 1

Registration for Liberty County Recreation Department 2009 summer programs will start May 1. Programs include day camp, swim lessons, swim team, sports camps, Tae Kwon Do, golf, tennis, track & field, and more.

Registration will be accepted at the LCRD Office, located on Hwy. 84 East in Hinesville, beside the National Guard Armory. Office hours are Monday through Friday, 10a.m. to 6p.m. Registration will continue until all slots are filled. Online registration is available at [www.lcrd.net](http://www.lcrd.net). For more information, call 876-5359.

## DES Marathon Club

### FUN RUN • 5K Run 2K Walk

April 25 at 9:00 a.m.

Registration

at 9:00 a.m.

*Bring your family and get fit!*

Harmon Ave, Ft Stewart, GA

