

Hunter Spouses host golf fundraiser

Hunter Spouses' Club earnings earmarked for college-bound students in military families stationed at the installation

Nancy Gould
Hunter Public Affairs

More than 50 participants showed up at Hunter Golf Course on the cool morning of Oct. 13 to play in the Two-Person Best Ball Scramble — the first golf tournament fundraiser for the Hunter Spouses' Club. Called the 2007 Honor, Strength and Courage, the tournament title could describe the attributes of the spouses who hosted the event. The long hours they spent organizing the event and recruiting players and sponsors really paid off. The event netted \$5,000 by the time it ended — more money than anyone in the club expected.

"There were lots of details involved," said Alison McKinney, the HSC spouse who chaired the event for the first time. "We had committees, subcommittees and a wonderful volunteer coordinator."

McKinney said donations came from inside and outside the gates and included check donations and in-kind gifts.

"Events like this are only possible through the participation and sponsorship of generous individuals and organizations," she said.

The money netted is earmarked for college bound students of military families at Hunter Army Airfield, said Terri Rudacille, the club treasurer. Besides scholarships, revenues go to a wide range of charities and organizations, such as the funds HSC recently gave to the American Red Cross to purchase flags for distribution at military events and those given to Hunter's Boy Scout Troop 8 to fund another special need. Besides charities, the money collected for the tournament paid the \$100 golf fee for Soldiers, Rangers, Airmen, and Coast Guardsmen who played in the tournament.

"I like playing here," said Airman Ryan Hixson, U. S. Coast Guard Air Station Savannah, who was among those who golfed for free. "It's a pretty competitive course." Ryan said he also appreciated the chance to hone his skills since he will soon represent Fort Stewart-Hunter in the Army wide long-drive competition.

Jean Coursey, a member of the West Point Society of Savannah played in the tournament along with three of her friends from Vidalia, Georgia.

"After I got the invitation from the Hunter Spouses' Club to play, I jumped at the opportunity," said Coursey, who at 74 years, has an impressive golf handicap of 15. She said she spends most of her free time playing in tournaments. "I love opportunities to golf and I love to be able to support the military in our community."

Following the tournament, lunch was provided by Outback Steakhouse and awards and prizes were presented. Among them was a week at a Daytona Beach condo; a gift basket from Savannah Plastic Surgery; golf for four at Old South Golf Course; Outback Steakhouse merchandise and more.

"These ladies have done a great job getting sponsors and prizes together," said Tommy McArthur, Hunter Golf Course manager. "It's not easy to get this level of participation at a first-time tournament and it seemed to go off without a glitch."

McArthur is not the only one impressed with the ladies who worked the event.

"It was great," said Jack Monroe, who won the tournament with his partner, David Leslie, with a combined score of 60. Both men enjoyed playing in the tournament and both are avid supporters of the military community as volunteers with the American Red Cross and work with the Landings' Military Family Relief Fund.

"I just love these Hunter spouses," said Melissa Huggins, HSC advisor, who also loves the fact that membership in the club this year has nearly doubled. "We've got a great group. I'm going to hate leaving it."

"The ladies in our club work well together," Rudacille said. "There's no assumption of roles because of our husbands' ranks. When younger spouses join, we put them to work using their talents and skills. For the most part, we senior spouses just provide support."

Rudacille said that club-sponsored events give younger spouses invaluable training that they would have to pay for outside the gates. She also said club participation helps them to embrace the military lifestyle and to love it. "They learn valuable skills — to grow and to lead."

If you want to know more about the Hunter Spouses' Club and how to get involved, contact McKinney at Alison_mckinney@comcast.net.



Photos by Nancy Gould

Sgt. Ben Boyce, Alpha Company, 1st Battalion, 75th Ranger Regiment, U.S. Army Special Operation Command, hits the ball down the green. |

Three local 188th Soldiers compete at All-Army combatatives

Capt. George E. Chittenden
188th Infantry Brigade

Three First Army Soldiers competed in the 2007 All Army Combatives tournament last weekend at Ft. Benning, Ga.

Staff Sgt. Justin Simpson, Sgt. 1st Class Carlos Valarezo and Capt. George Chittenden, from the 188th Infantry Brigade are the first representatives from the brigade to compete in the All Army Combatives Tournament.

These three Soldiers utilized their off duty hours to train and prepare for the event. They came together with a variety of skill sets and put in many hours of training in preparation for the event. These Soldiers illustrate the "Train like you're gonna fight" motto used by First Army units to instill the warrior ethos and training mindset into the thousands of Soldiers they prepare for war.

"Combatives can provide a number of things to the Soldiers. It can provide physical fitness, promote mental and physical discipline and helps to increase moral through team building individual competition," Chittenden explains.

Simpson is assigned to 2nd Battalion, 349th Logistical Support, and attached to the brigade Automation as communications section non-commissioned officer in charge. Simpson brought with him a strong background in folk style wrestling. He represented the brigade in the cruiser weight class (less than 185 pounds). Simpson's relentless work was apparent when he started his training weighing a fit 212 pounds and through hard work and dedication was able to cut down in just five weeks to a very lean 184.5 pounds.

Valarezo is assigned to the brigade Headquarters, Headquarters Detachment, serving in the Operations and Training Section as the Improvised Explosive Device (IED-D) master gunner. Valarezo brought a strong boxing and a Modern Army Combatives Program (MACP) level II certification. He represented the brigade in the heavy weight division (over 205 pounds). Valarezo fought the heaviest and strongest competitors, but through determination and technical superiority was able to acquire a 3-2 overall tournament record.

Chittenden is assigned to the brigade Plans Section as the assistant plans officer. Chittenden brought Jiu-Jitsu, submission wrestling, and kickboxing to the table. He represented the brigade in the light heavy-weight division (less than 205 pounds). Chittenden, the lightest competitor in his division, made it to the quarter finals with an overall 4-2 tournament record.

The team manager, Master Sgt. Kenny Burgos, assigned

to the brigade Plans section, provided much needed support for coordination of transportation and lodging. He worked all the administrative and registration procedures for the event and provided audio visual support. Burgos is an important member of the team, taking care of all the administrative requirements allowing the fighters to focus on their matches.

"Training for the combatives tourney was tough at the point that only training time was in the morning starting from 5:30 a.m. to 8:30 a.m. Training was also difficult as well do to lack of members to the team: heavyweight trained against smaller fighters instead of the same weight or bigger," said Valarezo.

"We trained together just about every morning before work for about 5 weeks. We worked on standing and ground technical skills as well as cardiovascular and strength training," said Chittenden.

The three Soldiers worked together sharing techniques and providing motivation to push through many early morning training sessions. Their efforts brought home eight wins in this past weekend's event.

The All Army Combatives tournament is held every year at Ft. Benning, Ga. The competition serves to motivate individual soldiers to train and practice their warrior tasks and drills, to react to man-to-man contact, and inspire units around the Army to support their soldiers in the area of Combatives. Competitors are able to improve real world timing and match their skills against some of the greatest fighters in the world. The event is open to Active Duty, National Guard, Reserve Soldiers, or other service members who are attached or assigned to Army units, and to soldiers of any experience level or gender.

Valarezo was very enthusiastic about the experience. "The competition was great! Experiencing and seeing units from everywhere; 82nd Airborne, 101st Air Assault, 25th Infantry Division, 3rd Infantry Division, Guam, Alaska, and more. Up to 305 fighters army wide. We found out that majority of the teams competed at Ft. Benning's last 4-7 tournaments prior to the All Army tournament. Combatives build self-esteem, confidence, and a champion within a unit. Pride!"

Where are these Soldiers going next? Back to Ft. Stewart to train for the next competition and to pick up a few more members of their team.

"I will continue my Brazilian Jiu-Jitsu training in the evenings and weekends as always. Since the event there has been an increased interest in Combative type training, we plan to continue to work together, along with a few new faces, throughout the week in the mornings," Chittenden



Master Sgt. Kenny Burgos.

Staff Sgt. Justin Simpson prepares for a match at the All Army Combatives Tournament in Ft. Benning, Ga.

said.

Valarezo agrees, "Hopefully I'll get continue with army combative level (III-IV) and continue to compete at a later time, if not teach others to build their confidence and technique."

Jake's Body Shop - Bicycling for your health

Jake Battle
DMWR Fitness Director

If you're looking for a fun and refreshing way to get some exercise, then bicycling is for you. Not only do you get a great overall workout, bicycling gives you an excuse to get outside and enjoy yourself.

Whether you're admiring a beautiful nature trail, or simply on your way to the grocery store, you'll soon discover that bicycling is your exercise of choice.

Good for your mind, great for your body.

Bicycling can condition your heart and lungs, tone your muscles and help you lose weight. But it can also be used as a great escape the hubbub of life.

So next time you feel the stress mounting, grab your helmet, give your mind a break and your body a workout.

Even if you have errands to run, you can fit bicycling in anytime. What better way to get around on a sunny day?

Instead of getting in your car, try picking up small items from the store on your bike. Soon you'll find that you look forward to making these trips.

On those rare days when you have time for recreation, take advantage of your bike.

Most national and local parks provide trails for bicycling. Do some research in your area and see which trails you like the best. You'll soon find a favorite spot you return to again and again.

Don't put it off any longer. Begin bicycling and discover a hobby (and a great workout) that will last you a lifetime.

Put some power into your pleasure



riding by getting your heart rate up. You can check your heart rate by placing your finger on your pulse. Count your pulse for thirty seconds, and then multiply that number by two. You now have your heart rate.

See the chart below to discover your target heart rate zone. Your heart should beat at 60 to 90 percent of your maximum heart rate while exercising, according to the American College of Sports Medicine.

After you complete your workout, walk or ride slowly again. Finish by performing

some light stretches.

If you are not accustomed to regular exercise, consult a Healthcare professional before starting. Also, watch for the following signs that you may be experiencing heart problems such as fainting, feeling light-headed suddenly, becoming pale, experiencing pressure or pain in your left chest or mid chest area, left side of your neck or left shoulder or arm during or right after working out.

A formula for finding your minimum target heart rate is 220 minus your age, multiplied by 60 percent. A formula for the maximum heart rate is 220 minus your age times 90 percent.

Monitor your pulse for one minute to see that it's in this range. An example would be 220-40 times 60 percent is 108 beats-per-minute for a minimum. 220-40 times 90 percent is 162 bps. If you are 40 years-old. Your bps should be approximately 108 and 162 bps.

Consult your Healthcare professional before starting an exercise program.



Ladies flag-football kicks up dust in Iraq

Courtesy Photo

Capt. Erin "Quiet Storm" Searfross, division engineer, Special Troops Battalion, 3rd Infantry Division, makes a move on two defenders. The STB Powder Puff team dominated the game with a 20-0 win over a team made up of mostly 504th Military Intelligence members Oct. 9.

Corkan gym closed for upgrades

Effective immediately until further notice, all activities in Corkan Gym are cancelled due to the construction of a laser tag and climbing room area. Estimated completion is January 2008 with skating resuming in February.

For more information, call 767-6708/4273.

Host India's opening ceremony launches World Games

Tim Hipps
FMWRC Public Affairs

HYDERABAD, India -- The Opening Ceremony for the largest sporting event in India's ancient history resembled opening night at the Olympics -- complete with military pomp and circumstance, to boot.

The Council International du Sport Militaire's 4th Military World Games officially opened Oct. 14 at Gachibowli Stadium with a colorful celebration of Indian culture that uniquely expressed CISM's goal of striving for world peace by uniting Armed Forces through sport.

Smt. Pratibha Devisingh Patil, President of India and the first woman to serve as Supreme Commander of the Indian Armed Forces, declared the Games open. She also released

three commemorative postage stamps and a First Day Cover that captured the spirit of the Games.

The Indian Air Force's helicopter formation team performed a dazzling display of Sarangs in the air while their Akash Ganga skydiving team had the estimated crowd of more than 15,000 oohing and aahing as they seemingly dropped into the stadium from here, there and everywhere.

Akash Ganga is the Hindi name for the "Milky Way" and is roughly translated as "The Ganga of the Sky." It is the ancient Hindu name for the galaxy as viewed from Earth.

A Dhruv helicopter showered rose petals on the spectators. The Great Indian Bison character Bravo, the Games' mascot, also descended from the sky to a thunderous round of applause.

Military bands, high-stepping bagpipers and the precision riflery of India's Air Warrior Drill Team launched the 4-hour extravaganza.

Armed Forces athletes from 101 of CISM's 128 member nations marched into the stadium to begin a weeklong competition involving 5,125 athletes and sports officials. More than 100 countries are competing for the first time in the history of the Military World Games, whose motto is "Friendship through Sports."

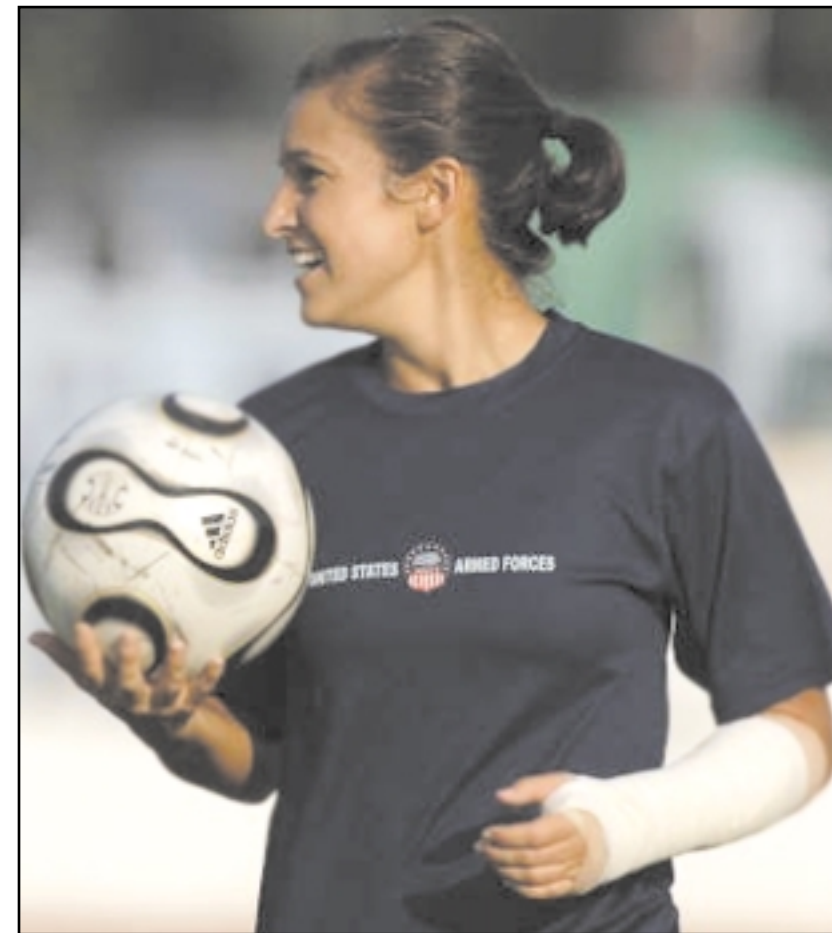
Representatives of five other other countries -- Bangladesh, Bhutan, Maldives, Myanmar and Nepal -- came to observe the Games.

Gaurav Mukherjee, the 22-year-old son of an Army colonel, sang his composition "Play for the World," which set the tone for the evening.

After carrying the Military World Games torch into the stadium, Lt. Col. Rajyavardhan Singh Rathore, who won a silver medal in double-trap shotgun shooting for India at the 2004 Athens Olympic Games, lit the Flame atop the other side of the stadium via an electronic remote by placing the torch to a cannon.

Indian men and women dressed in colorful costumes of eras past and present danced the night away. Even the recorded voice of Michael Jackson made the show, with his 1991 release of "Heal The World":

*If you care enough for the living
Make a little space
Make a better place
Heal the world
Make it a better place
For you and for me*



Tech. Sgt. Jeffrey A. Wolfe

U.S. Navy Ensign Maggie Curran cheers her team on after breaking her left wrist in a fall during the U.S. Armed Forces women's first game at the 4th CISM Military World Games in Hyderabad, India. The U.S. eventually lost 4-0 to the Democratic People's Republic of Korea.

*And the entire human race
There are people dying
If you care enough for the living
Make a better place
For you and for me*

That sentiment was shared by thousands of troops, civilians and local schoolchildren, whose encouraging smiles and sparkling eyes lit the night more magnificently than the grand-finale lazer and fireworks display.

"The show was really good," said U.S. Army World Class Athlete Program racewalker Sgt. John Nunn, a 2004 Olympian who prepped for the Military World Games on a practice track adjacent to the stadium. "Over the past couple of days, we could hear them putting a lot of effort into the Opening Ceremonies. They clearly took a lot of pride in what it was they were doing. I was very impressed."



Master Sgt. Glenda S. Lynchard

The Indian Air Force's helicopter formation team performs a dazzling display of Sarangs in the air at Gachibowli Stadium during the Opening Ceremony of the 4th CISM Military World Games in Hyderabad, India.