



A paratrooper with the 82nd Airborne Division demonstrates defensive positions June 29 during a professional development event at Fort Liberty, North Carolina. (U.S. ARMY/SPC. HANNAH STEWART)

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Warfighter Summit focuses on soldiers

Leaders from Army Training and Doctrine Command, Army Futures Command, Army Special Operations Command, the XVIII Airborne Corps and more will speak at the Association of the U.S. Army's Warfighter Summit and Exposition in Fayetteville, North Carolina.

Scheduled for July 26–27 at the Crown Complex near Fort Liberty, the two-day, in-person summit is a leader and professional development event focused on the warfighter. This is the second year AUSA is hosting the Warfighter Summit.

This year's theme is "America's Army: Ready for Today, Modernizing for 2030 and Beyond."

Topics of discussion for the summit will span the six warfighting functions and highlight the way Fort Liberty's operational force can win

on the future battlefield. There also will be exhibits showcasing the latest from industry.

To register for the Warfighter Summit or for more information, click here.

The Warfighter Summit opens with a keynote presentation by Gen. Gary Brito, commanding general of Training and Doctrine Command.

There will be a fireside chat with Maj. Gen. Donn Hill, commanding general of the Army Security Force Assistance Command, a panel discussion with leaders from the XVIII Airborne Corps to include Lt. Gen. Christopher Donahue and Command Sgt. Maj. T.J. Holland, a panel featuring industry partners, and a panel on irregular warfare campaigning featuring Maj. Gen. Patrick Roberston, deputy commanding general of

Army Special Operations Command and other experts.

The second day of the summit includes a panel discussion on the maneuver force of 2030 and 2040 featuring Maj. Gen. Curtis Buzzard, commanding general of the Army Maneuver Center of Excellence and Fort Moore, Georgia, and experts from the armor and infantry schools.

There also will be fireside chats with Lt. Gen. Kevin Vereen, deputy Army chief of staff for installations, G-9, and later with Sgt. Maj. of the Army Michael Grinston.

An afternoon panel will feature command sergeants major from across Army Forces Command, and the day will end with a keynote presentation by Gen. James Rainey, commanding general of Futures Command.



NOONREPORT

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GENERAL JAMES C. McCONVILLE

40th Chief of Staff of the Army

Moderated by **GEN (Ret.) Robert B. Brown**
President & CEO, Association of the United States Army



JOIN THE DISCUSSION!

This webinar will include a Q&A session in which questions submitted by the audience will be selected and asked by the moderator.

A recording of the webinar will be available on our YouTube page the following day.



18 JULY 2023
1200-1300 EDT

Please join us on Tuesday, 18 July, at 12:00 PM EDT, for a Noon Report with General James C. McConville, 40th Chief of Staff of the Army. General McConville will provide an update on the state of the Army and reflections from his tenure as Chief of Staff of the Army.

AUSA's Noon Report webinar series features presentations by senior Army leaders responsible for key programs and initiatives, as well as contemporary military authors who weave together the past, present and future story of the United States Army.



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Sleep, behavioral health remain challenges for soldiers

The latest edition of the Army's annual Health of the Force report found that soldiers' health has remained stable, but the service also dealt with a decrease in sleep and an increase in behavioral health diagnoses.

Now in its eighth year, the 2022 Health of the Force report analyzed data for over 20 health, wellness and environmental indicators across 41 installations throughout 2021.

Soldiers' sleep, activity and nutrition levels, which the report identified as "critical for maximizing Soldier performance," remained stable in 2021. Though fewer soldiers completed a sleep, activity and nutrition assessment in 2021, the report found that "the proportion of Soldiers meeting [sleep, activity and nutrition] targets is comparable between 2020 and 2021."

Just over one-third of soldiers slept seven or more hours during work or duty days, the report found. Soldiers also experienced more sleep disorders, which increased 5 percentage



Soldiers with the 173rd Airborne Brigade catch a few hours of sleep before a combat airborne training operation in Hohenfels, Germany. (U.S. ARMY/LT. COL. JOHN HALL)

points, from 9% in 2020 to 14% in 2021. "High-quality sleep is critical to Soldier readiness and mission success," the report found. "Quality sleep can help increase productivity and decrease the risk of accidents, errors and injuries."

The number of soldiers diagnosed with one or more behavioral health conditions increased by 1 percentage point since 2020, though the report notes that this increase "may be the result of delays in seeking [behavioral health] care during the pandemic."

"In 2021, 16% of Soldiers had a diagnosis of one or more BH disorders," the report found. "Early identification and treatment of [behavioral health] concerns among Soldiers is a top priority for the Army."

Injuries also were a challenge for the Army, with 52% of soldiers being diagnosed with a new injury in 2021. Most of those injuries, about 70%, were overuse injuries, according to the report, and they can account for 8 million days of limited duty a year.

Age is a risk factor, with 69% of soldiers aged 45 and older receiving medical care for injuries, compared with 49% of soldiers younger than

25. Additionally, women suffered more injuries than men, with 61% of female soldiers diagnosed with an injury compared with 51% of male soldiers in 2021.

The report also evaluated health across installations and compared the health of each installation to the Army average. Most installations had a health score that was about the same as the Army average in 2021.

U.S. Army Garrison West Point in New York, Joint Base Myer-Henderson Hall in Virginia, the Presidio of Monterey in California, Joint Base Elmendorf-Richardson in Alaska and Joint Base Lewis-McChord in Washington had health scores that exceeded the Army average.

Fort Sill, Oklahoma; Joint Base Langley-Eustis, Virginia; Fort Polk, now Fort Johnson, Louisiana; and Fort Knox, Kentucky; had health scores below the Army average.

"The Health of the Force data may be used to inform community health improvement and prevention strategies ... [and] address specific health and readiness issues through resources and calls to action," the report says.

Read the report here.

ARMY magazine July issue



AUSA Basic Members can now view a selection of articles from the July issue of ARMY magazine. To read the articles, click here.

AUSA paper emphasizes need for 'optimized' approach to warfare

The U.S. military should adopt an updated approach to warfighting, according to a new paper published by the Association of the U.S. Army.

In "Move, Strike, Protect: An Alternative to the Primacy of Decisiveness and the Offense or Defense Dichotomy in Military Thinking," author Lt. Col. Amos Fox argues that "forces must be optimized" for the move, strike and protect model of conflict.

"Western states should instead organize their military forces around the principle of relentlessly driving an adversary toward strategic exhaustion," he writes. "Western militaries should accomplish this by possessing the ability to relentlessly iterate through a challenge-response cycle guided by the interplay of three transcendent warfighting activities: move, strike and protect."

This model "is an agile alternative to optimizing around either offensive operations ... or defensive operations" and "account[s] for the attritional nature of armed conflict," writes Fox, who is a doctoral candidate at the University of Reading in the U.K., deputy director for development with the Irregular Warfare Initiative and an associate editor with the Wavell Room.

The military also should retire the term "decisiveness" because, among several reasons, it is an antiquated term that is "rarely an important adjective at the operations and tactical levels," Fox writes.

In his paper, Fox identifies the U.S. military campaigns in Afghanistan and Iraq as evidence that decisiveness wins battles but fails to achieve policy aims. "To be sure, the U.S. military and its Western partners won nearly every engagement and battle during this period, but they generally failed to obtain their policy aims," he writes. "One need look no



Soldiers assigned to the 25th Infantry Division participate in a live-fire exercise in June at Pohakuloa Training Area, Hawaii. (U.S. ARMY/SPC. DARBI COLSON)

further than the Taliban's current control of Afghanistan and a fractured Iraq as proof-positive of these failed policy aims."

Further, Fox argues that militaries that can withstand and outlast their enemies, as opposed to offense- and defense-oriented militaries, win wars.

"When thinking about how to optimize a military, strategists' focus should not be on offense, defense or decisiveness, but rather how the military can be used to push an opponent to strategic exhaustion through iteratively cycling through challenge-response opportunities," he writes.

As war evolves, so too should the language and concepts that the U.S. military uses to dominate modern and future wars, Fox writes. "To effectively compete, Western military thinking needs to evolve: it needs to develop new ideas for how to organize and fight," he writes. "It must develop new terms for these ideas, terms that adequately express the ideas associated with the new concepts."

Read the paper here.

AUSAExtra

**Voice for the Army –
Support For the Soldier**

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PERK OF THE WEEK

AUSA members can always save with GE Appliances, and additional discounts are available now through July 19 during GE's Independence Day sale. Save up to 42% on select appliances while supplies last, with free delivery on orders over \$399. Sign up for the AUSA discount at GE by visiting www.ausa.org/GE.





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AUSA region presidents advocate for Army on Capitol Hill

In keeping with the Association of the U.S. Army's mission to be a voice for the Army, the association's nine region presidents visited Capitol Hill June 27 to meet with congressional staff and advocate for the Total Army.

Accompanied by AUSA's Government Affairs team, the region presidents met with staff members from the offices of Rep. Keith Self, R-Texas, Rep. Ann McLane Kuster, D-N.H., Rep. Don Beyer, D-Va., Rep. Rick Allen, R-Ga., Rep. Mikie Sherill, D-N.J., and Rep. Mark Alford, R-Mo.

This marked the first time that AUSA's region presidents went to Capitol Hill as a group to advocate in this way. They were well received in all the offices, and the discussion focused on AUSA priorities.

The Army's "People First" priorities, including improving housing for soldiers and families and supporting other quality-of-life initiatives, were prominent topics of discussion. The importance of ensuring that the Army's recruiting efforts are successful, providing the best possible care for veterans and providing support



AUSA region presidents and members of the association's national staff visit Capitol Hill to advocate on behalf of soldiers and families. (AUSA PHOTO)

for the defense industrial base also were discussed.

The region presidents advocated for timely passage of the annual appropriations and authorization bills and growing the Army budget topline. They also highlighted the importance of the Total Army to na-

tional security, countering aggression and reassuring allies and partners around the world. Particular focus was placed on AUSA's 2023 Focus Areas, which you can find [here](#).

Additionally, the Government Affairs team would like to highlight the AUSA-supported Sergeant First Class Heath Robinson Honoring our Promise to Address Comprehensive Toxics Act, also known as the PACT Act. The legislation "expands VA health care and benefits for veterans exposed to burn pits, Agent Orange, and other toxic substances," according to the Department of Veterans Affairs.

There is no deadline to apply for PACT Act benefits, but those who file a PACT Act claim—or quickly submit an intent to file—by Aug. 9 may receive benefits backdated to Aug. 10, 2022, according to the VA. For more information on the PACT Act and how to file a claim, please [click here](#).

Mark Haaland is AUSA's Government Affairs director.



In their meetings with congressional staff, the nine AUSA region presidents highlighted the importance of the Total Army to national security, countering aggression and reassuring allies and partners around the world. (U.S. ARMY/SGT. MIKAYLA FRITZ)

Save on fitness programs, health benefits and more

You can access all of the many Association of the U.S. Army member benefits by visiting www.ausa.org/savings. This month, I want to focus on discounts for health services—click on the “Health/Wellness” tab to access them.

New HUSK benefit

AUSA recently partnered with HUSK—previously known as GlobalFit—to connect members to the wellness services they have requested.

HUSK Marketplace is a curated wellness marketplace that offers exclusive pricing on gym memberships, tech and equipment, and virtual subscriptions for fitness, pre- and post-natal, health coaching and mental health. With HUSK Marketplace, AUSA members gain access to best-in-class pricing with some of the biggest brands in the industry.

AUSA's partnership with HUSK also provides access to HUSK Nutrition, where you can get easy access to evidence-based tele-nutrition services delivered by registered dietitians.

The company's proprietary mobile application creates a seamless, intuitive interaction between you and your dietitian through private one-on-one nutrition visits, direct messaging, goals, food tracking and more.

Insured members may have access for \$49.99 a month. Uninsured members may have additional options available and will be given coverage information from their registered dietitian.

ChooseHealthy

ChooseHealthy is a members-only site that provides access to health and wellness promotions, including the Active&Fit program where members can sign up for \$28 a month and get access to more than 12,200 fitness centers nationwide.

These include Golds, LA Fitness, Chuze Fitness, Snapt 24/7 Fitness,

Anytime Fitness, Crunch Fitness, Blink Fitness, Curves, 24/7 Workout Anytime and more. The site also provides 9,300 digital workout videos and other services.

Prescription discounts

Even if you have insurance, check prices for AUSA members on the New Benefits Rx site. Compare prices on the prescriptions you need for your family—both humans and pets—and the system will show you which pharmacy near you has the best price.

I want to note that the pet options are for when your pet is prescribed a human medication, not pet-only medications like flea and tick or heartworm preventatives.

A Place for Mom

A Place for Mom provides services to help you find the right senior living community for your loved one.

The facilities are vetted, and A Place for Mom simplifies the process of finding senior living and home care with personalized guidance at no cost to families.

The service is free—the company is paid by participating communities and providers.

AUSA members have a special exclusive benefit, providing a \$350 move-in credit.

Aetna Dental Access

To my knowledge, AUSA has the lowest rate available for the Aetna dental discount program—\$3.16 a month—through Direct MedAccess.

Even if you have dental insurance, this program will give you access to a variety of discounts, including those not covered by insurance, such as cosmetic procedures. When I didn't have dental insurance, I saved more than \$1,000 on a root canal with this card.

Dental discount programs are not insurance, but providers have agreed to much lower rates for Aetna customers so they can gain new business. This is well worth checking out for yourself or any family member who may not have dental insurance.

The monthly fee includes a pharmacy benefit and discounts on lab testing and MRI/CT scans, and you can upgrade to a program that includes vision and/or chiropractic discounts for just a couple dollars more.

Susan Rubel is AUSA's Association and Affinity Partnerships director.



Take advantage of a variety of health and fitness discounts available through your AUSA membership. (NATIONAL GUARD/MAJ. AVERY SCHNEIDER)

Vietnam War hero shares his story at chapter luncheon

Retired Col. William “Bill” Collier Jr. was honored by the Association of the U.S. Army’s Fort Jackson-Palmetto State chapter in South Carolina during the chapter’s monthly luncheon in June.

Speaking to gathered AUSA members and other guests at the Fort Jackson NCO Club, Collier—a life member of the association—discussed his new book, *Outnumbered 20-to-1*, which chronicles his leadership and experiences during the desperate 54-hour Battle of Mo Duc in 1972 during the Vietnam War.

Attending the luncheon was retired Marine Col. Steven Vitali, who wrote the foreword to the book and compared Mo Duc to the ill-fated last stand at the Alamo and the British Army’s successful defense of Rorke’s Drift during the Anglo-Zulu War of 1879.

Fort Jackson-Palmetto State

“As the last significant battle in the war, Mo Duc speaks to the greater American military tradition, and it significantly showcases the valiant efforts of those freedom-desiring albeit ill-fated South Vietnamese soldiers who made their last stand, winning the battle, though not the war,” Vitali wrote in his foreword. “Standing on the command precipice was then-Major Bill Collier, whose defiant stance against overwhelming odds served as the juggernaut and protagonist against the strategic and political ambitions of the North Vietnamese leadership.”

Collier, who was awarded the Silver Star for his bravery during the battle, was nominated by Vitali and other combat veterans for the Medal of Honor in 2012. Though the nomination failed to meet the requisite number of American witnesses on the ground, as Collier was leading South Vietnamese forces, the nomination received strong endorsements from Air Force pilots flying forward air control missions over the Mo Duc battlespace.



From left to right, retired Marine Col. Steven Vitali, retired Col. William ‘Bill’ Collier Jr. and Richland County Sheriff Leon Lott, president of AUSA’s Fort Jackson-Palmetto State chapter, attend the chapter luncheon featuring Collier’s new book. (AUSA/W. THOMAS SMITH JR.)

“Against overwhelming odds, Bill Collier was the right leader on the ground at that particular point and place in time,” said Richland County Sheriff Leon Lott, president of the AUSA chapter. Lott, who has worked with Collier in a law enforcement capacity, read the book within weeks of its publication in January.

“Aptly titled, the North Vietnamese enemy outnumbered Collier’s beleaguered South Vietnamese garrison 20-to-1 and broke through at certain points along the line, nearly overrunning their entire position,” Lott said.

Making matters worse, the panic-stricken South Vietnamese leadership virtually collapsed at Mo Duc (with at least one senior officer deserting his post), leaving Collier, a 34-year-old artillery officer, the only man available to assume overall command, rally, regroup and encourage the troops, call for supporting fires and beat back wave after wave of numerically superior enemy forces.

The successful defense of Mo Duc “was dependent on [Collier] alone.

He continuously exposed himself to withering enemy fire in order to coordinate and direct friendly ground artillery, naval gunfire, air power and his own force’s limited defensive weaponry. ... Had [he] become disabled or killed, the entire rescue operation would most certainly have failed,” wrote Air Force Capt. Richard Polling in a 2013 statement of support for Collier’s Medal of Honor nomination.

Collier credits his and his outnumbered force’s success to divine intervention, and he clearly expresses this throughout the book. “God was with me,” he said. “I prayed for his guidance and protection throughout the action, and he provided.”

At the luncheon, Lott presented Collier with the Fort Jackson-Palmetto State chapter’s coin of excellence for his book, Army career, work with veterans and lifetime of service to AUSA.

W. Thomas Smith Jr. is a member of AUSA’s Fort Jackson-Palmetto State chapter.



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