



Soldiers from the 1st Brigade Combat Team, 1st Armored Division exercise during a Holistic Health and Fitness physical training session at Fort Bliss, Texas. (U.S. ARMY/JEAN HAN)

IN THIS ISSUE

VOLUME 3 NUMBER 13
JULY 29, 2021

**Army Seeks More
Women in STEM Fields**
3

**Soldier Clinches
Olympic Gold Medal**
4

Book Program
Remembering the Korean War
5



Chapter Highlights
Henry Leavenworth
Eagle Chapters
6

Mental resilience key to Army readiness

In its continuing effort to instill a holistic approach to wellness in the force, the Army has launched “a few pilots” to study how it can incorporate the practice of mindfulness among soldiers at every level.

Working with the Army Training and Doctrine Command, “we’re doing a few pilots at entry-level training all the way to our senior executive level training with general officers and nominative sergeants major and throughout, and it’s not prevalent enough,” Lt. Gen. Walter Piatt, director of the Army staff, said July 21 during a Thought Leaders webinar hosted by the Association of the U.S. Army.

A regular practitioner of mindfulness who believes the practice can improve soldiers’ readiness, Piatt is

part of a contingent of Army leaders who have strongly advocated for and pursued the inclusion of mindfulness as part of the Army’s Holistic Health and Fitness Program.

In a feature he co-wrote earlier this year for *ARMY* magazine, Piatt described mindfulness as being present in the moment and fully focused on the now, a skill that can improve soldiers’ decision-making and lead to improved performance, similar to an athlete who is performing “in the zone.”

It’s something soldiers can practice in just a few minutes a day, and studies have shown it helps the brain strengthen attention and working memory, he wrote.

“You can put it into your daily routine, we are doing some really good

studies, and I think the research will show with the completion of these studies that this is something we need to do, and we’re very excited,” he said, acknowledging that while there is interest, there is also skepticism.

“Everywhere we go, people want to hear about it. We’re going to get there. It’s not there yet, but a lot of good work is being done across our military education system,” Piatt said.

Mental resilience and readiness will be key to overall soldier readiness as the Army prepares for a future battlefield and multidomain operations, where soldiers will be in remote locations where complex decisions will be made in stressful situations, said retired Gen. Bob Brown, AUSA executive vice president.

See **Resilience**, Page 3



THE AUSA NOON REPORT

Stay connected with AUSA at home with our virtual series featuring guest speakers from Army leadership discussing key defense industry topics.

DISCUSSION OF THE ARMY'S CLIMATE STRATEGY AND ACTION PLAN

3 AUGUST 2021, 1200 EDT



MR. J.E. "JACK" SURASH, P.E.

*Senior Official Performing the Duties
of the Assistant Secretary of the Army
Installations, Energy and Environment*



MR. DAVID J. CLARK,

*Technical Advisor, Foreign Intelligence
DAMI-FI, HQDA G-2*

LEARN MORE

Army in ‘race for talent’ in science, technology fields

Continued mentorship and outreach are critical to recruiting and retaining the next generation of Army women in the fields of science, technology, engineering and math, leaders said July 22 during a webinar hosted by the Association of the U.S. Army.

Mentors are especially important for Army women in technology, said Nancy Kreidler, director of cybersecurity and information assurance for the deputy Army chief of staff for command, control, communications, cyber operations and networks, or G-6.

“Find a mentor, find someone you can talk to, reach out, don’t go it alone,” she said. “If you are in some place that’s a bad situation, don’t wait around to think it’s going to get better when it’s not. Leave. Go find where you’re valued.”

During the webinar, part of The AUSA Noon Report series, Maj. Gen. Maria Barrett, commanding general of the Army Network Enterprise Technology Command, stressed that the Army “cannot leave any talent on the table,” especially in the STEM fields.

“The race for talent is real. You have to bring people in ... and engage them in a way that encourages them to participate,” she said.

Leaders also must look at how



Mentors are especially important for Army women in the fields of science, technology, engineering and math, leaders said. (U.S. ARMY PHOTO)

they’re recruiting.

“As a leader, I think you have to look at the full life cycle spectrum of your workforce and understand where it is that you might have a gap or a weak area ... and get after it quickly and consistently,” she said.

Changing the face of Army tech starts at a local level, Barrett said, through engaging with local communities and informing girls and women who excel at STEM about opportunities to serve in the Army.

When Army women in technology fields see other women in leadership roles, they will better see their own potential, Kreidler said.

“Once you have a woman in a role, it’s not unusual to see another woman in that role, and that’s a big deal,” she said. “That’s why when you see a woman for the first time, we have a new secretary of the Army who’s a woman, that means it can happen again. Those are really groundbreaking times.”

Resilience

From Page 1

Brown said it is “absolutely key and great to see that we’re looking holistically at the soldier,” because people are the Army’s greatest asset and the top priority of Army Chief of Staff Gen. James McConville.

The most important part of the Army’s Holistic Health and Fitness Program, he added, “is that it really gets at prevention before [injury] happens. Across the board, that holistic effort is key. Optimizing human performance is what we need to succeed.”



Soldiers at Joint Base Lewis-McChord, Washington, use their lunchtime to take advantage of a Holistic Health and Fitness combat mobility yoga session. (U.S. ARMY/SGT. CASEY HUSTIN)

Reserve soldier wins Olympic gold medal in record-breaking shoot



First Lt. Amber English displays her gold medal after setting an Olympic record in women's shotgun skeet. (U.S. ARMY/MAJ. NATHANIEL GARCIA)

Army Reserve 1st Lt. Amber English became the first U.S. service member to win a gold medal at the Tokyo Olympics following her record-breaking first-place finish Monday in women's shotgun skeet.

English hit 56 of 60 targets, setting an Olympic record and edging out the 2016 women's skeet gold medalist Diana Bacosi, of Italy, by one target. She is the second American to win gold in skeet.

"Her story is remarkable, we talked about shooting being in her family's DNA," a TV moderator said as English clinched gold. "Amber English, the 31-year-old Colorado Springs native, in her Olympic debut, climbs to the top of the podium in Tokyo and women's skeet, and she has won gold."

English cried, hugged her coaches and pumped her fist as she took in the win.

"All I could control was just my own shooting and my own emotions," English said after the win.

Prior to her service in the Army, English shot with members of the Army Marksmanship Unit. After her

father died, English decided to make a change and join the Army.

"I shot with a lot of the guys from the Army Marksmanship Unit when I was a civilian, living at the Olympic Training Center," English said, according to the Army.

"Unfortunately, I lost my dad in between the Olympic Trials four years ago, and I just decided that I needed a serious change of pace. ... Finally I just decided to join the Army," she said.

Reflecting on shotgun skeet during an interview with the Words We Live By, a podcast produced by the Seattle Army Recruiting Battalion, English said shooting is central to who she is.

"I wouldn't know how to live, pretty much, without that aspect of my life. You know, I grew up and that was such a big part of my family growing up," English said. "I love that shooting is giving me the opportunity to travel the world and make a lot of friendships that I normally wouldn't have made without it and to be part of [a] team."

English is one of 12 soldier-athletes competing in the Tokyo Olympics, which began July 23.

AUSAExtra

*Voice for the Army –
Support For the Soldier*

Gen. Carter F. Ham, USA, Ret.
President and CEO, AUSA

Lt. Gen. Guy C. Swan III, USA, Ret.
Vice President, Education, AUSA

Luc Dunn
Editor

Desiree Hurlocker
Advertising Manager

Advertising Information Contact:
Fox Associates Inc.
116 W. Kinzie St. • Chicago, IL 60654
Phone: 800-440-0231
Email: adinfo.rmy@foxrep.com

ARTICLES. Articles appearing in AUSA Extra do not necessarily reflect the opinion of the officers or members of the Council of Trustees of AUSA, or its editors. Articles are expressions of personal opinion and should not be interpreted as reflecting the official opinion of the Department of Defense nor of any branch, command, installation or agency of the Department of Defense. The publication assumes no responsibility for any unsolicited material. Email: extra@ausa.org

ADVERTISING. Neither AUSA Extra, nor its publisher, the Association of the United States Army, makes any representations, warranties or endorsements as to the truth and accuracy of the advertisements appearing herein, and no such representations, warranties or endorsements should be implied or inferred from the appearance of the advertisements in the publication. The advertisers are solely responsible for the contents of such advertisements.

SPECIAL RATES. Individual membership fees payable in advance are \$30 for two years, \$50 for five years, and \$400 for Life Membership. A discounted rate of \$10 for two years is available to members in the ranks of E-1 through E-4, and for service academy and ROTC cadets and OCS candidates. More information is available at our website www.ausa.org; or by emailing membersupport@ausa.org, phoning 855-246-6269, or mailing Fulfillment Manager, P.O. Box 101560, Arlington, VA 22210-0860.

PERK OF THE WEEK



**WHOLESALE
HOTEL RATES**
DIRECT ACCESS TO PRIVATE RATES

AUSA members have exclusive access to wholesale hotel rates at more than 600,000 worldwide locations. With no black-out dates at boutique hotels and major hotel brands like Hyatt, Hilton, Marriott and Wyndham, AUSA members can save up to 60% compared to sites like Expedia and Priceline. These rates are not offered to the public. Visit www.ausa.org/hotelclub.

Graphic novels, books recognize Korean War soldiers

By Joseph Craig

Not all wars are won or lost—some just linger.

Sixty-eight years ago this week, North and South Korea and the United Nations Command pressed the pause button on the Korean War when they signed an armistice on July 27, 1953.

This agreement brought a cessation of hostilities, but the conflict still technically goes on.

Some pundits have called Korea the “Forgotten War,” but here at the Association of the U.S. Army’s Book Program, we remember.

Recently, the book program recognized a Korean War hero with the

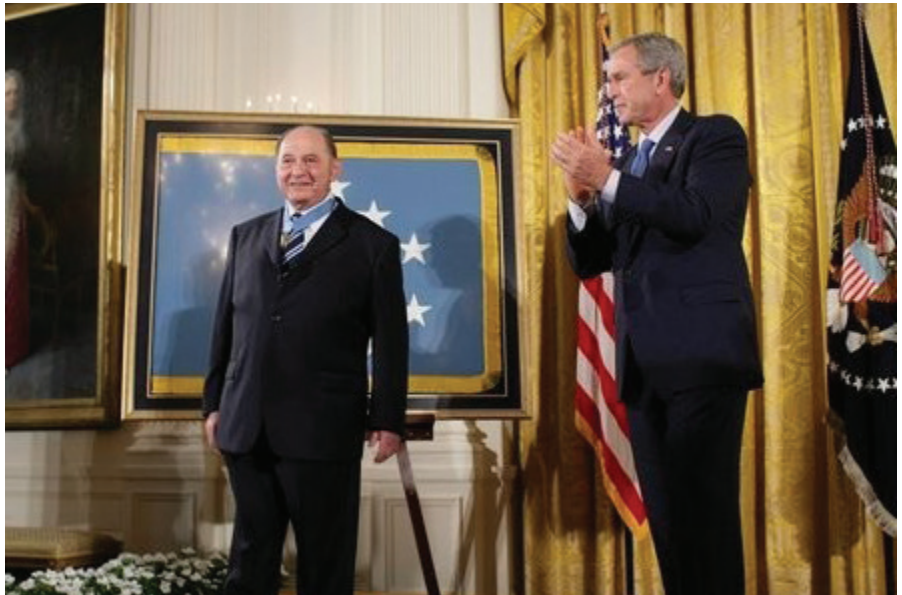
Book Program

release of *Medal of Honor: Mitchell Red Cloud Jr.*

A member of the Ho-Chunk nation, Red Cloud is one of only 10 Native American soldiers to receive the nation’s highest military honor since the start of the 20th century.

He was awarded the Medal of Honor posthumously after singlehandedly holding off an enemy assault so his fellow soldiers wouldn’t get overrun.

The graphic novel series has featured one other Korean War story to date: *Medal of Honor: Tibor Rubin*.



Tibor Rubin, left, is presented the Medal of Honor in 2005 by President George Bush during a White House ceremony. (U.S. ARMY PHOTO)

As a teenager, the Hungarian-born Rubin was liberated from a concentration camp at the end of World War II by American troops. In gratitude, he moved to the U.S. and joined the Army.

While fighting in Korea, Rubin singlehandedly fought off a North Korean assault, then risked his life while a prisoner of war by collecting food for his fellow prisoners from the guards’ stores.

The AUSA Book Program has also featured several traditional biog-

phies of Army leaders who served in the Korean War as part of their notable careers.

These include *Edward M. Almond and the US Army: From the 92nd Infantry Division to the X Corps* by Michael Lynch; Maxwell Taylor’s *Cold War: From Berlin to Vietnam* by Ingo Trauschweizer; and *Fighting the Cold War: A Soldier’s Memoir* by Gen. John Galvin.

For those looking for a wider history, Col. William Bowers produced a three-volume series called *Combat in Korea* that covers the crucial turning points of the war.

In the books, Bowers uses firsthand accounts to offer readers an intimate look at the heroism and horror of the battlefield.

The focus on ground-level combat ensures that the sacrifices of those courageous soldiers will not be lost to history.

For free copies of the Medal of Honor graphic novels, or to order copies of the Korean War biographies and histories mentioned in this column, please visit www.ausa.org/books.



The Association of the U.S. Army’s Book Program includes graphic novels, biographies and histories that detail the Korean War. (U.S. ARMY PHOTO)

Joseph Craig is AUSA’s Book Program Director.

Chapter supports Medal of Honor recipient's reinterment

The Association of the U.S. Army's Henry Leavenworth chapter in Kansas recently donated funds for the reinterment of Sgt. Robert McPhelan, who received the Medal of Honor for his actions during the Indian Campaigns in the 1870s.

Chapter member Michelle Cebe spearheaded the initiative to move McPhelan's remains from Potter's Field Section C near Mount Calvary Cemetery in Lansing to Leavenworth National Cemetery, where she is the location coordinator for Wreaths Across America.

**Henry
Leavenworth**

McPhelan's remains from Potter's Field Section C near Mount Calvary Cemetery in Lansing to Leavenworth National Cemetery, where she is the location coordinator for Wreaths Across America.

"No veteran should ever be buried in a potter's field, and especially not a Medal of Honor recipient," Cebe said, according to Military.com.

"It was an honor to finally properly honor Sgt. McPhelan's valor and sacrifice," said Judy Bauer, the chapter's vice president.

The chapter was recognized by the



Medal of Honor recipient Sgt. Robert McPhelan is interred with full military honors June 4 at Leavenworth National Cemetery. (AUSA PHOTO)

Congressional Medal of Honor Society for its support, she said.

Attendees at the June 4 burial with full military honors included two of McPhelan's great-granddaughters, Lori Rogers and Erin Hiatt, and his great-great-granddaughter Rachel Hiatt. Also present was retired Col. Roger Donlon, a Life Member of

AUSA and a Medal of Honor recipient for valor during the Vietnam War.

McPhelan was awarded the Medal of Honor by Gen. William Sherman for gallantry in action between Oct. 21, 1876, and Jan. 8, 1877. Born in Ireland, McPhelan would go on to serve in the 5th U.S. Infantry. He died Feb. 1, 1884, in Leavenworth.

Eagle Chapters

The following chapters attained Eagle status for June 2021 by showing positive membership growth. The number of consecutive months of growth since July 1, 2020, is shown in parentheses.

Chattahoochee Valley-Fort Benning (9)
Texas Capital Area (8)
Fort Leonard Wood-Mid Missouri (7)
Hellenic (7)
Mid-Palatinate (7)
Northern New Jersey (7)
Polar Bear (7)
Arizona Territorial (6)
Braxton Bragg (6)
Catocin (6)
Emerald Coast-Big Bend-So. Georgia (6)
MG Harry Greene, Aberdeen (6)
Rock Island Arsenal (6)
Space Coast (6)
Joshua Chamberlain (5)

Tucson-Goyette (5)
Ethan Allen (4)
First In Battle (4)
Leonidas Polk (4)
White Sands Missile Range (4)
First Militia (3)
Magnolia (3)
North Texas (3)
Stuttgart (3)
Arsenal of Democracy (2)
Major Samuel Woodfill (2)
Mission Trails (2)
Pikes Peak (2)
Sunshine (2)



AUSA 2021

ANNUAL MEETING & EXPOSITION

11-13 OCTOBER | WASHINGTON, DC



EXHIBITS

Jamie Woodside, CEM
jwoodside@ausa.org

SPONSORSHIPS

Gaye Hudson
ghudson@ausa.org

REGISTER NOW!
WWW.AUSA.ORG/AM



AUSA 2021

ANNUAL MEETING & EXPOSITION

11-13 OCTOBER | WASHINGTON, DC

SPECIAL EVENT TICKETS

	EVENT	MEMBER	NON-MEMBER
11 OCT MONDAY	Robert G. Moorhead Guard/Reserve Breakfast	\$55	\$75
	President's Reception	\$65	\$80
12 OCT TUESDAY	Warrant Officer Breakfast	\$40	\$60
	David D. Eisenhower Luncheon	\$80	\$100
	Guard and Reserve Reception	\$55	\$65
13 OCT WEDNESDAY	Family Readiness: Modern Protocol and Evolving Traditions Tea	FREE	FREE
	Army Civilian Luncheon	\$65	\$85
	George Catlett Marshall Memorial Reception & Dinner	\$130	\$155

Save up to 30% by joining AUSA at www.ausa.org/join.

TICKETS ARE LIMITED

WWW.AUSA.ORG/TICKETS

ONLINE ORDERS CLOSE 22 SEPTEMBER 2021 AT 1700 EDT

QUESTIONS? Contact Michael Siembida at msiembida@ausa.org.