



Command Sgt. Maj. John Sampa participates in a pilot of the Army Combat Fitness Test at Parks Reserve Forces Training Area, California. (ARMY NATIONAL GUARD/SPC. AMY CARLE)

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Army Guard CSM stresses soldier fitness

Soldiers' health and fitness are part of the Army's modernization plan, and that includes the Army National Guard, whose top NCO advised soldiers to "start taking care of your body" to be able to meet the rigors of service.

"When I ask soldiers about modernization, the first thing they want to talk about is equipment and facilities," Command Sgt. Maj. John Sampa, the Army National Guard command sergeant major, said Wednesday during The AUSA Noon Report, a webinar series hosted by the Association of the U.S. Army.

Sampa said he tells soldiers that their question misses the "key factor

that the Army is also modernizing the soldier," pointing to the Army's Holistic Health and Fitness initiative, which includes the new Army Combat Fitness Test.

"There's going to be a certain level of fitness required of us in the future," Sampa said, "and my message to you as soldiers of today and tomorrow is that you have to start taking care of your body real early and throughout your years of service in the Army National Guard."

The ACFT, which became the physical fitness test of record on Oct. 1, is part of the Army's effort to instill in soldiers a holistic approach to health and wellness that also pre-

pares them for the demands of the battlefield.

Sampa, who led the Army Guard effort to distribute the equipment needed for the ACFT, said each state has received the equipment it needs.

The best way to succeed in the six-event ACFT, Sampa said, is to condition the body by training differently and smartly all year round.

Adopting a routine now will have an impact on the length of a soldier's career and yield better fitness and health later in life, Sampa said.

"Take care of yourself because [the physical fitness piece], it can have a direct effect on how long you actually serve in uniform," he said.

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Milley: U.S. military reviewing deployments worldwide

Military leaders are taking on a “holistic review” of troops’ footprint around the world as the U.S. remains focused on “great-power competition,” according to the Pentagon’s top general.

“There’s a very strong argument to be made that we may have forces in places that they shouldn’t be, and we may have forces that are needed in places that they’re not right now,” Army Gen. Mark Milley, chairman of the Joint Chiefs of Staff, said Wednesday while speaking with the Brookings Institution.

The review comes amid troop movement out of Iraq and Afghanistan, where the U.S. military presence in each country is set to be reduced to 2,500 service members by early next year.

As the U.S. economy continues to be affected by the pandemic, Milley said he doesn’t expect to see budgetary growth for modernization and readiness programs in the coming years.

Instead, Pentagon budgets are likely to “flatten,” he said, and there’s “reasonable prospect” they could be reduced.

“That doesn’t mean the world’s go-



With budgets likely to flatten, the military must ‘take a much harder look at priorities,’ Joint Chiefs Chairman Gen. Mark Milley said. (DOD/PETTY OFFICER 1ST CLASS CARLOS VAZQUEZ)

ing to end for us,” Milley said.

“What that means is that we have to tighten up and take a much harder look at priorities, and ... we’ve got to make sure that we’re absolutely optimizing the money we do get,” he continued.

Despite challenges brought on by the COVID-19 pandemic, Milley said

about one third of all U.S. forces remain in the highest levels of readiness, and recruiting and retention across all services is in “pretty good shape.”

“Our military is very, very capable, and we’re ready for whatever comes our way,” Milley said. “No one should doubt that.”

AUSA chairman is Virginia Business Person of the Year

Phebe Novakovic, chairman and CEO of General Dynamics and chairman of the Association of the U.S. Army’s board of directors, has been named the 2020 Virginia Business Person of the Year.

The award from *Virginia Business* magazine comes as Novakovic is in her seventh year leading the global aerospace and defense company.

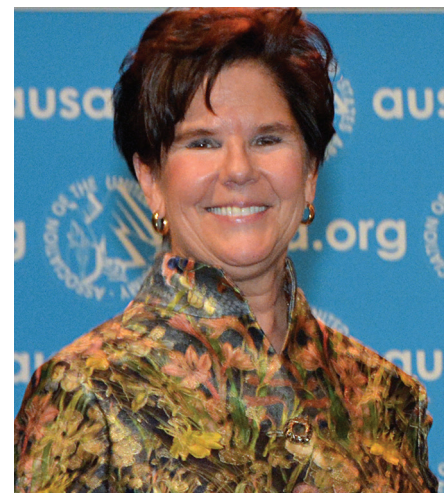
Forbes magazine lists her as the world’s 24th most powerful woman.

Novakovic joined General Dynamics after serving as the special assistant to the secretary and deputy secretary of defense from 1997 to 2001 and working for the White House’s

Office of Management and Budget, where she was a deputy associate director for defense and intelligence programs. She is a former U.S. intelligence officer.

Novakovic joined what was then called the AUSA council of trustees in 2015 and was appointed chairman of the AUSA board of directors in 2017.

She also serves on the boards of Abbott Laboratories, Northwestern University, the Center for Strategic and International Studies, the Congressional Medal of Honor Foundation and the National Military Family Association.



Phebe Novakovic. (AUSA PHOTO)

Army National Guard to give esports computer labs to 25 high schools



Attendees of the 2019 AUSA Annual Meeting and Exposition get hands-on experience with Army esports equipment. (AUSA PHOTO)

An outreach event by the Army National Guard, in partnership with private sector esports technology leaders, will provide 25 high schools with free, fully equipped computer gaming labs.

High schools will be selected through an application process. The winning schools will be equipped with a state-of-the-art, six-station esports lab, and one school will also receive a complete computer infrastructure upgrade, according to a news release from Generation Esports, an organization that helps high schools establish esports labs.

Equipment provided will include six high-spec gaming systems powered by the latest processors, graphic cards, mechanical keyboards, wireless headsets and gaming mice, the release said.

As part of receiving the new equipment, students will be tutored on the building and maintenance of their six-station labs.

During that training period, students will receive expert information on Army careers related to science, technology, engineering and math-

ematics, and college programs, according to the release.

Together with the Army National Guard, the outreach effort is being spearheaded by the High School Esports League, which was launched by Generation Esports in 2012 and is now the largest competitive gaming organization for high schools in North America.

"Army National Guard Recruiting is always seeking innovative ways to reach new talent pools," Maj. Sabrina Zowada, senior marketing operations officer for the Army National Guard, said in a statement.

"Creative solutions like social online gaming are quite literally a game changer for us, allowing us to reach potential recruits in their own space, on their own terms, as well as reaching them safely during the pandemic," Zowada said.

High schools interested in applying for an esports lab can learn more on the High School Esports League website. Applications must be received before the Dec. 31 deadline, and the winners will be announced on Feb. 15, the release said.

AUSAExtra

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PERK OF THE WEEK



Join Sam's Club for almost half price. One of the many deals on AUSA's entertainment discount site is a Sam's Club membership for just \$24.88. Sam's Club PLUS members receive a voucher for \$15 to spend on our ticket discount site. Or save \$10 on Sam's PLUS membership and receive a voucher for \$45 to spend on the entertainment site.

AUSA hosts Global Force Next virtual meeting in March

The Association of the U.S. Army will host a three-day virtual event called Global Force Next instead of an in-person symposium this March in Huntsville, Alabama.

The decision comes amid COVID-19 health and safety concerns.

“While it may not replace the full experience of the in-person event, Global Force Next will serve to keep us connected with Army senior leaders and messages, with industry partners and academia, and with AUSA members around the globe,” said retired Gen. Carter Ham, AUSA president and CEO. “We are planning for a forum that will resonate with our industry partners and provide them important updates about the future of the Army.”

Global Force Next will take place March 16–18, and it will focus on Army modernization efforts and



The virtual event will focus on modernization efforts and Army Futures Command's eight cross-functional teams. (AUSA PHOTO)

Army Futures Command's eight cross-functional teams.

The cross-functional teams—Long-Range Precision Fires, Next-Generation Combat Vehicles, Future Vertical Lift, Air and Missile Defense,

Network, Soldier Lethality, Synthetic Training Environment, and Assured Positioning, Navigation and Timing—will provide updates and talk about their plans to continue advancing the Army's modernization efforts.

There also will be a panel on foreign military sales and keynote presentations from senior Army leaders, including the Army secretary and chief of staff.

AUSA is committed to returning to Huntsville for an in-person event when it can do so safely and responsibly, and the association continues to work with its partners at the Von Braun Center on possible dates for a live event later in 2021 or early 2022.

Registration for Global Force Next is expected to open later in January.

For more information or updates, click here.

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Leaders recognize Ten-Miler winners in virtual ceremony

On Wednesday, the Army Ten-Miler held its first-ever virtual awards ceremony to recognize the running accomplishments of individuals, teams, units, corporations and more from the 36th annual edition of the Army's race.

The live broadcast featured senior Army leaders and race sponsors.

This year's Army Ten-Miler was conducted as a virtual event due to the COVID-19 pandemic and had more than 23,100 registered runners, according to race staff.

Competitors completed the race between Oct. 11–18 and submitted results via a mobile app.

Many Army leaders participated in the race, including Army Chief of Staff Gen. James McConville and Sgt. Maj. of the Army Michael Grinston.

"I'm proud of all of our soldiers that set a goal to run the Army Ten-Miler

and worked to accomplish it," Grinston said on Twitter.

The top male finisher was 1st Lt. Samuel Chelanga of Niceville, Florida, with a time of 48 minutes, 12 seconds.

Coming in first in the female category was Staff Sgt. Kristen Gray of Fairfax, Virginia, with a time of 60 minutes, four seconds.

"Congratulations. You represent the best of all of our soldiers, and I'm honored to serve with you," McConville said during the awards ceremony.

Soldier teams from Fort Bragg, North Carolina, took first place in both the male and female categories of the active-duty teams division.

The Army Ten-Miler is the second largest 10-mile race in the nation and is typically held every October at the Pentagon in Arlington, Virginia.


The Association of the U.S. Army




Staff Sgt. Chang Yang of the 10th Mountain Division holds up her race bib for the 36th Army Ten-Miler. (U.S. ARMY PHOTO)

is a lead sponsor of the race.

"AUSA is honored to be back again this year as an Army Ten-Miler co-lead sponsor," retired Lt. Gen. Guy Swan, AUSA's vice president for education, said in the awards video presentation.




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Affinity partners provide savings, fund AUSA programs

By Susan Rubel

Association of the U.S. Army affinity partners offer you a special discount, and most return a small portion of the sale back to AUSA to fund programs including scholarships, NCO and soldier programs, family programs and more.

Visit www.ausa.org/savings to access your member discounts and be sure to check out those you may not be familiar with—there are often well-known brands behind those names.

Provento is a government contractor providing AUSA members savings of up to 70% on more than 100

Member Benefits

brands like 5.11 Tactical, Costa, Crye Precision, Oakley, Bench-made Knives, Luminox, G-Shock Watches by Casio, Coleman, Ray-Ban, Toadfish Outfitters, Under Armour, Vortex Optics and Yeti.

Use code AUSA for an additional \$15 off your order.

Abenity is a members-only site providing access to private discounts and corporate rates on everything from pizza to movies to oil changes and more. There are more than 300,000 shopping and ticket discounts including Quiznos, Costco and AMC Theatres.

Apparel

Authentically American features apparel that is 100% made in the U.S. AUSA members save 20% on merchandise and 25% on bulk orders.

A variety of polos, t-shirts, hoodies and other products are offered, and you can add the AUSA logo for an additional \$10. Check out the curated collection, which already includes the logo.

Also made in America, Covert Threads developed a line of boot socks, physical training socks and dress socks along with other garments for harsh conditions.

If your loved one has painful feet,



Don't forget to access your AUSA member discounts when shopping for the holidays, and be sure to check out those you may not be familiar with. (COURTESY PHOTO)

they will appreciate this and may never buy another brand of socks.

Your AUSA membership gets you a 20% discount.

Finally, check out U.S. Wings, specializing in military and aviation apparel and other accessories.

AUSA members receive 10% off sitewide with code AUSA.

Subscriptions

For people who don't have enough time to read all the books but still want to understand military history, *Battle Digest* is the answer. It provides a concise and informative summary of key battles throughout the ages in a beautiful, glossy, tri-fold brochure format.

Publications cover seven distinct periods, from ancient and medieval times through modern wars, with a new issue delivered every other month. Get a 20% discount with your AUSA membership.

A \$9.99 digital subscription to *Army Times* is available for news about soldiers at home and deployed around the world, and members receive special pricing on an annual subscription to *Defense News*, a global magazine about the politics, business and technology of defense.

Legacy Magazine is a publication

for service members, families and their communities that operates on the premise that every individual is designed on purpose and for a purpose, with unique experiences, qualities and strengths that can be used for the betterment of our communities. AUSA members save 20%.

Gift baskets and more

Cheryl's Cookies, 1-800-Baskets, Fruit Bouquets, Goodsey, Harry & David, Personalization Universe, The Popcorn Factory, Simply Chocolate, Stock Yards and Wolferman's all have offers just for AUSA members, and a small percentage of your purchase goes to funding AUSA programs.

AUSA coffees from Call Sign Coffee are another great gift choice. Pick from "Attention!" or our decaf "At Ease." You get outstanding premium coffee that supports a service-disabled veteran-owned small business as well as AUSA programs.

Members save 15%.

R. Riveter, as seen on the television show *Shark Tank*, supports military spouse employment with hand-made products. AUSA members get a 15% discount with code AUSA15.

Susan Rubel is AUSA's Affinity Programs Director.

AUSA member helps provide turkeys to soldiers, families

A member of the Association of the U.S. Army's Fort Campbell chapter recently helped organize an event to provide Thanksgiving turkeys to active duty soldiers, veterans, family members, surviving family members and more from Fort Campbell and Clarksville, Tennessee.

This is the third year for the "Turkeys for Troops" event, and turkeys were given to 2,000 people on Nov. 21, said Charlie Koon, the chapter's 1st vice president.

"In 2018, we gave away 1,000 turkeys, in 2019 we increased to 1,500 turkeys, and [this year] we did 2,000 turkeys," Koon said.

The idea for Turkeys for Troops was brought to the local F&M Bank in early 2018 by James Corlew Chevrolet. Koon, vice president for corporate and military development at F&M Bank, has been the event's lead organizer ever since, and he works with many individuals and organizations to make it a success each year.

Four sponsors fund the event, he said. They are F&M Bank, James Corlew Chevrolet, LifePoint Church



Charlie Koon, second from left, 1st vice president of AUSA's Fort Campbell chapter, participates in the annual Turkeys for Troops event. (COURTESY PHOTO)

and the Maynard family. Volunteers to distribute the turkeys come from the sponsors and local community, as well as the Austin Peay State University baseball and softball teams.

Ajax Distributing donated 2,000 2-liter bottles of soda, and Tristar Beverage donated food and drinks for the volunteers, Koon said.

Other local participants include radio, website and social media advertising support from 5 Star Media Group and ClarksvilleNow, and

Lanier Landscaping, which helps with logistics and transportation of the turkeys and sodas.

In 2018 and 2019, Walmart supplied the turkeys at a deep discount and provided a freezer truck, and the company continues to help with community grants for the event, Koon said. This year's turkeys were purchased from Gordon Food Service.

Planning for next year's Turkeys for Troops event will begin in early 2021, Koon said.

Chapter honors top soldiers, NCOs at annual breakfast

Members of the Association of the U.S. Army's Indiana chapter recently recognized 17 outstanding soldiers and NCOs from the state during the chapter's annual Soldier and NCO Awards breakfast.

Sgt. Maj. of the Army Michael Grinston was the keynote speaker for the Nov. 7 virtual event, which brought together online more than 100 people.

The honorees were from a variety of components and units, including the Indiana National Guard, Army Reserve, Army Recruiting Command,

the Indianapolis Military Entrance Processing Station, the Defense Finance and Accounting Service, Army Financial Management Command and Army Human Resources Command.

The awardees each received a coin from Grinston and from AUSA's 2nd Region, a \$50 gift card to AAFES, a series of books from AUSA and a two-year membership or renewal with the association.

In addition to honoring the soldiers and NCOs, the chapter presented its 17th annual LTG Timothy J. Maude Award to Dempsey Ferguson for his lifetime of service to the Army, soldiers and Army families.



Sgt. Maj. of the Army Michael Grinston was the keynote speaker for the awards breakfast. (U.S. ARMY/SPC. JOHN SIMPSON)

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