

♥ **P1** / Pictures from Back 2 School

Bash

P2 / HHBN COMMANDER'S

CORNER: The latest update from our command team.

SFRG Senior Advisor Corner, Your

SFRG Points of Contacts

🗨 **P3** / Warrior of the Week photos

MFLAC Flyer

P4: Sumter 4th Friday Concert Series
Ft. Jackson Back to School Color
Run



PP5 - 6 / COMPANY

COMMANDER'S CORNER: Read the latest update from our company commanders.

P7 FOX Company Commander with
pictures
Chaplain's Corner



PP8-9/ CALENDARS: Get to know what will be happening in the months of August and September

U.S. Army Central HHBN SFRG

Soldier and Family Readiness Group Newsletter

WARRIORS



READY NOW!

Follow us on social: [f](#) PattonsOwnFRG [v](#) HHBN_USARCENT [@](#) HHBN, USARCENT SFRG

AUGUST 2024

ARCENT 'BACK 2 SCHOOL BASH' FUN



The Dunk tank was a big hit



Kids had a lot of fun with the balloon



HHBN 3 and HHBN 2 vehicles were displayed to showcase equipment



CPL Rhodes of Sumter PD



Thank you to CORD for donating the ice cream and toppings! The kids enjoyed it!

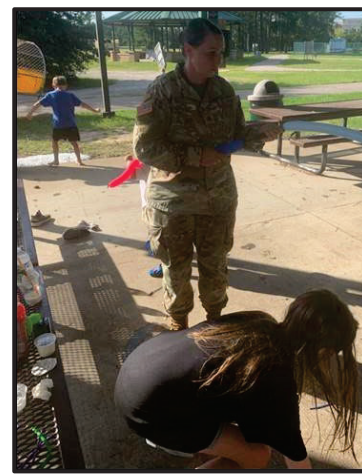


The jump house was a hit for the little kids



Warrior 6 and Regulator 7 before kickoff

CPT Thomson and SGT Boon are this week's **Regulator of the Week** for their talent for balloon animals at the Back to School Bash





COMMAND CORNER



Warrior Team

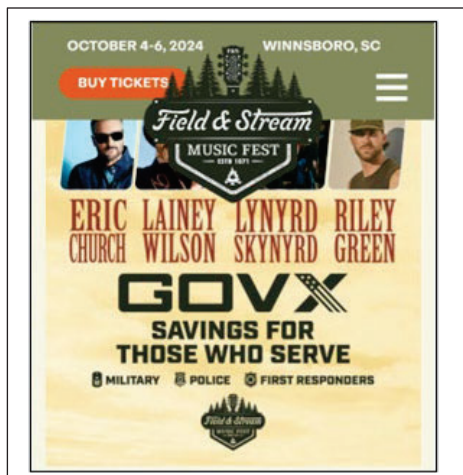


We hope everyone across ARCENT had an excellent summer! August is on track to see the Headquarters return to a more routine posture, which means we are focused on establishing our historical events in support of both training and family-oriented activities. As the fall approaches, we look forward to hosting events such as Trunk or Treat and eventually the Holiday celebration. In the meantime, as many Soldiers are returning from the Forward mission, ensure to maximize the time together and remember, the Battalion is available to assist with any re-integration resources you might find necessary.

Another significant benchmark that coincides with the end of summer is that numerous families have PCSed to join the ARCENT team. Let CSM and I be among the first to welcome you to the community and our hope is the transition has been a smooth one. HHBN has established relationships across Shaw, Sumter, Camden County, and up to Columbia- so never hesitate to contact our leaders if you need assistance with getting oriented to your new environment. We look forward to seeing you at an event in the near future and getting to know your family during your tour at ARCENT!

Once again, thank you for the constant support of the Battalion and USARCENT. Take advantage of all the opportunities across Shaw AFB and our local community that you see captured here in the newsletter!

SFRG CORNER



I hope everyone was able to enjoy a summer vacation this year! A huge thank you to all that came to the Battalion's Back to School Bash this week.

One opportunity I recently discovered that I'd like to pass along is the chance for discount tickets to the Field & Stream Music festival taking place in Winnsboro, SC. Appears to be an excellent line up and a fun time.

We are looking forward to several events coming this fall, and we certainly want to see you all join us- please continue to catch all the updates in both this newsletter and by checking out the HHBN Facebook page.

Thank you- Taylor Eagen

Your Warrior Soldier and Family Readiness Group Points of Contact:

Family Readiness Representative (FRR)

Mrs. Susan Duffy:
susan.k.duffy.civ@army.mil
803-885-8010

Senior Advisor

Mrs. Taylor Eagen:
arcentfrg@gmail.com

Family Readiness Liaison (FRL)

CPT Jake Beretta
jake.a.beretta.mil@army.mil
803-885-8033

The inclusion of some unofficial information in this SFRG newsletter has not increased the costs to the Government, in accordance with DOD 4525.8-M.



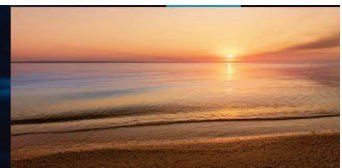
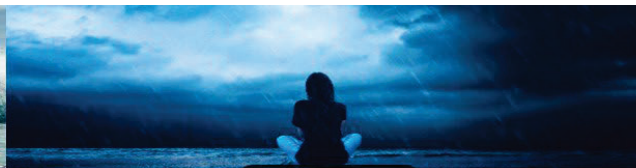
CONGRATULATIONS!! WOW (WARRIOR OF THE WEEK)



The Battalion would like to recognize our Battalion Maintenance Officer, SFC Edmond, on his promotion to the rank of Sergeant First Class. SFC Edmond has been an integral part of the team in ensuring we are focused and prioritized with our maintenance program. Thank you for all you do for the team!



The Battalion would like to recognize the Air Force BOS-I for their contribution to our mission forward. This week, we were able to award Maj Schumann, Msgt Snyder, and Tsgt Myers an Army Achievement Medal, a small token of our appreciation for their support during this mission.



MILITARY FAMILY LIFE COUNSELING (MFLC)

NEED TO TALK?

The MFLC Program offers confidential, non-medical, solution-focused counseling, consultations, and education to build Military, and Family members Readiness and Resiliency.

HERE FOR YOU

- ✓ Available: Thursdays 0800-16:30 in the MCP Yellow Ribbon Room (YRR)
- ✓ Face-to-face or telephonic appointments available
- ✓ Appointment times and locations on Shaw AFB are available outside of the YRR upon request

GETTING STARTED

Schedule a confidential appointment by phone at 803.465.7291 or email: telseet@magellanfederal.com

WHO WE ASSIST



Military Members
(AD/USAR/ARNG)
Military Dependents
Couples
Families
Children

AVAILABLE ASSISTANCE



Coping Skills
(Sadness/Grief/Loss)
Communication (Conflict Resolution)
Relationships
(Marital/Parenting/Work)
Unit and SFRG Support
Educational Presentations/
Briefings



STANDING STRONG IN THE STORMS OF LIFE!

The Installation MFLC (Military Family Life Consultant) is available every Thursday by appointment. The MFLC program offers confidential, non-medical, solution-focused counseling, consultations, and education to build Military, and Family members Readiness and Resiliency. To schedule your appointment please call 803-465-7291 or email telseet@magellanfederal.com.



MAY 24
JUN 28
JUL 26
AUG 23
SEP 27

 **FOURTH FRIDAY
CONCERT SERIES**
DOWNTOWN SUMTER, SC

Free admission.
Food & drink available
for purchase.



loveSumter.com

Brought to you by Downtown Sumter, Sumter Tourism and The Sumter Waterway K1A

**FREE
SHUTTLE**

Pickup:
From Carolina Skies
& Shaw DFAC to
Downtown Sumter
6 PM & 8:30 PM

Return:
From Downtown Sumter
to Shaw DFAC
& Carolina Skies
10:30 PM & 11 PM



FREE shuttle rides Friday, 23 August 2024, to and from the DFAC and Carolina Skies Club to Downtown Sumter for 4th Fridays Outdoor Concerts.

Pick-ups are from the DFAC and Carolina Skies Club at 6 p.m. and 8:30 p.m., and returns are from downtown Sumter at 10:30 p.m. and 11 p.m. Admission is **FREE**, all riders must have current ID with military base access.

For more information call 803-436-2640 or email tourism@sumtersc.gov.

YOUTH SPORTS PRESENTS

BACK TO SCHOOL COLOR RUN

WEBTRAC REGISTRATION BEGINS JULY 15TH

10 AUG, 2024  **YOUTH
SPORTS
COMPLEX**

✓ **PRIZES** ✓ **SCHOOL SUPPLIES GIVEAWAY**
✓ **MASCOTS MEET&GREET** ✓ **BOUNCE HOUSES**

 First 100 registered youth receives a FREE t-shirt

FOR MORE INFORMATION 803-751-7451

**FT. JACKSON
YOUTH
SPORTS
“BACK TO
SCHOOL
COLOR RUN”**

COMPANY COMMANDER'S CORNER

HSC COMMANDER:

Greetings Regulator Families,

In the midst of our overseas mission, I'd like to take the time to recognize a couple of Soldiers for achieving a care Regulators team congratulates SFC Scott and SFC Edmond for their promotions! We are currently preparing for the Back to School Bash on August 1 at the softball fields Pavilion. Please join us for food, face painting, bounce house – The Dunk Tank! We hope to see you there! The Regulators and Warrior Battalion are always standing by if there is anything we can do. Thank you for your continued support to the organization! It is truly a blessing to see us all come together as a team.

I look forward to more events with the Regulator Family!

If you are new to USARCENT and the Regulator family, please don't hesitate to reach out with any questions or concerns. We are happy to help through any issues you may experience in moving to the Shaw AFB area.

Respectfully,
 CPT Bradley Sampson and the Regulator Team

Rise Up!



I&S COMMANDER

Guardian Team and Family,

It has been an honor to be Guardian 6 these past 15 months. I write this message out here in Israel as the CCP continues to run operations in support of Foreign Humanitarian Assistance; just one example of the many accomplishments that this team has executed during my tenure. There have been many ups and a few downs over the last year, but it has been an overwhelmingly positive experience for my family and myself, but my time here is almost up. As I re-deploy back to Shaw MCP, I will begin my transition with the incoming Guardian 6, CPT Will R. Smith. He will start his change of command inventories on 12 August and take the guidon on 19 September. All I ask is that you show him the same support that you have shown me these past 15 months, and display to him why I&S is the best company in ARCENT.

Respectfully,
 CPT Vinh T. Nguyen



OPS COMMANDER

Greetings once again Families of Cobra Company,

We are approaching the school year and I'd like to welcome all the new families who are still settling in after this summer's PCS cycle. I hope your service members are gaining their bearing here at USARCENT and your families are exploring what the area has to offer. I'd also like to welcome our company's new First Sergeant, 1SG James Buttner, to the team. If you or your service member haven't met him yet, feel free to swing by the company to do so. Of course we are also saying farewell to 1SG Richard Jack-James, who is now in the 132nd Engineers Detachment. Thank you 1SG Jack-James for all you did for Cobra Company and its Soldiers' families!

We've also had some big changes to our company headquarters in the last month! SSG Sean Serritelli joined our Operations Team, while SSG Stanley Perkins and PFC Kyla Saunders joined our Supply Team. I know the three of them will do great things for the company and all the Soldiers we are responsible for. Finally, with new beginnings comes new ends, and we say farewell to SSG Travis Sinclair from our Operations Team, who is moving to the G33 as a Watch NCO. Thank you for your contribution to the company and everything you did to improve our Operations Room.

I'd like to highlight two outstanding Soldiers and their achievements this past month. Congratulations to CPT Juan Rivera from AREC, who made the promotion list to Major! Additionally, SGT Steven Khiev from the G6 picked up a slot to attend the Advanced Leader's Course this August. Both fulfill their primary functions within their Directorates while also serving as sub-hand receipt holders, who are responsible for the property their Directorates use.

If you are new to USARCENT or Cobra company, please reach out with any questions or concerns you have. My team and I are here to assist in any way we can.

Respectfully,
 CPT Tyler Hohn and the Cobra Team
 First In!



COMPANY COMMANDER'S CORNER

(continued)



USARCENT HHBn
SFRG Newsletter

FOX COMMANDER

Greetings Warrior Family! Training for our Soldiers has been a top priority the past couple of months! The Command placed emphasis on annual training requirements, including the Holistic Health and Fitness (H2F) Program, Threat Awareness and Reporting Program (TARP), Army SHARP training, Resiliency training, and Suicide Prevention. We take pride in ensuring that our teammates remain mentally, physically, and spiritually ready for service. **Ready Now!**

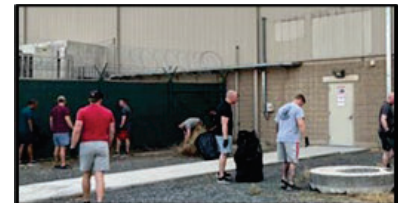
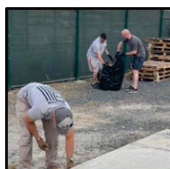
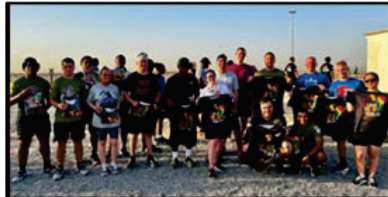
Additionally, Fox Company facilitated fantastic stewardship of Army resources, as we occupied our new office facilities. We've seen remarkable levels of teamwork throughout the relocation process, which is spot-on with the Army Values. Everyone is aligned with ensuring our new space becomes "home" for USARCENT.

1SG Walter and I are honored to serve with this awesome group of leaders! I am always fascinated by the determination of our troops to juggle responsibilities at home and maintain their focus on theater operations that enable our Commanding General's vision and priorities. Thank you to the Warrior Family for continued support of our Soldiers.



Always Forward!

- FOX 6
CPT Jared R. Donaldson
Commanding



On 30 July 2024, Regulators' conducted M4 PMI/EST for 12 Warriors. EST/PMI is a crucial train-up for weapons familiarization prior to qualifying on the weapon.





What's Your Continuity Plan?

I am Chaplain (Colonel) Willie Mashack and I am humbled and honored to join the Chaplain team here at ARCENT again. I'm a native of Timmonsville, South Carolina and have served in the military for over 30 years (in both active duty and reserves components). I'm married to my wife Annette, and we are the proud parents and grandparents to four amazing grandchildren.

As I reintegrated into the fabric of USARCENT, I began to consider how does the chaplain team uphold its ability to support spiritual resiliency of the headquarters in the midst of transition. I am a big advocate for having a continuity plan for these moments. A continuity plan ensures the organization can continue to operate at its peak following a disruptive incident or unplanned event. Between the up-tempo in mission within the MCP and theater, the annual PCS/retirement season, it is imperative that we plan for the expected and unexpected. We must be ever intentional keeping the main thing, the main thing.

I am reminded that even in the process of planning, I am just a vessel in the greater plan of our Lord. Proverbs 16:9 says, "A man's heart plans his way, but the Lord directs his steps." Alan Lakein, expert on personal time management, once wrote, "planning is bringing the future into the present so that you can do something about it now." I encourage each reader, plan for the foreseen and the unforeseen, however walk in faith that the will of the Lord will ultimately define your continuity plan and the way ahead.



AIR FORCE
LIBRARIES

August
1-31

f /20thFSS t @20thFSS i /20thFSS

PALMETTO FALLS WATER PARK

DOG DAYS

AUG 10TH & 11TH
10AM-2PM

DOGS VACCINATIONS MUST BE CURRENT

SEASON PASS HOLDERS ARE ALLOWED ONE DOG PER PASS

NON-PASS HOLDERS \$10/DOG

FOR MORE INFORMATION CALL 803-751-4796

- Dog Owners are not allowed in the water with the dogs.
- Season Pass Holders are allowed one dog per season pass.
- Dog Handlers must be 18 years of age or older.
- Dogs must have up to date vaccinations.
- Non-Pass Holders can bring dogs for \$10/ dog.
- Large dogs can enjoy the main part of the water park. Slides and lazy river are off limits due to possible injury to dogs and damage to the slide surfaces. Zero depth entries, catch pool, lagoon, and main pool are all open for dogs.
- Small dogs will be able to utilize the baby pool.
- Dog Handlers are always fully responsible for their dogs.



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|--|--|--|--|
| Through 8/4: Cinderella Musical at the Harbison Theater. Go to: Cinderella (experiencecolumbiasc.com) | 1-31: Camp Out at McElveen Library with special events on Tuesdays and Fridays. For more information call 803-895-4518 | 3 rd , 10 th , 17 th : Youth Bowling League Sign up at Shaw Lanes from 5-7 pm. Call 803-895-2732 | Bowling and a Movie at Shaw Lanes Saturdays at 5:30 Movies are kid friendly | 1 USARCENT B2SB from 4:00-6:00!! | Brew at the Zoo at Riverbanks Zoo in Columbia from 7-9:30 pm. Go to: www.riverbankszoo.org for tickets | 2 Beat the Heat @ Woodland Pool from 11 am-6 pm. FREE admission P.A.R.K event for ages 0-18. Call 803- 774-1383 or 803- 612-9911 |
| 4 Admission \$1 at the SC State Museum from 12 – 5 pm | 5 Every Monday: Family Friendly Movies at the Library on Ft. Jackson at 2 pm. Call 803- 751-4816 | 6 ACS: Budgeting class for Back to School from 1:30-2:30. To register call 803- 751-5256 option 3 | 7 | 8 National Bowling \$1 Day at Shaw Lanes. For more information call 803-895-2732 | 9 | 10 Back to School Color Run at Ft. Jackson CYS. Must register to attend Shaw Spouse Club Super Signup at Shaw Pool from 6-9 |
| 10 th & 11 th : Palmetto Falls Dog Days in the pool from 10 am-2 pm | 12 | 13 | 14 | 15 Sushi making class at Hanabi Hibachi & Sushi in Columbia at 6 pm | 16 Friday Night Laser Lights at the SC State Museum from 6-10 pm | 17 Offshore Fishing Trip to Hilton Head with Ft. Jackson ODR. Call 803- 751-3484 |
| 18 Congaree Vista Walking Tour in Historic Columbia from 1-2:30 pm | 19 | 20 ACS: Meals in Minutes & Your Budget webinar from 9-10 am. To register call 803- 751-5256 option 3 | 21 | 22 | 23 4th Friday Concert Series in Downtown Sumter. Pick up from Carolina Skies at 6. Go to lovesumter.com | 24 Whitewater rafting trip with Shaw ODR. Must RSVP by Aug 16 by calling 803-895- 0450 |
| 25 24-25: Soda City Comic Con at the Columbia Convention Center from 11 am – 5 pm | 26 | 27 | 28 Run with all your Heart 5K & Family Day at Segra Park go to www.experiencecolumbiasc.com | 29 | 30 Hootie & The Blowfish Summer Camp with Trucks Tour at Colonial Life Arena at 7 pm. Go to www.experiencecolumbiasc.com | 31 LAST DAY for Kids Bowl FREE at Shaw Lanes. For more information call 803-895- 2732 |

HHBN SFRG EVENTS

USARCENT EVENTS

SHAW EVENTS

SUMTER EVENTS

COLUMBIA/ FORT JACKSON EVENTS



September 2024

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---------|-----------|--|---|--|
| 1 Admission \$1 at the SC State Museum from 12 – 5 pm | 2 Every Monday: Family Friendly Movies at the Library on Ft. Jackson at 2 pm. Call 803- 751-4816 | 3 | 4 | 5 | 6 | 7 Run For the Fallen at Ft. Jackson Hilton Field starting at 7 am |
| 8 | 9 | 10 | 11 | 12 | 13 Tunnels to Towers Foundation 5k Run and Walk at the Columbia Convention Center at 6 pm | 14 Horseback Riding with Ft. Jackson ODR. To register or for more information call 803-751-3484 |
| 15 All You Can Eat Crab Feast at the Sumter Brewery at 3 pm | 16 | 17 | 18 | 19 19-22: Columbia's Greek Festival Go to www.columbiasgreekfestival.com | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 26-29: Cirque du Soleil show will be at the Colonial Life Arena. Times vary | 27 Riverbanks ZOOofari in Columbia from 7-10:30 pm. OKTOBERFEST at Ft. Jackson from 4-9 pm | 28 Palmetto Peanut Boil. Go to https://animalmmission.org/palmettopeanutboil.php |
| 29 | 30 27th: 4th Friday Concert Series in Downtown Sumter. Pick up from Carolina Skies at 6. Go to lovesumter.com | | | | | |

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