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November 27, 2009



Photo by Sgt. Neil Gussman

Sgt. 1st Class Jason Guinn, TF Diablo operations sergeant, takes some time to practice his marksmanship after spending several days assisting other Soldiers at the qualification range at COB Adder. Guinn has earned the "Governor's Twenty" tab for marksmanship and competed in international events.

At home on the range

"Practice makes perfect in marksmanship as in many areas of life."

-Sgt. 1st Class Jason Guinn
Operations Sergeant, Task Force Diablo

By Sgt. Neil Gussman
28th CAB



COB ADDER, Iraq – The sergeant strides back and forth on the dirt mound, his eyes watching the shooters around him. He adjusts a body position here, makes a suggestion there, pushes in an elbow.

Sgt. 1st Class Jason Guinn, 30, the operations sergeant for Task Force Diablo, puts his years of experience to work when helping Soldiers qualify with their M16, M4 or M9 personal weapons.

During the two days in November that "E" Company, 1st Battalion, 104th Aviation Regiment ran the marksmanship qualification range on Contingency Operating Base Adder, Guinn was on the job.

He served for four years on active duty as a Marine before joining the Army National Guard.

"We don't spend enough time on PMI (Preliminary Marksmanship Instruction)," said Guinn. "In the Marines we moved out to the range for two weeks every year. We would spend a full week just practicing different firing positions."

Guinn serves full-time in the Army National Guard and plans to work as a readiness sergeant in the 28th Combat Aviation Brigade after this deployment. At the moment, he serves the additional duties of master weapons and master marksmanship instructor for the 28th CAB.


During his service with the Marines from 1997 to 2000 Guinn was a marksmanship instructor. "In the Marines, marksmanship can be a primary duty. In the Army, it is



Photo by Sgt. Neil Gussman

Sgt. 1st Class Jason Guinn, TF Diablo operations sergeant, keeps an eye on Soldiers' techniques on the range at COB Adder. Guinn received six months of advanced weapons instruction from several Army schools, including the five-phase Master Weapons Instructor School, which he completed in 2004.

Mentally Fit

Sgt. Francis Horton
367th MPAD 

COB BASRA, Iraq – It has been called many things throughout the ages, but as long as people have met on the field of battle, not all of the wounds suffered have been visible to the naked eye.

Shell shock, battle fatigue, Post-Vietnam Syndrome and now Post Traumatic Stress Disorder: whatever one calls it, the wounds of the mind have been shown to be just as debilitating as most physical trauma.

These days, however, members of the combat stress team with the 34th Inf. Div., are poised to talk to anyone who might need a friendly ear.

“Our role is to make sure Soldiers and Airmen are mentally fit,” said Air Force Maj. Spring Myers, the officer in charge of the 732 Expeditionary Support Squadron and a licensed clinical social worker.

Doing so requires reversing their current thought process, Myers said.

It can be difficult to convince someone to seek help, but if a friend goes along, it can help to get a troubled service member to come in. There is no shame in asking for help, she said.

Many servicemembers have found it hard to request help when it comes to psychological issues, Myers said. In the past, some have been criticized by their command or peers as weak.

It’s not just combat stress they deal with, however. Anyone can come in with problems, whether it be stress in-



curred on the battlefield or in their day-to-day lives.

“It is tough on Soldiers with multiple deployments,” Myers said.

Compared to other tours of duty, service members are finding their current workloads move at a much slower pace, she said. Some of the Soldiers and Airmen seem bored, and that can lead to depression.

Myers offered advice to know what to look for in those who serve with you.

“Know your battle buddy, that way you know if something is off,” Myers said.

There are many warning signs to watch for, such as a servicemember giving away their things, not partaking in their usual recreational activity or even mentioning hurting themselves.

Everyone is encouraged to seek the help they need to get themselves back

in the fight.

“We are working on an outreach program,” said Air Force Cpt. Aaron Tritch, a clinical psychologist with the 732nd ESPTS.

Rather than wait for troubled servicemembers to come to them, the mental health professionals want to go out and give classes, letting everyone know who they are and how they can help.

“We do outreach on all levels,” Tritch said.

From the top of command to the lowest ranking privates and airmen, the mental health specialists want everyone to know they are ready to help.

You can go and talk to the mental health specialists for anything, even if you just need a friendly ear, Myers said.

For more of Sgt. Horton’s stories, visit www.TheRedBulls.org/Horton

THE RED BULL REPORT

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34th Inf. Div. PAO: Lt. Col. Kevin Olson
OIC, Command Information: 1st Lt. Shamika Hill
NCOIC, Command Information: 1st Sgt. David Bennett
NCOIC: Staff Sgt. Chris Carney
Managing Editor: Sgt. Ben Kibbey
Graphics Designer: Sgt. Eric Jungles
Layout/Design: Spc. Francesca Stanchi
Staff Writers: Sgt. Francis Horton, Spc. Sam Soza,
Spc. Samantha Johnson, Pfc. J. Princeville Lawrence

Contributing Units

-  3rd BCT, 3rd Infantry Division
-  17th Fires Brigade
-  4th BCT, 1st Armored Division
-  28th Combat Aviation Brigade
-  367th Mobile Public Affairs Detachment

Media Queries please contact 34th Inf. Div. Public Affairs Office at MND-S_PAO@iraq.centcom.mil



Photo by Sgt. Ben Hutto

A logistics convoy navigates the roads in Iraq as it makes its way from FOB Kalsu to FOB Scania, Nov. 20. Soldiers assigned to the 203rd BSB go out on frequent logistics patrols to ensure that the Soldiers of the 3rd HBCT have all the supplies they need at the various patrol bases in the Sledgehammer Brigade's area of operation.

Soldiers stay safe on roads

Sgt. Ben Hutto
3rd HBCT, 3rd ID



FOB KALSU, Iraq – Regardless of the mission, the situation or the experience levels of the Soldiers, no one is completely immune from being attacked or having something go wrong. The leaders of the 203rd Brigade Support Battalion have that thought continuously in their minds.

While the number of attacks on U.S. forces in Iraq is down considerably from past years, 2nd Lt. Charles Van Dyke and his fellow leaders in the 203rd BSB still want their Soldiers alert and ready outside the wire, he said.

Despite leaving the FOB almost every day to supply the various forward operating bases and combat outposts in the 3rd Heavy Brigade Combat Team, 3rd Infantry Division's area of operation, Van Dyke, a native of Brooklyn, N.Y., still treats every patrol like it's his unit's first.

"I never take my job lightly," he said. "Security has to be the first thing we concentrate on. Nothing moves onto the road until I'm sure that everyone

knows how we are going to react if something goes wrong."

While many Soldiers in the 203rd BSB are combat veterans, leaders in the battalion are still concerned whenever their troops leave the wire.

"Complacency is my biggest worry," said Staff Sgt. Fred Keon, a squad leader in "B" Company. "As a leader, you want everyone to take patrols seriously and not just take things for granted. It's my job to ensure that we are all on the same page no matter what happens."

For Keon, a native of Tallahassee, Fla., that means going over emergency procedures before every mission and quizzing all of his Soldiers on what they will do if certain situations arise.

Before the convoy rolls out, everyone in the convoy, from the lowest ranking

private to the highest ranking officer, is asked what they will do if a vehicle breaks down, if a Soldier is wounded or if the convoy is attacked. Sometimes they answer correctly. Sometimes they forget part of the answer. Many times, the Soldiers don't know the answer. Whatever happens, Keon uses it as a teaching moment for the group.

These questions aren't meant to embarrass anyone, Keon said. In his mind, everyone is responsible for the safety of the convoy. If one person is unable to perform a part of the mission, then the safety of the whole convoy could potentially be in jeopardy.

The pre-mission questioning is designed to ensure his Soldiers know the

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HOMETOWN HIGHLIGHT

Brooklyn Bridge is a suspension bridge in New York, which stretches over the East River. It is the first steel-wire suspension bridge to be built in the world.



RED BULL CHAPEL

FROM THE RED BULL CHAPEL

Inner Peace

“The real secret to handling the demands upon you is possessing inner peace. No matter what the problems, the tensions, the pressures, one can only help oneself by thinking clearly and acting calmly and resolutely. This cannot be done without inner peace, born of prayer...in search of light, inspiration, and courage. I have a simple three-word prayer that has served me well for many, many years: ‘Come, Holy Spirit.’ It has never failed me.”

Theodore Hesburgh, GOD, COUNTRY, NOTRE DAME, p. 309

I meet a lot of military personnel and civilians who are ‘stressed out’, ‘bummed out’ or ‘burned out’. They are unhappy and often hard for those they live and work with to be around. The wear and tear of a combat deployment can rob us of our inner strength and steal our joy. There is an ancient practice that can help you recover your inner strength and actually find peace in the midst of your challenges. It is called ‘prayer’. In the Christian tradition prayer takes many forms, but it is always personal and it is always directed to a loving God who is personally concerned about our welfare.

I invite you to adopt the practice outlined by Father Theodore Hesburgh in his quote above. When you feel stressed and are challenged by the pressures of life...invite God, by His Spirit, to help you. God will answer that prayer...and you’ll find inner peace in the midst of the challenges you face.

CH (LTC) John Morris
34th INF DIV Chaplain



COB BASRAH CHAPLAIN CONTACTS

34TH ID CHAPLAINS

Division Chaplain –
(LTC) John Morris 858-4570
john.joseph.morris@iraq.centcom.mil
Deputy Division Chaplain –
(LTC) Tom Behling 858-4569
tom.behling@iraq.centcom.mil
Family Life Chaplain –
(CPT) Richard Rittmaster 858-4095
richard.rittmaster@iraq.centcom.mil
DSTB Chaplain –
(1LT) Michael Lotzer 858-4313
michael.lotzer@iraq.centcom.mil

17TH FIB CHAPLAINS

Brigade Chaplain –
(MAJ) Michael King 856-1051
michael.joseph.king@iraq.centcom.mil
308th BSB Chaplain –
(CPT) Paul Hur 856-1143
paul.hur@iraq.centcom.mil
1-377 FAR Chaplain –
(CPT) Mark Rendon 858-4211
mark.rendon@iraq.centcom.mil
203rd MP Chaplain –
(CPT) Jimmy Black 858-4184
jimmy.black@us.army.mil
TMC Chaplain--
(CPT) Hernan Cortes 856-1051
hernan.cortes@iraq.centcom.mil

AVN AND EOD CHAPLAINS

1-130th ARB Chaplain –
(CPT) Kevin Winemiller 858-4305
kevin.winemiller@iraq.centcom.mil
84th EOD Chaplain –
(CPT) Douglas Brown 241-2198
douglas.brown1@iraq.centcom.mil

CATHOLIC

Catholic Chaplain –
(MAJ) Gary DeRouchey 858-4622
gary.derouchey@iraq.centcom.mil



COB BASRA



RELIGIOUS SERVICES

PROTESTANT

SUNDAY

1000 Contemporary Worship
Chapel Tent

1130 General Protestant
Chapel Tent

1400 Gospel Worship
Chapel Tent

1830 Chapel Next Protestant
Chapel Tent

ROMAN CATHOLIC

SUNDAY

0830 Mass
Chapel Tent

SATURDAY

2000 Saturday Vigil Mass
Chapel Tent

JEWISH

SATURDAY

1800 Jewish Service
Chapel Tent
(CF Military Personnel, State Dept.
Personnel and DOD contractors
welcome)

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS (LDS)

SUNDAY 1700-1800
Chapel Tent

CHAPLAIN PROGRAMS'

Wild at Heart Book Study

Sunday

1230 Holy Joe's Coffee House
0830 Panthers Den

The Great Adventure Bible Study

Sunday

1045 Chaplain Trailer Annex -DMAIN
brian.r.matzek@iraq.centcom.mil

New Believers Bible Study

Thursday

2000 Chapel Tent SFC Larry Nea
larry.neal@iraq.centcom.mil

Holy Joe's Coffee (Coffee Bar and Fellowship)

Mon-Fri 0600-0900

Saturday 1900-2200

michael.lotzer@iraq.centcom.mil

The Truth Project

Tuesday

1900 to 2030 Gunslinger Conf R-Camp Allenby
michael.s.hardwick@iraq.centcom.mil

*"If You Want to Walk on Water, You've Got to
Get Out of the Boat" - John Ortberg Book Study*

Wednesday

0730 Holy Joe's Coffee House
michael.lotzer@iraq.centcom.mil

Book of Colossians Bible Study

Wednesday

1930 HHB 17th FiB Conf Room
michael.joseph.king@iraq.centcom.mil

Bible Study

Wednesday

1930 Panther Den/MWR
kevin.winemiller@iraq.centcom.mil

Women's Fellowship Group

Sundays

1030 Holy Joe's Coffee House

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ROADS

information and help others remember it.

“I tell my Soldiers to make sure they are always taking care of one another,” he said. “Outside the wire, we need to keep each other alert so we can all stay alive. These missions are important. We need to be able to stay safe and keep rolling.”

Leaders like Staff Sgt. Edrik Torres, a platoon sergeant in “A” Company, understand how important these logistic patrols are in keeping the 3rd HBCT running smoothly.

“Trucks don’t run without fuel, Soldiers have to eat, FOBs need power: we ensure all that happens,” Torres said. “Before every patrol, we have to be aware of what is going out, why it is going and who will be receiving it. There are a lot of pieces we have to get right.”

Torres’s job as a platoon sergeant is to ensure everyone underneath him is doing the proper checks to ensure safety and accuracy.

“We check and double-check everything that rolls out on these convoys,” said Torres, a native of Cabo Rojo, Puerto Rico. “We have to ensure that something essential isn’t lost or delivered to the wrong place.”

Even when all of that is done, the most important cargo his trucks carry are the troops transporting all of these materials, Torres said.

“It is important we implement what we learned in training,” he said. “A lot of that is learning to trust the people around you and communicating with your peers. Before and after every patrol we need to keep talking and learning from our experience.”

Torres cross-trains all of his Soldiers to ensure that if one Soldier is injured or sick, another can step up and take that place on a mission.

“It’s about being prepared,” he said. “Our whole time out here we will keep learning, keep drilling and keep working until we can get our patrols as close to perfect as we can get them. I think that is what will make us successful at the end of this deployment.”

For more of Sgt. Hutto’s stories, visit:
www.TheRedBulls.org/Hutto



Photo by Sgt. Ben Hutto

Spc. Justin Camper, a mechanic in “B” Company, 203rd BSB, gives his part of a safety brief to fellow Soldiers before leaving FOB Scania, on a logistics patrol, Nov. 20. Soldiers like Stamper go out on daily logistics patrols to ensure that the battalions of 3rd HBCT have all the supplies they need to conduct operations.

ARABIC WORD OF THE DAY

tismah lee (m);
tismaheen lee (f) –
(Will you) excuse me

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Red Bull News

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From Page 1
RANGE

always an additional duty," said the Enola, Pa., native.

In addition to weapons training in the Marines, Guinn received six months of advanced weapons instruction from several Army schools, including the five-phase Master Weapons Instructor School, which he completed in 2004.

He is currently on his third deployment. He went to East Timor with the Marines in 1998 and Kosovo with "B" Company, 1st Battalion, 104th AR from 2005 to 2006 before his current tour with Task Force Diablo, part of Task Force Keystone.

"Practice makes perfect" in marksmanship as in many areas of life, Guinn said.

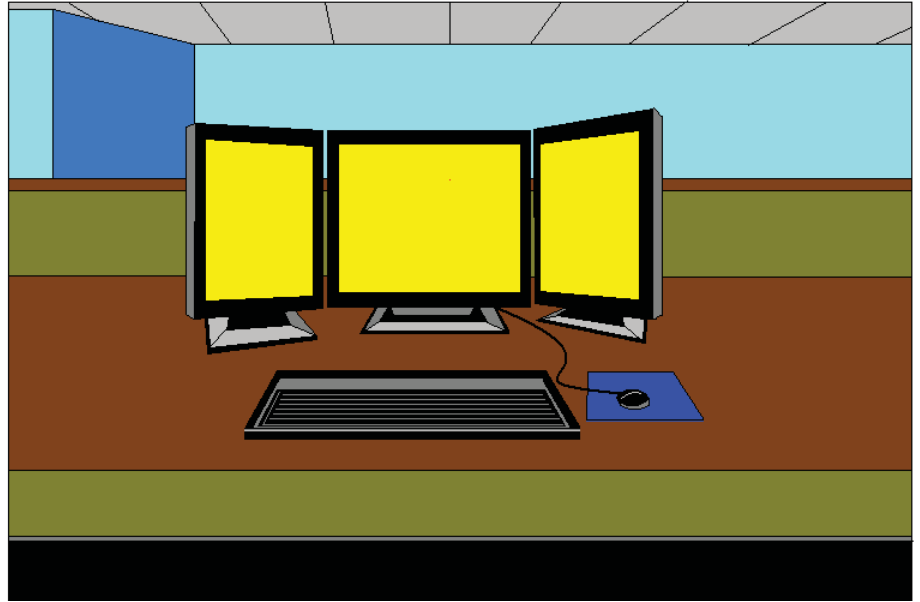
He has earned the "Governor's Twenty" tab for marksmanship and competed in international events, and is especially proud of being a member of the team that beat the highly rated Italian Special Forces team.

For more of Sgt. Gussman's stories, visit:
www.TheRedBulls.org/Gussman

Corn on the Cob

By Capt. Daniel Cape

This is my CPOF. There are many like it but I own its efforts. My CPOF is my best friend. It is my life. I must master it as I must master my life. Without me, my CPOF is useless. Without my CPOF, I am useless. I must update it frequently. I must monitor it more than my enemy, who is trying to kill me. I must update it before my leadership shoots me. I will. Before God I swear this creed: my CPOF and myself are defenders of my country, we are the masters of our enemy, we are the saviors of my life. So be it, until there is no enemy, but peace. Amen.



Crossword

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Across

- 1. Sail supports
- 6. Inquires
- 10. Rodents
- 14. Apportion
- 15. Slide
- 16. Radiate
- 17. The excrement of sea birds
- 18. Only
- 19. Box office take
- 20. Faultless
- 22. Part of an archipelago
- 23. K
- 24. A young unmarried woman
- 26. Inevitably
- 30. Elan
- 32. Bearing
- 33. Despise
- 35. Ire
- 39. Alter
- 41. Prohibit
- 42. Not fresh
- 43. Low point
- 44. Products of human creativity
- 46. Wings
- 47. Small mountains
- 49. It's surrounded by water
- 51. Banding
- 54. Picnic insect
- 55. Hard work
- 56. Consolidate
- 63. Dwarf buffalo
- 64. Young woman
- 65. Appointed
- 66. General Agreement on Tariffs and Trade
- 67. Pearly-shelled mussel
- 68. Adhere
- 69. Alternatively
- 70. Swirl
- 71. Cheer up

Down

- 1. Wise men
- 2. Astringent
- 3. Smack
- 4. Sound
- 5. Heavyset
- 6. Test
- 7. Slovenly person
- 8. Slay
- 9. Quick
- 10. Concerning a regiment
- 11. Accumulate
- 12. What a book is called
- 13. A strong metal alloy
- 21. Money
- 25. "Oh, my!"
- 26. Ends a prayer
- 27. City in Peru
- 28. Noxious plant
- 29. Kill in large numbers
- 30. Mixes
- 31. Written words
- 34. A Freudian stage
- 36. Celebration
- 37. Flair
- 38. Marsh plant
- 40. Trickle
- 45. Make melodious sounds
- 48. An association of sports teams
- 50. Attitude
- 51. Performance platform
- 52. Diatonic
- 53. Violent disturbances
- 54. A mixture of 2 or more metals
- 57. Intellect
- 58. Dry
- 59. Shopping center
- 60. Dogfish
- 61. Canvas dwelling
- 62. Border

For puzzle solutions visit: www.TheRedBulls.org/puzzlesolutions



Around the world in 34 seconds



SOMALIA -- Two international journalists were released Wednesday after more than a year in captivity in Somalia. Amanda Lindhout, a Canadian journalist, told TV Globo that she and Nigel Brenan, an Australian photojournalist, were released after having been held since August 2008, when militia men abducted them outside the capital city of Mogadishu. Lindhout divulged few details of their captivity or their release. "Until I'm out of the country, I just don't think it's a good idea to say anything," the reporter from Calgary said from a hotel in Mogadishu.



NEW YORK -- A 13-year-old teenager with Asperger's syndrome spent 11 days in October wandering New York's vast subway system until a police officer recognized him from a missing persons' poster, according to police and the youth's mother. Francisco Hernandez Jr., who has Asperger's, a developmental disorder that affects the ability to socialize and communicate, disappeared on October 15, after he thought he was in trouble at school, according to his mother, Marsiela Garcia of Brooklyn. Garcia said she and her husband took matters into their own hands and posted signs and fliers. The teen was eventually identified by a transit police officer in the Coney Island section of New York. He was returned home unharmed.



PHILADELPHIA -- Championship bout: (1W) Oly 178, (1SC) Texas 100 -- When 2009 began, Olympia, Wa. hadn't played their first Women's Flat Track Derby Association sanctioned bout. Just over ten months later, they put the finishing touch on an 11-0 record with a overwhelming victory in the WFTDA Nationals over the originators of the modern derby game. By the time the game had reached its conclusion, Oly had put up the most points ever scored on Texas, in addition to the largest margin of victory, eclipsing New York City Gotham's 125-65 victory over Texas in June 2008.



WASHINGTON -- Crashing a state dinner at the White House apparently takes a security breakdown as well as some kind of nerve. The Secret Service is looking into its own security procedures after determining that a Virginia couple, Michaele and Tareq Salahi, managed to slip into Tuesday night's state dinner at the White House even though they were not on the guest list, agency spokesman Ed Donovan said. President Barack Obama was never in any danger because the party crashers went through the same security screening for weapons as the 300-plus people actually invited to the dinner honoring Indian Prime Minister Manmohan Singh, Donovan said.