

## NORMANDY N



29th Combat Aviation Brigade - Task Force Normandy

DESERT BLADES. CAMP BUEHRING, KUWAIT.

### HHC's New Commander



By Sgt. Thaddeus Harrington, 29th CAB Public Affairs

he assistant brigade logistics officer of 29th Combat Aviation Brigade took command of the Headquarters and Headquarters Co. The official change-of-command ceremony took place on Martin Luther King, Jr. Day, Jan. 16, 2012, at Camp Buehring, Kuwait.

Capt. Michelle Johnson succeeded 1st Lt. Michael Jenkins, a CH-47 Chinook pilot, who will now assume the position of assistant logistics officer.

"At first I didn't know what to expect because of the dynamics of an HHC," said Johnson about assuming her first command position. "I definitely didn't expect this for this deployment. Now that it's here, it feels good."

Johnson has served in several capacities throughout her career, including as an enlisted Soldier, platoon leader, executive officer and assistant brigade logistics officer for the 58th Infantry Brigade Combat Team.

She earned her bachelor's degree in psychology at University of Pittsburgh in Pennsylvania, followed by a certificate in epidemiology and biostatistics at Drexel University. She also graduated from the Army's Quartermaster Basic and Advance Courses, the Support Operations Course, the Petroleum/Water Officer Course, the Unit Movement Officer Course, the Battle Command Sustainment Support System Course and the Fiscal Law Course.

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#### **NORMANDY NOW**

Commander:

~Col. David Carey

**Command Sergeant Major:** 

Command Sgt. Maj. Thomas Beyard

**Public Affairs Officer:** 

~1st Lt. Kristofer Baumgartner

Design/Editor:

~Sgt. Thaddeus Harrington

**Contributors:** 

~Spc. Ashley Letoile ~Chaplain (Maj.) Will Butler ~Staff Sgt. Tracci Dorgan

## Commander's Corner



ebruary has been another great month for Task Force Normandy. We brought the Afghanistanbased 1-107th Airfield Operations Battalion into our team and said farewell

to 1-58th Airfield Operations Battalion, which was relieved by the 2-58th Airfield Operations Battalion, an Army Reserve unit headquartered in Louisiana.

Simultaneously, Task Force Normandy took over the mission of the 204th Theater Airfield Operations Group, thus taking responsibility for all aviation operations in the theater of operations. We also completed the transition of B Co. of the 1-111th General Support Aviation Battalion to the 3-25th GSAB in Afghanistan. We wish all of our friends in B Co. God speed and good luck on their new mission. Once again, the 29th CAB is making history by expanding our responsibilities and conducting aviation missions throughout two theaters in the most effective and efficient way possible.

Throughout February, we have continued to train our units to meet the

demands of an ever-changing global environment. Our units are seizing unique training opportunities and using their valuable time here to build their skills exponentially. From joint training with the U.S. Navy and practicing landing Apache Longbows on surface ships, to familiarization with crew-served weapons, we continue to keep our edge sharp and ready for any event.

While we are serving our country abroad, we remain constantly in awe of the resiliency and loyalty of our Families at home. Without their support, we could never be as effective as we are here. The letters and care packages flood in daily, and remind us that the burdens of deployment are shared with our loved ones. I thank you all for your service and sacrifices.

"29, Let's Go!"

David Carey "Normandy 6"

# Command Sgt. Maj.



he common theme of our first six months of deployment has been change, or more correctly constant change. We have been on the move, executing our current mission while simultaneously preparing for the next mission. The 29th CAB supported the war fight, while simultaneously clearing Taji, Iraq, and reposturing the entire brigade

to Kuwait. All of this within 60 days and without dropping a mission. Our great Soldiers did all of this and more, and each of you should take great pride in your accomplishments.

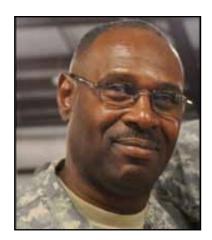
Our next, and final, six months of deployment will also have its challenges. Due to recent organizational changes, we now command and control seven battalions, with over 2,600 Soldiers and over 100 aircraft. Our Soldiers are serving America in Kuwait, Afghanistan and other countries in the Middle East. We are completing real world aviation missions, conducting engagements with partner nations, as well as training for all possible contingencies. Since mid-December's end of military operations in Iraq our Soldiers have continued to do their best and remain focused on today as well as future needs.

One of the things I enjoy doing most is visiting and talking to Soldiers here at Camp Buehring and those in Afghanistan. I recently returned from a week-long visit to Afghanistan and was amazed at how our Soldiers adapted to the situation and found ways to complete their missions, while enduring many hardships along the way. In driving rain, snow and extreme cold weather, our Soldiers in Afghanistan are managing airfields, flying and maintaining our helicopter fleet and providing support services. This success is only possible due to excellent leadership, strict discipline and realistic training.

In closing, let me say that the freedom we enjoy as citizens is defended by less than one percent of the American population. The citizens of our nation are grateful for the sacrifice and commitment of our Soldiers. Each of you have left your Family, loved ones, friends, co-workers and others to serve your country in time of war. You have my eternal thanks, and I also thank your Families for their support. I am absolutely certain that one day in the future you will be named as the next "greatest generation."

7homas Beyard "Normandy 7"

# From the Chaplain (Maj.) William Butler



of February, the sixth month of our deployment—we're halfway through. Some of us may have thought we weren't going to make it, but here we are standing tall and looking good.

February, as you know, is known as the love month. I'd like to challenge all of us to show ourselves and others some love and appreciation for a job well done over these past six months. Yes, there were good as well as bad days. Yes, there were days we were at our best, and there were days that taxed our ability to put our best foot forward. Yet, we made it to this point.

My observation is that we made it because we have this powerful, amazing ability as professional Soldiers to direct our focus, our attention and the entirety of our spirit in any direction we choose.

Living in the desert is not easy. Being away from your love ones is very difficult, but we're making it happen. So, hold your head up and square your shoulders, and be proud of what you've accomplished these past six month. Remember, if we made it this far we have the stamina to go all the way.

Therefore, during the month of February, give someone a pat on the back, a handshake, a positive word of encouragement for a job well done; and oh yes, don't forget to be good to yourself. Regardless of our view regarding this deployment, the truth still remains—we could not have made it this far without God and each other. So, show some love.

William Butler

### 29th Infantry Division History Strip



soldier from the 29th AInfantry Division escorts German prisoners captured during the fighting in East Julich to the rear for processing and internment. As the division pushed deeper into Germany more and more enemy soldiers surrendered. Enough ememy continued to fight as the division was still taking losses. By the end of the war in May the 29th would link up with the Soviets on the River Elbe, cutting Germany in half.

February 24, 1945 Following a successful water-borne assault across the Ruhr River members of the 29th Infantry Division are fighting their way into the heart of the city. As the 116th Infantry fights in the southern suburbs they encounter increased enemy resistance. When some positions are finally taken it is discovered they were held by boys as young as 12 years old. The city finally falls to American personnel on 25 February. Fortunately few GI's were killed or wounded when compared to other battles they fought in France.

### HHC's New Commander From Front Page



"I know the unit from a logistical standpoint. I know what to expect and how to anticipate the requirements for the unit," said Johnson.

During her nearly 12 years of service, Johnson has earned the Meritorious Service Medal, the Army Commendation Medal, the Army Achievement Medal, the Army Good Conduct Medal, the Army Reserve Component Achievement Medal, the Iraq Campaign Medal and an Armed Forces Reserve Medal with Mobilization Device.

"I know what I want to do. I think every officer as a lieutenant has in their mind how they want to run a company," said Johnson. "Being an enlisted Soldier for a short time, I saw it from that angle, and I saw it as a platoon leader."



### Rhode Island Turns Blue and Gray



By Spc. Ashley Letoile, 1st Battalion, 126th Aviation Regiment

Tith the arrival of 2012 comes the arrival of another outstanding aviation battalion into the Kuwait theater of operations.

Falling in under the 29th Combat Aviation Brigade, 1st Battalion, 126th Aviation Regiment, Rhode Island Army National Guard, has begun their 2012 deployment in Kuwait.

The integration of 1-126th, Task Force Liberty, into the Camp Buehring operating area started in January 2012 and proved to be a seamless transition. From the support training provided during the postmobilization cumulative training exercises through the relief in place the 1st Battalion, 168th Aviation Regiment, Task Force Raptor, dedicated invaluable time and resources to the 1-126th. This allowed the 1-126th to shift smoothly from post-mobilization training to in-theater actions.

Alpha Co., 2nd Battalion, 147th Assault Helicopter Battalion, Minnesota Army National Guard has taken the reins in flight execution for the 1-126th Aviation. The unit has performed continuous missions since its arrival into theater. Alpha Co. has had a firm

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Spc. Brian Baugus
Headquarters and
Headquarters Co.,
29th Combat Aviation
Brigade

Spc. Baugus displayed initiative, professionalism, and exceptional analytical capability as an intelligence analyst supporting Task Force Normandy, 29th Combat Aviation Brigade. From January 15-21, 2012, he spearheaded the development of new intelligence products based on the intelligence preparation of the battlefield for a specific tasking.

Additionally, as a subject matter expert for several taskings, he continually demonstrated a remarkable ability to take a new subject, work through the uncertainties involved, and develop thoughtful analysis. By attending CrossFit classes and improving his nutritional habits, he has dramatically improved his fitness level. Spc. Baugus routinely gives a superior effort to each requirement and has shown remarkable growth as a Soldier, analyst, and leader within the brigade.

Pfc. Alyson
Perriman
Headquarters Support
Co., 1204th Aviatiovn
Support Battalion

Pfc. Perriman, a 74D Chemical Specialist, in the company headquarters platoon of the Headquarters Support Co., was selected for Soldier of the Week due to her spirit of volunteering to support the unit. Perriman first demonstrated her willingness to volunteer by volunteering to deploy with the unit two weeks prior to mobilization to Fort Hood, Texas, when the unit had a critical vacancy.

She volunteered for duties beyond her assigned military occupational specialty. She serves as the Army Direct Ordering clerk for the unit, helping the supply sergeant by processing requests for items to improve daily life and living conditions. She also volunteered to perform the duties as the unit's mail clerk throughout the deployment. Her efforts in receiving the mail from the post office, sorting and preparing it for issue significantly increases morale.

Pfc. Phi Tran
E Co.Company, 1-108th
Assault Helicopter
Battalion

Pfc. Tran
has consistently
distinguished himself
by continuously
striving to improve
both himself and his
section. PFC Tran
serves as the company
guidon bearer and
is always the first to
volunteer for any task.

Pfc. Tran took the initiative to organize E Co.'s Warrior Wellness Challenge team. Pfc. Tran further distinguished himself by placing 3rd in the Camp Buerhing sit-up competition.

Pfc. Tran's outstanding levels of motivation and esprit de corps make him worthy of brigade Soldier of the Week honors.

Spc. Tyler Kramer A Co., 1204th Aviatiovn Support Battalion

Spc. Kramer exemplifies the Army values. He is a positive role model and mentor to peers and subordinates alike and is an invaluable asset to the Fuel/Water platoon and A Co. Kramer is a self-motivating, disciplined Soldier who sets the standard for what a is expected.

Spc. Kramer has been instrumental in the reintegration of personnel and assets from Operation New Dawn to the current mission. His motivation and dedication to the mission has enabled the platoon to establish a more effective team. He has also assisted leadership with administrative duties, often devoting personal time to complete the mission.

In the absence of senior leadership, Kramer regularly performs tasks reserved for noncommissioned officers. His ability to perform duties and motivate is infectious and builds esprit de corps within the unit.

### Soldiers of the Weelz

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Sgt. Andrew Shropshire, Sgt. Jamiylah Lawson and Spc. Howard Brooks
Headquarters and Headquarters Co.,
29th Combat Aviation Brigade

Sgt. Andrew Shropshire, Sgt. Jamiylah Lawson and Spc. Howard Brooks distinguished themselves by exhibiting professional excellence in supporting a short-order task from United States Army Central Command. This task was to assist the Warrior Leader Course scheduled to begin at Camp Buehring, Kuwait, on Feb. 12, 2012, with network connectivity.

The Soldiers volunteered to work as a three-Soldier team that set up and wired classrooms for 128 computers in a compressed timeframe. Without the work of this team, it is likely the first Warrior Leader Course would have been delayed, thus impacting training for the entire theater. Their dedication to duty greatly contributed to the overall mission success of the 29th Combat Aviation Brigade and United States Army Central.

## Rhode Island

grasp on the tasks taken over from Charlie Co., 1-168th Aviation. Their movements have been notably well-performed, and they continue to uphold the complimentary tenor surrounding the aviation battalions in theater operations.

The final action making the 1-126th fully integrated into the Kuwait Theater culminated on Jan. 31, 2012, at the transfer of authority ceremony. Distinguished speakers included Col. Stephen Todd, 204th Theater Airfield Operations Group commander; Lt. Col. Daniel Dent, 1-168th Aviation Regiment. Task Force Raptor, commander and Lt. Col. Andrew Chevalier, 1-126th Aviation Regiment, Task Force Liberty, commander.

All spoke of a job well done and increased productivity to come. An overall feeling of excellence in the field of aviation from all parties surrounded the ceremony.

# Knowledge You Can Use...

### Camp Buehring Tax Center

- BLDG B6-17 from 0900-1200 Mondays (Through 9 APR only)
- 2011 Federal Tax Return preparation and e-filing only. State returns and prior year tax returns are only available at Camp Arifjan.
- Bring CAC, W-2s, 1099s (if applicable), Social Security number and birth dates for all dependants, last year's tax return (if possible), a voided check or deposit slip, and an original POA from spouse if "Married Filing Jointly." If you itemize, bring all relevant documents.
- •POC: Tax Center 430-5258 or 2389-5258 (cell)
- Note: Service Members in a Combat Zone can receive a 180-day extension by visiting www.irs.gov/pub/irs-pdf/f4868.pdf

### **Voting Assistance**

Primary voting season is here, and the General Election will follow in November. Follow these helpful links to ensure you are able to exercise your civic right to vote.

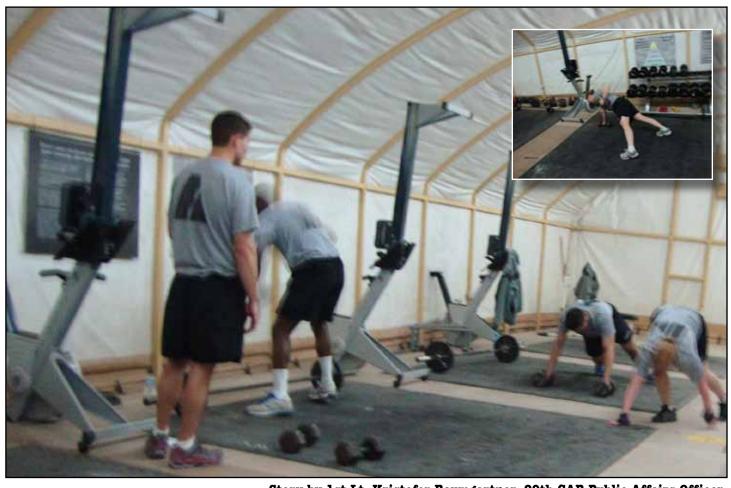


Federal Voting Assistance Program www.fvap.gov



Army Website <a href="https://www.vote.army.mil">https://www.vote.army.mil</a>

### CROSSING INTO A NEW TYPE OF FITNESS



Story by 1st Lt. Kristofer Baumgartner, 29th CAB Public Affairs Officer. Photos provided by Staff Sgt. Melinda Sims, 1-151st Attack Reconnaissance Battalion.

I left a slug trail. When I got up off the mat, I left a perfect, sweaty impression of where my upper body had just been. Capt. Adam Lockhart, 1-108th Aviation Support Battalion laughed a little. Slug trails were fairly typical in this particular gym where the motto is "Puking is acceptable. Quitting is not."

Our workout of the day, or WOD, was simply called "300." The rumor was that the cast of the movie, 300, conducted this WOD on a regular basis. Twenty-

five pullups, 50 deadlifts, 50 pushups, 50 box jumps, 50 floor wipers, 50 kettlebell clean-and-jerks and another 25 pullups. For time. As fast as you can. By the time I started the floor wipers—laying down holding a 135-pound barbell above your chest while you put your legs straight up and move them from one side to the other, my body was primed for the slug trail.

CrossFit has existed for several years, but with the Army's shift to Training Circular 3-22.20 (Physical Readiness
Training), replacing the
decades-old Field Manual
21-20 (Physical Fitness
Training), the program is
gaining increasing interest
among service members.

PRT stresses a Soldier's "ability to meet the physical demands of any combat or duty position, accomplish the mission and continue to fight and win," according to TC 3-22.20. Although the programs developed independently, CrossFit blends well with the PRT paradigm.

The CrossFit program attempts to produce a broad, general and inclusive fitness level, according to the official CrossFit website.

"Our specialty is not specializing. Combat, survival, many sports, and life reward this kind of fitness and, on average, punish the specialist."

"Getting through some of these workouts, really helps you push the boundaries of your mental and physical fitness, and it expands into your overall life," said Sgt. Preston Chaney, a paralegal with the 1-151st Attack Reconnaissance Battalion. "With the challenges it gives you and the complexity and variation of the workouts, it makes me feel like I can accomplish anything."

Due to its popularity and utility in preparing for combat, CrossFit gyms have been appearing at many military bases throughout the world. Centurion CrossFit is based in Fort Hood, Texas, and Centurion CrossFit Forward is its satellite gym at Camp Buehring, Kuwait.

Maj. Andy Sanchez, of 1st Squadron, 7th Cavalry Regiment, who operates the gym at Camp Buehring explained that even though his unit will be going back to Fort Hood in a matter of months, he expects to pass off the gym's operation to certified instructors in the 29th Combat Aviation Brigade.

The U.S. Army attempts to create order from chaos in its operations. CrossFit attempts to do the same thing through muscle confusion—the idea that if your muscles aren't sure what is coming next. they will be prepared for anything. The CrossFit regimen is based on a hierarchy of development, incorporating elements of nutrition, metabolic conditioning, gymnastics, weightlifting and throwing as well as sport. As the foundation, nutrition is constant (lean meats, lots of vegetables, small amounts of fruit and very limited sugar and carbohydrates). Every WOD however, will contain multiple aspects of the hierarchy.

During a recent WOD, we performed five rounds of 12 deadlifts, nine hanging power cleans and six push jerks, which are similar to the well-known military press. If you're keeping score at home, that is 60 deadlifts, 45 hanging power cleans and 30 push jerks. The

metabolic conditioning was obvious, and the sport came into play when we did it for time. We could rest as needed, but we were competing against ourselves and the other Soldiers in the gym. We then wrote our times on the wall for the world to see.

CrossFit continues to add options to the rigorous physical training requirements of today's military. Along with other popular exercise methods, the program is helping to adapt Servicemembers using more relevant techniques and keeps them interested with a constantly changing regimen.



### FIRES FOR EFFECT

Story by 1st Lt. Kristofer Baumgartner, 29th CAB Public Affairs Officer. Photos by Sgt. Thaddeus Harrington, 29th CAB Public Affairs.

Normandy continues its mission to enhance security and stability in the region, Soldiers in the 29th Combat Aviation Brigade's Headquarters and Headquarters Co. have recently begun training at Camp Buehring, Kuwait to their bolster the brigade's capabilities.

The HHC's Fires and Effects Cell conducted electronic warfare, call-for-fire, Mine Resistant Ambush Protected vehicle driver training and crew-served weapon familiarization in January and February. This training exposed Soldiers to new technologies in their field and refreshed their skills in directing effective artillery support and airstrikes in support of ground units.

"The electronic warfare class dealt with learning how to mitigate the effects of radio-controlled [improvised explosive devices]," said Capt. Roscoe Harris, 29th CAB electronic warfare officer. "Given the prevalence and increased usage of IEDs in urban warfare, having a working knowledge of countermeasures has been battlefield-tested and shown to reduce deaths, injuries

and loss of equipment."

Soldiers
went to the
"Training
Village", a
complex of
tents and
buildings,
at Camp
Buehring,
housing a
variety of
simulators and
other training
aids.

The HHC
Fires section
includes
several
enlisted 13F,
Fire Support
Specialists,
or forward
observers, as

well as three Fire Support Officers, who would normally be responsible for calling indirect fire for a variety of units. In order to maintain their proficiency in this area, the Soldiers again went to the Training Village to practice their skills.

Observing a digital screen that simulated being on a hill overlooking a large field of targets approximately three kilometers away, the Soldiers used special binoculars and mathematical formulas to adjust artillery fire and close air support to destroy or suppress enemy troops, vehicles and buildings.

"The call for fire trainer is a great way for the Soldiers to keep their skills sharp without costing the government thousands of dollars in ammunition. It provides them an atmosphere where they can learn from their mistakes without serious consequences," said 1st Lt. David Plourde, assistant fire support officer. "All of our







forward observers have exceeded the standards in the training and look forward to doing it for real in the live fire exercise in March."

Much of this ongoing training, including instruction on operating the Army's Mine Resistant Ambush Protected vehicles, will contribute significantly to the upcoming "Fire Support University," during which instructors will evaluate the 29th CAB Soldiers on their ability to function in their duty positions in a combat environment. The live fire exercise is expected to culminate with the Soldiers receiving Fire Support Team certification in February, indicating they are able to effectively perform fire support duties in a combat setting.





### TASK FORCE APACHES LAND ON U.S.S. NEW ORLEANS

By Staff Sgt. Tracci Dorgan, 1-151st ARB Public Affairs.

he 1-151st Attack Reconnaissance Battalion, South Carolina Army National Guard, flew AH-64 Apache helicopters out to the U.S.S. New Orleans (LPD-18) and landed on the deck Jan. 27, 2012, during a training mission with the Navy while the boat was underway in the Persian Gulf.

"This is the culmination of a lot of planning and training on the part of the pilots of the 1-151st Attack Reconnaissance Battalion and the 2515th Naval Air Ambulance Detachment based at Camp Buehring, Kuwait," said Lt. Jason Dickerson, Navy liaison and training officer for the 1-151st ARB.

This mission was made a priority by Lt. Gen. Vincent Brooks, commander of U.S.

Army Central Command and Vice Adm. Mark Fox, commander of U.S. Navy Central Command. South Carolina pilots have gone through rigorous training at a fast pace to prepare them for the joint mission, said Dickerson.

Lt. Col. Ray Davis, commander of the 1-151st ARB said, "This was a great opportunity to work in a joint environment and was the culmination of a lot of training and hard work. We have effectively enhanced our capabilities to operate in a maritime environment while increasing our knowledge of the challenges of overwater operations. The support from the crew of the U.S.S. New Orleans was incredible."

The 1-151st ARB and the 2515th NAAD have an ongoing mission that is expected to be continued by the unit replacing the Apache battalion.



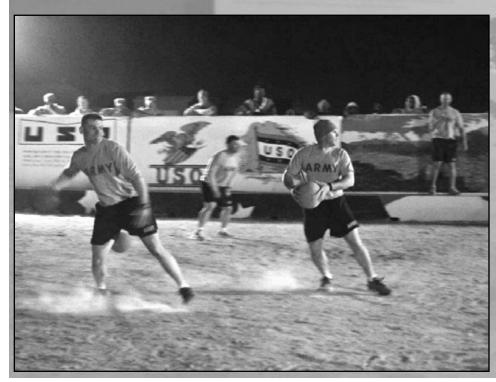


### MWR Hosts Events All Month Long...



I think we all should do something outside of our jobs. We need to find some time to take a break and have some fun.

- Capt. Mike Sofinowski 29th CAB's communications officer



By Sgt. Thaddeus Harrington, 29th CAB Public Affairs Photos courtesy of Camp Buehring MWR

ore than a century after the start of the United States Army in 1775, there were no official morale, welfare and recreation programs. It wasn't until 1876 that limited congressional oversight over "Post Traders" was established. The limited oversight grew into the establishment of the Army Post Exchange, by the Department of the Army in 1895, with all profits used to support recreational activities for troops.

The Army Morale
Division, established in
1918, has seen many name
changes, but as their
website states, they aim to,
"contribute to the Army's
strength and readiness by
offering services that reduce
stress, build skills and self
confidence."

Camp Buehring's MWR has many events to help make deployed life more comforting for the several thousand service members stationed here. Many use the MWR facilities to relax, take a break from the daily grind, connect with loved ones and participate in group activities.

"[MWR events] are very good stress releases,"

# said Capt. Mike Sofinowski, communications officer for the 29th Combat Aviation Brigade. "I think we all should do something outside of our jobs. We need to find some time to take a break and have some fun. It's good team-building."

For the month of
February, every Wednesday
morning the camp's MWR
hosted a weekly 5-kilometer
run. On special occasions,
they hosted runs where
participants win a race
t-shirt. Approximately 400800 people participate in
the special occasion runs.
In addition to the runs, the
camp's MWR hosted the
Camp Buehring Marathon on
Feb. 12, 2012.

Other events here at Camp Buehring are Karaoke

### ...can you handle Dodge ball??



Night every Thursday; Music Night every Friday, with music dedicated to a different theme such as Latin, "Ol' Skool", Country and Hip Hop; Poetry Night and Camp Buehring Idol (similar to television's American Idol); and gym competitions such as the bench press, push up and squat competitions as well as a spin marathon for cyclists every Sunday. There are also tournaments: pingpong, eight and nine-ball pool, chess, bingo, Call of Duty Modern Warfare 3, basketball and dodgeball.

On the night of Jan. 28, 2012, in a dusty partially enclosed area behind Camp Buehring's United Service Organizations' building, spectators gathered, and the air was full of chatter. The camp is home to members of all of the United States'

Armed Forces, and teams from each branch convened in this sandy backyard for the Dodgeball: Battle of the Branches tournament.

Members of
Headquarters and
Headquarters Company,
29th Combat Aviation
Brigade assembled a
last-minute collection of
Soldiers from different
company sections. This
group of Soldiers, although
untested, were able to win
the dodgeball tournament,
defeating five teams to rise
to the top.



The 2nd Battalion (Airfield Operations), 58th Aviation Regiment officially took command from the 1-58th Airfield Operations Battalion, in a transfer of authority ceremony Feb. 2, 2012, at Udairi Army Airfield, Camp Buehring, Kuwait. During the same ceremony, the 29th Combat Aviation Brigade took command from the 204th Theater Airfield Operations Group. (Photo by Sgt. Thaddeus Harrington, 29th CAB Public Affairs.)