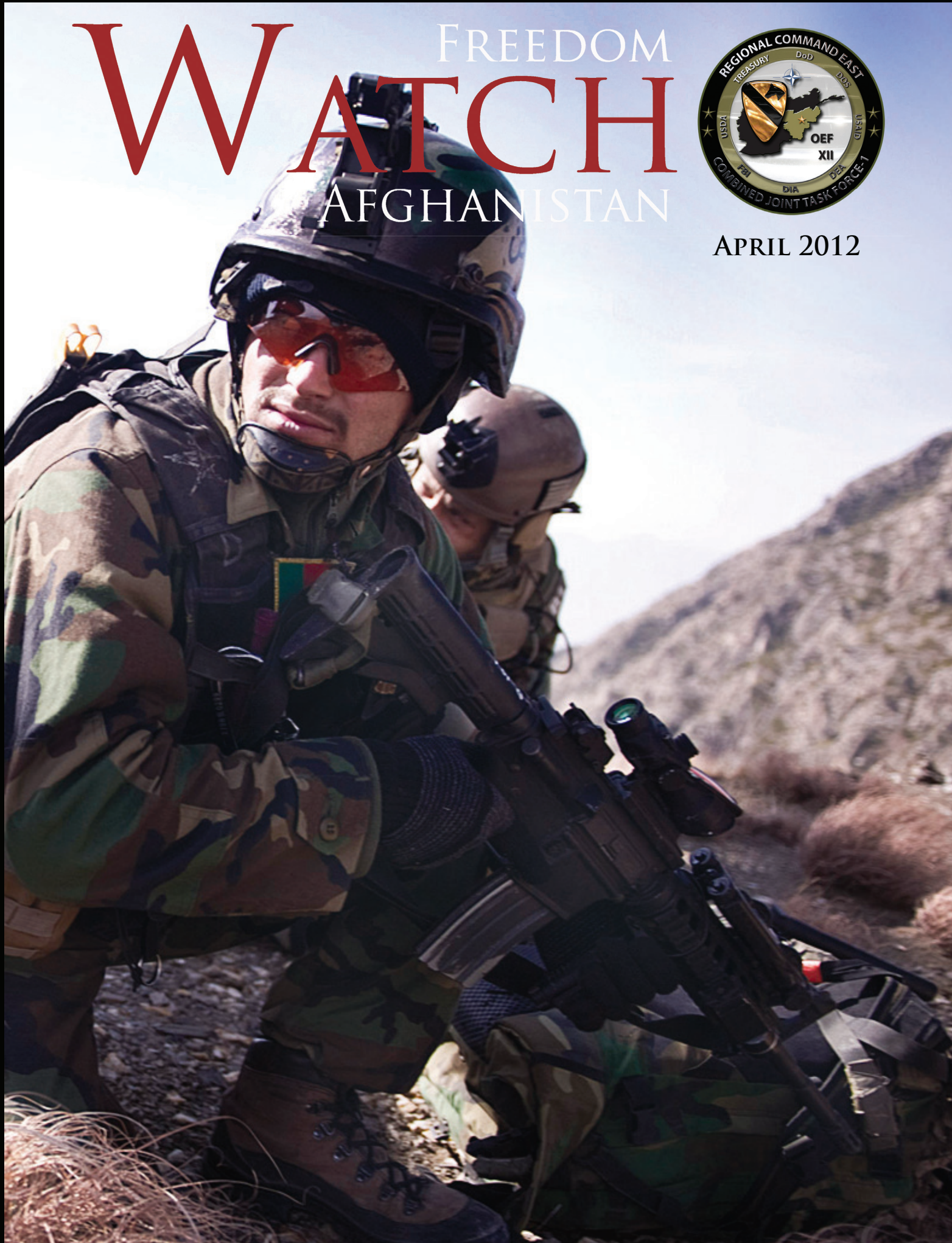


WATCH

FREEDOM
AFGHANISTAN



APRIL 2012



W THIS MONTH'S WATCH



- 4: Farewell from RC-East Command Team letter
- 5: As Army downsizes, Soldiers must remain competitive
- 6: Bagram Airfield Airmen earn Calvary gold spurs

Community-partnerships in action in Nangarhar



10

- 12: **Cover:** 1st Commando Brigade taking the fight to the insurgents
- 14: ANSF make big strides in security for RC-East
- 15: Maintenance test pilots ensure aircrafts are air-worthy

Spearhead aircrews play key role in rescue mission of stranded AUP personnel

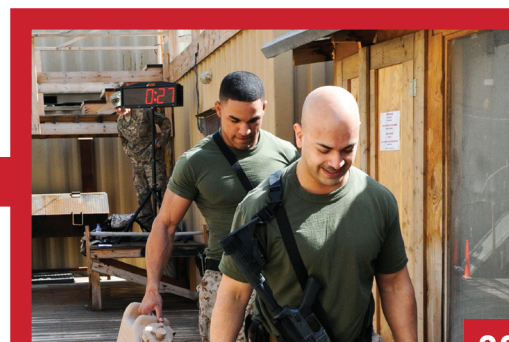
- 22: Historical weapons handover in Ghazni
- 24: Combined forces establish presence in Gomal district
- 26: Blackhawk Artillerymen maintain the big guns
- 28: AUP takes the reins from U.S. Soldiers in Gardez



20

Servicemembers gear up for Warrior Team Competition

- 31: Ceremony honors Best Warrior Team
- 32: 'Bobcats' reunite in the sands of Afghanistan
- 33: 45th IBCT makes last dent against insurgent forces



30

FREEDOM WATCH

STAFF: 11TH PUBLIC AFFAIRS DETACHMENT
VOL. 8, NO. 6

COMMANDER, 11TH PAD
EXECUTIVE EDITOR
CAPT. RANDY D. READY

MANAGING EDITOR
SGT. 1ST CLASS
CARLOS M. BURGER II

LAYOUT AND CONTENT EDITOR
STAFF SGT. TIFFANY EVANS

HEAD WRITER
STAFF SGT. TERRANCE RHODES

ASSOCIATE LAYOUT EDITOR
SGT. WILLIAM R. BEGLEY

STAFF WRITER
SPC. CODY D. BARBER

Freedom Watch is a monthly RC-East
publication of the 11th PAD and
Combined Joint Task Force-1.

*Commander, CJTF-1 and
Regional Command-East
Maj. Gen. Daniel B. Allyn*

*Public Affairs Director,
CJTF-1 and
Regional Command-East
Lt. Col. Chad G. Carroll*

Freedom Watch, a U.S. Department
of Defense publication, is published
the first Monday of every month by
the 11th PAD, located at building
15804A in Dragon Village at Bagram
Airfield, Afghanistan.

Printed circulation is 15,000 copies
per month. In accordance with DoD
Instruction 5120.4, this DoD maga-
zine is an authorized publication for
members of the U.S. military over-
seas.

Contents of the *Freedom Watch* are
not necessarily the official view of,
or endorsed by, the U.S. govern-
ment or the Department of Defense.

All submissions are subject to edit-
ing by CJTF-1 Public Affairs Office.

Freedom Watch can be reached
at DSN 318-481-6367 or by email:
freedomwatch@afghan.swa.army.mil.

DEPARTMENTS

8: Photo Watch

18: Warrior Watch: RC-East Commander reflects

34: Leader Watch: Three types of learners

35: Nutrition Watch: Healthy eating made easy

36: Emergency Management Watch

37: Unit Watch: Chinooks keep missions flowing

38: Goodwill across Afghanistan

40: Story Snapshots



An Afghan National Army commando dismounts a UH-60 Black Hawk helicopter during a mission in Kunar province Feb. 25. The commando-led mission conducted reconnaissance for a future Village Stability Platform, a site Afghan forces and coalition special operations forces will use to live and work with villagers. (Photo by U.S. Navy Petty Officer 2nd Class Clayton Weis, CJSOTF-A PAO)



COMBINED JOINT TASK FORCE - 1
REGIONAL COMMAND-EAST
BAGRAM AIRFIELD, AFGHANISTAN
APO AE 09354

March 20, 2012

RC-East Teammates,

It has been an honor and a privilege to serve with the Service Members and Civilians that comprise RC-East. In our travels throughout the region, we have seen first hand the commitment, dedication, and professionalism that you bring to bear every day. Your dedication and determination contributed directly to the success of CJTF-1 and the development of our ANSF and GIRoA partners.

Those successes are not ours alone. Together, Afghan and Coalition Forces have punished the enemy wherever they threaten the security and safety of the population. We've trained together, fought together, and sacrificed to create a better future for the people of Afghanistan. When we arrived, the Afghan forces were on a steady path toward development. Their growth and competency over the past 11 months is a testament to their willingness to embrace the tough challenges ahead. As their capacity and confidence has grown, we've shifted responsibility for security into their hands.

The successes we experienced are the result of much more than just improved security. As a combined team, we focused tremendous efforts on building key infrastructure and empowering local governance. Building on the foundation of our predecessors, we continued to improve roads, bridges, schools, and markets. Our Agribusiness Development Teams assisted the Afghans to develop modern and sustainable farming practices. Our continued mentorship enabled local governments to demonstrate independence and begin assuming responsibility for providing services to their citizens. They are providing Afghan solutions to Afghan problems.

Through it all we stood as a Team. Our success included great sacrifice. We will never forget our Fallen Heroes and will live and Serve lives worthy of their memory. They left behind families forever changed who remain in our thoughts and prayers. Our Families' struggles and sacrifices will not pass unnoticed; it is with a profound sense of humility and pride that we thank them for their support, dedication and endurance.

We wish the best for the 1st Infantry Division and anticipate celebrating their achievements in the coming months. Likewise, we expect our Afghan partners to continue their tenacious pursuit of freedom and Afghan sustainable independence. We may be leaving RC-East, but RC-East will forever be part of America's First Team.

God Bless, Live the Legend, First Team!


Daniel B. Allyn
Major General, US Army
Commanding


Isala T. Vimoto
Command Sergeant Major, USA
CJTF Command Sergeant Major

As Army downsizes, Soldiers must remain competitive

By Rob McIlvaine

With the successful completion of the mission in Iraq and a continued transition to Afghan security forces, the Army will begin to reduce force structure.

It will also identify the qualities needed by this downsizing force, said Sgt. Maj. of the Army Raymond F. Chandler III in a recent roundtable on Soldier professionalism.

"For me, there are three criteria to identify professional Soldiers:

- competence, or the ability to do your job and do it well;
- character: the understanding that a Soldier acts on behalf of the nation, rather than his or herself;
- and commitment: which is a personal calling to serve in the Army and the nation, before all else," Chandler said.

Over the next six years, Chandler said the Army will reduce its active forces end strength from 570,000 to 490,000, which will include the reduction of at least eight brigade combat teams.

"We are committed to accomplishing these cuts in a controlled and responsible manner. But I want to stress -- even though we are in a transition, our mission has not decisively changed. It's to prevent war by our capacity, readiness and modernization, shape the environment in which we operate and when called to combat, fight and win our nation's wars, decisively," he said.

While the Army focuses a lot on competence, Chandler believes that character and commitment need a renewed effort and focus over the next several years.

"It's easy to see competence. You take a look at a counseling statement, or an evaluation, or you ask the Soldier a few questions about his or her job.

"It's not so easy to see character and commitment. For that, you really have to know someone. You really have to be that leader -- the kind who guides, mentors and leads by example."

As Chandler travels around the Army and talks with Soldiers, he said he talks about these three characteristics.

"And I talk about being professional. It is the cornerstone of being who we say that we are.

"Our Soldiers have shown this professionalism over and again the last 10 years of conflict. It's going to take professional Soldiers and leaders to tackle some of the issues we're faced with now: post-traumatic stress, post-traumatic brain injury, wounded warrior care, suicide, sexual assault and harassment, hazing, and to manage our drawdown and transfer, and transition Soldiers with dignity and respect back into the civilian world," Chandler said.

The Army must meet these head on, he said, to ensure Soldiers are not only receiving the care they need, but also are maintaining good order and discipline expected of the United



Sgt. Maj. of the Army Raymond Chandler III speaks to Soldiers about what it means to be a professional during the Army Profession Junior Leader Forum at Fort Sill, Okla.

States Army Soldier.


"I, along with the Army senior leadership, am committed to this and will not rest until we make significant and lasting improvements in all of these areas and more," he said.

Over this past year, Chandler has traveled about 200,000 miles as the sergeant major of the Army.

"And wherever I go, I can't help but be in awe of the professionalism, dedication, and sacrifice our Soldiers, and our family members and civilians display every day. Our Army is quite frankly the best trained, best manned, best equipped, and best led force in our history," he said, adding that Secretary of the Army John McHugh, Army Chief of Staff Gen. Raymond T. Odierno and he are proud of what Soldiers and civilians have accomplished over the past decade.

"We've proven ourselves in every engagement and continue to display the physical and mental toughness long associated with the word Soldier."

Chandler also said the Army has spent the last few years analyzing and dialoguing about how to use the experience gained from the past decade of conflict to better understand the Soldiers' role as professionals, from senior Army leadership down to the lowest private in the formation.

"Professionalism is built on a bedrock of trust -- the positive relationship between the American people that is based on mutual trust and respect. Only by military effectiveness performed through honorable service, by an Army with high levels of trustworthiness and esprit de corps, can the Army truly be a profession," Chandler said. 

Bagram Airfield Airmen e



Candidates are held upside down as they are awarded golden combat spurs at the conclusion of the Task Force Maverick Spur Ride Feb. 21 at the Bagram Airfield Clamshell. (Photo by U.S. Army Sgt. Andrea Merritt, RC-East PAO)

By U.S. Air Force Tech. Sgt. Vernon Cunningham
455th AEW PAO

Three Airmen from the 455th Expeditionary Security Forces Squadron displayed the true spirit of joint service partnership when they completed an Army tradition called a Spur Ride and successfully joined the Order of the Spur at Bagram Airfield Feb. 21.

The Order of the Spur is an Army tradition that dates back to the beginning of the Calvary. New Soldiers serving with Calvary units would first train and ride without a spur on their boots, to indicate an amateur rider. Once they were able to prove their ability to perform with their horse and saber, they were awarded spurs and gained membership into the Order of the Spur. In the present day, Soldiers have to earn their spurs by submitting a nomination for the chance to complete a Spur Ride or serve during combat in a Calvary unit.

U.S. Air Force Staff Sgt. Esteban Longoria, 455th ESFS Charlie Sector lead trainer; Staff Sgt. Curtis Harper, 455th ESFS Charlie Sector controller; and Senior Airman Matthew Miller, 455th ESFS Fly Away Security Team leader, were all accepted into the most recent Spur Ride and each earned their gold spurs.

A Spur Ride is a series of mental and physical tests that evaluate leadership, technical and tactical proficiency, and the ability to operate as part of a team under high levels of stress and fatigue, under both day and night conditions. The award of silver spurs indicates an experienced Calvary trooper. Gold spurs indicate an experienced Calvary trooper who has deployed and experienced combat with a Calvary unit.

"The Spur Ride was an extremely tough event," said Harper. "From the moment we stepped into the facility it was 'hurry up, drop your gear and get into formation!' Go, go, go the whole time."

The participants formed up outside the Bagram Morale, Welfare and Recreation Clamshell and performed a 12-mile ruck march throughout the base. Upon returning to the Clamshell, they dropped their gear and began the various stations that were set up to test their skills. The stations were moderated by Army instructors, referred to only as "Spur Holders."

"The stations consisted of M4, M9 and M249 proficiency, M2 headspace and timing, Self Aid and Buddy Care, 9-line Med Evac, Unexploded Ordnance identification, 9-line UXO, gas mask procedures, land navigation and convoy signaling," said Longoria. "Before, during and after each station we would be quizzed by the Spur Holders. Then we were PT'ed until we were physically exhausted. After we completed every station and everything was over, we received our spurs and drank from the grog."

The grog was a drink concocted by current Spur Holders that is consumed to symbolize the Calvary trooper's transformation to Spur Holders.

The significance of being allowed the opportunity to challenge for membership into the Order of the Spur was fully realized by these Airmen.

"As an Airman, it means a lot to be accepted into the Spur Ride," said Longoria. "It shows that the Army and Air Force are continuing to show more joint esprit de corps, which we are working very hard to get."

earn Calvary gold spurs

U.S. Air Force Chief Master Sgt. Marcus Snoddy, 455th Air Expeditionary Wing command chief, agreed that these Airmen's successes were a major step in recognizing the capabilities of our joint forces.

"The bonds of that joint relationship between Soldiers and Airmen were started here," said Snoddy. "We look at the relationships that survive the test of time; we see that they are built in challenging situations under adversity or competition. The Spur Ride is a competition.

To have three Airmen complete the event is a big accomplishment. It showed the determination, fortitude, focus and commitment that our Airmen have and exhibit in their jobs on a daily basis."

Snoddy said opening these types of events to Airmen turns what is traditionally a hurdle to team cohesion, such as different training and lineage, into a doorway. He said in the future when these Airmen are stationed with their Army counterparts, they will be able to speak on shared experiences and similar pedigrees. Team members will be able to bond faster and have more respect and knowledge for each other's heritage.

"We became a part of an elite group," said Longoria. "If we ever got the opportunity, we would wear them proudly at any Army event."

Not only did the Airmen open doorways for joint service cohesion, they also solidified the Air Force's Wingman concept while participating in the Spur Ride.

Harper said all three participants made sure to be mindful of each other and help their fellow defender make it through. He said if one of them wanted to quit, they would just keep pushing each other until they were successful.

"The Spur Ride was an extremely tough event," said Harper. "The ruck march was by far the most physically demanding thing any of us have ever done. It was really helpful having my fellow defenders there. Not just anyone can complete this event."

Typically Airmen do not participate in these events. The recent Spur Ride is only the second one in theater which Airmen participated in during Operation Enduring Freedom.

U.S. Army 1st Sergeant Charles Vitaliano, Spur Ride noncommissioned officer in charge, said this Spur Ride was the more challenging of the two. The tasks were more stringent, and the environment created was much more stressful.

"I was quite impressed with their ability to complete all the


tasks without the need for initial or refresher training from my personnel," said Vitaliano. "We threw every challenge we knew at them. The Airmen underwent severe psychological pressure and several highly stressful exercises. We questioned their courage and integrity. We treated them like privates, but the Airmen took everything with a positive attitude and the heart to win. In their minds, quitting was not an option."

Not all of the challengers made it through the Spur Ride. Three Soldiers quit. All of the Airmen made it through and completed all tasks. An Air Force officer was even the first to complete the 12-mile ruck march.

"Their motivation and willingness to take on the challenge was in keeping with the highest standards of the Calvary trooper, and it was a pleasure to watch them," said Vitaliano.

The ability of these Airmen to complete the Spur Ride and be recognized as Calvary Spur Holders was about more than individual recognition.

"It's about having Airmen out on the field of competition arm in arm with their brother and sister Soldiers," said Snoddy. "By doing this, we further deepen the bonds of friendship and concern that exist between comrades in arms. The result is a more cohesive joint Coalition Force... and that's what it's all about."

Bagram Airmen will continue to honor joint partnership as three two-man teams will be competing in the Combined Joint Task Force-1 Best Warrior Challenge March 11-12. 



U.S. Air Force Senior Airman Matthew Miller, 455th Expeditionary Security Forces Squadron Fly Away Security Team leader, sets up the communication gear needed to perform 9-line operations medical evacuation during the Spur Ride at Bagram Airfield, Feb. 21. Miller completed all tasks and earned gold spurs, an honor which indicates a trooper who has deployed and engaged in combat while attached to a Cavalry unit. (Photo by U.S. Army Sgt. Andrea Merritt, RC-East PAO)

U.S. Army Spc. Brady Myatt, 172nd Infantry Brigade, Task Force Blackhawk from Austin, Texas, demonstrates basic welding techniques for his partnered trainees from the Afghan National Army's 5th Kandak, 2nd Brigade, 203rd Corps at Forward Operating Base Sharana Feb. 27. The 172nd Inf. Bde., TF Blackhawk conducts regular training to supplement and build support capabilities with their partnered Afghan units. (Photo by U.S. Army Staff Sgt. Charles Crail, TF Blackhawk PAO)



W^{PHOTO} WATCH



Community-partnerships in action in Nangarhar



U.S. Army Capt. Gary Chura an agribusiness specialist with the Nangarhar Agribusiness Development Team, mentors Afghan farmers in project management skills Jan. 24. Chura a native of Ferguson, Mo., seeks to improve the business practices of farmers within his area of operation. (Photo by U.S. Air Force Capt. Dale Mitchell, Nangarhar ADT PAO)

To the residents of Saidan e'Foulade, a small village within the district of Surkh Rod, Nangarhar province, drought was a common occurrence.

As irrigation channels from the Surkh Rod River dried up, local tenant farmers relied on water purchased from a private well owner to keep a few crops viable.

The struggle to produce adequate profits to fund future water purchase was proving to be an insurmountable feat.

A chance meeting between a lead farmer, Shafiq Ullah, and the Nangarhar Agribusiness Development Team, forged a community-partnership. They met while the ADT was performing an agribusiness market survey in August 2011.

"On my last stop a small kiosk offering the usual items: corn, tomatoes and other locally grown produce, I met [Ullah]. [He] happened to be in the kiosk that day delivering his recently harvested squash," said U.S. Army Capt. Gary Chura, a Missouri National Guardsman and agribusiness specialist with the Nangarhar ADT. "We sort of just hit it off, and it was here that he explained his community's struggle to obtain water for irrigation. One of our [third] lines of effort happens to be irrigation structures, so we scheduled a site-assessment to gather more information."

Organizations such as the National Guard's ADTs exist with the sole purpose of supporting Afghanistan's developmental needs through sustainable economic development endeavours.

The Nangarhar ADT team has implemented projects targeted



This plaque is part of an irrigation well built by a collaborative community effort along with the Nangarhar Agribusiness Development Team members in Saidan e'Foulade, Surkh Rod District, Nangarhar Province. This project embodies the spirit of cooperation between the ADT and their Afghan counterparts. (Photo by U.S. Air Force Capt. Dale Mitchell, Nangarhar ADT PAO)

at several aspects of society; one such project is a collaborative community-partnerships, or teaming, which focuses efforts at the individual community level.

This approach takes longer to achieve, but often requires less financial obligation and leaves a lasting impact on the community.

Through a series of mentoring sessions held over the span of the next several months, Chura provided counsel to the farmers and he led them through the initial steps of project development.

The culmination of their efforts led to the initiation of a successful community well project. The group estimated the project to cost \$7,500, of which ADT could only fund two thirds.

Significant additional funding would have to come from the landowner and farmers. Everyone therefore had a stake in the efficiency and success of the project.

"I was very impressed with the savvy and knowledge of the farmers as project managers. Perhaps because they've been doing so much with so little for so long, and have visualized this well for many years, they drove a very hard bargain for contractors and supplies," Chura said. Similar well projects funded completely by outside aid agencies have cost \$40,000. This one showed what local ingenuity can accomplish when relied upon."

In December 2011, boring of the well began. With a community of partners working together to achieve a common goal, the project was recently completed with the installation of a well house built in large part by members of the community providing free labor and then dedicated Feb. 15.

Fittingly in commemoration of this community endeavor the plaque emplaced on the well house reads, "Each of us had only a little, but together, more than enough- inshallah."



U.S. Army Capt. Gary Chura of the Nangarhar Agribusiness Development Team and Shafiq Ullah, a tenant farmer, smile at the sight of water in the Surkh Rod District, Nangarhar Province Feb. 15. Chura coached Ullah in project management skills, enabling him to oversee an irrigation well. (Photo by U.S. Air Force Capt. Dale Mitchell, Nangarhar ADT PAO)



1st Commando Brigade takin

Story by U.S. Army Staff Sgt. Fritz Butac
CJSOTF-A PAO

The Afghan National Army 1st Commando Brigade, located on Camp Morehead, is a force to be reckoned with on all levels.

In just under five years since the brigade's creation, its unique operating force have proved themselves as an elite fighting force.

The commandos, who are hand-picked Soldiers from the ANA, are trained by coalition special operations forces to become a quick reaction force and ready to conduct an operation at a moment's notice.

Commandos and ANA Soldiers are driven by the same motivation: to serve their country.

However, the way commandos conduct their operations is what sets them apart. The quick reaction missions, which the commandos are renowned for, often last only a few hours, and are performed under the cover of darkness and without warning.

One recent operation conducted by the commandos helped shape the environment for village stability operations in southern Kunar's Chowkay district. The commando ground assault force infiltrated an area where local Taliban insurgents were believed to be hiding.

With minimal participation from their partnered coalition special operations forces counterparts, the commandos were able to secure the high ground around the Chowkay area, providing security over-watch and clearing major insurgent infiltration routes.


The operation also gave the commandos a detailed survey of the surrounding area, including possible insurgent fighting positions, as identified by AK-47 shells, cave locations, and insurgent areas of movement. This information will be significant to future commando operations within Kunar province, as it gives the Afghan forces insight to their enemy's tactics, techniques, and procedures.

One key element in the commandos' arsenal is key leader engagements, which requires no weapons or bullets, but is just as effective in countering the insurgency. After operations conducted near local villages, the commando forces conduct key leader engagements with the village elders and government officials. These engagements provide insight to the local populace as to the intent of the commando operations, as well as giving the village leadership an opportunity to voice their concerns on security, governance, and development in the area.

"The commandos are the face of the Afghan populace," said U.S. Army Lt. Col. William Linn, Special Operations Task Force-East commander.

Linn also said the commandos' tactics, techniques, and procedures are meticulous and calculated.

"There's a reason why it takes [the commandos] time to complete an operation," Linn added. "They know they need to connect with the people and show them that they're protecting their families and have their future safety in mind."

The operation afforded the local populace a chance to witness their ANA forces conduct themselves as a capable and reliable fighting force, defending their village and providing an Afghan face for future security. 



Coalition special operations forces members sprint to board a UH-60 Black Hawk helicopter during a mission in Kunar province, Feb. 25. The commando-led mission conducted reconnaissance for a future Village Stability Platform, a site Afghan forces and coalition SOF will use to live and work with villagers. (Photo by U.S. Navy Petty Officer 2nd Class Clayton Weis, CJSOTF-A PAO)



ng the fight to the insurgents



Afghan National Army Commandos sprint to board a UH-60 Black Hawk helicopter during a mission in Kunar province Feb. 25. The commando-led mission conducted reconnaissance for a future Village Stability Platform, a site Afghan forces and coalition special operations forces will use to live and work with villagers. (Photo by U.S. Navy Petty Officer 2nd Class Clayton Weis, CJSOTF-A PAO)



An Afghan National Army Commando scans the village below during a mission in Kunar province Feb. 25. The commando-led mission conducted reconnaissance for a future Village Stability Platform, a site Afghan forces and coalition special operations forces will use to live and work with villagers. (Photo by U.S. Navy Petty Officer 2nd Class Clayton Weis, CJSOTF-A PAO)



Afghan National Army Soldiers dispose of poppy seeds during a search of a marketplace in the Sangar valley, Laghman province, Feb. 23. Afghan and American forces were in the area searching for weapons caches, high value individuals and contraband. (Photo by U.S. Army Staff Sgt. Samantha Bennett, Joint Combat Camera Afghanistan)

ANSF make big strides in security for RC-East

Story by Staff Sgt. Fritz Butac
CJSOTF – A PAO

Afghan National Security Forces have shown their proficiency and effectiveness in recent weeks throughout eastern Afghanistan.

Throughout the region, the Afghan Local Police, Afghan National Police and Afghan Uniformed Police deterred insurgent activity, prevented potential casualties from improvised explosive devices, and worked directly with their coalition special operations forces counterparts to build trust and confidence with village elders and citizens.

In response to recent demonstrations in Afghanistan the ALP took the lead in providing security for the local populace.

In the Goshta district, the ALP commander informed Coalition Forces in the area that a crowd had gathered at the district center to express their dissatisfaction of the accidental burning of a Qur'an at Parwan district's Bagram Airfield.

The ALP independently provided security for the crowd throughout the demonstration, which ended peacefully and without incident.

"The ALP have been very proactive these last few weeks; especially last week," said U.S. Army Lt. Col. William Linn, Special Operations Task Force-East commander. "Their professionalism and commitment for providing security for their fellow Afghan citizens make them a powerful and credible security force in their local villages."

In Nangarhar province, ALP candidates called on the AUP for assistance after finding a command-wired improvised explosive device in Narang district. After ALP and AUP secured the area, an ANP explosive ordinance unit arrived to assist their fellow ANSF partners and safely destroy the IED.

"The combined effort to safely destroy the IED shows the confidence the ANSF have in each other," said a coalition special operations forces team member. "More importantly, it demonstrates the commitment of the Afghan government to provide security."


While conducting a search outside a marketplace in the Sangar valley, for weapons caches, high value individuals and contraband, ANA Soldiers found and disposed of more than 30 bags of poppy seeds.

ANP in Paktika province successfully conducted a tactical call-out at a local residence where an insurgent leader was believed to be hiding. The Afghan male identified himself and turned himself in to the ANP without incident.

"Not only did the ANP detain [the suspect], but they did so peacefully; which is a great indication of their competence," said a coalition special operations forces adviser.

ANP in Paktika province also trained local ALP in Bermel district to reinforce tactics, techniques, and procedures on escalation of force and defending checkpoints; further demonstrating the cohesion of the ANSF.

In Wardak province, an ALP ceremony will take place next week to demobilize the Afghan Public Protection Program. The ceremony will recognize the hard work and dedication of the Afghan Public Protection Program members and legitimize ALP as the official ANSF program for the local populace. Afghan National Army recruits will also conduct a job fair after the ALP ceremony, providing continued opportunity for service in the ANSF.

Afghan media is scheduled to attend the ceremony to highlight the progress of the ALP in the province and allow senior government officials to publicly voice their praise for the ALP and other ANSF operating in eastern Afghanistan. 



Maintenance test pilots ensure aircrafts are air-worthy

By U.S. Army Staff Sgt. Terrance D. Rhodes
RC-East PAO

Standing on the Bagram Airfield flight line one may imagine themselves saying as they look up at the sky, it's a bird, it's a plane...but it's not Superman. However, it may be a group of pilots that servicemembers aren't familiar with.

The maintenance test pilots of the 122nd Aviation Support Battalion, 82nd Combat Aviation Brigade, Task Force Poseidon, thoroughly check Regional Command-East aircrafts ensuring that they are air-worthy and safe to fly in the skies of Afghanistan.

Before the pilots can fly to test an aircraft, they and the crew, must first breakdown the aircraft and perform phase maintenance.

The phase maintenance consists of disassembling and reassembling numerous aircrafts to include; CH-47 Chinooks, UH-60 Black Hawks and AH-60D Apaches.

"Once we receive the work order, we bring the aircraft in, break it down, inspect the aircraft, find and fix the deficiency, and then put it back together," said U.S. Army Chief Warrant Officer 5 John K. Heinecke, chief test pilot for 122nd ASB.

"After the maintenance is completed, the test pilots go out and fly the aircrafts following a maintenance test flight checklist and they either find addition errors that need correction or they sign-off the aircraft as air-worthy," the Baltimore native added.

The 122nd ASB have completed maintenance on more than 60



U.S. Army Chief Warrant Officer 4 Mark L. Jones, a native of Bountiful, Utah, with 122nd Aviation Support Battalion, 82nd Combat Aviation Brigade, Task Force Poseidon, oversees the phase maintenance of a CH-47F Chinook, Feb. 28. (Photo by U.S. Army Staff Sgt. Terrance D. Rhodes, RC-East PAO)

aircrafts in theater since October, ensuring that RC-East aircrafts will return to base safely after each mission.

"We support the line units by doing the heavy maintenance so they don't have to focus on maintenance issues; they can conduct their missions," said U.S. Army Chief Warrant Officer 4 Mark L. Jones, a CH-47 Chinook maintenance examiner for 122nd ASB.

The Bountiful, Utah native has test flown CH-47 Chinooks for more than 10 years and knows them like the back of his hand.

"You're conditioned just to know what the aircraft can and can't do," said Jones. "Knowing the aircraft inside and out is like having 'spidey' senses. The faster you can recognize and fix the issues, the faster the aircraft can get back into the fleet."

Although, the pilots aren't superheroes, they're valuable assets to the overall mission.

"They're the unsung pilots in Task Force Atlas," said U.S. Army Lt. Col. Darryl L. Gerow Sr., of Middletown, N.Y., and battalion commander of TF Atlas.

Gerow feels the test pilots often get overlooked, but he is proud to have them on his team during this deployment.

"These are some of the best pilots I've worked with in the last 10 years. I'm very proud of them and what they have accomplished."



U.S. Army Chief Warrant Officer 4 Mark L. Jones, a native of Bountiful, Utah, from 122nd Aviation Support Battalion, 82nd Combat Aviation Brigade, Task Force Poseidon, begins take off in a CH-47 Chinook, Feb. 28. Jones has been a maintenance test pilot for the last 10 years. (Photo by U.S. Army Staff Sgt. Terrance D. Rhodes, RC-East PAO)

Heat Injury Prevention Facts

By Maj. Ronald Havard CJTF-1 Environmental Science Officer

- Heat related injuries are a serious issue. Knowing the risk factors, signs, symptoms, and how to react to heat related injuries saves lives.

- Heat injuries are preventable and can prevent Soldiers from achieving mission success and possibly end their career.

- Heat injuries are cumulative so proper acclimatization to the environment is critical. It takes 10-14 days of progressive levels of activity in an environment to fully adapt to the new climate.

- A heat related injury occurs when a person is exposed to extreme heat, or is engaged in physical activity that causes the body to produce more heat than it can dispel, which can even occur in cooler temperatures. There is potential for heat injuries on mission in cooler weather because body armor adds roughly 10 degrees to one's body temperature.

- The acclimatization process is not a one-time only occurrence. A Soldier in Afghanistan will have several moments of acclimatization during their tour; upon first arriving in theater, changes in elevations by duty locations, returning from R&R, and a few other situations.

- Although anyone at any time can suffer from heat-related illness, some people are at greater risk than others. Soldiers who have had previous heat injuries are more susceptible to future heat related injuries and should also be monitored more frequently.

- Units need to monitor their Soldier's water intake especially while on mission. Remember emergency water supply situations could occur while on mission. **What is your plan?** Multiple injuries have occurred by not having an adequate plan in place before a mission. Plan ahead, watch those around you, and know these simple facts. Remember all heat injuries are preventable! Be careful, stay safe, and keep cool out there!

- **Heat Cramps** are intermittent cramps in muscles, which usually occur in the legs and abdomen. These are the result of excessive salt and water loss from the body due to excessive sweating. If this occurs, remove the individual from the heat, use shade if no buildings are available, allow them to rest and drink water. The symptoms should subside after some time.

- **Heat Exhaustion** is a more severe form of heat injury brought on by greater losses of water. Typically, a heat exhaustion victim will suffer from one or more of the following symptoms: weakness, exhaustion, headaches, dizziness, pale/cold/clammy skin, fainting, and profuse sweating with an elevated body temperature. If a person is experiencing these symptoms remove them from the

heat, loosen any restrictive clothing, and encourage them to drink water. If the victim does not improve, falls unconscious, or stops sweating seek medical help immediately!

- **Heat Stroke** is the most serious form of heat injury. The body's cooling mechanisms fail and the core temperature rises out of control. Symptoms may include weakness, nausea, headaches, dizziness, a rapid, strong pulse as well as red, hot, dry skin with a lack of sweating. The victim often becomes confused, aggressive or disoriented and may lose consciousness or die. This is a medical emergency! Seek medical assistance immediately! Do not interrupt the cooling process or lifesaving measures to seek help; send someone else. Remove the victim from the source of the heat, use shade if no air conditioned buildings are available. Cover the victim with cool, damp sheets or with cool water if no sheets are available and fan them to promote evaporation. Loosen any restrictive clothing.

- Preventing serious heat injuries is obtainable by remembering the acronym HEAT.

H – High heat category, especially when the temperature exceeds 75 degrees.

E – Exertion level of training in high temperature.

A – Acclimatization to heat (10 to 14 days).

T – Time of heat exposure and recovery time.

The best defense is prevention. Some tips to prevent heat injuries:

- ◆ Drink more fluids regardless of activity level. Do not wait until thirsty to drink.

- ◆ Avoid liquids that contain caffeine or large amounts of sugar—these will cause loss of fluids rather than replace them. Avoid very cold drinks while in the heat, because they can cause stomach cramps.

- ◆ During extremely hot weather, stay indoors in an air-conditioned building when not on mission. Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness.

- ◆ Taking a cool shower or spending time in an air-conditioned place is a much better way to cool off. (Even if you have already taken your Sunday shower)

- ◆ NEVER! Leave anyone in a closed, parked vehicle. (Like pulling guard duty on the perimeter)

- ◆ Eat all meals and avoid dieting in a combat environment.

- ◆ Include heat injury prevention in your mission planning and include mitigations such as refresher training on how to treat heat injuries. (FM 4-25.11)

- ◆ Adhere to the U.S. Army heat injury prevention guidelines and follow the proper work/rest cycle depending on specific heat category levels one to five.

- ◆ Protect yourself from the sun by wearing your headgear, sunglasses, sunscreen rated SPF 15 or higher, and drink plenty of water.

Easy Work		Moderate Work				Hard Work	
<ul style="list-style-type: none">• Weapon Maintenance• Walking Hard Surface at 2.5 mph, < 30 lb Load• Marksmanship Training• Drill and Ceremony• Manual of Arms		<ul style="list-style-type: none">• Walking Loose Sand at 2.5 mph, No Load• Walking Hard Surface at 3.5 mph, < 40 lb Load• Calisthenics• Patrolling• Individual Movement Techniques, i.e., Low Crawl or High Crawl• Defensive Position Construction				<ul style="list-style-type: none">• Walking Hard Surface at 3.5 mph, ≥ 40 lb Load• Walking Loose Sand at 2.5 mph with Load• Field Assaults	
Heat Category	WBGT Index, F°	Easy Work		Moderate Work		Hard Work	
		Work/Rest (min)	Water Intake (qt/hr)	Work/Rest (min)	Water Intake (qt/hr)	Work/Rest (min)	Water Intake (qt/hr)
1	78° - 81.9°	NL	½	NL	¾	40/20 min	¾
2 (green)	82° - 84.9°	NL	¾	50/10 min	¾	30/30 min	1
3 (yellow)	85° - 87.9°	NL	¾	40/20 min	¾	30/30 min	1
4 (red)	88° - 89.9°	NL	¾	30/30 min	¾	20/40 min	1
5 (black)	> 90°	50/10 min	1	20/40 min	1	10/50 min	1

For more information read TB MED 507, "Heat Stress Control and Heat Casualty Management I" that is available along with additional guidance and other heat injury prevention resources through the U.S. Army Public Health Command Web site (www.phc.amedd.army.mil) or by contacting your local Preventive Medicine office.

HEAT

CAN

KILL!

Prevention Works

- Hydrate! Drink plenty of water to replace the fluid you lose when you sweat.
- Hydrate early – don't wait until you feel thirsty. During exertion your body needs water long before you feel thirsty.
- Maintain good eating habits – don't try low calorie diets while training in a hot environment.
- Remind your buddy to drink. Refill your canteens at every opportunity.
- Monitor your urine output. If it is dark, then you need to drink more water. If, after rehydrating, you are not urinating, then consult medical staff.
- Eat enough food to maintain salt intake. Table salt may be added to food, but salt tablets are not recommended.
- Avoid drinking more than 1.5 quarts of water per hour or 12 quarts per day.
- Many medications and some nutritional supplements may make you more susceptible to heat illness. Ask the medical staff about medications you are taking and how they may affect you in the heat.



Notify medical staff if you:

- are dizzy or having trouble walking.
- have a headache.
- are nauseated or vomiting.
- are feeling very tired or weak.
- are confused, or if your buddy notices you are "acting strangely."
- are sick or were sick yesterday.
- are on any medications that may affect you in the heat.

RC-East Commander reflects, cites “enduring bonds”

By U.S. Army Staff Sgt. Tiffany Evans
RC-East PAO

As the 1st Cavalry Division ends its time in charge of Regional Command-East, U.S. Army Maj. Gen. Daniel B. Allyn, commander of RC-East and Combined Joint Task Force-1, took time to share his opinions on the last year and give advice to the incoming team.

During February and March, Allyn and those under him faced some of the most difficult tasks of their deployment, which he said only amplified and strengthened their relationship with their Afghan National Security Force counterparts.

“It’s the strength of our relationship that has gotten us through these rough spots the last few weeks. In fact, the investment we make day in and day out from week to week played out as they rose to the challenges of the recent demonstrations. They’ve stepped in front of us in every single case,” Allyn said.

Allyn, a native of Berwick, Maine also said the Afghan civil and military leadership rose to the challenge and talked with both tribal and religious leaders after the recent string of events. The ANSF communicated with their people in a calm and reassuring way letting them know they have the right to demonstrate, but they don’t have the right to demonstrate violently.

“It was quite amazing to watch how effective they were. They protected the people from many who were trying to incite violence,” Allyn said. “With the most recent incident [a U.S. Soldier killed 16 civilians in southern Afghanistan] we’ve communicated with civil, provincial and ANSF leaders. They’ve said, ‘We’ve got this.’ That is a clear demonstration of the strength of our bond and I’d say the enduring strength of our bond.”

He compared the relationship of Soldiers and their ANSF comrades to Soldiers and their friends and family.

“Just as you develop lifetime relationships with your family and friends, they’re not truly strong relationships unless they can survive a tough spot,” he said. “This one has certainly survived several rough spots. It’s come out stronger.”

Many people at home and in Afghanistan are growing weary as we enter our 11th year in combat. Two of the most asked questions the public wants to know are: “Are we wasting our time, money and resources” and “Has there been any real progress or improvement.”

“We are making decisive progress in Afghanistan. The ANSF capacity development is accelerating and they’ll be in charge of spring operations,” Allyn said. “There is emerging stability across the transitioned areas of Afghanistan.”

Already there is a reduced capacity of insurgents to wreak havoc in Afghanistan, he continued. The growth in security and economic opportunity gives the Afghans hope for their future.

Two clear signs of Afghan sustainability in economic development in RC-East are the border crossings at Torkham Gate and Ghulam Khan. Both crossings have seen growth in their revenue despite no trucks with U.S. supplies coming through.

“Torkham Gate has seen a growth of \$30 million in revenue over the past six month period. Since November, no NATO trucks have come through the pass, which was historically 50 percent of their commerce,” Allyn added. “Ghulam Khan has seen a 186 percent growth in revenue despite only a 37 percent increase in traffic.”



A command photo of U.S. Army Maj. Gen. Daniel B. Allyn, a Berwick, Maine native and commander of RC-East and Combined Joint Task Force-1. (Courtesy photo from CJTF-1 PAO)

Both of these successes are testaments to procedures reducing corruption and generating revenue by following the rules the nation has in place, Allyn said.

This is Allyn’s first deployment to Afghanistan; however, he’s served on multiple deployments to Iraq. Afghanistan and Iraq are two very different countries when it comes to the people and economic situation.

“You’re speaking about a country that has very limited Gross Domestic Product right now as opposed to [Iraq], which has one of the larger oil revenues in the entire world,” Allyn stated. “When we talk about the dependence of a people, we’re talking night and day.”

Due to these factors, the amount of work in Afghanistan overshadows Iraq in terms of how far Coalition Forces must go to get Afghans to a self-containing capacity. In terms of commitment of the Afghan populace and their abilities to handle the tasks that lie before them, they, along with Coalition Forces have quite a bit of road to travel before reaching their goal, Allyn continued.

“I have extraordinary confidence in the Afghan people; they’re a hard working people. They look after each other and they don’t shun hard work,” Allyn said. “I think what gives me optimism is the fact that over 80 percent of the battalion leaders and above and district chiefs of police and above across the country are strong leaders. When you have good leadership you can accomplish tough missions.”



U.S. Army Maj. Gen. Daniel B. Allyn, commander of RC-East and Combined Joint Task Force-1, and a Berwick, Maine native, visits with troops in Kapisa province Nov. 17. (Courtesy photo from U. S. Army Chaplain Lt. Col. Eric Albertson, CJTF-1)

No commander leaves an office or position without making sure their replacement knows the lay of the land, challenges they'll face and tips to overcome adversity.

Allyn is no stranger to this. Before taking over RC-East the previous outgoing commander briefed him and gave advice. Now, he has his own words of wisdom to pass on to his successor.

Every day in Afghanistan is an opportunity and no two days repeat. Be vigilant and inspire your Soldiers to sustain their vigilance, teamwork and stalwart commitment to the mission and each other, Allyn said.

"This is a marathon. It's not a sprint, but it's a marathon at a very fast pace. You have to sustain your team, but also sustain your tempo against some pretty significant obstacles that get thrown in your way," Allyn explained. "Keep your eye on the prize, which is a self-sufficient [ANSF], hope for the people of Afghanistan, and a self-reliant government that looks after its people. This is what you have to keep your eye on as you endure some of the body blows that will happen."

Before leaving Afghanistan, Allyn would be remiss if he didn't thank those who've worked under him this last year. He has nothing but words of praise for the Coalition Forces, Afghans and U.S. servicemembers serving with him.

"Thank you to the Coalition Force allies and the courageous and indomitable spirit of our servicemembers whose continued commitment to Afghanistan helps to further the sustainability movement," Allyn said. Afghans are an incredible gracious people who recognize the extraordinary sacrifice of all Soldiers families and nations.

"For Command Sgt. Maj. [Isaia T.] Vimimoto and all of the 1st [Cav. Div.] Team it's been an honor to serve with you. Your stalwart service to our nation and these people of Afghanistan is inspiring." 🇺🇸



U.S. Army Maj. Gen. Daniel B. Allyn, commander of RC-East and Combined Joint Task Force-1, and a Berwick, Maine native, observes a combined mission with a fellow commander from the 201st Afghan National Army Corps, in Nangarhar province June 11. (Courtesy photo from U. S. Army Chaplain Lt. Col. Eric Albertson, CJTF-1)

Spearhead aircrews play key role in resc

By U.S. Army Staff Sgt. Joe Armas
TF Spearhead PAO

Soldiers from 1st Air Cavalry Brigade, 1st Cavalry Division, Task Force Spearhead, teamed up with coalition special operations forces to conduct a search and rescue mission near the village of Cabalaq, Feb. 22.

Initial reports indicated a dozen Afghan Uniformed Policemen had been trapped there as a result of an avalanche.

When the mission to rescue the policemen was briefed, the Soldiers from TF Spearhead had to deviate from their initial plans that evening.

"We were postured for another mission when we got word that the policemen were trapped," said U.S. Army Maj. Bryan Woodcock, from Cheyenne, Wyo., the operations officer for 1st ACB, 1st Cav. Div., TF Spearhead.

"The determination was made that the best option was to switch gears and use what resources we had available for the rescue mission," he added.

Woodcock said the mission presented numerous challenges; two of them being lack of communication with the stranded personnel and the extreme weather conditions that awaited the aircrews at the landing zones in the vicinity of Cabalaq.

"This was unlike any other mission I had flown in before," added Woodcock.

Flying the rescue team members into an area at 10,000 feet altitude combined with the extreme weather conditions required thorough mission planning, he said.

The crews had little time to prepare since quick mission execution was required.

"[The policemen] had already lost one person and we couldn't let them lose anymore, so we had to get out there as fast as we could," said U.S. Army Spc. Daniel Cox, originally from Houston, and one of the crew chiefs who took part in the mission.

The actual insertion and extraction of personnel from the aircraft provided another challenging task for the aircrews, added Cox, who is assigned to, 1st ACB, 1st Cav. Div., TF Spearhead.

Woodcock added, "We landed on about four to five feet of snow at the landing zone. The aircraft was essentially at a hover as we

were loading and unloading people so we could avoid sinking the helicopter into the snow."

Cox said the aircrews had to get the rescue team personnel as close to the village as possible to facilitate their efforts to retrieve the stranded personnel.

As the aircraft made the initial landing near the village, a cloud of snow engulfed the area causing what is referred to as a "whiteout" that limited visibility and made it more complicated to keep the aircraft from sinking.

The rescue team exited the aircrafts and proceeded to retrieve the stranded policemen in the village.

Once the rescue team members retrieved the stranded personnel, the aircrews returned to transport those who were stranded to a medical facility nearby.

As the personnel approached the aircraft for extraction, Cox,



A UH-60 Black Hawk helicopter from 1st Air Cavalry Brigade, 1st Cavalry Division, Task Force Spearhead, flies during a personnel recovery mission Feb. 22. The mission resulted in the rescue of nine Afghan Uniformed Policemen and two Afghan women who were stranded as a result of an avalanche in a remote village in Ghor province. (Courtesy photo by TF Spearhead PAO)

Background photo: A UH-60 Black Hawk helicopter from 1st Air Cavalry Brigade, 1st Cavalry Division, Task Force Spearhead, takes off from the remote village of Cabalaq during a personnel recovery mission Feb. 22. Nine Afghan Uniformed Policemen and two Afghan women were rescued by Coalition Forces after becoming stranded by severe snowstorms. (Courtesy photo by TF Spearhead PAO)


Rescue mission of stranded AUP personnel

along with other crew members and rescue team personnel, helped load the passengers on board.

“We had to literally pull the passengers up into the aircraft since the snow was so deep,” added Cox.

In total, nine Afghan policemen and two Afghan women were rescued. They all predictably seemed relieved as they departed the aircraft near the medical facility, said Cox.

Woodcock said completing a successful mission like this has big picture implications.

“You’re doing a lot of things out here and you don’t always see the immediate impact of what you accomplish,” said Woodcock. “I think something like this goes a long way to show that we are committed to helping the Afghan people, and that is the ultimate intent of our country.” 



Coalition special operations forces personnel step off of a CH-47 helicopter from 1st Air Cavalry Brigade, 1st Cavalry Division, Task Force Spearhead, after completing a personnel recovery mission in the remote village of Cabalaq, Feb. 22. Nine Afghan Uniformed Policemen and two Afghan women were rescued by USSOF after becoming stranded by severe snowstorms. (Courtesy photo by TF Spearhead PAO)



Coalition special operations forces personnel wade into the snow-covered village of Cabalaq during a personnel recovery mission after departing a UH-60 Black Hawk helicopter from the 1st Air Cavalry Brigade, 1st Cavalry Division, Task Force Spearhead, Feb. 22. Nine Afghan Uniformed policemen and two Afghan women were rescued by USSOF after becoming stranded by severe snowstorms. (Courtesy photo by TF Spearhead PAO)

Historical weapons handover in Ghazni

By Polish Army Capt. Jacek Thomas
TFWhite Eagle PAO

Task Force White Eagle took part in a security meeting and historic weapon handover in Ghazni Province Feb. 29. Ghazni Governor Musa Khan hosted the meeting, which TF White Eagle Commander Polish Army Brig. Gen. Piotr Błazeusz, 3rd Brigade, Afghan National Army Commander Brig. Gen. Mohammad Dawood Shah Wafadar, National Directorate of Security Chief, Brig. Gen. Shayed Amir Shah, Afghan National Police Chief Brig. Gen. Zahid Zarawar, military prosecutor's representative, Polish and U.S. Soldiers attended.

Błazeusz handed over weapons confiscated during operational activities by TF White Eagle to Zarawar. Among the weapons turned in there were 58 rifles, 15 pistols and five rocket launchers.

While handing over the rifle chosen to represent the other weapons turned in Błazeusz said, "This is a historical event, a symbol of mutual understanding, which is an evidence of mutual trust and united efforts to stabilize this part of the world. Today's event is a part of transition process of handing over your province and country."

During the meeting, Khan, on behalf of the Minister of Interior of the Islamic Republic of Afghanistan, decorated Błazeusz and U.S. Army Col. Michael Peeters, Stability Transition Team mentor, with medals for their contributions to the security and sovereignty of Afghanistan.

"Thank you very much for those gifts, which will help to stabilize and secure our country," said Zarawar. 🇺🇸



3rd Brigade Afghan National Army Commander Brig. Gen. Mohammad Dawood Shah Wafadar, Task Force White Eagle Commander Polish Army Brig. Gen. Piotr Błazeusz, Ghazni Governor Musa Khan, and Afghan National Police Chief Brig. Gen. Zahid Zarawar sign weapon handover documents in Ghazni Province Feb. 29. Among the weapons turned in there were 58 rifles, 15 pistols and five rocket launchers. (Photo by Polish Army Capt. Jacek Thomas)



Polish Army Brig. Gen. Piotr Błazeusz, Task Force White Eagle commander, hands over a ZB-30 Czechoslovakia machine gun made in 1938 specifically for the Afghan Army Feb. 29 in Ghazni. This rifle stood for all the other weapons turned in. (Photo by Polish Army Capt. Jacek Thomas)



Combined forces establish



U.S. Army Sgt. Peter Turo, a native of White Plains, N.Y., and a team leader with 2nd Battalion, 28th Infantry Regiment, 172nd Infantry Brigade, Task Force Blackhawk, collects biometric data in the village of Little Amenkhuil March 3. Afghan National Security and Coalition Forces worked together to collect data on all military aged men. (Photo by U.S. Army Sgt. William Begley, RC-East PAO)

By U.S. Army Sgt. William Begley
RC-East PAO

Afghan National Security Forces and Soldiers from 2nd Battalion, 28th Infantry Regiment, 172nd Infantry Brigade, Task Force Blackhawk, patrolled areas in the Gomal district March 3.

The patrol's goal, according to U.S. Army 1st Sgt. John Brennan, 2nd Bn., 28th Inf. Reg., 172nd Inf. Bde., TF Blackhawk, was to establish an ANSF presence and disrupt any insurgent activity. While in the village of Little Amenkhuil, Coalition Forces also gathered biometric data on military aged men and handed out clothes to local children.

Afghan National Army 1st Sgt. Nak Mohammad, 2nd Coy, 2nd Kandak, 2nd ANA Bde., said missions with U.S. forces show the cohesive relationship between the ANSF and U.S. Soldiers.

"Our relationship with the U.S. Soldiers has improved greatly and we hope it continues," Mohammad said.

Brennan, a native of Manchaug, Mass., added that by getting the ANSF time with their community, they are letting the people know that they are here to protect them while receiving U.S. training at the same time.

"[They] lead the convoy so the first thing the villagers saw was the face of their fellow countrymen and that helps to put them at ease," Brennan said.



Afghan children wait as the Afghan Border Police and the Afghan National Army get ready to hand out clothing in the village of Little Amenkhuil March 3. The combined forces patrolled the area looking for insurgents and gathering biometric data. (Photo by U.S. Army Sgt. William Begley, RC-East PAO)

presence in Gomal district

The patrol started with Afghan Border Police conducting traffic control point operations, said Brennan.

“Basically we’re trying to find any enemy insurgents that might be in the area smuggling things.”

While conducting the patrol, U.S. Army Sgt. Peter Turo, a native of White Plains, N.Y., and a team leader with 2nd Bn., 28th Inf. Reg., 172nd Inf. Bde., TF Blackhawk, collected military aged men’s biometric data. He was impressed with the level of identification the process provides.

“We get everyone’s fingerprints, DNA, pictures of the retina, and the people themselves along with their names and family history to add to our database,” Turo said. “With all of this information in our database, our chances of catching perpetrators from a previous improvised explosive attack increases dramatically.”

While Coalition Forces gathered biometrics, Mohammad said the ANA provided support to the local populace.

“Our Soldiers distributed the clothing they received from the U.S. Soldiers and the local people are happy. It’s our mission to keep our people happy and healthy.”



Members of the Afghan National Army and the Afghan Border Police distribute clothing to children in the village of Little Amenkhuil March 3. Coalition Forces are working towards making the Afghan National Security Forces more independent. (Photo by U.S. Army Sgt. William Begley, RC-East PAO)



An Afghan Border Policeman tries to cheer up a little boy in the village of Little Amenkhuil March 3. (Photo by U.S. Army Sgt. William Begley, RC-East PAO)

Blackhawk Artillerymen maintain the big guns

By U.S. Army Sgt. William Begley
RC-East PAO

Since basic training, Soldiers have learned to keep their rifles clean and maintained. By doing this, it saves their lives and the lives of others.

That's exactly the reason why the Soldiers of 1st Battalion, 172nd Infantry Brigade, Task Force Blackhawk, performed annual maintenance on their M777A2 155 mm Howitzer at Forward Operating Base Boris in the Bermel district of Paktika Province March 5.

U.S. Army Staff Sgt. Jose Guzman, a native of Chicago and section chief with 1st Bn., 172nd Inf. Bde., TF Blackhawk, said that doing maintenance is important because it helps to keep the weapons fully mission capable.

"These aren't brand new guns," said Guzman. "These guns are older and when it comes to maintenance you have to pay special attention to them, especially during the wintertime."

Maintenance on the howitzer consists of everything from cleaning the muzzle, which is similar to cleaning the barrel of the M-16 only on a much larger scale, to changing the fluids and tightening all the nuts and bolts. Guzman smiled as he described his top maintenance man, U.S. Army Sgt. Nathaniel Woerner.

"Woerner treats that gun like it's his car," said Guzman.

Woerner, a native of Lewisville, Ind., and a gunner with 1st Bn., 172nd Inf. Bde., TF Blackhawk, said he can do just about anything to the howitzer.

"I'm one of the few people on the FOB that knows all of the systems on that gun," said Woerner.

Woerner said that he enjoys maintenance because he loves to troubleshoot and fix problems that could take the gun out of the fight.

This is Woerner's and U.S. Army Sgt. 1st Class Chad Kloeckel's job to keep that from happening.

"We need to keep the guns running, especially in this province where we shoot a lot of counter-fire missions in support of other FOB's," said Kloeckel, a native of New Auburn, Minn.

Kloeckel, a platoon sergeant with 1st Bn., 172nd Inf. Bde., TF Blackhawk, goes by "Smoke".

"My nickname is what we in Field Artillery call the platoon sergeant of a firing platoon. It actually originated back in the Civil or Revolutionary War time period. The guns back then produced so much smoke it would cover the whole battlefield," said Kloeckel. "So one of the fires supporters said when they would look back after the smoke had cleared, the first person they would see would be the platoon sergeant guiding the guns. That's how the nickname smoke originated."

With the maintenance completed on the howitzers, they test fired five illumination rounds. These rounds light up the battle space at night. After the conclusion of the evening's test fire, Woerner summed everything up with a satisfied look on his face.

"The biggest payoff is at the end of the day you really feel like you accomplished something," said Woerner. 🇺🇸



Artillerymen with 1st Battalion, 172nd Infantry Brigade, Task Force Blackhawk use a forklift to depress the muzzle of an M777A2 155mm Howitzer at Forward Operating Base Boris March 5. Once they depress the muzzle, they can inspect the breech more thoroughly. (U.S. Army photo by Sgt. William Begley, RC-East PAO)

U.S. Army Spc. Andre Medina an artillery Soldier with 1st Battalion, 172nd Infantry Brigade, Task Force Blackhawk, makes some last-minute preparations on the M777A2 155 Howitzer March 5. The Anaheim, Calif., native and the rest of his team test fired the howitzer immediately after finishing annual maintenance. (U.S. Army photo by Sgt. William Begley, 11th Public Affairs Detachment)



AUP takes the reins from

By U.S. Army Spc. Ken Scar
RC-East PAO

The city of Gardez is located at the junction between two important roads that cut through a huge alpine valley. Surrounded by the mountains of the Hindu Kush, which boil up from the valley floor to the north, east and west, it is the axis of commerce for a huge area of eastern Afghanistan, and has been a strategic location for armies throughout this country's long history of conflict. Observation posts built by Alexander the Great are still crumbling on the hilltops just outside the city limits.

For the last 10 years, western armies have controlled this valley, with the paratroopers of Headquarters and Headquarters Company, 3rd Battalion, 509th Infantry Regiment, Task Force Spartan, currently holding that distinction. Their mission: to prepare the Afghan Security Forces to operate independently.

On Feb. 16, the Soldiers from Scout Platoon, HHC, 3rd Bn., 509th Inf. Regt., accompanied a local Afghan Uniformed Police element on a presence mission around the city. Something that may seem routine here after a decade of modern war, was actually a big leap forward for Afghanistan's emerging security forces because it had been planned and executed exclusively by the AUP without coalition input.

This time, the scouts were just tagging along for the ride.

"Today was a big step," said U.S. Army 1st Lt. Clayton Smith, a scout platoon leader and Oxford, Maine native. "This is the

first time [Gardez AUP] Capt. Kardir has ever planned his own patrol. It used to be we'd call them and say we need 10 guys and two trucks. It's been easier to plan it as a U.S. mission and just tell them, walk up this road ahead of us."

On this day, however, it was the first time that the AUP called to request operational support, and was a heartening sign of progress for U.S. personnel stationed in the valley, said Smith.

"We're getting ready to turn the country back over to the Afghans," said U.S. Army Chaplain (Maj.) Brad Kattelmann, from Brookings, S.D., 3rd Bn., 509th Inf. Regt., who came along on the mission to build trust with the local Afghans. "So what happened today is very important."

Important, also because the Afghan-to-U.S. troop ratio on these types of missions is evening out.

"Today we went out and their line of guys was just as long as our line of guys," said Smith. "So the people don't see us dominating the patrol and think, as soon as we're gone, they have nothing."

In the months to come, the Soldiers from 3rd Bn., 509th Inf. Regt., will continue to accompany their Afghan counterparts on missions, carefully stepping back from taking an active part in the operations to assume a strictly supervisory role.

"Today was day one, creating a starting point," explained Smith. "Now we bounce it off of what they were taught in their academy and assess their performance."

"They know how to go out on patrol, because that's something



U.S. Army 1st Lt. Clayton Smith, from Oxford, Maine, Scout Platoon Leader for Headquarters and Headquarters Company, 3rd Battalion, 509th Infantry Regiment, Task Force Spartan, speaks with members of the Afghan Uniformed Police inside the police headquarters courtyard after a presence patrol through the city of Gardez, Feb. 16. (Photo by U.S. Army Spc. Ken Scar, RC-East PAO)

U.S. Soldiers in Gardez

we taught them because it effects our security,” Smith added. “But what we’re trying to work on is getting them to not just do raids with Americans, but to patrol the streets and arrest people who are breaking the law.”

It’s important for the populace to see the local police actually doing police work, like arresting troublemakers and drug users, Smith explained, because it gives them credibility in areas where it has been lacking.

“Cops don’t need to go around and shake hands and make nice with everyone they see, but they need to get the respect of the population, and you do that by doing everything you can to positively affect every civilian you come in contact with,” Smith said. “If the people of Gardez see the AUP arresting a 17-year-old troublemaker, throwing him in the slammer for a night and making his parents come get him the next day — that’s going to be the talk of the town.”

With the AUP taking the reins in Gardez, the scouts may finally get a break from what has been a gruelling operational tempo — even for scouts.

“We cover down on the largest area of operation in Paktya, and the largest population center,” said Smith. “We constantly patrol.”

Even with their only respites coming when the lack of air support nixes foot patrols into the city, and even with such a high operation tempo, the scouts’ morale remains high.

“Scouts are the cream of the crop of the battalion,” said U.S. Army Maj. Mychajlo Eliaszkewskyj, the HHC commander from Canandaigua, N.Y. “They are prepared for anything.”

“The guys expect it because we drove them hard training up to come over here, but its going to be a long ten months,” said Smith.

Pfc. Mike Halberg, of Vancouver, Wash., expressed a positivity that is typical for Soldiers in the Scout Platoon about the difficult job they must execute in the months ahead.

“It’s going to be a long year but its good times,” he said. “[Together with the AUP] we’re keeping Gardez safe and catching bad guys as they roll through. It’s fun stuff.”

“When we go home, everyone will tell their war stories, but these [scouts] are going to leave this small chunk of Afghanistan a better place than what they found it,” said Smith. “You can already see it. These actual Soldiers with boots on the ground are making a positive change in Afghanistan. It’s not just some briefing by a general. The civilians walking the streets of Gardez are being positively affected by their hard work.”



U.S. Army Sgt. Nicholas Fenton, from Clinton, Conn., Team B Leader for 2nd Squad, Scout Platoon, Headquarters and Headquarters Company, 3rd Battalion, 509th Infantry Regiment, Task Force Spartan, pulls security on a side street with his team during a presence patrol with the Afghan Uniformed Police in the city of Gardez, Feb. 16. (Photo by U.S. Army Spc. Ken Scar, RC-East PAO)



Members of the local Afghan Uniformed Police conduct a vehicle search during a presence patrol in the city of Gardez, Feb. 16. (Photo by U.S. Army Spc. Ken Scar, RC-East PAO)

Servicemembers gear up for Warrior Team Competition

By U.S. Army Staff Sgt. Terrance D. Rhodes
RC-East PAO

The sun shines down on the servicemembers' determined face as their hands sweat with anticipation; their eyes filled with one goal in mind - winning. Someone yells 'go' and they're off, to prove to themselves, their teammates, and all Regional Command-East that they're not training to compete, but to win.

Servicemembers from Task Force Paladin are preparing to compete in the Warrior Team Competition held on Bagram Airfield March 10-11.

The competition is time-based and consists of a variety of performance and physical challenges. The events cover a wide range of tasks and drills; from stress shooting, litter carrying, weapons knowledge, a physical fitness test, foot marches and even a mystery event.

U.S. Army 1st. Sgt. Alicia L. Newton, Headquarters and Headquarters Company, TF Paladin, is proud to have three different two-man teams representing TF Paladin.

"It's awesome we got three teams to come out to compete in the competition," said Newton, a Clinton, Md., native. "We had to cut some teams; so having this many people wanting and able to compete is an honor."

In preparation for the upcoming event, TF Paladin is training three teams featuring different branches of service teammates.

The first team, who calls themselves "Team Dominators", consists of U.S. Army Staff Sgt. Nestor A. Colon, an intelligence noncommissioned officer from Miami and U.S. Navy Petty Officer 1st Class Chuck Jones, an information system technician from Markham, Ill.

Colon believes this a great opportunity for the two services to unite.

"I thought it was a good opportunity for joint operations between the Army and Navy," said Colon. "We work in the same office and we work-out together, so I wanted to give it a shot."

Jones admitted he has an additional motive.

"I want to prove that the Navy can keep up with the Army," said Jones.

The second team, who are called "YUTTeam," are represented



U.S. Marine Staff Sgt. Ricardo Ruano, a native of San Jose, Calif., and Cpl. Eric Fleming, who hails from Durham, N.C., cross the plank at Task Force Paladin obstacle course March 6. Ruano and Fleming are preparing for the Warrior Team Competition to be held March 10-11. (Photo by U.S. Army Staff Sgt. Terrance D. Rhodes, RC-East PAO)

by two of TF Paladin's Marines. Yut is one of the Marines terms of motivation. U.S. Marine Staff Sgt. Ricardo Ruano, an administrative noncommissioned officer from San Jose, Calif., and Cpl. Eric Fleming, a financial liability investigation of property loss manager from Durham, N.C., have participated in competitions like this before.

"I've trained Marines for competitions like this at Fort Meade, Md., so I feel like I'm ready for this challenge," Ruano said.


Fleming competed in the Bushido Warrior Challenge in Okinawa, Japan, so he knows the amount of pride that people take away from these competitions.

"I take pride in being a Marine and to come out here and compete with the other branches of service is a challenge," Fleming said. "It's for bragging rights."

The third team, or "A-team," is all-Army.

U.S. Army Sgt. Tammy Aherns, a human resource noncommissioned officer from Seattle, and U.S. Army Spc. Alfonso Vega, a supply specialist from Merced, Calif., knows that winning would boost their morale.

Aherns and Vega feel if they win, they would know they can overcome any obstacles and challenges that stand in their way.

As the sun sets on the servicemembers preparation for the Warrior Team Competition, it's clear to see, that their goal is simple ... win. 

Editors Note: This is part one of a two part series.



U.S. Navy Petty Officer 1st Class Chuck Jones, a native of Markham, Ill., and U.S. Army Staff Sgt. Nestor Colon, a native of Miami, are preparing for the Warrior Team Competition to be held March 10-11. (Photo by U.S. Army Staff Sgt. Terrance D. Rhodes, RC-East PAO)





Regional Command-East commander Maj. Gen. Daniel B. Allyn (right) and RC-East Command Sgt. Maj. Issia Vimoto (left) hand out Army Commendation medals to U.S. Army Sgts. Steven Niedbalski and Gregory Bonine, March 11. Niedbalski and Bonine won the 2012 Best Warrior Team Competition held on Bagram Airfield. (Photo by U.S. Army Staff Sgt. Terrance D. Rhodes, RC-East PAO)

Ceremony honors Best Warrior Team

By U.S. Army Staff Sgt. Terrance D. Rhodes
RC-East PAO

Competitors from the 2012 Best Warrior Team Competition were honored at a ceremony at the Morale, Welfare, and Recreation clamshell on Bagram Airfield March 11.

Twenty-six two-person teams from Regional Command-East competed in a day-long warrior competition, which tested each team's abilities in a wide range of skills from first aid, radio communications, and assembling different weapons to physical fitness, foot marching, and conducting an obstacle course.

U.S. Army Maj. Gen Daniel B. Allyn, commander of RC-East and 1st Cavalry Division addressed the audience with words from his father to inform the crowd of the kind of servicemembers that competed in the competition.

"Who at the best know in the end, the triumphant of high achievement and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory or defeat," he said.

On this night, all the teams received a Combine Joint Task Force-1 certificate and a commanding general's coin.

Teams that placed tenth through fourth also received Revision ballistic eyewear, and a swag bag that consisted of supplies from the Atlantic Diving Supply Incorporated.

The top three teams were:

Third place team: U.S. Army Sgt. Justin Collins and Spc. Andrew Peyton from 3rd Battalion, 66th Armor Regiment, Task Force Blackhawk, who additionally received a Blackhawk army combat uniform pattern duffel bag and a 1st Cav. gerber ratchet knife.

Second place team: U.S. Army Sgt. Ross Beyerle and U.S. Army Pfc. Nicholas Badis from 425th Brigade Special Troops Battalion, TF Spartan. They also received a hazen combat knife and a revision gift kit consisting of a hat, t-shirt and a pair of hellfly ballistic eyewear.

First place team: U.S. Army Sgts. Steven Niedbalski and Gregory Bonine from Headquarters and Headquarters Battalion, 1st Cavalry Division, TF Maverick. The winners also additionally received an Army Commendation Medal, Benchmark tomahawk by ADS, and CJTF-1 certificate with flag and frame.

Bonine, a native of Colorado Springs, Colo., said the competition was exhausting but he knows it wasn't an easy task.

"Honestly, I didn't think we were going to win, I knew we had a good chance but competing against all of RC-East isn't easy," said Bonine. "It feels good knowing we won the competition."

Niedbalski, a native of Browns Mills, N.J., wanted to send a message to his Soldiers, peers and leaders.

"There shouldn't be any doubt when you are competing," said Niedbalski. "When you play as a team, you can accomplish anything."

Editors Note: This is part two of a two part series.



'Bobcats' reunite in the sands of Afghanistan

Story by U.S. Army Sgt. John Ortiz
TF Bulldog PAO

Traveling from the mountains and snow of Eastern Afghanistan to the sand and deserts of southern Afghanistan, a reunion between two old families, decades in the making, was soon to become reality.

Overcoming nature's obstacles of snow and distance, Soldiers with 2nd Battalion, 5th Infantry Regiment, 3rd Brigade Combat Team, 1st Armored Division, Task Force Bulldog, flew from Forward Operating Base Shank to Kandahar Air Field, to meet with their sister unit, the 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division.

"This is a great opportunity for us," said U.S. Army Lt. Col. Brian Payne, the 1st Bn., 5th Inf. Regt., commander and a native of Red Oak, Texas. "This is the first time the two battalions have been together in 50 years — fighting in the same theater of war and the same terrain. We are separated physically and geographically back at home station, but now we are both in Afghanistan and we found a way to reach out and contact each other and share our experiences and history of the unit."

According to the 5th Infantry Regiment Association's Sam Kier, the last time the Bobcats fought together was in 1953, toward the end of the Korean War. In addition, the last time the regiment's battalions were united was in 1957 in Nuremburg, Germany, just before the Army began reorganizing as part of the Combat Arms Regimental System.

"This was a great opportunity," said U.S. Army Lt. Col. Robert Horney, the 2nd Bn., 5 Inf. Regt., commander and a native of Lebanon, Pa. "Our brigade was very supportive of getting us

down here. We traveled and [1st Bn. 5th Inf. Regt.] hosted. We had a great day of discussions not just on our history, but about some of the things they have learned. They are at the tail end of their deployment and we are at the five-month mark for our deployment and it was helpful to sit commander-to-commander and get some of their insights."

Operation Enduring Freedom has put both Bobcat battalions together, fighting in the same country against a common enemy, and the will of both units' top enlisted advisors brought the unit's colors together for the first time in 55 years.

Moreover, usually whenever two infantry units that have a long history, including one that has 54 Medal of Honor awardees, a friendly sibling rivalry is present.

"We are the real infantry," said 2nd Bn. 5th Inf. Regt., U.S. Army Command Sgt. Maj. Carlos Olvera speaking of his light infantry unit to the crew of a Stryker vehicle before climbing aboard for the drive from Kandahar Air Field to Forward Operating Base Shoja. In response, the Stryker crew welcomed aboard the "second best infantry battalion."

Yet with all the friendly rivalry aside, the 5th Inf. Regt. is the third oldest unit currently in service in the United States Army, tracing its lineage as far back as 1808, when Congress first authorized its formation.


The regiment has fought in virtually every major war waged by the American Army, earning 51 campaign streamers over two centuries of combat. Nicknamed the "Bobcats," the regiment's colors are currently carried by its 1st Battalion out of Fort Wainwright, Alaska and its 2nd Battalion out of Fort Bliss, Texas.

"I think just getting together and going over some of the [5th Inf. Regt.] history is very important," said 1st Bn., 5th Inf. Regt., U.S. Army Command Sgt. Maj. Ernest Bowen, a native of Georgetown, Pa. "I told the Soldiers ever since I got here that this regiment has a proud history of serving this nation since its inception. The current Soldiers of the 'Bobcat' battalion are over here right now, writing the current page of history and it really is up to us and the job we do; that is how the historians are going to write it."

These two battalions are the cornerstone of the regiment and the history it instills into fellow Bobcat Soldiers.

"I think this is an important event, especially for the NCOs," said Olvera. "NCOs are the ones teaching the unit history to incoming Soldiers. We use it a lot in our promotion boards, we talk about it, and I like the fact that it is the young NCOs instilling esprit de corps, especially when it comes to the history our regiment has."

Building on the foundation on what others have done, is part of the Bobcat legacy.

"We want to say a special thanks to the regimental association and the Bobcats that have gone before us," said Payne. "Thank you for the work you have done to set us in a position to do what we have done in Afghanistan." 



The 5th Infantry Regiment Colors (middle) are flanked by the 1st Battalion, 5th Inf. Regt., 1st Stryker Brigade Combat Team, 25th Infantry Division, and 2nd Battalion, 5th Inf. Regt., 3rd Brigade Combat Team, 1st Armored Division, Task Force Bulldog colors during an unveiling ceremony at Forward Operating Base Shoja. (Photo by U.S. Army Sgt. John Ortiz, TF Bulldog PAO)

45th IBCT makes last dent against insurgent forces

By U.S. Army Spc. Shanna Gantz
RC-East PAO

The 45th Infantry Brigade Combat Team, Task Force Thunderbird nearing the end of their deployment, did not slow down from taking the fight to the enemy.

The 45th IBCT spotted multiple insurgents placing an improvised explosive device just south of Mehtar Lam City, at the intersection of Highway 7 and the Mehtar Lam Highway on the night of Feb. 23.

The insurgents were observed carrying multiple weapons and digging and placing an IED under the cover of darkness. They also had an element of insurgent overwatch, in a linear ambush position.


After the IED placement, insurgents began to move south toward the Tor Ghar Mountain Range, where they were engaged by Coalition Forces.

The scout weapons team and air weapons team engaged the insurgents until close air support arrived, effectively destroying 21 enemy insurgents.

A battle damage assessment conducted the following morning by the 127th Military Police Co. and the 2nd Kandak, 1st Brigade, 201st Corps, Afghan National Army, found the insurgents had a variety of weapons including home-made explosives, a mortar, mines, an rocket-propelled grenade, machine guns, an AK-47, a grenade, a pistol, and multiple packs of ammo.

An explosive ordnance disposal team disarmed the IED with no complications.

Provincial Governor Mohammad Iqbal Azizi invited local media to the site to conduct a press conference to show this event as a positive victory for the people of Afghanistan.

"These are the enemy of Afghanistan who seek to undermine the Islamic Government of Afghanistan, not Coalition Forces," Azizi said. 



Weapons and items found by the Afghan National Army and Coalition Forces following an enemy engagement, Feb. 24. (Photo courtesy of the U.S. Army)

Soldiers of the 45th Infantry Brigade Combat Team, move tactically through the rocky terrain of Afghanistan during a patrol. (Photo by U.S. Army Spc. Leslie Goble, TF Thunderbird PAO)



W^{LEADER} WATCH

Three types of learners

Commentary by U.S. Army Chaplain (Capt.) Jim Fisher, Ph.D.

TF Longhorn

Leaders interact with various types of learners. The goal of delivering information for direction can fall short if we don't take the time to really know those whom we lead.

People want to learn. We owe those under our care the best of experiences. We must take the time to connect after the briefing to ensure maximum assimilation of information for transformation.

What are the different types of learners? Generally, they fall into three categories: auditory, visual, and kinesthetic. Understanding these traits is an essential skill for ultimate success.

The auditory learner is attuned to words. Annunciation and pronunciation are important to this learner. Word choice moves the heart and mind towards action.

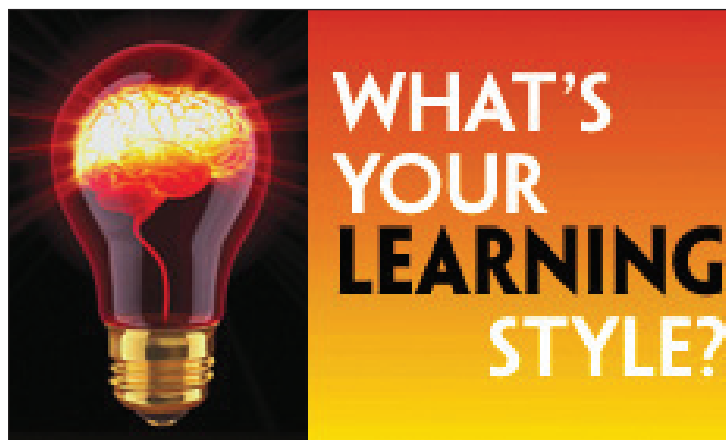
The auditory wants "to hear you." A careful preparation of the lecture, narrative, or brief will facilitate the very best of learning potential for the auditory learner.

The visual learner is inclined towards pictures and other types of images. Color and action are appreciated by the learner, as a personal illustrative core enlightens the education process.

The visual wants to "see what you are teaching." Incorporating drawings, graphs, and photos will assist the visual learner in grasping the presented concepts.

The kinesthetic learner is in sync with feelings. It is vital that the learner connect with the teacher/mentor and the material. The kinesthetic wants "to feel what you are saying." Ensuring a passionate knowledge of the presentation will bridge the gap of the concrete and abstract for the learner.

How do we know what kind of learners surround us? Ask. Don't you wish your leaders did so? Take the time and make a difference. Simply passing out information will not cause comprehension. Often, it stirs only frustration. 🎧



VISUAL	AUDITORY	PHYSICAL
<ul style="list-style-type: none">➤ Learn best through seeing, need to see the teacher's body language & facial expressions➤ May prefer sitting at the front of the classroom in order to see more clearly➤ Learn best from visual displays: diagrams, illustrations, overhead transparencies, videos➤ Think in pictures	<ul style="list-style-type: none">➤ Learn best through lectures & discussions➤ Interpret the underlying meanings of speech through listening to tone of voice, pitch, speed, & other nuances➤ Often benefit from reading aloud➤ Written information may have little meaning until heard	<ul style="list-style-type: none">➤ Learn best through an active, hands-on approach➤ Do well in classes with a lab component➤ May find it hard to sit still for long periods➤ May become distracted by need for activity & exploration

Illustrations at the bottom: binoculars, headphones, a microscope, and a compass rose.

W^{NUTRITION}ATCH

Healthy eating made easy

By U.S. Air Force Maj. Risa C. Riepma, RD, MA, CDE

A common concern for Americans is managing weight. While it may sound overly simplistic, the key to managing weight at any age is balancing calories obtained through food with physical activity. The “Dietary Guidelines for Americans 2010” recommend making changes to your plate that result in eating more of certain foods and less of others.

The Dietary Guidelines encourage Americans to eat more:

Whole grains: Try to increase whole grains by choosing wheat bread, cereals, and brown rice. Cereals with more whole grain include honey nut cheerios, wheat flakes, and granola.

Vegetables: Eat a variety of vegetables, both cooked and raw. Try to select vegetables that are a variety of colors like dark green, orange, and red. Don’t forget that beans and peas are considered starchy vegetables. Aim for at least 2 1/2 cups of vegetables each day.

Fruits: Eat fruit as part of a meal or snack. Focus on fresh fruit and limit fruit juices due to added sugar and calories. Try to get about two cups each day.

Dairy: Choose low fat, fat free and soymilk to equal three cups each day. Yogurt also counts toward this food group, which offers calcium, Vitamin D and protein.

Vegetable Oils: Vegetable oils like canola, olive, peanut and soybean are higher in monounsaturated and polyunsaturated fat which are healthier for your body compared to solid fats such as saturated fat. However, even these healthier fats contain significant calories and should be used in moderation. Whenever possible, choose baked, broiled and steamed foods instead of fried.

Seafood: Substituting fish and seafood in place of some meat and poultry can add variety and help prevent some diseases.

The Dietary Guidelines encourage Americans to eat less:

Added sugars: Some items that contain added sugars include juices (not 100 percent juice), soda, cookies, candy, and baked goods.

Solid fats, including trans fat: Found in many animal products and processed foods.

Refined grains: Also, found in processed foods.

Sodium: Is contained in most canned and processed foods.

Americans typically consume more than twice the

amount of sodium our bodies need.

It is recommended to limit sodium intake to less than 2,300 mg each day. Remember sodium is naturally contained in most foods. Adding salt to your food or choosing those with added salt can easily put you over. High sodium diets can contribute to high blood pressure and chronic kidney disease.

Ways to reduce sodium in your diet include choosing foods with food labels that read “low sodium” and “no added salt.”

Eating fresh lean meats, poultry, fish, fresh beans and peas can help.

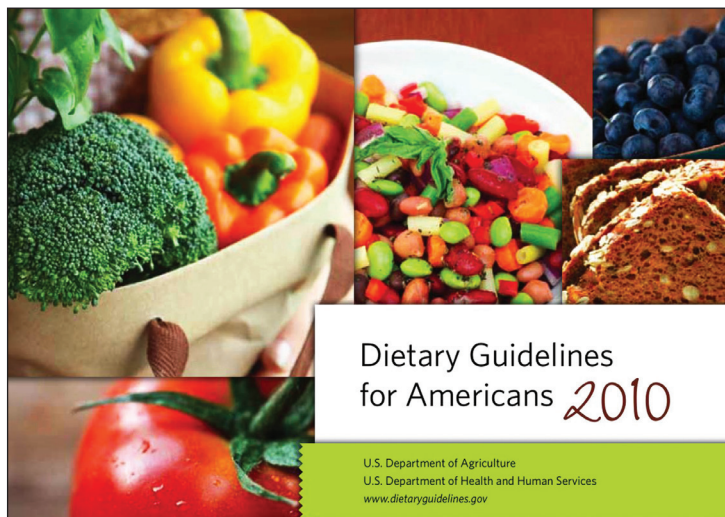
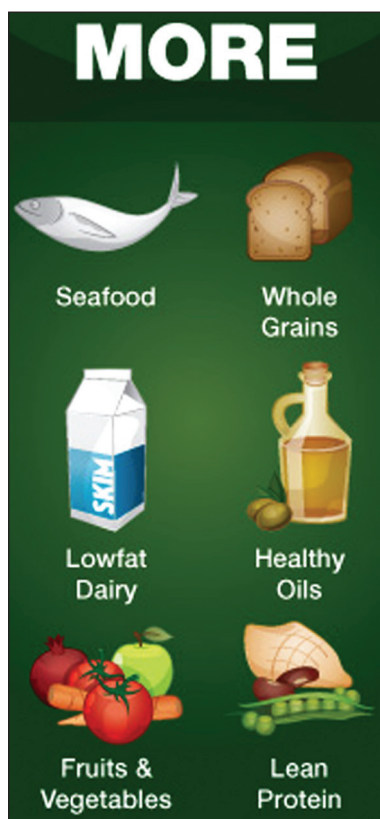
Taste food before adding salt. Try to become accustomed to the natural taste of food without adding salt.

Ways to decrease your fat intake include reducing the use of margarine, cream sauces, high fat salad dressings, and high fat meats.

Trans fat is found in foods made with vegetable oils that have been partially hydrogenated such as cookies, crackers, pastries and donuts.

A healthy eating style is dependent on a pattern of smart choices. Don’t worry if you find yourself at an event or in a situation that result in eating foods from the “try to reduce” list.

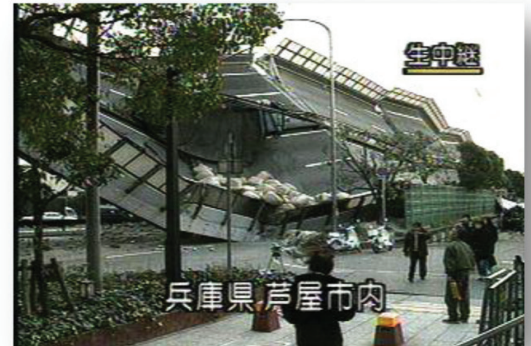
Instead, focus on the principles in the “Dietary Guidelines for Americans 2010” to get back on track so that unhealthy choices are an infrequent occurrence rather than your norm.



WEMERGENCY MANAGEMENT WATCH Earthquake preparedness



Earthquakes



Before an earthquake:

- Avoid placing heavy objects into places where they could easily fall during an earthquake and cause injury or block exits
- Should know where their fire extinguisher is, as required by the Fire and Emergency Services Flight
- Familiarize yourself with the designated evacuation area in your work area

During and after an earthquake:

- Watch for falling objects, toppling furniture and panic
- Do not run outside, and try to remain as calm as possible. If you are in the streets, try to find protection from glass and other objects that may fall from surrounding buildings.
- Then listen for updates from the Mass notification system "Giant Voice"



W^{UNIT} WATCH

By U.S. Army Spc. Cody Barber,
RC-East PAO

When the Soldiers in the most remote places of Afghanistan start to run out of water, food or ammunition, they can expect the sound of blades cutting through air to be their savior.

CH-47F Chinook pilots and crew members with 2nd Battalion, 82nd Combat Aviation Brigade, Task Force Poseidon, run various operations in support of the mission and Coalition Forces in Afghanistan such as combat resupply, passenger transportation and air assaults.

U.S. Army Chief Warrant Officer 2 William Haynes, native of Elizabethtown, Ky., and a Chinook pilot, said that one of the most performed and important missions they do is resupply.

"We spend most of our time doing resupply missions supporting all of RC-East," said Haynes. "We do a lot of resupply of food and ammunition; those are the two big things we move around the battlefield right now."

In total the Chinook pilots at FOB Poseidon have flown more than 980 tons of cargo, moved 8,000 personnel and have flown over 1,200 hours since last fall.

The importance of resupplying troops can't be stressed enough, Haynes added. Sometimes ground forces are unable to reach the Soldiers in the field and that's where they come in.

"A lot of [Observation Post] or [Forward Operating Base's] have no other way to receive supplies," said Haynes. "We are able to get into the mountains and support the troops in the isolated places."

Being able to fly also takes away the risk for ground troops because they don't have to risk the threat of Improvised Explosive Devices and it also requires fewer assets to support the mission, said Haynes.

"For us, it's a lot safer to go wherever support is needed then it is for trucks and ground convoys," said Haynes. "We can get to places a lot faster and more efficiently and we can take a more direct route and get it done quicker."

The Chinooks can hold more than 30 passengers on average, making it ideal for transporting troops around Afghanistan and also helping out with missions that require large drop offs.

"We are a big strength to the fight," said U.S. Army Chief Warrant Officer 2 Marlon Stewarg, a Chinook pilot with 2nd Bn., 82nd CAB, TF Poseidon. "A lot of these air assaults missions go into places that are high in elevation and between valleys. We can put combat ready troops on the back of each Chinook and drop them off in any location quickly."

"We like to think we are a big part of the mission," said U.S. Army Sgt. Steffen Wittbrodt, native of Marlette, Mich., a crew chief with 2nd Bn., 82nd CAB, TF Poseidon. "We want to continue pushing forward and supporting the Soldiers that go out to get the bad guys."

When Soldiers need to be moved for reasons such as redeploying, rest and relaxation or moving from one FOB to another we can also do that, the Saint Catherine, Jamaica, native added.

The aircraft they fly is about 100 feet from rotor tip to rotor

Chinooks keep missions flowing


tip, making it difficult for the pilots to judge a landing or see if the surrounding area they are going to land on has any obstacles or obstructions.

"For the pilots up front, we can only see a very small portion of [the area] and the 85 to 90 feet behind us we can't really see," said Haynes. "So that's where our crew chiefs come in."

Wittbrodt works with a crew of three making sure they communicate with the pilots constantly during a mission.

"With such a big aircraft it's very important to communicate, especially when we go into tight landing zones," said Wittbrodt. "Sometimes we get within 10 feet of objects and it takes many adjustments to get us where we need to land."

Wittbrodt also added that the crew's safety and the safety of the passengers rely on them to communicate.

"If we didn't work together something could easily go wrong," said Wittbrodt. "We are the eyes and ears for the backside of the aircraft." 

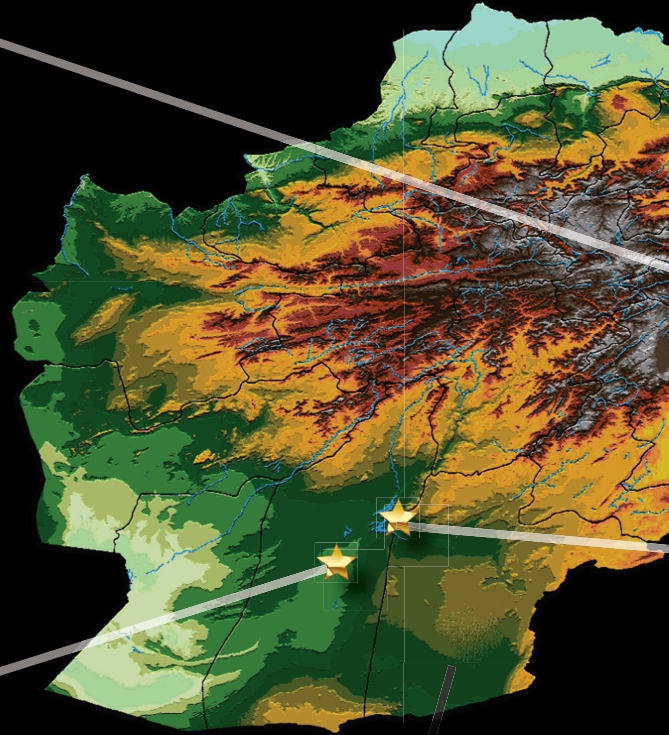


U.S. Army Chief Warrant Officer 2 Francisco Cervantes, native of Mount Pleasant, Texas, a CH-47F pilot with 2nd Battalion, 82nd Combat Aviation Brigade, Task Force Poseidon, does a pre-flight inspection to make sure everything is working properly Mar. 1. The CH-47F aircraft can hold on average more than 30 passengers making it ideal for transporting troops around Afghanistan. (U.S. Army photo by Spc. Cody Barber, RC-East PAO)

Goodwill across Afghanistan:



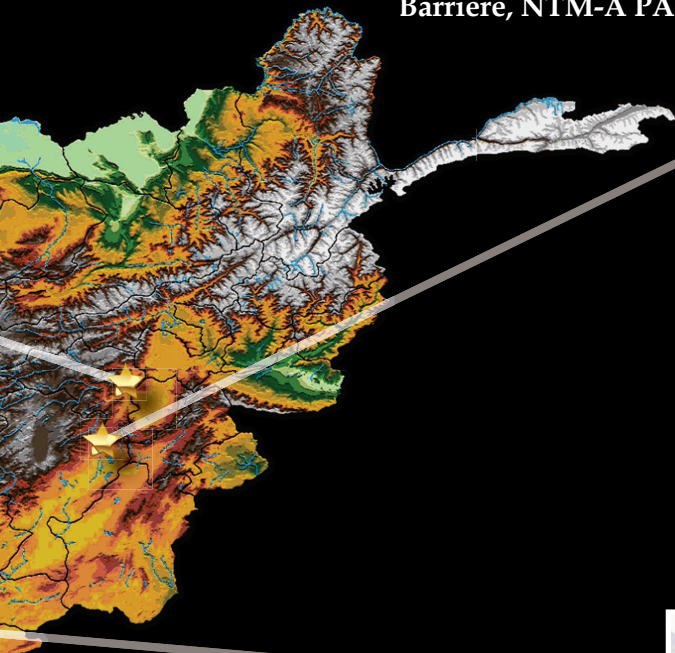
U.S. Army Lt. Col. Vivian E. Gaz, commander of the 378th Combat Sustainment Support Battalion, 10th Sustainment Brigade, and members of Dehdadi district cut the ribbon for the newly-renovated Abuzaid High School Feb. 16. The renovation to the school is an effort to help energize the Dehdadi district in the educational system and provides students an opportunity to focus on education. (Photo by U.S. Army Staff Sgt. Jared Crain, 10th Sustainment Brigade PAO)



Estonian troops clear a road in Helmand province of improvised explosive devices March 4. The eleventh rotation of Estonian troops, serving with the International Security Assistance Force in Afghanistan, made an all-time best per rotation when they cleared 106 IEDs last year. The Estonian's main mission is to clear IEDs from civilian populated areas and then to help with route clearance. (Courtesy photo from RC-Southwest PAO)

ISAF and ANSF Reach Out

Afghan Local Policewoman Lt. Col. Zakia Es-matullah, Executive Law Enforcement Training Program graduate, accepts her graduation certificate from ALP Maj. Gen. Ghafar Sayed Zada, Criminal Investigations Division director, Feb. 18. During the 30 day course, the students received brief lessons on intelligence led policing, domestic violence, the rule of law, counter narcotics, evidence handling, crime scene investigating, report writing and interviewing, case building and human trafficking. (Photo by U.S. Army Staff Sgt. Terri Barriere, NTM-A PAO)



U.S. Army 1st Lt. Davin Fischer, a member of the Minnesota Army National Guard serving with the Zabul Agribusiness Development team, observes during a veterinary seminar given by the Zabul province Department of Agriculture, Irrigation and Livestock. The events included a seminar and question-answer period on the first day, followed by inoculations for the village's livestock on the second. (Photo by U.S. Army Lt. Col. Daniel Bohmere, Zabul Agribusiness Development Team)



STORY SNAPSHOTS



Patrolling

An Afghan National Army Soldier marches through the Bargay valley in Kunar province Feb. 25. The Soldier was part of a mission to hunt for caves that insurgents can use to hide in. (Photo by U.S. Army Sgt. Trey Harvey, Joint Combat Camera Afghanistan)



Documenting

A member of the Afghan National Army documents the detonation of an improvised explosive device on a street near the wood market in Gardez, Feb. 18. This was the first time an ANA explosive ordinance disposal unit was called on to destroy an IED by the Afghan Uniform Police without assistance from Coalition Forces in this area. (Photo by U.S. Army Spc. Ken Scar, RC-East PAO)



Training

U.S. Army Task Force Poseidon Command Sgt. Maj. Larry Farmer, a native of San Diego, Calif., conducts readiness level training for door gunner duty on a UH-60 Black Hawk. (Photo by U.S. Army Staff Sgt. Donna Davis, TF Poseidon PAO)

Listening

At age 72, U.S. Army Chaplain (Lt. Col.) Michael Travaglione is the oldest Chaplain to have ever served in the United States Army. A Franciscan Priest, he volunteered to extend beyond retirement and beyond the age-cap so he could continue to minister to the troops he has grown to love in his 30 years of service to God and Country. "It always comes back to giving," he said, "That's the Franciscan way. Like the Army Value of Selfless-Service, it is in giving that we receive." (Courtesy photo from U. S. Army Chaplain Lt. Col. Eric Albertson, CJTF-1)



Flying

A Northern Harrier flies by a U.S. Air Force C-5 Galaxy from Dover Air Force Base, Del., Feb. 29 at Bagram Airfield. The C-5 is a heavy transport aircraft and is the largest in the Air Force inventory. (Photo by U.S. Air Force Tech. Sgt. Matt Hecht, 177th Fighter Wing PAO)



Playing

U.S. Soldiers from 3rd Battalion, 509th Infantry Regiment, Task Force Spartan and Airmen from the Paktya Provincial Reconstruction Team engage in a snowball fight on Forward Operating Base Gardez, Feb. 20. (U.S. Army photo by Spc. Ken Scar, RC-East PAO)



Shooting

Afghan National Police officers engage targets during a small arms practice range at Forward Operating Base Shank in Logar province Feb. 22. (Photo by U.S. Army Spc. Tia Sokimson, Joint Combat Camera Afghanistan)



Testing

An OH-58D Kiowa Warrior from 82nd Combat Aviation Brigade, Task Force Poseidon, fires a 2.75 inch rocket at a mountain-side during a test flight in eastern Afghanistan, March 1. The Kiowa Warrior is the Army's scout and reconnaissance aircraft, which often provides close support for ground troops on the battlefield. (Photo by U.S. Army Sgt. 1st Class Eric Pahon, TF Poseidon PAO)



Fueling

U.S. Army Staff Sgt. Wavie Shumate finishes filling up his armored vehicle while on a long range mounted operation in eastern Afghanistan. Despite heavy snow and freezing temperatures, elements of Task Force 3-66, 172nd Infantry Brigade and Afghan National Security Forces drove cross country through snow drifts as deep as four feet to reach a remote village in search of insurgent caches. (Photo by U.S. Army Staff Sgt. Charles Crail, TF Blackhawk PAO)



Securing

A Soldier assigned to 615th Aviation Support Battalion, 1st Air Cavalry Brigade, 1st Cavalry Division, pulls security during a situational training exercise Feb. 29. (Photo by U.S. Army Sgt. Felix Acevedo, TF Spearhead PAO)



Repairing

U.S. Army Pfc. Eric Grzegorzczuk, from Pittsburgh, Pa., a mechanic with 3rd Battalion, 509th Infantry Regiment, Task Force Spartan, supervises Muhammad Abid, a member of the Afghan Border Police, during a preventative maintenance, checks and services class on Forward Operating Base Gardez, Feb. 19. (Photo by U.S. Army Spc. Ken Scar, RC-East PAO)

CHANGES COMING FOR THE ARMY'S ACTIVE COMPONENT RETENTION PROGRAM

WASHINGTON -- Over the next few years, the Army will reduce its end strength and shape the force for future requirements. Through a deliberate process, the Army aims to retain those Soldiers determined to be the best and brightest.

"To maintain an All-Volunteer Force of the highest quality Soldiers and achieve directed end-strength, the Army must responsibly balance force shaping across accessions, retention, promotions, and voluntary separations," said Brigadier General Richard P. Mustion, Director of Military Personnel Management, Deputy Chief of Staff of Personnel, Army G-1.

To help the Army get to the desired end strength, it will fundamentally change the Active Component retention program. This will enable and empower brigade-level commanders with the flexibility and agility needed to retain those who meet the needs of the Army.

In March 2012 the reenlistment window opened for Soldiers whose enlistments end in fiscal year 2013. Army Command, Army Service Component Commands and Direct Reporting Units will establish brigade-level reenlistment objectives and as in the past, commanders will be directed to retain a percentage of the eligible population. However, unlike the past, commanders will not exceed this objective.

Commanders will receive specific implementation guidance from the Army G1, addressing Soldiers in over-strength, balanced and shortage Military Occupational Skills specialties. In addition, guidance will instruct commanders to use the "Whole Soldier" concept when determining their best. This determination includes attributes, competencies, leadership potential, adherence to standards, duty performance, and evaluations that demonstrate ability to serve in any MOS.

Under this guidance, some Soldiers will be required to reclassify from over-strength career fields to under-strength, or balanced ones, to meet Army requirements. It is imperative that commanders and command sergeants majors ensure Soldiers receive performance counseling, as this will be one of the key tools of determining retention.

Tough decisions are ahead, said Mustion. Commanders must carefully assess their Soldiers and ensure their best Soldiers are retained to meet the needs of our Army. To be successful, leaders at all levels must be personally involved in the retention program.

For more information on Army retention policies and procedures, Soldiers should contact their unit Career Counselor for policy and processing guidance.



**CJTF-1CD
Command
Retention Officer**
MG Daniel Allyn

**CJTF-1CD
Command
Retention NCO**
CSM Isaia Vimoto

**CJTF-1CD
Command Career
Counselor**
SFC Richard Erickson

**Oath of
Reenlistment**
I do solemnly
swear to support
and defend the

CJTF-1 CD RETENTION

See What's Happening in the Retention Corner!

Retention Contacts

- SFC Eric Crist - DSN: 318-481-6541,
10th CAB, Bagram
- SFC Nathaniel Fears - DSN: 318-431-
2099, HHBn, 1CD Bagram
- MSG James Meyers - DSN: 303-794-
9023, 3/25 IN, Fenty
- SGM Jeffrey Sabourin - DSN: 318-421-
7131, RC-South/CJTF-10

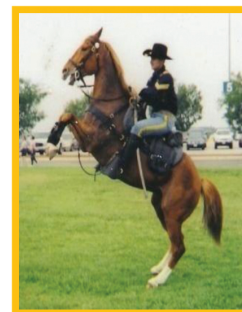
“Care enough to confront”

“I AM STRONG”

CJTF-1 Sexual Assault and Sexual Harassment Prevention Campaign

- **B**- Be Army Strong and Live Army Values
- **E**- Educate yourself and your troops on risk reduction and prevention
- **H**- Have the courage and concern to intervene
- **A**- Act ---The I AM Strong Campaign and Theme is about taking action!!!
- **V**- Visualize Victory - Be committed to culture change & Victory against sexual assault
- **E**- Energize others in this endeavor –Everyone must “Care Enough to Confront”

Leader Commitment – Command Emphasis- Soldier Awareness = Culture Change



CJTF1 EO/SARC Office
Bldg 15805 Room 202

Office: 318-431-4035 or Hotline: 079-642-4504



Employer Partnership

☐ ***Full-time patriots who serve part time are a good investment for America***

- ✓ The Army Reserve takes advantage of skills Soldiers bring from their civilian professions and enhances these skills to ensure that Soldiers are successful as Citizen Warriors and as employees in the civilian workforce, contributing to a robust U.S. economy.

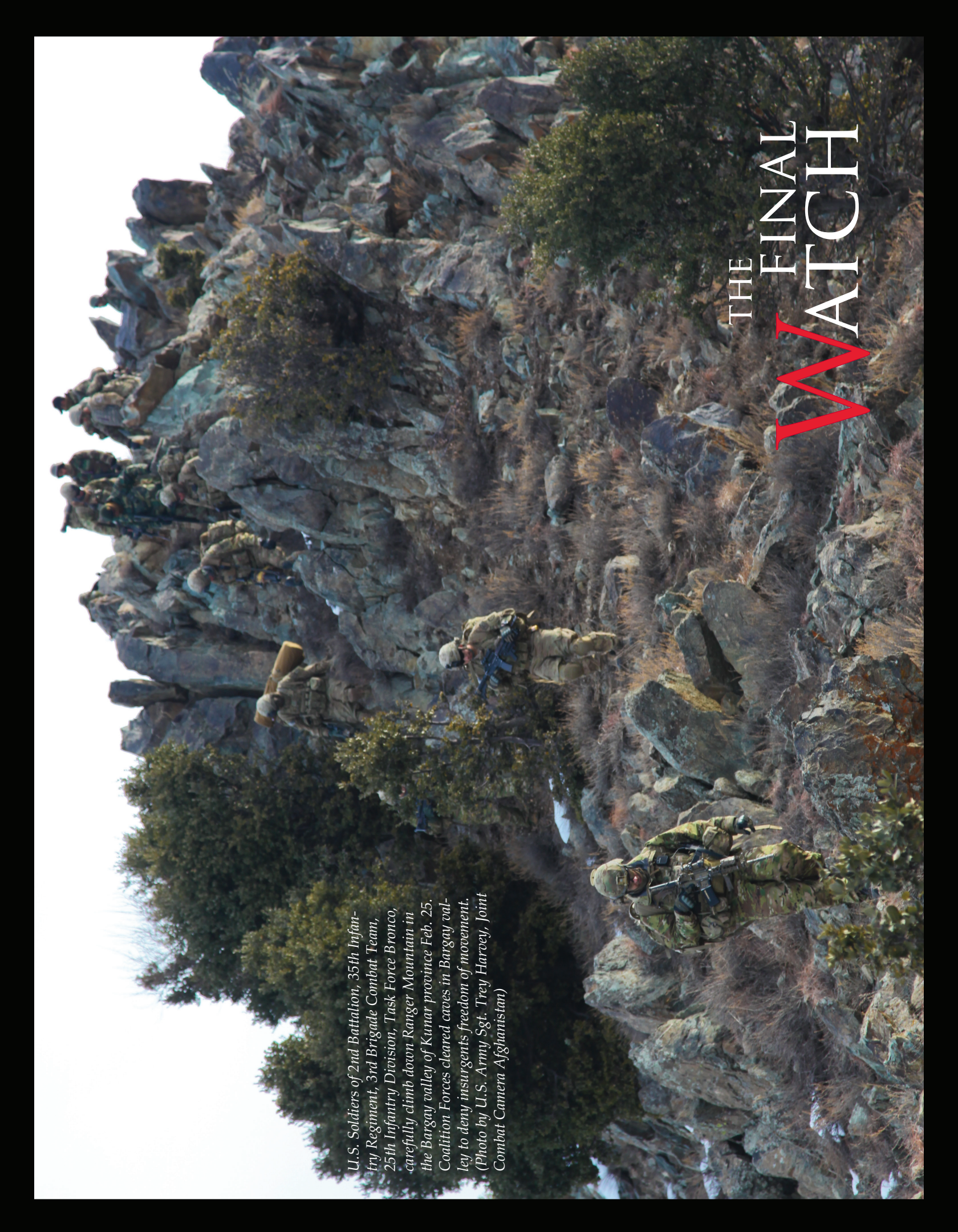


EMPLOYER PARTNERSHIP OF THE ARMED FORCES

The Army Reserve has signed over 2,200 Employer Partnership Agreements. Partnerships signed include corporations, industry associations, state agencies and local police departments..

<http://www.employerpartnership.org/>





U.S. Soldiers of 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, Task Force Bronco, carefully climb down Ranger Mountain in the Bargay valley of Kunar province Feb. 25. Coalition Forces cleared caves in Bargay valley to deny insurgents freedom of movement. (Photo by U.S. Army Sgt. Trey Harcey, Joint Combat Camera Afghanistan)

THE FINAL WATCH