



News From the Theater - Camp Buehring, Kuwait - March 2013

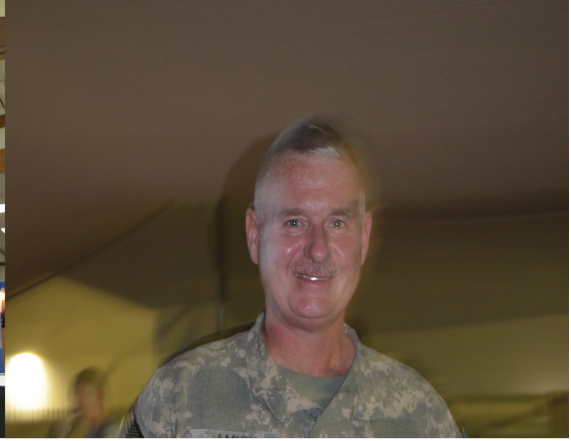




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COLONEL'S CORNER

Col. Mark W. McLemore

Hallelujah. We are on short final for coming home. Your Soldiers are packing and preparing for the long trip home. It is exciting times for everyone both here in Kuwait and at home.

I encourage families and friends of Soldiers to start preparing for their loved one to return. This includes the hard conversations of re-integration with families and friends. Please start the communication process now (if you have not already) as it will help to make for a smooth transition once you return home. Chaplain Kennedy is sending out re-integration ideas and topics of discussion to Soldiers here in Kuwait and Tiffany McLemore is posting similar items on the 35th CAB FRG Face Book site and email to families. The topics and discussions are excellent. I truly believe that taking the time to start talking with your families now, will greatly reduce the stress levels upon return.

We are all looking forward to our return home and it will be here very SOON!

Santa Fe.

Col. McLemore



STORIES OF OUR SOLDIERS

CrossFit Open 2013

The popularity of CrossFit has exploded over the past five years, with its focus on functional movements performed with high intensity has attracted millions of followers worldwide, to include many deployed here at Camp Buehring, Kuwait.

When it comes to fitness programs, the Army demands soldiers to be physically fit, and it does not get any better than CrossFit, to obtain that basic soldiering skill. CrossFit's a core strength and conditioning program created in 1995 by Greg Glassman, a life-long physical fitness trainer and gymnast from Santa Cruz, Calif.

The stated goal of the CrossFit program is to develop a broad, general and inclusive fitness, the type of fitness that would best prepare trainees for any physical contingency, to include the unknown and the unknowable. Therefore, to ensure we succeed, as soldiers is to be prepared for the unknown, we must master our basic warrior skills to continue our success in the harsh and unforgiving demands of our jobs whenever, wherever.

To promote and crown the fittest on earth, CrossFit headquarters has been hosting the CrossFit Games since 2007, this year many of the soldiers deployed to Kuwait and who work out at CrossFit Spartan Shield will be among the contestants who compete in the Open from all over the world.

Here at Camp Buehring, there is an affiliated CrossFit Box (really the structure is a tent), which is soldier

lead and operated. As soldiers cycle through here for deployments, they volunteer their time as coaches, volunteers and maintainers of the rigorous program. All of our volunteers maintain full schedules with their respected units, but are also athletes, who love the community and intensity of the CrossFit world. Many of our volunteers and athletes will be participating in the 2013 CrossFit Open, which is the preliminary event to the CrossFit Regionals and then the Reebok CrossFit Games.

Staff Sgt. iJaesin Wiggins of Denver, assigned to the 2-135th General Aviation Support Battalion, is a returning competitor, this will be his second Open, which he has been a participant. "We have been practicing things that we suck at to prepare for the open. In addition to the daily WOD [Work -out of the Day], we do extra credit, trying to select exercises we believe will be in the Open this year," said Wiggins. "I am looking forward to doing better than I did last year." Wiggins is also launching an athletic apparel company, iRavage that coincides with the Open, his apparel will be worn by many of our competitors from CFSS during the CrossFit Open.

Like many of us that are a part of CrossFit, Capt. David Nelson, assigned to the 35th Combat Aviation Brigade headquarters has a favorite benchmark routine. His is Nicole, which is to complete as many rounds in 20-minutes possible of a 400-meter run and maximum, unbroken repetitions of pull-ups.

"Nicole is my favorite because it is my wife's name, [I] got beat down by this workout just recently and it was a great challenge, [I] had been looking forward to it for the last few months," said Nelson, who cannot wait to be re-united with his wife at the comple-

tion of his deployment. He has been in Kuwait since July 2012.

Capt. Scott Sengenberger, of Chicago and assigned to B Company, 935th Aviation Support Battalion has been doing CrossFit since 2010.

"I wanted to help coach because I felt I should contribute to our micro community here at Camp Buehring," said Sengenberger. "It is nice to not only have a place to improve yourself, but to also have a place where people can focus on something other than work, as well as being away from home and family while in the desert."

Amongst all the challenges and victories CrossFit has presented our athletes from CFSS, we look forward to this adventure and experience that we will soon not forget. This is an amazing opportunity to cheer on our fellow soldiers, judge our abilities and achieve new goals. And when the open kicks off in four days, we will be there anxiously awaiting the first workout.



TASK FORCE WORKHORSE

Hello to the WORKHORSE Families and Friends, WOW, April is here and mission completion is just around the corner! March marked the beginning of many evening meetings so we could talk to those back in the states about redeployment. We have welcomed the lead elements of the 449th ASB, our NEW BEST FRIENDS!! This early team of 449th got here in mid March and we began the process of integrating them into the daily operations of the 935th. The remainder of the month we continued getting things ready for the main body arrival in April and we will be READY!!

We promoted many Soldiers on this deployment from the Privates to Majors and they are all VERY IMPORTANT but some have big meaning to the Army. We promoted Soldiers to E5 Sergeant and at this point in a Soldiers career they enter into the Non Commissioned Officer (NCO) world of more responsibility and expectations of an Enlisted Soldier. If you find time in the near future look up the NCO Creed and see what is expected of the NCO, it's a BIG DEAL. We promoted Soldiers to E6 Staff Sergeant and E7 Sergeant First Class and these carry even more responsibility in the NCO career. On the Officer side during the last 7 months we promoted Lieutenants from Second Lieutenants to First Lieutenants and ALL the Lieutenants want to get the Butter Bar off their chest! We promoted two First Lieutenants to Captain and they



were happy to hit the top of the Company Grade and move on from the Lieutenant ranks and we promoted two Company Grade Captains to Field Grade Officers of rank of Major. In the Commissioned Officer world going from Captain to Major is a huge step and begins preparing them for Battalion Command and Lieutenant Colonel. All these promotions went to VERY deserving Soldiers and congratulations is due to all of them. Thank you for service to your Country.

935th Soldiers continued training this month in classrooms and outside. One of the more enjoyable training events was the Defensive Drivers Training Course and this is not your back home pay attention to the road, switch lane stuff.....this is driving backwards at 40 MPH and slamming the brakes at 50 MPH and driving backwards around cones. FUN STUFF! Soldiers love it. We are very proud of each and every Company. As they conduct day to day operations, they complete the task with pride and make Missouri, Illinois,



South Dakota, 35th CAB and the Army look very good!

Now that March is behind us we are 40ish days from being back at home just in time to mow the grass, trim the bushes and clean the vehicles, sorry we are a little late for planting the garden. Hey, it feels good to say NO MORE PACKAGES, yes it is time to stop sending packages to your Soldier and time for us to start sending some of our items home. One more issue of the newsletter will be coming out next month and then we will be transitioning back to the monthly drill newsletter and Facebook postings at 935th Aviation Support Battalion.

WORKHORSE!

LTC Roger Bodenschatz

CSM Javier Acosta



Staff Sections of the 935th

Each month the 935th highlighted a different Staff section with their Headquarters element. These Staff sections ensure that the Battalion operates in an efficient manner during deployment and include the S-1 Personnel, S-2 Intelligence, S-3 Operations, S-4 Logistics, S-6 Signal Operations (to include the SASMO) and SPO (support operations). The following paragraphs highlight what each section does in the Battalion and what Soldiers make that S-shop operate.

The 935th ASB S-1 section provides human resource (HR) support to the Soldiers within the battalion, to include HSC, A CO, B CO, and C CO. FM 1-0 describes the four HR Core Competencies; man the force, provide HR services, coordinate personnel support, and conduct HR planning and operations. Soldiers that work in the S-1 shop are CPT River Tene (Officer in Charge), SFC Heather Olson, SSG Joel Lemaster, SSG Robert Cross, SPC Jessica Borgstadt and SPC Amelia Nkosi.

The S-2 for the 935th ASB is tasked with two jobs for this deployment; (a) to act as the intelligence section for the battalion and (b) to act as unit security. This staff section is currently limited to one soldier in Kuwait, 1LT Joseph Henry, and one back at home station, SPC Jimmy Garrett.

The S-3 section of the 935th ASB has an overall responsibility for planning, coordinating and battle tracking of all operations, missions and exercises. This includes production and monitoring of all operations orders, training management, and movement through the area of operations; directed by the Battalion Commander. The S-3 section includes 1LT Christa Nieland, MSG Lawrence Welty, SSG Darrin Moyers, SSG Norman Shryock and SPC Kellen Busiek.

The battalion (BN) S4 section advises the Commander and manages all logistical support for the unit. This includes but is not limited to: property accountability, command supply discipline program (CSDP), tracking equipment status, providing directive and guidance to company supply sections, budgeting, transportation, and lodging. The S4 section is comprised of: MAJ Suzanne Rodriguez, 1LT Zachary Kral, 1LT Todd Gessling, SFC Josh Hanks, and SPC Micheal Peters.

The S-6 Section of the 935th ASB has an overall responsibility for providing IT and communication support for all sections and companies within the 935th Battalion. These responsibilities include but are not limited to: troubleshooting all computer problems, reimaging computers, printer maintenance, port security, monitoring and installing updates, email and software support, monitoring OPSEC violations, and the implementing of replacing computers through the lifecycle program. The S-6 section is comprised of four dedicated individuals that are highly motivated, well versed in the IT industry and very well educated. They are: CPT John Zarbock, SSG Randy Fear, SPC Robert Davis and SPC Tamara Matthews. SASMO (sustainment automation support management office) is also part of the highly intelligent signal community. Soldiers assigned to the SASMO include CW2 James Hosford, SFC Wayne Harrel, SGT Karsten Kessler, SPC Anthony Vigor, SPC Aiden Acosta and SPC Ryan Schachsieck.

Support operations (SPO) is tasked with planning, managing, and coordinating logistics operations external or outside the battalion within the 35th Combat Aviation Brigade's theater of operations. SPO does this by having subject matter experts in many different Military Occupational Specialties (MOS). To complete the mission, SPO is made up of 10 individuals who come together to make up the section. They are CPT Norma-Gene Cottrell, SGM Robert H. Maze, Jr., CW4 Charles Brower, B, CPT Christopher Johnson, SFC Terry Billingsley, SGT Jennifer Boutelle, SSG Michael Forson, SFC David Frazier, SSG James Looney, and SFC Donald Swopes.

These sections are vital to the on-going operations for the 935th Aviation Support Battalion and remain an important part of the unit for the deployed element and the rear-detachment elements back in our home stations in Missouri, South Dakota and Illinois.







TASK FORCE BLACKJACK



2-135 General Support Aviation Battalion conducts Best Warrior competition 19 – 22 February.

0600 Tuesday morning the seven candidates reported to hanger two with their coaches to begin the battalion best warrior competition with an APFT. Several of the candidates went for broke knowing that every point they scored was one more against their rivals. Even as they struggled against the clock and gravity they urged one another forward and on to greater heights. After the first of the runners crossed the finish line, they took a brief moment to catch their breath. Then ran back to the next competitor, gave them some words of encouragement, turned and ran with that Soldier toward the finish line, urging them to sprint harder, faster, leave it all on the track go, Go, GO!

Once the Soldiers washed up and grabbed some well deserved breakfast to replace lost fluids and energy, they waited to face a board composed of five of the biggest, meanest, Company First Sergeants and a Command Sergeant Major. Some of the competitors had done boards in the past and were comfortable in their knowledge and poise. Some had not done any type of board in the past but listened intently to their coaches, trying to retain every nugget of precious information contained in the study guide and still not forget the Soldiers Creed, which was sure to be asked. They entered the door, reported, did an about face and were asked something by the Sergeant Major. Time stopped. Then they were facing the chevrons, rockers, and diamonds all alone. They knew their coach was there, somewhere behind them. Tension left their bodies just as fast as the collected bits of knowledge was reassembled, formatted, and issued by their brains. As they heard the last question ask, they breathed, remembered that they answered some of the questions right. Although, they were pretty sure they had not answered ISG Burnside's questions correctly.

0530 Wednesday morning contestants, coaches, the Doc, the Chaplin, and the cadre gather to commence the road march phase of the competition. The Chaplin, being wise and sagely left 15 minutes prior to the start with his long legged assistant setting the pace. As the start order was given promptly at 0600, seven Soldiers equipped with weapon, helmet, body armor and plates surged forward in a dead run. Some of the contestants settled into a nice measured 14 minute pace while three young and studly speed demons raced on daring the other to slow up first. The first group reached the, two mile, turn around point 17 minutes later. 0639 the first competitor sprinted past the finish line completing the four mile march. Turning he yelled to his rivals to hurry up. He stretched, dropped his body armor and ran back for the next two finishers, Chaplin "Red Thunder" Nagel and his out of breath assistant SPC "Marmaduke" Davis. As the group of finishers grew bigger, the more they yelled and cheered on their rivals.

Cleaned up once again, the contestants reported for Army Warrior Task Testing. The competitors went from one station to the next demonstrating their practiced knowledge on ten and 20 level Soldier tasks. Coaches worked with contestants between stations, going over what they missed on the last station and stressing key components of the next task. All of the hands on studying and training the competitors had done previous evenings had definitely paid off. At the end of the day the competition was still up for grabs, with one event left.

The next afternoon coaches, cadre, and competitors took a short ride, on a soon to be extinct Toyota Bus, to the EST 2000 for zero and qualification with the M4 rifle. This was the last event, the last chance to earn critical points, the last chance to achieve victory. The competitors zeroed and fired the practice qualification round with their coaches nearby to render guidance and assistance if needed or required. For the competitors it was all about breathing, sight picture, sight alignment, and trigger pull. As the targets fell the competitors rose point by point. The last Soldier completed the final event; the scores were close and would need to be recounted again to find every hanging chad before posting the winners. Since the stress of the competition was gone and there was time left, the competitors and coaches did some reflex fire training and other target acquisition scenarios which are available to help Soldiers improve their weapons proficiency.

At the end of the competition the scores were tallied. The Battalion Soldier of the Year for 2-135 is SPC Bryant Kelley. His alternate is SPC Niall Macgregor. The Battalion NCO of the Year for 2-135 is SGT Samuel Groff. His alternate is SGT Brett Asher. I extend my thanks to the participants for their hard work and dedication, to the coaches, the cadre, the support personnel, and to ISG Yount for putting this competition together. We wish SGT Groff and SPC Kelly good luck as they compete for the Brigade title at the end of March. Although, not every Soldier can win a competition like this, all of the participants learned new skills, sharpened their knowledge base, gained more confidence in their abilities, and are better Soldiers now, because they competed. **Command Sgt. Maj. Michael Ferris, GSAB CSM**



TASK FORCE PISTOLEROS

Battle Buddies Duke it out in CrofssFit Open 2013

On Wednesday, the CrossFit Open began and two soldiers deployed with the 4/501st Attack Reconnaissance Battalion were eager to start competing here at CrossFit Spartan Shield.

Pfc. Jose Martinez, of Jacksonville, Ala., and Pfc. Kiefer Maestrejuan, of Winnemucca, Nev., both ammunition specialists with Echo Company 4/501st ARB have experienced a lot together in their young Army careers. They met at basic training, were in the same class for advanced individual training, arrived to same unit for their first assignment, deployed together and now are competing in the 2013 Open as rookies, together.

The coaches see these two coming into the box every day to push them to become fitter, stronger. These two are truly what being a band of brothers is all about. They have experienced a lot of the Army life together since the very moment they entered into service.

Martinez has been a part of the CrossFit community since 2012, when he started the event he could not complete the Olympic lift, the snatch. The snatch is one of the two lifts used in Olympic weightlifting. In the snatch, the barbell is lifted from the floor to an overhead position in one motion. His personal record (PR) is now 160 pounds.

“CrossFit has helped me push myself in my training,” said Martienz. “I started CrossFit to help me lose weight, get stronger and become a better athlete.”

As for Maestrejuan, he has been involved in CrossFit since 2011.

Muscle-ups are the one exercise everyone wants to accomplish when they begin CrossFit, and it’s because they are super challenging. The muscle-up is a skill that is essentially a pull-up followed by a dip. It is used to take someone from below a set of rings or bar to above a set of rings or bar. Many can do a pull-up and many can do a dip, but transitioning between the two takes a certain level of strength and coordination.

After much practice, he can perform 15 muscle-ups as his new PR.

“I like the competitive side of CrossFit,” said Maestrejuan. “CrossFit has changed my outlook on life. I can’t get enough of it.”

These two are a great example of what the CrossFit community is all about. They push each other to achieve new PRs, they cheer on fellow athletes, and they are constantly improving their skills.

The first event in the open was a 17-minute workout of as many rounds as possible of burpees and snatch lifts. Both gentlemen did well as they kept attacking the bar and pushing the weight, fighting through the pain.

“I saw a lot of improvement in myself. I had zero no reps, to mean that shows that I was pushing myself to perform the exercises perfectly,” said Maestrejuan. “I didn’t want to cheat myself. I gave it everything I had.”

“After this workout, I feel amazing, tired, exhausted and happy,” said Martinez. “But that’s what makes CrossFit different than any other fitness program. It sucks but it’s awesome at the same time.”

As we continue to enjoy the open in Kuwait, we are reminded why we love CrossFit and that we need to challenge ourselves and be better than yesterday. Let’s go CrossFit Spartan Shield.

