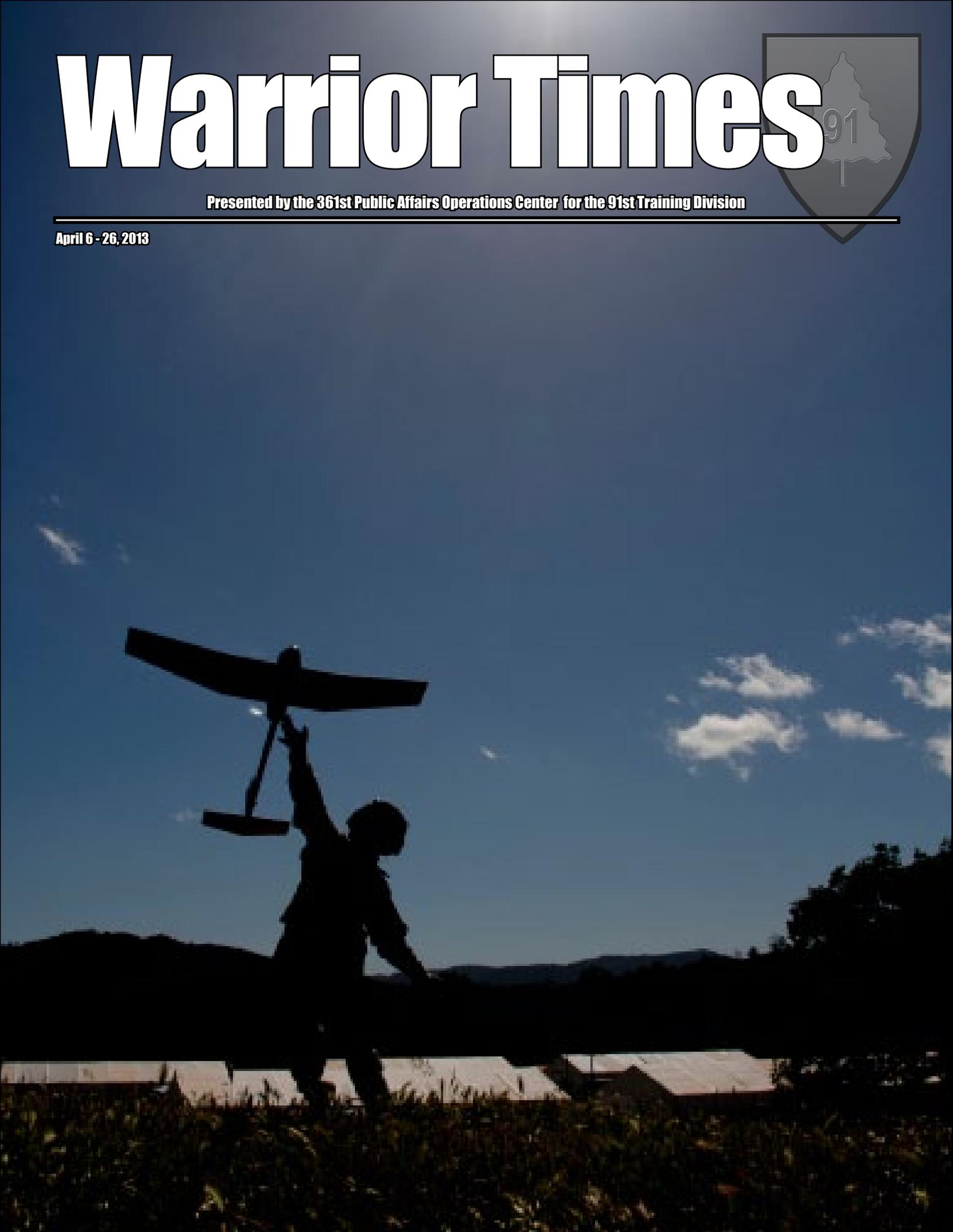


# Warrior Times

Presented by the 361st Public Affairs Operations Center for the 91st Training Division

April 6 - 26, 2013





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The Warrior Times is produced by the 214th Mobile Public Affairs Detachment, 361st Public Affairs Operations Center, for Combat Support Exercise 91-13-01 at Fort Hunter Liggett. This publication is printed under the provisions in accordance with Army Regulation 360-1 and does not necessarily reflect the views of the Department of Defense or the personnel within.

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Cover photo by Sgt. Christopher Tobey  
Pfc. Lisseth Villacis, a military police officer with the 423rd Military Police Company, Shoreham, N.Y., launches an RQ-11 Raven. The Raven is a small, hand-launched aerial vehicle used to conduct surveillance during military operations, provide security around military posts in hostile areas and provide reconnaissance of potential military targets.

## IRONHORSE 6 AND 9



Welcome to the home of the 91st Training Division (Operations) and Fort Hunter Liggett. We are proud to provide the training venue for the Combat Support Training Exercise 91 13-01, which is part of the Army Reserve Training Strategy.

In addition to providing collective task training exercises for Army Reserves Combat Support and Combat Service Support units, the 91st Training Division (Ops) also provides training to joint, combined, and active component forces. Training is constantly updated and revamped to provide Soldiers the best preparation for current conflicts to which Soldiers may be called to protect and defend the Constitution and preserve our freedoms.

I am a champion for LTG Tally's vision regarding Rally Point 32. I encourage that every Soldier read the Rally Point 32 brochure. To restate the Chief of Army Reserves intent, it is to sustain a high-quality, all-volunteer, operational Army Reserve for Army and Joint Force missions at home and abroad. Our Soldiers, leaders, and units will couple vital military capabilities with civilian-acquired skills to provide strategic depth across the full range of military operations.

We are leaving a decade of deployments to Iraq and Afghanistan and moving into a period of uncertainty and complexity. Our exercises for training must confront that uncertainty in the future operational environment. The 91st Training Division and our stakeholders (1st Army, 75th Division, RTS Med, MRTC, 63 RSC, and Fort Hunter Liggett – IMCOM) are committed in providing the units the ability to train in an environment that builds on combat experience, develops new leaders and exercise our Army Doctrine.

We will remain the best Army in the World because we will continue to train better than anyone else. Leaders must take advantage of the resources and environment provided here at Fort Hunter Liggett. Don't settle for anything less. Safety is always a priority. Thank you for the discipline to make safety part of your daily checks and training. We must always remember that safety is a combat multiplier in protecting our force and resources.

I would be remiss if I didn't stop to thank our Family members. In the words of Gen. Casey, "Families are serving side by side with us, enduring our hardship, providing the unconditional love and support that truly makes our Army strong." To the Families, I salute.

Train hard and train safe.

Brig. Gen. Jon D. Lee  
Commanding General, 91st Training Division

I would like to take this opportunity to welcome you to Fort Hunter Liggett and the 91st Training Division's Combat Support Training Exercise 91 13-01. The 91st Division is tasked by USARC to provide a platform for Train/Ready Year 2 and 3 units in order to enhance capabilities and be a force multiplier in today's total army. Lt. Gen. Jeffrey Talley put out his guidance in Rally Point 32 in June, 2012. As part of his Strategic Guidance, one of his priorities is to "Provide trained, equipped, ready and accessible Soldiers, leaders and units to the Total Force in support of the full range of planned and contingency operations."

Later in his Operational Priorities he says he will "Emphasize technical skills training in tactical environments; embrace the Army Reserve Training Strategy – Warrior Exercises (WAREX) and Combat Support Training (CSTX); participate in theater exercises when appropriate." The Soldiers of the 91st Division will continue to refine our training support requirements in order to provide an environment where leaders can be challenged in their capabilities to execute missions and METL tasks. I also want to emphasize safety. Our most important responsibility is to ensure safety is the number one priority when it comes to training and taking care of our Soldiers.

While here at Fort Hunter Liggett remember that we train to standard and not to time. This is one of the few collective training opportunities Soldiers and Leaders may have to get their units proficient and prepared for an environment in the ever changing landscape in which we fight and win.

I hope that you enjoyed the challenge and you engaged in the training opportunities that the Soldiers of the 91st set before you.

POWDER RIVER, "LET 'ER BUCK"

Command Sgt. Maj. Gregory S. Chatman  
Division Command Sergeant Major



By 214th MPAD

More than 4,000 U.S. Army Reserve Soldiers from roughly 50 units across the country are participating in Combat Support Training Exercise 91 13-01 until April 26.

The CSTX involves Soldiers with a variety of military job skills including medical, military police, logistics, engineering, and chemical among many others. The exercise allows these Soldiers to sharpen their skills with several real-world and fictitious scenarios from conducting actual base security to reacting to a simulated enemy attack.

This type of training is necessary now more than ever, according to Col. Michael Peeters, brigade commander of the Operations Brigade, 91st Training Division based in Phoenix, Ariz, and deputy combined joint task force com-

mander.

As the war in Afghanistan winds down, fewer combat support units are undergoing pre-deployment training. Training exercises like this provide the opportunity for these forces to keep their skill sets current, said Peeters.

"This is a capstone training event," said Peeters, a native of Little Shute, Wis. "Our sole objective is to make them better when they leave than when they came, so that when they leave, they are ready to deploy," said Peeters.

# CSTX 91 13-01

Army officials have placed a great emphasis on this exercise, which is not only one of

the largest exercises of its kind, but also prepares Soldiers to support the total force, said Peeters. A large portion of Army Reserve senior leadership has traveled to Fort Hunter Liggett to observe the exercise in play.

Among those observing the exercise are observer controller trainers (OCTs), who are observing, assessing, training and providing feedback to individual Soldiers as well as leadership at multiple levels of command, ex-

plained Peeters. The OCTs are observing how the units function to see if they are wartime ready, said Peeters, who explained that this feedback is a critical aspect of the exercise.

The exercise is planned and coordinated by the 91st Training Divisions (Operations) at Fort Hunter Liggett, Calif. CSTX gives participating units an opportunity to rehearse military maneuvers and tactics such as base security, convoy operations and battle reaction drills during simulated enemy attacks as well as apply their military occupational specialty skills in a theater of operations. The exercise provides realistic training to units to successfully meet the challenges of an extended and integrated battlefield.



LEFT: Spc. Armando Mora (left) and Spc. David Pierson (right), communications specialists with Company B, 98th Expeditionary Support Battalion from Phoenix, assemble a 30-meter mast antenna April 13 to allow the transfer of data and digital communication between Soldiers during Combat Support Training Exercise 91 13-01. Photo by Sgt. Christopher Tobey.

BOTTOM: A C-130 Hercules carrying British Paratroopers takes off from Base Camp Schoonover at Fort Hunter Liggett, Calif., during Combat Support Training Exercise 91 13-01 April 11, 2013. Photo by Sgt. Anderson Grant.



TOP LEFT: Spc. Sean Tynes, a preventative medicine specialist with the 988th Medical Detachment from Roundrock, Texas, tests for chlorine residue, alkaline and acidic levels in the water trailers to ensure that it is safe enough for Soldiers to drink. Photo by Staff Sgt. Christy Dispennette.

TOP RIGHT: 1st Lt. Joseph Poore (left), a staff nurse with the 5502nd U.S. Army Hospital (USAH), of Aurora, Colo., prepares to administer an IV (intravenous therapy) to Pfc. Spencer Ottley inside the 5502nd USAH tent on Base Camp Schoonover. Photo by Sgt. Anderson Grant.





TOP: Spc. Tyler Hickman (left), of Spokane, Wash., a firefighter the 702nd Engineer Co., helps prepare a fire for “Burn to Learn” training at Fort Hunter Liggett, Calif., April 15. MIDDLE: Army Reserve firefighters receive a safety briefing before conducting flashover training April 15. BOTTOM: Cpl. James Alexander (left), of the Yakama Nation Reservation, Wash., a firefighter with the 306th Engineer Detachment, helps train other Army Reserve firefighters during “Burn to Learn” training at Fort Hunter Liggett, Calif., April 15.



# BURN TO LEARN

Story and Photos by Sgt. David Turner

As they wait for the British C-130 cargo plane to land on the nearby airstrip, three Army firefighters practice their rapid equipment drill, suiting up into their protective suits and masks, accomplishing the task in well under a minute. Behind them is their military version of a fire truck. The plane carries British paratroopers, practicing their drops in the nearby hills and mountains. Landings and take-offs on the dusty airstrip can be challenging, as well as dangerous.

Operating in such rugged terrain is good practice for the pilots and paratroopers, but it also provides a rare opportunity for the Army Reserve firefighters who stand ready to help, a few hundred yards away, in case anything goes wrong.

“Every time we have a bird coming in, we’re all standing by,” said Staff Sgt. Andrew Heydon, from Fountain Valley, Calif., and a team chief for the 702nd Engineer Detachment. He and 26 other Reserve Firefighters work alongside with members of the Fort Hunter Liggett Fire Dept. to ensure the flights land and take off safely, as part of the Combat Support Training Exercise 91 13-01 here.

The exercise is planned and coordinated by the 91st Training Division (Operations) at Fort Hunter Liggett. Soldiers in participating units, including these firefighters, are provided an opportunity to rehearse military maneuvers and tactics such as base security, convoy operations and battle reaction drills during simulated enemy attacks as well as apply their Military Occupational Specialty skill in a theater of operations. The exercise provides realistic training to units to successfully meet the challenges of an extended and integrated battlefield.

For firefighters in the Army Reserve, stay-

ing ready and relevant for the battlefield can be a challenge. For the 163rd Ordnance Company, from Tustin, Calif., the three-week exercise is a chance for them to get hands on experience performing a real-world mission while keeping their skills sharp. As part of an exercise that simulates deploying overseas, they get to work alongside other Army firefighters and Department of Defense civilian firefighters, something these Soldiers would never get to do outside of a real deployment.

Heydon, who is a DoD firefighter in his civilian life, said training missions like these take Soldiers far beyond what they learn in the schoolhouse or back at their home units. It gives them the chance not only to prepare for combat deployments, but to further their civilian careers as well.

“A lot of these guys are trying to become firefighters,” said Heydon. “They’re trying to get a full-time, professional job. It gives them the idea of hey, this is what we do here, so I know what I would have to do once I get to a civilian department or a DoD department.”

“It gives them the opportunity to actually be a firefighter for three weeks, instead of just getting to do it every now and then,” he said.

Younger Soldiers, like Spc. Michael J. Berry, from St. Louis, Mo., with 324th Eng. Det. in Granite City, Ill., just appreciates the chance to put his training to use and work with a large team of fellow firefighters.

“I love working with my team because not only do I get to learn from what they know, but you feed off of that, and it helps me become a better person and a better firefighter,” said Berry.

“When you’re a firefighter, it’s not just a position; it’s a team effort,” he said.

“When you’re a firefighter, it’s not just a position; it’s a team effort.”

Spc. Michael J. Berry, 324th Eng. Det.



LEFT: Spc. Michael Sandman, of Ellensburg, Wash., a firefighter with the 614th Engineer Detachment, Yakima, Wash., unrolls a fire hose in preparation for “Burn to Learn” training at Fort Hunter Liggett, Calif., April 15. BOTTOM: Cpl. James Alexander (right), of the Yakama Nation Reservation, Wash., a firefighter with the 306th Engineer Detachment, helps train other Army Reserve firefighters during “Burn to Learn” training at Fort Hunter Liggett, Calif., April 15.



## Military police conduct close combat exercise in California

Story and photos by Sgt. William Parsons

As night descends upon the California wilderness and other units bed down in their bunks, U.S. Army Reserve Soldiers of the 342nd Military Police (MP) Company are participating in a cordon-and-search simulation as part of Combat Support Training Exercise (CSTX) 91 13-01 on Apr. 15, 2013.

The exercise, which gives participating units an opportunity to apply their Military Occupational Specialty skills and rehearse military drills in a simulated theater of operations, is set to take place in the mock village of Cedal, where there are believed to be hostile personnel in possession of bomb-making materials. The search involves two companies of MPs and is designed to test the Soldiers on everything they have learned related to their job.

“It’s important for us to be able to go in there and support units such as infantry units. We need to be able to get down and dirty just like they do,” said 2nd Lt. Alex M. Dulac, the acting executive officer for the MP company as well as the leader and architect behind the operation. “Just because we’re MPs doesn’t mean we’re only going to be doing police things – we’re going to be getting into the meat of the action.”

With their armored Humvees lined up and prepared to depart from Base Camp Schoonover, the MP Soldiers rally together for a motivational talk from the Army chaplain. Armed with various weapons including M-4 carbine rifles, M-240 machine guns, body armor and night vision goggles, the Soldiers bow their heads in prayer while the chaplain speaks of victory and the hard training which has led up to this moment.

“As the inner search cordon, we did a lot of glass-house training, and we did a lot of casualty training. If any of our troops are, unfortunately, hit in any way, we want to be sure they are taken care of,” said Spc. Tyler Shields, a squad leader for the company.

The ride is long and dark. Dirt trails take the Humvees through rolling hills and dense forests. Occasionally the convoy crosses over a small stream filled with the chatter of frogs and crickets. As the vehicles near the village, drivers turn off their lights to avoid detection.

Upon reaching Cedal, Soldiers dismount their rides and begin to push across the village from one side to the other. The action is almost instantaneous: a series of explosions rock the village, followed by the distant chorus of automatic weapons. This attack sets the tone for the rest of the night.

“I think they realized we were coming from the same direction,” said 1st Sgt. David Brockett of Delaware, Ohio. “Our right side got pinned down, and it seemed like our left side was doing pretty well until [we] started taking casualties.”

Amidst the chaos and gunfire from enemy combatants, the MPs advance, clearing the village building by building. Squads of Soldiers stack up together and kick down doors using close-quarters combat techniques. For support, Humvees swing through the center of the village to provide cover and extra firepower.

After several minutes of shooting, bounding, and room clearing, the MPs claim their prize: a large stash of bomb-making materials and several detainees. The victory is short-lived however, as the observer controller/trainers (OCTs) decided to introduce a new twist to the operation.

Fireworks begin bursting inside the village, ignited by the OCTs to simulate enemy artillery rounds. Soldiers shout, “Incoming!” as the village is periodically lit up by pyrotechnics. Chaos and confusion ensue.



Bathed in the red brake lights of a nearby Humvee, 2nd Lt. Daniel Harris, a platoon leader with the 342nd Military Police Company, issues instructions to a team of Soldiers attempting to maneuver safely through an enemy-occupied village, 15 April, 2013.



Scanning a nearby building for enemy activity, 1st Sgt. David Brockett, an eighth grade history teacher and 22-year Army veteran from Delaware, Ohio, provides cover for other squads moving through the mock village of Cedal. Brockett’s primary role during the cordon-and-search exercise was casualty collection and enemy prisoner of war detainment.

“I was anticipating what happened, but once it happens, it’s still overwhelming,” said Dulac. Dulac must now face a difficult decision every leader fears: push on to accomplish the mission while putting troops at great risk, or fall back and lose everything they have fought for tonight. He chooses the former, and later regrets his decision.

“I chose to continue on when we probably should have pulled back sooner. The pros didn’t outweigh the cons,” Dulac explains after the mission. “We took a lot of casualties.”

As simulated rounds continue to pulverize the village, the MPs attempt as best they can to collect their fallen comrades and move through the village in an organized manner. With enemy combatants having ceased their small-arms attack long ago, darkness and confusion now prove to be the MP company’s worst foe.

Finally, after nearly ten Soldiers are lost, the order is given to retrograde from the village.

After the last of the MPs leave the village, the OCTs call an end to the mission. There are several war cries from the troops as everyone begins to reorganize and clean up.

Just as they began the mission, the MPs end their night by gathering together, this time to conduct an after action review with the OCTs. Here, they walk through what happened, what went right and what they could have done differently. Several ideas are put forward, including a quicker withdrawal from the artillery and the rehearsal of casualty evacuation to help prepare for such events.

Although they are cold, dirty and exhausted, the troops still smile and cheer, as the OCTs inform them that they have performed well, given the extreme circumstances thrown their way. They explain to the MPs of the 342nd that it’s better to learn from mistakes here than overseas. They are learning how to navigate through the dangers of combat missions and taking casualties, without having to experience it with real consequences.

When viewed from that perspective, their mission went off without a hitch.

# EYE IN THE SKY

Story by Staff Sgt. Christy Dispennette

Enemy insurgents lie low amongst the buildings of a village waiting to pounce on a convoy of U.S. Soldiers like a tigress eyeing a deer. While the convoy cautiously approaches the village, a RQ-11 Raven, an unmanned aerial vehicle is being assembled inside a Humvee to give the Soldiers an advantage over the situation. The lightweight plane is soon soaring through the sky unbeknown by the insurgents instantly sending images of the hiding areas to the Soldiers. The troops are able to locate the insurgents and avoid an ambush.

The 346th and the 423rd Military Police Companies' Raven took flight on Base Camp Ward during the Command Support Training Exercise 91 13-01, giving Soldiers an opportunity to practice using the hand held plane containing three cameras and sending pictures back to the ground crew of everything in it's view.

The lightweight Styrofoam hero operated by remote control is used for reconnaissance, locating targets and surveillance due to its ability to send colored pictures or infrared images instantly.

Pfc. Lisseth Villacis from North Mayfield, N.J. launched the plane several times. She said she has worked with the plane during night flights, has taken pictures and recorded videos. She said it would be helpful when she is deployed to be able to decipher between enemies or allies.

"We could see if there was any dangerous activity," said Villacis. "It would help a lot."

Mission operator Sgt. Jamie Schalowski, said the Raven could be set to different operating modes, depending on the desired mission. The Raven can be manually programmed to certain grid coordinates to examine a particular spot or it can be set to fly around to scope out a whole area.

Schalowski said that the instruments controlling the Raven could be set up inside a vehicle just as easily as on the ground to assist with a convoy. The Raven images sent to the controller can give information of what is in their driving path. The Raven has the capability to go up 1,500 feet to still be able to transmit a clear picture.

With 300 hours as a Raven pilot, Sgt. Brian Randolph said that ground level awareness and accuracy of the grid coordination are important to avoid mishaps. The Raven could run into a tree, mountain or worse; it could be lost indefinitely. However, losing the small aircraft is of course less costly than the loss of a Soldier.

Schalowski said the aircraft contributes to the safety of the Soldiers in accomplishing their mission and getting home safely.



LEFT: Pfc. Lisseth Villacis, a military police (MP) officer with the 423rd MP Co., Shoreham, N.Y., releases an RQ-11 Raven after launching it successfully. Photo by Sgt. Christopher Tobey.

TOP: Pfc. Lisseth Villacis, an MP officer with the 423rd MP Co., Shoreham, N.Y., launches an RQ-11 Raven while fellow 423rd MP Company Soldiers prepare to take control. Photo by Sgt. Christopher Tobey

BOTTOM: Pfc. Lisseth Villacis, an MP officer with the 423rd MP Co., Shoreham, N.Y., waits to launch a RQ-11 Raven surveillance plane during Combat Support Training Exercise 91 13-01 at Fort Hunter Liggett, Calif. Photo by Staff Sgt. Christy Dispennette.



# QUICK REACTION FORCE

Story and photos by Sgt. Anderson Grant

“You have gained my trust,” said Akap Jomaily, mayor of the small and economically challenged village Niscoln. The man, dressed from head-to-toe in Middle Eastern clothing, was now speaking cordially to Sgt. 1st Class Christopher Walters and 2nd Lieutenant Matthew Wisniewski, who had just finished calming him down after a brief moment of upset. What he said to them meant a victory for members of the 339th Military Police (MP) Company out of Davenport, Iowa, known as the U.S. Army Reserve’s quick-reaction police force.

Walters and Wisniewski serve as platoon sergeant and platoon leader, respectively, for 2nd platoon, 339th MP Company.

Along with 70 other members of the company, they rolled in 21 armored security vehicles and up-armored Humvees, travelling back to Base Camp Schoonover at Fort Hunter Liggett, Calif. The man they just finished negotiating with was an actor playing the part of a village mayor.

They were practicing for an actual deployment situation where communication skills could be the difference between victory and defeat.

These scenarios are part of Combat Support Training Exercise 91 13-01, which involves more than 4,000 U.S. Army Reserve Soldiers in 50 different units across the country.

MPs, engineers, medics and chemical specialists, among others, are engaging in the CSTX, which provides an opportunity to perform their military tactical maneuvers and technical specialties in a simulated combat environment to prepare for a real-world deployment.

According to the 339th MPs, the scenario-based training has been helpful in preparing them for reality. “The significance is this is exactly what we do real-world, said Captain John Michael Burmon, commander of the 339th. “Actually going out there and meeting these people and trying to build these relationships in this environment is going to set us up for success down

range.”

Another measure of success will be the police mentorship training they provide for the role-playing security police they partner with in these scenarios, said Burmon.

In a contingency mission, the 339th could potentially team with actual foreign police or security forces to help them provide security for their own town or country.

Not only have the MPs had to practice thinking on their feet while learning to communicate effectively with foreign nationals, they also have had to determine how quickly and how accurately they respond in combat situations.

The 339th MPs formed a quick reaction force (QRF) on Base Camp Schoonover. With only about half of the company at the CSTX, the 339th had to be ready to respond 24 hours a day. At any time there could be a disturbance or some type of attack on the camp, the same as in a real world environment.

“As soon as we hear something on the radio we spool ‘em up, and get ‘em [QRF TEAM] down the road before even the base camp knows we’re coming in,” said Burmon.

The convoy of Soldiers also successfully learned to maneuver obstacles to and from the village. A hail of simulated insurgent bullets rained down on them from a hill, only to be wiped out by a .50 caliber machine gun. The crew also successfully dealt with a training device simulating an improvised explosive device.

Throughout the scenario, the 339th encountered numerous challenges and prevailed. Now it was time to fuel up the vehicles and head back to the base camp anticipating the next challenge.

“They did outstanding,” said a team mentor helping to evaluate the team’s performance during the exercise. He spoke on condition of anonymity in order to preserve the integrity of the training. “They executed according to the plan. They accomplished their mission. They found the cache and built a rapport with the mayor and the police commander.”



LEFT: 339th Military Police Company Commander Capt. John Michael Burmon talks to his Soldiers about how they are going to get to their village during a convoy brief before departing on a scheduled mission.

RIGHT: Sgt. Nathan Anderson (standing), a squad leader with the 339th Military Police Company and Pfc. Elaina Johnson exit a building after performing a building search during a mission while Spc. Jason Johnson (front) and Sgt. Steven M. Springer (rear) stand guard, also with the 339th MP Co.



LEFT: 2nd Platoon leader with the 339th Military Police (MP) Co. 2nd Lt. Matthew Wisniewski (on the left) and platoon sergeant Sgt. 1st Class Christopher Walters, 339th MP Co., (on the right) speak with an actor playing the role of a village mayor and his translator (blue jacket) as squad leader Sergeant Nathan Anderson, 339th MP Co., stands watch.

RIGHT: Sgt. Steven M. Springer, a military police (MP) Soldier with the 339th MP Co. from Boling Brook, Ill., is on security detail as Soldiers cordon-and-search a makeshift village. The 339th is providing MP support for an exercise during which they engage in notional scenarios.



# Aid station supports more than 4,000 Soldiers during exercise

Story and photo by Sgt. Anderson Grant

Normally U.S. Army Reserve Soldiers with the 5502nd United States Army Hospital out of Aurora, Co., provide emergency and intensive care for injured Soldiers during wartime or deployment operations. These medical Soldiers are accustomed to working in a major hospital, applying their emergency response skills at the highest echelons of care on a daily basis.

However, as they provide medical support for Combat Support Training Exercise 91 13-01 (CSTX) at Fort Hunter Liggett, Calif., their most basic medical skills are put to the test.

“Sprains, bumps, and colds,” laughed Capt. Tanya Cannon, a registered nurse with the 5502nd and officer-in-charge. “We have a doctor here that can see you, but it’s simple sick call stuff.”

“Our mission here at the CSTX is different from what we’re used to doing,” explained Cannon. “We did not deploy as a full hospital.”

The 5502nd has set up a small aid station on Base Camp Schoonover and will be providing “level one” care, which is aid not requiring higher



1st Lt. Joseph Poore (blue glove), a staff nurse with the 5502nd U.S. Army Hospital (USAH), from Aurora, Colo., prepares to administer an IV (intravenous therapy) to Pfc. Spencer Ottley inside the 5502nd USAH tent on Base Camp Schoonover.

echelons of care at another facility. There will be no mass casualty intake, no surgery, and no intensive care, said Cannon.

Cannon’s staff is trained in emergency medicine, and they are comfortable enough to handle any emergency that happens, she said.

If patients come in with serious or life-threatening problems they will be cared for and stabilized until an ambulance arrives to transport them to Twin Cities Community Hospital in Templeton, Calif., she said. But according to Cannon, the CSTX objective is primarily real world injury relief.

Army observation teams will be grading them in an effort to reveal how successful they will be in support of mass casualty simulations and other combat scenarios, said Cannon.

1st Lieutenant Joseph Poore, a Reserve Soldier from Council Bluffs, Iowa, said working with the 5502nd during the CSTX is actually very beneficial training that he could use, especially having been in the Army Reserve for only two years.

“I’m an OR (Operating Room) nurse in the civilian world and here. But we’re not dealing with the OR, so pretty much everything as far as Army medicine is going to be all new to me,” explained Poore. “I start IVs (intravenous therapy) all the time, and basic nursing skills. So anything that comes in is going to be an experience.”

Cannon said, so far, sinus issues and stomach problems seem to be the most common complaints from Soldiers. “People are just not eating and taking care of themselves... coming to a new climate.”

Cannon said she plans on helping Soldiers take care of these issues by providing education about preventative medicine in a community outreach initiative.

“We are talking to the Soldiers about hand hygiene. And we are making sure that if there is an outbreak we are catching it early, isolating it so that we are not having everybody running around sick.”

# Practicing good hygiene essential to healthy Reserve Force

Story by Staff Sgt. Christy Dispennette

Nauseated and in pain, a Soldier rolls out of his bunk for the morning formation. While getting dressed he figures the ill feeling must have come from the food he had at the base camp’s chow hall the night before. Throughout the day more Soldiers start complaining about similar symptoms. Rumors spread that the food might be the reason so many Soldiers are feeling this way, but in fact the nausea came from Soldiers practicing poor hygiene in a deployed environment.

This scenario could become a reality according to Capt. Tanya Cannon, officer-in-charge of the 5502nd U.S. Army Hospital from Denver, Colo., working at the first aid station at Base Camp Schoonover during the Command Support Training Exercise 91 13-01.

“Any time you get a bunch of Soldiers living together,” said Cannon, “Your living conditions are not always the best. Your biggest outbreak is going to be a stomach virus. It can sweep through a tent in two days.”

Maintaining health in an intense training environment can be challenging for a Soldier, who may find it a hassle to wash their hands every time they eat while training, for instance. Water resources may not always be close; exhaustion from the day or just being loaded with gear may cause hand hygiene to be the last thing on that Soldier’s mind.

Cannon expressed that simple maintenance such as hand washing and eating correctly can help eliminate illness.

“Keeping not only your body but your uniform and your area clean cuts down on any disease,” said Cannon.

1st Lt. Joe Poore, a staff nurse at the aid station, said he has concern for Soldiers working too much, becoming dehydrated and not taking proper precautions during the exercise.

“Train hard; everybody knows their limits. Don’t try to go past those limits,” said Poore. “Take care of yourself so you don’t have to come to us.”



1st Lt. Joseph Poore, a staff nurse with the 5502nd U.S. Army Hospital, of Aurora, Colo., checks Pfc. Spencer Ottley’s vitals inside the 5502nd hospital tent on Base Camp Schoonover. The 5502nd USAH set up a small aid station on Fort Hunter Liggett to care for Soldiers attending Combat Support Training Exercise 91 13-01. Photo by Sgt. Anderson Grant.

Poore explained that when a Soldier does show up at the aid station with an illness, the medics at the aid station isolate the source to prevent other Soldiers from contracting the illness.

Isolating the illness as soon as possible prevents it from rapidly spreading to other Soldiers with a cycle of bad habits, according to Cannon.

Cannon states that Soldiers may get into bad habits while they are in a training environment, especially if they are in a different climate. She acknowledges that not everyone wants to eat packaged food. Some Soldiers bring food from the chow hall back to their sleeping quarters to eat later, which according to Cannon is not a safe thing to do.

“Simple things you never think about, you can get sick from,” said Cannon.

Cannon talks to Soldiers throughout the base in hopes that repetition of appropriate preventative health measures will sink in.

# Chaplains expand roles at CSTX 91 13-01

Story by Sgt. Christopher Tobey

Members of the U. S. Army Chaplain Corps held training Thursday at the Fort Hunter Liggett Base Chapel to prepare for the roles they will assume during Combat Support Training Exercise (CSTX) 91 13-01.

More than 50 chaplains, chaplain assistants and chaplain candidates participated in the training, which covered many aspects of their military ministry goals, general soldiering tasks and exercise specific tasks and knowledge.

Thursday's training covered the chaplains' mission essential task lists, unit ministry team mission statements, memorial ceremonies, mass casualty plans and their roles as a religious leader liaison. There was also training tailored for chaplains, chaplain assistants and chaplain candidates.

"Our goal is to give them realistic training that will prepare them for what they will be doing when deployed," said the lead trainer Chaplain (Lt. Col.) James Brown, 189th Infantry Brigade.

"It gives them real world experience prior to going into theater."



Chaplain (Lt. Col.) James Brown with the 189th Infantry Brigade out of Fort Lewis-McChord, Wash., prepares to lead an after action review for the chaplain training session April 11, 2013. There were a total of 20 chaplains, 18 chaplain assistants and nine chaplain candidates at the session. The exercise is planned and coordinated by the 91st Division (Operations) at Fort Hunter Liggett, Calif. Photo by Sgt. William Parsons.

The combined exercise will give all the participating units an opportunity to rehearse military maneuvers and tactics. More than 4,000 members of the U.S. Army Reserve from more than 75 company level units will perform base security, convoy operations, and battle reaction drills amid simulated enemy attacks.

In the midst of these events the members of the unit ministry team, which includes chaplains and chaplain assistants, will be tested on how they react to simulated combat events while providing religious support to all the participants of the event.

"It's kind-of a training aspect as well as a real world ministry," said Brown. "We do training to help our chaplains, but then the other aspect of it is that we are also providing real religious support."

This exercise is a tier three training event for the chaplains under the Army unit status reporting and force registration policy. At the completion of the event the chaplains will enter the deployable forces. This simulated extended and integrated battlefield is designed to train all the participants how to safely operate in a combat zone.

"Their next move may be a combat deployment," said Brown, "We don't want to be soft targets. I think it's a great opportunity for our chaplains and chaplain assistants to get good training that prepares them for what they're going to do in a theater operation." The structure of this year's mission is four years in the making.

Chaplain (Col.) Jacob Z. Goldstein, 1st Mission Support Unit, was asked to participate in an iteration of this exercise in 2010. He was asked to be the event's only Jewish chaplain.

At the culmination of the exercise he suggested they include more training for the unit ministry team members and suggested that they be active participants in the combat simulation. The following year they asked him to come back and they asked him to help expand the chaplains' mission.

"You know the Army way," said Goldstein, "when you raise a question you have to be willing to be part of the solution."

He worked with one of his fellow rabbis, Chaplain (Lt. Col) Barry Baron, U.S. Army Civil Affairs and Psychological Operations Command, to figure out how

they could really improve event and increase the chaplains' role.

"We tried to make relevant training and then use it in the exercise," said Goldstein.

They are the lead chaplains this year, the third time in a row they have directed the mission. It is the largest turnout they have had since Goldstein joined the CSTX in 2010.

"I was very pleasantly surprised to see how many people signed in for this exercise," said Goldstein. More than 20 chaplains attended the preparatory training. Chaplain Brian Walker, (Capt.) 926 Engineering Battalion, said that the size of this event made it more effective to the participants.

"When my replacement comes to replace me," said Walker, "he or she should be able to plug in where I left off. It's important that we have these large exercises so that we're all learning the same doctrines. The guy after me can't be confused by where I left off. There has to be continuity or the Army mission is going to falter."

Throughout the rest of the exercise the chaplains will live with the participants on the remote base camps surrounding Fort Hunter Liggett's main base. Each base camp has at least four chaplains who will minister to Soldiers at every level of the command structure.

"I believe that chaplains are force multipliers," said Goldstein. "They can advise the commanders. They can help Soldiers in a combat zone. Yes, we conduct services, but we do a whole gamut of different things. I love being with Soldiers and that's why I'm here, to help them."

While the scenarios they experience during the exercise will be simulations the realistic environment gives them a taste of what they will experience in a combat environment.

"It certainly gives a solid foundation," said Walker. "It's like, when you bake a loaf of bread, you start off with a little yeast and it causes your bread to rise. I think that a lot of these guys will have this head knowledge that they can use with a little exercise experience and then if they have to use it in the real world I think the Army has set the Chaplains up for tremendous success."

Even after four years on this mission Goldstein said that he wants to continue to develop the training. He always asks all the participants to evaluate the training at the conclusion of the exercise and encourages them to be blunt and honest with their feedback. He is eager to alter the future iterations of the exercise in any way that can improve the chaplains' mission.



New York City native Chaplain Jacob Goldstein (Col.) from the 1st Mission Support Unit at Fort Buchanan, Puerto Rico, prays with Army Reserve Soldiers at Fort Hunter Liggett, April 11, 2013, during Combat Support Training Exercise 91 13-01. The CSTX is planned and coordinated by the 91st Training Division (Operations) at Fort Hunter Liggett, Calif. Photo by Christopher Tobey.

"As long as the Army will have me come back, I'll come back," Goldstein said. "It doesn't do you any good to be the only one walking around with knowledge. You need to impart it to others, you need to use it to continue building society, building the Army and making it a better place. The only way to do that is to impart the knowledge to others."

CSTX 91 13-01 is planned and coordinated by the 91st Training Division (Operations) at Fort Hunter Liggett, Calif. The CSTX gives participating units an opportunity to rehearse military maneuvers and tactics such as base security, convoy operations, and battle reaction drills during simulated enemy attacks as well as apply their Military Occupational Specialty skills in a theater of operations. The exercise provides realistic training to units to successfully meet the challenges of an extended and integrated battlefield.

# CSTX 91 13-01



LEFT: Early in the morning April 18 a squad of Soldiers with the 342nd Military Police Company out of Columbus, Ohio, conducts a cordon-and-search during Combat Support Training Exercise 91 13-01 at Fort Hunter Liggett, Calif. Photo by Sgt. Anderson Grant.

RIGHT: Army Reserve Soldiers of the 465th Engineer Co. from Birmingham, Ala., arrive in the remote Turkish village of Cedal April 17 to assess damage from Friday's earthquake. Photo by Sgt. David Turner.



TOP: Cold and exhausted from an intensive close combat exercise, Soldiers belonging to the 342nd Military Police Company from Columbus, Ohio, mingle together before an after action review of their performance, 15 April, 2013. Photo by Sgt. William Parsons.



LEFT: Sgt. Nathan Anderson, a squad leader with 339th Military Police (MP) Company from Indianapolis, Ind., performs security after searching a building during a mission. The 339th is providing MP support for an exercise during which they engage in notional scenarios. Photo by Sgt. Anderson Grant.

# CSTX 91 13-01



LEFT: Role players lead a patrol with Reserve Soldiers during Combat Support Training Exercise 91 13-01 at Fort Hunter Liggett, Calif., April 19. Photo by Sgt. Anderson Grant.



RIGHT: Sgt. Steven M. Springer, a military police (MP) Soldier with the 339th MP Co. from Boling Brook, Ill., is on security detail as Soldiers cordon-and-search a makeshift village. The 339th is providing MP support for an exercise during which they engage in notional scenarios. Photo by Sgt. Anderson Grant.



TOP: Firefighters Spc. Joshua Panlilio, Spc. Ryan Avveduto and Spc. Zachariah Levotch with the 163rd Ordnance Co. from Tustin, Calif., practice suiting up for a fire drill at Fort Hunter Liggett, Calif., April 11. The standard time an Army firefighter must get dressed in full gear is 60 seconds or less. Photo by Spc. Christopher Jones



LEFT: Soldiers of the 464th Engineer Co. from Birmingham, Ala., provide security during an exercise that trains them to help disaster victims April 17 at Fort Hunter Liggett, Calif. As part of Combat Support Training Exercise 91 13-01, Army Reserve engineers use their skills to assess damaged infrastructure and work with local leaders to restore basic services following a simulated natural disaster. Photo by Sgt. Christopher Jones.



Photo by Sgt. William Parsons