



704th Military Intelligence Brigade

the Voice

**Mentorship:
The whole Soldier Concept**

Autumn safety

SHARP: Creating a new norm

Future Leader Development

Soldiers with Headquarters and Operations Company, 742nd Military Intelligence Battalion, 704th MI Brigade, train on reacting to direct fire during a company training exercise at Gunpowder Military Reservation in Glen Arm, Md., Sept. 4.

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The Command Team's Corner

First and foremost, I want to express admiration and gratitude to every 704th MI Brigade Soldier, Civilian, and Family Member for their unwavering dedication to the mission. I could not be more proud of the incredible successes you have achieved in the past four months since I took Command of our phenomenal Brigade. I look forward to working with each and every one of you as we continue to learn, grow and build our Team.

Our mission for the Brigade continues as we focus on executing effective mission command, creating and maintaining a resilient force, and providing full spectrum SIGINT support to the National, Joint and Army Force. Resiliency and Readiness remain key in all we do; dignity and respect are inculcated in who we are and mutual support is essential for our Brigade Team, particularly during periods of uncertainty and will ensure we maintain



Col. Michele H. Bredenkamp
Brigade Commander



Command Sgt. Maj Lawrence G. Hoke
Command Sergeant Major

the strength to overcome any challenge. This issue of The Voice highlights our investment in our People – our Soldiers, Civilians and Families. Great leaders develop others and have the privilege and responsibility of educating, coaching, and mentoring. I challenge each of you to assist in creating a positive climate that fosters learning, growth, and development and continues to build on our Team. Thank you all for the support and sacrifice you continue to provide to your Families, Civilians, and Soldiers and to the Nation. As we approach the holiday season, I ask each of you to remain engaged in taking care of each other. I greatly appreciate all of your contributions and efforts in supporting the entire Brigade Team and am very proud to serve with you.

Here and Everywhere!

COL Michele H. Bredenkamp
Brigade Commander



Col. Michele Bredenkamp, commander of the 704th Military Intelligence Brigade, accepts the brigade colors as she takes command of the brigade July 1 on the parade field at Fort Meade, Md.



The 704th Military Intelligence Brigade color guard participates in the brigade's change of command ceremony at the parade field July 1 at Fort Meade, Md.



The cultural phenomena of zombies

Maj. David L. Ward
704th MI Bde. Chaplain

With Halloween just around the corner, I thought it would be fun to look at the Cultural phenomena of zombies. Over the past few years, zombies have become wildly popular. There are still nightly battles with zombies on the Xbox Call of Duty Black Ops II.. We see them in countless movies, including last summer's blockbuster World War Z. They are in the television series "The Walking Dead". At the book store, you will find "Pride and Prejudice and Zombies", or "Zombiekins" (a children's book). There are now zombie walks, zombie runs; the CDC produced How to Survive a Zombie Apocalypse as a fun way to tell people how to prepare for any emergency. Not long ago I did

a zombies and the Bible looking at the phenomenon through a Biblical lens. Our discussion began with the question, "If art imitates life, what does the fascination with zombies say about our modern culture?"

Most people know that the concept of the undead sluggishly moaning their way toward you to eat your flesh and brains began in 1968 with George A. Romero's film "Night of the Living Dead". However, the concept is much older. The first references to the flesh-eating undead go back to approximately 1800 B.C.

In "The Epic of Gilgamesh" were the goddess Ishtar promises: the Gates of the Netherworld,

I will smash the doorposts,
and leave the doors flat down,
And will let the dead go
up to eat the living!
And the dead will
outnumber the living!

Since zombies are most often associated with horror films, we might think it through and ask ourselves, "What fear do they represent?" Romero said that they represented Communism in his movie, but what about cancer, disease, drugs and other cultural ills? Rampant consumerism, or assimilation and loss of our personal identity? Do they represent our fear of death? Or a fear of not fully being alive, not being fully human?

We are a society driven by our fears. We can look at the book "World War Z" and find insights into how we are driven by fear: "Fear is the most valuable commodity in the universe... turn on the TV [and] what are you seeing? People selling their products? No. People selling the fear of you having to live without their products... Fear of aging, fear of loneliness, fear of poverty, fear of failure. Fear is the most basic emotion we have. Fear is primal. Fear sells." (WWZ, p. 55)

So what does the Bible say about fear? The most repeated command in the Bible is "Do not be afraid." The command occurs 366 times in the Old and New Testaments!

As one writer suggests, imagine yourself surrounded by a hoard of zombies. You can smell the stench of rotting flesh. You can hear the moans of the hungry undead as they approach. You're locked in and a flickering candle is your only source of light. By that flicker, you read the Psalm 27 below:

"The LORD is my light and my salvation; whom then shall I fear?

The LORD is the strength of my life; of whom then shall I be afraid?

When evildoers came upon me to eat my flesh, it was they, my foes and my adversaries, who stumbled and fell.

Though an army should encamp against me, yet my heart shall not be afraid;

And though war should rise up against me, yet will I put my trust in him.

One thing have I asked of the LORD; one thing I seek; that I may dwell in the house of the LORD all the days of my life;

To behold the fair beauty of the LORD and to seek him in his temple.

For in the day of trouble he shall keep me safe in his shelter;

he shall hide me in the secrecy of his dwelling and set me high upon a rock.

Even now he lifts up my head above my enemies round about me.

Therefore I will offer

dwelling an oblation with sounds of great gladness;

I will sing and make music to the LORD." (English Standard Version)

What was the psalmist going through when he composed this poem of trust in God? He must have been in the midst of a horrible crisis. Yet even in the midst of crisis, he raises a song of praise knowing that God is truly the One who will deliver him.

Are we able to offer such praise in the midst of our daily struggles and daily crises? Can we declare our trust and love even when we confronted by our greatest fears? Or do we give up and let

our fears conquer us? As we face the zombies of our daily life, our fears, whatever they may be, we must in the face of those fears and seek Him, His shelter, His dwelling, knowing that if we turn those fears over to God we can truly say, "The LORD is my light and my salvation; whom then shall I fear? The LORD is the strength of my life; of whom then shall I be afraid?"



Honor, reverence and respect: Brigade officer inspired by Arlington National Cemetery, Old Guard's Caisson Platoon

Courtesy Story 704th MI BDE

Military families have endured over a decade of deployments and the challenges associated with the miles that separated them from their loved ones. While many of our military members have reunited with their families, others who have given the final full measure in Afghanistan and Iraq are provided full military honors at Arlington National Cemetery and are laid to rest amongst our nation's heroes, dress right dress, in neatly arranged rows of marble headstones. We honor them one last time with their families as they walk behind a horse drawn caisson in route to their final resting place.

Two years ago, when Maj. Gregory Keeney, Brigade S3 for

Robert Gantt Steele, a former Army engineer, worked closely with Maj. Gregory Keeney, the 704th MI Bde. S3, to provide illustrations for "Mark's Special Mission in Arlington National Cemetery". Keeney was inspired to write the book after a visit to the stables at Fort Myer, Va.



the 704th Military Intelligence Brigade, visited the stables at Fort Myer, Va., he was inspired to write about the experience. He said the moving experience, along with his love of writing and his love of military history drove him to write an illustrated book, "Mark's Special Mission in Arlington National Cemetery".

The recently published book is a short story coupled with illustrations by Robert Gantt Steele, a former Army engineer officer. It provides the reader a behind the scenes view of the deep-rooted military tradition that commemorates the sacrifice of our fallen heroes and the honors bestowed upon them as well as recognition of the families whose lives will forever

be changed as they move forward in memorial to their loved one.

Keeney said the book emphasizes healing through relationships, compassion through recognition and reverence for the nation's fallen warriors and their family. He grew up near Gettysburg, Pa., where horses and history were always associated for him and his father gave him his love for reading and history.

"I personally find writing therapeutic and relaxing, especially when you can turn your thoughts and ideas into words on a sheet of paper," he said. "And this is a story that needed to be told."

Keeney partnered with Tragedy Assistance Program for Survivors and has pledged

a portion of the proceeds to the organization, which provides assistance to families who lost a loved one in military service.

"I hope the book will touch many people and help them understand how our military men and women are honored at Arlington National Cemetery," he said.



SHARP: Changing the norm



Photo: U.S. Army/ Released

704th MI BDE SHARP Team

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Staff Sgt. Aleksey Moiseyevkov 704th MI Bde. Victim Advocate

While in the office, have you ever seen a YouTube video that had profane language or sexually charged jokes? Everyone was there, no one complained, and everyone thought it was funny. But why did you have that feeling you were doing something wrong? What about the time you were hanging out with the crew, and everyone had a nickname for a team member that sounded funny and sexual? The nicknamed person said they don't have a problem with it, might even think it's funny, then why do you have a bad feeling in your stomach when you hear that name? Finally, as you sit in the office, a coworker comes and ask you how your morning went "honey". You

think that's no big deal, that's how everyone talks around here. But why don't you respond with the same term or greeting?

I mean why not? Everyone in the office has just seen the sexual funny video on the internet and no one said it was offensive or wrong. But nobody should be subjected to sexually charged or inappropriate material in the office. This includes sexual internet videos, pin-up posters, or sexual photos on your phone. When sexual nicknames or terms of endearment are used, it takes away from the professionalism and respect within our ranks. When Sgt. Snuffy all of a sudden becomes "darling", or has an expletive used to describe a

body part as a nickname, it takes away from his humanity and dehumanizes him to such a point that a potential predator could easily take advantage.

The Army defines sexual harassment as a form of gender discrimination that involves unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature between the same or opposite genders. All Soldiers and DA Civilians have a responsibility to help resolve acts of sexual harassment. The way you as a Soldier or DA Civilian are supposed to respond to it might be one of the hardest things you ever have to do. Telling a battle buddy to "stop", requires

a lot of personal courage and professionalism but we must remember that what one person thinks is funny, appropriate, or the norm may not necessarily be so to another. When we subject our peers to these behaviors, we are creating a climate that is conducive to sexual harassment, or fostering a hostile working environment. Remember that personal courage is an Army value that plays a major part in the fight against sexual harassment and sexual assault. If you brush off the opportunity to help your battle buddy in their time of need, so will everyone else. The blame for their suffering will be partly yours to bear.

Make it personal, make it count!

INTERVENE ACT AND MOTIVATE!

- Your Brigade SHARP Team.



Autumn/winter Safety

Mr. Axel Gonzalez
704th MI Bde. Safety Manager

Remember the basics of traveling

 Pre-trip car inspections

 Plan your route

 Use the buddy system

 Take frequent breaks

Halloween tips

01
Be sure that children have on some type of reflective and flame retardant clothing, and carry flashlights so they are easily seen.

02
Many children (and adults) will be out on our streets, roads, and sidewalks in the evening. Be extra alert when driving.

03
Once the children return home, thoroughly check their treats for safety reasons



Be safe...Here and everywhere!

Winter Driving

Winter driving can be inconvenient, annoying, even infuriating. But you can offset those aggravations and minimize the special risks of winter driving. The main thing is to give yourself plenty of time to get to where you are going. Visibility is another big hazard of winter driving. In heavy snow, keep your lights on. Stop and clean your windshield and lights if necessary. Get off the road before you get stranded by worsening weather conditions. Winter is the most difficult driving season. Not only do you have snow and ice to deal with, but there are fewer hours of daylight as well.

- Before winter weather arrives, make sure your vehicle is in good condition, especially the tires.
- Make sure you've got good snow tires, and put them on early. Try not to get caught without them in the first snowfall. Never combine radial and non-radial tires on the same vehicle. On front-wheel drive cars, it's best to put snow tires or "all-season" tires on all four wheels, not just the front.
- If you must drive, clear the ice and snow from your vehicle, all windows and windshield wipers. Be sure the windshield washer reservoir is adequately filled with a freeze-resistant cleaning solution.
- Plan Your Route
- Be familiar with the maps/directions to avoid confusion
- Check the weather reports and adjust starting time
- Let others know how you are coming and when you'll arrive
- Always fill the gasoline tank before entering open country, even for a short distance, and stop to fill-up long before the tank begins to run low. Keeping the gas tank as full as possible will minimize condensation, providing the maximum advantage in case of trouble.
- A Citizens Band (CB) radio and/or cellular phone can be very useful to you or another stranded motorist in case of an emergency. Remember, pull off the road to talk on a cellular phone.

BLACK ICE

Black ice is clear water that has frozen on black pavement, usually forms below overpasses, on bridges, in areas that are surrounded by landscape or on a source of water running across pavement. Black ice commonly occurs in low, shaded areas and/or when the road surface starts to freeze at night. You usually cannot see or feel this ice until the vehicle is already on it. You may not expect a patch of ice because you've been driving on dry, clear pavement. It may be an area where melting snow or a roadside spring caused water to run onto the road and freeze. If you are not aware that the water has frozen, you could lose control and the vehicle could skid.

For more safety tips, training aids and information contact the Brigade Safety Manager:

Mr. Gonzalez
(301) 677-0204
axel.gonzalez-delgado.civ@mail.mil

For current statistics, training, and more information visit the Combat readiness Center website

<https://safety.army.mil>

Party decorations

When planning party decorations, bear in mind that dried flowers and cornstalk are highly flammable. Keep crepe paper and other decorations well away from all heat sources, including light bulbs, heaters, etc. Decoration with candles should be avoided. Pumpkins can be safely illuminated with small, inexpensive flashlights. When decorating, remember to keep exits clear. Be sure children are supervised at all times



Mentorship: The whole Soldier concept

Pfc. Artis Johnson, a human resources specialist with 704th MI Bde., works closely with his noncommissioned officer, Sgt. Rony Osorio, in the brigade S1 shop.

Sgt. 1st Class Diane C. Noggin
704th MI Bde. Brigade S1

What is mentorship? Do we, as leaders, really know what it means to be a mentor? Mentorship can be defined as a developmental relationship in which a more experienced person helps guide and advise a less experienced person. The new Army leadership doctrine defines mentorship as “the voluntary developmental relationship that exists between a person of greater experience and a person of lesser experience that is characterized by mutual trust and respect”.

Both the civilian and Army definitions of mentorship are very similar and the term can take on a variety of meanings depending on who you ask. Talk with a junior enlisted Soldier or a

newly promoted Sergeant and you may get the Army Study Guide’s answer of providing purpose, motivation, and direction. Why? Is this actually the meaning of mentorship or is it closer to the definition of leadership? These groups of Soldiers are only providing answers from which they have had to study for boards and may not have had anyone in their careers to provide any mentorship. These younger, less experienced Soldiers and noncommissioned officers need senior leaders to provide that mentorship. If you were to ask senior NCOs to define mentorship, their answers may be more closely related to that of the Army doctrine.

I have been in the military for 20 years and throughout my career I have noticed some Soldiers are eager to learn, grow, and develop themselves; craving that mentorship from their senior leaders to excel in every aspect. As the Army doctrine states, mentorship is a voluntary relationship based upon mutual trust and respect and respect goes both ways when providing mentorship. If Soldiers feel respected and trust that their senior leaders have their best interests both personally and professionally, they will welcome guidance and be willing to achieve high standards.

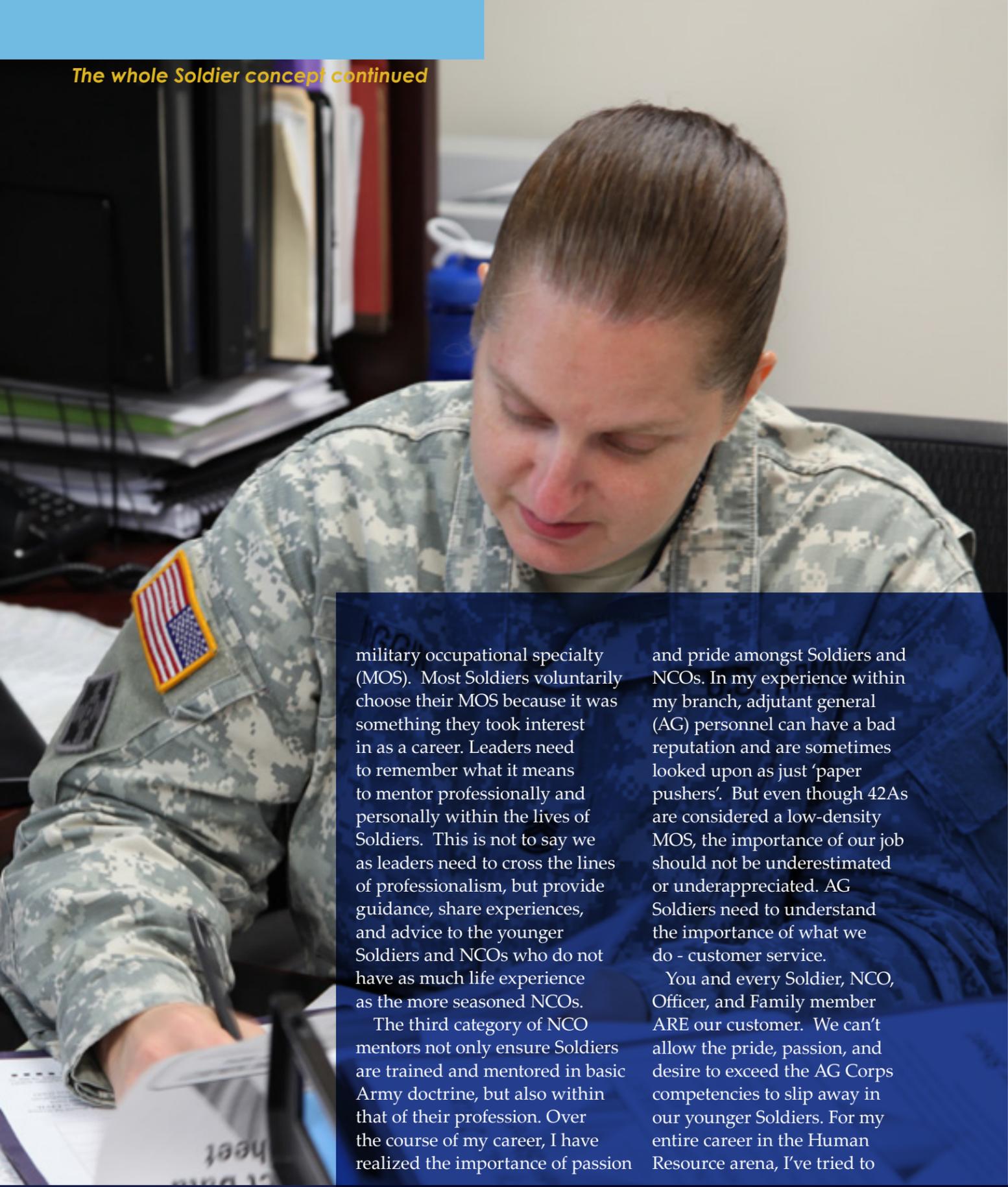
In my experience and opinion, there are three categories of

mentors. The first group consists of those NCOs who are only holding the rank, checking the blocks, and not wanting any type of responsibility for leading or mentoring subordinates. These NCOs come to work, do only the bare minimum of what is asked, just doing their time until ETS or retirement. In my experience, some Soldiers believe that as soon as they reach eligibility to attend a promotion board, we should immediately send them. But junior Soldiers should wait until they are able and willing to accept the responsibility that they are -expected to fill as a mentor to subordinates before they become eager to advance to the next rank of sergeant or staff sergeant.

Can we honestly say that a specialist or sergeant who only has eight months time in grade and four years time in service is ready to be promoted? Is this Soldier able to be a mentor to others when they may not even have the experience or maturity for that next level of immediate responsibilities?

The second category is those NCOs who believe they are good mentors because their Soldiers meet Army standards. These standards are a basic mastering of Soldiering, for example APFT, basic marksmanship, 350-1 training, uniforms, etc. While this is an important aspect of being a Soldier, the whole





military occupational specialty (MOS). Most Soldiers voluntarily choose their MOS because it was something they took interest in as a career. Leaders need to remember what it means to mentor professionally and personally within the lives of Soldiers. This is not to say we as leaders need to cross the lines of professionalism, but provide guidance, share experiences, and advice to the younger Soldiers and NCOs who do not have as much life experience as the more seasoned NCOs.

The third category of NCO mentors not only ensure Soldiers are trained and mentored in basic Army doctrine, but also within that of their profession. Over the course of my career, I have realized the importance of passion

and pride amongst Soldiers and NCOs. In my experience within my branch, adjutant general (AG) personnel can have a bad reputation and are sometimes looked upon as just 'paper pushers'. But even though 42As are considered a low-density MOS, the importance of our job should not be underestimated or underappreciated. AG Soldiers need to understand the importance of what we do - customer service.

You and every Soldier, NCO, Officer, and Family member ARE our customer. We can't allow the pride, passion, and desire to exceed the AG Corps competencies to slip away in our younger Soldiers. For my entire career in the Human Resource arena, I've tried to

instill the importance of caring about the service provided and the products we produce from our offices. AG Soldiers do not just push or file papers, we manage and are responsible for Soldiers' careers, finances, family benefits, assignments, etc.

Every action that comes through our office should be processed as expeditiously and accurately as if it was our own personal action. We all want to get paid, promoted on time, or ensure our Families are enrolled in DEERs right? That is exactly what I mean by having the passion and drive to ensure you, the customer is taken care of to the fullest extent - it's our JOB!

Having Soldiers, NCOs, or Officers say 'thank you' for updating their records accurately, entering promotion points in a timely manner so that Soldier gets promoted, or even providing reliable information for Family members to enroll in DEERS to receive benefits, should be satisfying to the AG Soldier. We should take pride in what we do and strive to be subject matter experts within the whole field. If Soldiers do not know how to do this, then it is the responsibility of senior leaders to provide that mentorship. We can't give up trying to make our current and future leaders become this type of mentor.

I have always told my Soldiers that although nearly anyone could do your job, it's how you do it that makes all the difference. I not only ensure they become the best Adjutant General professionals, but ensure they excel as Soldiers

too. We're often perceived to have one strike against us because we are AG Soldiers, so I tell them not to give anyone the opportunity to place a second strike on them for not meeting Army standards. Each and every one of us should have that passion to excel no matter what our MOS and it is our responsibility as leaders to pass that drive and motivation to our junior Soldiers and NCOs, both professionally and personally.

Mentoring is more than just answering questions and completing Soldier tasks, it's an ongoing relationship of learning, dialogue, and challenge. So which type of mentor are you?

“ We should take pride in what we do and strive to be subject matter experts within the whole field.”



742nd MI BN conducts training at Gunpowder

Sgt. Amy Christopherson
704th MI Bde. Public Affairs



A Soldier with Headquarters and Operations Company, 742nd MI Battalion, 704th MI Bde., participates in the company's quarterly significant training event at Gunpowder Military Reservation in Glen Arm, Md.

Two companies with the 704th Military Intelligence Brigade left their usual training areas on Fort Meade, Md., to conduct training in unfamiliar territory at Gunpowder Military Reservation in Glen Arm, Md.

Headquarters and Operations Co., 742nd MI Battalion, 704th MI Bde. conducted training lanes focusing on individual movement techniques and movement under direct fire.

Pvt. Rhys Underwood, a signals collector/analyst with HOC, said he enjoyed the training environment and the opportunity to build his skills.

"I learned how to react to contact and building clearing," he said. "I learned a lot, but I think next time paintball gear would be a good addition to the training."

Alpha Company, 742nd MI Bn., 704th MI Bde., conducted movement to contact and ambush operations training while simultaneously exercising their land navigation skills Sept. 11.

After arriving at Gunpowder, A Co. Soldiers broke into two teams and had time to plan

their operation, build a sand table and brief their plan to the commander and first sergeant, as well as the battalion's command sergeant major.

The teams moved out, with one team conducting a search and the other team setting up the ambush. After the initial operation was complete, the teams switched roles so each team had the opportunity to conduct the search and ambush.

Capt. Frank Peachey, who took command of A. Co. Sept. 18, praised the Soldiers for their efforts during the full day of training.

"Never think that because of your MOS you'll never have to do this in real life," he said. "You never know when you'll need to use these skills. You may not do this every day but you came out here and made it happen."

"Never think that because of your MOS you'll never have to do this in real life"

send your vote home

FVAP.gov

Home is where the heart is, and where your vote can be.

Just use the simple tools at FVAP.gov or contact your Voting Assistance Officer to participate in the next election.

704th MI BDE Voting Assistance Officer
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FVAP.gov | 1-800-434-VOTE | info@fvap.gov



Outback resiliency

When people think of Australia, they may picture kangaroos or the Sydney Opera House, but not hard working American Soldiers and their families in the middle of the outback supporting our national mission and international partners. This is what you will find in Alice Springs, where a detachment of the 743rd Military Intelligence Battalion is situated in the center of the Northern Territory, half a world away.

Capt. Jared Vineyard, the 743rd MI Bn. chaplain, and 1st Sgt. Michael Grimes, first sergeant of Headquarters and Operations Company, 743rd MI Bn., visited with the detachment in order to enhance both individual and unit resiliency, Aug. 15 through Sept.

1. Vineyard's key objectives were to assess both the spiritual and emotional climate and needs of the personnel while delivering support in both of these vital areas. Planned events included a single Soldier retreat; a married Soldier retreat; 'Operation Face-to-Face' (meeting with all personnel in one-on-one conversations); visiting with local 'helping partners' which included both the Employee Assistance Program and local clergy; and conducting a group sensing session.

The singles retreat (conducted August 20-22) was a truly unique event that required much coordination and approvals. Vineyard and Grimes took 9 personnel to the 'Top End' of

Capt. Jared Vineyard
743rd MI Bn. Chaplain

Australia, 15 hours away, to the city of Darwin. The title of the event was "Building a More Resilient You." Key sites along the journey (as well as an audio book in the van) were the backdrops for the training along the way. The audio book of the 'Five Love Languages for Singles' served as the key curriculum and led to guided discussions along the trip about building healthy relationships both on and off work. The first stop along the trip was at an amazing rock formation called the 'Devil's Marbles.' After everyone explored the formation, a discussion was conducted on financial resiliency (a 'devilish' area in many Soldiers lives).

In Darwin, the group visited

Crocosaurus Cove (a salt water crocodile 'experience'), which became the setting for a class in dealing with stress in a positive way; the Darwin World War II Museum (focusing on the Japanese bombing of Darwin), which became the setting for Army Leadership and Values 101; and the Mindil Beach Sunset Market (a huge Australian/Southeast Asian market), which was a great experience in cultural diversity.

On the return trip to Alice Springs, the group stopped at the Mataranka Thermal Pools (a natural thermal oasis in the middle of the outback), which provided the setting for a practical exercise in rest and resiliency. The event was a huge success and all individuals felt it had been a great opportunity for both learning and adventure!

The married event was "All Because Two People Fell in Love," at the Pioneer Outback Hotel and Lodge at the Ayers Rock Resort in Yulara, Northern Territory, Aug. 29-31. The primary curriculum for the retreat was the "Five Love Languages". During the retreat the couples covered topics such as defining what love is, learning how to express love correctly, discussing intimacy in relationships, communicating appropriately, as well as learning how to forgive. Child care was



provided for each of the sessions and was followed by a time for couples to discuss the topics with each other in a 'guided couples time.' Saturday afternoon was left open in order for families to explore 'the Red Center' of Australia on their own and bond as a family, and then capped off with a 'date night' which also included child care. The marriage retreat was also a huge success and was highly praised both for the content of material and overall 'fun' of the trip.

After a full schedule of events the finale on the last day of Vineyard's visit when he was able to baptize one of the detachment Soldiers, Staff Sgt. Jacky Reyes, coordinating the baptistry with one of the local Australian churches.

Family support, emotional reinforcement, and spiritual encouragement all contribute to our 743rd detachment's 'Outback Resiliency!'



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www.facebook.com/704thMI



Resilience: Build your armor against challenges

As we continue to learn the basic resilience and performance skills, we must remember that this is not just a check the block item to satisfy our leaders or some Army requirement, but more of a tool to enhance our daily lives.

Just like any skill, when we first learn, we must practice it over and over to improve before it becomes second nature.

Not every skill is appropriate for every situation, so knowing when to use each skill will maximize their effectiveness. The skills build on each other and they work together to improve and sustain resilience, by giving multiple strategies to defend against challenges. Think of it as armor to protect and maintain your overall resilience.

Resilience & Performance Skills



Hunt The Good Stuff

Hunt the Good Stuff to counter the negativity bias, to create positive emotion, and to notice and analyze what is good. Record three good things each day and write a reflection next to each positive event about why the good thing happened, what this means to you, what you can do to enable more of the good thing, and ways you can contribute to this good thing.



Avoid Thinking Traps

Identify and correct overly rigid patterns in thinking through the use of Mental Cues and Critical Questions. Mental Cues and Critical Questions help to identify the information you missed because of a Thinking Trap.



Problem Solving

Identify your thoughts about why the problem happened, identify other factors with Critical Questions, test them for accuracy, and then identify solution strategies.



Mental Games

Change the focus away from counterproductive thinking to enable greater concentration and focus on the task at hand. Mental Games are games that require your full attention, are hard and fun, and can be done within a few minutes.



Identify Character Strengths in Self and Others

Identify your top Character Strengths and those of others and identify ways to use your Character Strengths to increase your effectiveness and strengthen your relationships.



Assertive Communication

Communicate clearly and with respect, especially during conflict or challenge. Use the IDEAL model (Identify and understand the problem, Describe the problem objectively, Express your concerns and how you feel, Ask other person for healthier perspective and ask for a reasonable change, List the positive consequences that will occur if the person makes the agreed upon change) to communicate in a Confident, Clear, and Controlled manner.



Activating Event, Thoughts, Consequences

Identify your Thoughts about an Activating Event and the Consequences of those Thoughts. Thoughts, not the Activating Event, drive Consequences (Emotions and Reactions).



Detect Icebergs

Identify and evaluate core values and core beliefs that fuel out-of-proportion emotions and reactions. Use "What" questions to help identify the iceberg.



Put It In Perspective

Stop catastrophic thinking, reduce anxiety, and improve problem solving by Capturing the Worst, Generating the Best, and Identifying the Most Likely outcomes of a situation and Developing a plan for dealing with the Most Likely Outcomes.



Real-time Resilience

Shut down counterproductive thinking to enable greater concentration and focus on the task at hand. Fight back against counterproductive thoughts by using evidence, optimism, or perspective.



Character Strengths: Challenges & Leadership

Use Character Strengths in yourself and others to overcome challenges, increase team effectiveness, and strengthen your leadership. Identify the Character Strengths you will use and the specific actions those Character Strengths will lead to bringing a more effective leader and enabling members of your team to overcome complex challenges.



Effective Praise and Active Constructive Responding

Praise effectively to build mastery and winning streaks. Name strategies, processes, or behaviors that led to the good outcome. Respond to others with authentic, active, and constructive interest to build strong relationships. It is the only style that strengthens relationships.



Mental Skills Foundation

Identify the mental skills that underlie performance and understand the psychology of performance excellence. Recognize the distinctions between growth and fixed mindsets. Understand the relationship between thoughts, emotions, physical states, and performance.



Attention Control

Heighten sensory awareness to what is most relevant and keep it there to avoid distraction. Understand how to direct attention and build awareness of personal attentional tendencies. Identify personal indicators of distractors that compromise focus. Develop routines to set and reset the ideal state for focused skill execution.



Goal Setting

Identify a personally meaningful goal and develop a concrete plan to ensure achievement. Understand how personal values help form self-directed motivation. Develop commitment strategies to support goal attainment. Create techniques to regularly monitor goal progress.



Your Learning Mindset

Examine how motivation is the foundation for successful learning, and recognize attitudes that may limit success. Understand how learning changes your brain, and how a learning mindset affects your study strategy.



Make Study Effort Count

Establish the right study conditions to direct attention to immediate learning tasks, employing the Study Power Hour as an example study regimen to regulate study effort.



Take Effective Notes

Develop meaningful, reusable resources that facilitate comprehension and retention. Consider how listening and attitude affect the quality of notes, and develop a better note-taking style.



Learn With Your Peers

Form successful study groups and apply individual learning strengths effectively in a peer situation. Learn characteristics to seek in effective study partnerships and troubleshoot partnership pitfalls.



Building Confidence

Develop effective thinking to set the conditions for consistent performance excellence. Understand the sources of confidence. Identify personal strengths that can be leveraged for confidence in any situation. Develop effective responses for counterproductive thoughts and effective perceptions of failure and success.



Energy Management

Use self-regulation skills to effectively modulate and restore energy in order to thrive under pressure. Understand how mind-body activation levels impact performance. Prioritize controllable factors that influence mind-body activation. Practice deliberate breathing and develop strategies to combat chronic sleep restriction.



Integrating Imagery

Mentally rehearse successful performances to program the mind and body to perform automatically and without hesitation. Understand the scientific basis of the brain-performance connection. Identify and practice the three factors that contribute to effective imagery.



Plan and Prioritize Your Time

Work effectively toward academic goals and managing time. Understand how your time is spent during a typical week, and conquer procrastination through an action plan.



Remember What You Study

Improve knowledge retention through brain-based learning theory. Understand how memory works and why healthy habits are critical to academic success.



Attack Your Reading

Develop and use active processes to aid comprehension, knowledge retention, and efficiency. Apply the "Survey-Question-Read-Recite-Review" reading process.



Combat Your Tests

Become test wise through planning, understand test questions, thinking effectively, managing energy, and embracing nerves to alleviate test anxiety and optimize test performance.



Family Readiness Group basics



For Service members, all the same benefits as spouses and family members apply, plus the benefits of volunteering such as promotion points; award recognitions (Presidential, Unit, etc.); and professional development - networking, references, resume bullets.

The FRG is not a one-person job; at minimum during periods of sustainment, a FRG should have an appointed FRG Liaison, a Volunteer FRG Leader, a Treasurer and Alternate Treasurer, if the Unit plans to maintain an FRG Informal Fund.

The Family Readiness Support

Assistant (FRSA) is a link between Soldiers, Families, Family Readiness Groups and community resources. Their job is to assist the command in properly and effectively responding to Soldier and Family needs by:

- Providing information and referrals to families who need assistance to the appropriate installation/community resources
- Scheduling and coordinating training
- Providing assistance with the preparation of pre-deployment, sustainment and reunion activities
- Assisting with FRG newsletters and websites

For additional resources and information, please contact your 704th MI Brigade Family Readiness Support Assistant at:

catherine.c.classe-friend.civ@mail.mil or 301-677-0120.

Calendar of upcoming events

- 05 Nov 14, Tuesday
10 Steps to a Federal Job, 0800-1600, McGill Training Center, Ft. Meade, 301-677-5590
- 12 Nov 14, Wednesday
ACS Women's Empowerment Group, 1400-1530, ACS, Ft. Meade, Samantha Herring, 301-677-4124 or Katherin Lamourt, 301-677-4117
- 13 Nov 14, Thursday
Social Media for Job Seekers, 0900-1200, ACS, Ft. Meade, 301-677-5590
- 19 Nov 14, Wednesday
ACS Women's Empowerment Group, 1400-1530, ACS, Ft. Meade, Samantha Herring, 301-677-4124 or Katherin Lamourt, 301-677-4117
- 26 Nov 14, Wednesday
ACS Women's Empowerment Group, 1400-1530, ACS, Ft. Meade, Samantha Herring, 301-677-4124 or Katherin Lamourt, 301-677-117
- 02 Dec 14, Tuesday
Resume Workshop, 0900-1200, ACS, Ft. Meade, 301-677-5590
- 03 Dec 14, Wednesday
ACS Women's Empowerment Group, 1400-1530, ACS, Ft. Meade, Samantha Herring, 301-677-4124 or Katherin Lamourt, 301-677-4117
- 09 Dec 14, Tuesday
Federal Employment, 0900-1200, ACS, Ft. Meade, 301-677-5590
- 10 Dec 14, Wednesday
ACS Women's Empowerment Group, 1400-1530, ACS, Ft. Meade, Samantha Herring, 301-677-4124 or Katherin Lamourt, 301-677-4117
- 16 Dec 14, Tuesday
Interviewing Skills, 0900-1200, ACS, Ft. Meade, 301-677-5590
- 17 Dec 14, Wednesday
ACS Women's Empowerment Group, 1400-1530, ACS, Ft. Meade, Samantha Herring, 301-677-4124 or Katherin Lamourt, 301-677-4117
- 20 Dec 14, Saturday
743rd B Co. Christmas Party, Buckley AFB, CO, 720-847-5030
- 24 Dec 14, Wednesday
ACS Women's Empowerment Group, 1400-1530, ACS, Ft. Meade, Samantha Herring, 301-677-4124 or Katherin Lamourt, 301-677-4117
- 31 Dec 14, Wednesday
ACS Women's Empowerment Group, 1400-1530, ACS, Ft. Meade, Samantha Herring, 301-677-4124 or Katherin Lamourt, 301-677-4117

Catherine Classe-Friend Bde. Family Readiness Support Assistance

What is a Family Readiness Group?

A Soldier/Family Readiness Group is an organization of Family members, Soldiers and Civilian employees belonging to a unit, that together provide an avenue of mutual support and assistance and a network of communications among the family members, the chain of command, between one another, and community resources. Anyone having affiliation may participate in a unit's FRG, including: spouses, boyfriends, girlfriends, parents, extended Family members, siblings, or any other interested party.

The benefits of participating in a Family Readiness Group are vast. For spouses and Family members, the FRG gives a sense of belonging to the unit and the Army community—the Army Family. It provides a way to develop friendships, share important information, obtain referrals to needed Army resources, and share moral support during unit deployments. For the long-term, involvement in FRG activities can foster more positive attitudes among Army families and provide a better understanding of military life, the unit, and its mission.



743rd Soldiers earn German Proficiency Badge

Capt. Steven C. Loos
743rd MI Bn.

BUCKLEY AIR FORCE BASE, AURORA, Colo. -- During the months of August and September 2014, 37 Soldiers of the 743rd Military Intelligence Battalion set out to earn their German Armed Forces Proficiency Badge (GAFPB).

The GAFPB is a decoration of the Bundeswehr, the armed forces of the Federal Republic of Germany, and is awarded and worn by German soldiers of all ranks. Soldiers of allied countries may also be awarded wear of the badge, subject to their nations' uniform regulations. In the United States Army, the badge can be worn on the Class A's by both enlisted and officers. This is different from the German Weapons Qualification cord which is only worn by enlisted personnel.

To earn the award, a Soldier must first be deemed physically and morally fit by their commanding officer. Then, he or she is evaluated in six different areas by completing a Combat Lifesaver (CLS) course or equivalent evaluation, proper wear of mask and protective clothing of Chemical, Radiological, Biological,

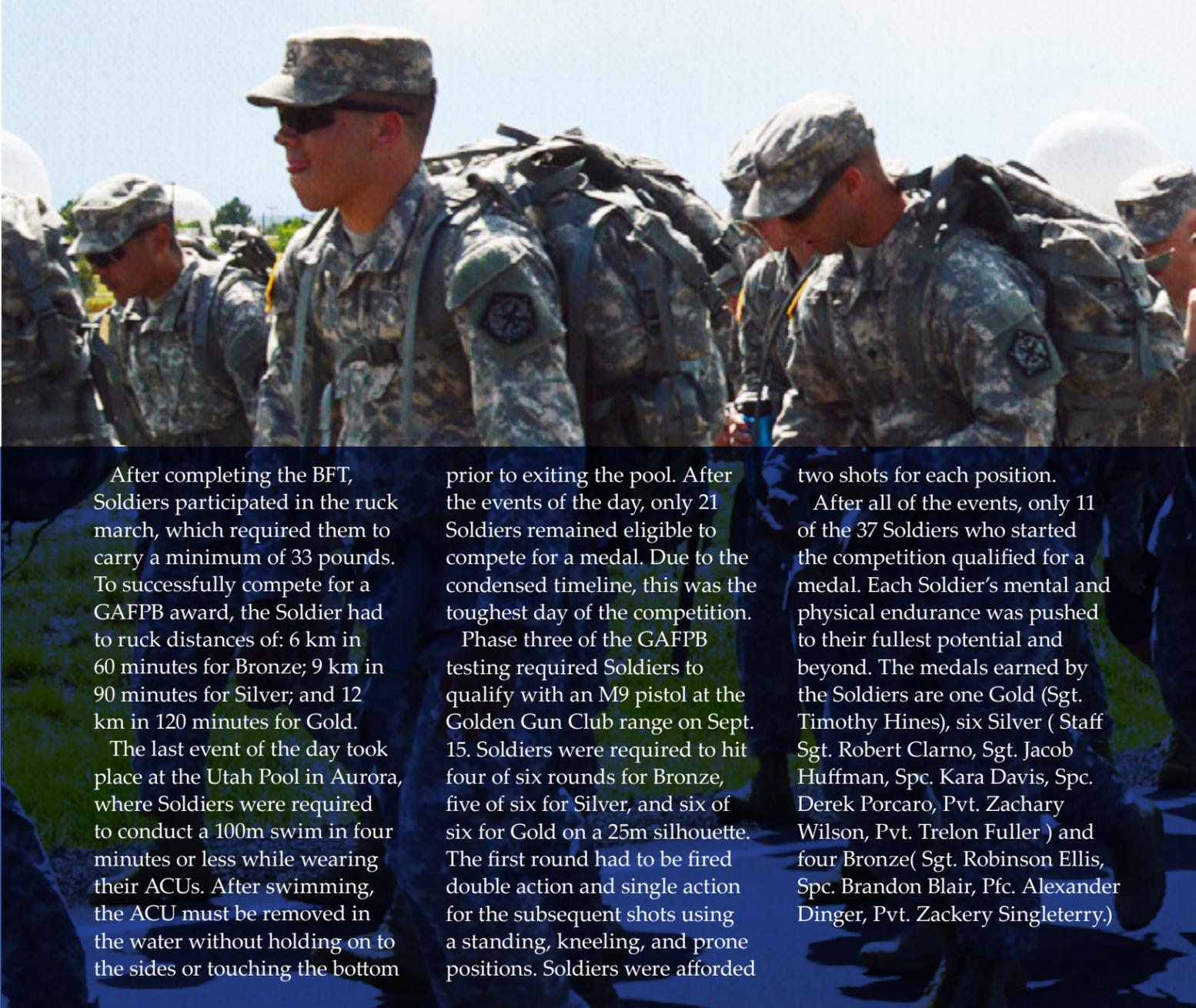
Nuclear, and Explosive (CBRNE) gear, pistol marksmanship qualification, a 100 meter swim in the Army combat uniform, a 6K, 9K or 12K ruck march carrying a minimum of 33 pounds, and the German Basic Fitness Test which consists of an 11x10 meter sprint, flexed arm hang and a 1000 meter sprint.

This is the first time Buckley AFB has hosted the event. At the request of several Soldiers in the unit, Capt. Steven Loos, the commander of B Company, 743rd MI Bn., began calling posts across that have hosted the event, to gain information on how to conduct the GAFPB. After several weeks, he was directed to Lt. Col. Thomas Hiller, a German Air Force officer serving as the German Liaison Officer at the United States Air Force Academy. Loos learned that several of the events such as the NBC, First Aid, and 9MM range can be administered at the company level but the Fitness Test, 100M swim test, and ruck march must be observed by a certified German soldier.

The competition began on Aug. 22, with a combined event of the gas chamber and first

aid evaluations required from the Adapt and Survive Army Warrior Tasks (AWT). B CO cadre assessed Soldiers on evaluating a casualty, first aid for burns and shock, and first aid for a bleeding and/or severed extremity. Soldiers certified in CLS within the past three years did not have to complete the first aid testing. After successful completion of the first aid tasks, Soldiers were evaluated on using their assigned protective mask to protect themselves from chemical and biological contamination. The location for this training was made possible by a partnership between the battalion and the Aurora Police Department's training facility.

The second phase of the GAFPB began Sept. 7. The soldiers completed the German Basic Fitness Test (BFT). The chart on the opposite page illustrates what times were needed to qualify for each award:



After completing the BFT, Soldiers participated in the ruck march, which required them to carry a minimum of 33 pounds. To successfully compete for a GAFPB award, the Soldier had to ruck distances of: 6 km in 60 minutes for Bronze; 9 km in 90 minutes for Silver; and 12 km in 120 minutes for Gold.

The last event of the day took place at the Utah Pool in Aurora, where Soldiers were required to conduct a 100m swim in four minutes or less while wearing their ACUs. After swimming, the ACU must be removed in the water without holding on to the sides or touching the bottom

prior to exiting the pool. After the events of the day, only 21 Soldiers remained eligible to compete for a medal. Due to the condensed timeline, this was the toughest day of the competition.

Phase three of the GAFPB testing required Soldiers to qualify with an M9 pistol at the Golden Gun Club range on Sept. 15. Soldiers were required to hit four of six rounds for Bronze, five of six for Silver, and six of six for Gold on a 25m silhouette. The first round had to be fired double action and single action for the subsequent shots using a standing, kneeling, and prone positions. Soldiers were afforded

two shots for each position.

After all of the events, only 11 of the 37 Soldiers who started the competition qualified for a medal. Each Soldier's mental and physical endurance was pushed to their fullest potential and beyond. The medals earned by the Soldiers are one Gold (Sgt. Timothy Hines), six Silver (Staff Sgt. Robert Clarno, Sgt. Jacob Huffman, Spc. Kara Davis, Spc. Derek Porcaro, Pvt. Zachary Wilson, Pvt. Trelon Fuller) and four Bronze(Sgt. Robinson Ellis, Spc. Brandon Blair, Pfc. Alexander Dinger, Pvt. Zackery Singletery.)

1000M Sprint	Gold	Silver	Bronze
	2:50-3:45 min	3:46-4:40 min	4:41-6:30 min
Flexed Arm Hang	Gold	Silver	Bronze
	65-86 sec	45-64 sec	05-44 sec
11x10M Sprint	Gold	Silver	Bronze
	35-42 sec	43-48 sec	49-60 sec



Here and Everywhere!



Capt. Franklin Peachy assumed command of A Co., 742nd MI Battalion, from the outgoing commander, Capt. Garrett Carr, September 18 at Fort Meade, Md.



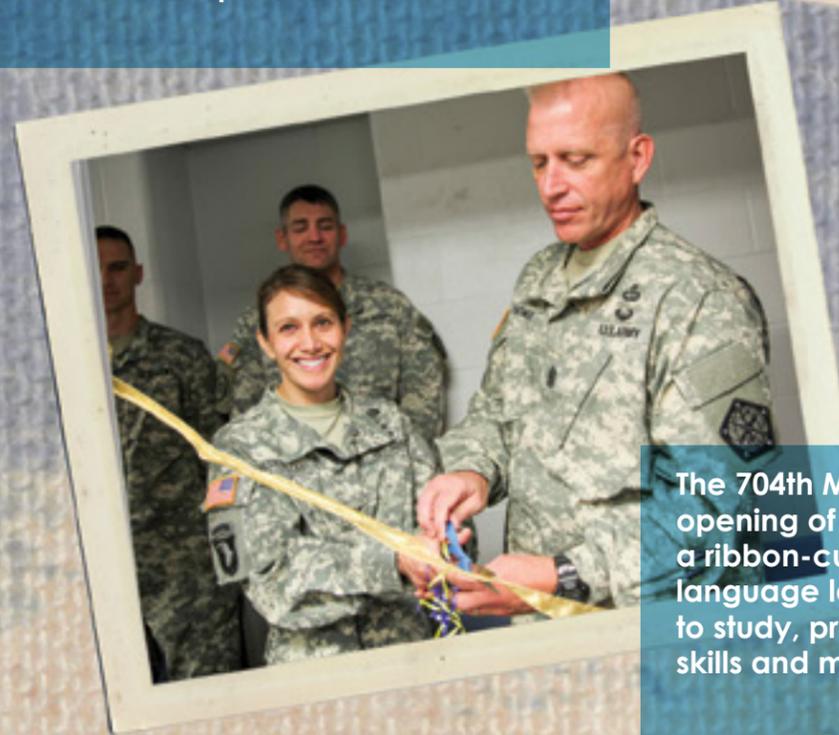
Soldiers with the 704th MI Bde. participated in Fort Meade's annual Wellness Run to observe 9-11 and recognize Suicide Prevention Month Sept. 12.



The brigade color guard participated in the 704th MI Bde. changed of command ceremony July 1. Col. Michele Bredenkamp accepted command of the brigade from Col. Anthony Hale, in a ceremony on the Fort Meade parade field.



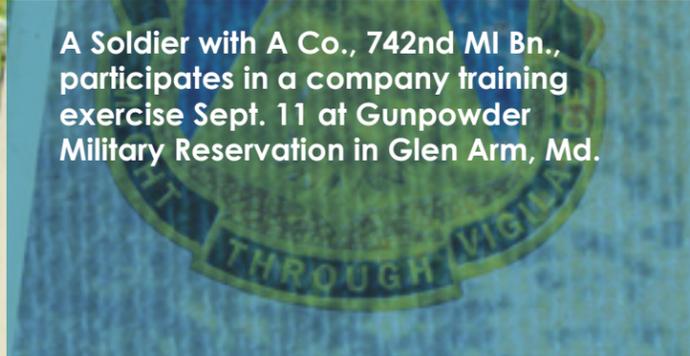
Capt. Nathaniel Tucker assumed command of C Co., 742nd MI Battalion, from the outgoing commander, Capt. Juan Ramos, August 5 at Fort Meade, Md.



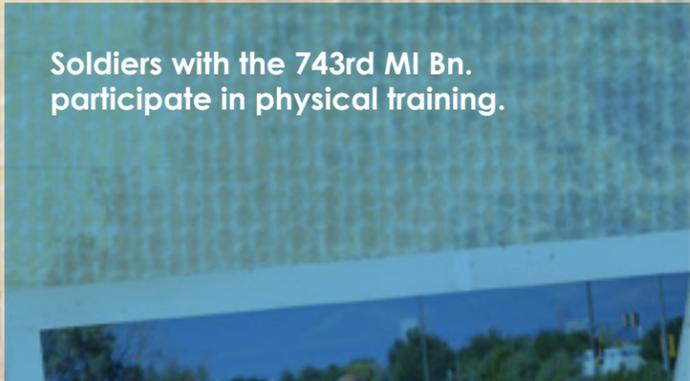
The 704th MI Brigade celebrated the opening of its new language lab with a ribbon-cutting ceremony Oct. 7. The language lab offers a place for linguists to study, practice their language skills and mentor one another.



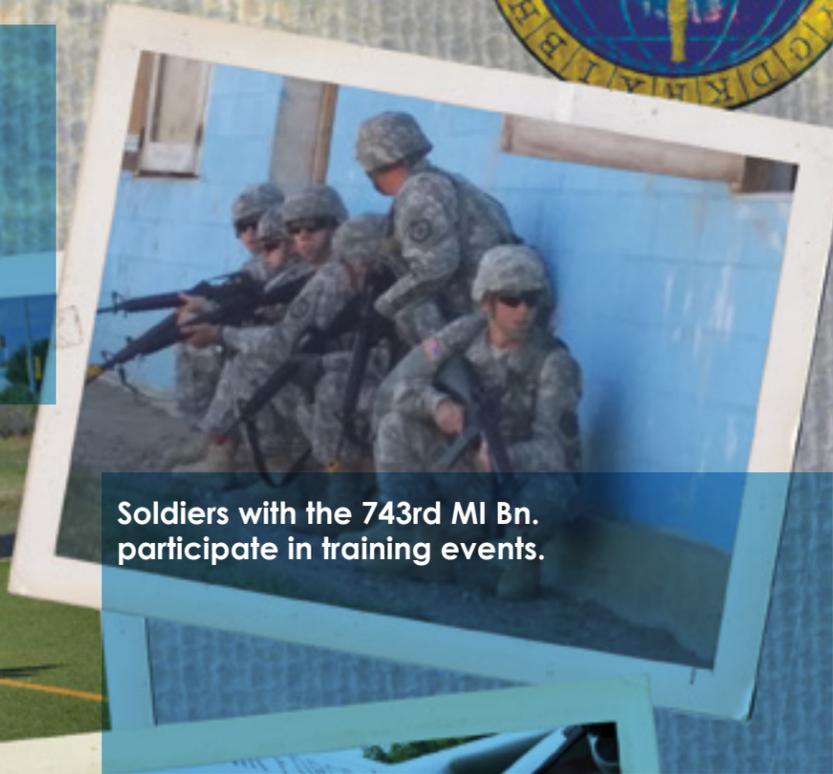
Here and Everywhere!



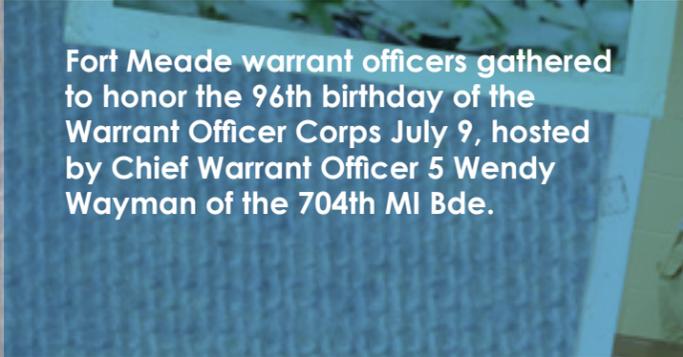
A Soldier with A Co., 742nd MI Bn., participates in a company training exercise Sept. 11 at Gunpowder Military Reservation in Glen Arm, Md.



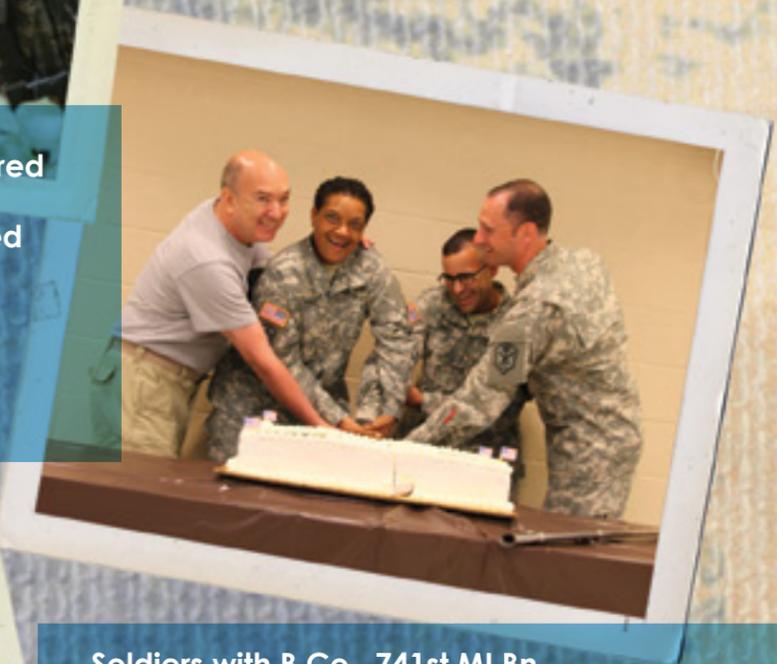
Soldiers with the 743rd MI Bn. participate in physical training.



Soldiers with the 743rd MI Bn. participate in training events.



Fort Meade warrant officers gathered to honor the 96th birthday of the Warrant Officer Corps July 9, hosted by Chief Warrant Officer 5 Wendy Wayman of the 704th MI Bde.



Soldiers with B Co., 741st MI Bn., receive promotions during a formation at the Fort Meade museum.



Col. Michele Bredenkamp performs her first reelistment ceremony as the commander of the 704th MI Bde.





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Military Intelligence Brigade