



# SPARTAN SENTINEL

TASK FORCE SPARTAN | April 2019 | Volume 2, Issue 5

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## ON THE COVER



A Jordan Armed Forces soldier with 5th Border Guard Force Battalion uses a shoulder-fired anti-tank missile called a Javelin, to destroy a target during a live-fire training exercise at a range outside Amman, Jordan, Feb. 6, 2019. The 5th BGF BN trained with the California Army National Guard's 1st Squadron, 18th Cavalry Regiment as part of the Jordan Operational Engagement Program designed to enhance the JAF soldiers' skills needed to secure and defend Jordan's borders. (Army National Guard photo by Sgt. First Class Brian A. Barbour with illustration by 1st Lt. Eric Jungels)

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## TASK FORCE SPARTAN

### Commanding General



Maj. Gen. Benjamin Corell

### Command Sergeant Major

Command Sgt. Maj. Joseph Hjelmstad

### Major Units

34th Red Bull Infantry Division  
3rd Armored Brigade Combat Team, 4th ID  
18th Field Artillery Brigade  
20th Engineer Brigade  
69th Air Defense Artillery Brigade  
1st Battalion, 108th Aviation Regiment  
242nd Ordnance Battalion  
158th Military Engagement Team

@TFSPartan  

## SPARTAN SENTINEL

### Public Affairs Officer

Maj. David Adams

### Deputy Public Affairs Officer

1st Lt. Eric Jungels

### Division Public Affairs Team

Sgt. 1st Class Ben Houtkooper  
Sgt. Bill Boecker  
Sgt. Linsey Williams  
Spc. Samantha Petersen



## 34TH RED BULL INFANTRY DIVISION

@TheRedBulls   

@TheRedBulls34id 

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Task Force Spartan is a unique, multi-component organization, made up of active Army and National Guard units, rounded out by U.S. Army Reserve support units.

Through Operation Spartan Shield (OSS), Task Force Spartan maintains a U.S. military posture in Southwest Asia sufficient to strengthen our defense relationships and build partner capacity.

Units supporting OSS provide capabilities such as aviation, logistics, force protection and information management, and facilitate theater security cooperation activities such as key leader engagements, joint exercises, conferences, symposia and humanitarian assistance/disaster response planning.

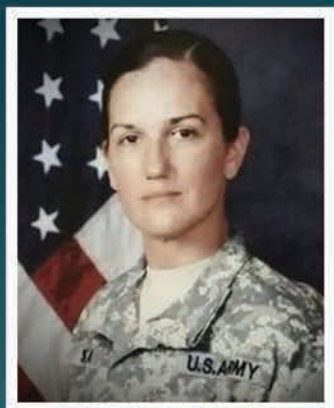
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**Task Force Spartan Public Affairs Office**  
Camp Arifjan, Kuwait | DSN: 318.480.0858





**Sgt. Holli R. Bolinski**

Sept. 2, 1981 – March 5, 2019



**Spc. Jackson D. Johnson**

Dec. 14, 1998 – March 5, 2019

**WE WILL NEVER FORGET.**

U.S. Army Sgt. Holli R. Bolinski, 37, of Pinckneyville, Illinois, and Spc. Jackson D. Johnson, 20, of Hillsboro, Missouri, were killed in a noncombat incident while supporting Operation Spartan Shield in Kuwait March 5, 2019.

Soldiers honored Bolinski and Johnson, both transportation management coordinators assigned to the 657th Transportation Detachment, Mount Vernon, Illinois, during a memorial ceremony at Camp Arifjan, Kuwait.

## NCO LEADERSHIP

### A MESSAGE FROM THE DEPUTY COMMANDING GENERAL — SUSTAINMENT

**W**hat sets the U.S. Army apart from the rest of the world's armies? Technology plays a part, but near-peer competitors are catching up on that front. Instead, it's an all-volunteer, professional force that other countries are struggling to copy. A consistent (and one might argue sustainable) competitive advantage we have over adversaries is our strong non-commissioned officer (NCO) corps — *the backbone of the Army*.

#### Why is NCO leadership such a competitive advantage?

Recently, I asked Task Force Spartan's senior enlisted leader, Command Sgt. Maj. Joseph Hjelmstad, if he remembered my favorite line from the NCO Creed. He smiled and said, "Sir, how could I forget? It seems you told me

every day when we were together as a command team at the ABCT: 'officers of my unit will have maximum time to accomplish their duties; they will not have to accomplish mine.'"

Our not-so-secret weapon is our "officers, non-commissioned." NCOs expand our operational reach to accomplish things other, less professional armies can't accomplish. U.S. Army NCOs know and understand the significance of their responsibilities. In fact, we have a professional understanding of what we refer to as "NCO business." In many armies, commissioned officers are required to execute "NCO business." This includes (but is not limited to) individual training, counseling, leading physical fitness exercises, enlisted soldier professional development, coaching, small unit battle drills, and enforcing good order and

discipline. This is important because if officers are doing those things, who is conducting long range planning? Who is programming resources and designing the training plan? Who is developing our strategies and operational art?

Our NCOs are challenged as never before. They may be the only leaders present in situations on the battlefield in Afghanistan, Syria, Iraq, Djibouti and elsewhere. During high-intensity conflict, NCOs must be able to lead their platoon if the platoon leader is wounded or killed. NCOs must be able to execute the commander's intent in order to accomplish the mission. They must be bold, willing to take risks in decision-making, selfless and professional. Most important of all, NCOs must be able to take initiative to execute and accomplish their assigned mission effectively in the absence of

Soldiers from Class 19-702 graduate the Basic Leader Course at Camp Buehring, Kuwait, March 19, 2019. This leadership course helps develop and prepare future noncommissioned officers to sustain and maintain readiness within the Army. (U.S. Army Reserve photo by Spc. Arielle Lugtu)



## THE NCO CREED

No one is more professional than I. I am a noncommissioned officer, a leader of Soldiers. As a noncommissioned officer, I realize that I am a member of a time honored corps, which is known as "The Backbone of the Army". I am proud of the Corps of noncommissioned officers and will at all times conduct myself so as to bring credit upon the Corps, the military service and my country regardless of the situation in which I find myself. I will not use my grade or position to attain pleasure, profit, or personal safety.

Competence is my watchword. My two basic responsibilities will always be uppermost in my mind—accomplishment of my mission and the welfare of my Soldiers. I will strive to remain technically and tactically proficient. I am aware of my role as a noncommissioned officer. I will fulfill my responsibilities inherent in that role. All Soldiers are entitled to outstanding leadership; I will provide that leadership. I know my Soldiers and I will always place their needs above my own. I will communicate consistently with my Soldiers and never leave them uninformed. I will be fair and impartial when recommending both rewards and punishment.

Officers of my unit will have maximum time to accomplish their duties; they will not have to accomplish mine. I will earn their respect and confidence as well as that of my Soldiers. I will be loyal to those with whom I serve; seniors, peers, and subordinates alike. I will exercise initiative by taking appropriate action in the absence of orders. I will not compromise my integrity, nor my moral courage. I will not forget, nor will I allow my comrades to forget that we are professionals, noncommissioned officers, leaders!

the next higher commissioned officer in their chain of command — who may be elsewhere on the battlefield. This takes mutual trust, the bedrock of mission command.

### NCOs of Task Force Spartan

We have Soldiers in nine countries executing combat, stability and partnership operations. Our sustainment NCOs, for instance, are in supply rooms and motor pools and on ranges in Syria, Iraq, and at Camp Buehring and Camp Redleg; they are at the Shuaiba Port, in Lot 58 on Camp Arifjan, and working throughout Al Udeid Air Base. There is no shortage of places we need leaders. If we limited ourselves to commissioned officers, we would run out of leaders before we met mission requirements. But with our additional "officers, non-commissioned," we can meet these requirements.

I challenge all of our NCOs to ask themselves, "How am I being *employed* during this deployment?" Can you do more? If so, have you suggested where else you could add value to your first line leader (who just might also be an

NCO)? You can ask a first sergeant for an additional duty to do something new, more or different that adds value and develops you professionally. As many of you know, lots of the best ideas arise from our rank and file. If you wait for your supervisor to come up with how best to utilize your unique leadership and skill sets, you may be waiting awhile. Take initiative, make suggestions and take a shot at doing something new. NCO leaders recognize the importance of their creed and seek to take on responsibilities within their capabilities and capacity — even if their commissioned officer doesn't recognize it immediately.

Seeking out responsibilities is "disciplined initiative" — another principle of mission command. In fact, our NCO Corps can only be employed to its fullest advantage when all leaders embrace the six principles of mission command: build cohesive teams through mutual trust (the bedrock of mission command), create shared understanding, provide a clear commander's intent, use mission orders, exercise disciplined initiative, and accept (underwrite) prudent risk.

I believe we can only effectively employ mission command if we embrace a seventh principle, a Red Bull fundamental: deliberately develop all of our leaders to embrace, practice, and execute mission command. It's too important to leave to chance.

I'll see you on the high ground. 🇺🇸



**Brig. Gen. Charles Kemper**

**Deputy Commanding General**  
Task Force Spartan



Lt. Gen. Terry Ferrell, commanding general of U.S. Army Central, provides his incoming speech to the attendees of USARCENT's change of command ceremony at Lucky Park, outside of the command's headquarters, Shaw Air Force Base S.C., March 8, 2019. Lt. Gen. Michael X. Garrett relinquished command and control of USARCENT to Ferrell. (U.S. Army photo by Staff Sgt. Matt Britton)

# US ARMY CENTRAL WELCOMES NEW COMMANDER

**By Staff Sgt. Matthew Britton**  
U.S. Army Central

SHAW AIR FORCE BASE, S.C. — U.S. Army Central (USARCENT) held a change of command ceremony March 8, 2019, at Lucky Park outside of the command's headquarters here.

Lt. Gen. Michael X. Garrett relinquished command to Lt. Gen. Terry R. Ferrell after Garrett served for three years as the unit's commanding general.

Garrett has been promoted to the rank of general, and will go on to serve as commanding general for U.S. Army Forces Command located at Fort Bragg, North Carolina.

USARCENT has authority over all U.S. Army forces in the Middle East and Central Asia, and has played an integral role in the 18 year-long conflict in the Middle East.

Throughout his tenure, Garrett has been heavily involved in USARCENT's area of responsibility. This includes the command's numerous operations to build and foster

partnerships in the U.S. Central Command (CENTCOM) region, the on-going ground operations in Afghanistan, Iraq, and Syria, and the continued effort to defeat the Islamic State of Iraq and Syria.

U.S. Army Gen. Joseph L. Votel, then-commanding general of CENTCOM, presided over the ceremony. Votel, who is retiring, has since relinquished command of CENTCOM to Marine Corps Gen. Kenneth F. McKenzie.

"I can tell you first hand, managing one combat operation keeps you busy enough," said Votel. "But Mike has had his hands full as the coalition land forces commander, supporting up to three named operations across the duration of his command in Afghanistan, Iraq and Syria. The way USARCENT has supported these on-going missions brilliantly, day in and day out, is a testament to the leadership of the command team of Mike Garrett and Command Sgt. Maj. Curt J. Cornelison."



Votel went on to speak about how the support of Garrett's staff and family greatly contributed to the outgoing commander's success.

Garrett reminisced on his time in USARCENT and stressed the importance of being a good leader.

"I was able to make 41 trips to the Middle East and Central and South Asia in what we call battlefield circulation, so that I could lead in person," said Garrett. "I won't forget the heat in the Middle East, but my fondest memories will be of the people I met. Hopefully the biggest impact I've had is on the people. In the past 40 months, over 100,000 patriotic, young American, women and men have served under the USARCENT colors. And for those 100,000 great Americans, leadership is important."

Garrett continued to thank those who have worked for him and the never-ending support of his family.

"I'm very proud of my son Mikey," said Garrett. "He told me he wanted to go to the United States Military Academy. I thought four or five years from now we'd be done with this; we're not. My guess is that my son, like many of your sons and daughters, will carry on the fight. I'm very proud of my family. My entire life my sisters have gone sometimes without so that their only brother can have. They continue to do that today by taking care of my dad. They try to unencumber me with very important family matters, so that I can do this today."

Garrett ended his speech with the unit's motto, saying "thanks to you all, and for the final time I get to say, third is always first."

Ferrell was promoted to lieutenant general just before the ceremony, and most recently served as the USCENCOM chief of staff.

"Everyone in the audience, thank you all for coming," said Ferrell. "I am truly honored and humbled to be here today and joining the U.S. Army Central, Third Army team. To U.S. Army Central Soldiers, I'm truly excited to be on your team. Without you, U.S. Central wouldn't be able to do its job. There's change on the horizon; we know that. We'll adjust to the change. This headquarters is prepared for that and I look forward to the challenges."

Ferrell was commissioned in 1984 as an armor officer upon graduating from Marshall University. His assignments include multiple joint and operational tours, staff assignments at numerous levels, as well as several commands. Highlights include commanding the 3rd Squadron, 7th Cavalry Regiment, 3rd Infantry Division (Mechanized), based out of Fort Stewart, Georgia, and deploying in support of Operation Joint Forge and Operation Iraqi Freedom.

Ferrell's military education includes completion of the Armor Officer Basic and Advanced Courses, Combined Services Staff School, Command and General Staff College, and the United States Army War College.

He holds a Bachelor of Arts degree in Counseling and Rehabilitation from Marshall University, a Master of Business Administration from Central Michigan University, and a Master of Strategic Studies from the United States Army War College.

USARCENT's area of responsibility spans more than 4 million square miles, stretching from Northeast Africa, across the Middle East, to Central and South Asia; a total of 20 nations, including Afghanistan, Bahrain, Egypt, Iran, Iraq, Jordan, Kazakhstan, Kuwait, Kyrgyzstan, Lebanon, Oman, Pakistan, Qatar, Saudi Arabia, Syria, Tajikistan, Turkmenistan, United Arab Emirates, Uzbekistan and Yemen. 🇺🇸



Lt. Gen. Michael X. Garrett, former commander of U.S. Army Central, shares outgoing remarks with attendees of USARCENT's change of command ceremony at Lucky Park, outside of the command's headquarters, Shaw Air Force Base S.C., March 8, 2019. Garrett, who relinquished command and control of USARCENT to Lt. Gen. Terry Ferrell, now serves as commanding general for U.S. Army Forces Command located at Fort Bragg, N.C. (U.S. Army photo by Staff Sgt. Matt Britton)

# PARTNERING WITH THE BEST

## to prepare for the worst



## US Army seeks greater cooperation with regional NGOs

**By Sgt. Linsey Williams**  
34th Red Bull Infantry Division

KUWAIT CITY, Kuwait – Under the bright February morning sun, four Soldiers dressed in civilian attire head to downtown Kuwait City for a meeting at the Kuwait Red Crescent Society (KRCS) headquarters. At first glance, this might not appear to be a military mission, but these men belong to the U.S. Army Central and Task Force Spartan civil affairs teams.

From artillery to explosive ordnance disposal experts, U.S. Soldiers supporting Operation Spartan Shield have been working side by side with their Kuwaiti counterparts to build military interoperability. The goal of bringing together Soldiers and the KRCS is to build civil and military coordination so that, in times of disaster or war, the organizations involved can work together seamlessly to assist the civilians who are affected.

“Generally, in stabilizing operations, civil affairs would work with non-governmental organizations to provide food, water and basic needs,” explains Maj. Pil Jeon, civil affairs deputy for the Minnesota National Guard’s 34th Red Bull Infantry Division, which is deployed as Task Force Spartan. “What we’re doing here now isn’t a combat mission, but we are reaching out in case we should be called upon to support disaster-relief efforts. We want to understand the Kuwait Emergency Management Center capabilities and build interoperability [with them].”

Inside the KRCS building, the Soldiers were greeted warmly by the Director of Disaster Management, Youself Al Merag, and Operations Center Coordinator Iman Haidar. Merag, Haidar, and the civil affairs team discussed how the Red Crescent helped those in need after the historic flooding in Kuwait in November 2018; the kinds of training the U.S. Army and KRCS might participate in together; and how the KRCS operations center tracks disasters around the globe in real time. The headquarters is not unlike a military operations center tracking its troops around an area of operations.

Lt. Col. Charles Moore, civil affairs officer for the 34th Red Bull Infantry Division, described the importance of this first meeting. “In times of peace, it’s important to establish relationships. We want to reduce friction and make sure people are taken care of. In times of military conflict, natural or manmade disaster, we’re trying to ensure that civilians suffer least and speed up the process of recovering their lives.”

All agreed that the meeting was a positive first step toward cooperation, ensuring assistance reaches those who need it in times of emergency. 🌐





From left: Maj. Pil Jeon, Iman Haidar, Capt. Jermareo McDaniel, Yousef Al Merag, Staff Sgt. John Lee and Lt. Col. Charles Moore gather for a group photo after their meeting at the Kuwait Red Crescent Society headquarters and operations center in Kuwait City. The meeting between U.S. Army civil affairs personnel and the Kuwait Red Crescent Society is an effort to build interoperability and coordination between civilian and military organizations. (U.S. Army National Guard photo by Sgt. Linsey Williams)

"...we are reaching out in case we should be called upon to support disaster-relief efforts. We want to understand the Kuwait Emergency Management Center capabilities and build interoperability..."

**Maj. Pil Jeon**

Deputy Civil Affairs Officer for Task Force Spartan



Lt. Col. Charles Moore discusses the potential for exercising coordination and operational capacity with the Kuwait Red Crescent Society and other non-governmental partners during a meeting at the KRCS headquarters and operations center in Kuwait City. (U.S. Army National Guard photo by Sgt. Linsey Williams)

# COBRA STRIKE

## Teamwork Breeds Success for Air Defenders

By Sgt. Zachary Mott

U.S. Army Central

**SOUTHWEST ASIA – Success for an air defense artillery Soldier is not defined by almost, sort of or close enough. For air defenders, success is either all or nothing. Perfection is the only standard when it comes to defending critical assets in a defined region.**

This is the mission for the Soldiers of the 1st Battalion, 43rd Air Defense Artillery Regiment out of Fort Bliss, Texas. The “Cobra Strike” Battalion is currently deployed to Southwest Asia in support of U.S. Central Command and ready to provide immediate support to defeat any and all airborne threats.

“Our mission is to ensure that our assets, our people and equipment associated with those assets are protected at all times. Which means that we have to be very good at what we do,” said Lt. Col. Michael R. Rodick, commander, 1st Bn., 43rd ADA. “A leaker is a missile that gets through our defense and impacts on top of our asset. Our standard is zero leakers. We can’t afford to have any missiles strike those assets that we defend.”

Cobra Strike is filled with Soldiers seeking perfection. From Army physical fitness tests to individual weapons qualification, and all of the military occupational specialty-specific battle drills and tasks, Soldiers from Cobra Strike strive to be the best in everything they do.

“What we do a lot of, especially with Launcher [Platoon], they challenge each other and the hot crews compete on times for their reload drills to the van crews competing on their scores,” said Capt. Eric Terwilliger, commander, Battery C, 1st Bn., 43rd ADA. “We also rank our crews for how their performance is throughout the battalion. That competitive nature keeps us on our toes and trying to be better than the next person.”

Those individual competitions help push each crew and each battery, and in turn the battalion as a whole, to success in terms of its current mission in Southwest Asia.

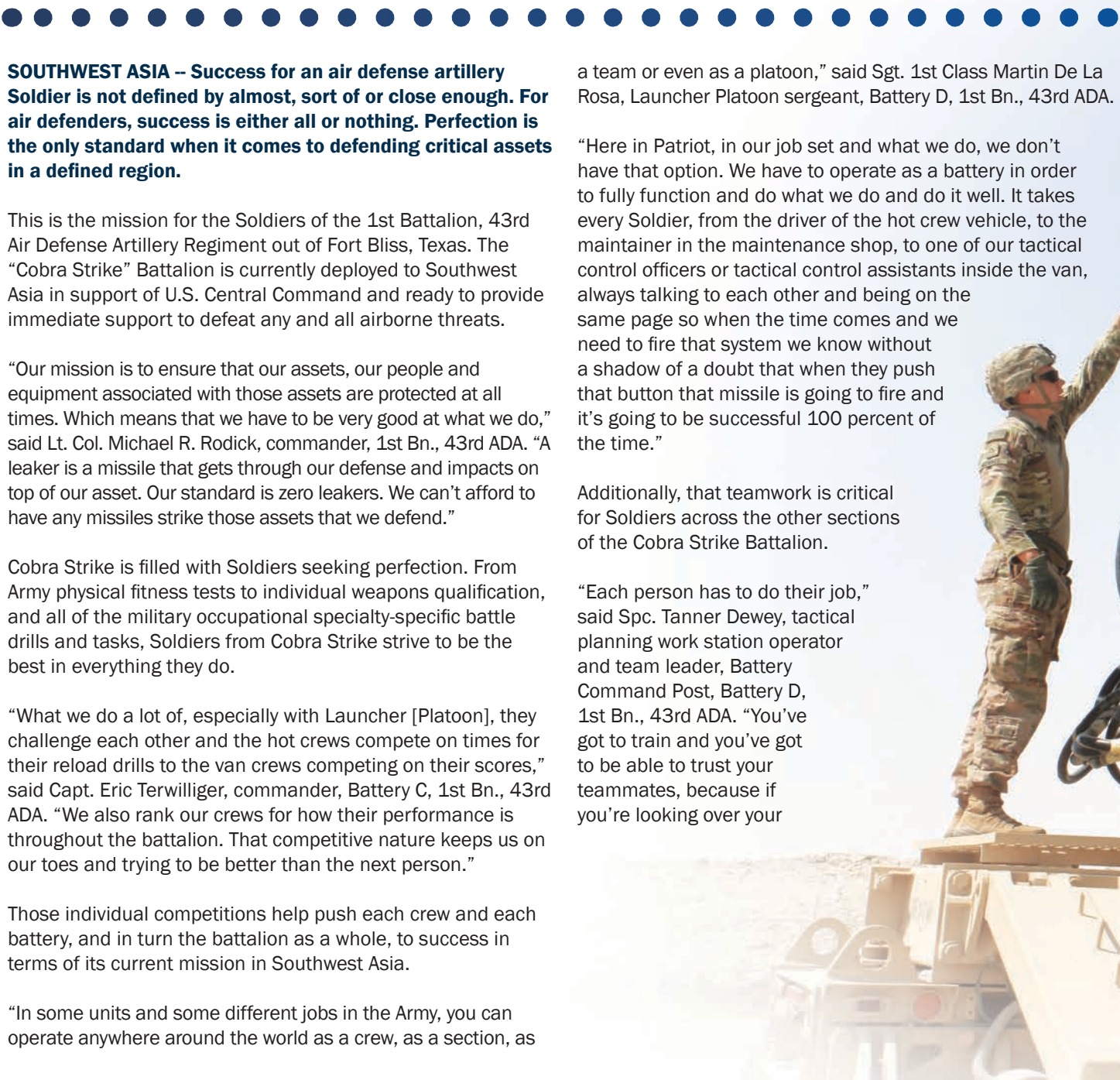
“In some units and some different jobs in the Army, you can operate anywhere around the world as a crew, as a section, as

a team or even as a platoon,” said Sgt. 1st Class Martin De La Rosa, Launcher Platoon sergeant, Battery D, 1st Bn., 43rd ADA.

“Here in Patriot, in our job set and what we do, we don’t have that option. We have to operate as a battery in order to fully function and do what we do and do it well. It takes every Soldier, from the driver of the hot crew vehicle, to the maintainer in the maintenance shop, to one of our tactical control officers or tactical control assistants inside the van, always talking to each other and being on the same page so when the time comes and we need to fire that system we know without a shadow of a doubt that when they push that button that missile is going to fire and it’s going to be successful 100 percent of the time.”

Additionally, that teamwork is critical for Soldiers across the other sections of the Cobra Strike Battalion.

“Each person has to do their job,” said Spc. Tanner Dewey, tactical planning work station operator and team leader, Battery Command Post, Battery D, 1st Bn., 43rd ADA. “You’ve got to train and you’ve got to be able to trust your teammates, because if you’re looking over your



shoulder double checking everything they do, you don't have time to do your job. It's all about trusting your teammates, making sure they're trained, making sure you're trained so you can all, as a whole, accomplish the mission and excel, and be better than what you were the day before."

Through constant drilling and practice, the routine tasks and motions become committed to memory and helps to add to the efficiency of each crew.

"There's a constant preparation from the moment we walk in to the moment we leave," said Cpl. Joe Lopez, a squad leader with Battery C, 1st Bn., 43rd ADA. "The

quicker we can get the job done, the quicker we can defend our assets and destroy the enemy."

Working hard and striving for perfection is a difficult, but important task. The Soldiers of Cobra Strike Battalion are constantly working to ensure they remain perfect when it matters most.

"If we miss and we fail at our job, it's thousands of lives at stake. It's a catastrophe when we mess up. So we don't allow for that to happen," De La Rosa said. "That's why we push our Soldiers constantly to push for excellent. Not just to meet the minimum standard, we need to push for excellent because at the end of the day if something happens and we really do need to do our job, we need to make sure that we're 100 percent ready to go. I like to tell our Soldiers, we're America's insurance policy. We're always there and we don't wanna use it. But whenever we do gotta use it, you're glad you have it." 🇺🇸



Soldiers from Battery C, 43rd Air Defense Artillery Regiment work together to prepare a Patriot missile launcher for reloading in Southwest Asia March 7, 2019. The Soldiers continually train and conduct battle drills to ensure they are able to perform their duty in providing air defense support across the U.S. Central Command area of responsibility. (U.S. Army Reserve photo by Sgt. Zachary Mott)

# SPARTAN SNAPSHOTS



Sgt. Maj. Eric Hanson of the Minnesota National Guard's 34th Red Bull Infantry Division pitches to a member of a Japanese softball team during an off-duty softball social event between service members of Task Force Spartan and the local Kuwaiti community March 15, 2019, at the Hunting and Equestrian Club in Kuwait. The event brought together people of all ages and nationalities and gave Soldiers an opportunity to develop another pathway for community outreach as part of the Every Soldier's an Ambassador program. (U.S. Army National Guard photo by Sgt. Bill Boecker)



## SUBMIT YOUR PHOTOS

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# SPARTAN SNAPSHOTS

U.S. Army Spc. Jaylyn Wilson, wheeled vehicle mechanic for Echo Company, 1st Battalion, 43rd Air Defense Artillery Regiment, prepares a military vehicle's tires for rotation as part of routine maintenance at Al Udeid Air Base, Qatar. Soldiers of Echo Company perform mechanical work and repairs for various equipment and assets that support Al Udeid's air defense capabilities, including surface-to-air missile systems. (U.S. Air Force photo by Tech. Sgt. Christopher Hubenthal)







Capt. Heather Meier, 452nd Combat Support Hospital, U.S. Army Reserve, is a surgical nurse currently deployed in support of Operation Spartan Shield at Camp Arifjan, Kuwait. She recently graduated from Jefferson College Physician Assistant Program with a master's degree and then completed her clinical rotations in Kuwait. (U.S. Army Reserve photo by Sgt. Philip Ribas)







Lt. Col. Christopher Dempsey, left, and Maj. Henry Hansen, right, both of 1st Battalion, 66th Armor Regiment, 3rd Armored Brigade Combat Team, 4th Infantry Division, meet with Kuwaiti partner Col. Bander Kanaan Al-Shammari, assistant commander of Land Forces College, during a key leader engagement at the Kuwait Land Forces Institute on March 10, 2019. The leaders met to discuss mutual goals and the ongoing U.S.-Kuwait military relationship. (U.S. Army photo by Maj. Jason Koontz)





SPARTAN  
SNAPSHOTS

# ROCK STEADY

## "Red Devils" rock band supports Soldiers in Kuwait

By Sgt. Christopher Lindborg  
U.S. Army Central

The Red Devils Rock Band, a subset of the 34th Red Bull Infantry Division Band, perform for service members of Task Force Spartan and the local Kuwaiti community, March 15, 2019, at the Hunting and Equestrian Club in Kuwait. (Opposite page) Sgts. Ava Penner and Benjamin Goeden on vocals and guitar, respectively, perform for Soldiers stationed at Camp Arifjan in Kuwait, March 16, 2019. Penner and Goeden are members of the 34th Red Bull Infantry Division Band's Red Devil Rock Band. (U.S. National Guard photo by Sgt. Bill Boecker)

CAMP ARIFJAN, Kuwait – Army musicians with the Red Devils rock band, a subset of the 34th Red Bull Infantry Division Band, got their opportunity to support service members in theater during St. Patrick's Day weekend.

The Red Devils performed a show in support of service members based at Camp Arifjan during their annual training March 16, 2019. The band is part of the 34th Red Bull Infantry Division, which is currently deployed at Camp Arifjan.

"What's unique about this is that it's Soldiers performing for Soldiers," said Chief Warrant Officer 2 Jim Baxter, bandmaster, 34th Red Bull Infantry Division Band, Minnesota National Guard. "What we're supposed to do as an Army band is support our fellow Soldiers, be an outreach entity while we're here at Camp Arifjan."

Last year, Army musicians found out they were scheduled to

mobilize. However, as the mobilization date approached, they received news that it had been canceled.

"It was tough, so we continued to seek ways to come over," said Baxter. "What if we spent our [annual training] here?"

Army musicians with the Minnesota-based band received that opportunity.

"We really wanted to make something happen in support of our division," said Sgt. Ava Penner, Army musician, 34th Red Bull Infantry Division Band, Minnesota National Guard. "Personally, I feel honored and lucky to be here now."

Military bands are stationed all over the world, said 1st Sgt. Donald Pashby, Army musician, 34th Red Bull Infantry Division Band. However, it's a unique opportunity for a National Guard band to go overseas for a musical tour.





Even more unique is an Army band mobilizing for its annual training. Only a select few Soldiers from the 34th Red Bull Infantry Division Band mobilized during this tour.

“Just the fact that our band was chosen is really awesome,” said Penner. “A lot of Army and National Guard bands don’t get to go overseas and perform at shows.”

Army musicians with the band play cover songs so that service members receive an experience that feels like they’re at home for a short while. Attendees of the show danced and sang to familiar songs for several hours throughout the night.

“I was thrilled to see people get up and dance, really engage during the show and have a good time,” said Penner. “It’s not always the case because sometimes it’s hard to get a crowd to join you in the music, so I had so

much fun dancing around with everyone.”

The 34th Red Bull Infantry Division Band has been a part of the division for more than 100 years, with the Red Devils rock band performing together for more than six years. Other small ensembles are organized within the wider band as well. In all, the band performs rock, country and pop music for service members who are deployed or at home.

Members of the band have to maintain all Soldier requirements throughout the year. They rehearse during drill weekends in Rosemount, Minnesota.

“What makes it special is that we’re actually Soldiers who’ve gone through auditions, basic training and [advanced individual training] together,” said Baxter. “Tonight was special because they performed for their division.” 🎸



# TRAINING, TRACERS, AND TRANSITION



Spc. Jose Benitez, a Soldier with the California National Guard's 1st Squadron, 18th Cavalry Regiment, teams up with a soldier of the Jordan Armed Forces Eastern Command as an assistant gunner on an M2 .50 caliber machine gun at a range near the Eastern Command Training Center in Jordan on March 6, 2019. The United States and Jordan continue to share a strong and enduring partnership through joint-training efforts, solidified through relationships formed at the individual soldier level. (U.S. Army National Guard photo by Sgt. Bill Boecker)



## California Guardsmen train with Jordan Armed Forces

**By Sgt. 1st Class Brian Barbour**  
Area Support Group — Jordan

**T**en weeks of joint training with the California National Guard come to a close for a battalion of Jordanian soldiers, as they graduate from the Jordan Operational Engagement Program.

The California National Guard's 1st Squadron, 18th Cavalry Regiment and the Jordan Armed Forces (JAF) 10th Border Guard Force (BGF) Battalion marked its completion of the training program with a graduation ceremony at the Peace Operations Training Center near Amman, March 14, 2019.



The Jordan Operational Engagement Program is one of the most extensive training programs funded by the U.S. Department of Defense. The program focuses on border security, partnership building, and enhancing the JAF's capability to defend Jordan's borders against ISIS and other violent extremist threats.

"Throughout your 10 weeks, you've improved your skills as individuals and built upon these skills to improve your capabilities from squad training through the company level," said Lt. Col. Jeremy T. Hopkins, commander of 1st Squadron, 18th Cavalry Regiment. "You've trained when it was nice outside and went through the elements when it was cold and wet. Throughout it all, you displayed a high degree of motivation and willingness to learn."

Soldiers from the 1-18 CAV worked side by side with the 10th BGF during the program, training on individual, squad and platoon-level skills, chemical, biological, radioactive and



(Top) Sgt. Scott Graham, a sniper from the California National Guard's 1st Squadron, 18th Cavalry Regiment, assists a sniper with the Jordan Armed Forces' Eastern Command by inspecting weapons prior to zeroing on Feb. 26, 2019, at a range outside of Amman, Jordan. (Middle) During the sniper training, soldiers are tasked with stalking an objective to within 500 meters, neutralizing the target, and exfiltrating, all while remaining undetected. (Bottom) Soldiers of the JAF's 10th Border Guard Force and the California National Guard's 1st Squadron, 18th Cavalry Regiment gather for an after-action review following a joint training exercise as part of the Jordan Operational Engagement Program on Feb. 18, 2019 (U.S. National Guard photos by Sgt. Bill Boecker)



**“HAND IN HAND  
WITH OUR ALLIES,  
WE WILL BE ABLE TO  
FIGHT TERRORISM,  
KEEPING OUR COUNTRY  
PROTECTED AND SAFE.”**

**Brig. Gen. Khalid Mohammed Al-Masaeid**  
**Jordan Armed Forces**

Jordan Armed Forces Brig. Gen. Khalid Mohammed Al-Masaeid, Northern Region commander, speaks during the JAF's 10th Border Guard Force (BGF) Battalion graduation from the Joint Operational Engagement Program (JOEP), March 14, 2019, at the Peace Operations Training Center near Amman, Jordan. (Below) From left, U.S. Army Lt. Col. Jeremy T. Hopkins, commander of 1st Squadron, 18th Cavalry Regiment, Brig. Gen. Michael D. Wickman, Task Force Spartan deputy commanding general, and Al-Masaeid congratulate 10th BGF company commanders during the JOEP graduation ceremony.



nuclear operations, area and base defense operations, day and nighttime rifle and machine gun qualification, and live-fire exercises.

The 10th BGF also received focused training on specialty teams like medics, snipers, forward observers, indirect fire infantrymen, and machine gun teams. Several weeks of training built up to the culminating event, which was a company live-fire exercise.

JAF Brig. Gen. Khalid Mohammed Al-Masaeid, commander of the Northern Region, spoke highly about the graduates.

“The 10th Border Guard is one of the strongest and greatest

battalions I have with all its officers and NCOs,” said Al-Masaeid through an interpreter.

He expressed gratitude to U.S. Military instructors, thanking them for training with the Border Guard Forces and emphasized to his soldiers the importance the 10th BGF's mission in Jordan.

“The security you provide is for your family – your wife, children, father, and mother so that they can continue a normal life,” said Al-Masaeid.

“Hand in hand with our allies, we will be able to fight terrorism, keeping our country protected and safe.” 🇯🇴





# MUTUAL UNDERSTANDING, COMMUNICATIONS & TACTICAL COMMAND

## US, Kuwait, Qatar conduct trilateral exercise Desert Leopard II

**By Sgt. Linsey Williams**  
34th Red Bull Infantry Division

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**C**amouflaged into the desert are large military vehicles, tan-painted sport utility vehicles and sand-colored tents. These act as temporary homes for communication equipment and operators belonging to not one, not two, but three partner armies.

Kuwait, Qatar and the United States have each set up tactical command posts for Desert Leopard II, a five-day

trilateral exercise designed to test and develop interoperability between the three nations March 2-6, 2019.

“The main idea for the exercise is to [achieve] mutual understanding of three different doctrines with allied forces,” explained Kuwait Land Force Lt. Col. Munawer Al-Otaibi. “Also, something new for the [Kuwaiti Land Force] is using the air defense as a whole in a land force exercise. ...The overall achievement for

this kind of exercise is to have a better understanding, a fast response from all three forces.”

The three forces involved are the Kuwait Land Force, the Qatar Emiri Land Force, and U.S. Army personnel assigned to U.S. Army Central Command’s Task Force Spartan, an organization led by the Minnesota National Guard’s 34th Red Bull Infantry Division, comprised of Active Duty, National



(Clockwise from bottom left) U.S. Army Maj. Sam Andrews gives the thumbs up to the pilot of a Kuwaiti AS332 Super Puma after he and Maj. Christopher Metzger guide it to their landing site at Udairi Range in Kuwait, March 5, 2019. A Kuwaiti nurse checks in on her “casualty,” Spc. Neil McMahon, a medic with the 961st Engineer Brigade, as U.S. and Kuwaiti medical personnel share knowledge and practice their skills at a mock battalion aid station at Udairi Range in Kuwait, March 3-4, 2019. Medical personnel from the U.S. Army and Kuwait Land Force execute a medical evacuation with a UH-60 Black Hawk helicopter belonging to the Minnesota National Guard’s 2nd Battalion, 211th General Support Aviation Battalion, 35th Combat Aviation Brigade at Udairi Range in Kuwait, March 4, 2019. A Kuwait Land Force lieutenant colonel conducts a communications check at Udairi Range in Kuwait, March 5, 2019. Soldiers of the Kuwait Land Force, Qatari Emiri Forces, and U.S. Army gathered for Exercise Desert Leopard II on March 2-6, 2019. Desert Leopard began as a bilateral exercise between two nations within the Gulf Cooperation Council, Kuwait and Qatar. In December 2018, leaders of the Kuwait Land Force invited members of Task Force Spartan to participate in the exercise, growing Desert Leopard II to include three nations. (U.S. Army National Guard Photos by Sgt. Linsey Williams)



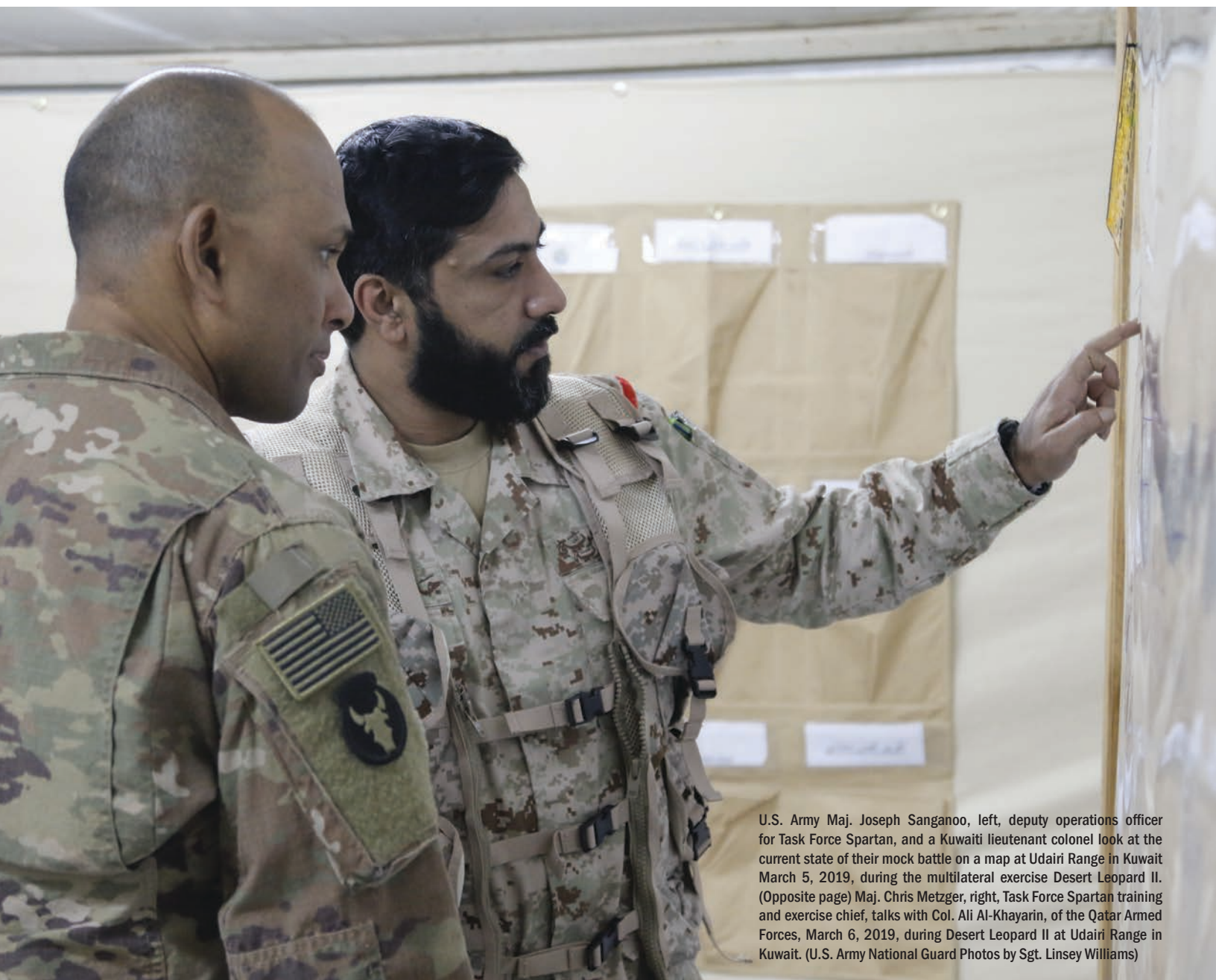
Guard and Reserve personnel working to strengthen defense relationships in the region. On day one of the exercise, it was clear that synchronizing communication systems would be vital to coordinating operations among multiple command posts.

“You’re talking about three different nations. Not every country has the same communications system when it comes to dealing with a tank battalion or an armor battalion or infantry or even air defense,” said Al-Otaibi.

While staff members were busy in the Joint Operations Center (JOC) tracking the mock battle of the exercise, military and Kuwaiti civilian medical personnel were out in the sun rehearsing and sharing their emergency medicine and trauma skill sets. Air assets from both the U.S. and Kuwait flew to the simulated battalion aid station so that the medics could learn about their counterpart’s aircraft and loading procedures in case of a medical evacuation situation. The U.S. provided a UH-60 Black Hawk helicopter and

crew from the Minnesota National Guard’s 2nd Battalion, 211th General Support Aviation Battalion, 35th Combat Aviation Brigade, on day three of the exercise, while Kuwait provided an AS332 Super Puma helicopter on day four.

“Taking a look at how we can integrate maybe the medical aspects of it or additional training, I think that can definitely happen, but I think we need to step forward more on the communication side,” said U.S.



U.S. Army Maj. Joseph Sangano, left, deputy operations officer for Task Force Spartan, and a Kuwaiti lieutenant colonel look at the current state of their mock battle on a map at Udairi Range in Kuwait March 5, 2019, during the multilateral exercise Desert Leopard II. (Opposite page) Maj. Chris Metzger, right, Task Force Spartan training and exercise chief, talks with Col. Ali Al-Khayarin, of the Qatar Armed Forces, March 6, 2019, during Desert Leopard II at Udairi Range in Kuwait. (U.S. Army National Guard Photos by Sgt. Linsey Williams)





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# ON THE BATTLEFIELD IT'S TOO LATE TO DETERMINE WHETHER YOU CAN COMMUNICATE WITH YOUR ALLIES.

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**U.S. Army Maj. Joseph Sangano**  
Deputy Operations Officer, Task Force Spartan

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Army Maj. Joseph Sangano, deputy operations officer for the Minnesota National Guard's 34th Red Bull Infantry Division and Task Force Spartan. "Because truly, on the battlefield it's too late to determine whether you can communicate with your allies."

With the different nations using varied forms of equipment that did not always seamlessly synchronize, the players involved had to get creative to ensure that they could conduct their exercise. Both Kuwait and Qatar provided liaison officers to the U.S. Tactical Operating Center who helped translate radio transmissions and maintain the flow of information.

"Overall I would say it was a good time to spend with the Qataris [and] with the U.S. Forces, especially when it comes to dealing with a task," said Al-Otaibi. "When you have a battalion from the U.S. [Armored Brigade Combat Team] dealing with a Qatari brigade and having to engage and solve a problem, that would be the most fun part to me, personally."

"With the foundation for a functional trilateral command-post exercise between the three nations laid," said Sangano, "building capacity and planning for Desert Leopard III can begin." 🇸🇩

# THE MICROBIOME

By **Lt. Col. Sean T. O'Mara, MD**  
Division Surgeon | Task Force Spartan

In last month's column, I introduced the idea of optimizing health. This month, let's begin exploring how to actually go about that.

I want to broach topic of our microbiome. Your microbiome will either help you live a long, healthy, productive and wonderful life, or bring you misery, suffering and potentially an early demise. Most people will fall somewhere in between, but to the extent you understand the microbiome, you can help guide the outcome.

The microbiome is the collection of microbes which live within your gastrointestinal tract and on your body, namely your outer skin. There are a few other areas, including your ears, nose and sinuses, as well. These microbes number about 40 trillion — greatly outnumbering the 10 trillion human cells that make up the human body. We don't currently know what species they actually are, much less what they all do, but from emerging studies we know the microbiome can be wildly important.

In February, the journal Science Advances published a fascinating study showing, for the first time, that you could induce schizophrenia (behavior traits) in healthy mice by simply transplanting stool/feces from humans with schizophrenia. Microbes identified in the human feces apparently induced schizophrenia in the mice. Extrapolate

a bit on this point and you begin to consider many possibilities.

Equally important, the same study reported that humans with schizophrenia could be identified as having schizophrenia with just these microbes. The study therefore suggests that in the future we will likely be able to diagnose schizophrenia by microbial analysis and possibly even treat it through a stool transplant called a fecal microbiota transplant. The schizophrenic humans in this study were noted to have less microbial diversity within their guts.

In the same week the study was published, the journal Nature reported that depression is linked to the absence of certain microbes, further supporting the important role the microbiome plays in human health and wellbeing. There are many other examples I could quote, but suffice it to say, disease within us may be directly influenced or even caused by microbes (or equally important, their absence).

Additionally, emerging studies are finding microbes associated with inducing undesirable human behavior and conditions, as well as microbes associated with desirable behavior and conditions.

Human behavior supports the significant role microbial exchange has with our condition. Friendly humans shake

hands. Human hand-shaking is arguably one of the most significant acts to exchange microbes, although other ways may now start to come to mind. With time, we may learn how these acts likely contribute to our well-being or lack thereof.

Our microbiome is made up of innumerable events where we acquire microbes by touch or contact with others, either directly or indirectly. The aggregate of these microbial encounters begins to shape and influence the overall benefits or harm. Microbes are opportunistic, so once acquired, they compete with other microbes for resources. Acquire more good ones and the bad ones have a more difficult time existing — and the opposite may also be the case.

Humans instinctively avoid diseased, sickly people because of what probably amounts to a vestigial aversion to acquiring something harmful from contact with them. However, it is interesting to observe that humans are drawn to health and superior conditions often displayed by athletic prowess or excellent performance in some way. This likely belies the tendency for teammates to hug, high five, rub the head, and chest bump another player who has just demonstrated some excellent act (a great play, awesome catch, etc.). Similar physical contact may occur between employees when one performs exceptionally well or receives an award for outstanding work. Your good performance is attractive to others, who are instinctively prompted to shake your hand or otherwise engage in contact with you to acquire your positive microbes.

Your microbiome could and should be thought of as a report card of sorts for how well you have lived your life. Sit around a lot eating unhealthy foods and doing little to nothing, and your microbiome diversity will be poor and likely consist of microbes more connected to bad outcomes — disease and poor performance. Alternatively, be active, competitive, an over-achiever, with lots of contact with other healthy high performers, consume a healthy

diet, live a healthy life, and your microbes will be healthier in terms of species and diversity.

Today, you can actually have a personal microbiome analysis performed on yourself for under \$100. I have done five. The survey questions posed by the company doing the analysis have revealed to me (a health researcher in this space) that we are asking a lot of the right questions to connect lifestyle to particular microbiome speciation.

### **What can you do to optimize your microbiome and therefore your health and performance?**

First, stop harming your microbiome by eating processed foods, which feed pathogenic carb-dependent microbes more often associated with disease and suboptimal condition and performance. Processed foods almost always have preservatives added to them to maintain the food's freshness and to keep the food from going stale as a result of microbes acting on the food. However, these antimicrobial-acting preservatives consumed with processed foods enter our gut where they disrupt the

environment of 40 trillion other microbes — threatening their elegant ecosystem and very existence.

When our country's food guidance was promulgated, and certain food additives were approved by the U.S. Food and Drug Administration, little was known about the microbiome and its importance. The role of the microbiome and what influences it is still not even close to being understood. We have a long way to go, and food guidelines will most certainly change as we learn more.

Second, be judicious about antibiotic therapy through careful discussions with prescribing providers about antibiotics, and appreciate that the tremendous amount we don't yet understand about the microbiome extends to physicians and other health care providers as well. This is certainly not to say you should not take antibiotics, but in many cases a discussion with your health provider may lead to a wait-and-see approach as the most useful strategy to follow.

Third, avoid pesticides, herbicides and other chemicals almost ubiquitous within the agricultural food sector. The recent lawsuit against the company



**Your good performance is attractive to others, who are instinctively prompted to shake your hand or otherwise engage in contact with you to acquire your positive microbes.**

that produces RoundUp, for the chemical's legally established connection to cancer, will likely lead to many other health implications with second- and third-order effects predicted to emerge from RoundUp and many other chemical products. Adopt natural methodologies to accomplish desirable outcomes rather than reverting to chemicals. Eat organic foods as much as possible. If financial limitations prevent you from eating organic all the time, be sure to thoroughly wash your foods. Many agricultural products are water resistant to maintain effectiveness when it rains. I recommend washing and scrubbing very well with a baking soda solution.

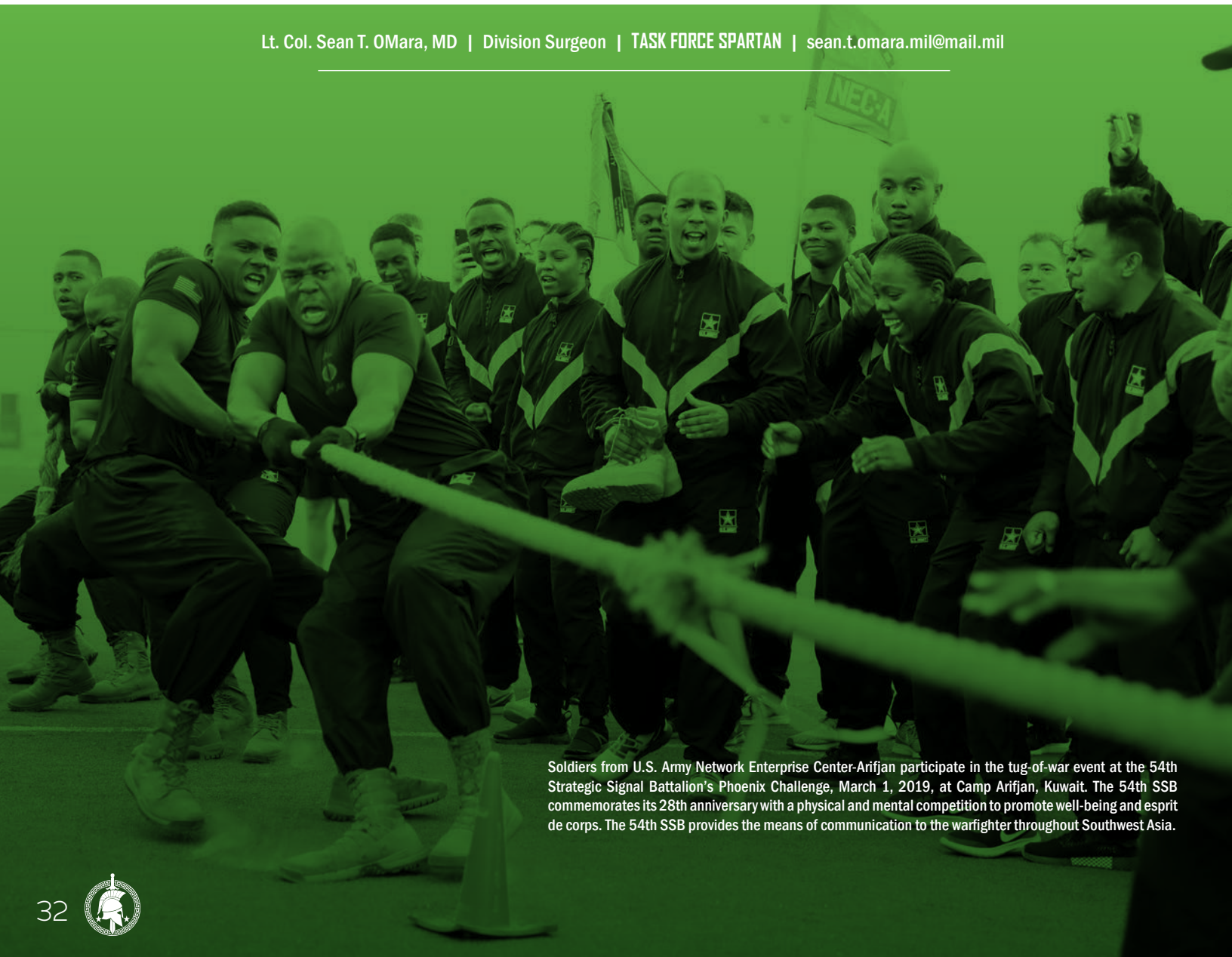
Fourth, optimize your microbiome by adding more good guys to it. Consuming naturally fermented unpasteurized foods such as raw kimchi, fermented raw sauerkraut, kefir (a fermented dairy product similar to yogurt), probiotic apple cider vinegar and coconut vinegar kombucha, and kvass (fermented beet juice — a dietary staple for members of the Russian Olympic team because of its natural performance enhancing qualities) are all good additions. Check labels to make sure these products are unpasteurized, living, raw foods. Never cook them, nor expose them to light for any substantial time. These

microbes ferment and live in the dark and light harms them. They should be stored in your refrigerator (even if it says no refrigeration required) to protect them from light. Purchase them in glass containers, not plastic, and from the very back of the store shelf where less light would be present to harm the delicate microbes. Grocery stores aren't motivated to get you more healthy, they are motivated to sell more products.

Finally, recognize that your body is the most valuable asset you will ever own, and the microbes in and on your body can either help or hurt you, based on the lifestyle choices you make. Hang out with healthy, high performers to benefit from their potentially shared microbial advantages and live the healthiest lifestyle you can. Optimize your sleep, intake of vitamin D, stress levels, exercise and foods. Walk often, sit less, stand more and move a lot. We will dive more deeply into these ideas next month.

**If you enjoyed this article and are stationed at Camp Arifjan in Kuwait, consider attending the Health and Fitness Optimization Program that I lead every other Monday from 7-8 p.m. at the Zone 6 chapel. 🇸🇦**

Lt. Col. Sean T. OMara, MD | Division Surgeon | TASK FORCE SPARTAN | [sean.t.omara.mil@mail.mil](mailto:sean.t.omara.mil@mail.mil)



Soldiers from U.S. Army Network Enterprise Center-Arifjan participate in the tug-of-war event at the 54th Strategic Signal Battalion's Phoenix Challenge, March 1, 2019, at Camp Arifjan, Kuwait. The 54th SSB commemorates its 28th anniversary with a physical and mental competition to promote well-being and esprit de corps. The 54th SSB provides the means of communication to the warfighter throughout Southwest Asia.





# IRON BRIGADE

## 3RD ARMORED BRIGADE COMBAT TEAM

### ASSUMES ABCT AUTHORITY IN KUWAIT

By Sgt. Liane Hatch

3rd Brigade Combat Team, 4th Infantry Division

CAMP BUEHRING, Kuwait — With the unfurling of brigade colors during a ceremony at Camp Buehring, Kuwait, Col. Michael J. Simmering, commander of the 3rd Armored Brigade Combat Team, 4th Infantry Division, assumed authority for the ongoing Brigade Combat Team mission within Task Force Spartan.

Task Force Spartan is a multi-component organization, maintaining a U.S. military posture in the region in support of Operation Spartan Shield. It is currently commanded by the Minnesota National Guard's 34th Red Bull Infantry Division, under the leadership of Maj. Gen. Benjamin Corell.

The "Iron Brigade" assumed authority as the Mississippi National Guard's 155th Armored Brigade Combat Team, known as "Dixie Thunder," relinquished it in a transfer of authority ceremony.

In a word to the outgoing and incoming commands, and the Soldiers belonging to each, Corell thanked the Dixie Thunder brigade for a job well done, and implored incoming Iron Soldiers to maintain military readiness as the largest, most flexible, and most lethal component of Task Force Spartan.

"We all understand that to be an effective deterrent to our adversaries, we must maintain our readiness and our ability to fight tonight in the event of any contingency operation in this region," he said. "The role of the brigade combat team

within Task Force Spartan is to serve as the main effort in multinational exercises and operations, and to conduct subject matter expert and key leader engagements. Additionally, you are the decisive force should we be called upon to react in any regional emergency, so you must remain ready at all times."

Corell expressed his confidence in Simmering and the Iron Brigade to continue to execute the brigade combat team mission with excellence.

Simmering also expressed his gratitude for all of the various units and components that facilitated the Iron Brigade's movement to Camp Buehring, promised mission readiness to the 34th Infantry Division, and cooperation and support to the partnering units of the Kuwaiti Land Force.

"Moving forward, our mission as a brigade revolves around four key areas," Simmering said: to help Task Force Spartan reset the theater and destroy the forces that would endanger our troops and loved ones, to sustain theater readiness to conduct unified land operations, to deter others who might do us harm, and to support our partners in making the region safer.

"The Soldiers in the Iron Brigade never have, and never will let any one of you down as we move forward together to accomplish this mission," he said. 🇺🇸

Above, Col. Michael J. Simmering, left, and Command Sgt. Maj. Samuel C. Rapp, right, unfurl the 3rd Armored Brigade Combat Team, 4th Infantry Division colors during a transfer of authority ceremony at Camp Buehring, Kuwait, on March 23, 2019. (U.S. Army photo by Sgt. Liane Hatch)

# HOW HIGH IS TOO HIGH?

## THE INJUNCTION

FROM THE OFFICE OF THE  
TASK FORCE SPARTAN

JUDGE ADVOCATE GENERAL



By Capt. Alan Kennedy-Shaffer  
Task Force Spartan

How high is too high? When it comes to Soldiers on active duty using marijuana, any high is too high, despite legalization of some form of marijuana in 33 states and the District of Columbia. As marijuana remains illegal under federal law, state legalization laws remain preempted despite growing questions about enforcement of the prohibition. But what about cannabidiol (CBD), which can be produced from hemp and supplied as an oil, without tetrahydrocannabinol (THC), the psychoactive constituent in marijuana?

Army regulations currently prohibit Soldiers from using marijuana, hemp and hemp oil. Article 112a of the Uniform Code of Military Justice (UCMJ) criminalizes the wrongful use, possession, manufacture, distribution and importation of “marijuana and any compound or derivative of any such substance.” Army Regulation (AR) 600-85, para. 4-2, prohibits the unlawful

use of “marijuana, and any compound or derivative of any such substance,” controlled substances, and “hemp or products containing hemp oil.” All Army Activity message 029/2018, which expires April 23, 2019, reiterated AR 600-85’s prohibition on Soldiers “using hemp or products containing hemp oil,” while acknowledging that “CBD oil (a natural derivative of the cannabis plant) is currently being studied for potential therapeutic use.” Soldiers deployed within U.S. Central Command’s area of responsibility are also prohibited by General Order Number 1C from the “importation, introduction, exportation, possession, purchase, sale, resale, distribution, transfer, manufacture, use, or consumption of any controlled substances.”

However, Congress recently legalized industrial hemp, defining hemp as “the plant *Cannabis sativa* L. and any part of that plant, including the seeds thereof and all derivatives, extracts,

cannabinoids, isomers, acids, salts, and salts of isomers, whether growing or not, with a delta-9 tetrahydrocannabinol concentration of not more than 0.3 percent on a dry-weight basis.” Importantly, the law further amended the Controlled Substances Act to specifically exempt hemp and remove THC in hemp from Schedule I. In other words, Congress has set 0.3 percent as the new limit on THC in hemp and CBD. Moreover, the United States Postal Service has ruled administratively that CBD lawfully made from industrial hemp may be mailed subject to restriction, such as the 0.3 percent limit.

The highlight is that 0.3 percent THC is now the limit for legal industrial hemp and CBD, and qualifying CBD will no longer be a controlled substance. Army regulations that treat CBD as marijuana are likely to be revised soon. However, Soldiers should be advised that Army regulations continue to prohibit and UCMJ continues to criminalize marijuana. 🚫

References: Governing, “State Marijuana Laws in 2018 Map,” 7 November 2018, <https://www.governing.com/gov-data/safety-justice/state-marijuana-laws-map-medical-recreational.html>; 21 U.S.C. § 812 (Schedules of Controlled Substances); 21 C.F.R. 1308.11 (Schedule I); Uniform Code of Military Justice (UCMJ), Art. 112a. Cf. U.S. v. Pugh, No. 17-036/AF; Army Regulation (AR) 600-85 (Army Substance Abuse Program), 28 November 2016; ALARACT 029/2018, “Health Effects of Vape Oils Containing Unknown Substances,” 24 April 2018; USCENCOM, General Order Number 1C (GO-1C), 21 May 2013; Agriculture Improvement Act of 2018, Public Law 115-334, 20 December 2018; Id. at § 297A; Id. at § 12619; KAB, LLC v. United States Postal Service, P.S. Docket No. MLB 18-39, 8 November 2018; BMA Advisory, “Acceptance Criteria for Cannabidiol (CBD) Oil and Products Containing CBD,” 4 March 2019.



# E4I

## ENCOURAGEMENT FOR INFLUENCERS



**By Chaplain (Lt. Col.) Buddy Winn**  
34th Red Bull Infantry Division

**A**s we turn the corner on spring and move into a new season, we can stop and think about what we've been part of during our time in Task Force Spartan. From the establishment of Combined Joint Task Force – Operation Inherent Resolve in 2014 to the defeat of the physical caliphate of Daesh last month, there is no shortage of global accolades for the accomplishments put forth by the sons and daughters of our coalition nation partners who have fought, bled and died to eradicate evil.

Whether it's the liberation of 4.5 million civilians and more than 60,000 square kilometers of land, we should all take pride in the contributions of Task Force Spartan to what is being called, "the most successful unconventional military campaign in history," as we continue to work with partner nations to bolster the security and stability of the Middle East.

In this time of transition, it's a good opportunity to take stock of your life — conduct a personal inventory to ponder the way ahead. It would be easy to feel like you've arrived but that's a one-ingredient recipe for complacency and stagnation.

The Apostle Paul encourages us in Galatians 6:9 to embrace an approach that doesn't quit when it's ahead, saying that the best course of action for the next phase of operations in your

life is to not get weary in doing the right thing, but that there is a harvest of abundance that awaits those who press on.

Your competence and commitment to this mission have helped you to where you are today. Your character will position you for even greater success and influence in the seasons ahead. 🎯



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ENCOURAGEMENT FOR INFLUENCERS

**"If you are a leader, you should never forget that everyone needs encouragement. And everyone who receives it — young or old, successful or less-than-successful, unknown or famous — is changed by it."**

**– John Maxwell**



# SPARTAN SENTINEL

@TFSpartan  