

STEEL RAIN

3RD BATTALION, 157TH FIELD ARTILLERY

Fort Hood training continues!



U.S. Army photo by Staff Sgt. Liesl Marelli

Bullets from the gun turret fly as a Battery A, 157th Field Artillery gunner unloads blank rounds into a quickly-approaching Suicide Vehicle-Borne Improvised Explosive Device during Improvised Explosive Device-Defeat training at Fort Hood, Texas, May 9. All Soldiers assigned to 3rd Battalion, 157th Field Artillery, Colorado Army National Guard, 115th Fires Brigade, are required to conduct IED-D training prior to deploying to the Middle East this summer.

Detecting, Defeating Enemy Tactics

Story and photos by Staff Sgt. Liesl Marelli

FORT HOOD, Texas - It's time to kick it up a notch for deploying Colorado Guardsmen. Ongoing realistic training is becoming a lifestyle for the Soldiers here.

As part of the required mobilization training for Operation-Iraqi-Freedom-bound Soldiers, they must go through Improvised Explosive Device-Defeat training to better prepare them to not only identify indicators for potential IEDs, but also know how to react if one does detonate nearby.

IED-D is created in phases so Soldiers can absorb as much information as possible because, without a doubt, they'll need this information while overseas.

The training consists of classroom instruction and visu-

al displays of different types of IEDs. Once familiar, Soldiers learn how to identify IEDs from a stationary vehicle and then while moving in a convoy. They also practice reacting to a detonation in their convoy and how to handle a Suicide Vehicle-Borne IED. Soldiers are prepared for all kinds of possibilities so they can react no matter what they may encounter.

Sgt. Marquise Thurman of Morovis, Puerto Rico, is deploying to Iraq on her third tour.

Soldiers always want to know about the experiences we had in Iraq, Thurman said.

"We talk about our experiences with them. Although things keep changing and they [the enemies] get more advanced, we go over the basics. As long as you stay aware, you'll be able to spot things [like IEDs] before anything can happen," said Thurman, who serves with the 188th Forward Support Company.

Spc. Casey Finkbiner of Fort Lupton, Colo., said when

See IED-D p. 7

From the Battalion Leadership:

Battalion Commander:

Lt. Col Al Morris



I want to pass on how proud I am of the Soldiers in this Battalion. After adjusting to the new environment, the Soldiers have performed extremely well in the training lanes. With a focus on collective tasks, they now work as small teams performing battle drills so they know what to do automatically together so they are prepared for anything. We've made a lot of improvements in the way

we conduct operations, learning from the instructors here, studying the standing operations procedures we've adopted from the unit we will replace, and honing the skills we already have. We continue to lead the Brigade in getting our training accomplished and I'm confident we will be prepared for our Mission Readiness Exercise and ultimately our deployment into country. It has started to warm up here and Soldiers are getting anxious to move on, go on pass and start the mission. We still have some good training ahead of us and will take advantage of every opportunity to sharpen our skills and improve our proficiency. We will continue training even after we arrive in country and begin our mission.



Battalion Command Sergeant Major:

Command Sgt. Maj. Michael Koob



We are past the half-way point in our training at North Fort Hood. The training provided by the 120th Brigade has been outstanding. The Soldiers are learning valuable skills that will enable them to perform their mission successfully over the next 10 months. The leadership from the Colorado National Guard paid us a visit last week, and was very impressed with the motivation and professionalism of your Soldiers. Most Soldiers are in much better physical condition than when they left Colorado six weeks ago. Many have lost some weight due to the rigors of the training and the physical fitness training conducted by the platoons. They are getting stronger and performing better every day. Soldiers are talking more and more about the four-day pass next month. We know that pass will officially end the mobilization training in the United States and it will be on to Iraq to take over for the 158th Field Artillery Battalion out of Oklahoma. They have served well over the past seven months and will ensure that we are ready to take over the mission before they leave to go home.



Chaplain's Corner: *Standing Taller Than Ever Before!*

Chaplain (1st Lt.) William Ferris, Battalion Chaplain

The scientists had a great idea – create as perfect an ecosystem as possible. They tried this in the desert of Arizona, called the Biosphere. It was Biosphere 2 that was “more perfect” than the first one – or so they thought. But after awhile, all the trees fell down! Why did the trees fall down? The scientists studied it for some time and eventually figured out that trees need wind to become strong enough to stand tall. The wind was the exercise the trees needed to become strong and the adversity the trees needed to grow, mature and thrive by standing taller than they ever would without the wind.

In that sense, we are like the trees of Biosphere 2 – we need exercise to become physically strong and by learn-

ing to stand in adverse conditions we discover what is needed inside of us to grow, mature and thrive. Scripture (Romans 5:3-4, NIV) teaches that, “Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope.”

So what does the process look like? This message is contrary to what the media brings up, isn't it? The media tells us all about something called Post-Traumatic Stress Disorder but never mentions Post-Traumatic Growth. Did you know that over 80 percent of Americans will be exposed to a traumatic event in their lifetime? Of those, only 9 percent of develop PTSD. For law enforcement the numbers are 10-15 percent and for Vietnam it was 16 percent. In other words, the media tells that bad circumstances turn good people into victims.

But did you realize that 87 percent of people that go through a traumatic

event experience Post-Traumatic Growth? In other words, the truth is that bad circumstances turn good people into great people. Well, how does that happen? First, we see perseverance, which

is a commitment to never, ever, ever, give up. This is a determination to always have faith that things will indeed work out in the long run. This is a firm belief in the phrase, “This too shall pass.” This deployment is only one year of our lives – our lives are much longer and fuller than just one year. Our dreams and our goals should be bigger than that.

After perseverance comes character. Now, here is where the real choices in life come from: 1-Will we learn and grow and become mature or; 2-Will we fall back into the



See Chaplain p. 12

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From the Batteries:

188th Forward Support Company Based in Pueblo

Capt. Beth Soelzer, Company Commander
1st. Sgt. Joseph Bishop, First Sergeant



Capt. Beth Soelzer

Greetings to all. It's been over a month here and training has kicked up a notch. The Soldiers have settled in and gotten comfortable in their surroundings. Most of us have acclimated to the weather and we've been fortunate to receive some rainfall to help cool things off a little.

The Soldiers have stepped up to the challenges the training has provided and overall, feel they are ready to deploy and are more confident in their potential successes in Iraq. The collective training that everyone has gone through is not necessarily related to the jobs and duties they will be performing while in country, but it has equipped them with the skills needed to perform outside the scope of their responsibilities. They are appreciative of the training as they take advantage of the opportunities to make mistakes and learn from them. Some who have mobilized here at Fort Hood a few years previously have

even noticed remarkable improvements in the quality of training First Army has given.

I'm so proud of the Soldiers in this unit! They take a task or a training lane and perform to the highest standards. The trainers of the lanes have been very impressed with the Soldiers, their high level of motivation, the tactical knowledge they possess and how well they execute. I'm also impressed with the professionalism of the trainers on each lane. They have added relevant training value to each scenario, and I'm very happy with the unit's progress during this mobilization period.



Headquarters & Headquarters Battery Based in Colorado Springs

Capt. Ashkan Angha, Battery Commander
1st Sgt. Ed Schwaigert, First Sergeant



Capt. Ashkan Angha

Here we are again. We are over the half-way mark, and around this time next month, the Soldiers will be back from pass getting ready for our deployment. Training has been very good to include Force Protection and Close Quarter Combat. CQC was a great training event. In CQC, Soldiers clear a building using live ammunition by discriminating targets and engaging the enemy. For many of the Soldiers, this training was exciting, real and relevant. I'm continually impressed with the Battery. We are near 100 percent on all of our individual and collective training and getting ready for our Mission Readiness Exercise. We even conducted training around the Memorial Day weekend. We did manage some time to barbecue on Memorial Day, play some games and just do something other than Army. We also took time to honor those who have made the ultimate sacrifice and remember why we do what we do. We are blessed to live in this free country because of the sacrifice of so many who have come before us. To all service members and veterans, THANK YOU for your service. To all family members, thank you for your support of our Soldiers and the sacrifice you make at home. We appreciate you very much. I want to wish all the fathers out there Happy Fathers Day. Ready to Strike! - *Capt. Ashkan Angha*

As we move closer to June, the Soldiers continue to train hard and continue to set the standards. The morale is high and the Soldiers are motivated. We still have a few things to do before we go, but we are almost there. I know that we are all looking forward to pass, so that we can spend time with our families. For Memorial Day we had a barbecue the Soldiers were able to unwind and get a little time for themselves; there is nothing better than brats and hamburgers on the grill to make the day better. Well, that's all for now, but remember the Soldiers are well and training hard. Keep the cards and letters coming! Ready to Strike! - *1st. Sgt. Ed Schwaigert*

Alpha Battery Based in Longmont

Capt. Kevin Cadena, Battery Commander
1st Sgt. Eric Weis, First Sergeant



Capt. Kevin Cadena

After several weeks of training, Alpha Battery gathered at Belton Lake over the Memorial Day weekend for a day of fun and relaxation.

The day was overcast and it was raining as they traveled to the lake. It painted the perfect scene for a miserable day of "mandatory fun." As the Soldiers arrived, the clouds broke, the sun peeked through and the weather

was on their side for a change. Everyone enjoyed the day playing football, volleyball, or just hanging out by the barbecue. After some clarification on the safety of some recent vaccinations, Soldiers were also able to enjoy the lake, water slide, and paddle boats. "The MWR [Morale Welfare and Recreation] day was a refreshing change of pace from the day-to-day operations on North Fort Hood," said Staff Sgt. Andrew Christy of 3rd Platoon. "It was a chance to relax and cut loose on a very scenic lake, while enjoying a variety of games and activities."

While everyone was taking advantage of the festivities and the opportunity to spend a day together without everyone uptight from training, the weather took a turn for the worse and the rain started pouring down. Did this stop Apache? Not for a second. Apache continued to play in the rain. A couple of soldiers even turned a nearby hill into a makeshift slip-n-

slide. Everyone enjoyed the day as it turned into one of those memories that we will never forget. The ones that give us the desire and drive to do our duty and come home safely, so that all of our family, friends, and fellow Americans can continue to have the chance to experience such youthful exuberance.

-Staff Sgt. Thomas Swenson



Staff Sgt. Thomas Swenson and Cpl. Todd Stesen take advantage of a "slippery slope" as they slide down a hill during a rainstorm at Benton Lake during Alpha Battery's MWR day over the Memorial Day weekend.

Bravo Battery Based in Aurora

Capt. Jim Forester, Battery Commander
1st Sgt. Rodolfo Reyes, First Sergeant



Capt. Jim Forester

The last several weeks have been busy for the Soldiers of Bravo Battery. We finished the Mounted Gunnery Lane we had started when the last newsletter went out. It was a good time for the unit to begin shaking out its procedures and getting the Soldiers mentally dialed in for the rest of our training.

We immediately transitioned into the Improvised Explosive Device-Defeat lane, which entailed learning how to spot and avoid IEDs, the notorious roadside bombs so often spoken of in the news.

After a short day of rest to clean weapons and repair humvees, we began training on the Force Protection lane. The object here was to learn how to defend ourselves from different variety of attacks during the daily course of events in Iraq. This included manning checkpoints and gates, convoy operations and guarding our camp. For most of this training we are using vehicles, defensive positions and guard towers. The training included simulations and a live-fire exercise.

As you can see, the training we've been doing builds upon itself. We began with basic qualification on our weapons and then continued with instruction on how to protect ourselves from enemy attacks of various types. The IED lane used things we'd learned in Mounted Gunnery; Force Protection incorporated elements of both previous lanes. The PRT lane is teaching us about one of our primary duties and brings in all the things we've learned up to now.

Training aside, the battery has had the normal turn of events. 1st Lt. Toste has been moved from command of 1st Platoon to the position of Battery Executive Officer, replacing Capt. Miskimon, who much against his will has been transferred to the battalion staff (no offense to the staff, but no one in their right mind would ever want to leave Bravo Battery). 1st Lt. Avery has been transferred from Headquarters Battery to fill 1st Lt. Toste's job.

Morale is good, although the troops are anxious to get on with the mission. It's only been just over a month since everybody came together here at Fort Hood to train as a unit for the first time. In Colorado, the soldiers trained at the armory closest to them regardless of what battery they were assigned. Now that we are all together, there has been the usual period of "shaking out" as everybody gets to know one another and learn their role in the organization. While there have been a few rough spots, this is normal and just in the last week or so we can see things are starting to normalize. We have good Soldiers and the rest of our training will allow us to complete forging the battery as a whole into the team it needs to be to complete our mission. -Capt. Christopher Miskimon, Battery XO

A visit from Colorado National Guard Senior Leaders

Remarks by Maj. Gen. H. Michael Edwards, Colorado National Guard Adjutant General

This was my first visit to a unit to observe post mob training. Usually, I don't get the opportunity - my thanks to Lt. Col. Cusick, the Senior Army Advisor to the Adjutant General, for making the trip happen. I was very impressed with the training and very proud of our Soldiers. All exhibited a high morale level and a strong desire to learn. I was especially impressed by the After Action Reviews during scenario training - our Soldiers presented such a desire to fully understand the "how to succeed" and were very professional. I am so very proud of all as they ready themselves for deployed mission success. Hats off to Lt. Col. Morris and the entire battalion leadership for ensuring the readiness and success of our Soldiers. I would definitely be remiss if I failed to mention the job the Soldiers of the 120th Brigade are doing conducting training - great job! My thanks to Col. J. T. Smith and his team for a job well done.

All the best to the Soldiers of 3/157!



Visiting Colorado National Guard leaders sat in on an After Action Review for Battery A, 3rd Battalion, 157th Field Artillery at the Force Protection lanes May 18 at Fort Hood, Texas. After all training events, Soldiers conduct AARs to review what was supposed to happen, what did happen, what went well and things to improve upon. AARs are an open-forum so Soldiers of all ranks participate and add their perspective to the exercise/training they just conducted. Leading this AAR were Soldiers from 1st Army who review a video of the training so Soldiers can see themselves in action on the lanes.



Colorado National Guard senior leaders receive an on-site overview from a First Army Soldier of the Mine Resistant Ambush Protected (MRAP) armored vehicle during a visit May 18 to Fort Hood, Texas, with deploying Colorado Guardsmen assigned to the 3rd Battalion, 157th Field Artillery, Colorado Army National Guard, 115th Fires Brigade. The battalion will deploy this summer in support of Operation Iraqi Freedom. Viewing one of the Army's latest vehicles first-hand gives the leaders a better understanding of the types of equipment the deploying Soldiers will use while in the Middle East.



Maj. Gen. H. Michael Edwards, Colorado National Guard Adjutant General (left) speaks with Battalion Commander Lt. Col. Al Morris during a senior leader visit with 3rd Battalion, 157th Field Artillery, Colorado Army National Guard, 115th Fires Brigade, May 18.



Colorado National Guard Adjutant General, Maj. Gen. H. Michael Edwards thanks the First Army observer/controller trainers for preparing 3rd Battalion, 157th Field Artillery, Colorado Army National Guard, 115th Fires Brigade for Operation Iraqi Freedom.

'I could run to Colorado just like this'

Story and photos by Staff Sgt. Liesl Marelli

FORT HOOD, Texas - Every Friday Soldiers assigned to Headquarters and Headquarters Battery, 3rd Battalion, 157th Field Artillery, Colorado Army National Guard, wake up, don their physical fitness uniforms and go out on a battery run.

"Most of the days of the week tend to blend, but you always know it's Friday because of the battery run," said Sgt. Coe Gates of Pueblo, Colo.

"Physical fitness is one of our top priorities," said Capt. Ashkan Angha, HHB commander, of Boulder, Colo.

The Soldiers started with a two-mile run and will increase the distance each week.

"This morning we ran three miles," said Angha. "By the end of our training cycle at North Fort Hood, we'll probably get to six miles."

"Being in good physical fitness not only helps Soldiers deal with stress and prepare themselves for Iraq, but it also counts toward their promotion points," said 1st Sgt. Ed Schwaigert, HHB first sergeant.



Running to cadence, Soldiers assigned to Headquarters and Headquarters Battery, 3rd Battalion, 157th Field Artillery help give the rest of the 115th Fires Brigade a wake-up call at Fort Hood, Texas, May 15.

Running early in the morning, starting well before sunrise, the Soldiers run in formation and sound-off as loudly as possible calling cadence.

"We expect all the NCOs (Noncommissioned Officers) to take turns calling cadence," Schwaigert said.

"By calling cadence, the Soldiers stay in step and it also helps control their breathing," Angha said. "It also helps Soldiers practice taking charge of the formation and leading."

Many of the cadences are repeated each week like "C-130 Rollin' Down the Strip," "When My Granny" and "I can run to [wherever] just like this." Soldiers sometimes incorporate clapping into the cadence to get everyone motivated.

Not only does the weekly run help the battery come together, but HHB Soldiers also enjoy giving the rest of the brigade a wake-up call bright

Although Texas' humidity has been tough on the Soldiers, running at sea-level is one benefit of training here.

"It's a nice change of pace to run at sea-level," said Sgt. 1st Class Deborah Manzanares of Fountain, Colo., with a smile.



Soldiers take turns running around the formation with the guidon during weekly battery runs at Fort Hood, Texas. "Having guidon bearers is a military tradition, and it increases battery integrity when we have volunteers from the formation take the guidon and run around formation showing it off," said Sgt. 1st Class Gene Bendico.

and early, whether it's the sound of them counting off to stretches, cool down or running/walking cadence.

During the run, Soldiers get even more motivated and call cadence even louder when someone grabs the guidon, the unit flag, and runs around the formation.

"Having guidon bearers is a military tradition, and it increases battery integrity when we have volunteers from the formation take the guidon and run around formation showing it off," said Sgt. 1st Class Gene Bendico of Colorado Springs, Colo.

"I think it's important to run; this is a morale-booster to get everyone to run together as a battery," said Staff Sgt. Anthony Alston of Harrisburg, Pa. "It's good to build your endurance and increase your stamina. This helps even more when we have to carry around a lot of equipment."

"I enjoy that we are the only battery doing this," said Spc. Nicholas Mathis, a resident of Colorado Springs, Colo., with a smile. "It shows other units that we are willing to put out that extra mile for each other."



Headquarters and Headquarters Battery, 3rd Battalion, 157th Field Artillery, Colorado Army National Guard, run along one of the main roads at North Fort Hood calling cadence loudly enough to let the rest of the sleeping Soldiers assigned to the 115th Fires Brigade know that it's time to get up, get their day started and get as motivated as HHB, 3-157th FA.

IED-D continued from p. 1

the training first started for her, the Soldiers had trouble identifying IEDs because their eyes were not attuned to the signs. However, training helped them change.

"The training taught us that we need more attention to detail. We got a lot better as the days progressed," said Finbinner, who serves with Battery A.

Not only did the Soldiers have to focus on indicators for IEDs and reacting to ones that detonated in their convoy, but the training was even more realistic because medical training was incorporated.

"I did the live stick," said Finkbinner, who was selected to give a "casualty" an IV. "The job was done! I didn't really panic while doing the live stick. I was just following directions and got it done."

Getting the job done, more often than not, means all Soldiers come back from the mission together. Having their adrenaline pumping when they hear a simulated IED go off, figure out where they need to position their vehicles outside the "danger area" and then attend to any casualties is essential for the muscle-memory that will help save lives overseas.



During Improvised Explosive Device-Defeat training, Soldiers assigned to Battery A, 3rd Battalion, 157th Field Artillery, listen to the next block of instruction during their training. After completing the training for identifying indicators for a possible IED, the Soldiers move on toward reacting to an IED attack. These attacks are also in conjunction with small arms fire to keep the Soldiers on their toes, while also giving them numerous scenarios in a training environment that will help them overseas.



Yellow smoke simulating an IED attack floats around a "downed" vehicle. The truck commander gets on the radio and communicates with the rest of the convoy so everyone is aware of their status and if their vehicle is capable of driving out of the "danger area."



A Soldier dismounts from his vehicle while the convoy is halted. He carefully scans the area around the vehicle looking for any indicators of an Improvised Explosive Device during training May 9, at Fort Hood, Texas.



Soldiers assigned to Battery A, 3rd Battalion, 157th Field Artillery, dismount their vehicles and interact with "locals" in a simulated Iraqi village during Improvised Explosive Device-Defeat training at Fort Hood, Texas, May 9. The Soldiers, who just learned some more Arabic words, shout to the locals to stop. "Ogof! Ogof!" they shout while maintaining their weapons in a position that it is not pointed directly at the civilians, but the civilians understand the seriousness of the command to not approach any closer.



Fine-Tuning Team Cohesion

Story by Staff Sgt. Thomas Swenson
Photos by Staff Sgt. Liesl Marelli

FORT HOOD, Texas - Many times over the last couple years, Battery A, 3rd Battalion, 157th Field Artillery, has practiced their "door kicking" skills and trained on engaging targets. This is no new task for many Soldiers.

The Close Quarters Combat range was a culmination of many warrior tasks incorporated together with one added twist; live ammunition!

After both days of training, Sgt. Brandon Cordova of 2nd Platoon said, "I liked all of the training. It was a great team-building event. You learned to trust your guys as individuals and as a team."

Day one of the CQC range trained Soldiers on engaging targets at close distances while moving and at various angles. They also trained on target recognition and how to engage the targets safely.

Day two of the range consisted of three parts. The first was a half-wall house where Soldiers practiced clearing a house while moving and communicating. The instructors observing made sure that each fire team was able to navigate the house safely without mistakes.

The second part was a full-wall house where the teams continued to train clearing rooms while ensuring the safety of the team and civilian non-combatants. This was the last opportunity the firing teams had before going into the "shoot house," where they would put all their training to the test.

The third and final part was where all the training paid off, having the fire teams navigate and clear a live "shoot house." Soldiers had to engage targets and avoid harming non-combatants. The Soldiers were videotaped, so they could see themselves as they moved through the house. They could see where they did well and where they could improve.

When asked what he learned most on the CQC range, Pfc. Gregory Bowser of 3rd Platoon said, "We built trust among our squads and self-confidence in dealing with loaded weapons in close proximity. We were able to formulate some battle action plans among our fire team and were given the opportunity to positively identify targets and non-combatants."



Soldiers assigned to 3rd Battalion, 157th Field Artillery, Colorado Army National Guard, 115th Fires Brigade, shoot off rounds while moving toward their target during short-range marksmanship training at Fort Hood, Texas, May 19.



Soldiers practice responding to the commands from range control at the short-range marksmanship range at Fort Hood, Texas, May 19. This range, unlike others they have gone to before, requires Soldiers to engage targets while moving and also while shooting very close to their buddies. "This training allows you to distinguish targets, which is not only for the safety of Soldiers, but also civilians," said Staff Sgt. Albert Trujillo of Headquarters and Headquarters Battery.



A Colorado Guardsman conducts target discrimination training. The Soldiers practice engaging only the color or shape they are given by the range control.



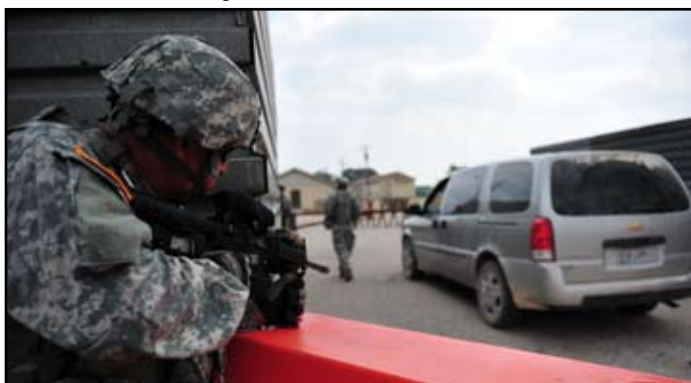
Soldiers, along with their coaches, stand just a few feet from one another while engaging the targets during reflexive fire training. "The adrenaline was good. It was a lot of 'Hooah' training!" said Staff Sgt. Albert Trujillo of Headquarters and Headquarters Battery.

Halt! Who goes there?

U.S. Army photos by Staff Sgt. Liesl Marelli



While maintaining a safe position, Pfc. Joseph Bishop of Colorado Springs, Colo., directs visitors to the personnel search area during Entry Control Point training at Fort Hood, Texas, May 8. Until all personnel and vehicles are thoroughly searched, the Soldiers maintain the highest level of protection and alert for any potentially threatening acts. "The training showed me that becoming complacent would be easy if one isn't mindful of their situation at all times," said Bishop.



Sgt. Pete Carrasco of Colorado Springs, Colo., maintains protection behind a barrier from a vehicle that just came on to the forward operating base during Entry Control Point training at Fort Hood, Texas, May 8. Carrasco ensures he is able to maintain his sector of fire to keep both himself and his peers safe from any threatening acts from personnel in the vehicle. Until personnel and vehicles are completely and properly searched, all Soldiers maintain their highest alert level for any indicators of an unsafe act. "This realistic ECP training enhanced my confidence and abilities to perform my assigned duties," Carrasco said.



1st Sgt. Ed Schwaigert (right) checks in on his troops to see how the training is going and to discuss other methods of conducting personnel searches during Entry Control Point Training May 8.



1st Lt. John Avery of Fountain, Colo., (left) and Staff Sgt. Albert Trujillo of Pueblo, Colo., (right) review the operations order plans for Entry Control Point training at Fort Hood, Texas, May 8. Avery, the Officer of the Guard, and Trujillo, the Sergeant of the Guard, successfully trained more than 30 Soldiers assigned to Headquarters and Headquarters Battery, 3rd Battalion, 157th Field Artillery, in ECP training. "As a leader, ensuring Soldiers are trained in a proper 'battle hand-off' of information is crucial to the integrity of an ECP," said Avery.



Pfc. Kelsey McLachlan of Fountain, Colo., learns how to perform female searches while maintaining cultural sensitivity during Entry Control Point training at Fort Hood, Texas, May 8. McLachlan, who volunteered to deploy with Headquarters and Headquarters Battery, 3rd Battalion, 157th Field Artillery, said, "I learned a lot about how to do searches. At first I wasn't that comfortable with it, but after a few times I got used to it because it started becoming second nature."

Combining training, increasing muscle memory

Story and photos by Staff Sgt. Liesl Marelli

FORT HOOD, Texas - Deploying Colorado Guardsmen continue building upon their foundation of Close Quarter Combat training at Fort Hood, Texas, May 21, 2009.



Staff Sgt. Clifford Fraipont of Fountain, Colo., moves quickly with his team to clear a room during Close Quarter Combat training May, 21 at Fort Hood, Texas.

The Soldiers, who are assigned to 1st Platoon, Headquarters and Headquarters Battery, 3rd Battalion, 157th Field Artillery, Colorado Army National Guard, incorporated their medic platoon in the training to help simulate how to treat a casualty while also trying to clear a room or a house.

Using a basic floor plan outlined on the ground, known as a "glass house," the Soldiers, in small teams, practice clearing rooms and hallways. At the discretion of the 1st platoon sergeant and the medic platoon sergeant, they call out to the team a scenario such as, "Third man was hit. Lower leg injury."

With that, the Soldiers figure out what kind of security they need and start performing buddy aid.

The pressure didn't let up. If the Soldiers didn't react properly and quickly enough, the platoon sergeants added to the pressure.

"What are you going to do now? Where's your call to higher? Who is pulling security?" They shout at the teams.

See Muscle memory p. 11

TRAIN HARD, STAY SAFE

Soldiers carry their assigned weapon all day and night. It's their responsibility to maintain accountability of it and also operate it safely. As part of the safety requirements, there are clearing barrels outside every building Soldiers may enter.

Prior to going into the building, Soldiers must properly clear their weapons. Behind all the clearing barrels are directions for all types of personally carried weapon systems.



Pictured left, a Soldier prepares to pull back the charging handle to ensure there are no rounds in the weapon.

Safety is paramount for the battalion.

DVIDS IS HERE!

All released photos and stories are posted on Digital Video & Imagery Distribution System (DVIDS) at www.dvidshub.net.

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- To subscribe via **RSS** go to (http://dvidshub.net/unit_rss.php?unit_id=671)
- To view a **gallery** of work from 3rd Battalion, 157th Field Artillery go to (<http://www.dvidshub.net/units/3B-157FA>)

If you have any questions about DVIDS, you may email Staff Sgt. Liesl Marelli at liesl.marelli@us.army.mil or contact DVIDS directly at 1-877-DVIDS247. Thank you and we hope you enjoy seeing your Soldier in action!

dvids
NEWS
FROM THE FIELD



WHERE TO MAIL YOUR LETTERS

MAILING ADDRESS:

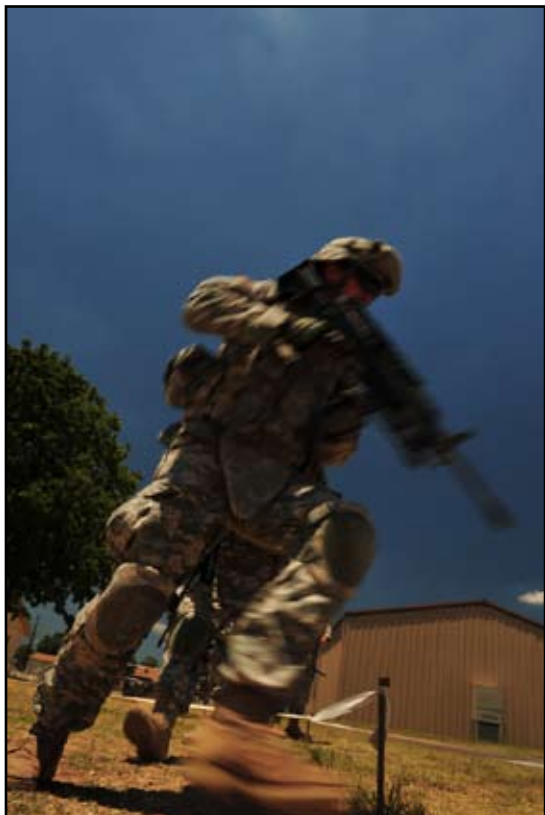
RANK First Last Name
Co /Battalion /115th FiB
Bldg 56413
North Fort Hood, TX 76544

EXAMPLE:

SPC Joe Smith
HHB/3-157th FA / 115th FiB
Bldg 56413
North Fort Hood, TX 76544

*We recommend families and friends **stop** sending mail to Fort Hood **June 15**.*

Muscle memory continued from p. 10



A team moves quickly into the "glass house" to clear a room during Close Quarter Combat training May 21 at Fort Hood, Texas. The "glass house" is a basic floor plan outlined on the ground where Soldiers practice clearing rooms and hallways under the supervision of their platoon sergeant who ensures they are using proper technique.

"I learned a lot I didn't know from the classes on what to do if we get a casualty under fire, what to do if we [get] a casualty while clearing a building, and the proper procedures

for clearing the building using the [techniques from] the Close Quarter Range range," said Spc. Sean Dolan of Colorado Springs, Colo.

The platoon trained recently on the Fort Hood Close Quarter Combat range and decided to continue training on their own to both enhance their knowledge and practice building their muscle memory.

The muscle memory consists of many tasks such as muzzle awareness, team-building for small teams to clear rooms and how to conduct buddy aid when their adrenaline is pumping and time is ticking quickly.

I wanted to give [our] certified Combat Lifesavers the opportunity for additional experience, said Sgt. 1st Class Matthew Byerly of Johnstown, Colo.

With the help of the Medic Platoon lead by Sgt. Jason Sorenson, the Soldiers practice applying tourniquets, safely moving a casualty and how to administer an IV in the field.

Not all were a first-time "go" but the medics helped walk the Soldiers through the process. Going step-by-step the Soldiers all eventually were able to conduct a successful stick.



Spc. Terrence Mahathey of Hutchinson, Kan., demonstrates to Soldiers assigned to 1st Platoon how to properly administer an IV in a field environment during Close Quarter Combat training at Fort Hood, Texas, May 21. Mahathey currently serves as a medic assigned to Headquarters and Headquarters Battery, 3rd Battalion, 157th Field Artillery, Colorado Army National Guard. The Battalion is scheduled to deploy to Iraq this summer at the culmination of their mobilization training at Fort Hood.

While in Iraq, the convoys will always have Combat Lifesavers as well as medics on hand in case of an emergency situation. The more Soldiers know about combat care, the better they will be to handle anything that comes their way.



Soldiers practice maneuvering through the "glass house" during Close Quarter Combat training at Fort Hood, Texas, May 21. After clearing the "glass house," the Soldiers give an IV to the "casualty" on the team, which helped add to the realism.



Soldiers perform buddy aid during Close Quarter Combat training at Fort Hood, Texas, May 21. The Soldiers practice building muscle memory for both CQC and combat lifesaver training, which is essential knowledge during their time overseas.

6 Important Ways to Cope With Deployments

Ask Ms Vicki | May 21, 2009
(Courtesy of Military.com)

Here are six easy and quick things you can do to help you manage during a deployment.

1 Get plenty of rest. Incorporating a daily nap into your schedule would be well warranted. Studies show that a 30-minute to one-hour nap does wonders for our mental and physical functioning. I encourage you to start by having a regular bedtime hour. If you don't get plenty of sleep you will not be able to cope with deployment. Lack of sleep can cause you to become forgetful, increase mood instability, and inhibit you from your daily

responsibilities.

2 Try to eat healthy. The last thing you want to do is pack on the pounds during this time. It will only increase stress and the propensity for depression. It's important to have good balance. Everyone likes to enjoy a great tasting slice of pizza, or a yummy slice of chocolate cake. However, you must have balance because you can't eat like this every day.

3 Exercise as often as you can. Get out and move as often as you can, even if it's only 30- minute walk every day. I promise you that if you do this you will feel so much better. Research shows that regular exercise can have the same benefits as an antidepressant. If you currently take these medications, don't stop. But I encourage you to start a regular exercise program.

4 Find people that know what you're going through. All you need is a few

good friends with good intentions. At the same time, close family will be invaluable at this time. It's important to stay connected with all of them. You will definitely need shoulders to lean on.

5 Use spiritual support. Your faith can help you through this tough time. It doesn't matter if you have not been active in a church, a parish or synagogue. This is a great time to try to attend services. Trust me: You'll need all the support you can get.

6 Stay active during this deployment. Consider volunteering in the community. There are many volunteer efforts on your local bases and in the adjoining military communities — your children's school is a good place to start. Some spouses even begin to work outside the home, form book clubs, explore new hobbies, etc. The important thing is to stay active. This will be less time for your mind to wonder and worry.

FAMILY READINESS DATES

Alpha Battery: FAC contact Jennie Zambo at 720-250-2771 June 13t at 6 p.m. in Longmont; July 18th and August 15 locations TBD

Bravo Battery: FAC contact Nancy White at 720-847-8495 June 6 at 1 p.m. at the Orchard Road Christian Center; July 18 and August 15th at the Orchard Road Christian Center

HHB/188th FSC: FAC contact Daniele Miller at 720-250-3971 June 13 11 a.m. at 170 N. Newport Rd., Colorado Springs; July 18 and August

الف مبروك (Congrats!)

CONGRATULATIONS TO THE FOLLOWING PERSONNEL:

PV2 Cannell, Donald to PFC
PV2 Jordan, Josh to PFC
PV2 Blocksom, Tyler to PFC
PFC Meggison, David to SPC
PFC McLachlan, Kelsey to SPC
PFC Dallas Tyler to SPC
SPC Lozanogredo, Hector to CPL
SPC Searley, Jeffrey to CPL

SPC Valentin, Janice to CPL
SPC Winters, Jeremiah to CPL
SPC Kammrad, Jeffrey to CPL
SPC Renaud, Damien to CPL
SPC Steward, Brian to CPL
SPC Williams, Walter to CPL

The following received an
Army Achievement Medal:
SPC Mathis, Nicholas
SPC Sparks, Lucas
SFC Bendico, Gene

Sgt. Maj. Sergio Alvarez's
granddaughter Keylee Rae Capps
was born May 21!

Chaplain continued from p. 2

comfort of immature childishness? The one freedom that no one and no government can ever take away from us is our freedom to choose how we respond to what is going on around us. We can choose to follow Brig. Gen. O'Hara's advice and, "Do it right, do it now, do it anyhow," or we can 'have it our way,' do it whenever, and never adapt and overcome our circumstances. Being 16 and carefree is not the ultimate time in life — it is the time of most foolishness. "Stupid is as Stupid does," as Forest Gump would say. Notice how we have to be purposeful in choosing character, but the lack of character merely requires that we do nothing... Many of us can survive a deployment without being purposeful in how we think, or what we do. But growing through a deployment requires us to choose to grow, to be willing to ask for help, and to leave behind 'stinking thinking,' and to move forward towards 'positivity through adversity.'

And only after choosing to grow through adversity do we really know and hold onto hope. Hope itself can be

simple and immature, "If only I won the lottery." Or hope can be wise and mature, "This too shall pass." It is to wisdom and maturity that we should strive. And then and only then, will we thrive. Thriving in life is not about being young and carefree; rather it is about being wise enough to become who we're created to be. We are different for a reason. We are designed to be different in order to complete a better picture of teamwork — in the workplace and in our families. Thriving is not about striving to become someone we are not, it is about knowing ourselves so well that our hopes and our dreams become refined like a laser to who we are and we avoid being something someone else thinks we should be. Simple and immature hope disappoints, but hope that comes through the process of suffering, perseverance and choosing character will never disappoint because constantly choosing to do the right thing, for ourselves and for others, IS the right answer, no matter how hard the wind may blow. Indeed, it is that wind that makes us stronger. It is choosing to stand taller than ever despite the wind, which makes us thrive.