

Ryder Dispatch

The Official Newsletter of the 2nd Brigade Combat Team of the 34th Infantry Division

Infantryman ready to deploy

By Sgt. Rory Madsen
D Co. 1-168 Infantry

CAMP RIPLEY, Minn. --

It's a cool, rainy morning. The breeze blows stiffly from the north bringing a cold chill to all it touches. The sun is just rising over the horizon and Pvt. Charlie C. Reich readies himself for another day of training to prepare for his upcoming deployment to Afghanistan. He trains with the rest of his comrades from Delta Co. 1-168 Infantry which is based out of Denison, Iowa. After only being in the infantry for the past two and a half years, he is excited to be making a difference.

Reich joined the Army National Guard Jan. 31, 2007, continuing a long family history of military service. Reich's father served nearly 24 years in the military in both the Army and Air National Guard.

On the civilian side of life, Reich enjoys many things including horseback riding, playing video games, and keeping his aim true by putting numerous hours in at the paint-ball range. Reich has expressed that he has aspirations of one day being a military historian and would like to someday teach military history at the collegiate level.

In reference to the National Guard, Reich says that he joined to be like his father and because after the events of Sept. 11 he felt that joining the mili-

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U.S. Army photo by Staff Sgt. Ashlee Lolkus

National Guard Soldiers train to maintain Warrior tasks and battle-drills over the past few months pay off

CAMP RIPLEY, Minn. -- Soldiers across the 2-34th BCT have trained for the past few months in preparation for the upcoming deployment to Afghanistan. Annual training here has shown that the Soldiers of the BCT are ready to take the next step in their mobilization. Spc. Quentin Lee of Delta Co. 1-168 Infantry awaited his turn on the TOW missile range here June 23, 2010. Lee's team was one of many who were able to fire. For many young Soldiers, this was the first time firing the lethal weapon which added to the high morale on the firing range that day.

Gun bunnies knock out training

By 2nd Lt. Kyle Brewer
B Btry. 1-194 Field Artillery

ESTHERVILLE, Iowa --

With the year-long deployment quickly approaching, Iowa's field artillery has kicked their training into high gear. The first two weeks

of Alpha Battery, 1-194th Field Artillery's annual training for 2010 is a critical step in accomplishing the goals that the commander of the 2-34th BCT has set for them to accomplish prior to kicking off the deployment to Afghanistan scheduled for later this summer.

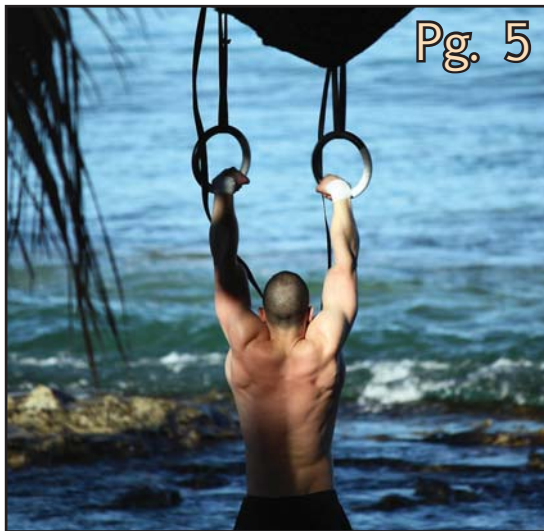
Alpha Btry. is one of two firing battery's in the 1-194th FA that will provide artillery support when the 2-34th BCT is in Afghanistan. The batteries will be split up into two platoons each in order to provide support for the other four battalions that make up the 2-34th

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in this issue



Language survival guide



Be CrossFit

From the Editor

Staff Sgt. Ashlee Lolkus
Editor-in-Chief
Public Affairs NCOIC



Thanks for picking up a copy of the *Ryder Dispatch*! This newsletter was built just as the 2-34th BCT's annual training drew to a close. As many of you know, the BCT went to Camp Ripley, Minn., and it was a large movement.

Annual training was full of events that finalized pre-mobilization requirements before the BCT moved on to Camp Shelby, Miss. a few weeks ago. Other units of the Iowa National Guard that are not joining the BCT in Afghanistan worked hard supporting travel, training and their return back to Iowa. The support Soldiers and units were a tremendous help so that the BCT could focus on

training.

The upcoming deployment will be very historic for the Iowa National Guard, so it is very important to document all aspects to include the train-up, the fight, and the families.

As always, we are looking for anyone that is interested in contributing to the *Ryder Dispatch*. If you have photos or stories from training or any other type of information that you think would be helpful or interesting to other readers, I encourage you to contact our office. (Contact information can be found below)



Attack! Attack! Attack!

Volume 1, Issue 3

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Ryder Dispatch

The Official Newsletter of the 2nd Brigade Combat Team of the 34th Infantry Division

2-34th Brigade Combat Team

Commanding Officer
Col. Benjamin Corell

Command Sergeant Major
Command Sgt. Maj. Joel Arnold

Mission:

The *Ryder Dispatch* is a monthly publication created to celebrate and support the Soldiers and families of the 2-34th BCT by providing brigade members with information on what is happening around the brigade, and to keep Soldiers and families updated on current events and policies set forth by the command.

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Maj. Michael Wunn

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The Ryder Dispatch is an authorized publication for Soldiers, families, communities and employers of the 2nd Brigade Combat Team of the 34th Infantry Division. Contents of **The Ryder Dispatch** are not necessarily official views of, or endorsed by the U.S. Government, Department of Defense, Department of the Army or the National Guard. All editorial content of **The Ryder Dispatch** is prepared, edited, provided and approved by the 2nd Brigade, 34th Infantry Division Public Affairs Office.

Command Post

Brigade Commander Col. Benjamin J. Corell

Col. Benjamin J. Corell was commissioned as a second lieutenant infantryman at the Iowa Military Academy Officer Candidate School program in 1988 at Camp Dodge, Iowa. Prior to commissioning, Corell served three years in the Iowa Army National Guard as an enlisted infantryman. Corell received his Bachelors of Management from Upper Iowa University in Fayette, Iowa. His military education includes Army Basic

Training, Advanced Individual Training (infantry), Infantry Officers Basic Course, Infantry Officers Advanced Course, Command and General Staff College, Infantry Pro-command Course and U.S. Army War College. As a commander, Corell has deployed to Southwest Asia (Task Force Alpha), Multinational Force Observer mission (Task Force 1-133) and Operation Iraqi Freedom (Task Force Iron). 🇺🇸



Brigade Command Sergeant Major Command Sgt. Maj. Joel Arnold

Command Sgt. Maj. Joel M. Arnold entered military service as a member of the Indiana National Guard in Sept. 1980. Since then, he served on active duty in the 8th Infantry Division and the 82nd Airborne Division, as an Army Reservist with the 3rd Infantry Regiment, and as a National Guardsman in Illinois, Minnesota, and Iowa. He has been a member of the Iowa National Guard since Nov. 1996. Arnold has served as a non-commissioned officer since 1984. In 2003, Arnold mobilized and deployed to Sinai, Egypt as part of the Multinational Force and Observer mission. He next deployed to Iraq as Command Sergeant Major of the 1-133

Infantry. His military education includes Basic Airborne, Air Assault, U.S. Army Ranger Course and all levels of NCO education to include Primary Leadership Development Course, Basic Non-commissioned Officers Course, U.S. Army First Sergeants Course and the U.S. Army Command Sergeants Major Academy. Arnold received a Bachelor of Science degree in Operations Management from Northern Illinois University in 1989. 🇺🇸


Thru the Ranks



INFANTRY continued from Page 1

organize his life, and make him a stronger person, but it could also afford him the opportunity to serve his country.

Currently, Reich is a .50-caliber gunner in his mounted infantry unit. In the grander picture, Reich hopes to one day be a first sergeant and complete airborne school. For now, though, he says he enjoys the camaraderie within his platoon and thinks that his leadership is both squared away and able to teach him the skills he will need to achieve his goals. With the upcoming deployment this fall to Afghanistan, Reich says that despite the nervousness he is feeling, he is looking forward to the experience and cannot wait to test the skills which he has learned on the training battlefield.

When asked about why he has chosen a career in the infantry, Reich says, "I like the fact that it is dangerous, that's what attracted me to the infantry... [it] makes me feel proud to be a part of it." 

Language survival guide

English	Pashto	Dari
Hello	as-salaamu' alaykum	salaam
How are you?	tsenga yee	chutoor hastee
I'm pleased to meet you	za Khoshala yem chela tasee sara gorum	aaz deedaane shumaa Khoosh shudum
My name is ____	zama num ____ deh	naame maa ____ as
What is your name?	staa num tsa deh	naamet chees
Do you speak English?	ta pr inglisee Khabaree kawaley shee	ingleesee yaad daaree
Thank you for your help	staa la maraste tsakha manana	aaz kumeketaan tashakur
Good bye	da Khoday pa Khayr	baamaane Khudaa

Getting ready to go to Afghanistan brings many challenges. Cultural awareness and cultural sensitivities are important factors for operations to run smoothly, but how can you be effective at that if you don't try to communicate? Sure the military uses interpreters, but attempting to speak the language will show that you are making an effort and that you care about the people of Afghanistan. The Ryder Dispatch will feature excerpts from the language survival guide in each issue. Challenge yourself to become proficient in some of the basic phrases in both Pashto and Dari, both languages used in Afghanistan.

GUN BUNNY continued from Page 1

BCT. With their armory located in Estherville, Iowa, Alpha Btry. has been ferociously knocking out all training and certification requirements that must be completed before the end of their annual training and their mobilization date.


In order to do this, the Soldiers began their training separated into two elements. The Soldiers in the Fire Direction Center (FDC) trained and certified in Fort Dodge, and the howitzer crews, or 'gun-line,' trained in Estherville. Given a few days to train up and cer-

tify on procedures that had not been practiced for years in many Soldiers' cases because of many previous deployments, the two FDCs preformed their crew drills to standard and met back up with the gun line in Estherville so the howitzer crews could be certified in their remaining crew drills. Both groups must meet time standards on drills such as deploying the howitzers, sending and shooting fire-missions, and establishing communication with each other, all while keeping all missions within safety standards.

Certification is a very stressful and demanding process

with many Soldiers performing duties in new or relatively new positions, but it was not all work for the men in Alpha Btry. as they were able to enjoy a pass to see their families from the end of the work day June 5 to June 7. During that time they also were presented a briefing by multiple groups that work for and with the Soldiers and their families. The commander of Alpha Btry., Capt. William Pick, presented a plaque to the mayor of Estherville for allowing the use of the old Roosevelt Middle School for training events and other various functions.

Alpha Btry. prepared to con-

voy up to Camp Ripley, Minn. to complete their annual training beginning June 12, but left behind their newest 'gun-bunny' Lenny, a baby rabbit saved by Spc. Spencer Miller from the tires of humvees and the lawn mowing boy. Miller is one of the newest cannon crew members at Alpha Btry. and a common nickname for a cannon crew member is 'gun-bunny.' Lenny instantly became the mascot for Alpha Btry. Soldiers and promised to keep careful watch over the armory's lawns while the men were away in Minnesota and overseas in Afghanistan. 

Check out photo on iowaredbulls.org

Preparing for Afghanistan can be time consuming & challenging, but physical training is too important to wait until deployment day.

Vary up your PT routine with CrossFit

Question & Answer :

Sgt. 1st Class Heath Hove,
Master Fitness Trainer

What is CrossFit and how was it developed?

CrossFit is, "constantly varied, high-intensity, functional movement." Functional movements are universal motor movement patterns. They are natural, effective, and efficient locomotions of body and external objects. It was developed because a group of people saw a need to make fitness more functional to everyday movements for everyone.

Why does it work?

It works because the program is measurable, observable and recordable. CrossFit works with compound movements and shorter high-intensity cardiovascular sessions. Compound (functional) movements and high-intensity, anaerobic cardio are radically more effective at getting results.

How does it help with the APFT?

A good part of CrossFit is body weight movements,

which is what the Army APFT is all about.

How will it help prepare Soldiers for Afghanistan?

It prepares a Soldier for the unknown. Routine is the enemy even in your workout. If all you do is train to run five miles, you will be really good at running five miles but you probably won't be good at high volume pull-ups. CrossFit engages your core on most movements. It

prepares you to deal with whatever comes your way.

How do Soldiers learn the different workouts?

CrossFit.com is a great website to learn from. There is also CrossFit Journal which is where I got the technical information for my answers.

W.O.D.

(Work-out of the day)
Different workouts known as the "girls"

Angie

100 Pull ups
100 Pushups
100 Sit ups
100 Squats

Cindy

(as many rounds as possible)
5 Pull ups
10 pushups
15 Squats

Barbara

5 rounds for time of:
20 Pull ups
30 Pushups
40 Sit ups
50 Squats

What are other Soldiers saying about CrossFit?

Staff Sgt. Elizabeth Grogan
HHC 2-34th BCT

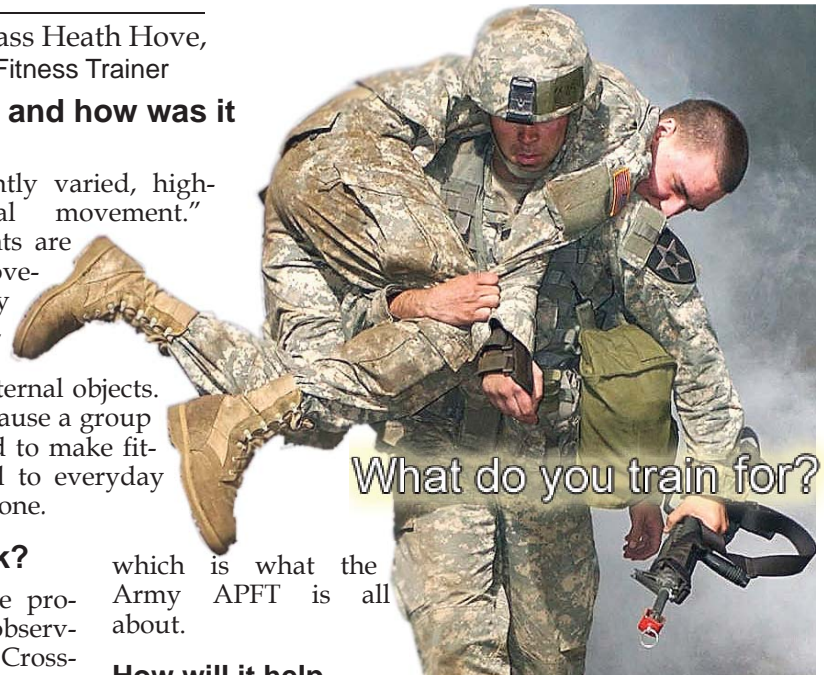


"The CrossFit concept of fitness is effective for the military war-fighter because the workouts are dynamic not static and embrace all elements of mobility not just strength."

Staff Sgt. Shawn Bryant
HHC 2-34th BCT



"Cross Fit works the muscles you use everyday and it incorporates workouts based on daily activities, it develops overall fitness and wellness. It is based around core muscle groups so after training your not just fit, you're CrossFit."



Fast Facts:

- Human body functions best at sea level
- Adapting to higher altitudes can take days or even up to weeks
- Breathing and heart rates increase to make-up for the lack of oxygen as altitude increases
- You can adapt better to low oxygen levels by increasing aerobic activities (like CrossFit)
- Altitude sickness commonly occurs above 8,000 feet.



TCP: traffic control point

By Cpt. Adrian Taylor
HHC 334th BSB

Where are all these people coming from?! The main supply route (MSR) was vacant when we set up our hasty traffic control point (TCP) and now people seem to be coming out of nowhere. Some on foot and others in vehicles, but it does not seem that there is any end in sight. The Afghans do not speak English and the only words in Dari I know are "estaade sho" (stop) and "insha Allah" (if God wills).

It is hard to keep my finger off of the trigger and the barrel down. I am nervous and my brain says either fight or get out. Remove the finger off the trigger but keep your eyes scanning for clues. What the heck is a Medical Service Corps officer doing in the turret of a gun-truck?

Even though I am trying not to fixate on the interaction between Pvt. Michael Novitske and Mohammed, a local village elder, I cannot help but stare and laugh as Mohammed works his magic. So I quickly scan to my right and then back to the action to my left. He had already gone further into the TCP than I felt comfortable with, but now Mohammed even convinced the private to let him talk on his radio. No! He just handed him the radio and Mohammed slipped it in his pocket and thanked him with a huge smile and hand-slap on the


back. I am laughing so hard that I have to scan to the right again and get composed and swing to the left. The village elder is now giving the private some gum. That is an even trade, gum for a radio.

Capt. Stephen Mackevich now comes to the rescue with his pocket Dari dictionary. He will probably need to get his checkbook out to get this radio back and save face. I scan back across the road to see another Af-

ghan civilian in a big brown vest coming towards the checkpoint.

It is way too hot for a down vest. My instincts say shoot, but my brain says wait. I intently stare looking for any odd movements or clues to his intentions. Jay, our interpreter, is helping with this one. Too much going on around me and I am hyper-alert. I am school teacher for goodness sake. VEHICLE APPROACHING FROM THE FRONT!! ESTAADE SHO! ESTAADE SHO! Finger fully engaged, squeezing the trigger. BOOM! End-X (end of exercise).

Thank goodness this is only training! During the last week of annual training, the 334th Brigade Support Battalion participated in realistic battle-drill lanes at Camp Ripley, Minn. The lanes were set up to give us an idea of what we may face when we deploy to Afghanistan later this year. It is better to learn from our mistakes here in a controlled training environment than overseas in real time operations. Kudos to the

224th Engineers who established the training, and the Afghan Nationals who made the training more realistic. 



Photos from the Field



U.S. Army photo by Staff Sgt. Jessica Beswick

Sgt. David Harrison and Sgt. 1st Class Michael Thul of C Co. 334 BSB run the Humvee rollover training during annual training at Camp Ripley, Minn.



U.S. Army photo by Staff Sgt. Jessica Beswick

Capt. Grinstead, Behavior Health Officer, C Co. 334 BSB is interviewed by Kelly O'Connell, CBS reporter in Cedar Rapids, Iowa, during rollover training at Camp Ripley, Minn. O'Connell spent two days embedded with the 334 BSB.

Check out more photos from the field at flickr.com/iowaredbulls



U.S. Army photo by Capt. Adrian S. Taylor

CAMP RIPLEY, Minn. -- Capt. Stephen Mackevich, commander of HHC 334th BSB tries talking with an Afghan village elder at traffic control point.