

780th MILITARY INTELLIGENCE BRIGADE (CYBER)

# THE BYTE

Vol. 12, Issue 3



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ARMY FIRST SERGEANT  
Servant Leader



**780th MI BDE**  
"STRENGTH AND HONOR"

COL Benjamin Sangster  
Commander  
CSM Joseph Daniel  
Command Sergeant Major

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### On the Cover

*History of the First Sergeant, SGM James L. Campbell, Jr., September 2006,*  
<https://apps.dtic.mil/sti/trecms/pdf/AD1133981.pdf>

Command Sergeant Major Joseph Daniel, the senior enlisted leader and 'keeper of the colors' for the 780th Military Intelligence Brigade (Cyber), choose the theme for this edition of The BYTE magazine as "Army First Sergeant, Servant Leader," and his guidance to the Brigade's senior NCOs was their thoughts on being a first sergeant and servant leader in today's Army.



There are a wide variety of articles from current and former Praetorian first sergeants in this issue including an article – I highly recommend taking the time to read – from retired First Sergeant Stan Collins, currently still serving as an Army Civilian in the Brigade S-3 (operations) section.

Also, in this edition of The BYTE, the Praetorians bid a fond farewell to Colonel Benjamin Sangster, the seventh commander of the 780th MI BDE (Cyber), and welcomed back COL Candy Boparai, who becomes just the eighth commander of the Army's only Active offensive cyberspace operations brigade. Read COL Sangster's farewell remarks on page 1.

The Brigade and its battalions continue to be an INSCOM pace setter in Total Army Involvement in Recruiting (TAIR) engagements by supporting U.S. Army Recruiting in Las Vegas, Chicago, Moon Township, Pa., Arlington, Texas, Brooklyn, N.Y., and Washington DC; 11th Cyber Battalion will represent ARCYBER at the Army Best Squad Competition (BSC) after winning the command's BSC at Fort Huachuca, Arizona; Praetorian Soldiers were on the winning team at the Fifth Annual President's Cup Cybersecurity Competition (for the fifth year in a row); 11th CB took first place in the post Ultimate Frisbee competition at the Fort Eisenhower; and respectively, the 781st MI BN and HHC/780th MI BDE took 1st and 2d place in the Fort George G. Meade Garrison (FGGM) SHARP (Sexual Harassment/Assault Response and Prevention) Amazing Race.

"Everywhere and Always...In the Fight!"

v/r,

Steve Stover

Public Affairs Officer

780th MI Brigade (Cyber)

Editor, The BYTE



# Praetorian Six Signing Off

**I**T HAS BEEN AN ABSOLUTE HONOR TO SERVE AS YOUR BRIGADE COMMANDER, PRAETORIAN SIX, for the last 24 months. We have accomplished so much during that time period, and I am so proud of you all for your hard work and dedication to the mission. No matter what the task, you all tackled it with vigor and passion. I cannot think of one moment during our time together where we failed the mission...and that is not hyperbole.

When I first assumed command, I shared a very simple vision with you...I wanted each of you to enjoy coming to work every day. I can tell you, with absolute honesty, that I truly enjoyed coming to work every single day for the last two years. More so than any other job I have ever held during my almost 30 years of service to our Country. It wasn't anything I did...it had everything to do with each and every one of you.

There have been many memorable events during my tenure as Praetorian Six. But there are three events that popped into my head when I started writing this paragraph: the 2023 Army Ten Miler, the joint 782d/11th ORA in Hawaii, and our Brigade Ball. That Army Ten Miler team was truly special. To finish as well as we did, just goes to show that Cyber Soldiers are just as physically talented as any other Soldier. Seeing my fellow ATM team members on my recent TDY to Fort Eisenhower brought a huge smile to my face (yes, I do smile on occasion).

And when the Soldiers from the 11th hit the LZ on Schofield Barracks, deploying SPOT the robotic dog and a quad-copter, gaining access to a target network via proximal access...that was a seminal event for Expeditionary Cyber in the Army. Just a few weeks ago, I sat in Eagle Six's office (101st Division Commander), briefing him on the capabilities and support we will be providing his formation during JRTC 24-10 this August. Geronimo (JRTC OPFOR) won't know what hit them.

Lastly, our Brigade Ball...both years of

my command. To return to normalcy after the pandemic, bringing Praetorians and their Families together in a time honored tradition. I will never forget either of those nights.

To my Praetorian Family...thank you. Thank you for sharing the last 24 months with me. Thank you for working so hard to support the mission. But most importantly, thank you for volunteering to serve our Country. None of you had to do that...but something inside of you told you it was what you were meant to do. It has truly been a blessing serving as your commander.

I will always look back fondly on our time together. Keep working hard, find the joy in what you do.

Everywhere and Always in the Fight!

Go Tigers!

P6

Ben Sangster

COL, CY

Commander, 780th MI BDE (Cyber) ■









# Servant Leadership

By 1SG (ret.) Stan Collins, 780th MI BDE (Cyber)

**F**IRST OFF... I DON'T BELIEVE YOU CAN LEARN much about leadership from reading. Leading is an activity. It must be done and witnessed. No one tells stories about how the greatest knew the fundamentals. They tell stories about the people who performed the fundamentals with style. It is more art than science.

I am grateful to have served as a Soldier and now as a Civilian. I love the Army for the same reason I love my country. The lofty ideals it tries to obtain, and the undying belief that we can achieve those ideals if we all work together in the spirit of service to our fellow Americans. What an amazing thing to be a part of.

The word Sergeant comes from a Greek word "serg" that means servant. The Greeks had about ten words that we translate to servant though. This particular word referred to a servant that lives to serve.

They serve only to please their master without want of recognition or reward. A Sergeant is a master of some but a servant to all.

If you are not doing this with your whole heart, you are doing it wrong. It takes your whole heart to serve and lead. Servant leaders do not have a job, they make a lifestyle choice.

It is even better to serve with a full heart. Take care of yourself and find gratitude. Serving as a leader is an opportunity and a privilege.

If you are doing this for yourself, you will fail. Servant Leaders serve their team and the mission.

Only when you are healthy emotionally, mentally, physically, and spiritually can you serve this way. Only then can your service be an example. Servant Leaders have prepared themselves to serve.

Let go of your ego. It WILL stop you

from doing the right thing because your ego is built to protect you. Servant Leaders do the hard things and lean into hard situations. Servant Leaders know where the problems live.

Be brave. Bravery is not the absence of fear, it is the overcoming of it. One cannot exist without the other. Servant leaders know their fear.

If you are asking if you should do something, you know the answer. Servant Leaders do the right thing.

If you think someone is working hard only to help themselves, remember that how you feel reflects your feelings. Servant Leaders know themselves through reflection of their feelings and actions.

"We" is a powerful word. "I" rarely get anything done. My "team" gets things done. It takes a village. Servant Leaders are members of teams.

TAKE responsibility do not accept





it. There is a giant difference. Taking something is active. Accepting something is passive. Servant Leaders know they are responsible and act accordingly.

You **MUST** hold people accountable. Especially the little things. Unbuckled chin straps lead to little boys hugging dead fathers. If we can tell people to do the little things, we can stop or even prevent the big things. Servant Leaders know why little things matter.

Listen. Your experience may be vast, and it may be varied. It is not complete. You never know where wisdom may come from. Servant Leaders know how much they don't know, and know they know almost nothing.

A lot of leaders wait to talk. Servant Leaders listen and thoughtfully reply.

Look. You can see your example. What does that look like? You are inspiring people by your example. Servant Leaders understand their example will be emulated, good or bad.

Let people see you fail. Then, let them see you own that failure by trying again and again until you get it right. Servant

Leaders accomplish the mission with pride in a job well done, not ego.

Leaders eat last. Servant Leaders do whatever it takes to make sure everyone gets to eat.

Never pass up an opportunity to help. Whatever it is. Hold the door, unload the truck, talk to people. Give advice. BE AVAILABLE! The things you HAVE to do will be there when other people are not. Servant Leaders are present.

Take time to train, coach, and mentor people. It is worth the time, every time. Servant Leaders invest in people.

My best compliment as a leader. A Soldier at the Cyber School told me that one of my previous Senior NCOs had mowed the lawn the evening before. When I saw that Senior NCO later that day, I asked him why he cut the grass. "It needed to be done and no one else was getting it done. Now everyone knows that someone needs to do it. I saw you do things like that all the time." He graduates the Sergeants' Major Academy in June. Servant Leaders make an impression through their actions.

Keep your door open for anyone and

everyone. The best tool I had as a leader is a box of tissues on my desk and poor time management. Servant Leaders know that time is not theirs to use, it is theirs to give.

If you feel inspired, I'm glad I could be of service. If you feel like you could do better, we all can. It has to start somewhere. It has to start some time. What better place than here. What better time than now. ■





# Health and Welfare (Vigilant Wellness)

By 1SG Angel Rodriguez, B Co, 781st MI BN (Cyber)

**W**E HAVE A GRAVE RESPONSIBILITY AS FIRST SERGEANTS that goes beyond maintaining combat effectiveness and operational readiness. We are tasked with ensuring the physical and mental wellbeing of our Soldiers. The importance of Soldier health and welfare, especially mental health and morale, cannot be

emphasized in the context of today's military, where demands on our troops are ever-increasing and their challenges are diverse.

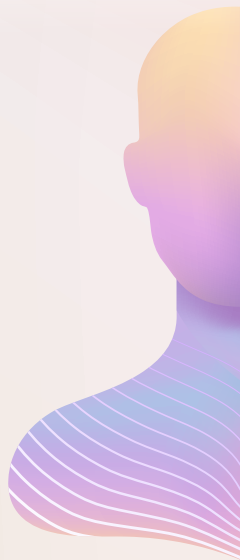
Even the hardest-working people can become weakened by the demands of military duty, deployments, and the strains involved in these missions. As a result, it is crucial that we foster an atmosphere in which getting mental health treatment is

not stigmatized but rather encouraged and supported.

Soldiers must understand that seeking treatment is a sign of strength and self-awareness, not weakness, and that maintaining their mental health is just as important as remaining physically strong. We can ensure that they receive the care and support they need to overcome their challenges by encouraging open



BE KIND TO YOUR MIND



EMOT  
INTELL



communication, de-stigmatizing mental health issues, and ensuring access to high-quality mental health resources.

Furthermore, our Soldiers' morale must remain strong in order for our units to function well together and, eventually, complete their missions. A sense of purpose and belonging is fostered by a good and encouraging command environment where Soldiers are treated with respect and feel appreciated. Little acts of kindness, strong leadership, and chances for both career and personal development all help to raise spirits and create resilient Soldiers.

Encouraging morale has a positive impact on overall readiness, esprit de corps, and cohesiveness within the unit. Even in the face of difficulty, Soldiers are more inclined to provide their best effort when they feel supported and linked to their leadership and unit. Thus, it is our duty as First Sergeants to put our Soldiers' health first, taking care of their physical and mental needs while creating a positive atmosphere.

In conclusion, First Sergeants and military leaders alike have a great deal of responsibility when it comes to the health and welfare of Soldiers. We not

only fulfill our obligation to care for those within our command but also maintain the effectiveness and readiness of our units by placing a high priority on these areas of our Soldiers' well-being. Let's keep upholding the sacred trust placed in our hands and never waver in our commitment and dedication to our Soldiers. ■



TIONAL  
IGENCE



MINDFULNESS



# Decompilers, Disassemblers, and Debuggers Oh My!

By 1SG Paul Murphy, A Co, 782d MI BN (Cyber)



**T**HE FIRST INSTANCE OF THE MALWARE ANALYST JOINT QUALIFICATION STANDARD (JQS) was officially published on June 1st of 2023 by USCYBERCOM J72, providing a certification to complement authorized Cyber Mission Force (CMF) work roles. Malware analysis is intended to be conducted during both Defensive Cyberspace Operations (DCO) and Offensive Cyberspace Operations (OCO), primarily identifying malicious code to expose adversary capability, enable offensive operations, and develop robust detection signatures to defend the people of the United States and partner nations. Whilst the JQS has already been published for one year, only a handful of USCC JQS certified individuals exist throughout the Army, with the majority residing in ARCYBER's G36 Forensics and Malware Analysis (FMA) Branch. The intent of this article is to highlight a highly technical JQS and to provide a means of certification for interested Army Soldiers, Civilians, and Contractors working within the CMF.

JQS overview Personnel already familiar with Job Qualification Records will immediately recognize the certification format, with recommended training, knowledge, skills, and abilities (KSA) outlined, and line items which need to be checked off for completion by a trainer and evaluator. The KSAs were largely derived from Joint tasks and the DOD Cyber Workforce Framework (DCWF), defined by the Cyber Standards Analysis Team Working Group conducted in late 2022. As a JQS, there are no proficiency levels included, only the certification to provide Commanders a normalized format to track individual readiness and training completion. Formal training requirements have not yet been identified or developed as of the latest USCC training pipeline

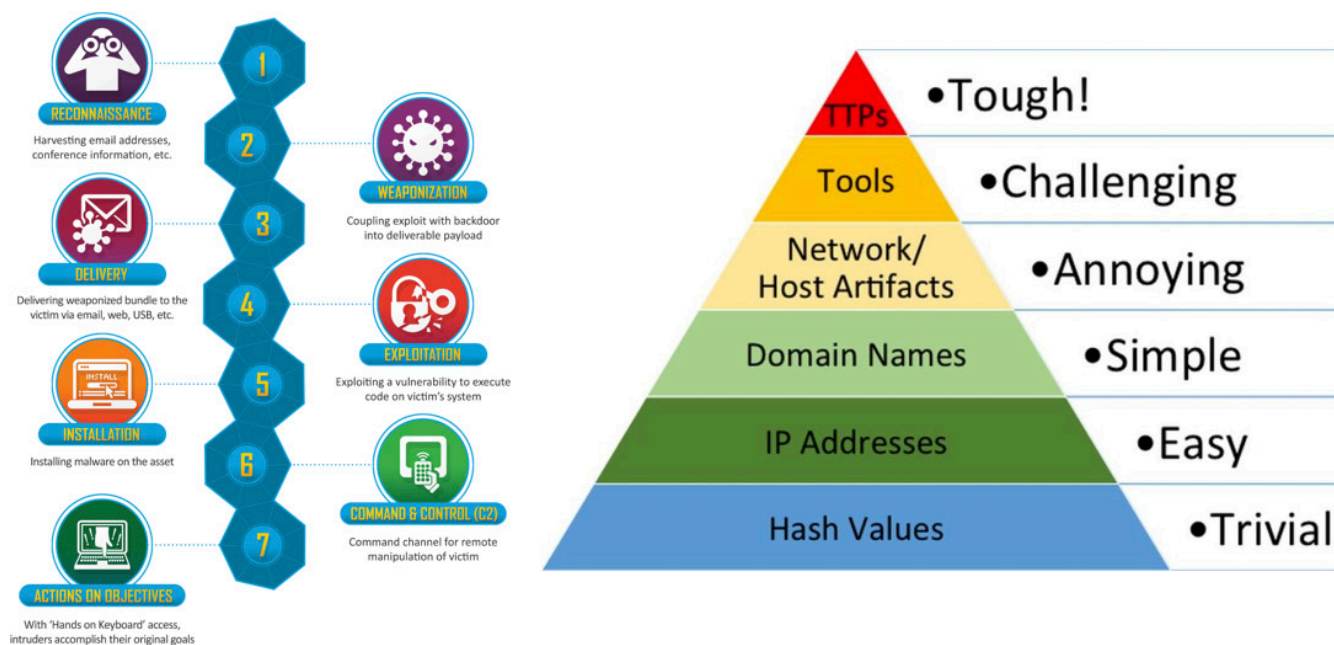
v5.0. The tasks and KSAs reinforce an intelligence-driven offense and defense, providing critical information to federal agencies, all military services, and the intelligence community.

Audience The JQS is ideal for cyber professionals serving on National Mission Teams, National Support Teams, Combat Mission Teams, Combat Support Teams, and Cyber Protection Teams. The certification consists of a specialized skillset to enhance the efforts of various CMF work roles to include but not limited to network analysts, host analysts, capability developers, exploitation analysts, and operators. A few relatively common examples may include host analysts identifying suspicious processes, network analysts investigating encrypted or obfuscated command and control communications channels, or capability developers reviewing created tools to ensure detection mechanisms and counter measures are difficult to identify and develop. A certified malware analyst is a force multiplier within a team, empowering team members to be more effective during ongoing operations considering that malware is intrinsically inherent in CMF daily duties and tasks. Malware analysis training and experience is fantastic for individual development, professional growth for most work roles, and the development of a world class workforce within the Army.

Analyzing the bytes The JQS does require a diverse skillset to include but not limited to understanding operating systems, digital forensic analysis, memory analysis, networking, malicious traffic analysis, programming, reverse engineering, threat intelligence, and signature development. Due to the vast array of identified malware types and families over the years, there are many ways to begin analysis and many tools to assist in speeding up the analysis process

created by industry professionals from around the world. The multitude of malware types and families are beyond scope of this article; however, malware analysis often includes triaging and conducting deep analysis of scripts, payloads, implants, stagers, droppers, backdoors, persistence mechanisms, rootkits, shellcode, worms, and viruses, all of which may be obfuscated, encrypted, packed, and or contain anti-analysis features. Analysis typically consists of conducting a combination of static and dynamic analysis assisted by various tools and automated platforms. In my training and experience, malicious scripts, web shells, shellcode, and maldocs are the easiest to analyze, followed by .NET and then executable binaries such as Windows and Unix executables. An escalation of force approach is typically most effective, look for the quick wins to save yourself time, effort, and energy before diving straight into static reverse engineering in IDA or Ghidra. Properly identifying the sample determines the most effective toolset for conducting analysis e.g. OLEVBA for office documents, dnSpy, de4dot and Visual Studio Debugger for .NET, and Ghidra, IDA, GDB, Ollydbg, and regshot for executable binaries as a few examples. Often, the end state for analysis includes identifying indicators of compromise (IOC) consisting of file attributes, unique blocks of assembly, network activity, host-based artifacts, and/or execution behavior. These artifacts are used to develop (or avoid) host and network-based detection signatures such as YARA or SNORT rules, antivirus engines, and endpoint detection and response toolsets. Good references to always keep in mind while conducting analysis are the Lockheed Martin Cyber Kill Chain paired with the Pyramid of Pain depicted in figure 1 to ensure all IOC types on the pyramid were identified





across the sample's entire footprint throughout each phase of the kill chain. The MITRE ATT&CK Matrix is another great resource to leverage and may assist in identifying TTPs and commonalities between with samples.

I highly recommend Army Soldiers, Civilians, or Contractors currently serving on CMF teams who are intrigued by malware to consider pursuing this JQS certification. Interested personnel can review the current JQS on ARCYBER's work role certification SharePoint page and contact ARCYBER FMA Branch or myself to inquire about training and certification opportunities. Additionally, there are numerous free resources readily available online to include threat blogs, analysis walkthroughs, capture the flag challenges, tools, tailored operating systems, and of course, free malware (download at your own risk)!

#### References:

U\_J72-JQS-MalwareAnalyst  
 Joint Cyberspace Training & Certification Standards (JCT&CS) (Annex C)  
 CMF Training Pipeline v5.0  
 Cyber Technical Manual (CTM) 7-0.1  
 Lockheed Martin Cyber Kill Chain  
 MITRE ATT&CK Mat ■



# Depression, Alcoholism, and Hobbies

By 1SG Christopher Steiner, B Co, 782d MI BN (Cyber)

**T**HE ARMY IS KNOWN FOR ITS STRENGTH AND RESILIENCE, but behind the scenes, many service members face a different kind of battle – depression. Similarly, many Soldiers find themselves coping with the stresses of military life through excessive alcohol consumption. Depression and alcoholism can have a complex, cyclical relationship. Alcohol use itself can also worsen depression symptoms, creating a vicious cycle.

## Prevalence and statistics

A 2021 study, *The global prevalence of depression, suicide ideation, and attempts in the military forces*<sup>1</sup>, sought to determine the prevalence of depression among members of the armed forces. It found the following:

- Depression affects 23 percent of active-duty military.
- Suicidal ideation or suicide attempts occur in 11 percent of active-duty military. Suicidal ideation refers to thoughts of or preoccupation with ending one's life.
- Suicidal ideation or attempts happen in 18 percent of active-duty military who use drugs and nine percent of those who consume alcohol.

To compare these statistics to the general population, 8.4 percent of adults<sup>2</sup> in the United States had at least one major depressive episode in 2020.

## What's Causing the Spike in Depression?

There are several factors that contribute to the high prevalence of depression in the Army:

- **The Stress of Combat:** Witnessing violence, fearing for your life, and the constant threat of danger can take a significant toll on mental health.
- **Separation from Loved Ones:** Deployments and long training exercises can leave service members feeling isolated and disconnected from their support systems.
- **Military Culture:** A culture that emphasizes toughness and stoicism can make it difficult for service members to

seek help for mental health issues.

- **Transitioning Back to Civilian Life:** Leaving the military can be a challenging adjustment, and veterans may struggle with feelings of loss of purpose and identity. **Here's how depression can lead to alcoholism:**

- **Self-Medication:** People struggling with depression often experience symptoms like hopelessness, low energy, and anhedonia (inability to feel pleasure). Alcohol can temporarily alleviate these symptoms by affecting brain chemistry and producing feelings of relaxation and euphoria. This can make alcohol seem like a quick fix, leading to increased consumption.

- **Coping Mechanism:** Coping with the emotional pain of depression can be overwhelming. Alcohol can act as a way to numb negative emotions and escape difficult thoughts and feelings. Over time, relying on alcohol to cope becomes a habit, and dependence can develop.

- **Social Pressures:** People with depression may isolate themselves due to low mood and lack of motivation. In some social circles, drinking can be a common activity. Using alcohol to feel more social or accepted can worsen dependence.

- **Sleep Disruption:** Depression often disrupts sleep patterns, leading to insomnia or excessive sleep. Alcohol can initially make falling asleep easier, but it actually disrupts deep sleep, worsening mood and creating a cycle of dependence.

- **Reduced Impulse Control:** Depression can negatively impact decision-making and impulse control. This can lead to difficulty resisting the urge to drink heavily, even when aware of the negative consequences.

## Combating Depression: Steps Towards a Stronger Force

Fortunately, there are steps that can be taken to address this issue:

- **Destigmatizing Mental Health:** Educational programs and open conversations can help normalize

seeking help for depression and other mental health conditions.

- **Improving Access to Care:** Making it easier for service members and veterans to access mental health resources, both within the military and through civilian providers, is essential.

- **Building Support Systems:** Encouraging strong social connections within units and with families can provide a crucial support network for those struggling with depression.

- **Tailored Treatment Programs:** Developing specific programs to address the unique challenges faced by service members and veterans can be highly effective.

- **Leadership Intervention:** Training leaders to identify signs of alcohol abuse or depression and to provide non-judgmental support and resources can be crucial.

- **Finding a hobby** - Hobbies provide SM's purpose, entertainment, and satisfaction, and are a powerful tool in mitigating depression in the military.

## Choosing the Right Hobby: Variety is Key

The best hobby for a Soldier depends on their individual personality and interests. Here are some options that can be particularly beneficial:

- **Creative Hobbies:** Activities like woodworking (restoring hand planes is one of this author's favorite stress relieving activities), painting, writing, or playing music allow for self-expression and can be a healthy outlet for emotions.

- **Physical Activities:** Exercise is a well-known mood booster. Running, hiking, team sports, or even dancing can all be great options.

- **Mindfulness Practices:** Meditation, yoga, or various mind-body exercises can promote relaxation, improve focus, and increase self-awareness.

- **Social Hobbies:** Joining a book club, volunteering, or participating in team sports can provide a sense of belonging and social interaction.

- **Learning New Skills:** Taking a pottery





*Authors recent restoration of grandfathers Stanley #8 Hand Plane*



*Soothing sound of a sharp plane blade taking clean shavings of maple is very relaxing.*

class, learning a new language, growing a garden, or even building model airplanes can stimulate the mind and provide a sense of accomplishment.

Encouraging a culture of trying new hobbies within the military can be a game-changer. By providing resources and support for Soldiers to explore their interests, we can equip them with powerful tools to combat depression and promote mental well-being.

### Conclusion

Depression is a serious issue, but it is treatable. By taking proactive steps to address the root causes and creating a supportive environment, we can ensure that our military personnel have the

resources they need to maintain their mental health and well-being. A healthy and resilient force is critical to national security, and investing in the mental health of our service members is an investment in the future of our country.

### References:

<sup>1</sup>Moradi, Y., Dowran, B. & Sepandi, M. *The global prevalence of depression, suicide ideation, and attempts in the military forces: a systematic review and Meta-analysis of cross sectional studies.* BMC Psychiatry 21, 510 (2021). <https://doi.org/10.1186/s12888-021-03526-2>

<sup>2</sup>National Institute of Mental Health, *Prevalence of Major Depressive Episode Among Adults*, July 2023, [https://www.nimh.nih.gov/health/statistics/major-depression#part\\_2563](https://www.nimh.nih.gov/health/statistics/major-depression#part_2563) ■



*Working out during lunch is the ultimate power move to help reduce stress. SGT Harper conducting one lap around Big Barton at Fort Eisenhower. Nearly all forms of exercise can reduce stress, including gardening. It's been shown to lighten mood and lower levels of stress and anxiety. It's very gratifying to plant, tend, harvest and share your own food. Routines provide structure to our day and are linked to improved mental health.*





# Holistic Health and Fitness: Transforming Army Training for Modern Warfighters

By 1SG Frederick Rogers, C Co, 782d MI BN (Cyber)

**T**HE MILITARY HEAVILY EMPHASIZED THE warfighter's physical fitness in previous eras. Physical fitness has become a component of a broader initiative. The latest update to Field Manual (FM) 7-22 has redirected the Army's emphasis from physical readiness training (PRT) to a comprehensive approach termed Holistic Health and Fitness (H2F), covering the entire Soldier. Within this H2F framework, physical readiness is integrated with other critical dimensions of human performance referred to as domains. These include mental, nutritional, sleep, and spiritual readiness. This evolution signifies a departure from traditional, industrial-scale training methods, where uniform training was delivered to large groups, moving towards a more individualized and encompassing fitness concept. The importance of these domains to the warfighter as defined by Field Manual (FM) 7-22 are as follows:

**Physical readiness** encompasses the capacity to handle the physical requirements of any duty or combat role, effectively maneuver on the battlefield, execute the mission, and ensure victory, survival, and safe return.

**Nutritional readiness** involves the capability to identify, choose, and ingest the necessary foods and beverages to sustain the physical and nonphysical demands of any duty or combat role, successfully complete the mission, and return in good health.

**Mental readiness** is the capacity to fulfill the psychological requirements of any combat or duty role, effectively adapt under significant risk and adversity, complete the mission, and persevere to fight and win.

**Spiritual readiness** involves cultivating personal qualities that help individuals endure periods of stress, adversity, and sorrow. These attributes are rooted in

religious, philosophical, or human values and serve as the foundation for character, disposition, decision-making, and integrity.

**Sleep readiness** involves understanding and applying the necessary principles and behaviors to ensure optimal brain function. Sleep is essential for maintaining brain health and functionality. This readiness supports a Soldier's capacity to handle the physical and mental demands of any duty or combat role, complete the mission, and keep fighting to achieve victory.

Today's battlefield is non-linear, and modern conflicts no longer follow the traditional linear patterns of engagement, where opposing forces face off on clearly defined front lines. Instead, battles and skirmishes can happen unpredictably across multiple, dispersed locations, often simultaneously. Holistic health and fitness are vital to the modern warfighter due to the multifaceted demands of contemporary military operations. Here are key reasons for its importance:

**Enhanced Resilience:** Holistic fitness addresses mental, physical, and spiritual components, ensuring warfighters can effectively handle the stress, uncertainty, and demands of training and combat.

**Injury Prevention:** Comprehensive fitness programs improve overall conditioning, reducing the risk of injuries that can occur from overuse, stress, or improper training.

**Operational Readiness:** By optimizing nutrition, sleep, and mental health alongside physical training, soldiers can maintain peak performance levels, even in challenging and unpredictable environments.

**Adaptability and Recovery:** Holistic approaches prepare soldiers to adapt swiftly to changing battlefield conditions and help them recover faster from physical or psychological strain.

**Sustainable Performance:** Rather than focusing solely on immediate physical

preparedness, holistic fitness emphasizes long-term health, allowing warfighters to sustain high-performance levels throughout their careers.

**Team Cohesion:** When all soldiers are encouraged to cultivate overall well-being, it fosters a sense of support and cohesion, enhancing teamwork and morale.

Thus, H2F strategies ensure that modern warfighters are prepared, resilient, and capable of handling contemporary warfare's diverse and unpredictable demands.

The 16th Sergeant Major of the Army, Michael Grinston, recognizes the importance of H2F, and advocates for a creative and adaptive approach to training under the H2F program. He encourages leaders to move beyond traditional training schedules and consider physical training at different times of the day while incorporating a more comprehensive strategy that includes mental and spiritual health. Former SMA Grinston noted that H2F is transforming how the Army manages health and fitness, providing dedicated specialists at the brigade level, such as mental health professionals, physical therapists, and athletic trainers. He emphasized that these specialists are integrated within units rather than confined to medical facilities, which helps maximize Soldier well-being. ■

# Servant Leadership: The Nine Words

By 1SG Traun Glover, D Co, Operations Support Element, 780th MI BDE (Cyber)



EVERY LEADER WILL EVENTUALLY BE REPLACED. This is not only inevitable but ideal. No individual or collective governing body should impose a leadership philosophy upon any organization in perpetuity. The pillars that the institution stand on should be the guiding principles of collective conscious and should be so ingrained into its members that “who” leads is far less important than what is expected of that role, expected of the title, expected of the position and expected of anyone seeking to occupy it in the future. After all, to be in service of anything is to humble oneself to something greater and it is important to use the role to help discover more about you as an individual. It is almost imperative to seek anonymity of name but exultation of the duty to promote the institution. Anonymous duty, ingenuity, guidance and generosity are the ultimate form of servant leadership. I believe this to be supported by nine words.

*I don't know. I was wrong. I am sorry.*

*I Don't Know*

In a technical career field where personnel from Private to General Officer have a plethora of degrees, certifications and experience, many leaders' defaults to assuming they understand their environment and the personnel in their charge. And most times they would be wrong. The Department of Defense is complex. United States Cyber Command is complex. Army Cyber is complex. Human beings are an enigma.

What better way to disarm anyone then by admitting you don't know. This is effective even in reference to things you have years of experience and expertise in. These three words achieve so much in just three syllables. In that moment, a leader has opened the opportunity to bond with another human being. By finding the answer together, you have effectively created a coaching and mentoring moment. Imagine the sense of accomplishment and sense of utility a Soldier would feel to

have taught the First Sergeant something. It doesn't matter if you knew the answer. What you have ensured is that that Soldier knows the answer, will probably never forget the answer and can't wait to share and learn more.

*I Was Wrong*

The most typical career in the United States Army involves a Soldier spending most of their career in a FORSCOM unit. While Army Regulations, Policies, Training Circulars, Army Doctrinal Publications, etc. indeed apply universally, subsequent publications and guidelines that come from nonstandard mechanisms apply to out Cyber formations. You would be hard pressed to find most senior leaders outside of specific branches and cohorts who could wax poetically about the nuances of “name your directive” or the coordination of ARCYBER Policy Letter XXX and its relation to “pick your tactical implementation document”.

The environment in the technical world and with nonlinear entities that affect not only day to day operations, but the standardization of training and certification makes a concrete decision on leadership guidance difficult and forces leaders at all levels to add professional reading as part of a weekly routine at a minimum.

With that in mind, a First Sergeant almost always remains in execution mode. A good First Sergeant can keep execution mode to about 50 percent, planning at about 30 and allow the remaining 20 percent to focus on the personal and professional development of themselves and unit. A great First Sergeant can get execution into the low 40's, planning consistent at 30 percent and now have 30 percent availability for personal and professional growth to include intentional mentorship.

With that minimum time allowed it is easy to miss a change in the way we operate, document, execute or report. That change could happen in the middle of a week where the First Sergeant is tackling several

issues and inevitably you will misspeak.

The ability to pause when corrected is an underrated skill. We learn it from Private and through the ranks but somewhere around Sergeant First Class, it may escape us from time to time. But imagine being able to verbally express that you were wrong. Imagine how much more comfortable it becomes for Soldiers in your unit to give 100 percent instead of 30 to 40 percent of neutered ingenuity. Imagine the change in morale a unit can see if they know the First Sergeant is giving everything, his decorations say he has given everything, his professional education says he has accomplished so much and yet he or she has the humility to not double down on a bad decision.

*I am Sorry.*

One of the most responsible things you can do as a leader is to say “I am Sorry” even if you are morally correct, followed all directives and procedures, adhered to all guidelines and policies and acted in the best interest of the Soldier, the unit and the United States Army. Even the best decisions come with unintended or non-favorable consequences and effects. To maintain the confidence and trust of those in your charge, being empathetic to the plight is no admission of wrongdoing or targeted efforts.

There are times as a leader where the right decision is to remove a Soldier from the United States Army. There are times when all accessible and reasonable rehabilitation or support will not allow for continued service. To fulfill this process, you must first “Be” the noncommissioned officer who internally embodies the characteristics and attributes of the title to identify what limitations and or gaps are present in the Soldier. It is imperative that the First Sergeant “Know” what is available and inform the Command of best practices going forward. It is in the “Do” where in many cases we forget the humility of the situation.

It is important to note that saying “I



am Sorry” does not have to be said directly to the individual who receives the adverse or corrective action. I have found that just saying it aloud to oneself, to the Commander or to a close confidant is truly effective. By saying these words, you genuinely feel the weight of the decision made and drives you to be more proactive and implement preventative measures to minimize the effects this will have on future Soldiers.

By internalizing the ramifications of the decision, you view your position and role with far more reverence. The ability to affect the trajectory of someone’s career or life should never become simply another admin action. All should require deliberation even if the end decision is the same.

Every word written above is all anecdotal but supported by plenty of articles, publications and study not necessarily found in any doctrine. Leaders should “Know” things. We lead with competence and capability. Leaders should minimize mistakes and make informed decisions that do not require unsustainable amounts of effort to correct. Leaders should have the courage and integrity to do what is right and what is best in the face of all possible challenges without wavering principle. All these things are true. But multiple things can be true at once.

As a leader you will not know an answer that you probably should know. You should be humble enough to admit that you don’t. As a leader you will make a mistake by being misinformed or misguided. You should not only correct the mistake, but you should also acknowledge and admit the mistake. As a leader you will inevitably make a decision that will not benefit all parties. It will be the right decision. It is also fine to have remorse, regroup, and move out accordingly.

If you don’t know, find out. If you are wrong, acknowledge and correct. If you cause harm, stress or any unintended consequence, then apologize not for the decision but for the unexpected results. Just stick to nine words:

*I don’t know. I was wrong. I am Sorry.* ■



# 11th CYBER BATTALION DINING OUT

## *Leviathan Strong!*



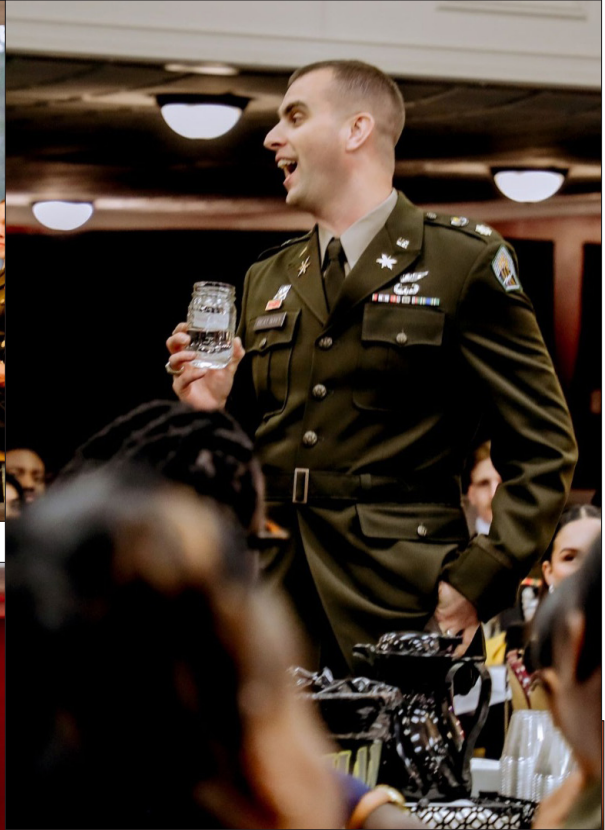
**T**HE LEVIATHAN FAMILY had its inaugural Dining Out and it was an amazing event! We were honored to have CSM Jack Nichols, the Command Sergeant Major for Army Cyber Command, as our first-ever guest of honor. CSM Nichols' keynote remarks inspired those in attendance by highlighting all the reasons that Leviathan Troopers and their family members are "A Big Deal!" The Dining Out was a chance to enjoy each other's company outside of work, make great memories with teammates and family members, and celebrate all the great efforts and accomplishments of each and every Trooper in Team Leviathan. GLOBAL REACH, GLOBAL IMPACT! ■















# 11th Cyber Battalion Soldiers assist Moroccans with electronic warfare training at African Lion 2024

By Sgt. Alisha Grezlik, U.S. Army Southern European Task Force, Africa

**T**IFNIT, MOROCCO — In a display of partnership and collaboration, U.S. Army Soldiers with 11th Cyber Battalion (11th CYB), 780th Military Intelligence Brigade, based in Ft. Eisenhower, Georgia, teamed up with service members of the Moroccan Royal Armed Forces (FAR) to conduct electronic warfare (EW) training at La Caserne Tifnit barracks as part of African Lion 2024 (AL24).

AL24, which celebrates the 20th anniversary of U.S. Africa Command's premier joint exercise, is led by the U.S. Army Southern European Task Force, Africa (SETAF-AF). Spanning from April 19 to May 31, the exercise brings together over 8,100 participants from 27 nations and NATO contingents across Ghana, Morocco, Senegal and Tunisia.

"The training is progressing well," said U.S. Army Maj. Brian Mercado, EW officer, 11th CYB, and officer in charge for the EW academics course at AL24. "Both sides are already learning valuable lessons for African Lion 2025."

EW involves utilizing electromagnetic

energy to control the electromagnetic spectrum, allowing friendly forces to attack the enemy's information systems while protecting friendly systems. During the training in Tifnit, U.S. Soldiers from the 11th CYB engaged the FAR in various exercises, including utilizing radio frequencies, direction-finding techniques and demonstrating signal detection.

Mercado emphasized the FAR's solid grasp of EW fundamentals, which allowed his team to tailor the course to meet their level of understanding. He highlighted the hands-on training as particularly rewarding for all involved, underlining the importance of continuing current partnerships.

"In order to compete globally in a rapid response environment, we must be ready to execute missions with partner nations, and that takes time and trust," he said.

U.S. Army Sgt. Adio Alexander, a cyber operations specialist, echoed Mercado's sentiment.

"I believe African Lion is a good exercise for everyone to attend in order to build partnerships, but also useful as a broadening assignment, especially for

people who have never been outside of the U.S.," said Alexander.

As an instructor, Alexander finds the experience unique.

"I am learning what they have and do not have in regards to equipment and training, but also learning about their culture," she said. "It's a very enriching experience."

Partnerships with Moroccan allies further enhance the exercise's impact, showcasing the collective commitment to regional security and stability.

SETAF-AF provides U.S. Africa Command and U.S. Army Europe & Africa a dedicated headquarters to synchronize Army activities in Africa and scalable crisis-response options in Africa and Europe.

The 11th Cyber Battalion is the Army's premiere expeditionary Cyber Electromagnetic Activity (CEMA) battalion. Officially activated on October 16, 2022, the 11th CYB can deliver a range of non-lethal, non-kinetic effects—including offensive cyberspace operation (OCO) and EW capabilities.







U.S. Army Sgt. Adio Alexander and Pfc. Zachery Lorentz, cyber operations specialists attached to the 11th Cyber Battalion, U.S. Army Cyber Command, stationed at Fort Eisenhower, Georgia, provide instruction to a service member of the Moroccan Royal Armed Forces on operation of the Beast+, a survey device for electronic warfare, at La Caserne Tifnit barracks, Tifnit, Morocco, May 15, 2024. African Lion 2024 marks the 20th anniversary of U.S. Africa Command's premier joint exercise led by U.S. Army Southern European Task Force, Africa (SETAF-AF), running from April 19 to May 31 across Ghana, Morocco, Senegal and Tunisia, with over 8,100 participants from 27 nations and NATO contingents. (U.S. Army photo by Sgt. Alisha Grezlik) ■







# Cyber NCO “embodies the epitome of an exemplary non-commissioned officer within the Cyber Corps”

By SSG Chandler Harkins, Firing Crew NCOIC, ECT-1, 11th Cyber Battalion

**S**ERGEANT BUCKWALTER EMBODIES the epitome of an exemplary non-commissioned officer within the Cyber Corps, showcasing unwavering dedication and exceptional skills. As a 17C he serves as an ECO on an Expeditionary Firing Crew for the 11th Cyber Battalion, his impact resonates far beyond his unit.

His commitment to his Unit is evident through his accomplishments, from his remarkable placement in the prestigious Army Ten Miler, where he secured 309th out of 17,000 competitors, to his selection to support numerous military exercises and deployments, where he selflessly shares his expertise on the EW/Cyber Beast Plus System with fellow soldiers.

Not content with excelling individually, Sergeant Buckwalter eagerly participated in the Battalion’s Best Squad Competition, obtaining the highest score across all events, a testament to his leadership and tactical prowess. Even during his personal time, he continues to push boundaries, honing his physical fitness through disciplines like Jui-jitsu, winning his most recent tournament in the Gi Division.

With each achievement and every challenge he conquers, Sergeant Buckwalter embodies the qualities of a rising star within the Cyber Corps, paving the way for the next generation of non-commissioned officers. His dedication, skills, and leadership make him a true asset to the Cyber Corps, embodying the very essence of what it means to be a non-commissioned officer.

Photos:

(1) SGT Buckwalter competing in the Army Ten Miler

(2) SGT Buckwalter taking first place in the Gi division

(3) SGT Buckwalter competing in the Best Squad Competition

(4) SGT Buckwalter instructing 11B's from 10th Mountain Division on the BEAST+ system. ■



Photo 1.





Photo 2.



Photo 3.



Photo 4.





# Leviathans win ARCYBER Best Squad Competition

**F**ORT HUACHUCA, ARIZ. – SSG Andre Hobson, SGT Spencer Buckwalter, SPC Elias Brooks, SPC Alexander Rivera Santiago, and SPC Josiah Davis, 11th Cyber Battalion (Leviathans), won the U.S. Army Cyber Command Best Squad Competition here, and will be representing the command in the Army Best Squad Competition.

“This accomplishment is a testament to the hard work and dedication this Squad put into preparing for the competition,” said LTC Lou Etienne, 11th CB battalion commander. “Leviathan Best Squad – take time to celebrate this major accomplishment but be ready to put in even more work in prep for the Army Best Squad Competition. Let’s show the Army what CEMA Warriors are made of.”

TRAIN HARD, FIGHT HARD, WIN EASY! GLOBAL REACH, GLOBAL IMPACT!”

**LEVIATHAN 7 Sends: The Power of Will.**

What makes a Warrior step into the unknown?

What pushes individuals to learn about themselves, their strengths and weaknesses, and their capacity for growth and development?

What takes over when the body can physically do no more?

.... It is **will**.

**Will** is the faculty of choice or decision, by which we determine which actions we shall perform. It is the human motivational capacity that moves us to do what we do. It forces you to face your fears and get comfortable with discomfort. It is the foundation of the Warrior Ethos.

SSG Hobson, SGT Buckwalter, SPC Davis, SPC Brooks, and SPC Rivera Santiago endured four days of grueling physical and mental challenges consisting of: An Expert Physical Fitness Assessment (EPFA), Weapons Lane Tasks, Drill & Ceremony, ACFT, Small Unit Movement, Move Under Direct Fire, React to Possible IED, Employ Progressive Levels of Individual Force, Evaluate

a Casualty, Operate a Tactical Radio, CBRN Operations, Search a Detainee, Grenade Assault Course, Night Land Navigation, M17 Qualification Range, M4 Qualification Range, Swim Event, 12-mile Ruck, and a Board. Comprehensively in temperatures up to 104 degrees at an elevation of 4,633 feet above sea level.

The Leviathan Team proved the power of **will** as the winners of the ARCYBER Best Squad Competition, at Fort Huachuca, 20-24 MAY 2024.

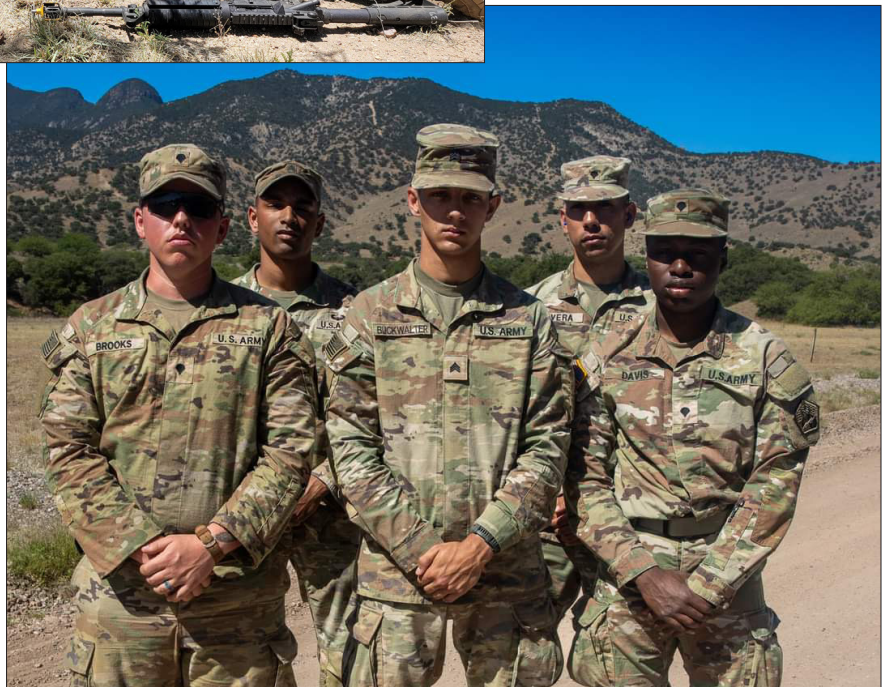
We are proud of this team of Warriors and their dedication to success. Please join us in congratulating them as they advance to the Army’s Best Squad Competition.

**I Will** Always Place the Mission First. **I Will** Never Accept Defeat. **I Will** Never Quit. **I Will** Never Leave a Fallen Comrade.

**BE ALL YOU CAN BE! LEVIATHAN STRONG! ■**





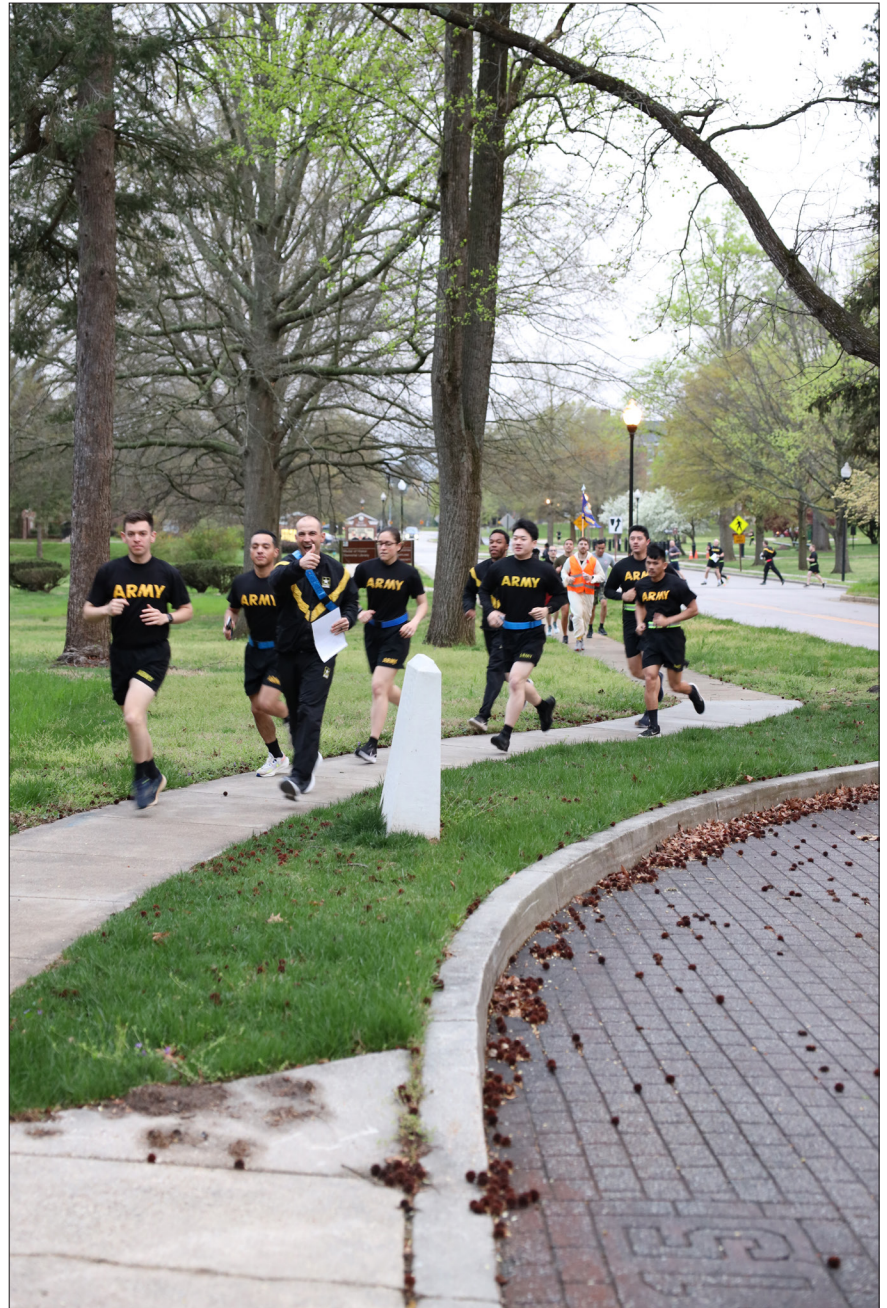




# Fort George G. Meade 2024 SAAPM Amazing Race

*FORT GEORGE G. MEADE, Md. – The 780th Military Intelligence Brigade (Cyber) and Fort George G. Meade Garrison (FGGM) hosted a SHARP (Sexual Harassment/Assault Response and Prevention) Amazing Race to educate the community in support of Sexual Assault Awareness and Prevention Month, April 12, starting and finishing at the McGlachlin Parade Field.*

*Unit teams representing ten FGGM organizations had two hours to reach seven stations spaced out over a walking/running distance of more than three miles. The top three finishers were: first place the team from 781st Military Intelligence Battalion (Cyber); second place the team from Headquarters and Headquarters Company, 780th Military Intelligence Brigade (Cyber); and in third place the team from 704th Military Intelligence Brigade. ■*















“Love me some President’s Cup Competition! Truly unique opportunity to bring together a network of cyber warriors across the federal government for friendly competition & a whole lotta learning! And great to see the Mighty @780thC among the winners!” Jen Easterly @CISAJen, Director, America’s Cyber Defense Agency

# CISA and ONCD Award the Winners of the Fifth Annual President’s Cup Cybersecurity Competition

Press Release – Cybersecurity and Infrastructure Security Agency

**W**ASHINGTON – Today, the Cybersecurity and Infrastructure Security Agency (CISA) and Office of the National Cyber Director (ONCD) awarded the winners of the fifth annual President’s Cup Cybersecurity Competition in a private ceremony at the Eisenhower Executive Office Building.

The 2024 first place team winner was “Artificially Intelligent,” a team with participants from the U.S. Army and U.S. Air Force. The winner of the 2024 Individuals Track A was U.S. Army Major Nolan Miles, and the winner of the 2024 Individuals Track B was Staff Sergeant Michael Torres from the U.S. Marine Corps.

“The President’s Cup provides a unique opportunity to create a network of cyber professionals across government organizations, allowing these groups to compete for the best outcomes while simultaneously learning from and working alongside leaders across the government,” said CISA Director Jen Easterly. “The government must rise to the occasion and lead by example by rigorously training, competing, and innovating so that we are prepared to address the cyber-enabled threats that stand in front of us. This is why this program is so important.”

“The President’s Cup Cybersecurity Competition brings out the best in our Nation’s cyber workforce and today’s ceremony at the White House provided a fitting tribute to the talent, dedication and service of the men and women who work everyday to protect us in our increasingly digital world,” said White

House National Cyber Director Harry Coker, Jr. “I’m proud to recognize, reward, and celebrate the accomplishments of our winners in this competition but I’m even prouder to acknowledge their service to the Nation. Their work is vital, their service is appreciated, and we – as a Nation – are all better, safer, and stronger because of their efforts.”

The President’s Cup is led and hosted by CISA and presents competitors with a series of challenges designed around the National Initiative for Cybersecurity Education (NICE) Framework Work Roles to identify, recognize, and reward the best cybersecurity talent across the federal workforce.

CISA developed this interactive competition to invest in the professional development of federal employees and bring awareness to having skilled talent in cybersecurity careers.

This year’s competition provided a unique training opportunity that included an interactive story-based video game featuring a series of challenges aligned to the NICE Framework Work roles to enhance and embrace participants’ skills as they outwit and outthink their competitors.

Another new element to the competition was the ICScape Room, an immersive, hands-on experience that provided challengers with a realistic and relatable scenario, compelling them to apply their expertise, teamwork, and collaboration skills to achieve optimal solutions.

The President’s Cup Cybersecurity Competition is open to the federal civilian workforce and members of the military. Watch videos from the 2024 and previous


competitions and learn more information about the annual event at President’s Cup Cybersecurity Competition. ■







# Cyber Center of Excellence Virginia Military Institute Branch Night

*LEXINGTON, Va. – CPT Jennifer Alvarez, 17A, and 1LT Trevor Weygandt, 17A, cyberspace operations officers, from the 781st Military Intelligence Battalion (Cyber), representing the 780th MI Brigade (Cyber), participated in the Cyber Center of Excellence Virginia Military Institute Branch Night and overall, 22 cadets seemed interested in the Cyber Branch (U.S. Army Courtesy Photos). #ArmyPossibilities #beallyoucanbe* 





# Las Vegas Career and Technical Education (CTE) Fair

*SLOAN, Nev. – 1LT Marie Wells, 17A, and SSG Ryan Scissons, 17C, from the 781st Military Intelligence Brigade (Cyber), representing the 780th Military Intelligence Brigade (Cyber), participated in the Las Vegas Career and Technical Education Fair at the SMA George Dunaway Army Reserve Center from April 3 to 5. As cyberspace operations specialists, they were able to talk to students about Army Cyber possibilities and opportunities. #ArmyPossibilities #beallyoucanbe* ■





# ChiCyberCon – Chicago's Premier Cybersecurity Education Conference

CHICAGO – Soldiers and an Army Civilian from the 780th Military Intelligence Brigade (Cyber) joined researchers, university academics, computing professionals, and upper-level students at ChiCyberCon 2024, hosted by the Illinois Institute of Technology (Illinois Tech), bringing Metasploit laptops for participants to demonstrate their skills, talking about serving their Nation – as a Soldier and as an Army Civilian – and being panelists, April 12.

Robert Ighnat, an Interactive On-net Operator (ION) with Task Force Praetorian (TF-P), was a panelist on the “Understanding Cybersecurity Fundamentals” and “Building a Career in Cybersecurity” sessions; and 1LT Samson Odior, a cyberspace operations officer assigned to the 11th Cyber Battalion, and SGT Caleb Scott, a Target Digital Network Analyst, managed the Metasploit challenge.

The team was able to engage more than 100 students who were interested in an Army Cyber career and a lot of the students who were currently pursuing a cyber degree of some sort. ■









# Brigade Soldiers discuss Army possibilities with Moon Area High School students

MOON TOWNSHIP, Pa. – Soldiers from the 780th Military Intelligence Brigade (Cyber) supported an Army career fair hosted by the Harrisburg Recruiting Company, US Army Recruiting Command (USAREC) and engaged with more than 300 students from the Moon Area High School, April 12.

SFC Gerardo Martinez built three computer challenges for the high school, including steganography, port scanning, and the most popular of all, password cracking. Additionally, SPC Garrett Kemp showed a global threat map using a mobile hotspot that displayed all the worldwide cyberattacks. According to Martinez, five students were “so impressed with the challenges” that they asked to talk to a recruiter to start cyber career process.

#ArmyPossibilities #BeAllYouCanBe. ■





# Brooklyn TAIR event

BROOKLYN, N.Y. – CPT Euihyung Jung, a 17A, cyberspace operations officer; SSG Jonelle Leitch, a 92Y, supply specialist ; and SPC Omari Easton, a 17C, cyberspace operations specialist, from the 780th Military Intelligence Brigade (Cyber) in conjunction with the Brooklyn North Recruiting Company, US Army Recruiting Command (USAREC), conducted Cyber Challenges from “Over the Wire Bandit” for the Information Technology and Cyber Security students at George Westinghouse High School, April 17.

“The addition of TAIR assets from the 780th MI BDE allowed for quality discussion about the training required and the real-world application of cyber skills. Reaching seniors is a difficult task in the NYC Metro, highlighting the niche MOSs available for seniors with highly marketable skills is integral to producing quality future soldiers from the New York City Recruiting Battalion,” said LTC John “Rocky” Rhodes, Battalion Commander, New York City Recruiting Battalion ■





# Brooklyn TAIR event





# Praetorians engages participants at HammerCon 2024

LAUREL, Md. – 1LT Fidel Castro, 17A, Operations Support Element, and SSG Derek Muggenburg, 17C, cyberspace operations NCO, 781st Military Intelligence Battalion (Cyber), 780th MI Brigade (Cyber), 780th MI Brigade (Cyber) supported HammerCon and talked to participants about the organization and its partnerships at the Capitol Technology University, May 16.

HammerCon is the national convention of the Military Cyber Professionals Association (MCPA) which serves as an annual gathering of the American military cyber community. ■





## 780th MI Brigade (Cyber) PT... Pancake Thursday



*FORT GEORGE G. MEADE, Md. – The Civilian Work Council, Headquarters & Headquarters Company, 780th Military Intelligence Brigade (Cyber), hosted a PT session... a Pancake Thursday (PT) event, open to everyone in the brigade here at Meade, April 11, to enhance communication and esprit de corps.*



## Headquarters and Operations Company (Highlanders) 781st MI BN (Cyber) Change of Command



*FORT GEORGE G. MEADE, Md. – LTC Donald Sedivy, commander, 781st Military Intelligence Battalion (Cyber), hosted a change of command ceremony for Headquarters and Operations Company (Highlanders), 781st MI BN, whereby CPT John McCarthy, the outgoing commander, relinquished his command to CPT Joseph Kim, the incoming commander, at McGlachlin Parade Field, April 24. Vanguard! When Others Cannot!*



## Leviathan BSRT (up and down) Springer Mountain

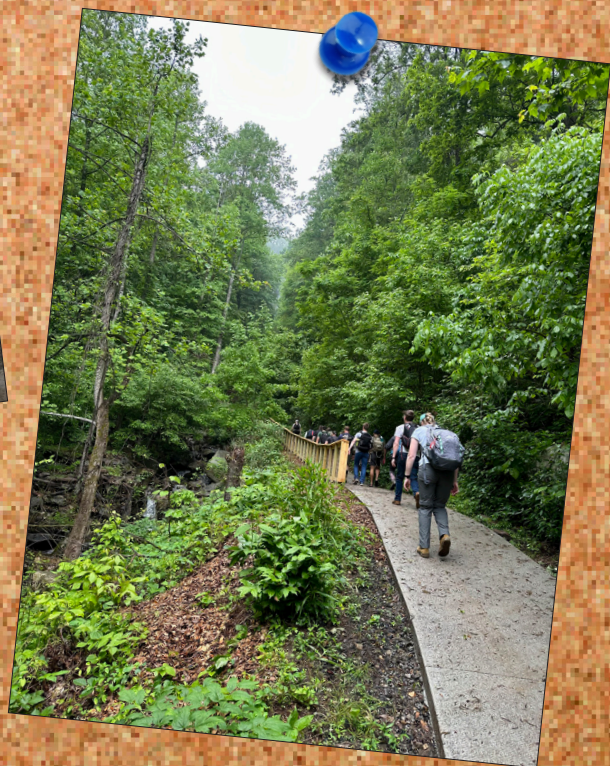
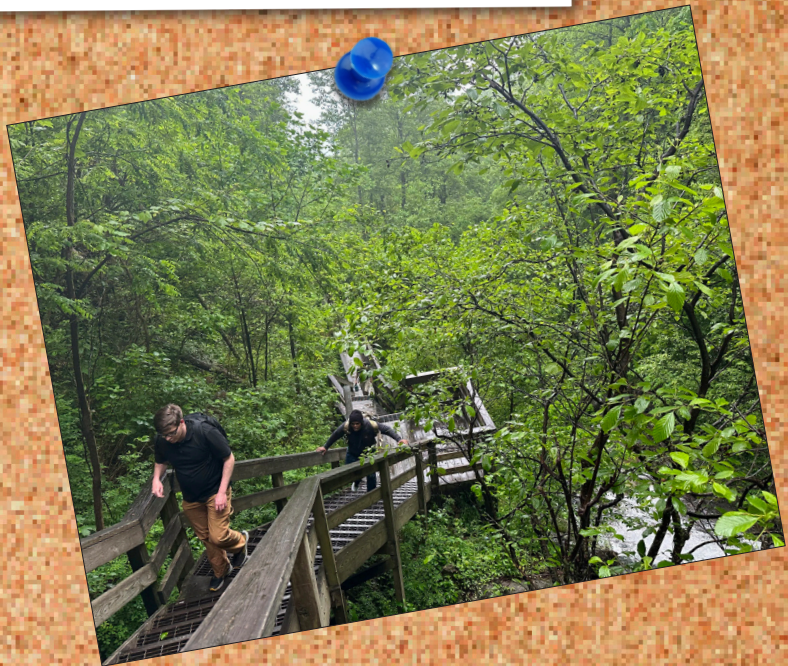


**SPRINGER MOUNTAIN, Ga.** – The 11th Cyber Battalion (Leviathans) Chaplain led 18 Soldiers from across the formation on a 20-mile route up Springer Mountain, the beginning (or end) of the Appalachian Trail, and back, May 8 through 10. The Soldiers were trained in CORE Recon, a digital training platform that fosters teambuilding by offering a personality assessment and methods of understanding and adjusting to teammates.

*Building Strong and Ready Teams (BSRT) is an Army command-directed, chaplain-led, community partnered effort that strengthens spiritual readiness for Soldiers of all ranks and their families.*



Leviathan BSRT  
(up and down) Springer Mountain





Leviathan BSRT  
(up and down) Springer Mountain





## Headquarters and Operations Company, 781 MI BN (Cyber) Change of Responsibility



**FORT GEORGE G. MEADE, Md.** – Headquarters and Operations Company (Highlanders), 781st Military Intelligence Battalion (Cyber), change of responsibility ceremony whereby First Sergeant (1SG) Justin Getzandanner relinquished his authority the company's senior enlisted leader and 'keeper of the colors', to 1SG Daniel Ingle in a ceremony hosted by Captain Joseph Kim, the company commander, at Constitution Park, May 17.



**C Company (Conquerors),  
781 MI BN (Cyber) Change of Responsibility**



**FORT GEORGE G. MEADE, Md.** – First Sergeant James Elliott salutes Captain Jennifer Alvarez, the commander of C Company (Conquerors), 781st Military Intelligence Battalion (Cyber), signifying the end of his Assumption of Responsibility ceremony on the McGlachlin Parade Field, May 22.



## Fort Eisenhower Ultimate Frisbee champions!



**LEVIATHAN STRONG:** The Leviathan Ultimate Frisbee Team took home the Fort Eisenhower Post Championship for the 2nd time in 3 years! Easy work! GLOBAL REACH, GLOBAL IMPACT!

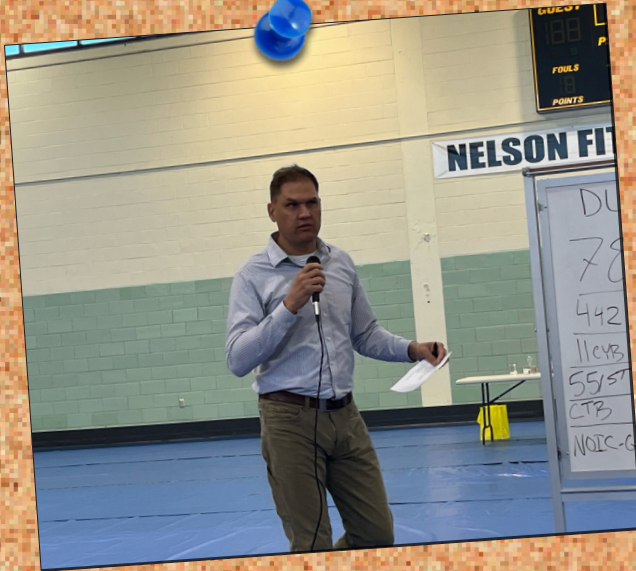
## Army partnerships contribute to mission success

**FORT GEORGE G. MEADE, Md.** – The 780th Military Intelligence Brigade (Cyber) provided support to the Counterintelligence (CI) team by participating at a range here, June 4. This was an opportunity for the Brigade command team to expand their awareness and understanding of CI and interagency partnerships that are essential in the warfighter effort, and demonstrates the Brigade's commitment to encourage external support roles that contribute to mission success.





## Cyber Legion Safety Standdown



**FORT EISENHOWER, Ga.**— Soldiers from the 782d Military Intelligence Battalion (Cyber) conducted DUI Safety Standdown training with support from the Military Police, April 5.



## Strengthening the Corps

### Leviathan 7 Sends:

One way to strengthen a backbone is to strengthen one's core. This is achieved by developing and nurturing the Soldiers under our leadership. The Leviathan family is proud of the professionalism, commitment and dedication of the Soldiers that have strengthened the NCO Corps.

Congratulations to the following promotees (backrow, from left to right): CPL Keaton Hammock, SFC Michael Deremiah, CPL Betsy Ashley, SGT Shamil Santos-Sanchez, SGT Conner Sorensen, SGT McKenzie Purcell, SGT Spencer Buckwalter, SGT Ikechukwu Muomaife, SGT Keondra Martin, (middle, from left to right) SSG Avion Smith, SGT Isiah Nembhard, SFC David Jones, SGT Khrisna Karran, SSG Thomas Hannan, SGT William Park, and SGT Terrence Givens. Also pictured are the leaders that positively impact our formations: (kneeling, from left to right): 1SG Timothy Holterfield, 1SG James Kennedy, and 1SG Adam Rhodes.

All Soldiers are entitled to outstanding leadership; WE provide that leadership!

**GLOBAL REACH – GLOBAL IMPACT!**

**LEVIATHAN STRONG!**





## 'Until we meet again' LTC Sarah Crane



**FORT GEORGE G. MEADE, Md.** – Soldiers and Civilians of the 780th Military Intelligence Brigade (Cyber) bade farewell to LTC Sarah Crane, the outgoing brigade deputy commander, in a ceremony outside the brigade headquarters, April 30. Crane's next assignment isn't too far away as she is heading to U.S. Cyber Command.




## United States Army Drill Sergeant Academy



**FORT JACKSON, S.C.** – Three Praetorian Soldiers from the 780th Military Intelligence Brigade (Cyber) graduated from United States Army Drill Sergeant Academy – SSG Joshua Eden, Headquarters & Headquarters Company, 780th MI Brigade (Cyber); SSG Chase (Tanner) Eggleston, 781st MI Battalion (Cyber); and SSG Austin Keele, Task Force Praetorian – and were congratulated by SGM Jesse Potter, the former brigade senior enlisted leader and currently the U.S. Army Cyber Command G-3 (operations) Sergeant Major, April 3.  
**CONGRATULATIONS!**





**N**EXT QUARTER'S BYTE IS focused on the Brigade's Warrant Officers. As in other issues of the BYTE magazine, the command encourages your contribution to drive the Cyber and Information Advantage conversation. If you have an article to share, write a synopsis and send it to [steven.p.stover.civ@army.mil](mailto:steven.p.stover.civ@army.mil) NLT August 15, 2024. Final articles are due August 31.