

# Ryder Dispatch

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

## Deployment, training through experienced eyes

Third time deployed first sergeant's view on leaving friends, family behind during deployment

By 1st Sgt. David Crowley  
Bravo Co. 1-133 Infantry

CAMP SHELBY, Miss. --

Thrilling, humbling and a little sweaty are the words I would choose to best describe my feelings about the Bravo Co., 1-133 Infantry send-off ceremony, August 3, 2010 at City High School. I probably would also say it already seems like a long time ago.

The send-off ceremony went without a hitch and I know I speak for all the Bravo Co. Sol-

diers, otherwise self-nicknamed the 'Barbarians,' when I thank all of our families, friends, fellow Soldiers and the Iowa City and Coralville communities. A special thanks to the staff at City High, the Iowa City Police Iowa City Fire Department and members of the Freedom Riders who sent us off in a very special way.

Most Soldiers don't like public ceremonies. For a ceremony, a Soldier stands at attention; listens to people who they can't see because they have to keep

their heads and eyes still. It is usually hot or uncomfortable in some way and no matter what you are feeling, you are trained to be rigid and not show emotion. You focus on your movements and synchronize together so everything looks good. I always tell Soldiers ceremonies are not for them. Ceremonies are to bring dignity to an event, represent the Army in some way, or they are for the people who have come to honor you,

See DEPLOYMENT Page 8



Photo pulled from 2-34 BCT Facebook

2-34 BCT Deployment ceremony in Cedar Rapids, Iowa, August 3, 2010.

## Perfect Combination

By Capt. A. Sean Taylor  
334 BSB MEDO/PAO

CAMP SHELBY, Miss --

Martha Kester seemed to be drawn to the military while in seminary. One of her classmates was a retired Marine gunnery sergeant. She was fascinated with his service. However, Kester thought she was too old. The recruiting literature stated she had to join before she was 36. Little did she know, there is a waiver for almost everything in the Army and the recruiter she ran into one day after class was more than willing to write one.

In 2006, Kester was ordained an Episcopal priest then turned around and raised her right hand and was commissioned as a chaplain candidate in the Army Reserve.

See PERFECT, Page 6



U.S. Army photo by Spc. James Wilton

## This way to a Daily Dose of Army Training

CAMP SHELBY, Miss.-- Staff Sgt. Christopher Mickle with the 2nd Brigade 34th Infantry Division, Brigade Special Troops Battalion, ground guides an Armored Security Vehicle during a convoy to Convoy Live Fire Training at Camp Shelby Joint Forces Training Center.

in this issue



Pg. 4

Out of the frying pan into the fire



Pg. 6

Barracks Lawyer



Pg. 7

Prepping combat medics for war

From the Editor

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



This edition of the Ryder Dispatch captures messages and stories of training at Camp Shelby Joint Forces Training Center, Miss.

September brings not only a change of seasons, but also a change in duty location. The Iowa and Nebraska Red Bulls will be moving to the National Training Center in Fort Irwin, Cali.

While at NTC there will be a communications black-out. This means that Soldiers will not have access to internet or telephones outside of official military communications. This should not last more than a couple of weeks; during this time, Soldiers must remain focused on their training. More information on this

will come out through FRG and command channels.

The communications blackout means our social media capabilities will also be limited. However, we fully intend to have products ready for the public once we re-establish ourselves on the "grid."

In the meantime, we will update our websites: Facebook.com/iowaredbulls Twitter.com/iowaredbulls Flickr.com/iowaredbulls Iowaredbulls.org

Thanks for the comments!

If you ever have any questions, or have an interesting story, feel free to contact us.

Keep up the great job, Red Bulls!

Attack! Attack! Attack!

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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.

Public Affairs Officer
Maj. Michael Wunn

Public Affairs Office

Non-commissioned Officer-in-Charge
Staff Sgt. Ashlee Lolkus

Layout & Design Spc. James Wilton

To submit stories, photographs or news, please contact the brigade public affairs office at:

Tele: 515-343-6944 or 320-292-3408

Email: 2ndBCT34thID.PublicAffairsOffice@us.army.mil

Address: 2-34th BCT Public Affairs

700 Snedden Drive
Boone, Iowa 50036

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By Brigade Commander  
Col. Benjamin J. Corell



**R**ed Bulls, With more than a month of post mobilization training and preparation under our belt, we have made tremendous progress in meeting our goals. Despite the challenges of time, weather, and complex logistical requirements, our formation is positioned for success. The next few weeks are critical as we move forward in preparation for our mission in Afghanistan.

I've seen some excellent training, and visited with many very motivated Soldiers as I've conducted battlefield circulation here at Camp Shelby. I'm pleased with what I've observed so far and have high expectations as we move to the National Training Center.

As we go forward, there is one item I ask each of you to help me reinforce and that is adherence to standards. This is something that I see as non-negotiable. Standards exist for a reason. Standards are what make a difference between success and failure and even life and death. They are what guide our decisions, ensure our readiness and protect our force. If you are unsure of expected standards, talk to your chain of command. If someone is not following the standards, make a professional on-the-spot correction. This is a team effort and a critical piece of my command philosophy.

Thanks to cell phones, personal computers and WIFI hotspots we've had pretty good communications with our family

and friends back home. However, as we move to NTC and go through our mission validation exercise, this will change. Use of personal cell phones and air cards when we're in the box is prohibited. High OPTEMPO and limited infrastructure may further limit our ability to stay in touch during this timeframe. We will experience the same communication challenges as units begin flowing into theater. Make sure you let the folks you regularly stay in touch with know that there will be periodic communications blackout as we move forward.

Due to our staggered movements, many Soldiers will receive a four-day pass before or after we go to NTC. This is a well earned

“Standards...are what guide our decisions, ensure our readiness and protect our force.”

break and a good opportunity to get some much needed rest and relaxation. Be safe and make good decisions. If you're not meeting family or friends during your pass, travel with a battle buddy. Don't take unnecessary risks, don't over indulge and don't drink and drive. Come back focused and ready to go. We need you back with us and ready for the next stage of this journey.

We are off to a good start, but we still have a long road ahead of us. I am honored and humbled to be part of this Red Bull team. I am tremendously proud of what we have accomplished and confident of continued success as we move forward. Thanks to all of you for your contributions to the effort. 🐂



By Brigade Command Sergeant Major  
Command Sgt. Maj. Joel Arnold

I am Command Sgt. Maj. Joel Arnold, command sergeant major of the 2-34 BCT. I have been in 2nd Brigade for nearly 14 years. Many of you know me and have worked with me during deployments to Sinai and Iraq. Many of you do not know me at all except perhaps by reputation. Before I start, I'd like to first of all say, thank you for being here. All of you who are here preparing for this mission are volunteers. You are unique among your fellow citizens because you have answered the call of duty. I truly appreciate your willingness to stand up, to step up, and to stand steady with your comrades in arms as we move forward.

Now that we are here, it is time to focus on the task that brought us here which is to prepare ourselves physically and mentally for a difficult mission. As leaders, we have a responsibility to ensure that our Soldiers have the training and discipline required to succeed. It is not just a professional responsibility, it is a sacred trust. The families of our Soldiers have put into our hands their most precious treasure and we cannot fail in our effort to ensure they return home safely. This is my number one goal: I do not want any Soldier hurt due to a failure in the critical leader tasks of vision, communication, and enforcement.

Vision is the ability to "see

it." We must be able to see what can happen, to recognize hazards and take steps to reduce their potential effects. Vision comes from experience, from having made mistakes or having seen mistakes in the past. Vision can also come from getting a different set of eyes on an operation. Assigning people to different tasks and units is a good way to get fresh insight on potential hazards and different ways of doing things. As we move forward, I ask that every Soldier work on improving their ability to see potential hazards before starting a task and to make suggestions on how to keep those hazards from becoming problems.

Communication is the process we use to "say it." Having identified a hazard and developed a control method does no good if we don't tell people about it. The Army has a great structure for communication. The chain of command and the orders process are very effective tools for this purpose. But communication is about more than just the sender and the message. It is also about the receiver and how the message is interpreted. In the orders process, a message can become distorted as it travels through the different levels of the chain. We can improve communication by ensuring our messages are clear and concise, by limiting our messages to priority items, and by seeking feedback to ensure the

message was properly received.

Enforcement is dependent on our willingness to "be it." It relies on our vision and moral courage. We have to see violations and be willing to address them in order to effectively enforce established standards. Enforcement is a critical part of our communication process. We communicate what is important by what we enforce through personal example and inspection.

As we go forward, our Soldiers will display actions that are counter to our expectations. In addressing these situations we should ask ourselves three questions. First, "Have I established a standard?" Second, "Was that standard effectively communicated?" Finally, "Did I enforce the standard at all opportunities through example, inspection, and on the spot correction?" If the answer to any of these questions is "No," we have work to do as leaders.

These three elements, vision, communication, and enforcement are the critical leader tasks that will ensure our Soldiers succeed in their mission and that we succeed in attaining our goal for safety. I expect all of you to develop these skills. I expect it, our families expect it, and our mission demands it. 🇺🇸



# Out of the Frying Pan Into the Fire

## One Soldier's reaction to deploying straight out of IET



U.S. Army photo by Spc James Wilton

CAMP SHELBY, Miss. -- Pvt. Haltin Hessler stands in front of his Barracks at Camp Shelby Joint forces training center, here.

**By Spc. James Wilton**  
2-34th BCT, Public Affairs

CAMP SHELBY, Miss.--

**B**asic training lays the foundation of a soldier, but the structure and components are molded and honed at their unit and on the battlefield. Pvt. Haltin Hessler a support gunner with Charlie Co. 134th Cavalry, Nebraska National Guard is deploying to Afghanistan this summer with a new unit and a strong foundation to build upon. Hessler a Beaver City, Neb native graduated Advanced Individual Training July of this year and spent a month with his friends, family and fiancée before shipping out to Camp Shelby, Miss. for Pre-Mobilization Training. Having to cope with the stresses of training for

the impending deployment and leaving loved ones behind is a pressure every soldier feels. Add to that learning the flow and function of a new unit and you have a heavy burden put on this private's shoulders.

Soldiers are tasked with learning, memorizing and living a set of drills or Army Warrior Tasks (AWT). These

**“I am very excited about the training here at Shelby...”**

skills are an essential part of every Soldier's tool box and will keep them alive. During combat when faced with multiple hostile targets a soldiers AWT training kicks in and he is able to engage and neutralize said targets quickly and ef-

ficiently. This skill set, along with weapons proficiency and physical fitness, access a soldier's ability to perform his mission to its fullest extent.

“He was a little behind on his AWT,” said Staff Sgt Jose Torres, Squad Leader with Charlie Co., when asked about Hessler's job proficiency, ‘but we'll take the time here to get him caught up to speed. Hessler is strong in his weapons skills and has an above average PT score, plus he is ready and willing to train and picks up new information quickly.” This attitude makes for a strong team member and is evident in Hessler the moment you start talking to him.

“I am very excited about the training here at Shelby the instructors are good and they really make sure that you understand what you're doing,” said Hessler.

Training is one part of a complex mix of events that Soldiers face during this time. Having to adjust to a new set of people and dispositions is another. Their team becomes a temporary substitution for family and how well they join in this camaraderie will dictate how the rest of their time will be spent.

“My team has been helpful with acclimating me and we seem to mesh well so I feel like

I'm a good fit and we should work well together,” said Hessler. Mixing-in well definitely helps the process go smoothly but it

doesn't take away from the fact that they left people behind.

“My fiancée wasn't happy about it but she is supportive of the entire thing and is looking forward to when I return so we can start our life together and get married,” said Hessler. 🐻

### 2010 RECRUITING STATISTICS

#### By the Numbers

##### Active Duty

**101%** The Army had 6,914 accessions, making 101 percent of its 6,858 goal.

**100%** The Navy had 2,926 accessions, making 100 percent of its 2,926 goal.

**100%** The Marine Corps had 2,851 accessions, making 100 percent of its 2,843 goal.

**100%** The Air Force had 2,198 accessions, making 100 percent of its 2,198 goal.

##### Reserves

**112%** The Army National Guard had 4,425 accessions, making 112 percent of its 3,947 goal.

**125%** The Army Reserve had 3,348 accessions, making 125 percent of its 2,675 goal.

**100%** The Navy Reserve had 671 accessions, making 100 percent of its 671 goal.

**144%** The Marine Corps Reserve had 1,132 accessions, making 144 percent of its 787 goal.

**100%** The Air National Guard had 698 accessions, making 124 percent of its 562 goal, and the Air Force Reserve had 1,083 accessions, making 100 percent of its 1,083 goal.



**Do you enjoy horses? Are you looking for a fun fall activity? Looking for something to do to help the transition into being a family with a deployed loved one?**



Operation Military Kids is partnering with Jester Park Equestrian Center and ASPIRE Therapeutic Riding program to bring you a FREE weekend of fun with horses. Any military kids are eligible to attend with their families. (Military Kids being defined as someone under 18 who has a parent, grandparent, sibling, aunt/uncle, or cousin currently serving in the military (or as a military contractor).

**September 18, 2010 from 10am-4pm ASPIRE Therapeutic Riding Program in Waterloo, Iowa** is hosting a day of fun for military kids and their families. Spend time with horses, paint your story on your horse, learn about horses and horse safety, and ride a horse.

**September 19, 2010 from 1pm-4pm Jester Park Equestrian Center in Granger, Iowa** (just minutes from Camp Dodge) is hosting a day of fun for military kids and their families. Go on a wagon ride, take a barn tour, learn about horses and horse safety, and ride a horse on the trails.

*Both days will be an open house style event with scheduled activities several times during the day. To learn more and sign-up, please contact Victoria Schmidt, OMK Program Coordinator, vschmidt@iastate.edu 515-988-3949*

**PERFECT continued from Page 1**

The excitement to serve as an Army Reserve Chaplain was short lived after Kester was tortured by PowerPoint during her first two phases of her chaplaincy course. She wondered if she had made the right decision.

Then, divine intervention stepped-in and opened a door. Not necessarily the door she thought would open. Chaplain Kester was called to serve in a parish not in Florida where she was attending school, but in Des Moines, Iowa. So, Kester left the beaches for the Midwest.

A while later, Brig. Gen. Mark Zirkelbach heard her talk at a Rotary Club meeting and not long after that she received a call from Chaplain Maj. Seloff, Gary inviting her to take a look at the Iowa National Guard.

“I like the mission of the National Guard,” said Kester. “I can serve in the Army in the community where I was called to serve as a Priest. I love my Parrish, but the Guard is so different. Being a priest serving my local parish makes me a better Army chaplain and being an Army chaplain makes me a better Priest.”

Kester joined the guard and was assigned to the 185th Core Sustainment Support Battalion. She, like many of her fellow Soldiers from the 185th, is now deploying with the 334th Brigade Support Battalion. August 15, 2010, in the pouring rain at Camp Shelby, Mississippi, Kester was promoted to the rank of captain.

The soldiers from the 334th BSB love their chaplain. Here are just a few of the comments overheard from her Soldiers during the promotion ceremony, She is Awesome! She is one of us and is the most hilarious chaplain’s I have ever met. She has a great smile and you can tell she cares about us. 🍀

**Teamwork, highly rewarded at Camp Shelby**

**Sgt. Rory E. Madsen**  
D Co. 1-168 Infantry

CAMP SHELBY, Miss. --

Crew serve weapons are important tools used by our military and have been for many years. From the jungles of Vietnam to modern day warfare, training a crew of Soldiers with heavy weapons has made a huge impact on our tactics. During training at Camp Shelby Joint Forces Training Center (CSJFTC), here Aug. 16 and 17, 2010, one of the 18 crews that were tested with Delta Co. 1-168 Infantry showed just how well-trained they were in these tactics.

The moisture weighed heavily in the air. The sun was beating down with full force. Sweat rolled down the faces of the

troops as they readied themselves for the crew live-fire lane. The purpose of the lane was to take a crew of three soldiers, consisting of a driver, gunner, and truck commander and train them how to employ different offensive and defensive positions while moving and stationary.

During the exercise, random targets pop up. The crews perform the proper fire commands and the gunner of the crew has a limited amount of time to destroy the target. The crews were faced with 10 different day-time targets, they were then asked to return after dark to

try another 10 targets using thermal sights, or night-vision.

“I thought it was a well set up lane,” said Cpl. Quentin Lee, when asked about the crew live fire range. “It was great experience for the younger soldiers and gave them a realistic feel on reacting to those situations.”

Sgt. 1st Class Ryan Johnson, the truck commander, Lee, the driver and Spc. Jim Mink, the gunner, were the only crew in the company to hit and destroy all targets, day and night, in the allotted time, giving them a distinguished rating on the lane. For their efforts the crew was awarded with coins from the 1st Brigade Combat Team, 305th Regiment Command, the command structure in charge of the training lanes here at CSJFTC. 🍀





# Barrack's Lawyer

By Maj. Bill Kelly  
2-34 BCT, Brigade Judge Advocate

The Infantry Journal states, "If your attack is going too well you are probably walking into an ambush." The barracks lawyer is the Soldier who will create a legal ambush that you might not be able to recover from. The brigade judge advocate (BJA) assists the commander in protecting the rights of Soldiers and insuring Soldiers understand their responsibilities. The barrack's lawyer is in every unit. They know everything about everything and usually cannot wait to get into your conversation to tell you what you should do. When you bump into one of these people who acts like an authority on military law, regulations, and the rights of service personnel, use caution. Have you heard any of these myths that barracks lawyers have been putting out during this deployment?

Let me know if you have received any other "good advice" from your Barracks Lawyer and we will discuss it in the next article.  
(email: 2ndBCT34thID.PublicAffairsOffice@us.army.mil)

**Barracks Lawyer Advice:** Go through Soldier readiness processing (SRP) and Soldier readiness checks (SRC) as fast as you can so your day will get over quicker.

**Truth:** The Army Soldier Readiness Program is designed to help National Guard Members prepare for deployment. Professionals are there to prevent problems. At the SRP, soldiers were given the opportunity to make a will and other estate planning, generate a power of attorney, discuss pending criminal matters with licensed attorneys, take care of Lautenberg issues, obtain referrals for custody or child support issues and to discuss any other legal issues. The Barracks Lawyer told soldiers to hurry through this station because it might take too much time. The Barracks Lawyer's client failed to get a general or limited power of attorney which would allow a loved one to take care of important financial affairs. Many soldiers also knew they had pending legal or criminal problems and did not take the opportunity to clear them up prior to the deployment.

**BJA Advice:** Before leaving for Afghanistan, go see a judge advocate in building 1001 at CSJFTC or the BJA's located in building 2702 to take care of any legal issues before it is too late.

**Barracks Lawyer Advice:** Do not worry about General

Order Number One (GO no. 1); it is only in effect in Afghanistan.

**Truth:** GO no. 1 is in effect while we are training at Camp Shelby. The purpose of GO no. 1 is to identify and regulate conduct that is prejudicial to the maintenance of good order and discipline of the forces. GO no. 1 applies and is being enforced. In the simplest terms, the following items are punishable under the UCMJ: 1. Soldiers of the 2-34 BCT cannot possess or consume any alcoholic beverages while training. 2. Soldiers may not possess, or consume any controlled substances. Prescription drugs must be accompanied by the original prescription. 3. Soldiers may not purchase, possess, or display any pornographic or sexually explicit photograph or similar representation. 4. Soldiers may not photograph, post or film restricted objects. 5. Gambling is prohibited. 6. Finally, in the scheme of the big ticket items, soldiers may not possess or use privately owned firearms, ammunitions, or explosives while at Camp Shelby.

**BJA Advice:** Do not violate GO no. 1. Do not let family members help Soldiers violate these restrictions. Rely on your commander for guidance on any issue that may violate the policy.

## What are the different types of Article 15's & What are the maximum punishments?

1. Summarized. Any company grade commander may administer this type of Article 15. Soldiers who are read a summarized Article 15 are not entitled to consult with a defense attorney. They may, turn down the summarized Article 15 and demand trial by court-martial; but, normally this is not a good idea! The maximum punishment authorized at a summarized Article 15 is any combination of:

- a. extra duty for 14 days
- b. restriction for 14 days
- c. oral reprimand or admonition

2. Company Grade. Any company grade commander may administer this type of Article 15. The maximum punishment authorized at a company grade Article 15 is any combination of:

- a. extra duty for 14 days

- b. restriction for 14 days
- c. oral reprimand or admonition
- d. forfeiture of seven days base pay
- e. reduction in rank of one grade (E-4 & below only)

3. Field Grade. A commander in the rank of major or above may administer this type of Article 15. The maximum punishment authorized at a field grade Article 15 is:

- a. extra duty for 45 days
- b. restriction for 60 days (max of 45 days, combined with extra duty)
- c. oral reprimand or admonition
- d. forfeiture of one-half base pay per month for two months
- e. reduction in rank to E-1 (E-4 and below) or reduction in rank of one grade (E-5 & E-6 only)

# Prepping combat medics for war

By Staff Sgt. Jessica Beswick

C Co 334 BSB Medic/UPAR

CAMP SHELBY, Miss. --

“**MEDIC! MEDIC!**” For most of the medics in the 2-34 Brigade Combat Team, this is a cry often heard in training but not yet heard for real. In Charlie Co. of the 334 Brigade Support Battalion, known as ‘Charlie Med’, training has been underway since first hearing about the upcoming deployment to ensure these medics are ready to go when they hear that cry for real.

Going as far back as annual training in June 2009, prior to any alert notification, training for these medics was already in the works. The doctors and physician assistants, in addition to senior medics, planned an intensive two-week period of training for both trauma and clinical medicine. In this way, skills and scenario training encompassed both of Charlie Med’s missions: on the battlefield and in the clinic. Training included splinting and casting of fractures, suturing, IV placement, manual and litter carries, and numerous classes on medical conditions and pharmacology. Medics were put in stressful conditions and then asked to initiate proper treatment for wounded casualties and properly

send a 9-line medical evacuation request (MEDEVAC). For many of the medics in Charlie Med, the training was a welcomed challenge and much-needed refresher.

“We were able to mix up the training

so it stayed interesting,” said Sgt. Dave Harrison.

“We learned new skills in the morning and then used the afternoon to practice those skills in simulated tactical or clinical environments.”

There, the medics learned about the basics of Tactical Combat Casualty Care (TC3) and how to prevent the leading causes of death on the battlefield. One of the highlights of this training was that it was conducted by instructors who were either former U.S. Army Ranger medics, Special Operation Forces medics, or personnel with a variety of other medical backgrounds.

“Having instructors who have done all this before, who taught us the best ways that they had



U.S. Army Photo By Staff Sgt. Jessica Beswick

Capt. Sean Bigler, physician assistant, teaches combat medics assigned to Charlie Co 334 BSB how to properly suture a cut using a training aid. Real hands on training is a valuable tool to gain the experience needed to be confident, competent medic.

“We were able to mix up the training so it stayed interesting,”

discovered for treating a casualty with a certain injury, was very beneficial,” said Pfc. Sarah Bys. “They had a lot of credibility and their method of teaching was really effective, so the training stuck.”

Now that the 2-34 BCT is here at Camp Shelby, the medics of Charlie Med continue to train. Recently they attended the second major training school of the summer, Brigade Combat Team

Trauma Training (BCT3). This course was unlike any course most of the medics have ever taken before. Encompassing training that they’ve had since Advanced Individual Training, BCT3 takes the experiences and stressors to a whole new level and introduces medics to brand-new equipment they may be seeing on the battlefield.

“Allowing us to get more experience with the IOTV medical access panel and the new types of tourniquets that are available is a pretty important thing right now,” said Pvt. Lesley Sprague. “That allows us to get comfortable with this equipment before we ever really need to use it.”

During these three major training events for the medics of Charlie Med, in addition to miscellaneous training that occurred on drill weekends, these medics are becoming anxious to get this deployment started. 🇺🇸

### Fluid Replacement Guidelines for Warm Weather Training (Applies to average acclimated Soldier wearing ACU)

Heat	*WBGT Index °F	Easy Work		Moderate Work		Hard Work	
		Work/Rest	Water Intake (qt/hr)	Work/Rest	Water Intake (qt/hr)	Work/Rest	Water Intake (qt/hr)
1	78 - 81.9	NL	½	NL	¾	40/20 min	¾
2 (Green)	82 - 84.9	NL	½	50/10 min	¾	30/30 min	1
3 (Yellow)	85 - 87.9	NL	¾	40/20 min	¾	30/30 min	1
4 (Red)	88 - 89.9	NL	¾	30/30 min	¾	20/40 min	1
5 (Black)	> 90	50/10 min	1	20/40 min	1	10/50 min	1



# New Army Combat Uniform Improvements

Better collar with less velcro and new design to keep from crumpling up for a more comfortable wear

Fire resistance of up to 4 sec allowing the Soldier time to evade or egress

Infrared patches sewn onto a hideaway tab instead of outside the pockets for greater durability.

Insect repellent has been added treatment will last up to 50 washing covering the 120 days uniforms are designed to last

The crotch has been reinforced to reduce rips from natural wear and tear

Buttons return to cargo pockets as velcro proved problematic

*\* Model shown in Operation Enduring Freedom Combat Pattern and Danner hiking boots but improvements will be included on standard ACU with Universal Combat Pattern in future issue*



Pocket extensions for easier access and expanded carrying capability

## DEPLOYMENT, TRAINING continued from Page 1

or in this case, send you on your way. However, this ceremony will be one they remember for a long time because it was amazing. They left Iowa City knowing they had the support of a community who wishes us well and wants to see us again soon. Again, thanks to everyone who attended and made us proud to be Soldiers.

We are now weeks into our training and it has been a whirlwind of activity. Not to mention the heat and humidity of southern Mississippi. I thought with three deployments to Middle Eastern countries I had seen all the heat the earth could put out, but I was wrong. I have never been hotter in my life because the humidity has been nearly unbearable. I think it says some-

thing when I am looking forward to us going to the National Training Center in Death Valley so it will get a little cooler.

Soldiers have already gone through in-processing, including medical, dental and health checks. They have conducted Counter Improvised Explosive Device (IED) Training and Crew served weapons gunnery. Additionally, we have focused on physical fitness because the altitude we are going to in Afghanistan will take some getting used to.

A typical day for a Soldier starts at 5 a.m. There is physical training (PT), personal hygiene and breakfast. Then the training day begins. If there is night training, the day can last 16-18 hours long. If there isn't

night training, there will be another session of PT. We are currently in a cycle of training, while simultaneously preparing for the next training event.

The most significant event in many folks' eyes is that we are the first brigade combat team to be issued the new Multi-cam uniforms so we are literally being issued the most up to date and modern equipment in the world. Sergeant Major of the Army (SMA), Kenneth O. Preston, came to inspect the process and see the new equipment. He also took the opportunity to speak to all the senior NCOs in the brigade. He spoke about issues the Army is dealing with and told all of us how proud he is of our dedication. It is a rare thing when

Guardsmen get the opportunity to meet with the SMA and I had the opportunity to see him twice in three weeks. I also had the chance to see him speak while I attended the Sergeants Major Academy in Fort Bliss, Texas before the deployment.

Personally, my wife has been through this three times but I don't think it gets any easier for her. I am pretty sure she is missing me quite a bit, though I am sure many would question her sanity. I am missing my family too but I haven't had much time to think about it. She did reward herself with a new SUV, I know she deserves it and I am happy she did it. In fact, I suggested it. I don't think I am going to get home in time to enjoy the new car smell though. 🐾

# Chaplain's Chat

By Maj. Murray Phillips  
2-34 BCT, Chaplain



**R**esiliency. We hear this term a lot in today's Army. In short, it means getting through life's challenges no matter what comes your way. Your job, regardless of your military occupational speciality, has its moments that are stressful. Add that to family situations (over which a deployed soldier feels he/she has no control) and it is no wonder many feel overwhelmed. Success is a matter of rising to the challenge and navigating the obstacles that keep you from performing at a peak level.

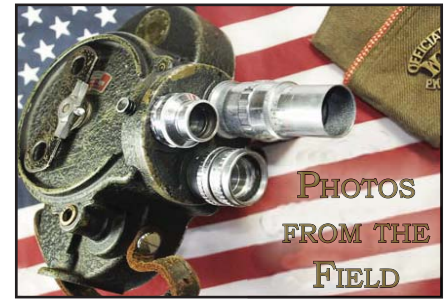
How does one reach the point of resiliency? There is no set answer. In truth, what may work for one person doesn't mean it will work for another. In our psyche, each one of us has a breaking point. Resiliency means knowing where that breaking point is in one's life. As the wise philosopher, Clint Eastwood said in one of his famous "Dirty Harry" movies, as he was about to stop the bad guy, "A man's got to know his limitations!" Knowing at what point life and its stressors put us over the edge is key if we are to be resilient.

Knowing limitations is important.

Asking for help when appropriate is key. We are never meant to go through everything totally alone. Sometimes problems are such that we need the help of experts to make it through the rough moments. At others, we need only to talk with someone. This is where our chaplains and combat stress help providers are valuable to soldiers.

Resiliency also means to put matters into their proper perspective. I learned this lesson from a baseball coach. He told our team, prior to playing a supposedly superior opponent, that no matter how good their lineup, we only had to deal with one batter at a time. The lesson there is you take life's challenges and deal with issues one at a time. Like I learned in baseball, handle that first groundball or flyball, you can usually handle others later in the game. This is because you learn from experience and you gain confidence in your abilities to handle whatever hard-hit balls come your way.

Knowing limits, asking for help when necessary, and putting matters into proper perspective are key if we are to live a life of resiliency. 🍀



U.S. Army photo By Spc. James Wilton

CAMP SHELBY, Miss. -- Staff Sgt. Daniel Cutsinger a section leader with Charlie Co. 1-133 Infantry Battalion marks the grid coordinates of a mortar tube while his soldiers bore site it on a live fire mortar range at CSJFTC, Aug. 24, 2010.



U.S. Army photo By Spc. James Wilton

CAMP SHELBY, Miss. -- Soldiers from the 334 Brigade Support Battalion sling load a storage container using a wrecker crane onto a Military Transport Vehicle at CSJFTC, Sept 3, 2010.

## Language Survival Guide

English	Dari	Pashto
Stop!	estaade sho!	wadarega!
Stay Where you are	da jaayet baash	pa Khpal zaydee wadarega
Put your weapon down	salaayeta parto	wasla dee parmza-ka kegda
Don't Shoot	fayr nako	ma wala
Come with me	baa ma biyaa	la maa sara raaza

This issue's LSG focuses on directions that will be used in combat operations. Being able to communicate effectively will lessen the danger troops face while in the field.