

Task Force Shadow Dustoff: Saving Grace

101ST
CAB

DESTINY BLOWER



JANUARY - FEBRUARY 2011
ISSUE 8

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Leader's Tool Kit:

◆ *Redeployment Health Guide*

NO ONE IS MORE
PROFESSIONAL THAN I:

*Task Force No Mercy
NCO Induction Ceremony*

Four the Love of Country
Task Force Dragon, 1-4 Attack

CONTENTS

ISSUE #8

JAN-FEB 2011

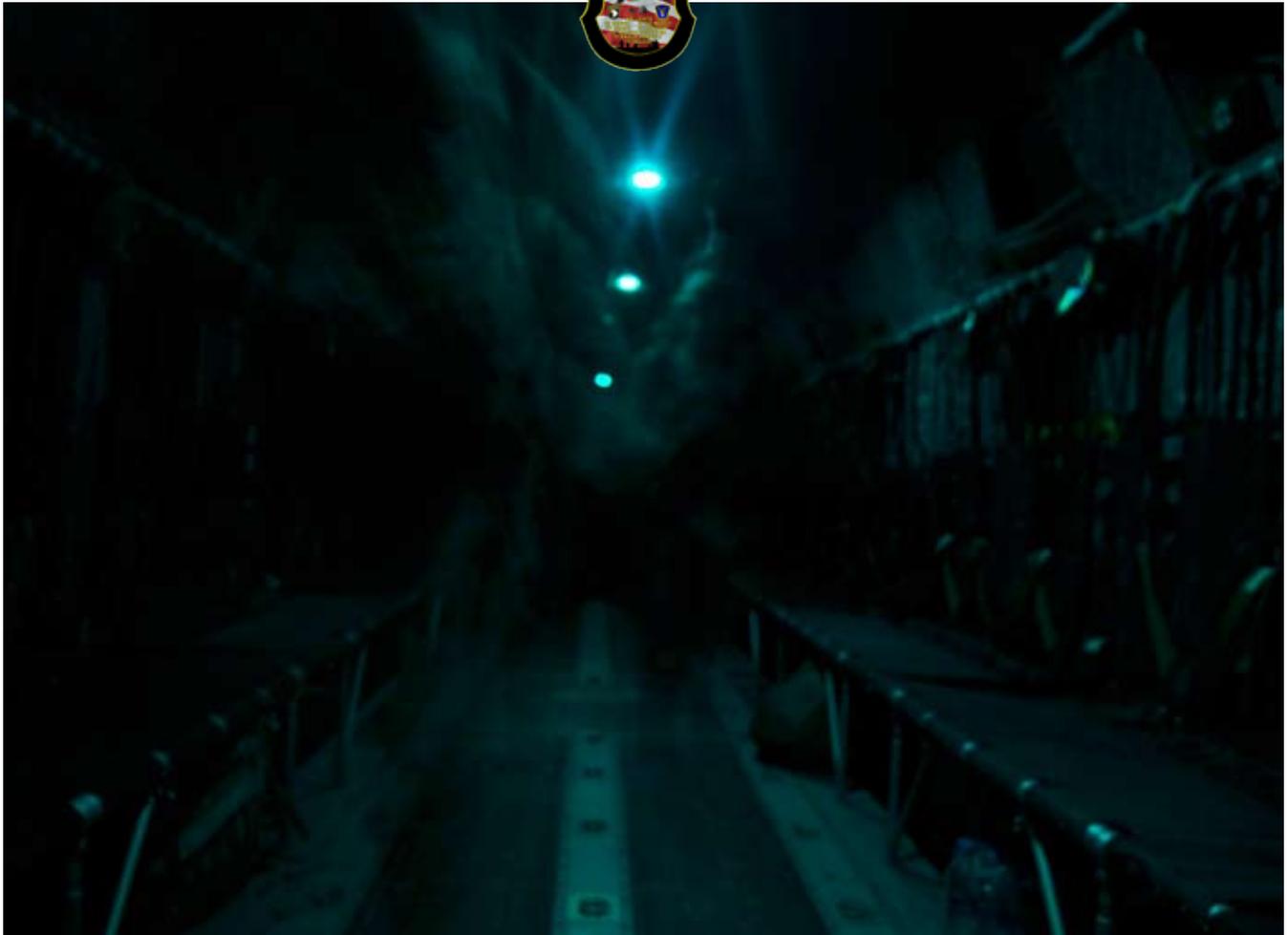


Photo by Sgt. 1st Class Sadie Bleistein

A Task Force Destiny, 101st Combat Aviation Brigade Ch-47F Chinook helicopter moves troops during the night in southern Afghanistan Feb. 1, 2011. Task Force Destiny's CH-47s provide ground support to U.S., Coalition and Afghan forces, and the civilian population through personnel movements and resupplies throughout southern Afghanistan.

4 *Command Corner*

Letters from the brigade commander and command sergeant major to Soldiers and Family Members of Task Force Destiny.

14 *Saving Grace*

When line eight of the nine-line is reported as "F," Task Force Shadow Dustoff medics feel an additional urgency because they know their patient is a child.

22 *NCO Induction Ceremony*

Task Force No Mercy welcomed the newest members of the Noncommissioned Officer Corps through an NCO induction ceremony in Tarin Kowt.

13 *Destiny Soldier Feature*

Spc. Jessica Newton has remained a fixture on the flight line as an armament specialist with D Co., No Mercy.

18 *First Cup Open for Business*

Capt. Kevin Trimble, Task Force Shadow chaplain oversaw the construction of Mustang Ramp's MWR facility and coffee shop.

24 *Four the Love of Country*

Four Task Force Dragon, 1-4 CAB, Attack Soldiers extended their commitment to the United States Army Oct. 10, 2010.

DESTINY FLYER

Task Force Destiny

Col. William Gayler

Command Sgt. Maj. Trevor Beharie

Hellcats

Capt. Eric Rempfer

1st Sgt. Grant Stange

Task Force Saber

Lt. Col. Hank Taylor

Command Sgt. Maj. Douglas Jourdan

Task Force No Mercy

Lt. Col. Scott Hasken

Command Sgt. Maj. Maurice Terry

Task Force Eagle Assault

Lt. Col. John Kline

Command Sgt. Maj. Annette Hunter

Task Force Shadow

Lt. Col. Brad Ninness

Command Sgt. Maj. Mark Lindsey

Task Force Troubleshooter

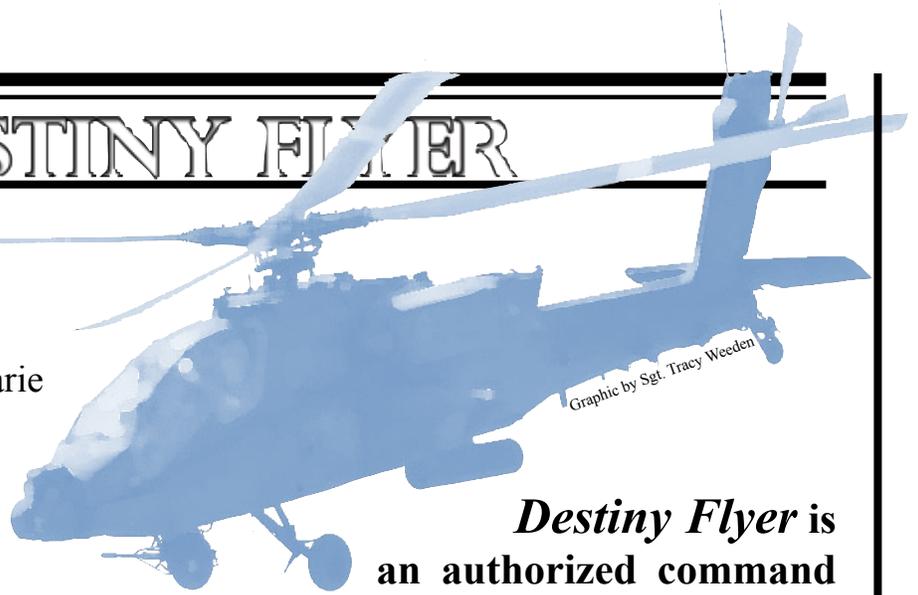
Lt. Col. William Ferguson

Command Sgt. Maj. Todd Vance

Task Force Dragon

Lt. Col. Charles Bowery

Command Sgt. Maj. Timothy Todd



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ON THE COVER:

Photo by Sgt. 1st Class Sadie Bleistein

Sgt. David Smitt, Task Force Destiny, 101st Combat Aviation Brigade, Pathfinder Team One, Alpha team leader, pulls security Feb. 10, 2011 near the village of Nevay Deh as his unit's ride back to Kandahar Airfield, Afghanistan, appears in the form of two UH-60 Black Hawk helicopters. Task Force Destiny, 101st Combat Aviation Brigade, Pathfinder Team One and gunners from the British Royal Air Force Regiment's 15th Squadron met with some of the local elders in the southern Afghanistan village to address some of their concerns.



Command Central

Destiny Families,

Hello to all of you again from Kandahar. Although belated, I'd like to wish all of you a very Happy New Year! We celebrated the arrival of 2011 with a very nice cookout at the Brigade Headquarters with some of the best food you can get on Kandahar! I'm also happy to report that as we conclude the eleventh month of the deployment here in Afghanistan, this is very likely the last newsletter you will read as we begin redeploying.

Your soldiers continue to do an amazing job across southern Afghanistan, supporting all of our ground units and taking the fight to the enemy at every opportunity. There remains a robust amount of activity here, even in these winter months, so everyone has remained busy and fully engaged. At this late stage in our deployment, watching the unity of effort and familiarity between our soldiers and those we support is simply awesome and makes us proud to be a part of this effort. In every task force and all across Regional Command (South), our call signs continue to be in the middle of the action and standing tall next to our ground forces.

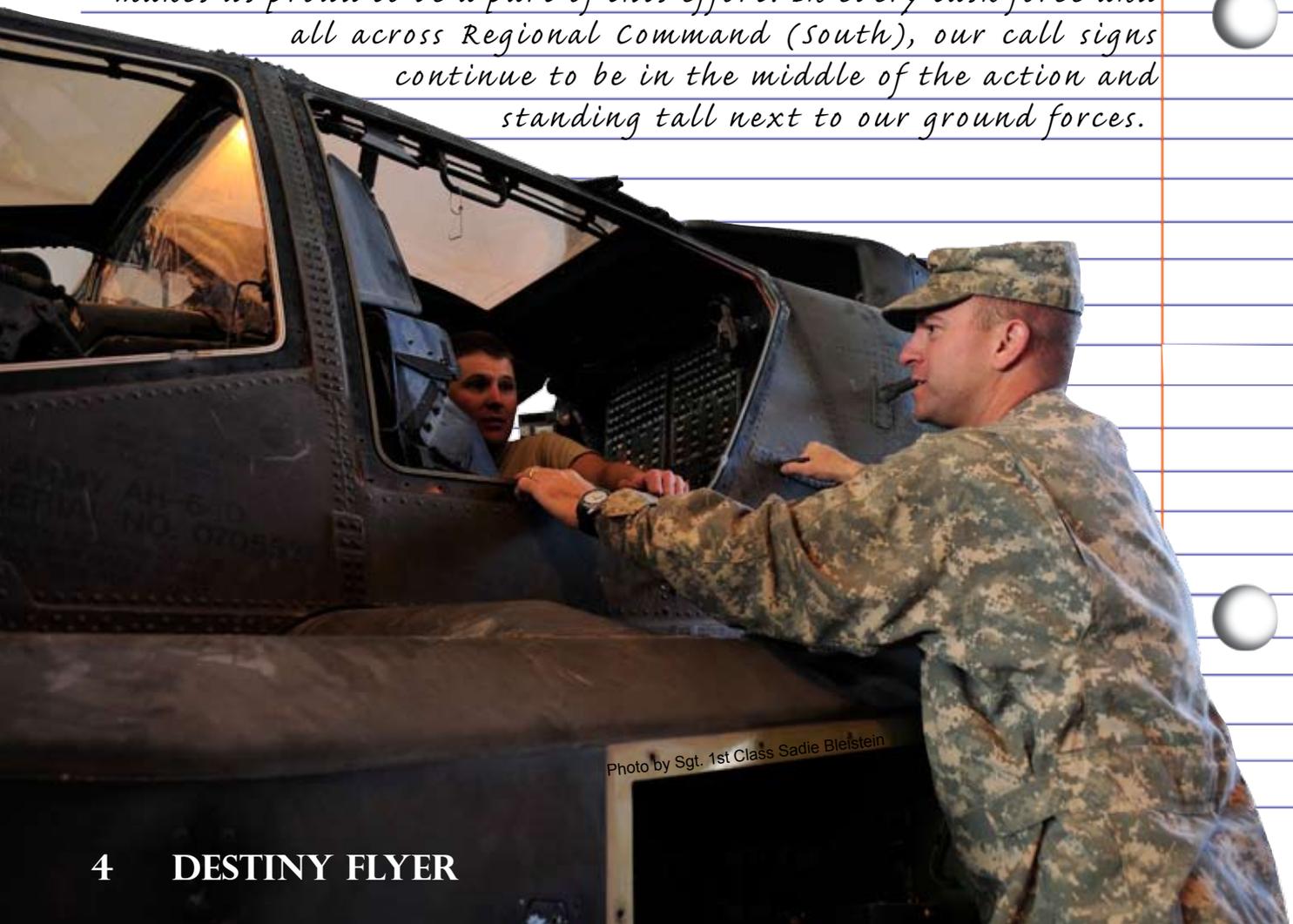


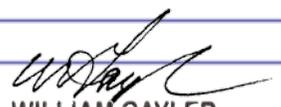
Photo by Sgt. 1st Class Sadie Bleistein

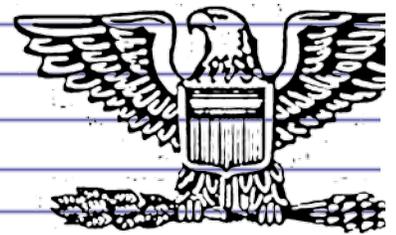
As we are just weeks away from returning, the Rear Detachment and family readiness groups are busily preparing for everyone's arrival. You have probably already received some early information on the reception plan and what to expect during the reintegration period. I would request that everyone remain plugged into their Soldiers' rear detachment command, to ensure you receive up-to-date information on arrival times back to Fort Campbell. They are your single source of the most accurate information.

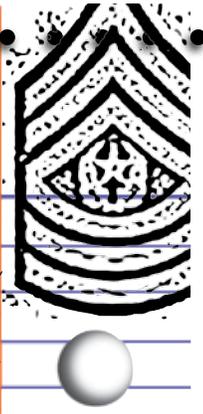
We are already seeing the first soldiers of the 159th Combat Aviation Brigade, Task Force Thunder, arrive here to begin the relief in place process. We are certainly looking forward to getting started with our replacements and watching our task forces transfer authority over to a new unit. However, there is still much work to be done, and our soldiers must stay focused and vigilant until the last mission is executed. I am confident that the leadership of each task force will keep every soldier's head in the game until their plane lifts off back toward the United States.

In closing this month, I want to thank you again for everything all of you have done for us over the course of the deployment. You continue to be in our thoughts, and it is exciting to know that soon enough you will be reunited with your soldier. All of you have sacrificed a great deal, and I continue to be in awe of the strength of each and every one of you. Please keep everyone in your thoughts and prayers, and may God bless each and every one of you.

Air Assault and Wings of Destiny!!


WILLIAM GAYLER
COL AV
TF Destiny Commander





Hello from Afghanistan,

Happy New Year to all the Family and friends of the Destiny Brigade. I would like to start off by saying I hope your Family had a wonderful holiday season. This time of year most often brings Family and friends together and warm thoughts of your loved ones in spite of the distance apart. As I have mentioned in my previous message, this time of year also presents challenging weather conditions. We received updates on the recent snow storms around the Fort Campbell, Ky., area, as well as up and down the East Coast. I want to use this opportunity to caution you once again and remind you to be vigilant of the weather conditions and advisories before you head out on your daily chores. We are experiencing much cooler temperatures here in southern Afghanistan as well.

We had the opportunity over Christmas and New Years to enjoy some traditional foods we normally eat back home. Although it was not the same as being there with you, we enjoyed the meal with our extended Family here. Col. William Gayler, Task Force Destiny commander, many senior leaders and I took the opportunity to travel Christmas Day to visit with our soldiers. We were fortunate to serve the Christmas meal to many of our hard working troopers. We are incredibly proud of the team, and it was an honor to serve them, especially while in combat. New Years was another opportunity for us to pause, and enjoy good company and food. Several units had barbeques to bring in the New Year and celebrate the dawn of new beginnings. The weather was a bit chilly outside, but the food was good and greatly appreciated by the soldiers.

This past month found us very busy operationally, and just as busy moving and facilitating VIPs and key leaders' visits. We were visited by the Under-Secretary of the Army Dr. Joseph Westphal, Secretary of the Army Gen. George W. Casey, Jr., Vice Chief of Staff of the Army Gen. Peter Chiarelli, U.S. Army Forces Commander Gen. James D. Thurman and U.S. Army Forces Command Sgt. Maj. Ronald Riling.

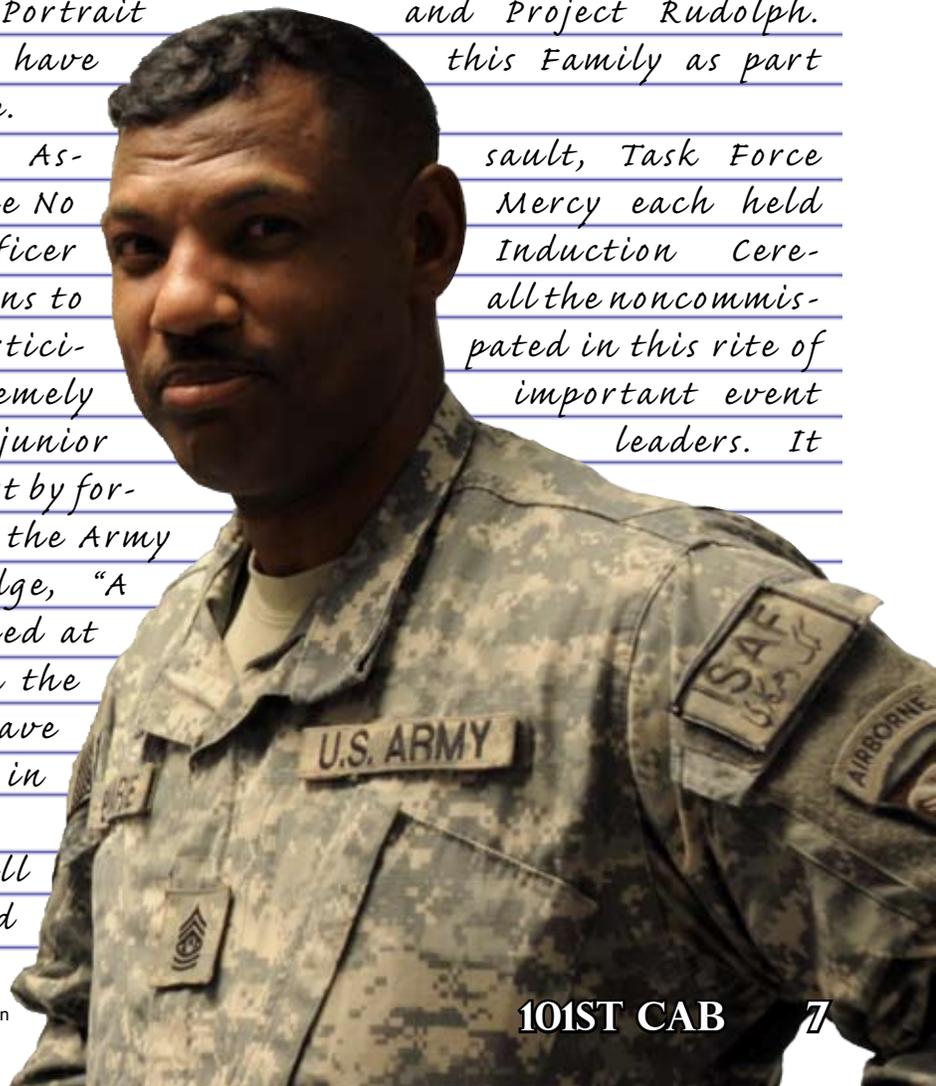
We were also privileged to have the Sgt. Maj. of the Army Kenneth Preston visit our brigade. The SMA brought a United Service Organizations tour to Kandahar Airfield, which included several

entertainers. Among them were Leeann Tweeden, supermodel and sportscaster, Chonda Pierce, comedian, Brandi Redmond and Nicole Hamilton, Dallas Cowboy cheerleaders and Buddy Jewell, country music star, along with others. Many soldiers took a much deserved break to enjoy all the performances, while taking pictures and getting autographs at the end of the show. It was a special night because this was the SMA's last USO tour, as he is retiring in the spring.

I would like to congratulate Sgt. Joseph Campbell, a flight medic with 2/14 stationed in Landstuhl, Germany, who is currently serving with Task Force Shadow in Afghanistan, along with his wife, Tawny, and their Family. Campbell and his Family were selected as the Army Family of the Year and were presented an award by the Army Chief of Staff. The award was presented in December at a ceremony in Arlington, Va. While Campbell serves in uniform, Tawny also serves by managing three successful charities, including Operation Angel, Project Portrait and Project Rudolph. We are very proud to have this Family as part of the Destiny Brigade.

Task Force Eagle Assault, Task Force Shadow and Task Force Noncommissioned Officer Mercy each held Induction Ceremonies. Congratulations to all the noncommissioned officers who participated in this rite of important event leaders. It may have been said best by former Sergeant Major of the Army William G. Bainbridge, "A pat on the back applied at the proper moment in the circumstances can have a dramatic influence in developing leaders."

Our brigade is full of talented, respected



leaders at all levels, and it is a pleasure to pause and elevate these junior NCOs in responsibility. This ceremony is also necessary to show not only the inductees, but all soldiers, the honor and confidence the Army leadership places in our NCO Corps.

Through the next month, our sister brigade, the 159th Combat Aviation Brigade, will filter in to replace us and continue the Screaming Eagle's mission here in southern Afghanistan. We still have approximately four weeks of sustained combat operations before we anticipate a smooth relief in place with them. With that being said, you will begin to see your soldiers return home very soon, if not already.

Family Members being notified of their soldiers return is important, and everyone has a role. Ensure you help us protect our force by maintaining good operation security. Do not post arrival dates and times on social media sites or discuss exact arrival and departure times over open sources or in public places. We have enemies to our nation everywhere, including at home, who want to make a statement by hurting our soldiers, especially after our very successful fight this past year. We need your help to ensure the safe return of our soldiers from combat to reunite them with their families. Our Rear-Detachment has a system in place, which will allow you to track when your Screaming Eagle will be coming home.

Soldiers coming home will go through a series of briefings and classes, which will help them adjust and adapt to garrison and home life once again. The Army, post and unit have made great preparations to make resources available to help with the reintegration process. The redeployed soldiers and their families back home will be informed and advised how to gain access to these resources when needed. I implore each family member back home to attend these reintegration classes and seminars. This will help you and your soldier understand the changes that have taken place for both of you over the past year. You will be given the tools to help identify and understand potential problems or issues, as well as ways to resolve them. Anxieties and emotions can build on either side of any relationship, so it is extremely beneficial for families to utilize

Command Central



these services to relieve stressors. As the old adage goes, an ounce of prevention is better than a pound of cure. Some of these resources include, but are not limited to, counseling for personal, financial, spiritual and relationship issues. They are available within the brigade and locally at Fort Campbell, Ky.

The CAB will see a significant turnover in personnel for retirement, permanent change of station and expiration term of service, which will increase stress levels for Soldiers and Families. Gathering information and seeking help will ease the burden during this transition. The Army, Fort Campbell, the 101st CAB and subordinate units have professionals who stand ready to assist Soldiers and Families during this transition. I encourage you to utilize the services available in order to make the return of your loved ones a happy and healthy one. Remember that it is not a weakness to ask for help, but it takes incredible strength and conviction to reach out for assistance.

In closing, on behalf of the commander, myself and all the Soldiers of the Destiny Brigade forward, I want to say thank you to everyone who has continuously supported our Troops during this deployment. We both consider ourselves lucky to be a part of this elite organization of professional men and women. Your Soldiers have done an absolutely phenomenal job during this rotation and will continue to give 100 percent through the final weeks. We will guarantee a successful transfer of authority to the 159th Combat Aviation Brigade and ensure their best chances for a successful year. It is because of your unwavering support, loyalty and care that we are able to sustain this fight. May God continue to bless our Soldiers and their loved ones, our Screaming Eagle Division, our Army and the United States of America.

A handwritten signature in black ink, appearing to read "T. Beharie", is positioned above the typed name.

TREVOR BEHARIE

CSM, USA

TF Destiny Command Sergeant Major

Missing the Golden Moments

By Capt. Tim Gresham
TF Dragon Chaplain

Recently, as I walked across Kandahar Airfield, Afghanistan, I could not help but notice how my feet could easily kick up dust. It took little to no effort. One step, one poof of dust and many thoughts arose. Small minds are easily amused, so I have heard. It does not take much for my mind to move from thought to thought, and this occasion was no exception. I found myself contemplating the desert floor of Afghanistan. I wondered how much American blood, sweat and tears spilled here as it did in other places of conflicts in our past.

American blood is precious. It flows through the veins of every American Soldier, and with every heartbeat there seems to be a tenacious cry for freedom. In every conflict, from the American Revolution to the current War on Terrorism, many Americans gave and will continue to give the ultimate sacrifice ensuring freedom for future generations. We honor every one of them and will continue to memorialize them. That is as it should be.

Then there are those Soldiers who survived the conflicts of their generation and brought home permanent reminders of their own sacrifice — missing limbs, blindness, loss of hearing and other life-altering injuries. Let us not forget the invisible wounds such as post-traumatic stress disorder and the constant grief of buddies who died. All of these Soldiers are heroes and are walking memorials as to the very real cost of freedom and liberty.

Still, there is another type of hero who generally does not make the history books. These heroes sacrifice something else — time. The interesting thing about time is once it passes you by, it can never be regained.

Here at KAF, I have the privilege of working



with men and women who have sacrificed those “golden moments” of life. I call them golden, because they are precious moments that usually only come once. If they are missed, they are missed.

Take for instance the golden moment of missing the birthday celebrations of loved ones back home or even the birth of one’s first child. Some of our Soldiers have the

blessing of going home for rest and relaxation leave just in time for the birth of their child, but others must miss this momentous occasion in order to meet the demands of the mission here.

How about the golden moment of a deployed mother or father missing the graduation of a child from high school or college? This occasion will have to be celebrated at a distance with a phone call, e-mail or a few pictures of their child’s big day.

And let us not forget those in our midst who must grieve the passing of a loved one. They grieve silently, because back home family is laying to rest their beloved. The Family recognizes that their Soldier would like to be there for the funeral, but their hero is serving their country in Afghanistan. Christmases, as well as other family holidays, come and go. Look around you, and you’ll see many who silently sacrifice these “golden moments,” and they’ll do it without recognition.

So now as my easily-amused mind considers the desert floor of Afghanistan under my boots, I will lift up a prayer of thanksgiving for that Soldier who may have wept here in this very spot and for heroes like these who go through their “Golden Moments” silently. “Greater love hath no man than this, that a man lay down his life for his friends” (John 15:13). It is to these dedicated warriors that I express my deepest gratitude for your sacrifice and the sacrifice of your loved ones back home. You are truly ensuring future generations the privilege of not missing their own “Golden Moments.”

Congratulations on a successful deployment, and welcome home. To ensure the transition to your home station is healthy and stress-free, it is important that you complete medical processing and stay alert to your body's signals over the next several months.

Redeployment Medical Requirements

Medical requirements for redeployment include—

- A post-deployment blood sample.
- Completion of a [DD Form 2796](#) (Post-Deployment Health Assessment).
- Completion of [DD Form 2900](#) (Post-Deployment Health Reassessment (PDHRA)) 3 to 6 months after return.
- A [tuberculosis](#) (TB) skin test at the time of redeployment and again in 3 months.
- Continuation of [chloroquine](#), [doxycycline](#), or [mefloquine](#) for 4 weeks after return if you were in an area with [malaria](#) and were started on anti-malarial drugs.
- A 14-day course of [primaquine](#) for some areas.
- Notification to your healthcare provider that you have traveled outside the United States if you need to seek medical care for illness in the next year.

Deployment-Related Diseases

Often, the illnesses Soldiers are exposed to during or after a deployment will be the same as the illnesses they are exposed to while in the United States. However, deployment may expose service members to diseases that are rare in the United States. Following are some of the diseases you may have been exposed to while deployed:

Malaria is a parasite spread by mosquitoes. People who are infected may become sick within days, or the onset of symptoms may be delayed for months. Malaria can cause severe illness or even death if it is not treated.

- Symptoms of malaria include fever (often the fever comes and goes every few days), chills, headache, muscle aches, fatigue, and sometimes gastrointestinal problems.
- Finishing all anti-malarial medication exactly as prescribed is **CRITICAL**.

Deployment-Related Diseases (Continued)

- If you need to see a healthcare provider for illness in the next year, tell the provider that you have traveled outside the United States.

Leishmaniasis is a disease spread by sand flies.

- In most cases, people infected will only develop skin sores.
- Often, skin sores will not develop until months after a bite.
- In rare cases, the disease can affect the liver and spleen and cause weight loss and fever.
- See a healthcare provider if you develop skin sores that do not heal during the next year.

Tuberculosis is caused by bacteria transmitted by an infected person's cough, sneeze, or sometimes even speaking.

- Symptoms of TB are a cough that lasts for several weeks (possibly with blood), chest pain, sweating at night that drenches your sheets, unexplained fevers, weight loss and weakness. TB can be fatal if left untreated.
- The TB skin test tells if you have been infected while deployed. You should have a test now and another test in 3 months. (There can be a delay in the skin test turning positive after infection.)
- The majority of people who breathe the contaminated air will not become infected.
- Only people who are sick from TB are capable of infecting other people.
- If someone in your unit is taking a single antibiotic for TB, he or she does not pose a risk to you.
- People who are sick are isolated from others (usually at home) and treated with multiple antibiotics until they are no longer infectious.

There are other infectious diseases that occur outside the United States that are rare within the United States. If you see a healthcare provider within the next year, it is important that you let the provider know you have traveled outside the United States.

Environmental Exposures

During deployment you may have experienced intense or prolonged exposure to contaminants in the air and water such as smoke, dust, pollens, and pollution; increased noise levels; heat and cold; and other environmental stressors. Some of these exposures may cause worsening of problems you already have (like asthma), or may cause new problems (hearing loss). Many of these problems resolve within a few days, and no long-term health effects are expected. A few (such as hearing loss) may persist. If you continue to have symptoms even though you are no longer in the irritating environment, you should seek medical care. Medical teams sample and analyze soil, water, and air throughout the area of operations to determine if any environmental hazards are present. If any sampling results indicate a potential for any type of environmental exposure risk, a team of experts will be sent to assess the situation, and all service members who may have been exposed will be contacted and evaluated.

Deployment-Related Stress

While you were deployed, you may well have seen difficult or troubling scenes, been exposed to dangerous situations, and experienced events that most people never will. Many Soldiers returning from deployment may feel anxious or even depressed. Many more are likely to feel uncomfortable in a garrison or home environment. Usually, these feelings do not last for a long time, and, although they are unpleasant, in most cases they are not signs of a mental illness. Instead, they are the normal by-products of readjusting from an intensely stressful situation to a more "routine" way of life. If (either during your deployment or after) you experienced sleep problems, anxiety, depression, memory problems, loss of appetite, troubling dreams, loss of energy or any other psychological difficulties, make sure that you annotate these issues on DD Form 2796 or DD Form 2900 and/or mention them to your healthcare provider. In some cases, the psychological symptoms mentioned above can be warning signs of a more serious mental health issue like [Posttraumatic Stress Disorder \(PTSD\)](#), [Acute Stress Disorder \(ASD\)](#) or [Adjustment disorders](#).

Deployment-Related Stress (Continued)

Although these disorders are serious, your healthcare provider can address mental health problems. The key is early detection and early treatment. Keep an eye on yourself and on your buddies. If your behavior or theirs is “abnormal,” talk to a healthcare provider or let someone in your chain of command know about your concerns.

Health Concerns

Most illnesses and other health problems related to a deployment occur while troops are still in the theater of operations. In some cases, however, symptoms may not appear until after troops return home. You should seek medical care as soon as possible if you experience the following in the coming weeks or months: unexplained fevers, chills, muscle or joint pain, stomach or bowel problems, swollen glands, skin problems, fatigue, depression, anxiety, irritability, difficulty reconnecting with family and friends, difficulty having fun, frequent nightmares, sleep difficulties, jumpiness, shortness of breath or weight loss. Remind your provider where and when you were deployed.

Directions for Health Concerns

- **Step 1.** Contact your local military treatment facility with questions, concerns, or symptoms noticed after deployment.
- **Step 2.** If you have symptoms, your primary healthcare provider can do an initial assessment and provide any necessary treatment. If symptoms persist or your health does not improve, ask for a referral to a specialist.
- **Step 3.** If you require further assistance, contact—

DOD Deployment Health Clinical Center
Walter Reed Army Medical Center
6900 Georgia Avenue, NW
Building 2, Room 3G04
Washington, DC 20307-5001
Phone: DSN (312) 662-6563; Commercial (202) 782-6563 (07:45 to 16:30 EST; after hours leave a message for a return call)
Fax: (202) 782-3539
Web site: <http://www.pdhealth.mil>

Resources

- Military deployment health information: <http://www.pdhealth.mil>
- Centers for Disease Control and Prevention: <http://www.cdc.gov>
- Tricare national and regional toll-free contact numbers: <http://www.tricare.osd.mil>
- U.S. Army Center for Health Promotion and Preventive Medicine: <http://chppm-www.apgea.army.mil>
- Hooah 4 Health: <http://Hooah4Health.com>
- Military One Source: 24/7 toll-free numbers to assist with counseling, family-related issues, and other concerns. From the U.S., (800) 342-9647; outside the U.S., dial appropriate access code, then (800) 3429-6477; <http://www.militaryonesource.com>

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<http://chppm-www.apgea.army.mil>
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(800) 222-9698/ DSN 584-4375/ (410) 436-4375
SHG 048-0406

Redeployment Health Guide: Operation Iraqi Freedom and Operation Enduring Freedom (Afghanistan)

For additional information, contact your health care provider or contact the DOD Deployment Health Clinical Center listed in this brochure.



TASK FORCE NO MERCY



Spc. Jessica Newton, armament technician, Delta Company, Task Force No Mercy, helps load a Hellfire missile onto an AH-64D Apache helicopter at Tarin Kowt, Afghanistan, Dec. 10, 2010.

**Story and Photo by
Spc. Jennifer Spradlin
16th Mobile Public Affairs Detachment**

TARIN KOWT, Afghanistan – For many Soldiers, the iconic sound of helicopters in flight, a kind of background soundtrack to their lives, is synonymous with being deployed.

During the last nine months at Multi National Base Tarin Kowt, Afghanistan, Spc. Jessica Newton has remained a fixture on the flight line as an armament specialist with Delta Company, Task Force No Mercy. The daily opportunity to work with helicopters has only increased her respect and interest in the aircraft.

“I enjoy mechanics and the way things work. The fact that we can make something out of nothing,” said Newton, an Orange Park, Fla., native. “When I joined the Army, I knew I wanted to work with rotary wing aircraft. I wanted to be a part of aviation.”

The TF No Mercy flight line is a lesson in controlled chaos, involving a continuous cycle of Soldiers, helicopters, missions and repairs. Even when parked and silent, the aerodynamic design of the AH-64D Apache Longbow gives the illusion of motion. The Apache helicopter is the Army’s premier attack heli-

copter, equipped with Hellfire missiles, 2.75 inch rockets and a 30-mm machine gun. It is the ultimate ally to ground forces.

As an armament technician, Newton is responsible for a variety of maintenance related tasks on the Apache helicopter to include: loading and unloading aircraft ammunitions, aircraft communications, aircraft sighting systems and aircraft electrical wiring.

Now in her late 20s, Newton said she tried working civilian jobs prior to joining the Army, but found them monotonous and unfulfilling. Newton knew she wanted to be a part of a team.

“With the Army, you have a drive that you are doing something for the people around you,” said Newton. “I know I am in Afghanistan, but being with my shop and my unit is like a home away from home. When you are down, they’ll drive you. They won’t let you fall back, and that’s awesome.”

Newton’s quiet, Southern drawl belies the fact that she is a determined, hard-worker, and the unit’s leadership notices her constant desire to learn and advance in her career field.

“I’ve worked with Newton for about a year now. She’s one of the quickest learners that we’ve had,” said Staff Sgt. Dean Hess, senior armament maintenance supervisor, D Company, TF No Mercy.

Hess previously deployed to Iraq and is on his second deployment to Afghanistan. He said each Soldier has different qualities, and it is the role of a noncommissioned officer to bring out the best in them.

“One of the things I am looking for in a good Soldier is one who pays attention to their job and knows their job. With our job, every repair that we do on an aircraft, the pilots’ lives are at stake. Newton is very dependable,” said Hess, a Clearwater, Fla., native.

Newton said her ultimate goal was to apply for acceptance into the Warrant Officer Course in order to become a helicopter pilot, but until then, she is more than happy working with her hands and making sure everything is done right to make the mission happen.

“If we aren’t doing our job, [pilots] can’t do their job, and if they can’t do their job, they aren’t helping the Soldiers on the ground. That’s why it’s important that we are always striving to get better and learn more,” said Newton.



Story by Capt. Robin Fine
TF Shadow, Charlie Company
Executive Officer



SAVING GRACE

A single word broadcasted three times over a handheld radio causes adrenaline to pump through every member of the Charlie Company, Task Force Shadow Dustoff crew — **“medevac, medevac, medevac.”**

A crew, consisting of two pilots, a crew chief and a flight medic, sprints to the aircraft while an operations specialist prints out the nine-line evacuation request and runs it to them before they take off.

The nine line will tell the pilots where they are going and who to talk to, while it gives the medics knowledge of the patient’s status.

When line eight of the nine-line, reporting the patient’s information, is listed as “F,” medics feel additional urgency because the crew is going to pick up an injured child.

Almost 10 percent of the patients evacuated by the Shadow Dustoff crew are Afghan children.

To prepare for the additional challenges of treating children, TF Shadow flight medics took several pediatric certification courses and carry specialized equipment to treat children with a variety of injuries.

Every flight medic and crew member can recall memorable experiences saving a child’s life in Afghanistan. Many are sad, but some are hopeful.

Staff Sgt. Audrey Ramos, Charlie Company, TF Shadow flight medic, said she remembers treating a 6-year-old boy with gunshot wounds to both of his arms and his chest. Incredibly, the child was alert while she administered aid as they flew to the hospital.

Later, Ramos called to check on the child and found he had survived and was stable.

“He made it,” she said. “They’re really resilient like that.”



MEDEVAC MED

Strong emotions are not the only difference medics experience while treating children as opposed to adult patients.

“When I’m treating kids, I focus on how the treatment will vary from treating adults,” said Ramos. “Their vitals are completely different from adults.”

Some children are caught in the crossfire of war, injured in farming accidents, or sick due to poor hygiene and lack of medicine.

However, other times the nature of their injuries can be extremely suspicious, such as the ingestion of diesel fuel, burns from boiling water or multiple gunshot wounds. Situations like these can lead the crew to suspect the involvement of insurgents.

The crew never knows the whole story due to the rapid transfer of the patient on the ground and the language barrier between the crew and the child’s escort.

Treating young can be heart-wrenching, especially when crew

members have children of their own, said Ramos. The crew empathizes with their innocence and has a hard time seeing these kids being caught in crossfire or the victims of abuse.

To cope, medics often focus on the task at hand and what they can do for the individual child, said Sgt. 1st Class Jayson Cho, Charlie Company, TF Shadow flight medic. Crew members often feel they are making a positive impact on Afghanistan by aiding one child.

“When it’s a child, you feel like it’s more of an outreach to the community,” said Cho. “Dealing with little ones, you feel like you’re contributing to the Afghan community as a whole.”

On a recent mission to Helmand province, a Dustoff crew from Camp Dwyer picked up a sick toddler escorted by a family member. The escort was cradling her and covering her ears because of the loud noise from the helicopter.

Seeing the little girl was un-

comfortable because of the noise, Staff Sgt. Rahkeem Francis, C Company, TF Shadow flight medic, placed a set of headphones wired to the helicopter’s internal communication system over her ears to dampen the noise.

The girl was then able to hear the crew speak as they flew her to care. She giggled at their foreign words, and a crew member spoke occasional baby talk to her, which she clearly enjoyed, said a crew member on board the mission.

The crew was revitalized and hopeful because of the positive interaction.

“The thought crosses my mind that they will remember these foreigners and realize we were there to help them, not hurt them,” said Cho.

Regardless of the reason for the injury or the outcome, TF Destiny Dustoff crews strive each day to save the lives of children who embody the future of Afghanistan.

EVAC MED EVAC



FIRST CUP

Story by 1st Sgt. John Rozmarynowski
TF Shadow, Foxtrot Company

OPEN FOR BUSINESS



“THE FIRST CUP”

COFFEE HOUSE

A NEWLY CONSTRUCTED COFFEE HOUSE LOCATED AT MUSTANG RAMP ON KANDAHAR AIRBASE WAS OFFICIALLY OPENED FOR BUSINESS DURING A RIBBON CUTTING CEREMONY JAN. 15, 2011.

Capt. Kevin Trimble, Task Force Shadow, 6th Battalion, 101st Aviation Regiment chaplain, was on hand to facilitate and present Col. William K. Gayler, Task Force Destiny commander, and Lt. Col. T. Bradley Ninness, Task Force Shadow commander, with the first cups of coffee once the ceremony was complete.

Trimble undertook the responsibility of building the more than 4,300 square foot, two-level Morale, Welfare and Recreation Chapel facility after the idea was recommended by members of Alpha Company, Task Force Shadow, who assisted with the design and construction of another coffee house built on Bagram Airfield known as the “The Lighthouse.” Once Trimble accepted the idea, he began to work with the unit to design and resource the project.

Trimble first presented the idea to the task force during a commander’s update brief in June, describing the endeavor as a great morale op-

portunity and one that he was eager to get started as soon as possible. In fact, he was already networking and gathering supplies from throughout the task force. He even received assistance from Echo Company, Task Force Shadow, who provided carpenters, Sgt. Thomas Davis and Pfc. Roscoe Harris.



Toward the end of June, his attention was directed to an area on Mustang Ramp that appeared to be available and unspoken for. The size of the area was such that it could accommodate a building with the dimensions that he required for his project. He set out at once to obtain approval from the task force commander to build the coffee house there after talking to construction units who confirmed that the site was not under consideration for future projects.

Trimble received approval, and just as quickly as he had received it, he started to build. Davis and Harris along with Capt. Ryan Travis, Task Force Shadow, Alpha Company



JUST WHEN IT SEEMED AS IF HE HAD REACHED THE END OF HIS CAMPAIGN, POSITIVE, HELPFUL MESSAGES STARTED POURING IN

commander, and Sgt. 1st Class Travis Eicher were on hand to help as they meticulously laid the first floor. This first step was quite an accomplishment, and it took an extreme amount of care as they had to ensure each part of the floor was level, despite the uneven ground.



It was soon after they completed that first important milestone that they were told to stop building. The site was needed for another project in order to enhance the newly renovated ramp construction project.

Although discouraged, Chaplain Trimble continued in faith to secure an area that was suitable. He struggled with contractors, construction personnel and the brigade to find solutions, but none were found.

The idea, the material and supplies sat idle. In August when Trimble began to accept the fact that he might not complete the project, and in turn, started to give items away that he had amassed. Things like television sets, furniture and refrigerators were given to companies in the task force, namely detachments that were stationed at outlying forward operating bases to improve their quality of life.

But in September, as he walked around Mustang Ramp with Ninness and Maj. Mark Weathers, TF Shadow executive officer, surveying the area, they happened upon an unused concrete pad. LTC Ninness asked who the pad belonged to, and the Weathers informed him the pad belonged to the Australians who intended to put containers there. After they cleared it with the Australian commander, it was confirmed, Ninness at once told Trimble that the pad was his.

The pads dimensions were different than the ones originally planned, so the blueprint had to be altered.

The plans were taken to an Air Force construction team, Task Force 777, who carefully reviewed them for structural integrity and made minor changes.

The blueprint was given to personnel within the unit who were charged with the responsibility to



build the coffee house in his absence, as Trimble prepared to go on R&R leave.

While he was on leave, an increased operational tempo delayed the start of work. Trimble returned to find things exactly how he had left them. Ninness assured him the work must go on, it was achievable, and that he would make it happen. So Trimble once again began the process to locate and acquire the materials and supplies he needed.

In November, many setbacks occurred that delayed progress. First there was a shortage of concrete anchors which were needed to secure the walls to the concrete pad. Trimble and Davis searched all over Kandahar Airfield determined to locate the elusive items. They finally received the anchors from the Seabees and the work continued. Davis, Harris and members of F



... BUT JUST AS THEY WERE ABOUT TO BEGIN, A LARGE PORTION OF THE WOOD NECESSARY TO COMPLETE THE TASK **CAME UP MISSING AND THE WORK AGAIN CAME TO A HALT.**

Company, Task Force Shadow, began building and setting the walls, but just as they were about to begin a large portion of the wood necessary to complete the task came up missing and the work again came to a halt. By this time, Trimble was willing to try anything to replace the wood that was taken. A request for materials and supplies was put out on a KAF All message.

Just when it seemed as if he had reached the end of his campaign, positive, helpful messages started pouring in, offering an abundance of supplies and materials that at times had to be loaded with no less than three light medium tactical vehicles at the same time. He, Davis, Harris and Soldiers from Fox-trot and Delta companies built the coffee house with what they could

find, staying as close to the original blueprints as they could in order to complete the project in a timely manner.

What took five months to begin, took eight weeks to finish.

With the majority of the work done, the Soldiers of Task Force Shadow and Task Force Destiny as a whole have a first class facility that provides MWR and ministry team support 24-hours-a-day.

If you want to know how the Soldiers feel about the new coffee house, go down to Mustang Ramp and see for yourself, relax, socialize, watch some TV, peruse the enormous selection of donated books, movies and snacks, and don't forget to get at least one piping hot cup of coffee to capitalize on the entire moment.

NCO Task Force No Mercy Induction Ceremony

Story by Spc. Jonathan Williams, Task Force No Mercy Unit Public Affairs Representative
Photos by Sgt. Tracy Weeden, Task Force Destiny Public Affairs Noncommissioned Officer

Having roots that grow all the way back to the Roman Empire, the noncommissioned officer's duty was to lead and maintain order and discipline. The modern idea of the Noncommissioned Officer sprouted in 1778 when General-Baron Friedrich Wilhelm von Steuben wrote, Valley Forge, "Regulations for the Order and Discipline of the troops of the United States," also known as the "Blue Book."

The NCO Corps, described as the glue that holds the Army together by Chief of Staff of the Army Gen. George W. Casey is the "Backbone of the Army."

Dec. 21, 2010, Task Force No Mercy welcomed Command Sgt. Maj. Annette Hunter as the guest speaker at the TFNM Noncommissioned Officer Induction Ceremony.

"As NCOs, if we want to know where to begin to get some guidance and build a great foundation, I recommend the NCO Creed," said Hunter.

Hunter deciphered the Creed of the Noncommissioned Officer.

"No one is more professional than I; I am a non-commissioned officer, a leader of Soldiers," she quoted from the Creed.

"This is the standard in which you should measure



yourself," said Hunter. "You should want to exude professionalism in all that you do and say. Believe it or not, someone is always watching what you do and how you do it."

The NCO Induction Ceremony depicted the duties and responsibilities of the NCO, as well as the traditions they spawned from.

"I will discharge carefully and diligently the duties of the grade to which I have been promoted and uphold the traditions and standards of the Army," recited Staff Sgt. Kevin Simpson.

The Charge of the Noncommissioned Officer explained the responsibilities and obligations to the new NCOs.

In conjunction with the Charge came the Soldier's Request.

"Treat me with respect Sergeant, for no heart in the entire world is more loyal than the heart of an American Soldier," recited Spc. Jonathan Williams. "Do not beat my spirit with your words Sergeant. For though I will do what you ask, your patience, guidance, and understanding will more quickly teach me to be, know and do."

The purpose of the Soldiers Request was to remind the new NCOs to be respectful when dealing with their

Soldiers. The request ensures the NCOs remember that leaders need not command with their fist, but with their heart, for respect is a reciprocating invention.

“We must never forget that the primary duties of a sergeant are to train and take care of that Soldier’s every need. A good NCO must know his Soldiers inside and out. He must know their weaknesses and strengths. He must know the level of training of each individual Soldier and if that Soldier can work well with others, especially when they are placed in a very stressful situation – like combat,” written in Field Manual 7-22.7.

The junior NCOs crossed the archway, a signal of their transformation from Soldiers to noncommissioned officers.

Twenty-six of Task Force No Mercy’s finest were inducted into the time-honored Corps of the Noncommissioned Officer. Like the legionaries of Roman times, their new duty is to lead and maintain order and discipline.





FOUR THE LOVE *of* COUNTRY

**Story and photos by
Sgt. Richard S. Carreon**

***Task Force Dragon
Unit Public Affairs Representative***

Four Task Force Dragon Soldiers of Headquarters and Headquarters Company extended their commitment to the United States Army Oct. 10 aboard a CH-47 Chinook helicopter in southern Afghanistan.

Staff Sgt. Mark Ellis, intelligence noncommissioned officer in charge, Cpl. Mary Sobotik, flight operations specialist, Spc. Carlos Nieves, flight operations specialist, and Spc. Alexander Spellman, medic, proudly boarded the aircraft to recite their oath of reenlistment given by Lt. Col.

Charles R. Bowery Jr., TF Dragon commander.

Reenlisting Soldiers is the most rewarding task as a commander, said Bowery. It makes him proud to retain quality Soldiers within the Army under his command.

Ellis, from Wabash, Ind., served 16 years in the Air Force before joining the Army in 2007. He reenlisted indefinitely “for love of country,” Ellis said. “I have 19 years of continuous service to our blessed country.”

“In addition to being a great staff NCO, he sets a superb example of professionalism for our junior Soldiers,” said Bowery.

Ellis reenlisted to stay with his

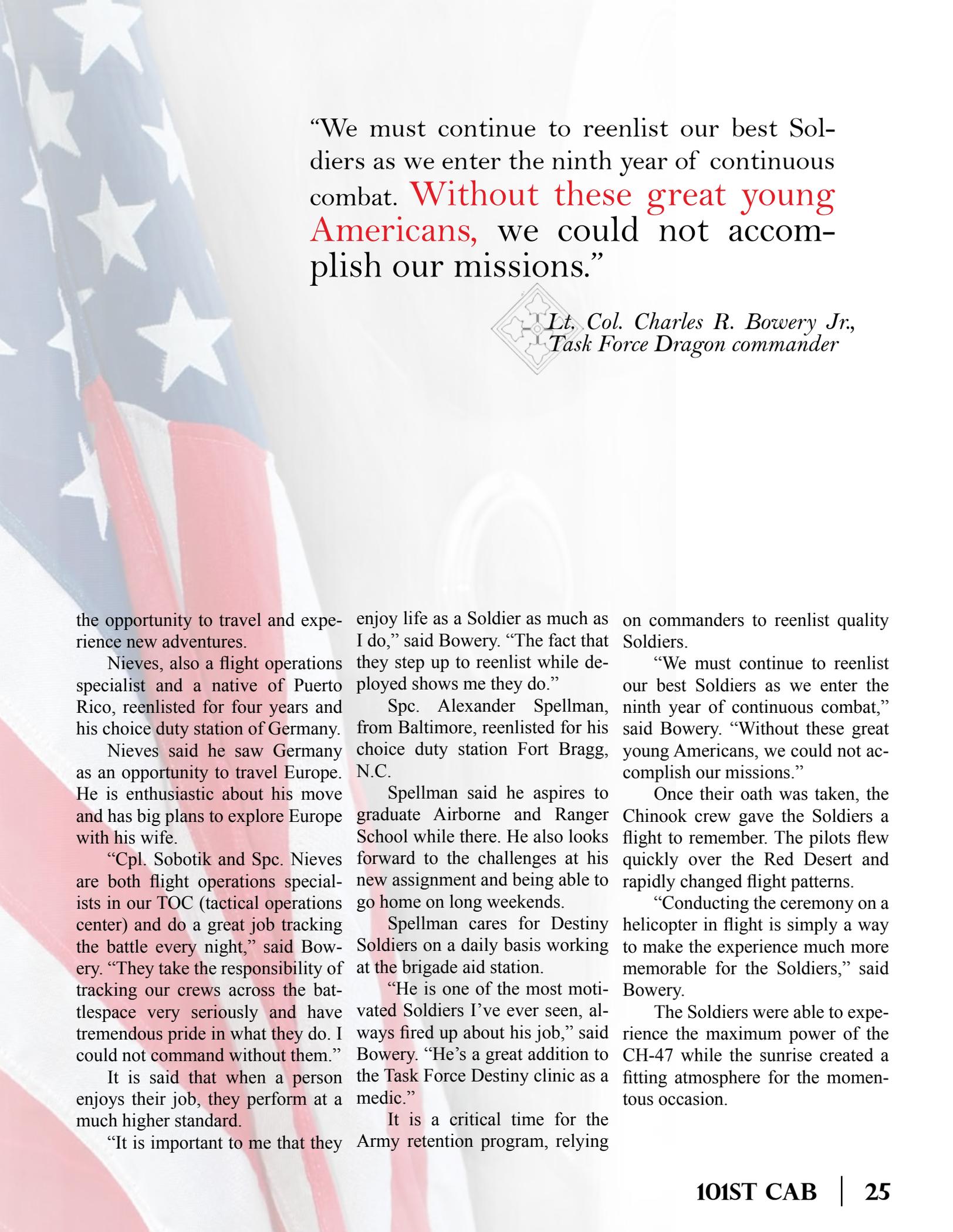
unit, 1st Battalion, 4th Combat Aviation Brigade at Fort Bliss, Texas.

Sobotik, a single mother of two and native of Corinth, Texas, reenlisted for her choice duty station in Hawaii.

She has served in the Army for a total of seven and a half years, including six years as an ammunition specialist before reclassifying to become a flight operations specialist last year.

Sobotik said she was longing for an assignment in Hawaii for a while. She is looking forward to her move and spending time with her children.

An added bonus to being “Army Strong” is being afforded



“We must continue to reenlist our best Soldiers as we enter the ninth year of continuous combat. **Without these great young Americans,** we could not accomplish our missions.”



*Lt. Col. Charles R. Bowery Jr.,
Task Force Dragon commander*

the opportunity to travel and experience new adventures.

Nieves, also a flight operations specialist and a native of Puerto Rico, reenlisted for four years and his choice duty station of Germany.

Nieves said he saw Germany as an opportunity to travel Europe. He is enthusiastic about his move and has big plans to explore Europe with his wife.

“Cpl. Sobotik and Spc. Nieves are both flight operations specialists in our TOC (tactical operations center) and do a great job tracking the battle every night,” said Bowery. “They take the responsibility of tracking our crews across the battlespace very seriously and have tremendous pride in what they do. I could not command without them.”

It is said that when a person enjoys their job, they perform at a much higher standard.

“It is important to me that they

enjoy life as a Soldier as much as I do,” said Bowery. “The fact that they step up to reenlist while deployed shows me they do.”

Spc. Alexander Spellman, from Baltimore, reenlisted for his choice duty station Fort Bragg, N.C.

Spellman said he aspires to graduate Airborne and Ranger School while there. He also looks forward to the challenges at his new assignment and being able to go home on long weekends.

Spellman cares for Destiny Soldiers on a daily basis working at the brigade aid station.

“He is one of the most motivated Soldiers I’ve ever seen, always fired up about his job,” said Bowery. “He’s a great addition to the Task Force Destiny clinic as a medic.”

It is a critical time for the Army retention program, relying

on commanders to reenlist quality Soldiers.

“We must continue to reenlist our best Soldiers as we enter the ninth year of continuous combat,” said Bowery. “Without these great young Americans, we could not accomplish our missions.”

Once their oath was taken, the Chinook crew gave the Soldiers a flight to remember. The pilots flew quickly over the Red Desert and rapidly changed flight patterns.

“Conducting the ceremony on a helicopter in flight is simply a way to make the experience much more memorable for the Soldiers,” said Bowery.

The Soldiers were able to experience the maximum power of the CH-47 while the sunrise created a fitting atmosphere for the momentous occasion.

STAY FLYING *On The* WINGS OF DESTINY

Story by 1st Sgt. Carlton E. Lumbley
Delta Co., Task Force Dragon

The Vice Chief of Staff of the Army, Gen. Peter Chiarelli, conducted a battlefield circulation Dec. 7, 2010 visiting the Soldiers of Task Force Destiny at Kandahar Airfield, Afghanistan.

During his visit, Chiarelli had the opportunity to administer the Oath of Reenlistment to 10 Soldiers assigned to the brigade. Prior to administering the oath, the vice chief took a moment to hand out coins and thank the Soldiers for their dedicated service and their decision to reenlist.

“Our fellow American citizens treasure, honor and appreciate what the Soldiers are doing,” said Chiarelli. “These men and women defend our nation and its allies while upholding freedom and democracy.”

The ceremony was a first reenlistment for many of the Soldiers in a combat zone.

“This is a special occasion for me, to have the Vice Chief of Staff of the Army administer my first Oath of Reenlistment.” said Spc. Carla Holden, Headquarters and Headquarters Company Task Force Dragon, 1st Battalion, 4th Aviation Regiment, Attack Reconnaissance

Battalion. “This is something I will always remember throughout my military career.”

After the reenlistment ceremony, the vice chief met briefly with the senior leaders and staff for an operations and intelligence brief at the brigade headquarters.

His next stop was a surprise visit with the aviation Soldiers of Alpha and Delta companies, Task Force Dragon, which is commanded by Lt. Col. Charles R. Bowery, Jr. and Command Sgt. Maj. Timothy C. Todd. The vice chief thanked the maintainers and crew chiefs for their hard work and the long hours sustained to maintain one of the Army’s most expensive and complex pieces of equipment, the AH-64D Apache Longbow attack helicopter. The Soldiers were delighted to shake hands and talk with the vice chief on a myriad of topics ranging from military pay increases, the controversial repeal of “Don’t Ask, Don’t Tell,” and his favorite football team.

The visit culminated with the presentation of a hellfire coin by 1st Sgt. Carlton Lumbley, Delta Company, Task Force Dragon, to the vice chief on behalf of all the Soldiers assigned to Task Force Dragon.



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Story by Sgt. 1st Class Henry Frazier
TF Troubleshooters Career Counselor

The Army is on record pace to accomplish the retention objectives for the year, which is both good and bad for our Soldiers. With most commands close to accomplishing their retention objectives, the Army has made some changes to policy in an effort to slow the pace of reenlistments. With this, the reenlistment options have been restricted in accordance with Policy Message 11-02, dated Dec. 14, 2010. The following changes are now in effect:

Soldiers must reenlist for enough time to exceed their current expiration of term of service date by one year for all options.

A private first class may only reenlist if offered a Tier 2 or higher reenlistment bonus.

Initial term Soldiers, those who have

not reenlisted before, serving in balanced, (no/no) and understrengthened (yes/no) military occupational specialties are no longer eligible to reenlist for the training option to change their MOS.

The exception for mid-career Soldiers in a balanced (N/N) MOS to request the Army Training Option no longer exists.

Career Soldiers with less than 10 years are offered only the Regular Army Reenlistment Option.

Deployed Soldiers are no longer eligible to reenlist for 2 years for the Current Station Stabilization Reenlistment Option.

We appreciate the support of everyone that has led to the tremendous success of our deployed retention program. Those Soldiers thinking about “Staying Army” should be encouraged to take action as soon as possible, as their options could be further reduced once Force Command gets within 80 percent of accomplishing their retention objectives. Most Soldiers are still eligible for the deployed bonus and should take advantage of this opportunity to receive this bonus, as well as MOS-specific bonuses that will be taxed at 28 percent once we redeploy.



“Our fellow American citizens treasure, honor and appreciate what the Soldiers are doing,” the Vice Chief stated, “These men and women defend our nation and its allies while upholding freedom and democracy.”



A Task Force Destiny, 101st Combat Aviation Brigade CH-47 Chinook helicopter piloted by Capt. David Jenkins and Chief Warrant Officer 2 Andrew Lau pick up accumulated slings left from previous resupply missions delivered to Task Force Knight, 1st Battalion, 66th Armor Regiment, 1st Brigade Combat Team, 4th Infantry Division Soldiers on a mountainside along the Operational Coordination Center District in the Arghandab River Valley of southern Afghanistan Nov. 8, 2010.

Photo by Sgt. 1st Class Sadie Bleistein