



1/181st Infantry Regiment

Around the Powder Horn

"Keep Your Powder Dry"



February 27, 2011

Volume 10

A Co., 1/181, Nurtures Agricultural Development in Kapisa

By Staff Sgt. Kyle Braiser

TAGAB, Afghanistan — A pomegranate orchard is an odd place to fight a war, but the lessons taught by American agricultural experts could help local farmers have more successful crops in the future.

Members of the Kapisa Provincial Reconstruction Team (PRT) conducted a three-day agricultural training with members of Kentucky and Missouri Agribusiness Development Teams (ADT) for more than 70 local residents near the Tagab District Center beginning Jan. 25.

"This training was a bigger success than we could have ever envisioned. We had hoped to be able to train around 30 farmers, but we were able to train over 70," said Erik Jacob, a representative from U.S. Agency for International Development (USAID). "The government of Kapisa really stepped up to allow this training to happen."

Throughout the training, local residents were able to learn proper pruning techniques that will help to provide a more fruitful yield in the upcoming years. This training is part of an ongoing campaign to help the Tagab District increase the economy through agriculture.

"By cutting out excess branches you force the tree to put more energy into the fruit and you will develop a higher quality fruit," said Lt. Col. Garland Goodrich, of the Kentucky ADT.

Farmers started their training on young trees and were shown how to properly groom the tree from the beginning. On the second day the training moved to an overgrown orchard where they discussed how over time the trees can be trimmed to be the most



Photo by Staff Sgt. Kyle Brasier

A farmer from the Tagab Valley demonstrates how to remove a branch from an overgrown pomegranate tree during hands-on training in Kapisa Province Jan. 27.

productive.

"It was a very good training and we are very happy with it. We are farmers and we want someone to help us. We need to be taught how to reduce the diseases that damage our yield and how to in-

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Continuing Assistance to the Afghan People

By Spc. Michael Broughey

CAMP PHOENIX, Afghanistan — Following the golden rule, members of the 1-181st Infantry Regiment have spent the past few months building relationships with local Afghan leaders to try to provide more assistance to their neighbors.

More than a dozen members of the 1-181st walked the short distance to the village of Ud Khel, which borders the base to the South and East, in order to keep residents warm with jackets and blankets — collected through the Operation Outreach Afghanistan program — Jan. 18.

Ustad Bashir, an Ud Khel native and member of the local Afghan Youth Council, welcomed the Soldiers on the humanitarian aid mission outside his residence on the sunny, but brisk winter afternoon.

The mission empowers Bashir and shows good will among

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Photo by 1st Sgt. David Parella

Spc. Norbert Borowski, a scout with 1st Plt., meets a group of children in Ud Khel as they patiently wait to receive donations Jan. 18.

Base Defender Spotlight: Maintaining a Secure Entry Control Point

By Capt. John Quinn

CAMP PHOENIX, Afghanistan – Neither long hours in the snow nor the upcoming months in the sun has a chance against diligence and discipline of security forces at the busiest entrance-way on the base outside the chow hall.

Members of 2nd Platoon, who manned the main Entry Control Point (ECP) from November to January, agreed that the job is tough, but important since it keeps thousands of military and civilian personnel safe.

On the other hand, the best part of working there is interacting with Afghans, Coalition Forces and especially with the local man known as “Rambo,” the Kabul resident who has helped ensure the safety of the base for about a decade, according to Sgt. Jeremy Miller.

“He’s a valuable asset,” Miller said, adding Rambo, who serves as the first line of defense, works hard, from 5 a.m. until the gate closes to traffic around 8 p.m.

Miller said Rambo, who directs traffic with his well-worn

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Photo by Capt. John Quinn
Pfc. Adam Flaherty and the local Afghan known as Rambo are interviewed by Channel 5 WCVB reporter Sean Kelley at an ECP on Camp Phoenix Jan. 31.

Proper Nutrition Guidelines You Can Follow in the Chow Hall

By Spc. Jason Brown

In the Army eating healthy becomes a little more difficult when one is left to the whim of the dining facility. With this in mind, it is impossible for someone to monitor their macronutrient (protein, carbohydrates and fat) intake when they are simply unaware what is going into the foods they are eating.

Consequently, liberal amounts of additives are added to the foods we consume daily from a military dining facility. So the

question is how can we disseminate between what is good and bad and what will inevitably support your weight-loss and healthy living goals?

“If it doesn’t run, fly, swim or isn’t green, don’t eat it!”

This simple quote from a world renowned strength coach Charles Poliquin is startlingly true, yet extremely difficult to abide by. This is, however, a guideline to use for most of your food choices. Indeed most of our food choices should contain some type of protein (meat) and some type of carbohydrates (fruits and vegetables) and fat (oils and nuts).

Obviously there are extenuations to this rule. This is simply a baseline and something to keep in mind. Some exceptions to this rule include some other complex carbohydrates, i.e. oatmeal, brown rice, whole wheat bread, etc.

Complex carbohydrate consumption should be at optimal times meaning nutrient timing is just as important as your food choices. We should be mindful to consume the bulk of our carbohydrates upon waking and around times of the day when our energy expenditure is the highest, i.e. physical training.

To make this as simple as possible I will give you an example of a full day’s worth of healthy meals that are readily available at any military dining facility. Keep in mind, there are still going to be harmful additives to most of these foods, but here is a meal plan that accounts for that obstacle

<p>Meal One: Breakfast One serving of oatmeal Two hard-boiled eggs One piece of fruit One cup of black coffee Two pieces of whole wheat bread</p>
<p>Meal Two: Snack One piece of fruit Handful of mixed nuts</p>
<p>Meal Three: Lunch Grilled chicken One serving of mixed vegetables One piece of fruit</p>
<p>Meal Four: Snack Handful of mixed nuts</p>
<p>Meal Five: Dinner Chicken, steak, or fish Two servings of vegetables</p>

since most of the choices are foods cannot be tampered with.

Keep in mind that most of these foods, if not all, are going to have additional fat (especially protein sources) from the dining facilities cooking process so being even more cognizant of your nutrient timing and food choices is paramount.

In conclusion, when your only choice is a military dining facility, eating healthy doesn’t mean you have to eat haphazardly. There are measures to compensate for having limited healthy choices. Keeping Coach Poliquin’s rule in mind will serve as a guide for your dieting success.



Photo by Tech. Sgt. Matthew Lohr
Petty Officer 2nd Class Francine Henry, a culinary specialist, slices a pepper as she prepares lunch for Khowst PRT at Forward Operating Base Chapman Dec. 19.

Around the Provincial Reconstruction Teams



Photo courtesy of 3-4th Infantry Public Affairs
Capt. Thomas Clark, Camp Alamo Garrison Commander from C Co., 1/181, welcomes Vice President Joe Biden during his visit to Afghan Soldiers at Kabul Military Training Compound Jan. 10.



Photo by 1st Lt. Matt Schroff
Engineer Mumtaz Omerzai of the Hamidi Construction Co., discusses progress on the Malalai Girl's School with Capt. Andrew Oxlade and Warrant Officer Robert Gourley of Uruzgan PRT during a worksite visit Feb. 1.



Courtesy Photo
Gen. David Petraeus, commander of International Security Assistance Forces in Afghanistan, meets 1st Lt. Sean Klay of Headquarters Co., 1/181, during a visit with Laghman PRT Feb. 7.

Lt. Col. Scott Sallaway Ends His Tour as Physician Assistant

By Cpt. John Quinn

CAMP PHOENIX, Afghanistan — As a physician assistant, Lt. Col. Scott Sallaway certainly left his mark on the members of the 1/181 and not just the Soldiers who needed triage.

Some Soldiers met Sallaway while visiting the Troop Medical Center at Camp Edwards, Mass., during Annual Training in June, but most of the unit didn't get the opportunity until the unit mobilized in July to train at Camp Atterbury, Ind.

Sallaway, who's been a serving physician assistant (PA) in both the Army National Guard and as a civilian since 1995, said Afghanistan was different from the battlefield injuries he treated during his first combat tour in Iraq in 2003 and the cases he saw as a result of Hurricane Katrina's devastation in 2005.

"Nothing was really unexpected, this being my fourth tour. I knew what to expect and how to get around it," Sallaway said, adding he deployed to Iraq again in 2009.

Sallaway resuscitated a Department of Defense civilian, revived a member of HHC's 1st Platoon and assisted a Soldier in a passing convoy after they had medical emergencies.

"Whenever you get the opportunity to do something to save a life it is very rewarding," Sallaway said.

Even though he left earlier this month, Sallaway said the battalion is in good hands with his replacement, 1st Lt. Christopher Hanson, a paramedic who previously deployed with the 1/181 to Cuba as a medic from the 1/182.

"Part of me really doesn't want to go home," Sallaway said, adding he will miss the trip home with the rest of the battalion.

"That is a great ride," Sallaway said, adding not to worry be-



Photo by Sgt. 1st Class Efrain Quinones
Lt. Col. Scott Sallaway rides in the back of a MRAP during his visit to Kandahar Province Dec. 1, 2010.

cause he plans to meet the members of the 1/181 with a medical team to help coordinate the post-deployment process.

Sallaway said Soldiers face a variety of issues upon returning to the U.S. He added whether they are physical injuries or emotional concerns, Soldiers should take the time to address them.

"You get a broken arm, you go to the doctor to get it fixed," Sallaway said, adding he's there to help people get back to their families.

"The hardest part is adjusting to how they've changed," Sallaway said, adding he looks forward to reuniting with his wife and four children — ages 8 to 19.

More Photos From the Provincial Reconstruction Teams



Photo by Tech. Sgt. Matthew Lohr
Children at an orphanage in Khowst City pack into a school room as they prepare to receive donated blankets, shirts, scarves and school supplies from Khost PRT Feb. 1.



Photo by 2nd Lt. Chase McFarland
Staff Sgt. Daniel Oldford of B Co., 1/181, with Laghman PRT, provides security as U.S. Ambassador to Afghanistan Karl W. Eikenberry walks to the governor's compound for a press conference during his visit Feb. 14.



Photo by Staff Sgt. Brian Ferguson
Pfc. Brian Jackson, D Co., 1/181, pulls security as members of Zabul PRT and International Security Assistance Forces return from the Shamulzai District Center Feb. 2. The PRT traveled to Shamulzai to meet with Afghan forces and discuss issues with the new District Gov. Haji Faisal Bari.



Photo by Sr. Airman Courtney Witt
Members of D. Co., with Ghazni PRT walk behind a soldier engaging in conversation during a village assessment in Touheed Abad, Ghazni Province, Feb. 6.

Headquarters Co., Soldiers Work with Afghans to Maintain Security

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baseball bat, knows the drivers who make deliveries, identifies people who don't belong or who could cause trouble and keeps order at the main gate.

Staff Sgt. Eric Schultz said this is essential since an average of 900 personnel and 100 trucks need to be searched and secured before they enter through the main gate on a daily basis. He added about 900 vehicles pass in and out of the ECP at Camp Phoenix each day, which adds to the congestion and must be coordinated by the American and French Soldiers at the gate.

Sgt. Derek Arroyo said the biggest challenge is maintaining focus while on shift, which usually lasts about eight to 14 hours a day.

"You've got to rotate people to keep them fresh," Arroyo said, adding the platoon's leadership moved Soldiers from the main gate to nearby towers when they could.

Soldiers at the gate often treat Afghans who come seeking medical attention, usually for burns, broken bones or from accidents which occur along Jalalabad Highway, a four-lane road which serves as a major conduit and passes along the base.

"Just be on your toes, ready for anything," Arroyo said, adding they wouldn't be able to be so successful without the local Afghans who serve as linguists and who know the people so well.

Members of 1st Platoon, who conducted patrols on foot since arriving at Phoenix, took over the ECP about three weeks ago and found 2nd Platoon left them a good base of procedures and policies to build upon.

Sgt. Michael Letourneau said as with

their predecessors, the medics treat Afghan citizens who come seeking medical attention. He added he sees more burns and lacerations than anything else, but he's already ordering a slew of additional medical supplies to be ready.

Cpl. Michael Sutherland and Spec. Harry Staruk said the ECP is different from patrolling, but being in a static position is no less dangerous and has its benefits, especially since they have a somewhat set schedule.

Pfc. Douglas Nading said the biggest challenge is dealing with large convoys which have to wind through the ECP and clearing traffic jams that result. He added the best part is meeting the various people who come through the gates.

"You get to learn a lot about their culture while guarding the gate," Nading said.



Photo by 1st Sgt. David Parella

Spc. Arthur Ventura, a member of 1st Plt., hands over clothes and blankets to grateful villagers and families who live in Ud Khel near Camp Phoenix Jan. 18.

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villagers, which could improve relations between Afghans and Americans and ensures the overall area is safe and secure for all.

Staff Sgt. Joseph Courchesne, a member of 1st Platoon who was patrol leader for the mission, said each of the 16 Soldiers carried a rucksack, which contained a total of 180 items of clothing, 40

Donations for the Winter

winter blankets and some stuffed animals as well.

“There were about 200 people who came to us and then everything was gone,” Courchesne said, adding “We were invited by Bashir to come have kabobs for lunch the next time we came out to the village.”

Pvt. Douglas Nading, a rifleman from 1st Platoon, maintained perimeter security for the event. He quickly noticed the crowd of children who gathered in the alley when Soldiers began unloading their donations.

“All I could see was children,” Nading said.

Pfc. Carlos Tomazini, a rifleman from 1st Platoon who also maintained security, said the mission helped many of the villagers by providing warm clothes for the winter.

Bashir is also assisting the 1/181 with coordinating a construction project to clean the open sewers outside of a mosque in Ud Khel using local Afghan contractors.

On Feb. 1, members of 181’s 2nd Platoon returned to the village in vehicles for another humanitarian mission. They brought more supplies to the youth center and allowed Bashir to distribute them to the villagers in need.

Ud Khel is a village of about 10,000 people, mostly of Pashtun descent, with a growing number of small-business owners amongst a traditionally agricultural economy.

A Co., Provides Security While Afghans Prepare for the Harvest

POMEGRANATE continued from Page 1

crease the fruit that we produce. The training was amazing for me,” a local farmer explained through an interpreter.

This training was conducted to help the farmers of Tagab understand practices that will better help the care of their gardens and trees. Most farmers weren’t familiar with proper pruning techniques to increase the yield of their orchards, Tagab District subgovernor Akhumzada explained.

Through this training they’ve learned these things and their trees will produce very good fruit, he added.

One of the concerns going into the training was that many of these people were farming the way they had been taught by generations of farmers before them.

“We are teaching them something that we think is basic but is completely foreign to them and may be greatly resisted at first,” Jacob said. “They are going to see trees that are large, bountiful and fruit-bearing and then prune them into a skinny, little, chopped-down version of that. The results are not immediate. It may take nine months before they see why we made it into these skinny trees.”

The farmers didn’t resist what they were being taught but embraced it.

“They were very involved; they started off quiet at the beginning of the training but became very involved with the hands-on section. They were very eager to learn about the pruning techniques,” said Sgt. Guadalupe Rios, of the Missouri ADT.

“This training has been in the works for over three months,” Jacob said. “Due to the improved security we were able to conduct it and we are hoping to conduct even more in the future.”

This training is part of a global pomegranate development project carried out by the stability operational office of French Task Force Lafayette. It consists of improving the pomegranate produc-



Photo by Staff Sgt. Kyle Brasier

A fully grown pomegranate is shown during hands-on training for local farmers of Tagab District in Kapisa Province Jan. 26.

tion in the Tagab Valley. There is a plan to install a storage warehouse and to sell products on the local market.

Kapisa PRT assists the Government of the Islamic Republic of Afghanistan in providing a secure, stable environment for reconstruction efforts by increasing government officials’ capabilities and capacities. The Tagab pomegranate training project is an example of the development projects the PRT is using to connect the government to the people and to improve quality of life in the province.

The Meaning of Lent

By Chaplain Michael Moody

This spring many people celebrate the ancient custom of Lent: a period of 40 days of self-examination before Christian Easter. This is when we tighten the belt and examine our priorities.

Every family in this unit has made a sacrifice for the flag this year, being separated for a deployment: we have set military service as a priority. But we can always do better.

Relationships during the deployment can be strained, feelings hurt, intentions misunderstood, or important dates forgotten. We react and sometimes are not understanding or compassionate. Now, during this Lent, is a time to renew those bonds, forget the dark seasons of our relationships and push on.

My Christian tradition during this time has been to say this prayer, which is 1,700 years old and originally in Aramaic, the language of Jesus: "Lord and Master of my life grant to me a spirit, an attitude of humility, patience and love. Grant me that I may see my own faults and not judge my brother. Amen."

Remember after Lent comes Easter, a resurrection. When we lay behind the mistakes of past relationships, a Lent so to speak, then we can experience a renewal, a resurrection, by God's grace.

Commander's Corner

March is upon us, the winds will be changing and the halfway mark of our mobilization has past. Boxes of small comfort items continue to arrive. Thank You! It's great to see the uninterrupted support from back home. Recently, I went on leave and couldn't believe the amount of snow on the ground in central Mass. While there, a few more storms added two more feet of snow. Yes, I did the shoveling. It was nice to stop in at a Family Assistance Center and see the goings-on. Meetings, children's activities, T-shirt and cookbook fundraisers, and other events are keeping family members involved. If you have not been active, there is time and always an opportunity to connect with the Family Readiness Group.

At this time in our rotation, it is important for leaders to continue to check the small things. This includes mission preparedness as well as family readiness issues. Ensuring maintenance of personal and platoon equipment is part of troop leading procedures and pre-combat inspections. A Soldier having an opportunity to reach back to family and friends through e-mail, phone calls, Skype and even snail mail, is part of the mental well-being that keeps morale high. Some Soldiers may find it easier to make the connection than others, so patience in theater and back home is important to alleviate any anxiety due to the poor communication we have in this austere environment.

Soldiers of the Regiment, you are doing great and your collective units are performing admirably. Family and Friends, we appreciate your unwavering support more than you can imagine. Thank you for everything you are doing. Keep Your Powder Dry!

—Lt. Col. Tony Couture, Powder Horn 6



Photo by Sr. Airman Courtney Witt

Cpl. Manuel Gonzalez, D Co., Ghazni PRT, keeps watch during a rally in Jaghori District of Ghazni Province Jan. 7.



Photo by Spc. Michael Broughey

Spc. Jaime Bueno, a rifleman for 3rd Platoon, Headquarters Co., carries two bags of winter clothing to be handed out to the local children by their parents during a humanitarian aid distribution mission to deliver blankets, winter clothes and shoes to the children of several families living in unused warehouse buildings outside Camp Phoenix, Afghanistan, Feb. 17.



Photo by Spc. Michael Broughey

To show how fast a building on Camp Phoenix can burn without intervention, a miniature house was built and filled with clothes, a desk, and a mattress and lit on fire, as a training exercise Dec. 17. Sgt. Aaron Cole, Sgt. 1st Class Sean Connor, and 1st Lt. Matthew Tina, all members of Headquarters and Headquarters Co., participated in the controlled burn with combat fire hoses and fire retardant foam.



PETERSBURG

The 1/181 earned a Petersburg streamer for involvement in the nine-month siege in Virginia during the Civil War between June 9, 1864 to March 25, 1865. Comprised of several smaller conflicts, the battle spread out along 30 miles of trench warfare between Petersburg and Richmond, Virginia.

