

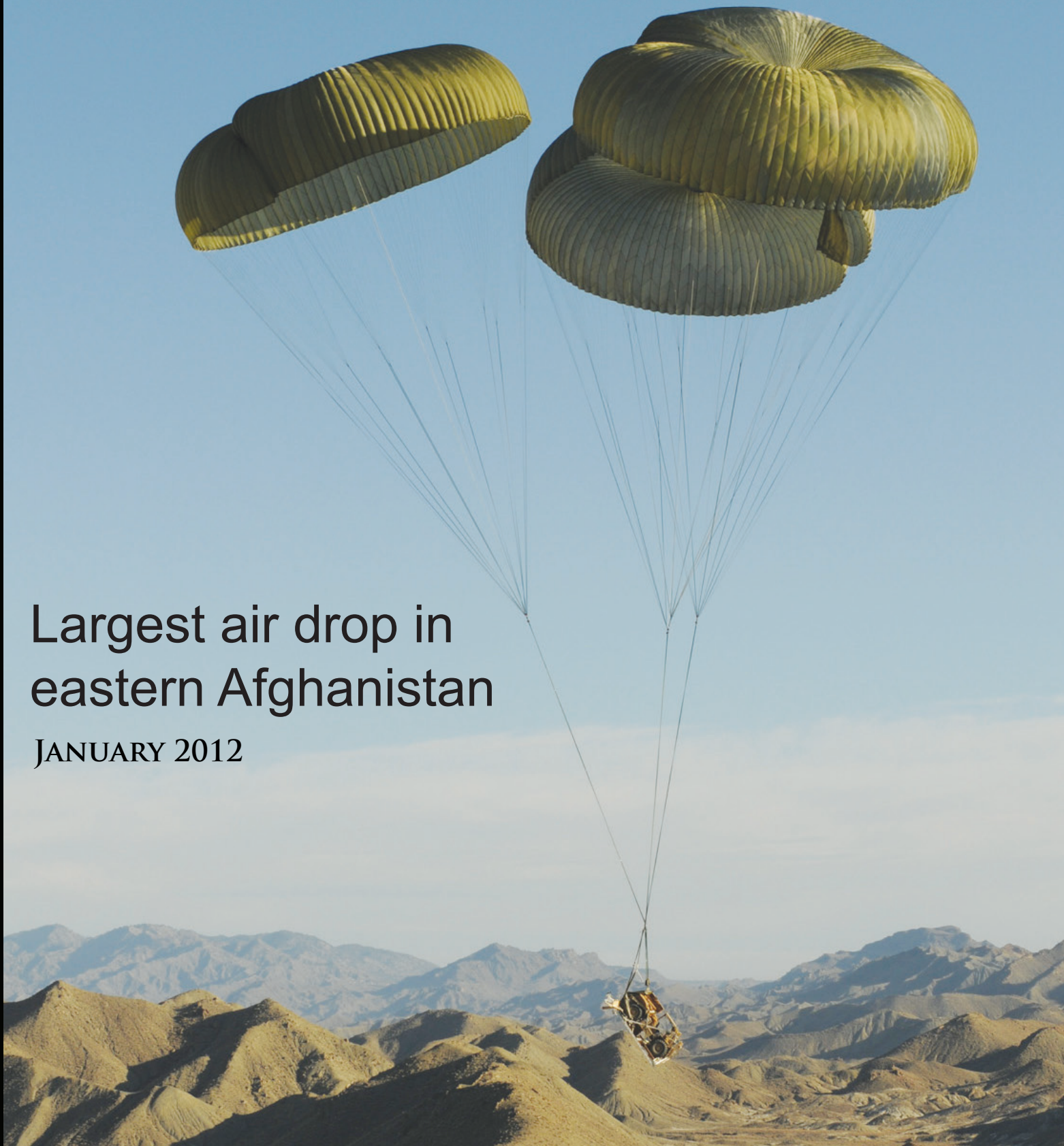
# WAT<sup>CH</sup>

FREEDOM  
AFGHANISTAN



Largest air drop in  
eastern Afghanistan

JANUARY 2012



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# FREEDOM WATCH

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*A platform carrying a 4K forklift descends onto the drop zone Nov. 23. (U.S. Army photo by Sgt. Andrea Merritt, RC-East PAO)*



U.S. Army Maj. George Smolinski, a native of St. Paul, Minn., and a physician with 1st Battalion, 26th Infantry Regiment, 3rd Brigade Combat Team, 1st Infantry Division, helps an Afghan boy get on his new bicycle on Forward Operating Base Salerno, Afghanistan, Nov. 28. (Photo by U.S. Army Sgt. Tobey White, TF Duke PAO)

# Club donates bike to Afghan child

By U.S. Army Sgt. Tobey White  
TF Duke PAO

Most people remember that fateful day when they received their first bike. For one Afghan boy, that day came on Forward Operating Base Salerno Nov. 28.

The bike was donated as part of the Germany-based Kaiserslautern Military Community Cycling club's program to provide Afghan children with better transportation, said U.S. Army Maj. George Smolinski, a physician with 1st Battalion, 26th Infantry Regiment, 3rd Brigade Combat Team, 1st Infantry Division.

Smolinski, a St. Paul, Minn. native, began coordinating with KMC Cycling in October on how best to transport and distribute the bikes.

"I was here [in Afghanistan] so we joined forces to make this happen," he said.

Servicemembers donated used bikes to the program, which were repaired by members of KMC Cycling. After the bikes had

been fixed they were mailed to Afghanistan.

"A lot of the kids are injured and biking is a great physical therapy for them," Smolinski said. "For young adults the bike will be a great means of transportation and can be used to haul equipment or groceries."

The boy, who is affectionately nicknamed "Hot Rod" for his propensity to navigate the hospital in his wheelchair then crutches, was brought in after a motor vehicle accident in May and remained in the hospital for two months while receiving treatments for his legs.

"He's become dear to myself and the others over the course of time he's been here," said U.S. Army Capt. Jeffrey Smith, a native of Oakland, Calif., and a nurse with the 352nd Combat Support Hospital. "The hardest thing for him about the bike is he has to keep his leg straight for two more weeks and won't be able to use it until then."

"This is a great first step we've taken here today and we hope to touch the lives of many more Afghani children through this program," added Smolinski. 🇺🇸



# “Dragoons” transform combat outpost

By U.S. Navy Petty Officer 1st Class Bill Steele  
RC-East PAO

When U.S. Army Soldiers from Company D, 1st Battalion, 26th Infantry Regiment, Task Force Duke, first arrived at this barren outpost near the Pakistan border to begin a yearlong deployment in January, they thought they had a good idea of what to expect.

The company's three platoons were replacing two redeploying platoons, so they knew facilities and amenities would likely be constrained.

They also figured that duty on a remote combat outpost would certainly be austere compared to larger Forward Operating Bases in Afghanistan.

Despite their low expectations, “Delta” Co. Soldiers were still shocked at the spartan conditions they inherited.

One working toilet and shower provided sanitation for 85 men and one female.

Two washing machines functioned, but required hand washing to get clothes clean. Worst of all, three B-Huts normally designed to house eight people each, were forced to accommodate more than 25 Soldiers.

“No other COP has the things we have,” said U.S. Army 1st Sgt. Raymond Butler, who hails from South Boston, Va. “Our Soldiers actually took the initiative and made something special.”

Butler said that after two months of hard work to fix basic essentials—the base now has 17 toilets and 18 showers—he and his Soldiers formulated a game plan to improve the recreational facilities. At the top of their wish list was a better gym, which at the time doubled as a dry storage facility. This required the Soldiers and Afghan carpenters to first build a new barn to move supplies from the storage facility. In late spring, they moved on to the pool hall and movie theatre. The final project was the octagon-shaped combatives pit, which was finished over the summer.

Butler, a licensed electrician who also worked on all of the projects, said that materials were purchased through regular supply chains and delivered via combat airlifts and truck stops.

“[[It was] a pretty easy process,” Butler said.

U.S. Army Capt. Joshua Wiles, Co. D commanding officer, said the improvements were done in tandem with the unit's core mission to disrupt insurgent facilitation routes into Afghanistan. Delta Company's area of operations includes Tani and Musa



U.S. Army Privates First Class Alan Smith, a Farmersville, Ohio native, and Justen Fisher of Killingly, Conn., go head-to-head while fellow Soldiers look on during Combatives Training Dec 1. (Photo by U.S. Navy Petty Officer 1st Class Bill Steele, RC-East PAO)

Recreational facilities? Forget it.

“There was nothing here,” said U.S. Army Pfc. Jacob Coberly, 21, a native of Hannibal, Mo. “It was depressing, worse than you could have imagined.”

Today, the “Dragoons” of Co. D enjoy living conditions that few could have dreamed of a year ago.

Their small outpost now boasts a sports complex with half-court basketball and combatives pit, a card room with regulation pool table, a movie theatre with amphitheatre-style seating, mini golf courses, and a host of other luxuries that would make Donald Trump feel right at home.

Remarkably, COP Narizah's expansion was conceived and built by the Soldiers themselves, with the help of skilled local Afghan carpenters.

Khel districts, known hotbeds of insurgent activity.

“We're still as busy as everyone else,” said Wiles, a native of Bradenton, Fla. “There's no reason that just because we are in combat and out in a COP, we can't have the same luxury items as Salerno or Bagram. They have the same mission that we have.”

For the Soldiers of Co. D, that mission is about to end. They are set to return home in late December.

Their replacements, and the Afghan Nation Security Forces scheduled to eventually take ownership of the base, will likely have little idea how much work their predecessors put into transforming this little corner of Afghanistan and how fortunate they are to have landed at COP Narizah.

“There's a good chance that they'll get here and think this is normal,” said Butler. 🇺🇸



# 203rd ANA Corps artillery tro

By U.S. Army Spc. Cody Barber  
RC-East PAO

As coalition forces begin surge recovery efforts in eastern Afghanistan, Afghan Security forces are taking on the hard work of training.

Afghan National Army Soldiers with 1st Kandak Field Artillery Regiment, 203rd ANA Corps conducted a comprehensive weapons training exercise in Khowst province Oct. 29-30 that will allow the ANA to take the driver's seat in training their own.

The two-day training event focused on the Russian D30, a 122-mm howitzer, and a variety of weapons ranging from the .50-caliber machine gun to rocket propelled grenades.

U.S. Army Capt. Adrian Chen, a field artillery mentor from Coral Springs, Fla., with 3rd Brigade Combat Team, 1st Infantry Division, made sure that the ANA could operate independently.

"Shooting these rounds and having them impact safely on the side of the mountain will prove that they are certified to fire their howitzers," said Chen. "Going through all the crew drills, procedures with the fire direction center, the observers and the gun line will help prove that these guys are ready to [conduct] independent operations."

"This will show that they can shoot artillery in support of their own troops," said U.S. Army Master Sgt. Tom Evans, from Orange, Texas. "They will be able to provide fire support for their

own Soldiers when they are in combat."

The second day's training familiarized the ANA with the weapons and gave their operations section the opportunity to plan and manage battalion-level operations.

"They are going to be cycling through all their Soldiers and each one of them is going to get a little chance to do some familiarization on every weapon and do a learning check," said Chen. "Each one of the (Afghan company) commanders is out here with their (operations officer) and it's a good opportunity for them to do some planning and execution."

An after action review focused on the ANA's weakness and strengths and what was learned when it comes to planning and executing training, said Chen.

"Right now it's pretty complex running a battalion-level range, bringing out ammunition, weapons and getting all the (Afghan companies) together," he said. "I was very impressed with their ability and how the (operations officer) is taking the lead on this. They are well on their way to conducting independent missions."

"You have to take time to slow things down and remember that they aren't as far along as your typical American Soldier would be," said U.S. Army Pfc. Kieran Drylie, of West Orange, N.J. "But they are progressing really well."

"The ANA have been very willing to learn and they are aggressive and they want to learn," said Chen. "The results couldn't have turned out better." 🇺🇸



Afghan artillery Soldiers, 1st Kandak Field Artillery, 203rd Corps Afghan National Army, fire a Russian-made 122-mm howitzer Oct. 29. (Photo by U.S. Army Spc. Cody Barber, RC-East PAO)





# ops train on heavy weapons



*An Afghan National Army Soldier from 1st Kandak Field Artillery, 203rd Corps Afghan National Army, fires the M249 machine gun as U.S. Soldiers look on during the heavy weapons live fire Oct. 31. (Photo by U.S. Army Spc. Cody Barber, RC-East PAO)*



*An Afghan Soldier, with 1st Kandak Field Artillery, 203rd Corps Afghan National Army, fires a U.S. made anti-tank rocket during a heavy weapons range Oct. 30. (Photo by U.S. Army Spc. Cody Barber, RC-East PAO)*



# W<sup>PHOTO</sup> WATCH







*An F-16 Fighting Falcon flies over rugged landscape during a mission Nov. 11, 2011. F-16s from the 121st Expeditionary Fighter Squadron and F-15 Strike Eagles from the 335th EFS dropped more than 9,000 lbs of munitions through severe weather on enemy forces trying to overrun a combat outpost in Paktika province Nov. 8. Their efforts helped kill 70 insurgents and resulted in zero coalition casualties. (Photo by U.S. Air Force Capt. Brandon Cyr, 22nd Expeditionary Air Refueling Squadron)*



An Afghan National Army and U.S. Soldier patrol through Paktya Province during Operation Shamshir III Nov. 29. The operation was meant to degrade the insurgency's ability to fight by eliminating safe havens and destroying weapon caches. (Photo by U.S. Army 1st Lt. Joshua Starks, TF Creek PAO)

# Operation Shamshir III weakens insurgency

By U.S. Army Staff Sgt. Erik Wolf  
TF Duke PAO

**A**fghan National Army and U.S. Soldiers kicked off a joint mission, known as Operation Shamshir III, in Paktya Province Nov. 28.

The mission, incorporating the ANA's 3rd Coy, 1st Kandak, 1st Brigade and the Oklahoma National Guard's 1st Battalion, 279th Infantry Regiment, was intended to deny enemy strongholds and destroy caches of weapons and ammunition.

The objective of their missions were based on intelligence and civil affairs reporting that showed where likely places for strongholds and caches could be found. ANA and U.S. Soldiers acted on these reports and executed a large-scale search that resulted in the seizure of several assault rifles, rocket-propelled grenades, artillery rounds, thousands of rounds of small-arms ammunition and materials for making improvised explosive devices.

One lasting effect of the mission was with the elimination of the weapons, it will be more difficult for the insurgency to restart combat operations during the upcoming fighting season, said U.S. Army 1st Lt. Joshua Starks, commander of Company B, 1st Bn., 279th Inf. Regt.

"Operation Shamshir III was a successful strike on the enemy's ability to quickly reengage fighting after the winter," said Starks.

U.S. Army Lt. Col. Chuck Booze, Task Force Creek commander and a native of Norman, Okla., attributed the success of the operation to the local villagers' negative opinion of the insurgency.

"This is a classic example of the population's distrust of the insurgency and cooperation with the ANA and coalition forces to rid the area of weapons and IED materials," said Booze.

"At present, security is the villager's greatest concern in our area," said ANA Maj. Gulam Habib, 3rd Coy commander. "With this successful operation [Afghan National Security Forces] will be able to reduce the enemy's ability to intimidate and threaten the local population." 🇦🇫



# Exercise tests Afghan doctors, medics

By U.S. Army Sgt. Richard Sherba  
RC-East PAO

Two simultaneous explosions a half-mile down the road from the Paktya Regional Military Hospital, here, disrupt a tranquil morning at Forward Operating Base Thunder, Nov. 16.

Within minutes, Afghan medics scrambled into three ambulances and raced to the scene to find a dozen hospital employees laid-out among the dirt mounds and grass fields, simulating injuries ranging from burns and chest wounds, to amputations and head trauma.

The PRMH is the Afghan National Security Force's Role III referral hospital for southeast Afghanistan that serves six provinces. Opened in 2007, the Afghan staff provides emergency medicine, general and orthopaedic surgery, intensive care services, general inpatient services, laboratory and radiology services as well as a variety of outpatient specialty clinics.

"Training and education are priorities in each section of the hospital," said Afghan National Army Brig. Gen. Sultan Gul Totakhil, commander of RC-East ANA Medical Region and PRMH. "This mass casualty exercise involves all Soldiers and medical personnel; ANA Soldiers have been trained and now they are demonstrating their knowledge."

A mass casualty scenario, consisting of patients with various traumas, is not that uncommon in Afghanistan. As winter

approaches and with it a lull in fighting, Afghan and U.S. medics took advantage of the time.

"The Soldiers and medical staff at PRMH have already experienced real world mass casualties. Since 80 percent of the patients the hospital treats are trauma casualties, like the ones being simulated today, this training is ideal for the medical staff," said U.S. Air Force Lt. Col. Gregory Feltenberger, deputy for the PRMH Medical Embedded Training Team.

"Training like today's mass casualty training exercise will ensure that PRMH will continue to be ready to meet the demands and responsibilities of providing care to the people of south-eastern Afghanistan," said Dr. Parwiz Sidiqi, an Afghan anaesthesiologist and intensive care unit doctor.

Dr. Nagibullah Asrar, an orthopaedic surgeon at PRMH, said the day's fast paced training tested all phases of the treatment process; from transport and triage to the emergency and operating rooms.

"When the patients were transported to the emergency room, each bed had its own doctor, doctor assistant and nurse waiting to treat the incoming casualties," said Asrar. "Two patients were moved to the operating room for surgery. They were then transferred to the intensive care unit after surgery for additional care."

Asrar hopes this type of training continues at PRMH and expressed gratitude to the coalition force mentors for the training and assistance they provide. 🇺🇸



Afghan doctors in the intensive care unit of Paktya Regional Military Hospital provide treatment for a simulated burn victim during a mass casualty training exercise held on Forward Operating Base Thunder Nov. 16. (Photo by U.S. Army Sgt. Richard Sherba, RC-East PAO)





# Largest air drop in e

By U.S. Army Sgt. Andrea Merritt  
RC-East PAO

With the inhospitable, mountainous terrain surrounding Forward Operating Base Curry making vehicle maneuver nearly impossible, units have relied heavily on air assets to receive supplies.

U.S. Army Soldiers from Company B, 9th Engineer Battalion, 172nd Infantry Brigade, Task Force Blackhawk, usually recover water, food, fuel and other classes of supplies from the drop zone, but on Nov. 23, an airdrop unlike all others took place and established a place in the history of Operation Enduring Freedom.

"Today we air dropped a 16-foot platform carrying an all-terrain forklift. It is one of six platforms ever dropped in theater," said Eagle, Colo. native, U.S. Army 1st Lt. Chelsea Craig, the 11th Quartermaster Detachment commander. "It is the first forklift dropped in theater and weighing in excess of 15,000 pounds, it is the heaviest platform ever dropped."

As the C-130 Hercules aircraft flew overhead, the back hatch opened and the crew pushed the platform carrying the historic load from the plane.

Within seconds, three parachutes opened and the platform descended onto the drop zone. Upon landing, the platform made a loud cracking noise as it came in contact with the earth's surface.

"Uh oh. That didn't sound good," said U.S. Army Maj. Michael Laporte, the 172nd Inf. Bde. support operations officer, as he watched from a tower overlooking the drop zone.

Once on the ground, engineer Soldiers ran over and inspected the new piece of equipment. Although the packing material encasing the equipment broke during landing, the forklift remained intact.

Every shadow of doubt about the operation's success disappeared when the Soldiers were able to start up the forklift and use it to load boxes onto the trucks.

"It went excellent," said Laporte, from Pleasantville, N.Y. "When it came out, it didn't look good, but we pulled off the drop and they were able to pick up kicker boxes using the forklift."

The company's material handling equipment contract expired Nov. 19, so the forklift was necessary to help complete tasks they conduct around FOB Curry on a daily basis.

"Our daily (combat outpost) sustainment tasks include picking up supplies from the (helicopter landing zone), recovering container delivery system drops and also moving equipment around the COP," said Andover, N.J. native, U.S. Army 1st Lt. Timothy Smith, executive officer for B Co., 9th En. Bn.

Although the load made history as the first forklift and heaviest load ever air dropped in theater, it is the added capabilities the forklift brings that made the drop worthwhile.

"It will now take the unit half the time to recover bundles that come in, which means they will spend less time on the drop zone and more time out of harm's way," Laporte said.

*Background Photo: A pile of packing material is set ablaze Nov. 23 at the drop zone near Forward Operating Base Curry. The material encased a forklift that was air dropped near the FOB and ensured its safe landing. (U.S. Army photo by Sgt. Andrea Merritt, RC-East PAO)*



*A platform carrying a 4K forklift falls from a C-130 Hercules Nov. 23 over a drop zone near Forward Operating Base Curry. (U.S. Army photo by Sgt. Andrea Merritt, RC-East PAO)*



*Soldiers from B Company, 9th Engineer Battalion, recover a 4K forklift at the drop zone near Forward Operating Base Curry Nov. 23. It was the first forklift ever dropped in theater and weighing 15,000 pounds, it was also the heaviest load ever air dropped in theater. (U.S. Army photo by Sgt. Andrea Merritt, RC-East PAO)*



# eastern Afghanistan



Forward Operating Base Curry. Weighing 15,000 pounds, it was the heaviest platform ever



Forward Operating Base Curry Nov. 23, 2001. The heaviest platform ever dropped. (U.S.



U.S. Army Cpl. John Taschke helps recover a parachute off the drop zone Nov. 23 near Forward Operating Base Curry. The parachute was one of three that helped a forklift descend safely to the ground. (U.S. Army photo by Sgt. Andrea Merritt, RC-East PAO)



# Courthouse brings rule of law to Paktika

By U.S. Army Spc. Robert Holland  
TF Blackhawk PAO

For citizens in Paktika province, a ribbon cutting ceremony signified a milestone in the modern history of this region in Afghanistan Nov. 28.

The official opening of the first provincial courthouse marked an end to a decade of lawlessness.

For a province of 600,000 Afghans, the filled courtyard was a sign of vested interest in how this new building will shape their future.

"Mother Afghanistan is calling. Islam is calling. Justice is calling. Today, we, the descendants of Genghis Khan, have answered this call," said Abdul Hakim, the provincial chief appellate judge. "Today, on this snake bitten landmass, on this cursed piece of dirt, we defy our history and define our future."

In attendance was U.S. Ambassador to Afghanistan, Ryan Crocker.

"Ten years ago the Taliban reduced this country to ruin," Crocker said. "It is heartening to see progress like this in 2011."

Hans G. Klemm, coordinating director of Rule of Law and Law Enforcement in Afghanistan, was also there to celebrate this momentous event.

"Terrorist, beware! We no longer sleep in fear. Our eyes are open, we do not dread your gun," said Hakim. "Tonight we own Paktika and you shall fear my pen of justice."

The enthusiasm shown by Hakim and the audience present at



Ryan Crocker, U.S. Ambassador to Afghanistan, speaks with Mohibullah Samim, governor of Paktika province, Nov. 28. (Photo by U.S. Army Spc. Robert Holland, TF Blackhawk PAO)

the ceremony did not go unnoticed by Klemm.

"Be confident of the commitment of the United States to Paktika," Klemm said. "In particular to rule of law."

Mohibullah Samim, governor of Paktika said that the situation in Paktika is improving and that he sees a bright future.

"Paktika is to Afghanistan what the mosque is to the diligent farmer: a lighthouse, a beacon, a symbol of the twin seedlings of hope and faith, a call to the community that we as Muslims place our gaze skyward, always looking up," he said. "Paktika, keep looking up!"



Mohibullah Samim (far right), Paktika's provincial governor, Ryan Crocker (center), U.S. Ambassador to Afghanistan, and U.S. Ambassador Hans G. Klemm, coordinating director of Rule of Law and Law Enforcement, cut the ribbon officially opening a new courthouse Nov. 28. (U.S. Army Photo by Spc. Robert Holland, TF Blackhawk PAO)





*Ammunition, weapons and bomb making material were recovered Nov. 30 during Afghan-led operations near Qara Khel village. The Afghan National Security Forces recovered a weapons cache and detained two suspected insurgents. (Photo by U.S. Army Sgt. Andrea Merritt, RC-East PAO)*

# Operation Tolfan a success

*By U.S. Army Sgt. Andrea Merritt  
RC-East PAO*

With Afghan National Security Forces scheduled to take over operations this spring, the success of Operation Tolfan proved forces in Paktika are capable of protecting their own.

During the Afghan-led operation conducted Nov. 30, ANSF, with little assistance from U.S. military assets, uncovered a weapons cache, captured suspected insurgents and killed two terrorists operating in the area.

"Today, the people of Paktika can feel pride in their military and police force," said U.S. Army Maj. Robert Gagnon, 3rd Battalion, 66th Armored Regiment security transition team advisor to the Afghan National Army 6th Kandak. "Today was a perfect example that ANSF are ready to take the lead this spring in operations. In this case, they demonstrated ANSF personnel are able to conduct a battalion-level operation with little to no U.S. support."

After gathering intelligence that insurgents were operating an IED cell in the province, ANA Soldiers and Afghan Uniformed Police planned and executed cordon and search operations in two villages.

The only U.S. support requested for the mission was an air weapons team. Soldiers from Scout Platoon, Headquarters and Headquarters Company, 3rd Bn., 66th Armd. Regt. also accompanied ANSF on the mission in an advise and assist role.

Just before daybreak, Afghan forces searched a qalat near Qara Khel village and two men with weapons fled the scene.

The air weapons team spotted the men as they moved through the fields, ducking into empty riverbeds called wadis as they tried to get away.

The air weapons team engaged and killed the two men. The men had AK-47s, ammunition, hand grenades and bomb making material in their possession.

As U.S. personnel processed the scene, Afghan forces continued with their mission recovering a weapons cache containing rocket propelled grenades, ammunition, and IED materials.

As ANSF moved through the area, a group engaged them with small arms fire. The Afghans returned fire and eventually detained the suspects. There were no casualties from the exchange.

"I am very happy," said Maj. Abdul Ghafar, the 6th Kandak operations officer, who planned the operation. "ANA and AUP did a great job. They were able to surround the enemy and take their weapons."

As the sun set, Operation Tolfan came to a close, but a new chapter was opened for Afghan forces.

The success of the mission was another indication that the ANSF will soon be capable of providing for their nations security.

"It was an Afghan solution to an Afghan problem," said Fort Meyers, Fla., native U.S. Army Capt. Sam Rosenberg, commander of HHC, 3rd Bn., 66th Armd. Regt. "They were able to take intel-driven, time-sensitive information and conduct a battalion-level operation."

"They were also able to conduct follow on missions that developed as they were going through the villages," Meyers said. "They did extremely well." 🇦🇫





# Recent surveys point toward more prof

By U.S. Air Force Capt. Dale Mitchell  
RC-East PAO

Amid the hustle and bustle of the Kama Village farmers market, U.S. Air Force Master Sgt. Greg Dunlap, an agribusiness specialist with the Nangarhar Agribusiness Development Team, peruses a shop stall offering a variety of produce and dried legumes.

Part of a group of Missouri National Guardsmen, Dunlap, of Warrensburg, Mo., is not here with intentions of shopping, but instead to collect valuable information that his team can use to assess local agri-business conditions.

The ADT troops then use this data, both quantitative and perceptual, to guide their Afghan government counterparts to develop value-added projects aimed at stimulating agribusiness sector growth with the hopes of propelling this fledgling country into a more profitable future.

“Market surveys provide us with an immediate picture of agricultural needs and trends within a given district,” said Dunlap. “More importantly the information we gather comes directly from the voices of the Afghan farmers we interact with. Hearing their struggles first hand allows our team the ability to guide more informed agricultural decision making at the governmental level.”

On this particular day, after collecting price information, Dunlap asks the shopkeeper, local farmer Aadir Khan, if he plans on expanding his business.

Khan’s face brightens as he lists the future of his business. This in itself is a milestone event as in the recent past residents of this once insurgent rich region were remiss to even envision a hopeful future. He shares that security in his district is good, but he just wants access to capital loans for expansion.

Like many third world countries, Afghanistan suffers from poor financial markets with negligible opportunities for business loans due to, amongst other factors, lack of credible financial institutions.

A positive factor that sets Afghanistan apart from the rest is the support and backing of international aid organizations such as the ADTs, who exist solely to encourage much needed improvements in agricultural productivity.

Later, Dunlap phones his Afghan counterpart, Abdul Aziz, the Kama District Agriculture Extension Agent. Both men shared information they gathered over the week through similar survey tools.

“Yes, it is great for me to go out and mingle with the people. Through these meetings I learn critical information about their economic system,” said Dunlap. “It is incumbent on me to discuss my findings with my Afghan counterpart; at the end of the day they understand the harsh realities and intricacies of daily life in Afghanistan. They are best suited to address and face their countries problems.”

Aziz took the information on Khan’s business and will follow-up with the goal of further understanding needs and possibly providing links to financial grants available within the Afghan



U.S. Air Force Master Sgt. Greg Dunlap, an agribusiness specialist with the Nangarhar Agribusiness Development Team, interviews a shop owner in the Kama District to obtain information on various aspects of the economic situation facing the countries farmers. (Photo by U.S. Air Force Capt. Dale Mitchell)





# Profitable future for Afghans in Nangarhar



*A farmer at a local market in the Kama District displays his produce for sale. Agribusiness specialists with the Nangarhar Agribusiness Development Team search for opportunities to link farmers to markets beyond the walls of their community. Rebuilding the nation's exportation market will encourage much needed economic growth in the country. (Photo by U.S. Air Force Capt. Dale Mitchell)*

Ministry of Agriculture, Irrigation, and Livestock.

"As a counterinsurgency force enabler, ADTs exist to propel the Government of the Islamic Republic of Afghanistan light years into their future, which might on an American Scale possibly be the year 1900," said U.S. Army Sgt. Maj. Albert Brown, an ADT agribusiness section leader from Nixa, Mo.

"In present day Afghanistan, citizens are still entirely dependent on market access to food. Providing viable solutions encompasses so much more than a free handout of a tractor and tools. It's about meeting them at their level with resources commensurate with their development," said Brown.

"If we can see what we think is a viable business, but they are balancing on the fence of expansion or existence, we can help," he said. "We are linking the government with their people. Seems like a foreign concept, but understand they have no concept of democracy.

"With something as simple as a small grant, a shopkeeper might be able to expand their business, infusing more economical inputs into the economy. Better access to affordable inputs

such as seeds, fertilizers, and chemicals will pay huge dividends for farmers."

Comprised of American Soldiers and Airmen from the Missouri National Guard, the ADT's intent is to support initiatives that will ensure the sustainability of Afghan agricultural productivity, filling gaps in the food supply from farm to table, reducing dependency on imported food, and building strong links between farmers and markets.

"At the end of our time here in Afghanistan, our success will not be measured by how many buildings we've built, or irrigation canals we've repaired, but in the overall systemic changes we've encouraged within the agricultural system," said Brown. "Increasing productivity will create social and economic ripple effects. With increased income, farmers like Khan will have the financial means to withstand the call to insurgency.

"No more will these people send their children out to war; instead they will send them to school. Our mission is to help provide the means necessary to ensure an enduring vision of a profitable, bountiful future for Afghanistan." 🌱

# WARRIOR WATCH

By U.S. Army Sgt. 1st Class Eric Pahon  
TF Poseidon PAO

An explosion rattled the ground only 100 meters from thousands of gallons of fuel.

U.S. Army Pfc. Lee Younger, barely a year in the Army and a month into his year-long tour in Afghanistan, scrambled down from the cab of a fully-loaded fuel tanker. His buddies ran for bunkers and shouted for him to move faster as an enemy mortar landed dangerously close to the Forward Arming and Refueling Point.

"That was pretty scary, cause it could have hit again, and I was in the fuel truck," said Younger, 20. "Had it been a hundred meters closer, it would have been over."

As an Army petroleum specialist, he's willing to accept the risk of working and living around thousands of gallons of fuel, stores of rockets and the still-spinning blades of helicopters landing for fuel.

On the outer edge of Forward Operating Base Salerno, he can see right in to the open doorways of homes just outside the fence line. He works and lives, quite literally, on the edge.

Just a year ago, Younger graduated from Hiram High School in Douglasville, Ga. without a plan and felt grades barred him from ever going to college. He just wasn't interested in high school, so he let his grades slip down to the 2.0 range.

That's where his mom, Mikki, stepped in.

"She said, 'You go to college, which you know you can't get into, because of your grades, or you join the Army,'" said Younger. "She gave me six months to decide, then I was out of her house one way another."

He felt like he'd let his mom down many times over his life, and knew his chances of success in college were low, so Younger headed down the road he thought would make his mother proud.

"For her to say, 'I want you to join the Army, this is what I want you to do, and you're either going to college or do this, but I really hope it's the Army...' Well, I knew what I had to do," said Younger. "I wanted my mom to be proud of me."

Younger's grandfather had served during Vietnam, but his family was mostly unexposed to the military. Younger's mother, however, did her research before trying to convince her son to join.

"She kept putting into my mind the travel, the benefits, and the guaranteed pay check," said Younger. "That's all she knew, but it sounded better than messing up in community college, and I'd have a skill and a good career."

So she and other members of his family pushed him to try something no one else his family had done, earning him some notoriety.

"My great-grandmother's especially proud of me," said Younger. "I like the attention I get, I guess, that I receive for doing something outside the box and doing something my family isn't really used to. I like it. I'm making people proud of me."

Mikki has been the driving force behind her son's success, and when he almost gave up and was nearly booted from the Army for failing physical-fitness tests, she was the one who encouraged him to keep pushing on.

# Finding a t



U.S. Army Pfc. Lee Younger, a petroleum specialist serving with Task Force Wolfpack, 82nd Airborne Division, is shown here with Army Staff Sgt. Donna Davis, TF Poseidon PAO.

"She wants me to stay in," said Younger. "When I was almost chaptered out for not passing my P.T. test, she was really disappointed. She begged me to stay in. I saw a way out, but I couldn't disappoint her again."

His mother says that while seeing him commit to the Army and deploying to serve his country makes her proud, it was the choice he made in the beginning that really makes her happy.

"I'm proud of him for making that choice," she said. "Even though this is what I wanted him to do, it was always his choice. I didn't put a gun to his head and make him do it. He went through with this on his own. I'm so proud of that, and I'm proud he's over there with other Soldiers, trying to serve and protect us back at home."

Now in Afghanistan, his platoon sergeants selected him to give visitors tours of the FARP.

He explains each function with detail and confidence. It's a far cry from the slacker he says he was.

He pointed out the different nozzles they use, the difference between "cold fuel" (that's when a helicopter shuts down to fuel) and "hot fuel," when the blades keep turning and they have to operate amid the noise and wind to re-fuel the helicopter.

He smiled as he walked, gingerly picking his way across the large rocks surrounding the fueling pad on his way back to the road.



# future on the FARP



nd Combat Aviation Brigade. Younger, 20, of Douglasville, Ga., joined the Army just over a year ago. He's the first member of his family to serve since Vietnam. (Photo by U.S.

“What do I like about this job? It’s the adrenaline rush,” says Younger as he stared at an empty pad. “Like with the medical helicopters. When we get them, we really get out there, get them fueled, and get them out. You never know if they need to get out to save someone’s life.”

The Army, however, appears to be just a stepping stone at the moment for Younger, who sees himself trying to combine two very different career fields when his enlistment is up in 2013.

“I really want to be an actor so bad,” he said. “You just can’t do too much with that on a work schedule like this. That, and want to be somewhere I can focus on going to school for law.”

The kid who shunned high school now has his sights set on law school. Although he hasn’t started classes yet, he’s begun the paperwork to enroll in college. He says it was the lessons he learned through the Army that finally pushed him to it.

“I learned discipline and patience,” said Younger. “Patience was key, really, because I never had that before. Things don’t always happen as quickly as you want. The Army’s ‘hurry up and wait’ all the time, so it takes patience and discipline to make it through each day successfully.”

He said the change in his attitude was most evident when he went back home to Douglasville for vacation just prior to deploying.

“The same person I used to work with at this fast food place

was still working there,” said Younger. “Not to knock her hustle, because you have to earn money however you earn money, but I’m out here taking care of life, and she’s still back there doing the same things. I don’t want that for myself.”

That realization has led him to create his “five-year plan” and even a “10-year-plan.”

“In five years, I would like to have an apartment out in California, and I just hope to be on somebody’s T.V. If not, then I’ll be in law school.

“In ten years, I’m going to be somewhere. If I’m not on T.V., then I will of course be done with law school, working at a law firm, trying to establish my own law firm, because that’s what I really want to do with my life.”

Younger said working out at the FARP, with little to do in his downtime except think, has led him to look at the world a little differently.

“This experience here, it is what it is,” said Younger. “It’s most definitely time away to think about life and realize all the things you took for granted, especially seeing the things that are going on out here.

“Back home, I never thought about Soldiers in Afghanistan or Iraq, but now that I’m here, I hope someone’s thinking about me and praying for me. So, it’s a lesson learned to go back home and never forget the people that are over here.” 🌟



# ANA, French troops secure Kapisa's valleys



A French Soldier waits for a helicopter at the end of Operation Gyrfalcon, Nov. 16. (Courtesy photo from the French Army PAO)

By French Army 1st Lt. Aurelie Lattes  
RC-East PAO

Afghan and coalition forces conducted clearing operations in the Afghanya and Ghayn valleys in northern Kapisa, Nov. 16.

Afghan troops from 33rd Kandak, 201st Afghan National Army Corps, along with French Soldiers with Battle Group Tiger, took part in Operation Gyrfalcon to reduce the insurgents' influence in those valleys.

As ANA forces cleared through the valleys, French detachments provided over watch and artillery support from the mountains above.

Local Afghan police assisted the combined force with intelligence updates from the area.

During this operation, ANA Soldiers also distributed medical material, sanitary kits and medicine in the Ghain Bala village. Villagers also received clothes in preparation of winter. 🇦🇫



French Soldiers from Battle Group Tiger ascend to the high ground during Operation Gyrfalcon, Nov. 16. (Courtesy photo from the French Army PAO)







French Army Brig. Gen. Jean-Pierre Pallasset, Task Force Lafayette commander, explains his changing role and mission to Afghan National Security Force leaders during a briefing at Forward Operating Base Gamberi, Nov. 13. (Photo by U.S. Army Sgt. Matthew Thompson, RC-East PAO)

# Coalition forces discuss force shifts

By U.S. Army Sgt. Matthew Thompson  
RC-East PAO

Coalition security officials met at Forward Operating Base Gamberi Nov. 13 to discuss the realignment and reorganization of combined forces throughout Kapisa province.

"We have to adapt to the situation," said U.S. Army Brig. Gen. James Richardson, deputy commanding general with Regional Command-East. "The mission has not changed and what we are doing at this time is discussing how we adapt to the changing environment. We all have a common objective; with open and transparent dialogue we will accomplish our objectives much faster."

This was the first meeting between French Army Brig. Gen. Jean-Pierre Pallasset, Task Force Lafayette commander, and Afghan National Army Maj. Gen. Abdullah, 201st Corps ANA commander, since Pallasset took command, Oct. 15.


French troops of TF Lafayette, located in Kapisa province, mentor ANA Soldiers of the 3rd Brigade, 201st ANA Corps and officers of the 202nd Afghan Uniformed Police.

With the transition of French troops, having begun in October of this year, and U.S. forces slated for a 2014 withdraw from Afghanistan, ANA Maj. Gen. Abdullah agreed the Afghan and ISAF need to continue working shoulder-to-shoulder to achieve their goals.

"ANSF and ISAF truly are a very good team," said Abdullah. "I promise you that the close relationship that we have had with TF Lafayette will continue."

The discussion focused on the reorganization of the French partnership in the area with the Liaison Support Team, Quick Reaction Forces and Mobile Training Teams.

"TF Lafayette is working in close cooperation with the Afghan National Security Forces in protecting Kabul," Pallasset said. "We will not leave Afghanistan behind."

"The French have always been there to support ANSF, whether it be the police or the army," said Richardson. "They have made tremendous progress with 3rd Brigade. We must make sure that continues. The only way we can reach our end state is to do it collectively." 





# Reading helps deployed troops stay in touch

By U.S. Army Spc. William Begley  
RC-East PAO

A Soldier turns on the video camera to record the book, “How the Grinch stole Christmas.”

As he reads, memories of sharing the story with his 9-year-old son come flooding back. He pauses just a few moments after reading. He doesn’t want his son to see him cry.

In Afghanistan, the time difference is over 12 hours from where his son lives. Sometimes, he thinks it’s easier to just stay busy and forget his emotions. It’s a coping mechanism that has kept him sane through all his deployments.

After regaining his composure he continues reading into the camera lens. After just a few sentences, he realizes the camera has become his son.

Sponsored and run by the United Services Organization, the United Through Reading program, here on Bagram Airfield, offers deployed servicemembers an opportunity to keep in touch with their kids through the use of books and DVDs.

“I absolutely love this program. It provides an important connection point between parents and kids,” said Cathe Ganley, the duty manager of the BAF USO.

Servicemembers taking part in the program first sign up for a time slot.

The USO has books available or one they bring with them.

While the servicemember reads, the camera, instantly records onto a DVD.

Once finished, they are given the book and the DVD, which are mailed at no cost to the children back home.

U.S. Army Sgt. Madelyn Gonzalez, of Aguada, Puerto Rico, a paralegal for Task Force 44th Medical, has used the program three times and believes it helps bridge the gap with her 3-year-old son while she is deployed.

“When I was reading, [the book] was basically saying that no matter what he did or how many stunts he pulled as a kid, I

would love him no matter what,” said Gonzalez. “Knowing that even though I can’t be there with him, he can take a little piece of me when he goes to bed brings tears to my eyes.”

Air Force Lt. Col. Tom Posch, of Alexandria, Va., the Staff Judge Advocate for the 455th Air Expeditionary Wing, has used UTR to stay in touch with his four children, ranging from age 1 to 7 years old. He said his kids love to see him on the TV or computer screen.

“It seemed like an incredible way to stay connected with the kids,” he said. “They really miss having that regular contact when I’m deployed.”

When the Soldier reaches the part of the story where the Grinch’s heart grows three sizes while listening to the Who’s singing down in Whoville, he pauses the camera.

Once again trying to stop the tears, he calls upon Ganley’s advice on what to do if it gets too hard to read.

“Sometimes servicemembers will just read about half way through and have the kids finish the rest on their own,” said Ganley.

Everyone is given privacy since it can be a very emotional experience, said Ganley.

The UTR program provides an excellent opportunity for parents to escape from their deployment lives and speak with their children one on one.

“It’s their private time and opportunity for them to talk with their kids,” she said. “We give them the time and the space to do what they need to do.”

Ganley said that the program has no limits. She has had servicemembers come in and read for their unborn children, just to start the bonding process.

The program isn’t just limited to servicemembers with children; some servicemembers have nieces and nephews.

The Soldier finishes the DVD by telling his son some-

thing that he tells him every time they talk; the most important thing in the world is that his father loves him. He tells him to finish the book on his own and later when daddy gets home, he can tell him how it ended.

For more information on the BAF UTR program, contact Cathe Ganley at [cganley@uso.org](mailto:cganley@uso.org).



U.S. Army Sgt. Madelyn Gonzalez, of Aguada, Puerto Rico, a paralegal for Task Force 44th Medical Brigade, reads a book to her 3-year-old son at Bagram Airfield with the help of the United Through Reading program Nov. 19. (Photo by U.S. Army Spc. William Begley, RC-East PAO)







U.S. Army Brig. Gen. Charles Petrarca, commander of the 43rd Military Police Brigade, Rhode Island National Guard, U.S. Army Staff Sgt. Roosevelt Downs, a food supply specialist with the 228th Theater Tactical Signal Brigade and U.S. Army Spc. James Rule, a motor transport operator with the 1138th Transportation Company, cut the birthday cake to celebrate the National Guard's 375th birthday Dec. 13. The oldest and youngest National Guard Soldiers on BAF joined Petrarca in the cake cutting ceremony. (Photo by U.S. Army Spc. Cody Barber, RC-East PAO)

## ANG celebrates 375th birthday on BAF

U.S. Army Spc. Cody Barber  
RC-East PAO

Servicemembers and civilians celebrated the Army National Guard's 375th birthday with several festivities on Bagram Airfield Dec. 13.

The celebration began with a five-kilometer run in the morning and continued throughout the day with a formal ceremony, a luncheon and cake cutting.

The guest speaker for the ceremony was U.S. Army Brig. Gen. Charles Petrarca, commander of the 43rd Military Police Brigade, Rhode Island National Guard.

Petrarca, a native of West Warwick, R.I., spoke on the importance of the National Guard's efforts in every U.S. conflict since the Revolutionary War.

"The National Guard has participated in every conflict that our nation has been in. On a percentage basis, no reserve component has participated more in this war," Petrarca told servicemembers in attendance.

"I know all the servicemembers of the United States National Guard have the capability to protect our nation's defense. Thank

you all for your service to our nation," added Petrarca.

In keeping with one of the oldest Army traditions, the oldest and youngest National Guard Soldiers on BAF joined Petrarca to participate in a cake cutting ceremony.

As the formal portion concluded, the 1st Cavalry Division Band played music as Soldiers from all components enjoyed a buffet lunch and a piece of cake.

The oldest Soldier, U.S. Army Staff Sgt. Roosevelt Downs, a food supply specialist with the 228th Theater Tactical Signal Brigade, said he missed the celebration last year but was glad to participate this year.

"I'm here representing the oldest guard members," said Downs, a 56-year-old native from Greer, S.C. "This is a really great honor, I'm happy to be a part of it."

U.S. Army Spc. James Rule, the youngest National Guard Soldier and a motor transport operator with the 1138th Transportation Company, was a little nervous before the ceremony.

"I thought that [we] were going to be using a chief's knife, but then they pulled out the saber," Rule, a native to Kirkwood, Mo., said. "I'm a little nervous, but it's an honor to be chosen to do this." 🍷



# Commandos clear traditional insurgent stronghold

U.S. Army Staff Sgt. Fritz Butac  
CJSOTF-A PAO

The 1st Commando Kandak, combat advised by coalition special operations forces, conducted clearing operations in Merdesh village, Kamdesh district, Nov. 20.

The operation was successful in disrupting insurgent freedom of movement and operations in the traditional insurgent stronghold. Twenty-one insurgents were killed in the operations and seven insurgents were detained by the commandos.

All detainees remain in commando custody. The commandos confiscated numerous weapons and insurgent propaganda.

"This [operation] shows the Afghan people that [insurgents] do not have freedom of movement throughout Nuristan," said a coalition SOF team member. "The local populace was happy to see a legitimate Afghan force conducting operations in Nuristan."

No civilian injuries or collateral damage to the villages was reported. 🇺🇸



A coalition special operations forces member gives a pen to a young boy during a presence patrol, Sayed Abad district, Nov. 6. Afghan National Army special forces and coalition SOF distributed candy, art and school supplies, and hand-crank radios to the children and families. (Photo by U.S. Army Sgt. Lizette Hart, CJSOTF-A PAO)



A coalition special operations forces Soldier speaks with a little girl during a presence patrol, Sayed Abad district, Nov. 6. Afghan National Army special forces and coalition special operations forces distributed candy, art and school supplies, and hand-crank radios to children and families. (Photo by U.S. Army Sgt. Lizette Hart, CJSOTF-A PAO)



# Operation Celebrity Chef cooks for troops

U.S. Navy Petty Officer 2nd Class Jacob Dillon  
CJSOTF-A PAO

Take a deep breath, can you smell it? That sweet and delicious aroma of oven-roasted turkey, ham, potatoes, stuffing and all the fixings fill the air, stimulating olfactory senses across the camp.

Holidays away from friends and family can be difficult; for deployed servicemembers, the holidays can be especially difficult.

A few chefs and restaurant personalities, however, decided to volunteer their professional skills to help prepare a special Thanksgiving meal as an expression of their gratitude to the men and women who serve America.

As part of Operation Celebrity Chef, five chefs traveled to Afghanistan from Nov. 21-25 to bring a truly unique American holiday to servicemembers deployed with Combined Joint Special Operation Task Force-Afghanistan.

John Deflieze, Denis Foy, Jeff Hinton, Andrew Hunter and Amy Sacco, all well-respected and world-renowned chefs in the culinary industry, participated in Operation Celebrity Chef.

Their goal was to provide CJSOTF-A with a Thanksgiving holiday meal, build morale and supply food-service servicemembers with some professional culinary experience.

For Amy Sacco, who went to Camp Ripley, this experience meant a lot.

"When I was asked by my mentor Denis Foy to be part of Operation Celebrity Chef, it was such an honor and I was enthused," Sacco said. "This to me is the best way to spend Thanksgiving. The most important reason for me coming out is that you guys [servicemembers] deserve some cheer over the holidays. I just wanted to do my part and show that people really appreciate the sacrifices being made."

To show that she cares, she wants to bring that little bit of home over to Afghanistan.

"When I think about the happiest times in my life, it is when I get together with my family and friends; we eat and socialize all day, and I wanted to bring that with me here," Sacco said.

With the constant coming and going of personnel, it seems hard to do anything social, Sacco noted.

"There is nothing more fun to me than entertaining," Sacco said. "I see this meal and the other meals being cooked by the other chefs across the country as a great way to have a social event and break the monotony of a deployment."

The chefs depended on their professional experiences to help them overcome this Thanksgiving challenge. But Sacco and the other chefs did not do this alone; they utilized and relied on the experience of the kitchen staffs at the bases they worked at. Sacco's previous experiences have taught the Camp Ripley kitchen staff some lessons as well.

"She taught us a lot," said Navy Culinary Specialist 2nd Class Jeremy Smith. "Her professional experiences taught us the importance of organization, planning and workflow. All of this will help us in the future."

But Sacco and the other chefs came across some unanticipated challenges in the preparation for the meal.

"We all wanted to make menus, but we had no idea what we would have to work with when we got out here," Sacco said. "Thanksgiving is a pretty basic meal, but I have never worked with already cooked or half-cooked food before. It has been a real learning experience, definitely learned on the fly. I had to go to other camps and barter for some fresh ingredients."

Smith said he could see that Sacco was impressed with



Celebrity chef Amy Sacco cuts lemons in preparation of the Thanksgiving meal, Camp Ripley, Uruzgan province Nov. 24. Sacco was one of five celebrity chefs who took part in Operation Celebrity Chef. (Courtesy photo from CJSOTF-A PAO)

everything they do in the kitchen.

"With Amy coming from a professional kitchen, she has everything as far as ingredients and equipment at her disposal," Smith said. "Here we do not have all of the right appliances and utensils, but we are still able to put out great food and feed all of these people."

Navy Culinary Specialist 1st Class Jessica S. Foster, the galley manager, also felt Sacco learned a lot about the kitchen staff and what it means to be a military cook.

"She saw that, as whole, we don't have much compared to what she is used to. But what we don't have in equipment or ingredients, we make it up with a lot of heart," Foster said. "We love our job and we have a real appreciation for the people [we serve]."

What the cooks do day-to-day with the materials available impressed Sacco.

"These cooks are really great; they have a lot of potential," Sacco said. "They cook meals without recipes and make do with the ingredients they can get to make some delicious dishes. It really makes me appreciate the food I get to work with at home. I was really inspired by the motivation of the cooking staff here. It has been an amazing experience to work hand-in-hand with the staff here. We really learned a lot from each other."

During the course of the meal, Cmdr. J.R. Anderson, commander of Special Operations Task Force South East, expressed his gratitude and thanks for the kitchen staff doing such a wonderful job on the meal. 🍽️



# Ghazni Teams assess th

U.S. Air Force Staff Sgt. Darnell T. Cannady  
TF White Eagle PAO

The Ghazni Provincial Reconstruction Team, Agribusiness Developmental Team, and Polish Provincial Reconstruction Team spent five days visiting the Nawur, Jaghori and Malistan districts recently, to assess projects within the districts and speak with district sub-governors and police chiefs.

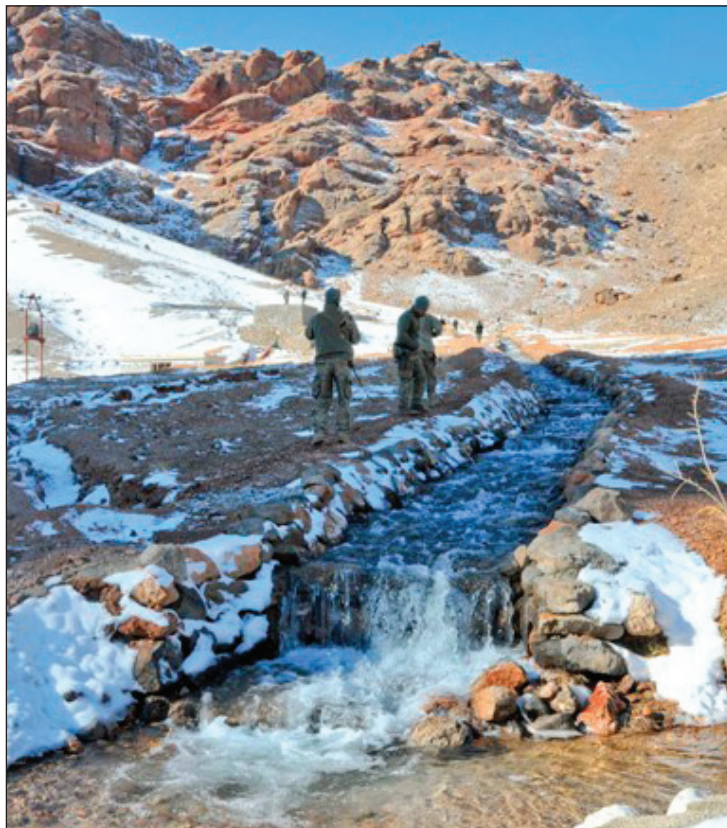
"The PRT's main mission was to do quality assurance checks on projects and engage with local government officials for all three districts," said U.S. Navy Lt. Cmdr. Matt Cook, chief engineer from Johnstown, Colo., assigned to Ghazni PRT, Task Force White Eagle. "We also evaluated future projects for next year and future PRT projects."

The ADT was able to gather information about each district's agriculture and plan how to help the districts maintain their agriculture.

"We stopped at a few villages and saw some of the livestock they have on hand," said U.S. Army Staff Sgt. David Verdine, project manager from Plainview, Texas, assigned to ADT, Task Force White Eagle. "The animals looked good considering the supplies they have to support the animals. At the demo farm we were able to make sure the manager knew what needed to be checked every week. The demo farm is going in the right direction and we have education materials being translated into Dari and English for two purposes, education of agriculture and education in English."

The Polish PRT members were able to gain information about the district's government and speak with the chief of police.

"We got a chance to ask how the governors work, the level of security, continue governance talks with the police chiefs and learn the difficulties faced from winter weather," said Polish army Capt. Gregory Kotarski, assigned to Polish PRT, Task Force White Eagle. "We were able to look at everything we planned to look at and gather lot of information so we can update our commander about these districts."



Members from Ghazni Provincial Reconstruction Team, Polish PRT, and Agribusiness Developmental Team look at a hydro plant Nov. 30, in a village in Nawuh District, Afghanistan. (Photo by U.S. Air Force Staff Sgt. Darnell T. Cannady, TF White Eagle PAO)

The PRT medics also had the opportunity to visit the local clinics and see the difference between each one.

"We assessed the local clinics to find out what they have, how it works and what they need," said U.S. Navy Petty Officer 3rd Class Lynn Chaplin, medical non-commissioned officer from Rosenhayn, N.J., assigned to Ghazni PRT, Task Force White Eagle. "I informed them we will take the information we gathered and work through the public health director and GIRoA to meet their needs. They had broken equipment, limited electricity but the doctors were proud of the job they were doing for their people."

Having different units with different missions work together allowed everyone to complete their tasks in a limited amount of time.

"Due to the duration and frequency that we can visit we have to partner across all the different elements," said Cook. "By combining forces we can accomplish more in a few days. We had a long list of places to visit each day in the three districts and structure our mission to accomplish that and we did."

The local population in each district seemed really happy with this team being here and was eager to interact with them.

"I think our interaction with the local community was far greater than any other district because we were able to walk through the village multiple times," said U.S. Navy Cmdr. Tristan Rizzi, Ghazni PRT commander from St. Petersburg, Fla., Task Force White Eagle. "These areas were more permissive allowing us to get out and talk to the locals, buy things from the local economy, and see what their concerns are at the local levels." 🇺🇸



U.S. Army Staff Sgt. Randy Dull, from Edgartown, Mass., and Ghazni Provincial Reconstruction Team squad leader, speaks to local children during a patrol of the Nawuh District, Afghanistan Nov. 29. (Photo by U.S. Air Force Staff Sgt. Darnell T. Cannady, TF White Eagle PAO)





# three districts in five days



*U.S. Army Staff Sgt. David Verdine, project manager from Plain View, Texas, and Sgt. 1st Class Jon Martinez, agriculture specialist from Del Rio, Texas, assigned to the Task Force White Eagle Agribusiness Developmental Team, checks the condition of a horse Nov. 30, in a village in Nawuh District, Afghanistan. (Photo by U.S. Air Force Staff Sgt. Darnell T. Cannady, TF White Eagle PAO)*



*U.S. Army Spc. Jorge Enriquez, from Rockland, Mass., and Ghazni Provincial Reconstruction Team infantry member, greets a local man and child Dec. 1, during a walk-through in the Malistan District, Afghanistan. (Photo by U.S. Air Force Staff Sgt. Darnell T. Cannady, TF White Eagle PAO)*



# Local Afghans to the rescue

U.S. Air Force Master Sgt. J. Lavoie  
TF White Eagle PAO

Though improved streets are being laid here, small winding dirt roads meant to support donkeys, motorcycles and the occasional small tractor are the norm throughout the area.

When U.S. troops from the Provincial Reconstruction Team travel to evaluate projects and meet with local villagers, it is not unheard of to have difficulties moving the giant, armored vehicles from point to point.

Recently, while traversing an unfamiliar village to evaluate a dried well, the PRT had trouble on a tight corner and ended up with one tire in a ditch.

Once Soldiers dismounted, local villagers immediately gathered around to see what the commotion was. After watching an attempted recovery, village leaders and PRT leadership knew it was going to be difficult to move the 43,000 pound MRAP back on the road. Though usually the PRT is helping the Afghan people, this time the villagers stepped up to help coalition forces.

"The local villagers were very supportive throughout the

vehicle recovery," said U.S. Navy Lt. Cmdr Matthew Cook, the convoy commander from Johnstown, Colo. "They quickly offered labor and materials to get the vehicle out of the ditch."

Initially the villagers brought several large logs to support the truck's tire. They then helped the PRT acquire large rocks to support the vehicle's weight. PRT Soldiers began to fill in an irrigation ditch to move two other trucks in front of the stuck lead vehicle, but villagers soon pitched in and eventually took the shovels from Soldier's hands to fill the ditch in themselves.

"It turned what could have been a very tense and negative experience into a very positive experience with the local community," said Cook.

With the assistance of the villagers, the truck was soon back on the road, and the PRT was able to complete the mission and evaluate the dried well. For a unit whose entire mission is based on building strong relationships with the local community, the cooperation when coalition forces were in need was inspiring.

"You can go a whole deployment without seeing tangible results of your efforts, which can be frustrating," said Sgt. 1st Class Daniel Garrett, a platoon sergeant from Weymouth, Mass. "Then one simple act can make it all worthwhile." 🇺🇸



U.S. Army Sgt. Jay McCarthy, a Ghazni Provincial Reconstruction Team member from Nantucket Mass., and a local villager move a log into position to support recovery efforts. The trucks tire fell into an irrigation ditch, and would not have moved without the help of local villagers. (Photo by U.S. Air Force Master Sgt. J. LaVoie, TF White Eagle PAO)





Polish warrant officer Joanna Erbetowska, helicopter pilot assigned to Task Force White Eagle, gives a brief about helicopter safety to the Provincial Reconstruction Team Ghazni during familiarization training Nov. 26, at Forward Operating Base Ghazni, Afghanistan. The PRT and Polish pilots had a familiarization course about the Polish helicopter in the event of future a joint mission. (Photo by U.S. Air Force Staff Sgt. Darnell T. Cannady, TF White Eagle PAO)

# Ghazni PRT trains with Polish pilots

U.S. Air Force Staff Sgt. Darnell T. Cannady  
TF White Eagle PAO

The Ghazni Provincial Reconstruction Team conducted helicopter familiarization training with Polish pilots Nov. 26, at Forward Operating Base Ghazni, Afghanistan. This training allowed the PRT to practice the proper ways to enter and exit a Polish helicopter and how to set up their units.

"In any event where we need support from the Polish or they need help from us, we are familiarized with their operating procedures and aircrafts, as well as their aircraft's capabilities," said U.S. Army Sergeant Jay McCarthy, Ghazni PRT security force team leader attached to Task Force White Eagle, and Nantucket, Mass., native. "This allows us to quickly complete our task without having to learn in the middle of a situation."

The training began with learning the difference between U.S. and Polish helicopters, familiarizing themselves with the helicopter and gathering safety tips. The PRT then practiced entering the Polish helicopter and setting up a security detail to ensure all their members can safely board the helicopter.

"The PRT was good and understood all that we taught," said Polish warrant officer Peter Wierzbicki, flight engineer assigned

to Task Force White Eagle. "Through this short training we feel the PRT is ready in case we need to use their assistance. We all support each other and training with each other helps us work together more efficiently."

This training allowed the PRT and its Polish counterparts to learn from each other and pass information to each other.

"This training allowed us to work with coalition forces and learn their operating procedures," said U.S. Army Cpl. Roger Pilot, an infantry member from Dedham, Mass., assigned to the Ghazni Provincial Reconstruction Team, attached to Task Force White Eagle. "Every unit has different procedures for the same operations and this training allowed us to combine different tactics to make one operating procedure."

At the conclusion of the training both sides felt confident about the assistance they may be required to provide for each other.

"The training was very effective and I feel it will be helpful with working with the PRT in the future," said Polish warrant officer Joanna Erbetowska, helicopter pilot assigned to Task Force White Eagle. "It's important to know that the troops we are delivering or receiving will be safe and know how to provide security for the helicopter." 🇺🇸



# Ambitious new market sells hope

By U.S. Army Staff Sgt. Luke Graziani  
TF Thunderbird PAO

Off the busy Afghan Highway 7, near Gerdy Katz, a little market has emerged out of the dust and debris.

Although small in stature, the shop is bursting with promise and hope for the villagers.

The market is only the most recent, albeit essential, addition to a list of achievements the Kansas Agribusiness Development Team and their Afghan counterparts have struggled to reach together.

hope to their district.

"Because it's close to the highway, the people of Kabul and Jalalabad, they want to buy something from here, so we have market here," said Kahn.

The closeness of the market to the highway, combined with a lack of anything else like it in the area may spell success for this long awaited market.

"One of the keys to this marketplace is that there really is not much in the way of commercial, particularly commercial agriculture, products in this part of the district," said Phil Blake, USDA agricultural advisor. "This is really the perfect place in

this western part of the district to have a facility where we can have a diversity of products."

At the moment the humble market can only boast having poultry selling services, tailoring services and fresh locally grown produce. It holds the potential for growth to other areas.

"We were recently funded to set up a micro dairy here," said Blake. "This will be the only place in this part of district where people can stop and pick up fresh cheese and yogurt-milk products."

All of the perishable products for the local villages were brought in by trucks in the past. Before the market, getting fresh products were not cost effective.

"We go to Jalalabad or Methar Lam city so we spend more money as a transportation cost," said Kahn, referring to the way they used to conduct business. "For example, 1kg of sugar you buy (at) 100 Afghani, but we spend 300 Afghani here for transportation cost, so 1kg was almost 400 (Afghani). Now (that) you (can) buy the sugar here, the transportation cost will sever."

The market has already been a success story just by being there. Locals can enjoy the benefits of fresh products, but not have to dig as deeply into their pockets. The Gerdy Katz villagers are expected to take this development on their own to grow and expand it as their village expands and grows. The future is in their hands.

"The most important thing here is this district has now been declared transitioned," said Blake. "We are seeing more and more of a pull-back of advisors and U.S. forces here, so in the coming months the Afghans are pretty much going to be on their own. We see this as a perfect opportunity for them to stand up for themselves and stand up the business here that is already proving to be successful." 🌟



Wasir Kahn, an Afghan Malik and village elder, cuts the ceremonial ribbon during the opening of a new marketplace near Gerdy Katz, Dec. 3. (U.S. Army photo by Staff Sgt. Luke Graziani, TF Thunderbird PAO)

Two years ago the ADT cleared 10 Jaribs, roughly 50 acres, of land adjacent to Combat Outpost Xio Haq.

That initiative resulted in a boon of farming and agriculture to include greenhouses erected on-site, a well-supplied irrigation system and a citrus fruit tree and nut tree orchard.

Roughly 120 farmers were trained in green house technology, soil analysis, drip irrigation, pest management and animal husbandry.

The culmination of all these projects was the ribbon cutting ceremony of the market, owned and operated by Wasir Kahn, a local Malik.

Kahn and his team of laborers worked hard to see the fruits of their labor evolve to a business that would help bring bring



# Delving deep to disrupt Taliban territory

By U.S. Army Spc. Leslie Goble  
TF Thunderbird PAO

Soldiers of the Afghan National Army's 1st Brigade, 201st Corps and the 45th Infantry Brigade Combat Team pushed deep into the Atskuchakilla Valley in the Dawlat Shah District, known to host several high-level Taliban leaders and for supplying insurgents with weapons from the local bazaars.

According to the district sub-governor, the Taliban stronghold has not seen a large presence of troops in years. Today, local villagers see troops patrolling throughout the district with the Taliban nowhere to be seen.

"Since the coalition forces have been here many valleys have been cleared," said Nasir Ahmad Hammet, sub-Governor of Dawlat Shah District. "This is the first time they have cleared this area of insurgency."

The success of maintaining security at Dawlat Shah relies heavily on the ANA.

The route clearance team found four Improvised Explosive Devices during the convoy to the Dawlat Shah District Center in which they detonated on site. No vehicle was hit by an IED during the convoy to the district center.

Upon arrival, Soldiers found several weapon caches in a town market including one of the largest caches found by the 45th IBCT since conducting missions in Afghanistan. Some of the items consisted of pineapple grenades, RPG primers and heads, 60mm mortars and a recoilless rifle.

In addition to the caches, 40 pounds of opium was found in a local police officer's house.

"If they prove that the opium is his we have criminal law and he will be put through the prosecution process," said Nasir Ahmad Hammet, sub-governor of Dawlat Shah District. "We are committed to the law equally whether it is officials, police or

local people."

Eight insurgents were killed and several more were injured during the operations in Dawlat Shah.

As Afghan units are preparing for transition of security throughout Afghanistan, 50 percent of the population will be living in areas secured by Afghans. Although the Dawlat Shah District is not one of the districts under the second phase of transition, all of Laghman province will eventually be transitioned.

"We are sending troops to many areas such as Dawlat Shah which are farther away from the cities to expand security, to protect the Afghans, and establish the Afghan constitution in these areas," said ANA Lt. Col. Mohammad Harif, operations officer for 1st Brigade, 201st Corps.

The elders acknowledged their trust and support of the ANA between the locals, coalition forces and ANSF.

The ANA's 1st Brigade, 201st Corps is building a combat outpost to house troops in order to maintain security throughout the district. This is also the first time the ANA are facilitating the building of their own Combat Out Post in Laghman Province.

"The ANA are made up of our sons, brothers and nephews so we put our faith in them," said one elder in Dawlat Shah. "We support them and want to help them any way we can."

With the insurgents out of the villages, it gives the government and, more importantly, the villagers a safe environment throughout the district.

"The Taliban would intimidate contractors who bring the materials to build the Police Headquarters before the push into the district by the ANSF and U.S. forces," said Hammet. "The contractor for the PHQ can finally start building again. With the building of the PHQ complete, the district should become more secure as the police force in the area grows to be stronger and better trained." 🇺🇸



U.S. Army Pvt. Cody Ruddell, a native of Del City, Okla., with Company A, 1st Battalion, 179th Infantry, 45th Infantry Brigade Combat Team, takes biometric data from a local Afghan during clearance operations in the Dawlat Shah district Nov. 20. The operation pushed deep into Taliban territory, forcing insurgents out of the area and killed eight with air strikes. (Photo by U.S. Army Spc. Leslie Goble, Task Force Thunderbird PAO)





# Streamlined air delivery system saves time, money

By U.S. Army Staff Sgt. Luke Graziani  
TF Thunderbird PAO

The air has teeth as it blows across the drop zone. The Soldier listens to a handheld radio and shouts a warning that the aircraft is approaching.

A low hum echoing across the nearby mountains fills the tense silence. A tossed smoke grenade leaves a wispy green tail across the dusty field in its wake.

The aircraft appears, seemingly from out of nowhere, and approaches the drop zone well below normal flying altitudes. Just as the aircraft reaches the edge of the combat outpost its nose raises and out the back in rapid-fire succession the resupply is pushed. The bundles strain against their strapping as they float lazily downward hitting their mark.

Soldiers of 1st Battalion, 179th Infantry, 45th Infantry Brigade Combat Team, rush to clear the drop zone of the supplies and parachutes.

These resupply air-drops are critical to sustaining life at Combat Outpost Bad Pakh, and other places like it, where bringing in supplies by ground are impossible due to treacherous terrain.

This air-drop is unique because the method of delivery is relatively new to the Army and Afghanistan. They use the Low Cost Low Altitude Air Delivery System. It is an efficient, cost-effective and expendable system that some members of the 45th IBCT would like to use more often here in theatre as opposed to the Container Delivery System, which is more expensive and harder to recover.

"Hopefully we can expect a lot more drops," said U.S. Army 1st Lt. Jason Smith, native of Ponca City, Okla. and Company D, 1st Bn., 179th In., 45th IBCT executive officer. "I think when I say it's a huge time-saver that's pretty much an understatement. It saves us so much time that we go from hours to minutes."

The priority is to get the supplies into the hands of the Soldiers who need them, instead of into the hands of looters and insurgents. The inaccuracy of the CDS presents various concerns.

"(The Air Force) would drop those from about 2000 to 1500 feet and they would fly directly over our drop zone," said U.S. Army Sgt. 1st Class Michael Rhodes, native of Ponca City, Okla. and 2nd Platoon, Co. D, 1st Bn., 179th In., 45th IBCT platoon sergeant. "Depending on the winds that day, the speed of the aircraft and things like that, we could end up with pallets strung anywhere from a click (kilometer) to a click and a half in any direction of the COP."

"Now with this new drop, when they fly through we're picked up and done within an hour," Rhodes continues. "It takes a lot less manpower to recover."

The CDS uses expensive materials that Soldiers must recover and turn back into the Army supply system. This means expending hours of manpower locating and recovering heavy bundles. There is also the risk of being confronted with locals who have gotten to the bundle ahead of the unit conducting the recovery operation.

The LCLA does not require such actions because the system is expendable, meaning the

parachutes, strapping, padding and lumber can be recycled at the unit level, destroyed or left behind if operational constraints deem necessary.

"All of those materials are extremely low cost in regards to other methods of aerial delivery," said U.S. Army Maj. Eric Frazier, native of Chandler, Okla. and Headquarters and Headquarters Company, 700th Brigade Support Battalion support operations officer. "They are non-recoverable which means the Army does not want them put back into the system. The parachutes are a nylon material; the webbing is a nylon material. It's very inexpensive as opposed to cotton webbing and the other high dollar parachutes that are used (in the CDS)."

Security and safety are always concerns when conducting missions outside the confines of the secured perimeter of the COP. The same applies even to relatively short air-drop recovery missions.

Dropping supplies accurately inside the carefully guarded walls of the COP eliminates those worries.

"The Soldiers seem to love it," ventured Frazier. "If you're going to secure a drop zone for a CDS then you have to have the four corners covered with security. You have to be able to control that whole area in the box."

"If your four corners are dispersed over hundreds of meters it's extremely difficult to secure in between the corners. When you can drop this inside the COP that you currently have, and don't require any external security and not leave the wire, it is a desire that the troops just love." 🇺🇸



U.S. Army Spc. Jesse Williams, native of Enid, Okla. and assigned to Company B, 1st Battalion, 179th Infantry, 45th Infantry Brigade Combat Team, recovers the parachute of a Low Cost Low Altitude Air Drop System just moments after it was released from an aircraft at Combat Outpost Bad Pakh Dec. 9. (Photo by U.S. Army Staff Sgt. Luke Graziani, TF Thunderbird PAO)







A Soldier peeks out of the "Death Star" Oct. 27. The outpost overlooks Combat Outpost Najil and is manned by Soldiers 24 hours a day.. (Photo by U.S. Army Spc. Leslie Goble, Task Force Thunderbird PAO)

# COP Najil counts on the Death Star

By U.S. Army Spc. Leslie Goble  
TF Thunderbird PAO

Life is simple at a combat outpost for American Soldiers from Company A, 1st Battalion, 179th Infantry, 45th Infantry Brigade Combat Team; eat, sleep and protect. It is manned 24 hours a day.

Near the COP, an observation post, named the Death Star, sits on a ridgeline of mountains overlooking several villages and Combat Outpost Najil in northern Laghman province.

Its name may have come from the tyrannical amount of weaponry it boasts or the daunting hike it takes to get up to it.

Below the Death Star, COP Najil is filled with fortified fighting positions and wooden buildings called B-huts. The only running water is in the shower area and the self-service laundry.

Resources are few and far between but Soldiers look to keep each other's spirits up despite their location.

"We make do with what we got though," said U.S. Army Pfc. Charles Brake, a native of Edmond Okla. "The gym is heavily used, especially since we got more cardio machines recently."

The basic amenities at COP Najil are limited. They rely on supplies to be flown in. Soldiers from larger bases collect items to send to places like COP Najil.

Though they may feel separated from so much, Soldiers are able to find ways to do one of Oklahoma's favorite past times—watching football.

"We hook up the TV in the dining facility to the computer in

the [recreation tent] so we can watch Oklahoma University and Oklahoma State University games on TV," said Brake. "That's usually what I look forward to these days."

Life can almost seem like a fish bowl within the walls of the COP, but it gets very different as Soldiers move outside the compounds walls. Combat patrols go outside the wire several times a week into the secluded valleys around the COP to hunt the insurgents. The enemy's tactics rarely see results.

Brake described living on the COP as ironic.

"You look around and see nothing but beauty," said Brake. "The mountains are breathtaking and the valleys are amazing. Yet mountains that should be used for hiking and sightseeing are filled with fighting positions."

These fighting positions are commonly used to stage attacks on Soldiers when they are outside the compound or to attack the COP with mortars and small-arms fire to try to disrupt day-to-day life.

"We don't get attacked on the COP too much anymore, but we go right outside the wire and get into firefights," said U.S. Army Staff Sgt. Michael Duff, from El Reno, Okla. "I really think they are afraid of the Death Star."

Soldiers keep their head on a swivel in and out of the COP due to the mountainous terrain and harassment from insurgent activity.

"It's pretty secluded out here, reminding me of the wild, wild west," said Brake. "It's like the rural areas of Oklahoma, just with mountains and mortars." 🇺🇸



# W<sup>LEADER</sup>ATCH

Commentary by U.S. Army Chaplain (Capt.) Jim Fisher, Ph.D.  
TF Longhorn

As 2012 dawns, what will you do to lead yourself? Dreams without plans only become another burden to shoulder. This is not ivory tower academia, but shoe-leather practicality. Motivational speaker Jim Rohn once said, "If you don't design your own life plan, chances are you'll fall into someone else's plan. Guess what they have planned for you. Not much." Ultimately, the person responsible for leading you is you.

Self-awareness doesn't deny formal leadership in the supervisor-subordinate relationship. However, if you do not have the discipline for self-leadership, it will not happen.

Desire alone is not enough; outward pressure from others to grow can never be greater than inward priorities to develop. The old saying; "If you aim for nothing, you will hit it every time," is right.

**GOALS** the acronym will help you reach the determined end-state.

How are your 2012 goals for self-leadership? Without intentionality, you will run from one extreme to another, not sure of an internal bearing.

## Gather

Strive to gather as much information as you can from

# Define your self-leadership in 2012

the last year or two, such as yearly calendars, planners, computer schedule programs and journals.

Review the rhyme and reason of appointments, plans, vacations and other events. Take the time to reflect. Was there a template in which these things were planned? Decide if you are really accomplishing your goals or simply filling your time with activities.

## Organize

After gathering information, you need to organize it. Create a purpose or mission statement as a daily reminder of your aim. You know yourself better than anyone. Performance reports are helpful review tools.

Use books, electronic training courses, on-site professional development opportunities, and other tools to help arrange your plan. Writing down your objectives helps to provide ownership and priority. If you don't schedule your time, someone else will.

## Action

The gathering and organizing stages must be followed by action. A plan that is packaged and shelved is worthless. There should be an excitement in seeking out personal development.

A plan met with passion produces priority-ordered, precision-driven living. The emotions will ebb and flow, but purpose will keep you from floating adrift. The work must be planned, and the plan must be worked.

## Learn

After you gather, organize and act, you must learn from what has occurred. Making adjustments through lessons-learned is expected.

Experiences only produce wisdom if you make alterations. Interfacing with life's challenges drives authentic learning.

Wrestling with unintended outcomes provides a different outlook than what was expected.

## Synthesize

After you gather, organize, act and learn, you must synthesize. All of the steps must be blended, fusing it into a platform for greater insight towards sensible application.

The pieces must be brought together to understand the revised picture. If there were a GPS for life, it would need regular updating.

Merging new ventures with the best of planning gives flexibility and confidence to meet the opportunities of a new day.

GOALS will keep you from exhausting valuable resources and keep you from running on fumes. 🚗





# W MEDICAL ATCH

## Get moving on your New Year's resolution!

Commentary by U.S. Army Maj. Renee E. Cole, PhD, RD

Many people make weight loss their New Year's resolution by investing in the latest fad diet.

Instead of turning to a fad diet, think about the healthy eating techniques and consider another lifestyle change: being more physically active. Lack of exercise has links to obesity and many diseases.

Exercise pays off in many ways. It improves mental function and mood, builds strong bones, improves immunity, reduces stress, improves sleep quality, boosts metabolism, assists with weight maintenance, eases the aging process and improves well-being and self-image. This year make getting fit your New Year's resolution.

### Warm-Up / Cool Down

Include a five-minute warm-up and cool down. Stretching after the warm-up and after the main exercise will help loosen up muscles you've tightened during the workout. This also improves flexibility to prevent injuries and make daily activities easier as we age.

### Aerobic and Strength Training

A perfect workout regiment includes a mixture of both aerobic and strength training.

Aerobic training improves cardiovascular fitness by increasing your heart rate and your body's ability to pump blood to the heart, lungs and muscles. Strength training improves muscle endurance by keeping your muscles limber. Balance routines by including the major muscle groups: arms, legs, abs, back and shoulders.

### Adaptation and Challenge

As your body adapts to your routine, you need to change it up to continue progression. You can use a concept known as **FITT** when designing your own exercise program.

**F** equals frequency or the amount you exercise weekly. Start with two to three times a week and slowly work up to five or more times a week.

**I** equals intensity or how hard you work out. The more intense your workout is, the harder you'll breathe and the more your heart rate increases. Your heart rate is used to measure intensity during aerobic training.

You should not exercise to your max heart rate, which you calculate by subtracting your age from 220. Shoot for a heart rate between 55 to 65 percent to burn fat and 65 to 85 percent to improve cardiovascular fitness.

For strength training, the number of repetitions should reflect the amount of weight you lift. Muscle failure stimulates muscle growth. A good rule of thumb is if you can do more than 12 reps, the weight is too light and if you can't do at least six reps, it's too heavy. Do two to three sets of reps per exercise. Slow, rhythmic movement and breathing is important, so don't hold your breath.



**T** equals type of equipment or exercise you do. Cross training with different equipment challenges the body. Aerobic machines include treadmills, bike machines, ellipticals and stair climbers. Strength training can include free weights, weight machines, exercise bands, plyometrics and yoga.

**T** equals time, which is how long you work out. Beginners need to start slow and break up their workout time during the day by exercising in increments. Keep in mind, it takes about 20 minutes before your body shifts from burning carbs to fat, so if you're training to lose weight, you'll need to slowly increase to 45 to 60 minutes of continuous exercise.

### Tips for success

If you're a beginner start slow, if you work out too hard, you'll be sore, and less likely to continue with an exercise program.

Find an exercise buddy; you're more likely to stick with an exercise plan if you're accountable to someone else.

Listen to music; it helps to motivate you during your work out and increase intensity.

Develop a schedule; when you write it down it's easier to remember and stick to.

Develop an alternative plan if you can't stick to the original schedule.

Stay hydrated; your body needs adequate water to move and function.

Get plenty of rest; muscle is not built during exercise, but instead while you're resting! Proper rest and recovery prevents injuries. 🍷



# WATCH

CHAPLAIN

## What makes marriage healthy

Commentary by Chaplain (Maj.) Eddie Kinley, CJTF-1 Family Life Chaplain

Society as a whole appears to exaggerate the freedom and luxury of living single. We seem to admire and adore the mystique of successful popular singles like George Clooney, Gerald Butler, Jennifer Aniston, Courtney Cox and host of other star studded figures.

In fact, think about all the married television shows and the implications made regarding marriage: Everybody Loves Raymond, King of Queens, My Wife and Kids, The Marriage Ref and even the animated Family Guy all depict marriage as awkward, exhausting and taxing. In fact, less and less adults are marrying these days due to a number of valid concerns and considerations.

Many are choosing to delay the sacrament of marriage, focusing rather on financial and educational achievements. Becoming financially stable and pursuing educational goals and dreams are becoming major priorities in many of today's single adults.

Interesting enough, major studies are beginning to unearth the tremendous health benefits of marriage. Let us examine a few.

Research indicates that a man or woman's marital status at age 48 strongly predicts their chances of either surviving to 65 or dying prematurely. Information from the National Healthy Marriage Resource Center states that divorced men have only a 65 percent chance of living to 65, compared to 90 percent of married men, and a never married-woman has an 80 percent chance of living to age 65, compared to a 95 percent chance for married women.

The conclusion is obvious: married couples live longer lives than singles. Not only is marriage healthy for the couple's life span but also for the children. Research also indicates that children raised to adulthood by married parents live longer, and have better physical health as children and later in life as adults, compared to children raised in other living arrangements.

Simply being married is not enough according to research. The quality of the marriage, rather than simply being married, is what affects health. A healthy and happy marriage is beneficial physically and mentally for both partners and the children.

It is no secret regarding the negative effects of divorce and destructive marriages on children's academic, social and psychological well-being. Children perform better when they live and dwell in healthy environments. Psychologist Erik Erikson and

others made similar observations years ago and now research is confirming what psychotherapists proposed decades ago.

Studies are beginning to reveal amazing facts on the health of marriage and the effects on children's health. For example, research has found that children of distressed, highly negative couples have higher levels of stress related hormones in their system, which is a marker for the presence of chronic physiological stress.

Genesis 2:18 it states how in the beginning when man was created, God declared, "It is not good for the man to be alone; I will make him a helper suitable for him." Therefore, God created Eve to serve as a companion for the Adam. It is sobering that men in particular benefit physically from being married. Perhaps God was correct when he said it is not good for the man to be alone.

Our health status improves, negative physical symptoms decrease, and positive behaviors increase. With the exception of weight gain, physical health vastly improves when men are happily married. The same is true for the health of women, but at a slower pace. For each year of marriage, a woman's risk of dying prematurely decreases.

As we grow older, together the bond of health thickens and the effects of marriage on adult health become more powerful. One of the greatest sights to behold is an elderly couple.

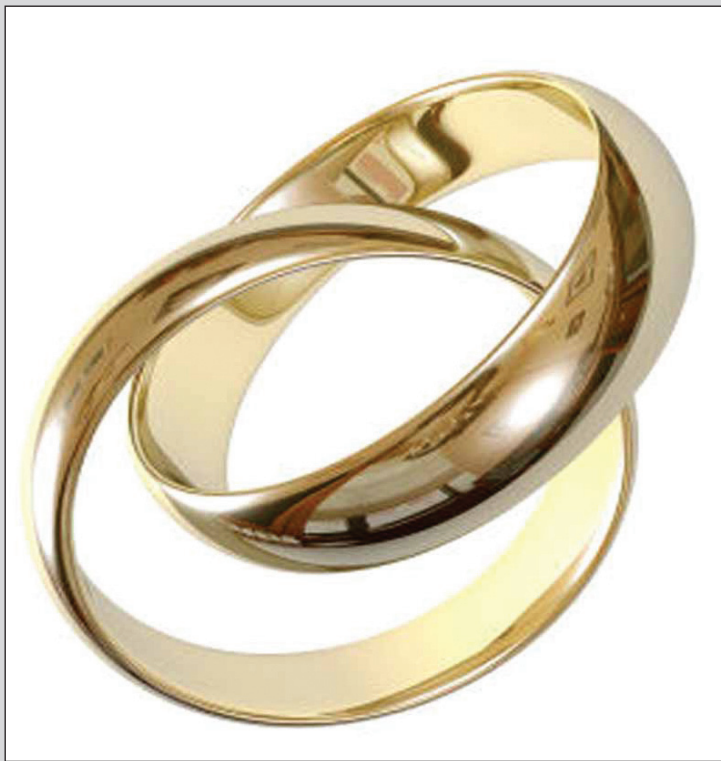
I have seen elderly couples

eating in restaurants, food shopping and walking in malls. They appear to be so content and relaxed.

Studies reveal that very elderly persons who are still married are likely to be healthier. One study conducted revealed that 76 percent of the elderly were in good or excellent health, compared to peers who are widowed, divorced and living with a partner, or never married.

Research also found that physical limitations for divorced or never married elderly were somewhere in between the married and widowed rates. If you are deciding to remain single for the rest of your life, you might want to think it over. Sure, it may look glamorous and independent, but the research is undisputable.

You can run 20 miles a week, practice a vegetarian lifestyle, and donate time to a local homeless shelter and more. However, there is nothing healthier than a happy marriage! If you don't believe me, try it. ☺





# W<sup>UNIT</sup> WATCH

## AFN-Afghanistan rocks troops' spirits

By U.S. Army Sgt. William Begley  
RC-East PAO

On any given day on Bagram, the commute down around base can be a slow, mind-numbing experience. Slow speed limits and an abundance of vehicles can turn what should be a short drive into a long agonizing ordeal.

It doesn't have to be that way though. You could just turn your radio to "Freedom Radio" 94.1FM and listen. The broadcasters at Armed Forces Network-Afghanistan are ready to boost morale by putting a little music into your day and giving you the information you need to get you through the deployment blues.



U.S. Army Sgt. Jennifer Casanova, a broadcast journalist for Armed Forces Network-Afghanistan and a native of Colorado Springs, Colo., hosts the "Midday Madness with Cass" show at Bagram Airfield Dec 7. Casanova plays largely Top-40 music during her time on the air. (Photo by U.S. Army Sgt. William Begley, RC-East PAO)

U.S. Air Force Staff Sgt. Melissa Hay, a television and radio broadcaster for AFN-Afghanistan and a native of Oviedo, Fla., hosts "The Morning Show with Melissa Hay." She said she loves her job and the effect it has on her listeners.

"I think that we're making a huge impact on morale because the one thing people turn to, to remember home is music," said Hay. "And if they tune into us and hear their favorite song then I know that maybe I've made their day better."

U.S. Army Spc. Russell Toof, a broadcast journalist for AFN-Afghanistan, loves the idea of being a Soldier and doing the job he does. Toof says most days he enjoys being in the studio and working with the editing software.

"I'm surprised they even give me a weapon," the Indianapolis native said jokingly.

Toof hosts "The Big Dumb Show," and upon joining the crew at AFN-Afghanistan, he was given a new nickname; a nickname that reflected his music genre specialty.

"They gave me the DJ name 'Rockin' Russell Toof," he said.

With the war in Iraq drawing to a close, AFN-Afghanistan has become the last remaining broadcast station in the operational

theatre. As a result, the size of AFN-Afghanistan's audience has grown substantially.

"We broadcast to over 98,000 people in three different countries. It's huge; you forget how big of an impact you're making," said Hay.

U.S. Army Sgt. Jennifer Casanova, a broadcast journalist for AFN-Afghanistan and a native of Colorado Springs, Colo. hosts "Midday Madness with Cass" show. Casanova said that knowing what she broadcasts is going to be heard in three different countries is pretty cool. Casanova also believes in the power of music and a positive attitude.

"I think if a song can make you think about back home and get you happy and a little excited, [then] I'm all about it," said Casanova.

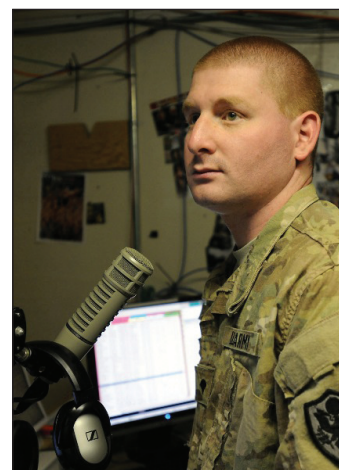
Casanova added that her job has had some interesting moments. She even had a celebrity propose to her once on air.

"[MTV star] Wee-man asked to marry me," Casanova said. "He proposed to me on live radio and I about died."

Toof likes to keep it simple while summing up what he does best. He knows that a lot of servicemembers are homesick.

"Our job is to give them a little bit of home in our broadcast," he said.

If you have a song request, the number for the AFN-Afghanistan request line is DSN 431-3339. 📻



U.S. Army Spc. Russell Toof, a broadcast journalist for the Armed Forces Network-Afghanistan, and a native of Indianapolis watches the monitor and waits for his cue to go on the air at Bagram Airfield Dec 7. Toof likes his listeners to feel like they got a little bit of home from his broadcast. (Photo by U.S. Army Sgt. William Begley, RC-East PAO)



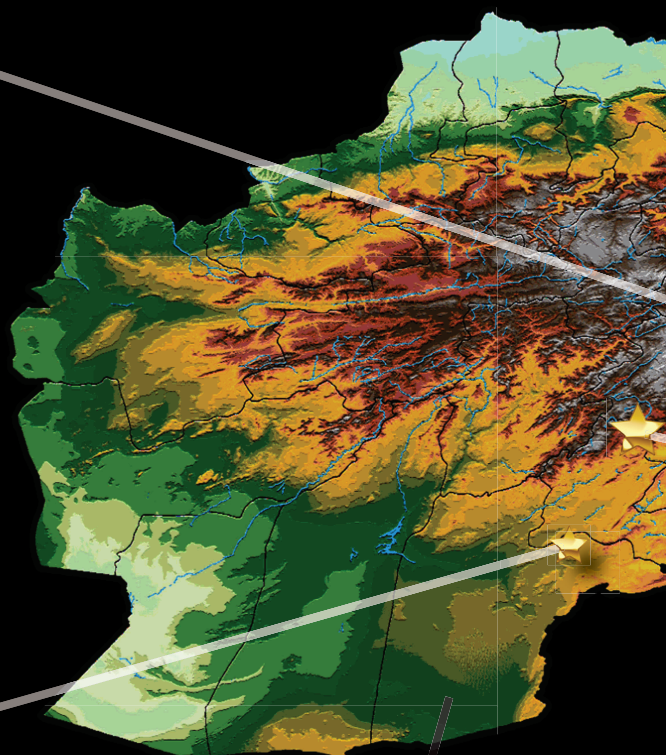
U.S. Air Force Staff Sgt. Melissa Hay, a television and radio broadcaster for American Forces Network-Afghanistan, and a native of Oviedo, Fla., introduces a song on her morning show at Bagram Airfield Dec 7. Hay said she loves what she does and makes the days of deployed servicemembers brighter with her broadcast. (U.S. Army photo by Sgt. William Begley, RC-East PAO)



# Goodwill across Afghanistan:



The Religious and Cultural Affairs Officer from 3rd Brigade, 201st Corps Afghan National Army, distributes school materials to 400 boys and girls Nov. 17 in the village of Kace Shekhan. This was the first independent Civil-Military cooperation mission, providing direct support to the population. (Photo by French Maj. Alain Bourderau, Task Force Lafayette, Operational Mentor Liaison Team)

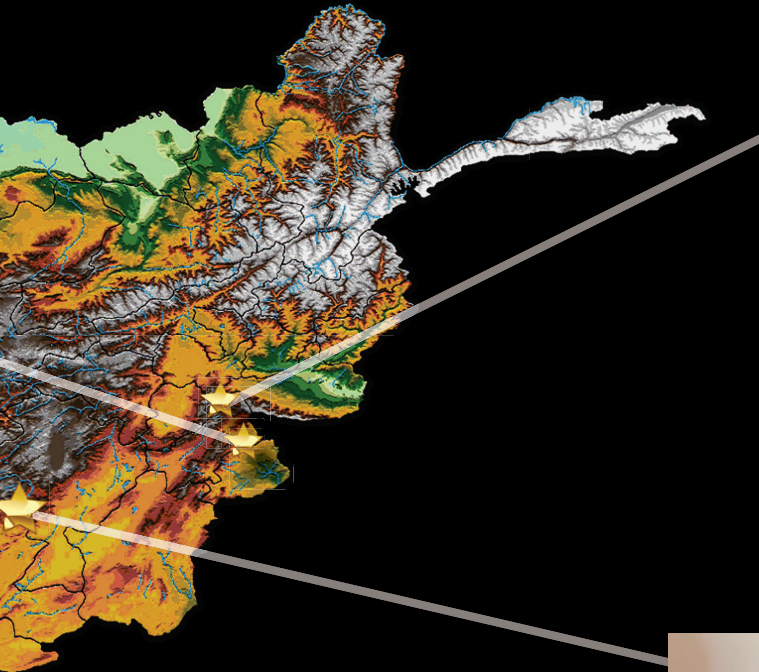


U.S. Marine Cpl. Eric McMullen, a combat engineer, Combat Logistics Battalion 1, and a native of Lake Tahoe, Calif., guides a bulldozer to fill a culvert Nov. 12. The Marines are currently repairing the support structure on a bridge located at a major intersection that connects Marjah and Nawa districts in Helmand Province. The bridge receives heavy foot and vehicle traffic due to the local bazaar. (Photo by U.S. Marine Lance Cpl. Alfred V. Lopez, Regimental Combat Team-5, 1st Marine Division)



# ISAF and ANSF Reach Out

An Afghan boy looks through a bag of school supplies given to him by members of the Regional Command-East Female Engagement Team Program Directorate during Operation School Supplies at the Egyptian Field Hospital, Nov. 10. Part of a larger education initiative, Operation School Supplies aims to provide educational tools to empower women and children, impacting Afghanistan's future leaders. (Photo by U.S. Army Capt. Ebony N. Calhoun, RC-East PAO)



Students in the 2011 graduating class at the Korean Vocational Training Center wait in a hallway before the ceremony Dec. 5. The KVTC trains young Afghans in several different practical skill areas such as computers, electronics, automotive repair and carpentry. The program represents a significant commitment to Afghanistan's economy. It also provides students with free transportation, meals, uniforms, and shoes while attending courses, and tools to use once they graduate. (Photo by U.S. Army Spc. Ken Scar, RC-East PAO)





# STORY SNAPSHOTS



## Clearing

*Afghan National Army commandos pull security during a clearing operation in Panjawi District, Kandahar province Nov. 26. Afghan and coalition forces partnered to conduct clearing operations to disrupt insurgent safe havens in the area. (Photo by U.S. Army Sgt. Christian Palermo, CJSOTF-A PAO)*



## Breaking

U.S. Air Force Staff Sgt. Corin Dolson, safety manager with the 455th Expeditionary Security Forces Squadron, breaks up concrete at Bagram Airfield. The safety team, along with Airmen from the 455th Expeditionary Civil Engineer Squadron, are working side by side to construct a new security forces building Nov. 10. (Photo by U.S. Air Force Staff Sgt. John Wright, 455th AEW PAO)



## Troubleshooting

U.S. Army Sgt. Ben Davila, armament maintenance non-commissioned officer in charge, Task Force Lobos, 1st Air Cavalry Brigade, 1st Cavalry Division, and a native from Corpus Christi, Texas sits inside of an AH-64D Apache as Spc. Andrew Glickstein, an armament technician, goes through fault troubleshooting procedures Nov. 27. The Soldiers were troubleshooting a fault pertaining to the weapons system of the aircraft. (Photo by U.S. Army Sgt. Felix Acevedo, 1st ACB, 1st CD, PAO)





## Watching

*U.S. Army Staff Sgt. Christopher Thompson, of Wakefield, R.I., and Pfc. Tim "Bull" Sheeran, from Newport, R.I., man their fighting position on a ridgeline high in the mountains of the Dawlat Shah District Nov. 15. They spent more than 50 hours providing overwatch for Afghan National Army operations to clear the valley below. (Photo by U.S. Army Spc. Ken Scar, RC-East PAO)*



## Giving

*Soldiers of Company B, 2nd Battalion, 5th Infantry Regiment, Task Force Bulldog rush to unload a UH-60 Black Hawk that landed at Combat Outpost Chak District Center to deliver steak, ham, ribs and sides for the company's Thanksgiving Day lunch Nov. 24. (Photo by U.S. Army Sgt. John Ortiz, TF Bulldog PAO)*





## Visiting

*New York Yankees outfielder Nick Swisher, with his wife Joanna Garcia Swisher, answer questions during the USO Thanksgiving Holiday Troop Visit tour, Nov. 23, at Kabul International Airport. The Swishers announced in August that they would be having their honeymoon in Afghanistan. Swisher, whose grandfather was in the military, said he appreciates everything the troops have sacrificed for their nation. (Photo by U.S. Army Staff Sgt. Lindsey Kibler, ISAF PAO)*



## Protecting

*U.S. Army Staff Sgt. David Pereda, a member of the Paktika Provincial Reconstruction Team, waits with two local 7-year-olds, Nov. 7. The children, along with their parents, reported unexploded ordnance to an Afghan Local Police station. (Photo by U.S. Air Force 1st Lt. Ryan DeCamp, TF Blackhawk PAO)*





## Welding

*U.S. Army Sgt. Denae Nemanic, a native of Chico, Calif. uses a plasma cutter to make radio mounts for mine resistant ambush protected vehicles during the fabrication process Nov. 17. Nemanic, assigned to the 125th Brigade Support Battalion, is currently deployed to Forward Operating Base Shank as a welder and recovery specialist in the service and recovery section. (Photo by U.S. Army Sgt. John Ortiz, TF Bulldog PAO)*

## Building

*U.S. Army Pfc. Raymundo Gonzalez, a carpentry and masonry specialist from San Antonio, with the 236th Engineer Company, 7th Engineer Battalion, nails down supports for roof trusses Nov. 26 on Combat Outpost Dash Towp. The Texas National Guard unit has completed five building projects on the COP to include a new Morale Welfare and Recreation center, aid station, battalion tactical operations center and living quarters. They are currently working on two more projects. (Photo by U.S. Army Sgt. Andrea Merritt, RC-East PAO)*





## Resting

*An Afghan National Army Soldier takes a rest during a visit to the village of Madrassa Dec. 3. Afghan National Security Forces accompanied U.S. Soldiers from the 3rd Battalion, 66th Armored Regiment during their visit to the village and also the previous day when they spent the night at an observation point near the village. (U.S. Army photo by Sgt. Andrea Merritt, RC-East PAO)*



## Checking

*U.S. Army Pfc. Devin Slayden, a native of Burnett, Texas, and a member of the Route Clearance Patrol-45, 630th Route Clearance Company, Task Force Red Devils, stops to check on the rest of his squad during a route clearance mission Nov. 26. (Photo by U.S. Army 1st Lt. Jeff Balka, Task Force Red Devils PAO)*







# RC-East Sexual Assault Prevention Newsletter

14 Dec 2011

Volume 7 Issue 7



I, Maj F.E. Jackson, am most humble and proud to serve during our time of need. As an EO Director (Active Guardsman, with Law Enforcement credentials) for

## Message From The Program Manager

the past 6 years, I am committed to preventing discrimination in any form, especially Sexual Harassment/Assault thru education and training.

As noted by my very first days here, sexual assault is a real and major concern in the AOR. Any instance of sexual assault causes untold distractions to the mission. This is true for the victim as well as the unit as a whole.

Typically, an investigation is done. Medical exams may be necessary. Psychiatrists and chaplains can provide coun-

selling services. Whereas these assets could be used to fight the war or provide other care to our war-fighters.

There is no way we can allow a single preventable incident from happening. I highly encourage all to read this imperative newsletter and to pass it on to subordinates, co-workers, Soldiers, Sailors, Airman, and Marines as well as civilian government employees and contractors. I look forward to working with all Service Members to keep the fight with the enemy and not with each other.

## CJTF EO & SAPR Personnel

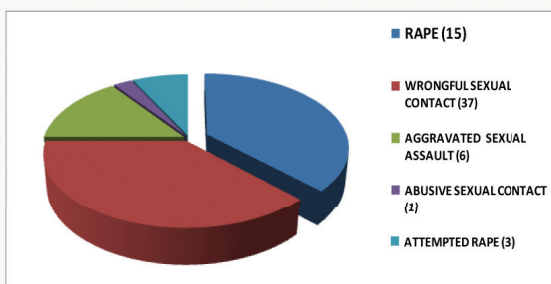
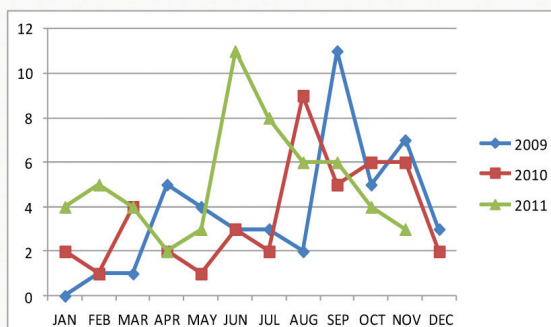
- Maj Flando E. Jackson  
EO/SARC Prgm Manager  
DSN 318-431-2743
- MSG George Parks  
NCOIC, EO/SARC  
DSN 318-431-2204
- SFC Anthony M. Adams  
DSN 318-431-4035
- SFC John E. Carreon  
DSN 318-431-2204

## 455 AEW SARC

- Capt Sara A. Ortals  
DSN: 318-431-4060



## Current Trends and Statistics for RC-East



### Monthly Trends for November

3 reported cases in November

(2) Unrestricted/ (1) Restricted

1 Rape

1 Wrongful Sexual Contact

- 1 ANA, 1 Unknown
- Female victims/male offenders
- 1 near motorpool latrine and 1 leaving the gym area

### Victims:

8 Male, 54 Female  
55 Military, 7 Civilian/Contractor

### Offenders:

61 Male, 3 Female  
32 US Military, 2 Coalition Military,  
14 Afghan Military, 11 Local Nationals,  
2 Civilian, 3 Unknown



*THE CJTF-1 Division EO/SARC Office would like to recognize SSG Darcella Marshall, (Alternate) DSARC/UVA, Task Force Duke (Salerno, Afghanistan) for her outstanding contributions and accomplishments to the SA Program. JOB WELL DONE!*



❑ *Full-time patriots who serve part time are a good investment for America*

- ✓ The Army Reserve takes advantage of skills Soldiers bring from their civilian professions and enhances these skills to ensure that Soldiers are successful as Citizen Warriors and as employees in the civilian workforce, contributing to a robust U.S. economy.



## EMPLOYER PARTNERSHIP OF THE ARMED FORCES

The Army Reserve has signed over 2,200 Employer Partnership Agreements. Partnerships signed include corporations, industry associations, state agencies and local police departments..

<http://www.employerpartnership.org/>



MELISSA HAY  
MORNING SHOW

JENN CASANOVA  
MIDDAY MADNESS

ROCKIN RUSSELL TOOF  
THE BIG DUMB SHOW



*U.S. Army Spc. Tommy Wyatt of Muskogee, Okla., and Cpl. Kurt Seidel of Sand Springs, Okla., cover the Common Remotely Operated Weapon Station system on a vehicle parked at Combat Outpost Herrera Dec. 2. Both Soldiers are with Company C, 1st Battalion, 279th Infantry Regiment, Task Force Thunderbird. (Photo by U.S. Army Spc. Ken Scar, RC-East PAO)*

# THE WATCH

