



DIVISION WEST
Winter 2011

WARRIOR





Training Machine,

As we continue to navigate through 2011, we will see many changes in our stance across the West. This is nothing new. We have adapted brilliantly over the last 10 years to meet the demands of war, and we will continue to adapt as the mobilization load drops and conditions overseas change. This is a fact of life in our world. We will move out in a smart and deliberate manner to ensure we can accomplish the mission, maintain our “team of teams” approach and care for our troops and their Families.

In 2010, we accomplished all our assigned tasks supporting our training mission and transformation. We started the fiscal year off with the horrible shootings at Fort Hood where we lost five Soldiers and had 11 wounded who were going through post-mobilization Soldier readiness processing at South Fort Hood. We recognized a Division West Soldier for his heroics offering first aid and assisting in moving the wounded. We sent more than 105 Soldiers to Afghanistan to train their Army and to participate as LNOs and trainers. Again we recognized a Division West Soldier, this time for heroics in repelling an attack at Kandahar. We invested a ton of effort in transitioning our training toward the Afghanistan area of responsibility and mission. We sent 1A patch-wearing troops to the National Training Center, Joint Readiness Training Center and schools, and we brought in mobile training teams aimed at making us better trainers. We moved two brigades, three battalions, Department of the Army Civilians, Soldiers and Families, and we integrated them into coherent formations and made sure they

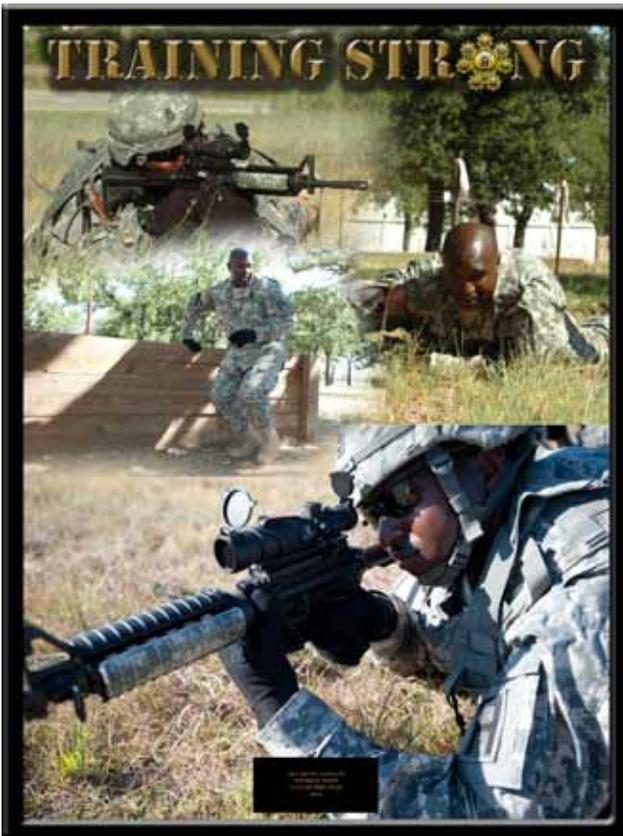
were welcomed, trained and ready. We built up our combat operating bases and contingency operating locations, brought in new and improved training venues, and we did most of it with our own troops.

We got back to fundamentals with an organizational inspection program, an in-processing and out-processing program, a total fitness program, and we recognized folks for top performance. Last, we captured what we do in the form of an operations standard operating procedure. No more plowing through the snow until you hit a fire hydrant. We trained about 40,000 troops and, by the way, these are functional units that have technical, complex missions. I lost count how many times an active component leader told me the training we were providing was first-class and, frankly, better than what they received. It is only through people who have a passion for their work, their teammates, and their country that you could get all this done in one year. We are blessed with a dedicated team of professionals who place the Soldier going to war as their #1 priority.

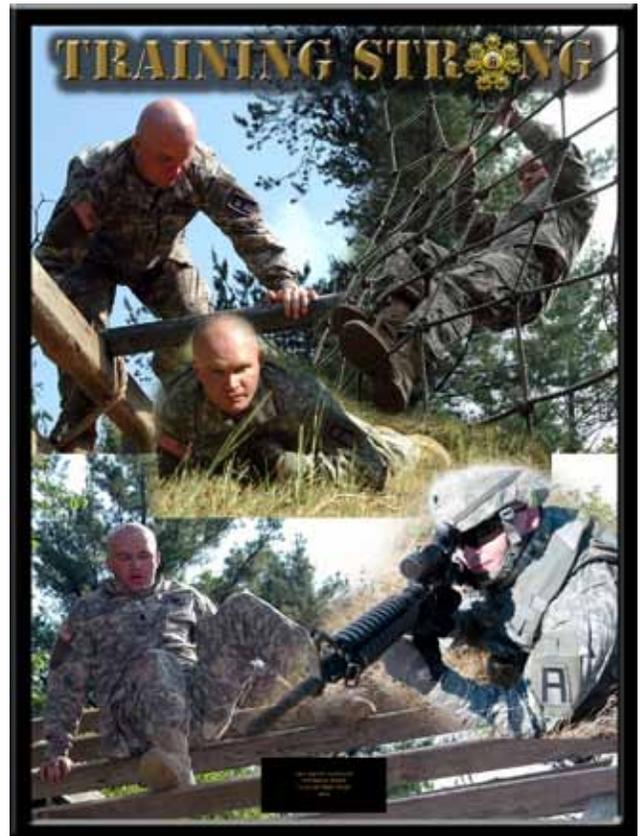
As we move through the second quarter, we will continue to improve

our training. We have invested in training for Afghanistan and have improved our counter-improvised explosive device, mounted/dismounted live-fire exercises, language, culture, functional fitness and combatives training. Recently, we had the House Armed Services Committee visit the C-IED training at Joint Base Lewis McChord, Wash. The Chairman of the HASC was absolutely impressed with the training and made comments in the HASC trip report. Relevant, realistic and tough training is our standard. Continue to enforce the use of language and culture skills in our culminating training events, especially during the scheduled key leaders engagements. Also, we had the Army fitness experts come to visit Division West. As expected, their walk-away comment was that we had the best program in the Army. Keep up the functional fitness, use ability groups and continue bringing in the nutritionists.

The key to all this training is focusing on the deploying Soldier, Sailor or Airman. They are our target market. At the same time, stress the importance of the deploying expeditionary forces unit coming



Sgt. 1st Class Kevin Bowens, 2010 Division West Noncommissioned Officer of the Year



Spc. Kevin Jarvis, 2010 First Army Soldier of the Year

to us with ALL their pre-mob tasks completed. The standard is not 80 or 90 percent, it is 100 percent. Units that arrive with less impact on our post-mob collective task focus. We advise and assist only in pre-mob and continue to make your mobilization training center more

combat-training-center-like.

The Training Machine never sleeps. We are training troops for combat. When they succeed in accomplishing the mission, so do we. We invest in the deploying Soldier. We invest our energy, our time, our knowledge and our

passion to preserve the liberties of this nation into each and every Soldier, Sailor and Airman that comes to us. We will not accept anything less, nor will their Families.

TRAINING MACHINE!

Observer Controller/Trainers of the Quarter



2nd Quarter, Fiscal Year 2010
Staff Sgt. Caanan Wiseman and
Chief of Staff of the Army
Gen. George Casey



3rd Quarter, Fiscal Year 2010
Sgt. 1st Class George Salonga and
Texas Congressman John Carter



4th Quarter, Fiscal Year 2010
Sgt. 1st Class James Gentile and
191st Infantry Brigade Command
Sgt. Maj. Danny Williamson



1st Quarter, Fiscal Year 2011
Master Sgt. Eric Brown and Gen.
Gordon R. Sullivan, USA Ret.

Photo of the quarter



Sgt. 1st Class John T. Armstrong, a noncommissioned officer with the 36th Infantry Division, shakes hands with a Basrah province citizen during a humanitarian event hosted by Iraqi security forces and Iraqi civilian doctors at the Basrah Operations Center where Basrah province residents were invited to receive acute medical aid, toys, school supplies, food, water, radios and health information. The Iraqi security forces provided security and opened the Basrah Operations Center for the event March 7. The 36th ID conducted its post mobilization training at Joint Base Lewis McChord, Wash., with the guidance and supervision of Division West trainers and staff. (Photo by Sgt. Jeremy Spires, 36th ID, Public Affairs.)

FIRST ARMY DIVISION WEST WARRIOR

On the cover: California Army National Guard Soldiers from the 649th Engineer Company, based in Chico, Calif., conducted squad-level movement training Dec. 17 at Fort McCoy, Wis., as part of their mobilization training for deployment in support of Operation Enduring Freedom. (Photo by 1st Lt. Jeffrey Gruidl, 181st Infantry Brigade, Division West, Public Affairs)



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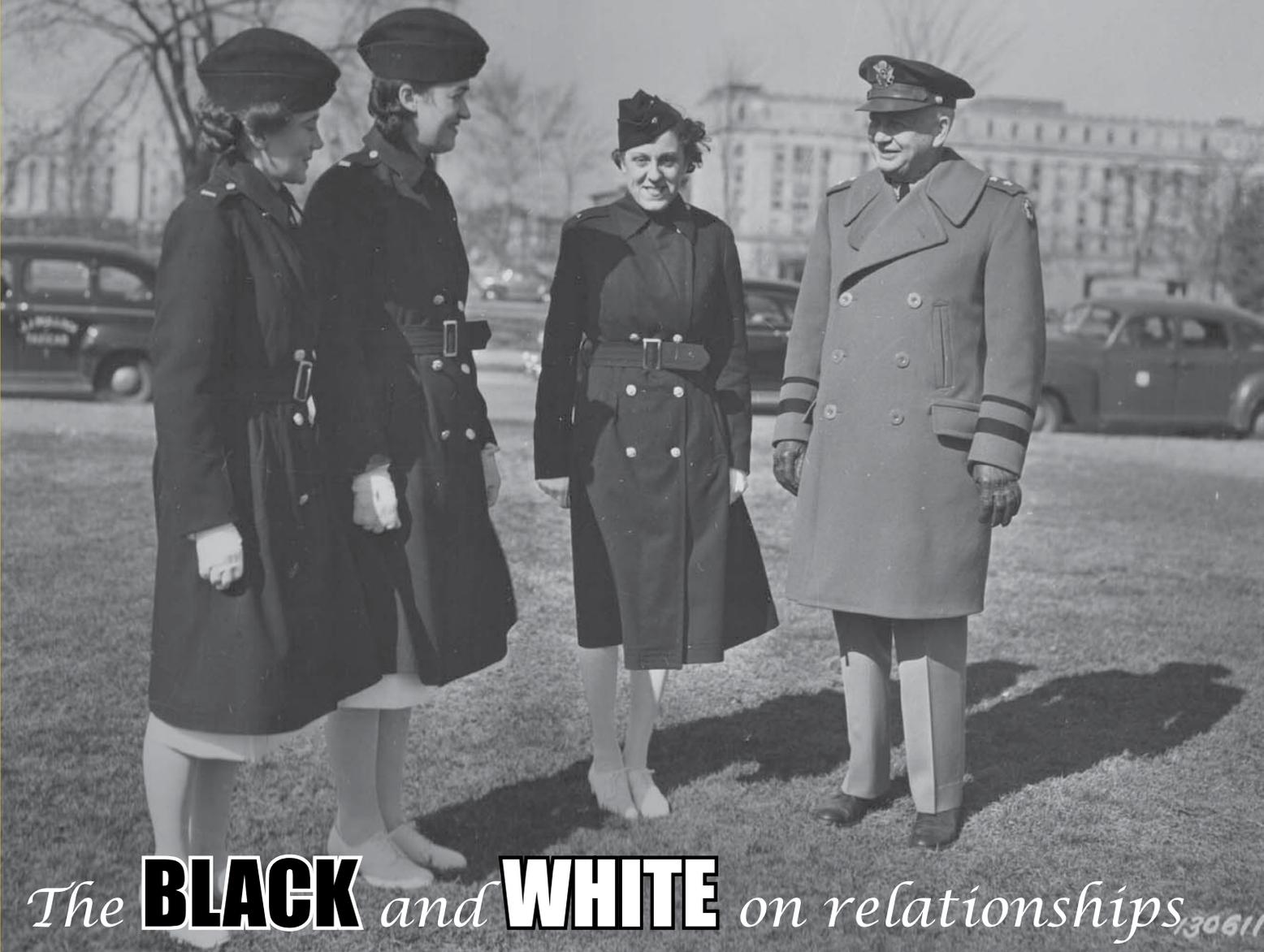
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Brigade, 479th Field Artillery Brigade, 5th
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The **BLACK** and **WHITE** on relationships between Soldiers of different ranks

Department of Army Pamphlet 600-35 provides guidance and examples about relationships between Soldiers of different rank in the United States Army. It implements the policy contained in Army Regulation 600-20, paragraphs 4-14 through 4-16, which also provides examples to help commanders, Soldiers and Army civilians understand Army customs and regulations on relationships between Soldiers of different rank.

Army Regulation 600-20 explains how good order and discipline is imperative to the success of military

organizations. It is the bedrock upon which unit cohesion is built. Unit cohesion is the result of Soldiers believing their unit treats them fairly and that order and discipline is indeed good. Soldiers of all ranks must feel they belong to the 'Family.' Building those bonds between Soldiers enables them to fight, win and survive on the battlefield.

Positive personal relationships are marks of good, solid interaction between Soldiers of different rank. The leader must use good judgment, experience and

discretion to draw the line between relationships that are "destructive" and those that are "constructive." Unit cohesion is hampered anytime relationships between the unit's members compromise the chain of command. Real or imagined, the unit and the Army pay the price when relationships between its Soldiers are, or are perceived to be, unprofessional. Soldiers of all ranks meet and associate with each other in many settings, both on and off duty. How these relationships impact authority, discipline and morale is central to



KEEP IT PROFESSIONAL

evaluating Soldier relationships and determining if they are in keeping with the Army's policy regarding relationships between Soldiers of different rank.

Army Regulation 600-20 discusses all relationships between Soldiers of different rank that might result in an impropriety or perception of impropriety. Special confidence and trust is placed in our officers and noncommissioned officers that must be honored, or we take the chance of causing the core of good order to dissolve. Soldiers must remain aware that relationships between Soldiers of different rank may lead to the perceptions of favoritism. The appearance of impropriety can be as damaging to morale and discipline as actual misconduct. Army policy focuses on managing our relationships to promote the health and welfare of all concerned to maintain good order, morale, and discipline.

Proper leadership means exercising care not to discriminate because of race, color, religion, gender or national origin. Relationships should provide the help and care necessary to build the loyalties and friendships that establish strong military communities. Leaders must build and maintain the structures necessary to accomplish the Army mission. The authority or influence one Soldier has over another is central to any discussion of the propriety of a particular relationship between Soldiers of different rank. Abuse of authority and appearance of partiality are major sources of problems. Limiting the potential for actual or perceived abuse of authority or partiality is a primary purpose of the policy on relationships.

For instance, "Capt. Smith" and "Pfc. Wesson" are members of the installation combatives team. During a trip to Fort Benning, may

the team members go out together to a restaurant?

Associations between officer and enlisted members that occur in the context of athletic teams and events are permitted. In this case, Capt. Smith and Pfc. Wesson going to a restaurant together are reasonably related to the team's participation in the Army Combatives Tournament.

Another example: a male captain in the active guard and reserve program initiates a personal dating relationship with a female active-Army private first class. He does not supervise her. Does he have an improper relationship?

Yes, the relationship is a violation of the policy. Reserve component members, such as AGR or military technicians, who are on active duty (other than annual training) are subject to the policy.

If you have any questions or concerns, consult your chain of command, legal, equal opportunity or the Inspector General's office.

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DIVISION WEST

That's not going to buff out



>>Photos and information provided by Division West Safety Office.

WHAT HAPPENED:

The pictures say it all ...

This accident occurred north of Deer Lodge, Wash., on I-90. The driver was a 22-year-old guy heading east to college. He had left central Washington early in the morning. He fell asleep at the wheel and drifted off the shoulder, hitting the end of the section of guard rail.

The guard rail came through the right headlight, engine compartment,

firewall, glove box, passenger seat and rear seat and exited out the driver's side rear window. That is 120 linear feet of guard rail that threaded through the sport utility vehicle.

There were no passengers and the driver was not injured.

This is a reminder about NOT driving when you should not be behind the wheel (drinking, texting, distracted or just plain tired).

DIVISION WEST SAFETY OFFICE
254-553-4867





Chaplain (Lt. Col.) Randy Edwards
Division West chaplain

As winter closes and we approach spring, we are also at the time of year that college basketball March Madness is on the airwaves. Many schools and fans are hoping for a chance to play in the NCAA tournament, others hope to make it back to the Final Four, while still others expect and hope to be crowned the NCAA National Champion.

As the basketball tournaments come and go, there will be upsets and expected outcomes. I remember a few years ago, the college football world was rocked the first week with what the sports shows said was one of the greatest upsets in college football history: Appalachian State defeated No. 5 Michigan. With that game and any upset, the television cameras pan the crowds; the fans and players of the favored team are stunned, their faces full of disappointment. Dreams seem to be shattered.

Everyone reading this article has dreams, plans and desires. We hold to our dreams, expectations and thoughts about the present and future. Many will find their dreams and plans realized. However, some

will see their dreams fade, while others may experience shattered dreams.

Frequent deployments, training mission requirements and multiple nights away from home have strained and stressed some relationships. Plans have been put on hold or will need to be re-scripted. Unfortunately, in my career as a chaplain, I have counseled many Soldiers and Family members whose idyllic lives have been altered — lives turned upside down by death, illness, or broken relationships. We are faced with challenging times. Economic conditions and tight budgets may create hardships and unexpected changes. For some, plans and adjustments will be made that a year ago were not even being considered. Pain and struggle is a reality. But also, the reality is, regardless of the circumstances, there really is a light at the end of the tunnel.

Have you ever heard the saying, “hope is not a method?” From my experiences, I can conclude, “hope is not a method ... it is a means!” Hope is not a wish. Hope is a means by which we can look to tomorrow

even through the valleys and pitfalls that we may face in life. My hope is built on nothing less than my relationship with God. Romans 15:13 records these words of comfort: “May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit,” New International Version.

Lewis Smedes wrote, “Hope is no longer a passion for the possible. It becomes a passion for the promise.”

My wife and I will soon celebrate our 29th wedding anniversary. If it were not for our trust and hope in the Lord as the God of reconciliation, we would not be continuing in the celebration of our anniversaries. During a dark time in our relationship, it was my hope in what God could do that served as the means for me to face the next day and the next and then the next. Circumstances in life are not always pleasant.

Dr. Martin Luther King Jr. stated, “We must accept finite disappointment, but we must never lose infinite hope.”

Take care ... God cares!

Fort Hood Sgt. Audie Murphy Club members perform for former president

Story and photos by Capt. Marvin J. Baker
120th Infantry Brigade, Division West, Public Affairs

DALLAS — Some of Fort Hood's top noncommissioned officers participated in the George W. Bush Presidential Center groundbreaking ceremony Nov. 16.

Master Sgt. Carol Hymes of the 62nd Expeditionary Signal Battalion, Sgt. 1st Class James F. Falls of Carl Darnall Army Medical Center, Sgt. 1st Class Kenneth Hood III of 13th Expeditionary Support Command and Sgt. 1st Class Willie Vines of the 120th Infantry Brigade – all members of the Fort Hood Sgt. Audie Murphy Club – conducted a color guard ceremony at the event.

Later, they met and posed for photographs with the former commander in chief.

“Meeting President Bush has been a big highlight in my Army

career,” said Vines, who serves as president of the Fort Hood SAMC.

SAMC recognizes the best of the NCO corps, and Soldiers undergo a thorough selection and test process before becoming members, Vines said.

After earning their membership, Vines added, Soldiers demonstrate and share their knowledge of the Army and its core values while participating in community and on-post events.

Vines said NCOs compete to join the club because they know “if you want to get better, then you need to be around better Soldiers.”

For more information about the Fort Hood SAMC, contact Sgt. 1st Class Vines at Willie.Vines@us.army.mil.



>>(Left to right) Sgt. 1st Class Kenneth Hood III of the 13th Expeditionary Support Command, Master Sgt. Carol Hymes of the 62nd Expeditionary Signal Battalion, Sgt. 1st Class Willie Vines of the 120th Infantry Brigade, and Sgt. 1st Class James F. Falls of Carl Darnall Army Medical Center pose for a picture after conducting a color guard ceremony at the George W. Bush Presidential Center groundbreaking Nov. 16 in Dallas. All four Soldiers are members of the Fort Hood Sgt. Audie Murphy Club.



>>Sgt. 1st Class Willie Vines of the 120th Infantry Brigade poses for a photo with President George W. Bush and Laura Bush at the George W. Bush Presidential Center groundbreaking Nov. 16 in Dallas. Vines and three other Soldiers, all members of the Fort Hood Sgt. Audie Murphy Club, conducted a color guard ceremony at the event.



>>Four members of the Fort Hood Sgt. Audie Murphy Club conduct a color guard ceremony at the George W. Bush Presidential Center groundbreaking Nov. 16 in Dallas.

Build competent, confident teams

>>5th Armored Brigade spouses and Soldiers recite the Soldier's Creed in unison to better relate to Soldiers' deep sense of responsibility during resilience offered at the brigade headquarters on Fort Bliss, Texas.



'Dagger Brigade' leads resilience training for Soldier spouses

 Story and photos by Maj. Jason Fetterolf
5th Armored Brigade, Division West, Public Affairs

More than a dozen 5th Armored Brigade spouses and others learned the concepts of resilience during training at the Fort Bliss, Texas, brigade headquarters in September.

Resilience training is gaining attention throughout the Army.

"The Army's purpose for providing resilience training to Soldiers and spouses is to help people become more well-rounded," said Sgt. 1st Class David Parish, brigade master resilience trainer-facilitator. "Science has shown us that people who are physically fit, emotionally fit, believe in something greater than themselves and have a strong Family and social base are more likely to bounce back from even the most dramatic of life's challenges."

Uniquely targeted toward spouses, the training was organized by Glenda Wilson, brigade family readiness support assistant.

"To my knowledge, no other [Master Resilience Training] program is pursuing the Family to the degree that we in the 5th

Armored Brigade are, and most of that credit belongs to Glenda Wilson ... who sees the value of Soldiers and Families ... speaking a common language of change," said Parish, an Iraq veteran.

The day's course offered two interactive modules taught by Master Resilience Trainer Sgt. 1st Class Tanisha Medina, logistics noncommissioned officer, 1st Battalion, 361st Engineer Regiment, "Redhawk," 5th Armored Brigade.

The first module provided an overview and discussed the core concepts of resilience including the competencies that contribute to resilience: self-awareness, self-regulation, optimism, strengths of character, and connection. Spouses even recited the Soldier's Creed to better relate to the deep sense of responsibility Soldiers have.

"For me, saying the Soldier's Creed made me want to be a Soldier. It's very, very powerful," said Gwen Kourrari, family programs manager, First Army Division West.

The second module discussed the concept of mental toughness, with participants learning seven skills to make them stronger Family members and better leaders. The participants developed their ability to understand thoughts, emotions and behaviors of themselves and others.

With a strong conviction in the benefits of resilience training, two-time veteran Medina enhanced learning in the course by interspersing training sessions with small group participation sessions.

"I believe in it and that it works," she said. "MRT is here to stay ... the Army is taking it seriously."

Even early into the day's training, spouses promptly articulated the value of the training.

"What's good about it is it offers resources to the whole Family; not just the Soldier," said Amy Marshall, wife of Lt. Col. Ward Marshall, 5th Armored Brigade deputy commander.

Marshall, who traveled from Colorado Springs, Colo. to attend

'Gingerbread woman' builds confectionary constructions

Story and photos by Sgt. 1st Class Gail Braymen
Division West Public Affairs

HARKER HEIGHTS, Texas—Johanna Rosson knows construction. Think “Extreme Makeover: Home Edition” builds houses fast? Rosson could build you a house today.

And you could eat it tomorrow.

Rosson is a nationally recognized “gingerbread artist” who turns flour, sugar, butter, spices and candy into charming, whimsical,

intricately detailed gingerbread houses.

Rosson and her sweet constructions have been featured on Food Network television shows, in magazines and newspapers, and in the Taste of Home Christmas 2009 cooking and craft book.

Most recently, she was the cover girl of the December/January 2011 issue of Country Woman magazine and was in the Christmas issue of Cooking with Paula Deen.

At 19, Rosson married Steve Rosson, who is now a lieutenant colonel stationed with First Army Division West at Fort Hood, Texas. Rosson traces the beginning of her gingerbread construction career to Germany, during the couple’s second Army duty assignment in the early 1990s.

While her husband was training out in the field, Rosson would frequently visit the medieval city of Rothenburg.

“The bakeries there have gingerbread – a primitive kind of gingerbread, just brown, simple gingerbread – in the windows,” she

said. “I just thought it was magical, and I wanted to try it. So, I did.”

“After a few times seeing it, I went home and made my first gingerbread house. And then I kind of got hooked.”

Soon, she started designing her own structures.

“I played around a little bit with patterns; some of them stood up, some of them didn’t,” she said. “I just kept at it. You just get better and better each time you do it. Even now I do.”

In 1995, Rosson started giving her gingerbread houses away as gifts and for raffles. Then, when she and her husband were stationed at Fort Irwin, Calif., people started wanting to buy them.

One Christmas was especially crazy, she said.

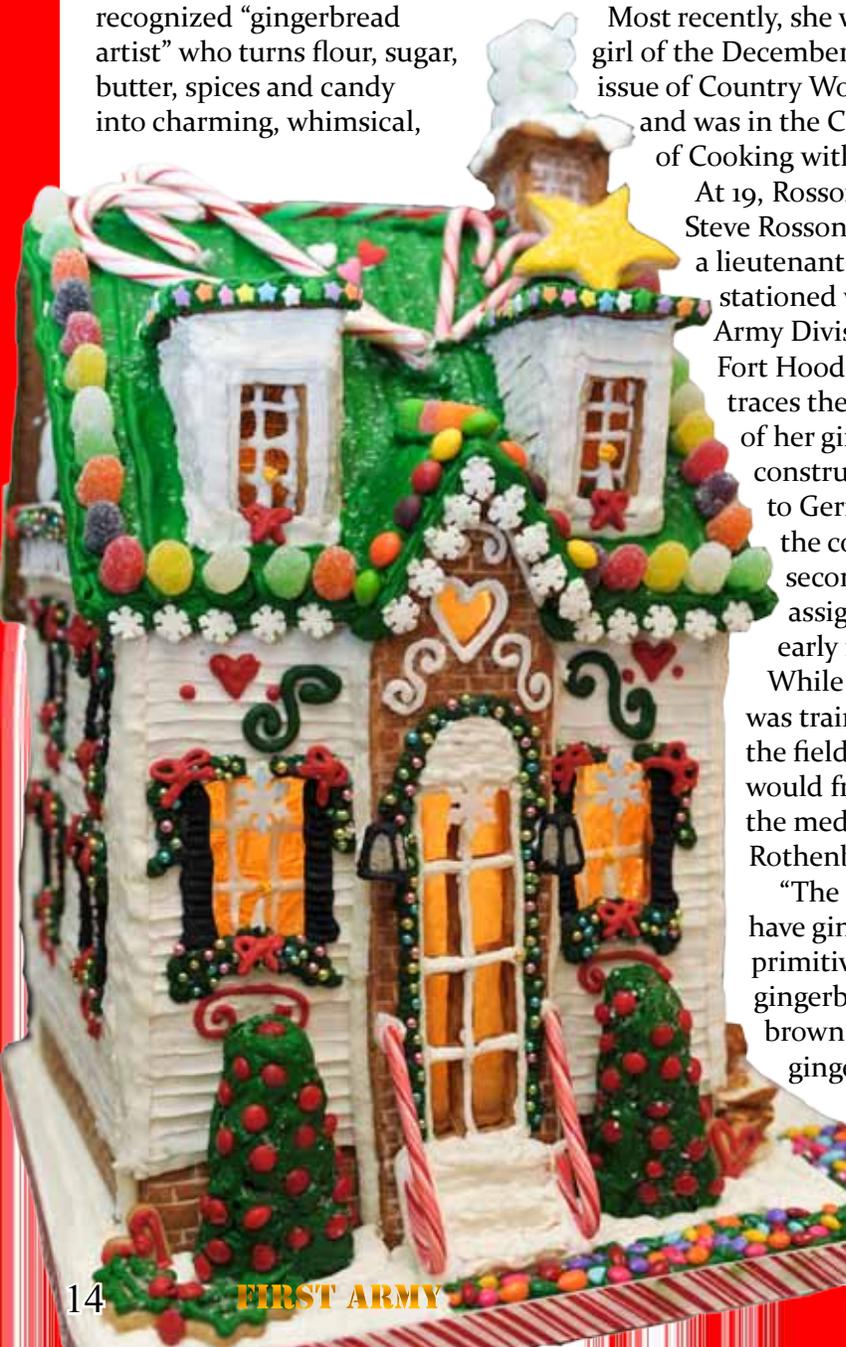
“I had two little babies, and I was just cranking gingerbread houses out,” she said. “I don’t know how I did it. I didn’t sleep.”

A few years later, the Rossons were stationed at Fort Stewart, Ga., and living in historic Richmond Hill, Ga.

“I decided to recreate the historic structures and houses that Henry Ford built in Richmond Hill,” Rosson said. “That was a large undertaking.”

After that, Rosson said, she “got the bug” for making gingerbread versions of real buildings.

In 2005, with her husband deployed to Iraq, Rosson turned her “bug” into her first big break. She contacted the producers of food maven Paula Deen’s television cooking show and offered to make a gingerbread





>>Gingerbread artist Johanna Rosson assembles a simple gingerbread house in the kitchen of her Harker Heights, Texas, home Oct. 31. Rosson and her original gingerbread creations have been featured in programs on Food Network and in publications including Cooking with Paula Deen and Country Woman. Rosson is married to First Army Division West's Lt. Col. Steven Rosson and is active in the unit's Family Readiness Group.

house to be in the background of Deen's Christmas show.

When the producers finally called Rosson back on a Thursday and asked if she could have a house ready the following Monday, Rosson got out her mixing bowls and got busy.

"My mom drove from Illinois to Georgia to watch the kids, and I worked around the clock," she said. "I actually made two houses, because I was so nervous that something would happen to one. Somehow I did it, and I was there for the filming."

The TV producers were so impressed with Rosson's colorfully decorated house that they asked her to recreate Paula Deen's Savannah home in gingerbread for the inaugural Christmas 2005 issue of the Cooking with Paula Deen magazine.

This year, Rosson has a second gingerbread version of Deen's home featured in the fifth anniversary Christmas issue of Cooking with Paula Deen.

Although building Paula Deen's home (twice!) counts as an accomplishment in her career, Rosson said the "jewel in (her) crown" of gingerbread houses was a huge, 4-by-5 foot replica of the depot at the Abraham Lincoln Presidential Library and Museum in Springfield, Ill.

The museum commissioned Rosson for the Lincoln depot project after spotting her on Deen's 2005 Food Network Christmas show. To recreate the depot, Rosson's eye for accuracy included fashioning gingerbread versions of two Lincoln statues, a gingerbread gazebo with musicians, and a gingerbread steam locomotive.

"My son Scott helped me break up some hard candy that looked like coal, and we put that in the coal car," Rosson said. "It was a lot of fun."

In 2007, Rosson was back at

the Food Network, this time in a gingerbread challenge on "Throwdown with Bobby Flay."

Rosson is continuing a Family tradition by handing down her kitchen skills to her boys. The whole Family gets involved in making gingerbread houses for Christmas.

"It's always fun, and it's a Family tradition now," Lt. Col. Rosson said. "She has done it for so many years, and the kids have helped. For them, it's part of our normal Christmas tradition. Everywhere we travel, it gives them a commonality."

Building a gingerbread house together can build relationships, Rosson said.

"It's something you can do that bonds you with your Family and friends," she said. "It's something you can do that can bring you closer together."

You can find more information about Rosson, plus her favorite gingerbread recipes, on her Web site at www.johannasingerbread.com.

>>Lt. Col. Kevin Litwhiler and his son Jack, 5, people were able to buy raffle tickets for this gingerbread house designed and built by gingerbread artist Johanna Rosson at the Division West holiday tree-lighting ceremony Dec. 1 at Fort Hood, Texas.



Arkansas ARNG completes personnel recovery training

Story and photos by Spc. Carl Havlik
166th Aviation Brigade, Division West, Public Affairs

FORT HOOD, Texas — Company D, 1st Battalion, 185th Aviation Regiment, Mississippi Army National Guard, completed its personnel recovery lane training exercise at North Fort Hood, Texas, in December.

The exercise was conducted by the 166th Aviation Brigade, which is responsible for validating all reserve component aviation mobilizations. During the exercise, aircraft crews must exit a downed aircraft and escape to safety while avoiding enemy contact.

Co. D, from Mississippi, is attached to the Arkansas Army

National Guard's 1st Bn., 185th Avn. Regt., for the units upcoming deployment to Iraq with the 40th Combat Aviation Brigade.

Staff Sgt. Rusty Lansford of Co. D mobilized at North Fort Hood in 2006 when aviation mobilization was in the beginning stages at Fort Hood.

"Compared to the living conditions in 2006, this is a tremendous

change. Instead of tent city and the 10 buildings we trained out of the first time, they have proper facilities set up for the Soldiers, proper chow halls, morale, welfare and recreation building — it has greatly improved," Lansford said.

The 40th Combat Aviation Brigade mobilization is the largest aviation mobilization ever conducted at Fort Hood. With training already going well, North Fort Hood currently looks to be the future for aviation mobilizations.



>>>A Soldier of Company D, 1st Battalion, 185th Aviation Regiment, Mississippi Army National Guard dresses a wound on an 'injured' Soldier during a personnel recovery lane training exercise at North Fort Hood, Texas, Dec. 18.



>>Soldiers of Company D, 1st Battalion, 185th Aviation Regiment, Mississippi Army National Guard, exit a UH-60 Blackhawk helicopter to begin their personnel recovery lane training exercise Dec. 18 at North Fort Hood, Texas. The unit is being trained by the 166th Aviation Brigade, First Army Division West, for its upcoming deployment to Iraq with the 40th Combat Aviation Brigade.



>>>Combatives instructors from the 479th Field Artillery Brigade demonstrate different guard positions during combatives training for the 8-229th Aviation at Fort Hood, Texas, Oct. 30. (Photo by 1st Lt. Annettie Cline, 479th Field Artillery Brigade, Division West, Public Affairs)

479th Field Artillery Brigade's Soldier trains for combatives level two

By Sgt. Erica N. Cain
479th Field Artillery Brigade, Division West, Public Affairs

FORT HOOD, Texas — With the intention of advancing her skills and eventually becoming a combatives instructor, 1st Lt. Katie Latendresse volunteered to participate in Fort Hood's combatives level two course held in October.

"I wanted to learn more than the basic combatives skills over and over again," said Latendresse, current operations officer for the 479th Field Artillery Brigade.

Combatives is an engagement in a struggle between two or more people, either empty-handed or with hand-held weapons such as knives, sticks, and rifles.

"The combatives level two course focused on fighting in combat and less on fighting for competition,"

Latendresse said.

Throughout the course, the combatives students learned different positions – both dominant and vulnerable – and how to change or improve their fighting positions. After learning the different techniques, students practiced them against each other in different scenarios and with replicas of weapons.

"The fact that we had a weapon made us realize that we panicked

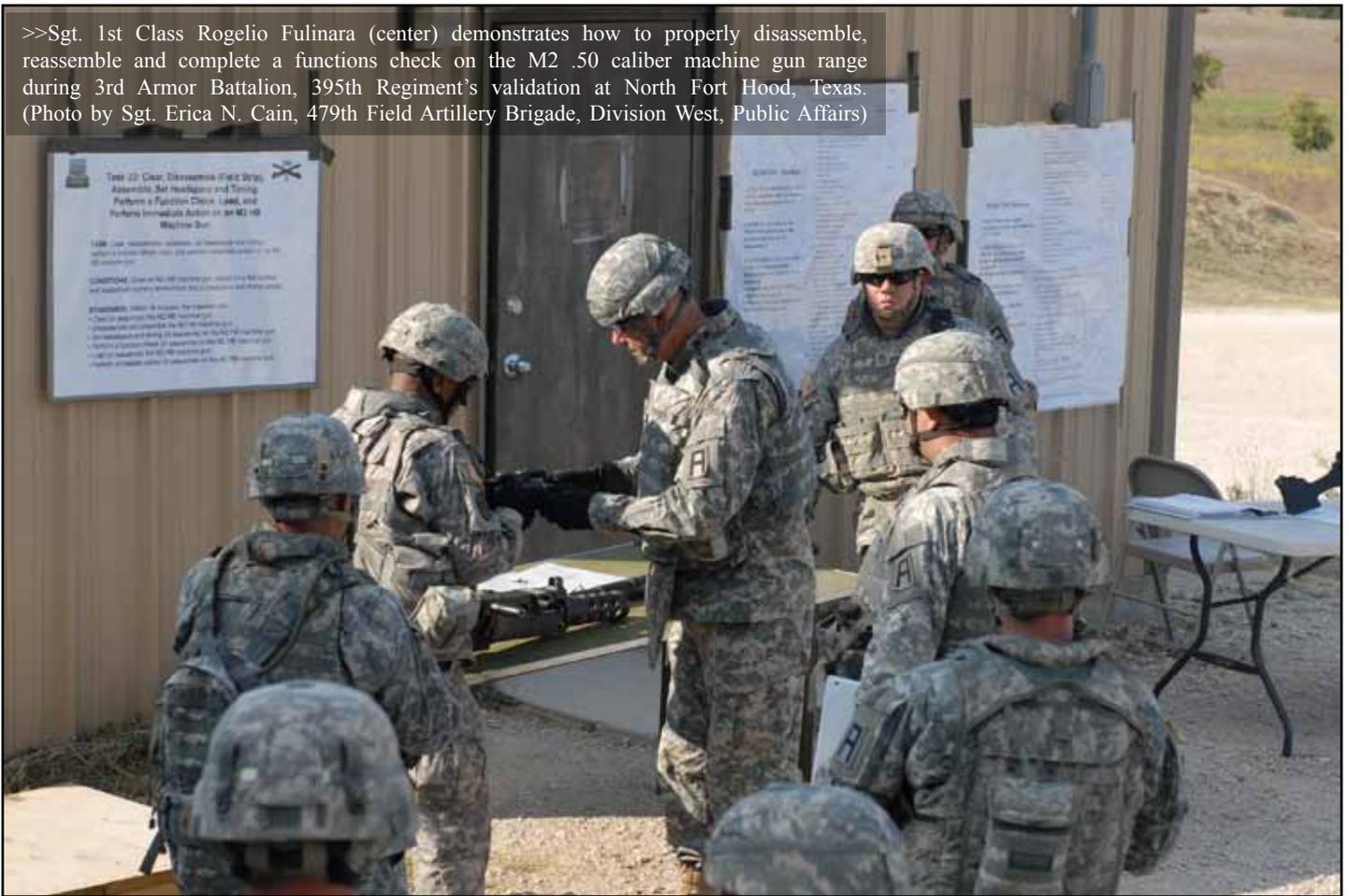
instead of remembering our techniques and controlling the enemy," Latendresse said. "We were more worried about that weapon."

The students fought in a ring, wearing combatives suits to simulate wearing body armor in combat. This scenario made the students aware of how limited their movements were when wearing body armor.

"The combatives suit gave me more confidence in my equipment, making the punches and kicks less intense," Latendresse said.

Combatives is an essential military skill because, if projectile weapons become lost or broken or fail to fire, hand-to-hand combat skills become vital assets to a unit's mission.

>>Sgt. 1st Class Rogelio Fulinara (center) demonstrates how to properly disassemble, reassemble and complete a functions check on the M2 .50 caliber machine gun range during 3rd Armor Battalion, 395th Regiment's validation at North Fort Hood, Texas. (Photo by Sgt. Erica N. Cain, 479th Field Artillery Brigade, Division West, Public Affairs)



479th Field Artillery Soldier mentors Afghan National Army

 By Sgt. Christopher Oster
3rd Armor Battalion, 395th Regiment, 479th Field Artillery Brigade, Division West

FORT HOOD, Texas — Sgt. 1st Class Rogelio Fulinara, a Soldier with the 479th Field Artillery Brigade's 3rd Armor Battalion, 395th Regiment, deployed to Kandahar, Afghanistan, to help train and mentor the Afghan National Army.

"Our primary mission was to mentor the Afghan National Army on their noncommissioned officers' battle course, the equivalent of our senior leadership course," Fulinara said.

Most of the Afghan Soldiers were trainers and already knew how to train their Soldiers, Fulinara

added, they just needed assistance with planning.

Fulinara worked closely with NCOs of the 205th Afghan National Army Corps before moving to Camp Darulamen to assist in standing up a new Infantry Battle School with the Afghan National Army.

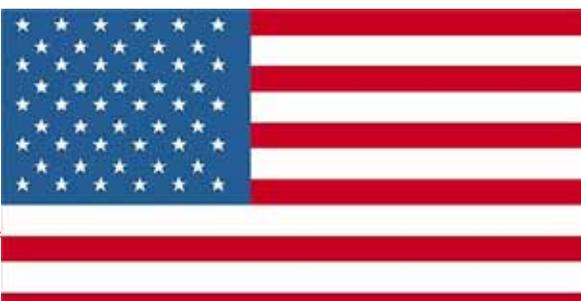
As time went on, Fulinara said,

the Soldiers learned to work more closely together and allowed each other to work at their full potentials.

When Fulinara returned home to his family, he had the opportunity to surprise his children.

"The first thing I did when I got home was scare the kids," he said. "The kids were being rowdy, and I burst in the door. It was like shock and awe."

Since returning home, Fulinara is enjoying spending more time with his family and looking forward to his 16th wedding anniversary.



NO Tap-out in Combat

MUZZLE THUMP



Soldiers must maintain control of the weapon at all times by keeping the enemy at projectile weapons range when possible. Use strikes like the **Muzzle Thump** to drive an enemy back, keeping him at projectile weapons range. If closer proximity than projectile range is necessary, use the Post, Frame or Hook and Head Control. To execute the **Post**, keep feet more than shoulder width apart, turn hips so secondary weapon is away from the enemy, tuck chin, use flat palm with thumb down to push enemy.

POST



CLEAR PRIMARY WEAPON WITH STRIKES



Use **Strikes** to regain control of the weapon. Strike enemy in the face with the heel of the hand. Strike enemy at the hip bone with the bottom of the foot. Push weapon down to clear enemy's arms, and repeatedly strike his head with the Army combat helmet until his grip is broken.

ACHIEVE THE CLING



Close with the enemy and gain dominance, especially in the case of a weapon malfunction or if the enemy is attempting to use his own weapon.

STAND IN BASE WITH PROJECTILE WEAPON



If a Soldier ends up on the ground at projectile weapon range from the enemy, mobility can be regained by returning to the standing position.

MODERN ARMY COMBATIVES PROGRAM HISTORY

- **1995** — 2nd Ranger Battalion commander orders reinvigoration of battalion combatives program.
- The FM at that time, written in 1992, offered no means to certify or train instructors.
- Commander appoints a committee to research improving close quarters combat tactics and methods.
- Program begins to develop and spread as a grassroots effort as Rangers begin teaching outside the Ranger community.
- **2002** — Army publishes new Combatives FM 3-25.150, which implements curriculum in Initial Military Training and Infantry Officer Education system.
- **2005** — U.S. Army Combatives School opens at Fort Benning, Ga.
- **2006** — *Soldier's Manual of Common Tasks* includes combatives as one of 40 Warrior core tasks.
- **2007** — AR 350-1 delineates training for all units Armywide and every battalion and brigade to have certified instructors.
- **2009** — As Soldier feedback from the field necessitates refinement, FM 3-25.150 is updated with more techniques and outlines planning for Armywide instructor training programs.
- **2010** — Soldier feedback leads to MACP broadening the curriculum at lower levels so Basic Combat Training and Advanced Individual Training teach more fighting techniques to new Soldiers.

BASIC COMBATIVES CORE TASKS OF THE ALL SOLDIERS SHOULD KNOW

- Muzzle Thump
- Tug-of-War
- Palm Heal Strike
- Kick
- Head Butt
- Post
- Frame
- Hook and Head Control
- Access Secondary Weapons
- Stand in Base
- Escape the Mount, Trap and R
- Pass the Guard
- Side Control
- Achieve the Mount from Side C

CREDITS: Photos by John D. Helms, Fort Benning PAO; Demonstrators: Soldier — Staff Sgt. Christopher Gordon, Enemy — Sgt. Areyu Ross, USACS; Design by Sgt. F.

FRAME



To execute the **Frame**, keep feet, hips, chin and weapon positioned similar to the Post. Extend forearm beyond 90 degrees with fingers spread across enemy's collarbone or with hand cupping the back of the head.

HOOK AND HEAD CONTROL



Execute the **Hook and Head Control** by placing the non-firing arm underneath enemy's arm with hand cupping the shoulder. Push forehead into enemy's chin. Legs should straddle enemy's closest leg.

CLINCH



Control of a weapons position.

ELBOW AND KNEE STRIKES



Strike enemy in the head with the point of your elbow. For additional power, rotate your body and pull enemy's head toward elbow strike. To execute **Knee Strike**, bring rear knee up to strike enemy in gut or head. For additional power, pull enemy's head down.

FRONT AND REAR TAKEDOWNS



From a clinch position, a Soldier may take the enemy to the ground. When in front of the enemy, drive to tackle. When behind the enemy, drag him down.

ESCAPE THE MOUNT WITH ARM TRAP AND ROLL



If a Soldier has failed to maintain his feet and the enemy has gained control of the Soldier's legs, the Soldier will be forced to fight for a dominant position, in this case using the **Arm Trap and Roll**.

SECONDARY WEAPON



Employing a secondary weapon allows a Soldier to quickly end the fight but can only be done safely when the Soldier is in control of the position.

THIS IS ONE OF THE FORTY WARRIOR ETHOS INITIATIVE, AND YOU SHOULD KNOW THE FOLLOWING MOVES:

- Escape the Mount, Shrimp to the Guard
- Arm Push and Roll to the Rear Mount
- Escape the Rear Mount
- Rear Naked Choke
- Cross Collar Choke from the Mount and Guard
- Bent Arm Bar
- Straight Arm Bar
- Sweep from the Attempted Straight Arm Bar
- Scissors Sweep
- Close the Gap and Achieve the Clinch
- Front Takedown to the Mount
- Rear Takedown
- Front Guillotine Choke

MACP COURSE LEVELS

Level 1 — Basic Army Combatives Course: 40-hour course teaches basic combatives techniques. Instructors for this course should be taught at battalion level by a level 3 instructor and certified by a lieutenant colonel (O-5) commander. Level 1 qualified instructors can teach the basic combatives drills and tasks.

Level 2 — Tactical Army Combatives Course: 80-hour course tailored to teach advanced techniques, teaching methodologies and philosophies. Each company will have at least one level 2 qualified instructor. The level 2 instructor course is taught at the brigade/installation level by a level 4 instructor and certified by a colonel (O-6) commander. Level 2 qualified instructors can supervise level 1 instructors and referee basic competitions.

Level 3 — Basic Army Combatives Instructor Course: 160-hour course integrates fighting skills into the infantry battle drills and close quarters battle. Level 3 qualified instructors can instruct the level 1 course, referee post events, special rules competitions and serve as battalion master trainer for scenario-based training.

Level 4 — Tactical Army Combatives Instructor Course: 160-hour course designed to teach management skills at the installation level. Instruction focuses on how to design, manage, execute and promote a safe combatives program, with special emphasis on teaching methodologies and safety.



>>First Sgt. James McLeod, first sergeant of the Army Reserve's 467th Combat Stress Control Detachment from Madison, Wis., holds the unit guidon while watching 467th Soldiers pay their respects to fallen comrades during a Nov. 10, 2009, memorial ceremony at Fort Hood, Texas, for the 13 people killed in the Nov. 5, 2009, shooting on the post. Three Soldiers of the 467th were killed and several others wounded in the shooting. (Photo by Sgt. 1st Class Gary Stacy, Division West Public Affairs)

Reserve unit draws on Fort Hood shooting tragedy to help other Soldiers

By Sgt. 1st Class Gail Braymen
Division West Public Affairs

FORT HOOD, Texas – Ironically, some of the Soldiers most deeply affected by the Nov. 5, 2009, shooting here are perhaps the most capable of recovering from the aftermath of shock and grief.

Soldiers of the 467th Combat Stress Control Detachment, an Army Reserve unit based in Madison, Wis., had arrived in Texas Nov. 4 for post-mobilization training with First Army Division West. By the afternoon of the following day, three members of the unit were dead and several others wounded, shot by a gunman as they waited to complete their deployment processing.

Other than happening in what

should have been the very least likely place, it was exactly the type of situation the unit of psychologists and behavioral health specialists is trained to deal with. A few weeks later, after completing their training on schedule, every one of the remaining Soldiers of the 467th – except those whose injuries now made them medically non-deployable – boarded the plane for Afghanistan.

Army Chief of Staff Gen. George W. Casey Jr. visited members of the 467th

during their overseas tour. During a remembrance ceremony held at Fort Hood one year after the shooting, Casey said he was impressed with their resilience.

“I watched members of the 467th Combat Stress Control Detachment – specialists charged with helping others deal with tragedy – as they coped themselves with the loss of three of their own,” Casey said. “They were working hard to come to grips with what happened here, even as they poured themselves into helping other Soldiers deal with the stresses of combat. They helped in clinics that they had named for their fallen comrades.”

The deployment was actually

helpful for a lot of the Soldiers in the unit, said Sgt. Garry Cole, a behavioral health specialist with the 467th.

“It allowed us to kind of take that burden off our shoulders for a time,” Cole said. “Our pace was so fast during the deployment that it was difficult to really have to stop and think about that and cope with what we were dealing with. In a way, helping other people is one of those things that makes your coping easier.”

Cole said he drew from his personal experience at Fort Hood “all the time” to help Soldiers in Afghanistan.

“It was much easier for me to relate,” Cole said. “Obviously, I would have rather not have gone through something like that ... but you might as well use it for something positive, instead of dwelling on something negative.”

Cole, who is engaged to be married in April, said a survey in his forward operating base showed that more Soldiers there suffered from “homefront” issues such as marital problems than combat stress.

Although the 467th Soldiers are doing well, Cole said, it’s good for them to get home.

“I think, for everyone in the military that gets deployed, the cure for all their symptoms is just to go home,” Cole said. “Being with Family is an extremely important bonding experience and an important healer, as well.”

All of the 467th Soldiers who deployed to Afghanistan safely returned to the United States in late October, a fact the unit’s senior enlisted leader, 1st Sgt. James McLeod, is very proud of. Although individual Soldiers could have decided not to deploy with the unit after the shooting, “they all said, ‘Yes,’ unanimously,” McLeod said. “No one wanted to be left behind.”

Once the unit arrived in Afghanistan, the 467th Soldiers focused on other Soldiers who needed their help, McLeod said.

“Violence is definitely a bad thing, but you have to accept it sometimes.

You have to push forward, even though you don’t want to, and our Soldiers were able to do that,” McLeod said. “Going through that incident made our Soldiers much stronger and able to support the Soldiers who are dealing with any type of issue.”

After the shooting and while the unit continued training at Fort Hood last year, 467th Soldiers were embraced by local communities, especially Gatesville, Texas,

McLeod said.

“What can you say about Texas? It’s a great place; it’s a great state,” McLeod said. “The community, as a whole, welcomed us and loved us, and we loved them back. We definitely want to tell them we appreciate the care and the love that they gave us, and that we hope to continue our relationship with them as we move along in time and our careers.”



>>Maj. Gen. Charles Anderson (left), commanding general of First Army Division West, greets 1st Sgt. James McLeod, first sergeant of the Army Reserve’s 467th Combat Stress Control Detachment from Madison, Wis., on the airfield at Joint Base Lewis-McChord, Wash., Oct. 23. McLeod and other members of the 467th were returning from Afghanistan, where they deployed after three of the unit’s Soldiers were killed and several others wounded in the Nov. 5, 2009, shooting at Fort Hood, Texas. At that time, the unit was being trained for its overseas mission at Fort Hood by Division West. (Photo by Airman Leah Young, 62nd Air Wing Public Affairs)

Division West trainer inspires troops



>>Staff Sgt. Jose Saenz, a senior instructor with First Army Division West's 5th Armored Brigade, instructs Soldiers from the Michigan Army National Guard's 1776th Military Police Company on riot control procedures at Camp McGregor, N.M., Nov. 18. Saenz teaches the use of non-lethal weapons, riot control and other detainee operation tactics to deploying Soldiers.

 Story and photo by Spc. Meredith Vincent
197th Public Affairs Detachment

CAMP MCGREGOR, N.M. – Across a wide stretch of dirt and sand, a dozen Soldiers lined up in formation, shields at the ready, waiting to be attacked by an opposing force. To the side, another Soldier watched them intently, looking for any discrepancies or weaknesses in the formation.

Staff Sgt. Jose Saenz is a senior instructor with First Army Division West's 5th Armored Brigade. At Camp McGregor, along New Mexico's southern border, Saenz teaches the use of non-lethal weapons, riot control and other detainee operation tactics to deploying Soldiers.

This group of Michigan Army National Guard Soldiers is



deploying to Afghanistan in the next month, and Saenz knows what they learn in New Mexico will affect every mission they undertake overseas. After the training exercise finished, he gathered the Soldiers together to discuss what could be improved, what worked well and what they learned.

A New Mexico native, Saenz has been in the military for 18 years, two of which he spent in Iraq. Saenz said his time overseas improved his skills as an instructor.

“We actually had direct contact, not only with Iraqi nationals, but also detainees from all around,” he said. “This kind of training was not around when I was a young Soldier, and I’m glad I’ve been given the knowledge I have to show these troops out here.”

Saenz is passionate about his job. He laughs and jokes with the Soldiers he trains, but also emphasizes how important their mission is.

“He tells you what you need to work on, while at the same time telling you what you’re doing right,” said Spc. Rebekah Hubers, with the 1776th Military Police Company

from Taylor, Mich. “He really motivates us and keeps our energy high, but also keeps us focused on the task at hand.”

Spc. Luke Langmeyer, also with the 1776th MP Co., explained why Saenz’s training is so important.

“He gets more in-depth,” Langmeyer said. “I didn’t see that back at (advanced individual training). It’s a good eye-opener ... and re-establishes why we train the way we do.”

Staff Sgt. Thomas St. George, also a 5th AR Bde. instructor, has worked with Saenz for nearly three years and has observed the qualities that make him a unique and capable teacher.

“He makes the training fun, makes it realistic ... and the Soldiers respond very well to him,” St. George said. “We try to have a good sense of humor with our training. We believe that if we have a sense of humor with these guys, they’ll pay more attention.”

It is also important that the training is not confusing or too complicated.

“For some of these newer,

younger Soldiers, it’s a good hands-on experience,” said Sgt. Scott Stonebreaker, from the 1776th MP Co. “It’s straightforward. It’s cut and dried. There’s no beating around the bush ... and it’ll help them out a lot during detainee ops.”

The Michigan Soldiers will be escorting and searching detainees, and Saenz stressed that they not let their guard down at any time.

“From my experience out there, the detainees were very compliant,” he said. “They were very kind and polite individuals. But, at the same time, at any minute they could explode and turn on you. You let your guard down, they’re going to

take advantage of that.”

Staff Sgt.

Saenz is very concerned with making sure he puts the proper information out to the Soldiers and the trainees,

“This kind of training was not around when I was a young Soldier, and I’m glad I’ve been given the knowledge I have to show these troops out here.”

St. George said. “He makes sure that he’s very clear with his instructions. He’s just an outstanding individual.”

Saenz has two daughters, ages four and eight. While the four-year-old doesn’t quite understand what Daddy does at work, Saenz said, the oldest one is very curious and proud of her father.

“She wants to know everything I do out here,” he said. “And I give her a good idea of what I do, how much fun I have.”

As Saenz took a look around the area, Soldiers prepared for another training exercise, having made the adjustments that he offered them earlier.

“It makes me feel very good,” he said. “I can literally sleep well at night. I can feel satisfied of the type of job I do out here.

“I know that, at one point or another, I reached out to every one of them.”



>>Staff Sgt. Dana Smiledge, observer controller/trainer, 1st Battalion, 360th Infantry Regiment “Warhawg,” mentors Soldiers conducting the short-range marksmanship exercise on Range 5 at McGregor Range, N.M., Oct. 2. (Photo by Lt. Col. William Dunbar, 1st Bn., 360th Inf. Regt., 5th Armored Bde., Division West)

‘Warhawg’ team live-fire range evolves to prepare deployers

 By Staff Sgt. Robert L. Baker
1st Battalion, 360th Infantry Regiment, 5th Armored Brigade, Division West

McGREGOR RANGE, N.M. — The 1st Battalion, 360th Infantry Regiment “Warhawg,” trains deploying joint warfighters in the proper fundamentals of team-level fire and movement at Range 5 here.

“Range 5 was designed to train fire teams of four Soldiers to perform a movement to contact drill and to train squad leaders to control the movement of two teams,” said Capt. Donald Young, Team A/B officer-in-charge, “Warhawg.” “This is a step up from the previous buddy-fire range that had only two Soldiers moving at a time. With units experiencing multiple deployments, it was time to step up the training.”

This relatively new training event resulted from the continuing transformation of the way 5th Armored Brigade prepares joint and reserve component units to perform their downrange missions. Prior to its implementation, the professional observer controller/trainers assigned to “Warhawg” Battalion worked closely with Fort Bliss Range Control to design a range able to

support a realistic live-fire scenario that could still be executed safely.

Before negotiating the team live-fire range, units must first demonstrate their weapons proficiency by successfully qualifying on assigned personal weapons and by completing short-range marksmanship training.

“When the training unit arrives on the SRM Range, we give them a safety brief and break them down into small instructional groups. We instruct the Soldiers, or joint warfighters, on assuming a correct shooter’s platform, movement drills and commands used on the range,” said Sgt. 1st Class Fernando Gonzalez, a senior “Warhawg” OC/T and veteran of deployments with 3rd Ranger Battalion. “Then, one of the instructors performs a live-fire demonstration.”

Upon completion of SRM, Soldiers move on to the team live-fire portion of the training. “Warhawg” trainers provide a safety briefing specific to that range, refresher training and a dry-fire demonstration. Soldiers then complete their own dry-fire practice run before moving to the live-fire portion.

“Under the direction of the team leader and squad leader, the fire team moves down the lane engaging targets and controlling their movement as two mutually supporting buddy teams,” Young said.

The 1st Bn., 360th Inf. Regt., trains active, Reserve, and National Guard members from all four service branches in complex skills such as team live-fire, urban operations and mounted gunnery. Training in these and other skills provided during the units’ post-mobilization training at Fort Bliss ensures joint warfighters will be able to successfully execute missions in combat zones such as Iraq and Afghanistan.

OC/Ts conduct internal weapons training

 Story and photos by Sgt. Erica N. Cain
479th Field Artillery Brigade, Division West, Public Affairs

FORT HOOD, Texas — Soldiers with the 479th Field Artillery Brigade's 3rd Armor Battalion, 395th Regiment, conducted an internal M16 rifle range for their observer/controller trainers and staff Oct. 14.

"It is very important that we conduct internal training when a deploying unit is not on our platform," said Sgt. 1st Class Harold Jolivet. "This gives us an opportunity to refresh our skills with the training and be able to recognize what the deploying Soldiers need assistance on when firing their weapon."

Staff Sgt. James Grant started the training by conducting the primary marksmanship instruction.

"We went over the basic fundamentals, ensuring that each Soldier maintains a steady position, aiming, trigger squeeze, and that

they remember to control their breathing," Grant said.

"Normally we have to fire at the paper targets. We haven't fired at transition targets in a while," said Staff Sgt. Vernon Harrison. "This training was fun."

The 3-395th provides training support and assistance to deploying units to enhance their combat readiness. During their internal training, they qualified approximately 60 Soldiers at the Black Gap Rifle Range.



>>Staff Sgt. Stephen Rungay waits in the kneeling position for his target to pop up during 3rd Armor Battalion, 395th Regiment internal training at Black Gap Rifle Range at Fort Hood, Texas, Oct. 14.

>>Staff Sgt. Vernon Harrison, 3rd Armor Battalion, 395th Regiment, 479th Field Artillery Brigade, lays in the prone position while waiting for his target to come up, during the unit's internal training.



Division West is composed of agile, adaptive leaders and units



California engineers train in the snow

 Story and photos by 1st Lt. Jeffrey Guidl
181st Infantry Brigade, Division West, Public Affairs

FORT McCOY, Wis. — California Army National Guard Soldiers from the 649th Engineer Company, based in Chico, Calif., conducted squad-level movement training Dec. 17 at Fort McCoy, Wis., as part of their mobilization training for deployment in support of Operation Enduring Freedom.

December at Fort McCoy took some getting used to by the 649th Soldiers. Training in two feet of snow and

temperatures in the low teens is very different than the Soldiers' lives in sunny California.

The training requires dismounted

squads to organize, prepare and execute a combat operation under live-fire day- and night-time conditions. Leaders must move squads of eight to 10 Soldiers tactically and react to enemy contact with no fratricide or collateral damage.

These squad operations support a wide range of counter-insurgency mission sets for all warfighter functions in preparation for deployment to Iraq or Afghanistan.



Division West is composed of agile, adaptive leaders and units

Vietnam vet trains for final tour in Iraq

Story and photos by Spc. Carl Havlik
166th Aviation Brigade, Division West, Public Affairs

FORT HOOD, Texas — “I’ve done the jungle, not the desert,” said Chief Warrant Officer 5 Stephen Sanderson.

Sanderson flew Army helicopters in Vietnam and is still flying today as a Blackhawk pilot for the Vermont Army National Guard’s Company C, 3rd Battalion, 126th Medical Evacuation Regiment. He is in Texas preparing for a mission in Iraq which will be his final tour.

His unit is being trained at North Fort Hood by First Army Division West’s 166th Aviation Brigade.

After enlisting in the Army in June 1969, Sanderson flew Huey helicopters for an assault company in Vietnam during his first tour. He is one of only a few Vietnam

veterans – most of them pilots – reported to be serving or have served in Iraq and Afghanistan.

Sanderson believes that one of the biggest differences between the Vietnam War and current overseas contingency operations is the use of the draft to fill the U.S. military’s ranks. In today’s Army, every Soldier is a volunteer.

“This is the best-educated and -motivated Army we have sent downrange,” Sanderson said. “These Soldiers want to be here.”

Army aviation has also changed a lot since the Vietnam War, he said.

“There are a lot of pre-flight checks that have to be done now. Back then, we got our mission, drew up a plan right there and that was it,” Sanderson said.

Not only has mission planning changed since the 1970s, but so has the equipment. Blackhawk helicopters are a lot tougher and more technologically advanced than the Vietnam-era Huey. For instance, new Blackhawks are equipped with digitized control panels and gauges, unlike the Huey and older models of Blackhawks.

Sanderson recently celebrated both his 60th birthday and 40th anniversary of graduating from flight school. When asked why he continues to fly, he simply smiled and replied, “It’s a privilege and an honor.”



>>Chief Warrant Officer 5 Stephen Sanderson of the Vermont Army National Guard’s Company C, 3rd Battalion, 126th Medical Evacuation Regiment, checks a flight book prior to a mission at North Fort Hood, Texas, Sept. 23rd.



We sustain our Soldiers, Civilians and Families

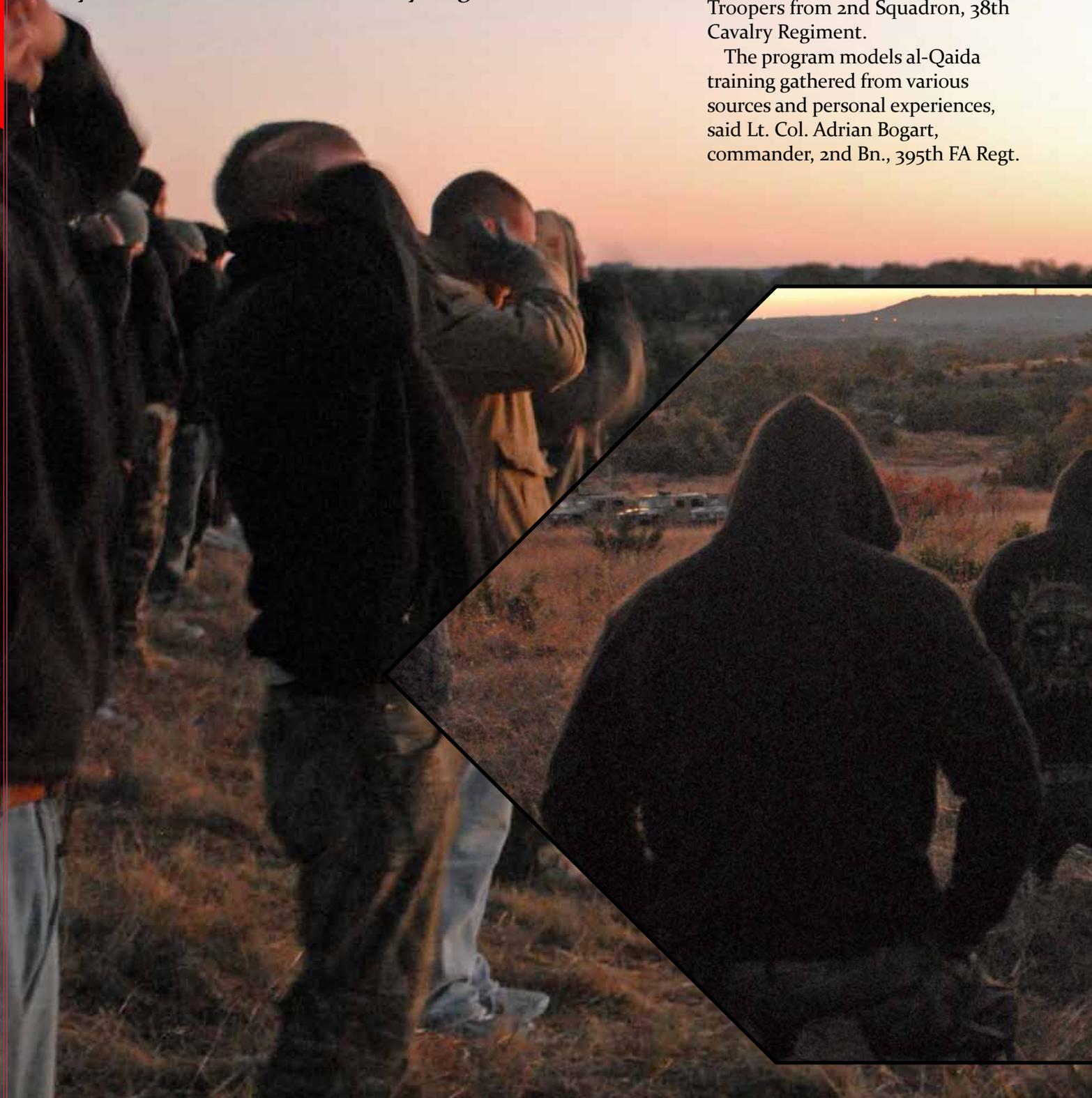
120th Infantry training takes Cav Soldiers into enemy mind

 Story and photos by Capt. Marvin J. Baker
120th Infantry Brigade, Division West, Public Affairs

FORT HOOD, Texas — At any given time, thousands of Fort Hood Soldiers are training for deployments to Afghanistan or Iraq. But, not all of them are going through an innovative, newly designed enemy forces training program with First Army Division West's 120th Infantry Brigade.

The goal of the training is to “see the world through the enemy’s eye,” said Maj. T.J. Foley, Detachment G, 2nd Battalion, 395th Field Artillery Regiment, 120th Infantry Brigade, and recently a lead instructor for 65 Troopers from 2nd Squadron, 38th Cavalry Regiment.

The program models al-Qaida training gathered from various sources and personal experiences, said Lt. Col. Adrian Bogart, commander, 2nd Bn., 395th FA Regt.



The enemy is not “just a ragtag group of farmers,” said Staff Sgt Christopher Nuyen, operations, Detachment F, 2nd Bn., 395th FA Regt.

The training includes some aspects of the counterinsurgent qualification standards for Afghanistan. The COIN qualification standards encompass nine major skill areas with about 50 subtasks meant to focus units’ training before they deploy to Afghanistan, Bogart said.

Each day of the five-day program begins with spiritual orientation, including a dawn prayer and a recitation from the Quran, to help build cultural understanding.

Soldiers also have physical training and classroom instruction on the history of modern jihad principals and enemy combat tactics.

This type of learning incorporates seeing, reading, listening and reacting to information about how the enemy operates to help Soldiers understand enemy habits and capabilities, which may help the Soldiers survive, Bogart said. The 120th training program gives Soldiers a different perspective, showing them their own weaknesses and how the enemy might take advantage of them.

Although the 120th often hires Afghans to role-play during

training, for this program the unit used its own Soldiers, including the brigade chaplain who led the litany of prayers each morning.

The training was voluntary for the Cavalry Soldiers. Unit leaders unit requested it and have been pleased with the outcome, Bogart said.

“The enemy does not always use hasty attacks against us,” said Sgt. Jory Brown, a Cavalry Soldier with a previous deployment to Afghanistan. “This is good basic training, especially for those who have not been there before.”



>>>Capt. Steven Pace, 120th Infantry Brigade chaplain, leads Soldiers with the 2nd Squadron, 38th Cavalry Regiment, through morning prayer during an Afghanistan training regimen conducted in November by the 120th Inf. Bde. at Fort Hood, Texas.

Our training is tough, relevant, realistic, safe and performed to the Army Standard!

Unique Army-Navy team takes on C-RAM exercise



By Sgt. 1st Class David Parish
5th Armored Brigade, Division West

FORT SILL, Okla. — Soldiers and Sailors of Battery A, Task Force 1-174th Air Defense Artillery sit high upon Thompson Hill holed up in tents and seated around computer monitors. Anticipation hangs thick in the air as the team exchanges nervous laughter and jokes. The air is cut by an ear-piercing alarm indicating an incoming round; the team immediately erupts into an organized chaos of fire commands and sights in on its intended target — a rocket intent on the destruction of the base.

As a Soldier locks the radar in on the rocket, Petty Officer 3rd Class Abdul Fantroy, an active-duty Sailor from Dallas sights in the main gun of the Counter Rocket, Artillery, Mortar system and squeezes off a burst of 20 mm rounds into the target — destroying it mid-flight. The Soldiers' and Sailors' cheers are cut short as the alarm continues to sound, indicating multiple rounds are inbound. The battle drills continue until the threat is eliminated; once calm and order are restored, the members of Task Force 1-174th ADA take a moment to congratulate each other on a job well done.

Task Force 1-174th ADA is a multiple-component organization consisting of Soldiers from the Ohio Army National Guard and active-duty Sailors being trained here by members of the 2-6 ADA, stationed

at Fort Sill, and members of 1st Battalion, 362nd ADA Regiment "Renegade," 5th Armored Brigade, stationed at Fort Bliss, Texas. The unit is learning the ins and outs of the C-RAM system, as well as learning to work together as a team.

"We are doing well in the sense that in the short amount of time in training we are getting a 'T' (indicating being fully trained) in each training event from people who have done this (mission) in real life, two and three times, and receiving comments like 'that's how I would do it.' That means more to me than anything else," said Capt. Keith Melson, Battery A commander, Task Force 1-174th ADA, from Cincinnati.

"Our mission is to sense and warn. We also have intercept abilities and the ability to shape the battlefield by assessing the enemy capabilities—

like what type of rounds they are using, where they came from, if they are conventional or something new — and we can provide that assessment to the (forward operating base) commander," Melson added.

Back in the Engagement Operations Center, Fantroy relates the experience of a multiple round engagement.

"Adrenaline rush, my heart was pounding, I was nervous," Fantroy said. "From the schoolhouse, (what we learned) was good, but actually firing it is different. It was something, it just happened so



quick, you have to be on your Ps and Qs. You could say it was like a video game. I would love to do it again, just to work out the kinks and get more experience.”

“Our primary mission is the detection and engagement of (indirect fire),” said 2nd Lt. John Witt, the officer-in-charge of the EOC, who is a Dayton, Ohio, native. “The C-RAM is really a system of systems. Getting the warning out is the most important of the mission, shooting it down is secondary. Our first objective is to confirm the

threat. I make the assessment based on altitude and speed and confirm it as a threat. We can often do this before the radar does.”

By the observer controller/trainers’ accounts, the members of Task Force 1-174th ADA are doing an outstanding job.

“They have great crosstalk, just an improvement every time,” said Staff Sgt. Matthew Lott, an OC/T with 2-6 ADA. “They are gelling really well, this being a (mission rehearsal exercise) situation; they are learning and doing a great job. They have

been really willing to ask questions and are developing a knowledge base of the system itself.”

With their deployment date closing in, the Soldiers and Sailors of Task Force 1-174th ADA are continuing to hone their skills and learning to work together as a team.

“The Navy (Sailors) have said that their transition has been seamless, with no loss of leadership, and that says volumes of an active-duty unit that is now falling under the leadership of a National Guard headquarters,” Melson said.

166th Aviation Brigade adopts Gatesville Elementary School

Story and photo by Spc. Carl Havlik
166th Aviation Brigade, Division West, Public Affairs

GATESVILLE, Texas – Students at Gatesville Elementary were overjoyed at the sight of Soldiers from the 166th Aviation Brigade at their school for an Oct. 15 ribbon-cutting ceremony.

The Soldiers were there to “adopt” the elementary school and unveil a new sign to commemorate the event as part of Division West’s Adopt-a-School program.

“The kids love having the Soldiers around, and they are as famous as rock stars,” said Pamela Bone, principal. “It also puts into perspective what the Soldiers do and gives us an opportunity to show our appreciation.”

The ceremony kicked off when all the students filed outside and surrounded the flagpole to recite the Pledge of Allegiance with the 166th Avn. Bde. Soldiers. After that, Bone and Lt. Col. Brent Boyd, executive officer for the brigade, each spoke briefly.

The Division West Adopt-a-School Program allows Soldiers to reach out into the Gatesville community. Activities between the

166th Avn. Bde. and the elementary school will range from Soldiers sharing lunch with the students to showing support during the school’s field day. The school will support the brigade by making signs for deploying Soldiers and welcoming them when they return. Students will also construct holiday and greeting cards to send overseas to deployed Soldiers.

Army Adopt-a-School programs have flourished in the past, and the 166th Avn. Bde. hopes to make this the beginning of a beautiful friendship between the brigade and the school.



>>Soldiers of the 166th Aviation Brigade pose with Gatesville Elementary School students in front of the new sign signifying the school as being adopted by the brigade after an Oct. 15 ribbon-cutting ceremony in Gatesville, Texas.

479th Field Artillery Brigade adopts Gatesville Primary School

By Sgt. Erica N. Cain
479th Field Artillery Brigade, Division West, Public Affairs

FORT HOOD, Texas — The 479th Field Artillery Brigade partnership with the Gatesville Primary School and Scott Harper, the principal, allows Soldiers an opportunity to volunteer in the surrounding communities of Fort Hood.

“Having the military presence here is positive for everybody, especially those that have military Families,” Harper said. “We don’t have a large military population here, but they can relate to you; they see the uniform and they see their parents.”

Soldiers from the brigade assist the teachers at Gatesville Primary School with one-on-one reading and math tutorials. In the afternoon, the Soldiers assist with school dismissal and ensure students get on the right bus.

“We have 560 children in pre-k,

kindergarten and first grade,” Harper said. “Anytime we can get help, it’s appreciated.”

This school year is the second year that the military has assisted at Gatesville Primary School. Harper said the Soldiers are a big help to the teachers and students, allowing them to provide additional aid to those who need individual help.

The Adopt-a-School program is an avenue for the Soldiers of the 479th FA Bde. to positively influence the learning experience of the primary students in the Gatesville community.



>>(Soldiers left to right) 1st Sgt. James Hopkins, Staff Sgt. Crystal Thompson, Master Sgt. Gregory Latta and Capt. Steven Bynum, from Headquarters, Headquarters Battery, 479th Field Artillery Brigade,

pose in front of the brigade’s Adopt-a-School sign with Gatesville Primary School students and their teacher. (Photo by 1Lt. Annettie J. Cline, 479th Field Artillery Brigade, Division West Public Affairs)

Command Sgt. Maj. Isaia Vimoto



Last year went by so fast, with so many memories. We trained 846 units and a total of 40,659 Soldiers, Airmen and Sailors. We selected Sgt. 1st Class Kevin Bowens and Spc. Kevin Jarvis to be our Division Noncommissioned Officer and Soldier of the Year. We declared Staff Sgt. Caanan Wiseman, Sgt. 1st Class George Salonga, Sgt. 1st Class James Gentile and Master Sgt. Eric Brown as our observer controller/trainers of the quarters. We conducted our first-ever Pre-Command Course for our new battalion command teams. We deployed 95 of our Soldiers to Operations Enduring Freedom, Iraqi Freedom and New Dawn. We set up and started running the Longhorn Airstrip in North Fort Hood. Several of our Soldiers participated in the All-Army Combatives Tournament and placed well in their weight classes.

This year, we need to focus on the basics and re-master the art of basic Soldiering before we can be effective trainers. When we master the fundamentals, the big stuff will be too easy and take care of itself.

Accountability



Whether it is physical training formation or the end of day, place your eyes on those you have stewardship over and ensure they are okay.

Exercise your alert roster not only to validate phone numbers, but to inform and receive verbal confirmations. Ensure Soldiers do the right thing always and do not take shortcuts.

At one of our enduring mobilization training centers, a Soldier conducting a test-fire in preparation for a night live-fire exercise was hit on her shoulder by a ricochet. First, the injury to the Soldier could have been prevented if she was wearing the deltoid axillary protection system with her other body armor. Second, the investigation revealed a locking pin was missing, although it is a requirement for the weapon in its current configuration.

Accountability is enforcing a hard and tough standard which is critical to unit survivability. Never sacrifice safety and security for comfort.



Basic Tactics



All OC/Ts, regardless of military occupational specialty, should be familiar with basic tactics, allowing them to better train, evaluate and facilitate after action reviews. It is hard to give training units proper feedback when our OC/Ts are not familiar with individual and basic tactics required to accomplish collective tasks.

Soldiers in a maintenance company received classroom training on key leader engagement, cordon and search, traffic control point operations, move casualty to evac site and conduct crater analysis. Then, they participated in situation training exercises to test their reactions to different scenarios and challenge their leadership's decision-making. Although they were eager to tackle the task, they lacked the basic skills required.

All units are not built the same, and some have been tasked to do things they have never done before. These units can be coached and mentored to success by OC/Ts who have mastered the basics.



Standards and Discipline



Discipline is doing the right thing when no one is watching.

A Soldier parked his personally owned vehicle at the front door of a shopette, exited his vehicle and donned his beret, ensuring he was wearing it properly. Then he took three steps and was in the shopette.

He could have easily run in the shopette without his headgear, but he did the right thing without even looking to see who was around. That is discipline.

We must enforce the standards with our deploying expeditionary forces units and continue to mentor them on what "right" is. Remember, every time we pass by a mistake and do not correct it, we create a new standard.

We do not have perfect organizations, just great organizations with room to grow.

Let's work together and make things happen for the betterment of our organizations and those we train.

Thanks, and keep up the good work!



Physical Readiness Training



No unit does this better than we do. The commanding general gave great guidance on the conduct of PRT for all Division West units and challenged us to teach it to DEF units. So everyone is on the same page, here is the guidance:

1. Just show up, regardless of age, rank or position.
2. Training calendars will be posted with the tasks, conditions and standards.
3. Units will conduct PT nine days in a two-week period with the 10th day reserved for Master Resilience Training and/or nutrition counseling.
4. Ability group runs of three miles will be done once per week. For example, "A" group runs at a 7 minute-per-mile pace, "B" group runs at a 7:45 minute-per-mile pace.
5. Ability group sprints/ intervals of either 400m or 800m will be conducted once per week. For example, "A" group runs 400m in 1:20, "B" group runs 400m in 1:30.
6. The Division West functional fitness circuit will be conducted once per week.
7. A foot march will be conducted twice per month.



ARMY VALUES



LOYALTY
DUTY
RESPECT
SELFLESS SERVICE
HONOR
INTEGRITY
PERSONAL COURAGE



ARMY VALUES