SANTA FE WINGS

Off We Go!

Kuwait or bust.

By: 1st. Lt. Kerri Brantley

After months of conducting training and preparing our movement to Kuwait, we finally said good-bye to North Fort Hood, Texas on August 4, 2012.

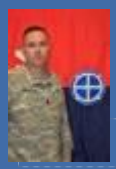
Although some of our soldiers left earlier than that the remaining soldiers at the Great Place eagerly loaded the buses to catch the flight that would take us to our new destination, so we can conduct the mission we have been prepared to complete.

Never be afraid to try something new. Remember, amateurs built the ark, professionals built the Titanic. -Unknown

STRENGTH AND HONOR

Command Team

COLONEL'S CORNER:
Santa Fe Wings Commander
Col. Mark w. McLemore. 2



CSM COLUMN:
Santa Fe Wings CSM
Command Sgt. Maj. Joe Vogel. 2

CHAPLIAN CHAT:
Santa Fe Wings Brigade Chaplain
Maj. Dustin Kennedy. 3

HEAT ACCLIMATIZATION STRATEGIES FOR MILITARY MEMBERS

Adapted By: Chief Warrant Officer Melvin Amick, Safety Officer

This heat acclimatization guidance is for military members who will be attending strenuous advanced military training or operations in hot weather. It provides practical guidance to obtain optimal heat acclimatization to both maximize performance and minimize the risk of becoming a heat casualty.

SHOULD YOU BE CONCERNED ABOUT HOT WEATHER? If you are used to working in cool or temperate climates, then exposure to hot weather will make it much more difficult to complete your military training or mission. Hot weather will make you feel fatigued, make it more difficult to recover, and increase your risk of being a heat casualty. Military members with the same physical abilities but have conditioned themselves for hot weather will outperform you.

WHAT IS HEAT ACCLIMATIZATION? a. Heat acclimatization refers to biological adaptations that reduce physiologic strain

Continued on page 6

Colonel's Corner

Finally, after nearly three months of training, we are in Kuwait. We have assumed the mission and are moving full speed ahead. I am extremely proud of each and every Soldier as we have moved from Ft. Leonard Wood to Ft. Hood to Kuwait! Your patience, your focus and your abilities make each and every Soldier a true patriot and leader. We have some unparalleled challenges but more importantly, we have unique opportunities as we move into the future.

To our outstanding families: You should be very proud of your Soldier! The housing is good...it ranges from air-conditioned tents, to dry housing units (you have to walk to the bathroom/shower) to wet housing units (located conveniently in the unit). We are gainfully employed in each position, feverishly learning the specifics of our jobs. During their free time Soldiers participate in numerous activities from going to a movie at the movie theater to to MWR facilities which offers a wide variety of entertainment. If a Soldier so chooses one can continue their education offered by 2 different colleges or stay physically fit by one of the different assortment of exercise they offer from Zumba to Yoga and a Gymnasium which offers many forms of body training.

Again, I am extremely proud to serve with such an outstanding organization, committed to professionalism and completing our mission.

We are over 25% complete and well on our way home.

Santa Fe!

Command Sgt. Maj. Vogel prepares to call the room to attention as Col. McLemore enters the room.

CSM Column

The unit has recently adopted the call sign as well as the motto "Santa Fe". I have been asked recently, what does "Santa Fe" mean? To answer this question requires a bit of a history lesson, but a fascinating one, as it ties the 35th Combat Aviation Brigade to both the 35th Infantry Division (our peacetime higher headquarters) and the region of the country we are from.

The **Santa Fe Trail** was blazed by Mr. William Becknell in 1821. It was primarily a trade route, but also served as a military route between Franklin, Missouri (Near Boonville) and Santa Fe, New Mexico. The trail was approximately 900 miles long and transitioned through both Comanche and Apache Indian lands. It remained a viable trade route until railroads were established. Of military significance, it functioned as the 1846 U.S. invasion route of New Mexico during the Mexican–American War. The original trail was marked with crosses along the route as trail signs that allowed travelers to know that they were on the Santa Fe Trail.

Continued on page 4

Chaplain's Chat

Wow, it seems like we have been gone for months, then sometimes just days. Technology seems pretty stable so far and we are still "nesting" (getting our housing and personal area the way we want it). We are getting acclimated to Kuwait weather and the workload is getting closer to steady or more predictable in general. At the same time our families are trying to get in a "groove" as well. Most of our families with kids have been on the summertime groove and now have to transition into the school time groove. Be patient with your family. Families be patient with your Soldier through this transition. Kids may be more bored or less bored depending on age and "excitement" level of going back to school. In general the changes are good for kids as keeping busy and diversion helps ease the stress of the Soldier being deployed.

School time may change the call schedule, etc if kids are going to bed earlier or getting up earlier, etc. Be sure to discuss those things with your spouse so you are both on the same page. Depending on your kid's age(s), different frequencies (of communication) can improve the experience for them. What I mean is that for example, I talk to my spouse almost daily, but to my 9 year old boy, every few days. Most kids that age get bored easy; many lose things to talk about easily as well.

By this time, your "deployed" budget should have been in place and "is working" or "not so much." Be sure to discuss those expectations and make sure both of you are on the same page in order to reach your goals upon our redeployment. Finances can be a huge stressor for anyone…or everyone. Help is available in this area. Contact FRG or Family Assistance Coordinator to get better equipped.

Good communication is a key to maintain the health of relationships across the board. See what works best for your family. There is support here in Kuwait and in the States if you want assistance in this area.

Chaplain Maj. Kennedy

James 1:19 Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger;

Blessings,

CH (MAJ) Dustin Kennedy

Dustin.w.kennedy@kuwait.swa.army.mil

Did you know?

President Harry Truman is an alumnus of the 35th Infantry Division. He was a Captain of Battery D, 129th Field Artillery, 60th Brigade, 35th Infantry Division in WWI. His companied fired the last volleys to end the war November 11, 1918. Later during his presidency signed, ***Proclamation 2710 - Armistice Day, 1946,*** *which we celebrate as Veteran's Day today.*

CSM Column
(Continued from page 2)

The 35th Infantry Division was originally organized in 1917 as a National Guard Division comprised of units from Missouri and Kansas; however, the Division draws its history even further back to the Indian War. The shoulder patch we wear today is a white cross on a blue field to honor the men who blazed the old Santa Fe Trail. The shape and design of the patch also has the look of a wagon wheel representing wagons that traveled the Santa Fe Trail. This is why the 35th Division is known as the "Santa Fe" division and "Santa Fe" is the Division's call sign.

As we prepared for our current mission, COL McLemore and I discussed the history of the 35th Division. It is a proud history rooted in the Indian Wars of the American West. The division also saw extensive combat service during both World War I and also World War II.

Although there have been many deployed elements of the Division since 9/11, we believe that the 35th Combat Aviation Brigade is the first Brigade level combat deployment for any unit wearing the 35th Division patch since World War II.

Our call sign is actually "Santa Fe Wings," which identifies us as the aviation assets for the Santa Fe Division. For a couple of reasons, we have shortened our call sign to simply "Santa Fe." First, Santa Fe is shorter and easier to say. I'm not saying we're lazy, but you have to admit it is easier. Second, we wanted to tie our deployment today to our unit's history. We are from a great part of the United States. We're proud to be Missourians and National Guardsmen who are wearing the 35th Division patch; a patch with a rich history of service to our nation.

PUBLIC AFFAIRS

Story Ideas?

Please send story ideas, photos, or media inquires to

1st. Lt. Brantley,

The Brigade PAO

We are shifting gears from a Missouri only element to a deployed Brigade. We are now in country and have assumed command for other activated National Guard units and some Active Duty Army units as well.

This will be the last Missouri Only Newsletter for the remainder of the deployment.

I hope that you look forward to the new newsletter each month. Remember to share with all your friends and families!
If anyone would like a traditional mailing instead of a digital copy of this or future newsletters, please email me and I will mail it to you.

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Family Relationships on Deployment

Story from the 935th Aviation Support Battalion

By: 2nd Lt. Brittany Adair

"Distance between two hearts is not an obstacle, rather a beautiful reminder of just how strong true love can be" - Author Unknown

Even after saying good-bye to your loved ones and putting miles in between you for a deployment, you know that family will always be there waiting and supporting. Some family members in the 935th have the opportunity to deploy together, and even though they are able to see each other almost every day, many people fail to realize that these family members have to maintain their professionalism, despite their relationship. Command Sgt. Maj. Javier Acosta and Spc. Aiden Acosta are both members of the 935th ASB. At home in Calhoun, MO, the father/son duo is able to spend time with one another. They can often be seen training horses together or going on long trail rides. However, in uniform they don't use the traditional terms of endearment 'dad' and 'son' but rather show proper military customs and courtesies and address one another by rank. Maj. Craig Schnaufer and Spc. Matthew Schnaufer, another father/son team, were able to train together for the past 3 months, but due to personnel reductions, Spc. Schnaufer headed back home, while his dad is now deployed in Kuwait. While in this environment they may be close at heart, however they remain professional.

The same is true for our married dual-military couples on deployment; one of the couples is Sgt. Brandon Charbonneau and Sgt. Kara Charbonneau. The Charbonneau's are both fuel specialists, they were married at the Soldier's Memorial in St. Louis, MO September 11, 2008. They share a deep sense of duty and honor to the United States Military and have deployed to Kosovo together in the past. As a married couple on deployment, they have to constantly remind themselves that they cannot show affection in uniform. They maintain professionalism by calling each other Sergeant when around other Soldiers. "If you can survive a deployment together [with all the added stress] it hardens your marriage," stated Brandon. The Charbonneau's left their 13-year-old son, Charlie, and 3 cats in the care of family back home. Close friends to the Charbonneau's, is another married couple Spc. Adam Miller and Spc. Sarah Miller, they met on a previous deployment to Iraq in 2007, but this is their first deployment since being married. They have an understanding that primarily the mission is the focus during deployment, even thought nice to have your spouse there when the duty day is over. Both are full time students at Missouri Southern pursuing their Bachelor's degrees. Adam also works part to provide for them. They left their Husky-lab mix, Dori, in the care of close family.

Our unit also has a couple of pairs of siblings that are deployed together; Spc. Andrew Butler and Spc. Anthony Butler and Sgt. Christopher Johnson and Sgt. David Johnson. It is rare to have twins in the same unit; we are blessed with two-sets that are deployed with us. The Butler duo is in Headquarters, and Headquarters Company based out of Springfield, MO; while the Johnson twosome is in Bravo Company, from Illinois. With the determination and dedication to the unit and the mission it is hard to tell the twins apart from one another. However, when the duty day is complete it is easier to distinguish who is who as their different personalities shine. The brothers are true to the sibling rivalry spirit as the bicker, banter, and go back-and-forth with witty comebacks. These twins are no different always trying to prove who's stronger, tougher, smarter, and more good-looking. In the end however, it's nice knowing there is someone there, which one can trust whole-heartedly while away from home.

Whether you are right next to one another, or hundreds of miles apart, family is always close to you at heart. There are challenges that every couple, sibling, parent, and child have to face with a deployment and knowing that you have support, whether they are a building away or a phone call away, makes the days go by faster and the job easier to handle.

HEAT ACCLIMATIZATION

Continued from page 1

(e.g., heart rate and body temperature), improve physical work capabilities, improve comfort and protects vital organs (brain, liver, kidneys, muscles) from heat injury. The most important biological adaptation from heat acclimatization is an earlier and greater sweating response, and for this response to improve it needs to be invoked.

b. Heat acclimatization is specific to the climate (desert or jungle) and physical activity level. However, acclimatization to desert or jungle climates markedly improves the ability to work in the other climate. Military members who only perform light or brief physical work will achieve the level of heat acclimatization needed to perform that task. If they attempt a more strenuous or prolonged task, additional acclimatization and improved physical fitness will be needed to successfully perform that task in the heat.

HOW DO YOU BECOME HEAT ACCLIMATIZED?

a. Heat acclimatization occurs when repeated heat exposures are sufficiently stressful to elevate body temperature and provoke perfuse sweating. Resting in the heat, with limited physical activity to that required for existence, results in only partial acclimatization. Physical exercise in the heat is required to achieve optimal heat acclimatization for that exercise intensity in a given hot environment.

b. Generally, about two weeks of daily heat exposure is needed to induce heat acclimatization. Heat acclimatization requires a minimum daily heat exposure of about two hours (can be broken into two 1-hour exposures) combined with physical exercise that requires cardiovascular endurance, (for example, marching or jogging) rather than strength training (pushups and resistance training). Gradually increase the exercise intensity or duration each day. Work up to an appropriate physical training schedule adapted to the required physical activity level for the advanced military training and environment.

c. The benefits of heat acclimatization will be retained for ~1 week and then decay with about 75 percent lost by ~3 weeks, once heat exposure ends. A day or two of intervening cool weather will not interfere with acclimatization to hot weather.

HOW FAST CAN YOU BECOME HEAT ACCLIMATIZED?

a. For the average military member, heat acclimatization requires about two weeks of heat exposure and progressive increases in physical work. By the second day of acclimatization, significant reductions in physiologic strain are observed. By the end of the first week and second week, >60 percent and ~ >80 percent of the physiologic adaptations are complete, respectively. Military members who are less fit (2 mile run times >15 min) or unusually susceptible to heat may require several days or weeks more to fully acclimatize.

b. Physically fit military members (2 mile run times <14 min) should be able to achieve heat acclimatization in about one week. However, several weeks of living and working in the heat (seasoning) may be required to maximize tolerance to high body temperatures.

WHAT ARE THE BEST HEAT ACCLIMATIZATION STRATEGIES?

a. Maximize physical fitness and heat acclimatization prior to arriving in hot weather. Maintain physical fitness after arrival with maintenance programs tailored to the environment, such as training runs in the cooler morning or evening hours.

b. Integrate training and heat acclimatization. Train in the coolest part of the day and acclimatize in the heat of the day. Start slowly by reducing training intensity and duration (compared to what you could achieve in temperate climates). Increase training and heat exposure volume as your heat tolerance permits. Use interval training (work / rest cycles) to modify your activity level.

c. If the new climate is much hotter than what you are accustomed to, recreational activities may be appropriate for the first two days with periods of run / walk. By the third day, you should be able to integrate physical training runs (20 to 40 minutes) at a reduced pace.

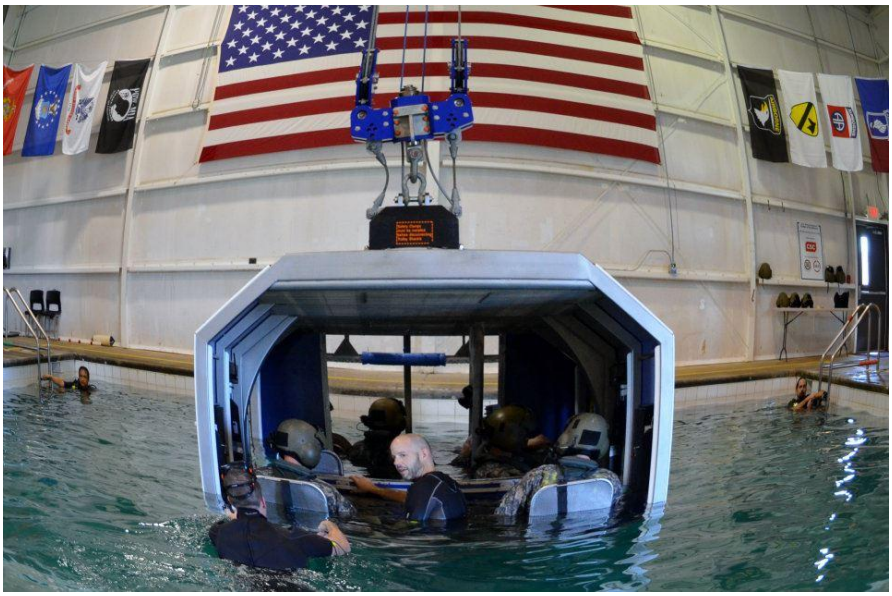
d. Consume sufficient water to replace sweat losses. A sweating rates of >1 quart (about 1 liter) per hour are common. Heat acclimatization increases the sweating rate, and therefore increases water requirements. As a result, heat acclimatized military members will dehydrate faster if they do not consume fluids. Dehydration negates many of the thermoregulatory advantages conferred by heat acclimatization and high physical fitness.

Month in Review

Ms. Elizabeth "the hug lady"

Lt. Gen Bednarek visits unit.

Some E-4 Mafia members.



Dunker training the pilots went through in Alabama.

Operations Current Operations setting Up at the Aviation Training Exercise at Ft. Rucker, Ala.

Loaded up and ready to roll out to Kuwait. The plane was filled with YOUR heroes from 35th CAB, 935th ASB, and B Co, 1/106th AVN.