



Spartan Chronicle

pointing out the weekly news from the 2nd BCT

Vol. 2, Issue 13

February 17, 2008

Women's council takes shape



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Photo by Sgt. Luis Delgadillo



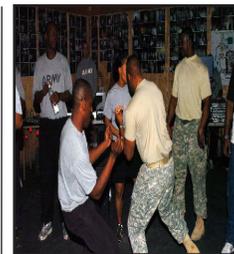
Soldiers train on medical skills

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Lodge holds V-Day dance

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Women's group holds inaugural meeting

Sgt. Luis Delgadillo
2nd BCT PAO

The leaders of the newly-formed group sat before colleagues, government officials, community leaders and Coalition leadership but the audience they were addressing was much

larger.

The first meeting of Hawr Rajab's Women's Committee began Feb. 7, with a press conference at the Hawr Rajab boy's school and a discussion of topics vital to the community's welfare.

As the collective

hush moved through the audience, more than 200 women and young girls in attendance eagerly listened to what the guest speakers had to say.

Manar Fahdil Salman, a lawyer who grew up in Hawr Rajab, just one of the eight speakers who

showed their support, now sat poised ready to take up a cause greater than her self.

"This message is for the entire world. We need to show them that we have rules. We need to help side-by-side with the men to help our city be safe. This can't be done with one hand, all of us need to help," she said.

Salman and her fellow women's group leaders expressed gratitude for the increased security in their respective regions and recognized the need to focus on the future.

"Women in this area are looking for training. They are looking for special skills and training to help them provide for their communities."

Salman said when al-Qaeda extremists moved into the region more than two years ago many of the men of the village were killed. This resulted in a number of families being left without



Photo by Sgt. Luis Delgadillo

Second Lt. Cynthia Peters (center), the 6th Squadron, 8th Cavalry Regiment's women's affairs representative speaks with a curious participant during the first ever Hawr Rajab Women's Committee meeting Feb. 7. As the squadron's representative, Peters, a native of Huntington, Ind., was attending the event to gain a grasp of the issues facing women in the region.

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2nd BCT PAO
Maj. James Brownlee
1st Lt. Kalen Smith
Sgt. Kevin Stabinsky
Sgt. Luis Delgadillo
Sgt. Jason Stadel
Sgt. Randall Townsend

their traditional 'head of household.' It also forced widows to rely on extended family.

With the cooperation between Coalition Forces, Sons of Iraq, Iraqi Security Forces and Iraqi government officials, security in Hawr Rajab has become a much welcomed reality.

In a show of support for the committee, Rashid District Chairman Yaqoub Yousif Bekhaty, showed his willingness to assist with many of the women's concerns.

He said the Women's Committee was a good idea and would encourage women to participate in the political process.

The committee is a result of 'forward' thinking by Coalition leadership recognizing the need for women to have a political voice and



Photos by Sgt. Luis Delgadillo

A young participant in the first ever Hawr Rajab Women's Committee meeting stands near reporters interviewing Iraqi government officials Feb. 7. Reporters were on hand for the historic event.

stake in their own futures.

Having seen examples of this in other parts of Iraq, members of the 2nd Brigade Combat Team, 3rd Infantry Division's embedded Provincial

Reconstruction Team women's affairs group began to brainstorm ways to get the ball rolling in Hawr Rajab.

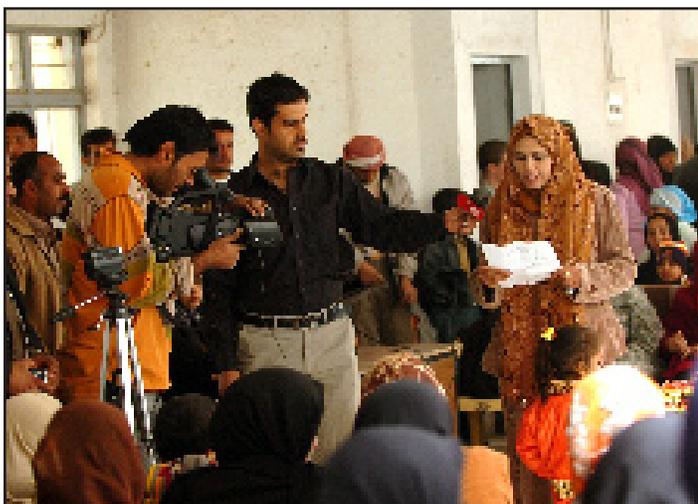
The genesis of the Hawr Rajab Women's Committee has its roots in meetings between Coalition leadership, but it was the initiative of local women that allowed the organization to begin in the area.

As the newly-appointed Women's Affairs Representative, 2nd Lt. Cynthia Peters, of the 6th Squadron, 8th Cavalry Regiment, 4th BCT, 3rd Inf. Div. said she enjoyed seeing the high turnout and had high

hopes for the future.

Peters, a native of Huntington, Ind., said she gained a better understanding of issues facing women in Hawr Rajab by attending the meeting and talking with the women.

In Hawr Rajab, as in other areas of the 2nd BCT's area of operation, people are beginning to become politically active. While the Hawr Rajab Women's Committee has no facility from which to work its members are not dissuaded. Instead they have found new support from their communities and gained their political voice.



Reporters were on hand for the historic event and to interview the Hawr Rajab Women's Committee Chair, Sit Manal.



Courtesy photo

Medics with Company G, 26th Brigade Support Battalion gives detail instruction to how to properly administer and intravenous injection during a week long course from Feb. 1 to 8 at Logistics Support Area Anaconda near Balad.

Soldiers train to help themselves, Iraqis

Unit Public Affairs Representative
1-9 Field Artillery Regiment

At Logistics Support Area Anaconda near Balad Soldiers that work at the north entry control point are honing their medical skills by becoming proficient combat lifesavers and using the acquired skills to help fellow Soldiers in need and Iraqi citizens that live near the NECP. Soldiers trained during a week long course from Feb. 1 to 8.

The guards at the NECP are from Company G, 26th Brigade Support Battalion. Company G is the forward support company for 1st Battalion, 9th Field Artillery. The Company G Soldiers learned the basics of first responder aid during the CLS training.

In the villages near the NECP

at LSA Anaconda, citizens often need medical treatment for serious injuries. Soldiers use the CLS training to help the Iraqis in need.

Nearly every Soldier that works at the NECP is CLS qualified and will give basic first aid to a person in need. If a local citizen approaches the gate Soldiers take the necessary precautions to make sure the individual is looking for aid and not trying to attack the control point.

Working as guards at an ECP is not the typical job for the Company G Soldiers. They are trained as a transportation and logistics unit used to get supplies to Soldiers on the front lines. For this deployment they have been asked to put their basic Soldier skills to use by performing guard duty and giving

basic first aid.

“The mission that we have been given demonstrates the versatility of the Soldiers in our unit,” Sgt. Andrew Velez, Company G radio operator, said.

Although an atypical FSC mission, the Soldiers in the company take pride in their role of securing the LSA and helping the local population.

“There is not a day that goes by that I am not impressed with the hard work that my Soldiers display,” 1st Lt. Frederick Meeks said. Meeks is the officer in charge of the NECP.

Company G Soldiers will continue to improve their Soldier skills to keep their area safe and try the help the Iraqis when they are in need.

Soldiers, Sons of Iraq distribute aid



Courtesy photos

Soldiers from the 1st Battalion, 30th Infantry Regiment and Sons of Iraq distributed humanitarian aid to 16 families, approximately 60 people, from Al Mizan. The Sol ensured announcement of the humanitarian aid distribution was received by needy families in the area and also helped transport some of the families to and from Al Mizan to collect their food.



Above: A young boy carries away some bags of grain at the distribution. The aid bags also contained other food items and preservatives for families.

Left: The joint efforts of the Soldiers and Sol showed locals the cooperation they could receive in working with Coalition Forces.

ePRT helps area farmers prosper

Sgt. Jason Stadel
2nd BCT PAO

After clearing their community of al-Qaida in Iraq, Sayifiyah is focusing their efforts on building their agriculturally-based economy.

The first step in providing an economic boost occurred Feb. 14 when members of the Baghdad-7 embedded Provincial Reconstruction

Team went to the area to meet with Coalition forces and area sheiks to discuss the community's needs.

Sayifiyah has seen little Coalition force presence in the last two years. The community sits along the banks of the Tigris River about 20 km south of Baghdad.

Extremists have had some presence in the

area but terrain features have helped to keep the extremist groups away to some degree. In addition to the river, the community is bordered by large canals which make travel through the area difficult.

During Operation Marne Thunderbolt, which was a Multi-National Division-Center operation designed to take out extremist strong holds, the 5th Squadron, 7th Cavalry Regiment, 1st Brigade Combat Team, 3rd Infantry Division moved from Fallujah and Ramadi to assist the 2nd BCT, 3rd Inf. Div. by moving into Sayifiyah and conducting operations. The operation lasted from the beginning of January to mid-February.

To date, the squadron has seen little resistance from AQI and other extremists groups. That has allowed the 5-7th Cav. Regt. to secure the area and focus on reconstruction and the economy.

With improved security, the Baghdad-7 ePRT and 5-7th Cav. Regt. discussed the the basic needs for Sayifiyah. The Iraqi people's needs in Fallujah and Ramidi are much different than

the Sayifiyah citizens.

"We dealt with the PRT in Fallujah but we dealt mostly with industry," said Lt. Col. Clifford Wheeler, 5-7th Cav. Regt. commander. "There is no industry here; they're all farmers."

The area farming is not totally based on profit. Farmers in the area sell what they can and then use the rest to support their families, said Mike Stevens, the Baghdad 7 ePRT agriculture advisor.

"I was amazed at how little they depend on industry, they are very self-sufficient," he said.

Farming in Sayifiyah hasn't flourished in recent years but it has been by no means non-existent. There are orchards along the river that grow oranges, apricots and peaches. Stevens said the farmers have been purchasing seeds and other farming supplies on the black market which has kept the fields growing crops. However, the expensive black market prices have slowed production.

"They can definitely use our help," Stevens said. "Hopefully it will only be initial help. We



Photo by Sgt. Jason Stadel
John Smith, Baghdad-7 embedded Provincial Reconstruction Team chief, meets with Sayifiyah sheiks to discuss the future of farming in the area Feb. 14.

See FARMERS page 7

2-3 BTB works outside lane to help others

Unit Public Affairs Rep.
2-3 Brigade Troops Battalion

With the counter-insurgency policy in effect, many units are finding themselves creating new homes from the ground up. Soldiers fighting extremists are building patrol bases, near Iraqi communities to better assist the population against acts of terrorism; that means Soldiers have to build their own living areas to conduct missions.

When their fellow Dog-Faced Soldiers from the 5th Squadron, 7th Cavalry Regiment, 1st Brigade Combat Team, were tasked with conducting new operations in the Sayifiyah region south of Baghdad, the Soldiers from the 2-3 Brigade Troops Battalion, were ready to help them out.

The 2-3 BTB Soldiers played an instrumental role in providing housing for 5-7 Cav. during the initial construction of Patrol Base Meade from Jan. 25 to 28. An 18-Soldier detachment worked to create an area for the Soldiers to live in.

“It gave me a sense of accomplishment,” said Spc. Thomas Brewsaugh, intelligence electronic warfare technician with Company A, 2-3 BTB.

Although a far cry from repairing computer systems, the Huntington Beach, Calif. native knew he was still contributing to the war effort. Thanks to that contribution, 5-7th Cav. has a permanent place to live amongst the Iraqi population, allowing them to better interact with the local population.

Such interaction has already seen rewards, as Iraqis in Sayifiyah



Courtesy photo

Sgt. Alexis Montanez, a supply sergeant with Company A, 2-3 Brigade Troops Battalion, was part of the 18 Soldier detail that helped set up living quarters for Soldiers at Patrol Base Meade from Jan. 25 to 28.

have been standing up to extremists now that they know American Soldiers are there to stand up with them.

“It was a great

experience,” said Sgt. Alexis Montanez, a supply sergeant with Company A, 2-3 BTB, and native of San Juan, Puerto Rico.

FARMERS cont. from page 6

can get them some seed and plastic and help them get their union going.”

After meeting with Wheeler, Stevens and the rest of the ePRT met farmers from Sayifiyah and informed them of the resources available.

There are nine areas in which the ePRT agriculture section

provides assistance: crop production, poultry, irrigation, fish production, agriculture markets, veterinary services, cattle, honey production and sheep.

The development of an agriculture union will help boost production and the farmers can begin to sell more of their

products.

A poultry slaughter house was also discussed. The sheiks said if their community had a slaughter house more products could be shipped to Baghdad.

Stevens said a slaughter house could be built using ePRT funds allocated for

reconstruction. “Giving them these types of funds to build are the kinds of ways we can help,” he said.

The initial Sayifiyah assessment will allow the ePRT to see what can be done to create jobs and allow the farmers to have a more lucrative economy.

Medics form effective trauma care unit

Spc. Clay White
3-7 Cavalry Regiment

The ingredients of success are many and vary with each team. But medics of 3rd Squadron, 7th Cavalry Regiment, 2nd Brigade Combat Team, feel they have made a potent recipe for their own success.

“There were many obstacles that hindered us in the beginning from creating an environment conducive to treating trauma,” said Lt. Col. Marvin Williams, 3-7 Cav. Regt. surgeon.

Williams said the template had been built by the previous unit by building an aid station and setting up a route for supplies Combat Outpost Apache, the center of operations for the squadron in Baghdad’s Adhamiyah District. But the pivotal factor of “team building,” as he describes it, had to form from within.

Capt. Jesse Reynolds, squadron physician assistant, said all the medics came from different medical backgrounds and training



Photo by Spc. Clay White

The medics of the 3rd Squadron, 7th Cavalry Regiment stand together inside their unit’s aid station. Comprised of many medics who previous experiences were on the line, or with units out in the field, the Soldiers nevertheless came together to form a quality aid station that has saved 34 patients from battlefield trauma.

and had to come together to get the job done. He said that most of the guys in the aid station were medics assigned to troops in the squadron, where medical treatment is more basic compared to treatment available in the aid station.

Though many of the medics

had seen trauma in previous deployments, they were not accustomed to the procedures and practices of an aid station, where casualties are triaged, or sorted into groups starting with those having

See MEDICS page 9

Safety Alert - Turning in Ammunition

- * Leaders must ensure that personal are briefed on proper ammunition turn in procedures.
- * All ammunition must be turned in to the AHA.
- * Separate live ammunition from expended and other residue.
- * Separate all ammunition and explosives by type.
- * Place all safety pins into ammunition where they belong.
- * If possible use original packing during turn in

- * If ammunition is dirty do not bang or hit against anything to clean.
- * Do not abandon ammunition at trash dumps/dumpsters.
- * Do not throw any ammunition into burn barrels or burn pits.
- * Small amounts of ammunition may be turned in to FOB or PB amnesty points.
- * When in doubt contact the Brigade Ammunition Officer for assistance.
- * For further information, reference DA Pam 710-2-1, Chapter 11.



Mr. Daryl Lusk, brigade safety officer

the greatest chance of survival with the greatest need for medical care, down to groups having a high chance of survival with only minor injuries.

“Out there you have to focus on the immediate life threats,” said Sgt. William Gonzalez, a medic with Troop C, 3-7 Cav. “Stop the bleeding, preserve the airway and evacuate them as soon as possible. On the line, you have to treat what you see.”

Whether it is a gunshot wound, a burn, an arterial bleed, the focus is to find what’s killing them and stop or at least mitigate it in order to prolong life as long as possible to get them to the more definitive care at the aid station, he said.

But many times what’s going on the outside of the body has little

to do with what is happening with the inside, Reynolds said.

Troop medics are sometimes unable to treat “hidden” injuries such as internal and secondary injuries.

At best, Reynolds said, at the troop level the medics have to relay on non-sterile techniques of treatment. In the aid station there is time and the means to provide for those things.

Since 3-7 Cav.’s arrival to the COP Apache in July, the aid station has seen more than 35 traumas, most of them in first four months since arriving at the outpost, said Staff Sgt. Gary Thompson, aid station medic.

Most of the traumas have been Iraqi Army and local citizens, including enemy combatants. Staff

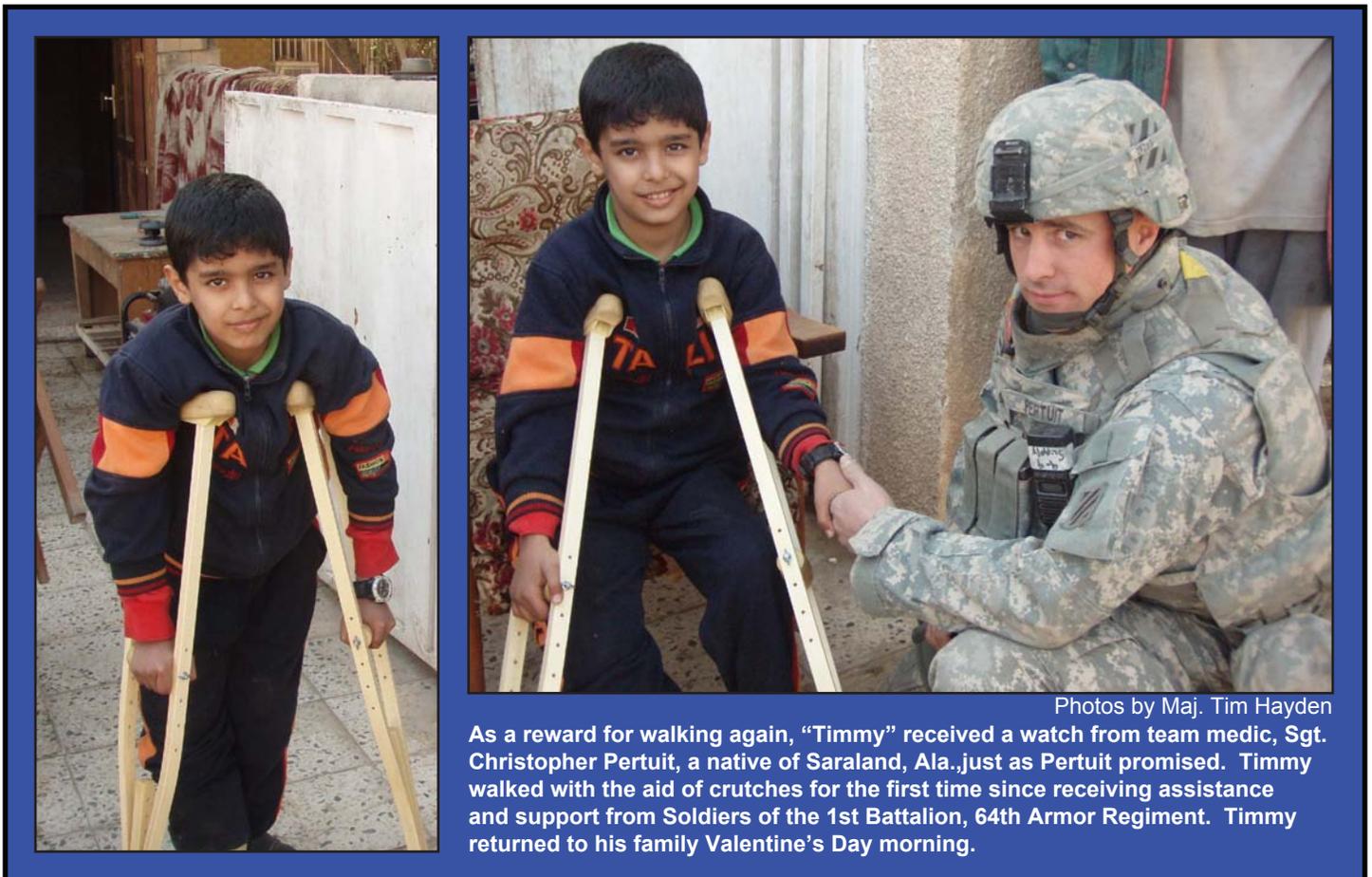
Sgt. James Duffy said treating the guys that just attacked Coalition forces, IA and local citizens was very difficult to do.

But you have to “treat the good with the bad,” explained Thompson. “We have to show zero discrepancy in treatment whether they allies or enemies.”

He said there has been a very minor spike in numbers treated lately, which historically occurs when a new unit moves in. The Fourth Infantry Division recent took control of the 3-7 Cavalry’s area of operations from First Armored Cavalry Division.

“They’ll (the insurgents) will want to try and test the new guys,” Thompson said.

Whatever tests come, he said, the 3-7 Cav’s medics will be ready.



Photos by Maj. Tim Hayden
As a reward for walking again, “Timmy” received a watch from team medic, Sgt. Christopher Pertuit, a native of Saraland, Ala., just as Pertuit promised. Timmy walked with the aid of crutches for the first time since receiving assistance and support from Soldiers of the 1st Battalion, 64th Armor Regiment. Timmy returned to his family Valentine’s Day morning.

New recruits begin work to secure homes



Photos by Capt. Mark Battjes

Sixty-one men got to work in the Jamia neighborhood, forming the first police force in the area patrolled by Soldiers of the 1st Battalion, 64th Armor Regiment, Feb. 9. All the men were Feb. 2 graduates of two police academies, 50 from Camp Fiji Iraqi Police Training Facility and 11 from the Karkh Police Academy. The men began as Sons of Iraq working for Coalition forces but transitioned into IP who work for the Ministry of Interior and the Government of Iraq.



The graduates display their skills and training at their Feb. 2 graduation, which featured music by an Iraqi Police band (at left). One week later the new IPs began work in the Jamia neighborhood.

Veterinarian returns to Arab Jabour

Unit Public Affairs Representative
1-30th Infantry Regiment

Members of the Arab Jabour Farmers Union met Feb. 11 at the Arab Jabour Governance Center for their weekly meeting to discuss and address critical issues that impact livestock and agriculture there.

The main focus of the week's meeting was the introduction of local veterinarian Dr. Najim Jabber who has been practicing in Arab Jabour for 25 years.

A graduate of Baghdad University in 1983 and a former Ministry of Agriculture employee, he practiced in the area until two years ago, when al-Qaeda in Iraq forces prevented him from being paid by the MoA.

Although he continued to practice out of his home, with AQI in the area, he was unable to make house calls or get supplies necessary to continue his practice.

With the return of stability



Dr. Najim Jabber, an Arab Jabour veterinarian, speaks to Multi-National Division - Center veterinarians, Capt. Rory Carolan and Maj. Deidre Stoffregen, at the Arab Jabour Governance Center Feb. 11. Jabber, a former Ministry of Agriculture employee, is working to help Arab Jabour farmers with their veterinary needs.

Courtesy photo

brought into the area thanks to efforts of Soldiers of the 1st Battalion, 30th Infantry Regiment, Jabber said he has returned to his previous practice of making house calls, but asked for some assistance, either in the form of supplies or money so he can get the supplies himself.

Third Infantry Division veterinarians Capt. Rory Carolan and Maj. Deidre Stoffregen were also in attendance and discussed how they could help. During their

detailed interview with Jabber, they discussed his future goals, expectations and received a detailed list of his supply needs and some details of the animal illnesses they face in the area. The process for reestablishing his link to the MoA was also discussed.

"I am from Arab Jabour. I stayed during the bad times and hid in my house because of the danger. Now, I will stay in Arab Jabour to serve my farmers again," Jabber said.

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2. TEAM SHOUT OUTS NEEDED FOR:

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- 2) Detroit Pistons
- 3) Minnesota Timberwolves
- 4) NY Islanders

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To participate, e-mail 1st Lt. Kalen Smith at: kalen.marie.smith@2bct3id.army.mil





Photo by Sgt. Jason Stadel

Tech Sgt. Wayne Dingle, Richmond, Va. works on a structure that is being built as part of the Village of Hope in Hawr Rajab. The Village of Hope program will help to rebuild the community, provide a boost to the economy, and give hands-on vocational training to some of the citizens.

Village of Hope nears completion

Sgt. Jason Stadel
2nd BCT PAO

Educational and economic opportunities for Hawr Rajab citizens are emerging with the Village of Hope program. Designed to teach Iraqis vocational skills such as carpentry, masonry, plumbing and well-

drilling, classes will begin in the upcoming weeks.

The vocational-technical school is being built on the grounds of Patrol Base Stone, in Troop A, 6th Squadron, 8th Cavalry Regiment's area of operations in Hawr Rajab.

"We want to teach Iraqis skills so they

can get sustained employment," said Lt. Col. Mark Solomon, 6-8th Cav. Regt. commander, from Fort Stewart, Ga.

Soldiers of the 6-8th Cav. Regt. and Airmen of the 557th Expeditionary Red Horse Squadron are working together on the project; Soldiers

are providing logistical support and Airmen are handling the rest.

The Airmen are from the 557th Expeditionary Red Horse Squadron, Malstrom Air Force Base, in Great Falls, Mont. The 557th ERHS is a civil engineering unit,

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composed of Airmen from the active duty Air Force and Air Force Reserve.

The 557th ERHS is headquartered at Balad Air Base but the unit has teams working at different locations throughout Iraq.

“Everyone working on the Village of Hope volunteered to go,” said Air Force Master Sgt. Richard Kapp, the Air Force liaison to the Army for the project. “Everyone is excited and happy to make a difference.”

Airmen will be teaching classes at the school. Their military construction skills will be the base of expertise for the curriculum.

Before teaching begins, the Village of Hope training area needs to be completed. PB Stone will expand considerably as the Airmen build living quarters for themselves and put up tents where classes will be held.

Teaching the Iraqis trade skills will be a new experience for most of the Airmen but they feel up to the challenge.

“I think it’s important these guys learn to build; they need to sustain themselves,” said Master Sgt. Rodney Kilby, a structural craftsman from Hot Springs, Ark.



Photos by Sgt. Jason Stadel

Master Sgt. Rodney Kilby makes sure an angle is square while building a gable truss at the Village of Hope on the grounds of Patrol Base Stone in Hawr Rajab.

Kilby said this is the seventh time he’s been deployed to southwest Asia. “I really think we can make a difference by teaching them,” he said.

Master Sgt. John Hudson, logistical craftsman with the 557th ERHS, said the Village of Hope is a positive step and a chance for Iraqis to improve their community.

“Usually we’re building to stay,” the Bloomberg, Texas, native said. “This is the first part of my tour where we’re building to leave.”

Teaching will encompass more than

classroom lectures. Students will have hands-on experience and help rebuild their community simultaneously.

“With the help of the instructors, the classes will be rebuilding 10 houses that have been destroyed and repairing 30 houses that have been damaged,” Kapp said. A play-ground will also be built in Hawr Rajab, he said.

Physically rebuilding the community will also help boost the economy as most materials needed for construction will be bought from local

merchants.

The first class will help dictate curriculum for future classes, as instructors will work with interpreters and cultural advisers, learning from each class to improve the next.

Morale is high for the Air Force volunteers as they anticipate the start of the first class. “This is the most positive thing we’ve done,” Hudson said. “That’s why I volunteered.”

Each Village of Hope class will be three months long and include 50 students.

SPORTS & GAMES

Developing your personal fitness program

Maj. James Wilburn
2nd BCT, chief of operations



Wilburn

Maintaining a high level of fitness is tough enough. Add in the long hours, inconsistent work schedules, and limited access to training

facilities found in a deployment and you now have the “perfect storm” for weight gain, strength loss, and decreased energy levels.

Developing a well-structured personal fitness program while deployed is essential for effectively managing the limited resources available to obtain the desired physiological response. Loosely defined, a personal program is a realistic, flexible program of exercise with a clear performance goal. Rather than using a fitness program that lacks organization and purpose, adhere to the 7-step planning process when designing your training plan.

Step 1: Analyze the Mission

When applied to fitness planning, conducting a mission analysis looks at the environment in which you will be training, the resources available, constraints and restrictions, inherent risks, and ultimately ends with a clear and realistic mission statement. Write this statement down in your training log and allow it to guide your program to a successful

endstate. An example of a fitness mission statement is shown in the workout schedule below.

Step 2: Assess Your Fitness Level

Where are you now? To accurately assess your fitness level you must select a measurement tool that will allow you to track progress and identify when you have accomplished your goals. The Army Physical Fitness Test (APFT) is one example of a measurement tool that provides feedback on cardio vascular fitness, muscular endurance and muscular strength. Once completed, the results of the assessment are used to identify strengths and weaknesses that can be targeted in step 3.

Step 3: Develop Your Fitness Objectives

Once you know where you are the next step is to identify where you want to be. Your fitness objectives should be broken down into short-term, intermediate, and long-term goals. These goals should be observable, measurable, quantifiable, realistic, and specific. Fitness goals should be placed periodically throughout the entire training program to act as milestones and indicate how well your training plan is working.

Step 4: Determine Your Training Requirements

What response to training is required and what system or muscle group needs to be targeted

for you to reach your training goal. Increased muscular strength (MS) and muscular endurance (ME) of the chest (pectoralis major) muscles would be an example of two training responses needed to improve your performance in the push-up event of the APFT.

Step 5: Develop Fitness Tasks

What training task(s) or exercises will result in the physiological response required for you to reach your training goals. Dumbbell press, bench press, and push-ups, are examples of training tasks that can be used to improve both MS and ME. The training variables of FITT (frequency, intensity, task, and time) determine which response is targeted.

Step 6: Develop a Training Schedule

Identifying the amount of time you have to train and then divide that time into training phases or “mesocycles.” This type of training is called a “periodized training.” Each phase builds on the one that precedes it and sets the conditions for the next phase. These mesocycles are then broken down into “microcycles” which are 7 to 10 days in duration and form the building blocks of a well structured training program. The most basic periodized programs are divided into a preparation phase, base phase, build phase, and peak

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phase. Each phase can last as short as three weeks and as long as 4 to 5 months.

Step 7: Evaluate the Training

The final step in any training program is to make an objective assessment of how the plan is working. If you are not achieving your goals then make adjustments as needed and continue to train.

Going away on deployment does not mean your fitness has to go away as well. Spending the time to develop a structured training program with purpose will keep you looking good and feeling great.

Editor's note: Maj. Wilburn is a two-time all Army triathlete and holds a Master of Science in Kinesiology. He will continue to provide workout tips for Soldiers weekly.



File photo

Soldiers should not let deployment hinder their physical fitness goals. By setting up a workout plan, Soldiers are taking the first step in reaching their fitness goals. Goals should include current level of fitness as well as goals.

SPARTAN FITNESS PROGRAM WEEK 1							
Mission Statement: In the next 5 months I will increase my weight from 195 lbs. to 210 lbs. without significantly increasing my body fat level. Additionally, I will improve my overall body strength and reduce my two mile run time to my predeployment time of 12:45.							
Phase (Mesocycle): Initial Assessment (IA)			Week (Microcycle): Week 0 of 20				
WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0	10-Feb-08	11-Feb-08	12-Feb-08	13-Feb-08	14-Feb-08	15-Feb-08	16-Feb-08
Cardio	Kalsu Fitness Challenge - 3 mi Run W/U: 10 minute easy, 3 mi Time Trial (maximal effort), C/D: 15 min light jog	Rest	Kalsu Fitness Challenge - 400m Run W/U: 1mile easy jog, Mark 400m course (pace count or GPS if you have one),	Rest	Kalsu Fitness Challenge - 20 Min Bike W/U: 10 minute easy spin, 20min Time Trial on Bike(maximal effort),	Rest	Kalsu Fitness Challenge - 60 Sec Bike W/U: 10 minute easy spin, 60 Sec Time Trial on Bike(maximal effort),
Total Distance	4-5 miles Run		3 miles Run		10 miles Bike		5 miles Bike
Intensity	Hard/Time Trial (90-		Hard/Time Trial (90-		Hard/Time Trial (90-		Hard/Time Trial (90-
Time/Location	Road		Road		PM / Kalsu Gym		PM / Kalsu Gym
Strength Training	Kalsu Fitness Challenge - Chest (Bench) Press W/U: Do three 3x15 reps with just the bar. 3' RI. Load the bar w/ 175lbs. Do as many reps as possible.	Kalsu Fitness Challenge - Squat 1RM W/U: Do 3 easy sets with 6-10 reps (should not have to strain). 3' RI. Progressively build the weight upward until you achieve your maximal		Kalsu Fitness Challenge - Cadence Pull-Ups W/U: Hang from the bar 3 times for 30 seconds. 3' RI. At 5 second intervals, do as many pull-ups as possible		Kalsu Fitness Challenge - Ankles to the Bar W/U: Hang from the bar 3 times for 30 seconds. 3' RI. Do as many repetitions of ankles to the bar as possible	
Time/Location	PM / Kalsu Gym	PM / Kalsu Gym		PM / Kalsu Gym		PM / Kalsu Gym	
WEEKLY GOALS:	The goal for this week is to get an accurate assessment of where we stand physically. Complete the Kalsu Fitness Challenge as indicated above. Ensure proper warm-up and cool-down for each event. The results of this assessment will be used to create training milestones for the rest of the training program.						
LEGEND: MHR (Max Heart Rate; Approximately 220-age); W/U (Warm Up); C/D (Cool Down); MS (Main Set); AA (Anatomical Adaptation); MS (Maximal Strength); TT (Time Trial); RI (Rest Interval); 1RM (1 rep max)							



Courtesy photos

National Football League Players and Minnesota Vikings Cheerleaders take an opportunity to mix and chat with Soldiers of Bushmaster Troop 6th Squadron, 8th Cavalry Regiment, and Alpha Battery, 1st Battalion, 76 Field Artillery, both 4th Brigade Combat Team, 3rd Infantry Division, at Patrol Base Dolby in Adwaniyah, Feb. 5.

NFL players, cheerleaders, visit Patrol Base Dolby

Unit Public Affairs Rep.
6-8 Cavalry Regiment

On Feb. 5, NFL Players Tim Dwight, Steve Wisniewski, Jason Elam and Minnesota Vikings Cheerleaders Krisandra and Sarah visited Soldiers at Patrol Base Dolby.

The visit was a joint effort of the Army Morale Welfare and Recreation program and Pro Sports MVP Marketing Ventures and Promotions. The goal was to conduct a goodwill tour to

boost morale and show appreciation for the hard work and sacrifices of Soldiers serving in Iraq.

“We appreciate your service and all of your help while we visited. The group will never forget their visit,” said Brian Lee, director, Pro Sports MVP Marketing Ventures and Promotions. “The cheerleaders and players all enjoyed that they got to spend some quality time talking with the soldiers.”



Pfc. Matthias Moore, Fire Support Specialist, Bushmaster Troop, 6/8th Cav. Reg., chats with Retired NFL Player Steve Wisniewski about things back home in the states.



Photos by Sgt. Kevin Stabinsky

Soldiers and civilians do the electric slide at the Forward Operating Base Kalsu Morale, Welfare and Recreation Center at the Valentine's Day dance.

Couples, singles enjoy Valentine's day dance

Sgt. Kevin Stabinsky
2nd BCT PAO

To help boost Soldier spirits and create camaraderie for Valentine's Day, the Rufus M. Jones Lodge #652, a Masonic fraternity, held a dance for the occupants of Forward Operating Base Kalsu.

The dance, which featured a live DJ, was the first of many events planned by the order, said Sgt. 1st Class Miguel Childress, 26th Brigade Support Battalion, truckmaster.

Realizing most people were away from their spouses or loved ones, Childress said he wanted to put on some event to make up for it.

To help boost spirits, the first 50 females at the door received stuffed monkeys, courtesy of the lodge members.

There were also opportunities to win prizes at the event. Three separate dance events were held, a



Sgt. Bennett Starling, SSA Warehouse sergeant, Company A, 26th Brigade Support Battalion, hugs fiancée Sgt. Nina Kim, supply sergeant, Company B, 26th BSB at the dance.

See VALENTINE page 18



Photos by Sgt. Kevin Stabinsky

Sgt. Nina Kim, supply sergeant, Company B, 26th Brigade Support Battalion, is surrounded by her friends after receiving a Teddy bear from her fiancé Sgt. Bennett Starling, SSA Warehouse sergeant, Company A, 26th BSB. The two were among the many couples to attend the Valentine's Day dance at Forward Operating Base Kalsu.

Cupid shuffle, a Chicago two-step and electric slide, with the winners receiving prizes such as a surround system, DVD player and gift packages.

“We just wanted Soldiers to come out for a second and realize they could still have fun and accomplish the mission,” Childress said.

The fun will hopefully continue for many months to come, said Pierre Jackson, previous Lodge Master.

“We are going to try to do something for the Kalsu community once a month,” he said.

The next planned event is for St. Patrick's Day in March, Childress said.



Members of the Rufus M. Jones Lodge #652, a Masonic fraternity, pose at the Valentine's Day dance they sponsored at Forward Operating Base Kalsu. The group plans on holding special events each month for Soldiers on Kalsu. The next planned event is for St. Patrick's Day in March.

Word on the street

“What was the best Valentine’s Day gift you ever received or gave?”



“Talking to my daughter (6-months-old) on the phone.”

Spc. Prescilla Miginigad
Company A, 26 BSB supply



“Surprising my mom coming home from OIF 3.”

Sgt. 1st Class Charles Underwood
2nd BCT Battle NCO



“I don’t celebrate Valentine’s Day. To me it is a fake holiday. My wife agrees so it works out.”

Capt. Jason Fritz
2nd BCT Brigade Planner

FEBRUARY MWR

SUN	MON	TUES	WED	THUR	FRI	SAT
<p>Unless otherwise stated, all events begin at 1930. Times and events are subject to change. Special events are in <i>red italics</i>.</p>					1 Movie Night Spades Salsa night	2 Texas Hold'em Old school music night
3 <i>Flag Football Superbowl @ 2 p.m.</i>	4 <i>Superbowl kickoff @ DFAC, 3 a.m.</i>	5 Foosball Spades	6 Halo 2: 2 vs 2 NFL bench press comp.	7 Pool Chess	8 Movie Night Spades Salsa night	9 Texas Hold'em Old school music night
10 Darts Strongman comp.	11 Ping Pong Dominoes	12 Foosball Spades	13 Halo 2: 2 vs 2 Pullup comp.	14 <i>Valentine's Day dance @ MWR, 8 p.m.</i>	15 Movie Night Spades Salsa night	16 Texas Hold'em Old school music night
17 Darts NFL Bench press comp.	18 Ping Pong Dominoes	19 Foosball Spades	20 <i>Comedy Tour @ DFAC, 8 p.m.</i>	21 <i>Kalsu Idol @ DFAC, 8 p.m.</i>	22 Movie Night Spades Salsa night	23 Texas Hold'em Old school music night
24 Darts Max bench press comp.	25 Ping Pong Dominoes	26 Foosball Spades	27 Halo 2: 2 vs 2 Strongman comp.	28 Pool Chess	29 Movie Night Spades Salsa night	