

Wings of Destiny

101st Combat Aviation Brigade, 101st Airborne Division
Volume 2, Issue 5 May 2008



Runnin' Wild:
2008 GWOT TROT

Table of Contents

Commander's Comments	
CSM's Comments	3
<hr/>	
Runners GWOT TROT to Destiny	4-5
Runnin' Wild :GWOT TROT across the FOBs	6-8
<hr/>	
Exercise Your Right, Vote!	9
Your Health : Gastroenteritis	10
<hr/>	
Legal Advice: Wills	11
Chaplain's Corner	12
Banshee Troop takes part in CQM:	13
<hr/>	
96th ASB Celebrates Memorial Day with "Rolling Thunder"	14
Co. A 6-101 Change of Command	14
Visions of Destiny	15

On the Cover :



Soldiers participate in the 2nd annual GWOT TROT on May 17.

(Photo by Staff Sgt. Thomas Ayers)

**Got Stories or
Photos you want
to see
published in
Wings of Destiny?**

**Send them
to WODeditor@hotmail.com**

Wings of Destiny

Published by Task Force Destiny Public Affairs

This Army newspaper is an authorized publication for members of the Department of Defense. Contents of *Wings of Destiny* are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense or Department of the Army. The editorial content of this monthly publication is the responsibility of the Task Force Destiny Public Affairs, APO AE

09354

Commander
Command Sgt. Maj.
Public Affairs Officer
Editor

Col. James Richardson
Command Sgt. Maj. Mark Herndon
Sgt. 1st Class Antony Joseph
Spc. George Welcome

COMMANDER'S COMMENTS



Yet another month has come and gone here in Afghanistan, and I've decided the speed with which time passes is directly attributable to the busyness of the brigade's Soldiers. This month was no exception, as May included a host of special visits, a continued increase in our operational tempo, and several special events for the Destiny Brigade.

At the beginning of the month, we had the privilege of hosting the Army's senior aviation leaders, including our Aviation Branch Chief, the Commanding General of Army Material Command, and the Commanding General of the Combat Readiness Center, just to name a few. During their short visit, each leader took the opportunity to observe first hand the professionalism and dedication to duty exhibited by our Soldiers, while gaining an appreciation for the distinct challenges experienced here in

Afghanistan. The visit was a huge success, and I'm confident they leave the theater more knowledgeable of our situation and fully committed to helping us accomplish our mission.

Speaking of senior leaders, Army Vice Chief of Staff, Gen. Richard Cody, also stopped in for a visit. As usual, he made the most of his time with Destiny, getting around to all the FOBs, visiting the troops, and even reenlisting some great Soldiers.

The GWOT Trot was a huge success, as Soldiers on all four major FOBs participated in a simultaneous 10K road race. In total, over 1,400 runners laced up their running shoes and took to the streets (or gravel paths in some cases) to release a little stress and help contribute to a wonderful cause. As a result of the Brigade's efforts, we raised over \$5,000 for the Army Aviation Association of America. Thanks to everyone who helped make the race a success.

Memorial Day took on special meaning this year, as we paid respect to our fallen comrades while deployed to a combat thea-

ter. Many of our aviation task forces at the outlying FOBs took time out of their busy schedules to honor the nation's heroes, while the Division leadership hosted a special wreath laying ceremony here at Bagram.

Last, but certainly not least, thank you to the Destiny families back on the home front. Your continued support of our Soldiers is nothing short of phenomenal. We truly appreciate everything you do back there and the sacrifices you continue to make on behalf of our great nation.

Wings of Destiny!

Air Assault!!

Col. James Richardson

Destiny 6

A MESSAGE FROM CSM HERNDON



Hi families of the Wings of Destiny brigade. Another month has gone by and we're one month closer to redeployment. This month has been busy for the brigade. We have had numerous visits from across the Army. The "who's who" of Army Aviation; Maj. Gen. Packet, Maj. Gen. Miles, Brig. Gen. Forester and Brig. Gen. Mundt paid us a visit. After that the Vice Chief of Staff of the Army, Gen. Cody paid us a visit as well. In between all of these V.I.P. visits we had the second iteration of the 159th Aviation leadership who were on a pre-deployment site survey, continuing their preparation for deployment.

The Soldiers are staying busy, even more so than a couple of months ago. The weather has turned into summer with the heat across all of Afghanistan reaching 100 degrees plus on a daily basis. This being said, our mission operations tempo has climbed with the

temperature. With the weather being clear, we are flying more now than we have since deploying. This, along with the heavy rest and recuperation (R & R) leave period makes it very challenging.

This month at Ft. Campbell was very special as we honored all the volunteers who support the Wings of Destiny brigade on a daily basis. To all who helped set this ceremony up and played a role in its success, I give you my personal thanks.

You all can be very proud of your Soldiers. They continue to be professional and complete all missions to the highest standards as noted by the senior Army leadership and in the most professional and expeditious manner possible.

Before I close, I would ask all of you to remember when your spouses come home, treat those 18 days as a holiday and time to spend with family. All too often we use this time to address problems and issues that have existed prior to deployment. Many of these issues cannot be fixed in the period your spouse is home. Take this time for you

and your spouse and enjoy it to the utmost.

I thank you all for what you do in support of us in Afghanistan. Our mission and jobs are daunting and stressful, but from a personal standpoint, the job you do everyday keeping the families together and our households running is equally important and just as stressful with your spouse being gone. You are the reason we do what we do, and we are proud of every one of you.

Wings of Destiny, Air Assault !

CSM Mark Herndon

Destiny 7



BAGRAM AIRFIELD, Afghanistan — Running ... is it a sport, a fitness regimen, or just an activity some people do for fun?

Well, in the U.S. Army it is a way of life only superseded by the Army's primary mission of fighting the country's wars and protecting the nation from enemies both foreign and domestic.

No matter which Army installation you happen to find yourself in, whether in the States or in a foreign land, the roads or running tracks are never without a runner or two. Though the majority of the running is done during the Physical Training hours, usually between the hours of 5 and 8 a.m.,

an avid runner does not let the vagaries of time or environment stand in the way of achieving personal glory.

So, in keeping with the Army's penchant for running, the 101st Combat Aviation Brigade sponsored a 10 kilometer race in Afghanistan dubbed GWOT TROT on 17 May.

What makes this race unique is Soldiers and contract workers in Task Forces in

Jalalabad, Kandahar, Salerno and other outlying Forward Operating Bases also participated in the race.

The race started at 6 a.m., in concert, at all the competition venues.

At Bagram Airfield, the main TROT venue, the race kicked off with a three-helicopter flyover, an Apache, Blackhawk and Chinook crossed the start line at the same time as the racers on the ground were given their starting

orders. As the 101st Airborne Division Band played some inspiring music, more than 700 runners braved the windy, dusty conditions to participate in this second annual race.



The outlying FOBs also saw a good turnout of participants, with 150 At Salerno, 300 At Kandahar, and 150 At Jalalabad.

Maj. Marc J. Cummins, the Task Force Destiny executive officer said that apart from the race, "being good physical training and a stress reliever for the Soldiers it also raises money for the Army Aviation Association of America scholarship foundation. Last year in the inaugural race, \$5,000 of the proceeds from the run was given to the foundation, this year we anticipate we will



able to better that." Cummins who was the spearhead of the team that organized this year's event is also a gifted runner who has won similar and longer-distance races in Fort Campbell, Kuwait and Iraq. The high standard of the runners in this race was signified by Cummins' finishing position. Even with a time well under 40 minutes he could only manage fourth place. He said that he always tells other runners (who train with him) to "run it as a race against yourself," and in that aspect he said he was happy with the outcome.



The Combined Joint Task Force 101 command sergeant major, Command Sgt. Maj. Vincent F Camacho, another participant said that it was an honor to mingle and run with so many of the combined force. He complimented the organizers and said it is a "great event which gives the opportunity for everyone to come out and have some fun and let off some steam, decompress, and it also reinforces the fact that being combat ready culminates with being physically fit." As far as his own efforts during the race he said he "ran out of gas in his efforts to catch up to the commanding general," Maj. Gen. Jeffrey J. Schloesser, and finished a couple of minutes behind him.



Another participant and the coordinator of the Bagram portion of the event, WO1 Adrian Rushton, a quality control officer in TF Troubleshooters said, "I hope that this event continues to grow and benefit the Soldiers and the AAAA scholarship fund." He added that the organization of the event was a big challenge, but a successful event and the joy of the participants he competed with made the whole experience very rewarding. ◆



RUNNIN' WILD: GWOT TROT IN KANDAHAR



Story by 1st Lt. Anthony Nelson

Photos Courtesy of TF Eagle Assault

Task Force Eagle Assault and Coalition forces took a break from combat operations to conduct the 2nd annual Global War on Terrorism 10K fun run at Kandahar Airfield, Afghanistan on May 17, 2008.

Over 270 runners from six countries laced their running shoes and took the



10K challenge running the dusty roads of Kandahar Airfield in support of AAAAA and their continued quest to support the United States Army Aviation Soldiers and families. The fun run started at 6:30 a.m., simultaneously with 10K races at Bagram, Jalalabad, and FOB Salerno in

Afghanistan.

Placing first for the men's division was Ndoaa Dlamim of 13th Air with a time of 38:20. The second place finisher was Canadian Max Talbot, who finished in 39:27, and close on his heels was Canadian John Lemieux with 39:56 placing third. Leading Task Force Eagle Assault and the 101st Airborne Division was Capt. Brock Benedict who placed fifth with a time of 40:02.

Equally close was the women's event

which was won by Canadian Ellie

Haevens, who finished in 44:38. Task Force Eagle Assault Soldiers 2nd Lt. Amy Bauer (46:45) and Staff Sgt. Diane Garza (52:16) placed second and third, respectively.

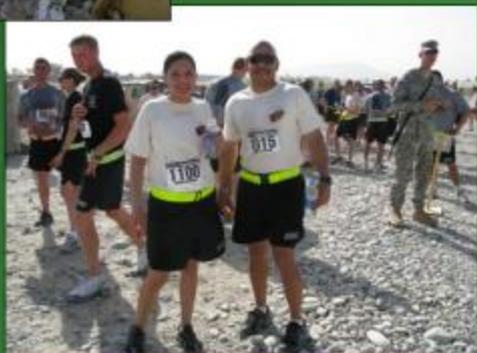


Runners representing RC-South dominated the team category, placing first and second. Team Lancer of Company B, 5th Battalion, 101st Avn. Regt. placed third, representing Task Force Eagle Assault.

This year's AAAAA 10K fun run was coordinated by Capt. Matthew O'Neill of Task Force Eagle Assault. Impressed with the turnout, O'Neill expressed his thanks to all who participated by saying, "I appreciate all of the support from all of the Soldiers who worked hard to make this event happen and thank you to all of the runners for making it a competitive race." ♦



RUNNIN' WILD: GWOT TROT IN JALALABAD



RUNNIN' WILD: GWOT TROT IN SALERNO



Exercise Your Right, Vote!



2nd Lt. Grekii Grant
Brigade Voting Assistance
Officer

What's significant about the year 2008 besides being a leap year and the upcoming Olympics? Give

up? -- It's election year! Your brigade Voting Assistance Officer, as well as the unit representatives, want to inform you of your right to vote. The *Uniformed and Overseas Citizens Absentee Voting Act (UCAVA)* allows us to register, request a ballot and vote through the mail.

First thing's first, voters must be citizens of the United States on the date of the election and a voter must be at least 18 years old on election day in order to vote. One must have a legal voting residence address in a state or territory to vote in U.S. elections. The legal voting residence address is defined as the place where the citizen has, or has had, physical presence at the location with the intent to remain or return.

To register and/or vote absentee, legibly complete a Federal

Post Card Application, Standard Form (FPCA, SF 76) and mail to proper election official. The local election official will approve the request or request further information.

When you receive your absentee ballot by mail, you'll vote and mail the ballot to the local election official before the state deadline. In event you do not receive an absentee ballot; you can fill-out the Federal Write in Absentee Ballot, Standard Form 186 (FWAB, SF 186). It's a very simple process, so exercise your right and vote in 2008! ♦

See your unit voting assistance representative and register to vote today!



**THINKING
ABOUT STAYING
ARMY ?
YOUR 101ST CAB
RETENTION TEAM
CAN HELP**

VISIT THEIR OFFICE AT BLDG. H1 (CURRENTLY LOCATED @ AVIATION CHAPEL) OR CALL

431-2536 / 2549

Your Health +

Gastroenteritis

By Capt. Aaron Cronin
Task Force Eagle Assault
Flight Surgeon

Cruise ships, Casinos, & Kandahar

Most of you have suffered from the symptoms of gastroenteritis at some point in your life. A lot of you have suffered these since deploying to OEF. In addition to combat zones, other environments are commonly affected:

I think of: "Cruise ships, Casinos, & Kandahar".

Where's the latrine?!

The advice below recommends ways to identify, prevent, and treat this most undesirable condition. Deploying is hard enough; combat operations while restricted within 100 feet of a latrine are even harder. . . . and preventable!

I've been food poisoned!

Symptoms of viral gastroenteritis can include: miserable nausea, vomiting, diarrhea, stomach cramps, headache, and fever. They usually show up 1-3 days from contact with an infected item/person and can last from 1-10 days. Many people believe they've been "food poisoned" from their previous meal; most of these cases are actually viral gastroenteritis.

Combine the words!

"gastro" = stomach,
"enter" = intestines, and
"itis" = inflammation

Voila! You've got the recipe for personal disaster.

My stomach is made of iron!

Gastroenteritis affects everyone; it shows no preference towards race or gender. However, it does cause a more severe illness and even death in children and the elderly, especially in 3rd-world countries like Afghanistan. It is the 2nd most common infectious illness in the United States; 90% of American adults test positive for previous infections of these viruses.

Montezuma's Revenge

We most commonly hear of this illness on the news; "Stomach-virus ruins another Caribbean cruise". More pertinent to our OEF mission, the U.S. Army has already been cited in medical history books for huge troop populations infected (and their resulting misery) during:

- "The Kandahar Crud" 2002 - 03 OEF
- "Saddam's Revenge" 2004 - 05 OIF

"Your stomach is killing me!"

Why do I feel this way?! Well, simply stated; a virus from someone's gut got into your mouth.

Yes, I'm serious.

Yes, that's seriously disgusting, but it's true.

The virus is hardy: studies reveal it can survive on a surface (like your telephone or door knob) for hours.

We humans touch our face often; see anyone chewing on a pen lately?

Bleach bombs & Mutants

Should I bleach my entire room and office like in the Lysol commercials? The Army is currently researching vaccines, but the tricky viruses mutate so often, you'd have to get "needled" every couple months. Any takers? The answer is MUCH simpler, and much less painful.

An ounce of prevention

Simply washing your hands prevents most infections. Alcohol-based hand sanitizers work when water and soap are inaccessible, but they chap/dry your skin while evaporating.

Washing is the ~~simple~~ most effective way to prevent feeling like your stomach is falling out your 101st Airborne 5th point of contact.

Other preventative hints include:

- Drink only bottled water
- Keep your fingernails short; including the pinky nail
- Only eat food served from military sources
- If you're off the FOB, use bottled water to brush your teeth
- Did I mention washing your hands?
- Wash fresh fruits & veggies; follow the old adage, "if you can't peel it, don't eat it"

Medic!!

How do I know when to get medical help? If you can't keep fluids down, have watery diarrhea, or unbearable stomach cramps, you should present to the aid station during sick call hours.

If you have blood in your vomit or stool or have a fever 101 degrees or more, present to your aid station immediately.

Hydrate! The fluid loss from your body, compounded by hot temperatures and physical mission requirements can lead to rapid dehydration. You can initially treat yourself with Pepto Bismol, but don't drink *bottles* of "the pink stuff" to avoid seeking care.

At the aid station, your battalion providers are going to:

1. ensure it's truly a viral infection (& not something worse)
2. determine if you require an I.V.
3. consider medications for nausea, cramps, and diarrhea
4. profile accordingly

Legal Advice:

Wills



Spc. Rebecca Jordan
TF Eagle Assault Paralegal

When drafting a will, military lawyers face challenges that are unique when preparing wills for Soldiers and military dependents: the continued relocation of military personnel (Permanent Change of Station) and the operational tempo for today's military (frequent deployments). Having a will lets you decide things like how your property will be distributed and who will raise your children in the event of your death.

You choose a person, bank or trust company to serve as the executor (or personal representative) of your estate and settle any affairs that may remain after your death according to the provisions outlined in your will. With a will, you can specifically choose who will receive what personal property of yours. You have the ability to bequeath all of your property to one person in particular or to divide it amongst two or more persons. You may also outline any special funeral arrangements that you might want, such as requesting full military honors. Make sure that all of your wishes are clearly stated in the exact manner you wish they be carried out, as to avoid delays in the execution and handling of your affairs.

In the event that you die without a will, the state in which you hold residency will decide who the executor will be, who will take possession of any personal property, and who will take guardianship of your minor children, without regard to any of your wishes. The state will decide these things according to a statutory formula established by state law. Keep in mind this may not provide for your spouse or children in the way that you desire, especially if you have children from a previous marriage. In the event that you do not have a will, only those who have no living relatives within the parameters set by that particular state will have their property forfeited to the state. The property of persons sur-

vived by a spouse and children will be divided into two equal shares. When you are survived by more than one child, the share will be divided equally amongst them.

A will becomes enforceable upon the death of the maker. It can be changed, amended, or revoked at any time prior to death or disability. Each person's will is unique, but commonly include the following: revocation of ALL prior wills, payment of all medical and funeral expenses, distribution of property through a residuary clause (all your property) or a specific bequest (an individual item of property), providing for the care and protection of a minor child by granting certain powers to the executor, appointment and granting specific powers to the named executor, appointment of guardianship for minor children, a statement that you have served in the Armed Forces and a direction to your executor to inquire whether your family is entitled to any benefits.

Your will may be executed in the state that you currently reside or the state that you hold legal residency. Make sure when you complete the execution of a will, the appointed executor knows the location of the document at all times. It should be secured in a safe deposit box or some kind of fire proof container. This will help in the expeditious handling of all your affairs in the manner that you wish they be carried out.

For further information or to execute a will please contact your local Legal Assistance Office. ♦

Chaplain's Corner



Maj. Donald Kammer
TF Destiny Chaplain

Wings of Destiny Prayer

Afghanistan 2008

Lord God, you hold **Destiny** in your hands. Accept the prayer of our hearts this day, as we walk and fly where warfare and conflict has been a lifestyle, afflicting the innocent civilian, for centuries.

Grant the men and women in the **101st Combat Aviation Brigade** your abundant provision. Help us to focus upon our safety and that of our colleagues. Help us to maintain our health and rest. Give us wisdom to make the best choices when the time comes for us to be decisive in deed.

Bless our leaders at every level, from **Colonel to Private**. Bless our loved ones who have remained behind. May you protect and care for them.

Lord God, may this **101st Combat Aviation Brigade** accomplish its mission brilliantly, supporting and serving a great **American Combat Division**. May our efforts influence nation states in the region and support our nation's vision for peace and stability in the lives of every **Afghan**, from those living in a tiny village to those living in the capital city of **Kabul**. Let our efforts make a difference in the lives of millions of human beings.

And finally Lord, have your way with us. Help us to be men and women of utmost integrity and character as we face the challenges of war.

Also, prepare our hearts and minds for our return home. Go with us along every path and every wind, even the difficult ones.

For it is in your most holy Name that I pray, Amen.

Banshee Troop Takes part in Close Quarters Marksmanship Training

Story by
Chief Warrant Officer 2 Mark Tucker

Soldiers of Banshee Troop, 2nd Squadron, 17th Cavalry participated in close quarters marksmanship training provided by the Pathfinder Company of the 101st Aviation Brigade. The program, part of a three day training exercise, allowed aviators to refresh their marksmanship skills and learn how to work as a team during live fire scenarios. The training involved a wide variety of firing techniques, target discrimination, and evolved into team maneuvering exercises, each becoming progressively more advanced.

The five Banshee aviators who completed the training were highly pleased with the expertise and knowledge of their instructors and gained a wealth of experience during the event. "I thought it was really helpful and informative, and I believe that it would be beneficial to any Soldier to attend this training," said Chief Warrant Officer 2 Jason Lilly,

of Portland, Oregon. "The instructor to student ratio was excellent and it was very valuable training. It was definitely the best CQM training I have received in my military career."

The Pathfinder instructors were pleased about being given the opportunity to supervise the marksmanship range. "The aviators were eager to learn and advanced quickly throughout the course. We hope it improved their capabilities should they ever have to face a situation in which this training would be required," said Las Vegas native, Sgt. Jason Everett, one of the instructors.

Sgt. Jason Young, another instructor, said that he enjoyed the experience and looked forward to the possibility of conducting another event like this. "I hope this training event is extended to the rest of the aviators in the Task Force." ♦



Troubleshooters Celebrate Memorial Day with "Rolling Thunder"

Story and Photos by
Staff Sgt. Thomas Ayers



On May 26, Task Force Troubleshooters Soldiers came together with all their multi-purpose gator vehicles and flags flying for a Memorial Day Parade at Bagram Airfield. This was all in conjunction with a battalion run led by Lt. Col. Christopher Wolfe, the task force commander.

The focus of the event was to pay tribute to the service members who have made the ultimate sacrifice in defense of our great nation. The event was put together by Sgt. 1st Class Michael Yeager a longtime Troubleshooter. This was an event that lifted the spirits of the Troubleshooters and was a great way to show respect to those service members who have made the ultimate sacrifice.

The event started at battalion headquarters where the parade convoy headed to Disney road and went down to the North Post Exchange, and turned around. The convoy made its way back down the road, toward the bazaar. Before the event started, Wolfe said, "We start together and we will come back together as a team."

So many people stopped to take in the rare sight of a parade of gators. People lined the street to wave and take pictures because this is the first time anything like this has happened on Bagram.

The Soldiers of 96th ASB are always going above and beyond what is asked of



them and will continue to make their mark anywhere they go. Make sure to keep an eye on Disney Road on the next major holiday, you just might see the Troubleshooters and the Rolling Thunder. ♦

Warlords Mark Change of Command



On Sunday, May 25, the Soldiers of Company A, 6th Battalion, 101st Combat Aviation Brigade, along with other members of Task Force Destiny were in attendance for a change of command ceremony. Capt. Diosabelle Buckner relinquished command of the "Warlords" to Capt. Samuel Pemberton.



Visions of Destiny



(Top) The command team of TF Deuce prepares to case its colors during a transfer of authority on May 25th. The leaders of TF Wasatch (Right) assumed responsibility of military intelligence operations in the theater.



Service members and civilians perform for all in attendance during the Asian-Pacific Islander Heritage celebration at the MWR Clamshell on May 28.



Service members sit and enjoy food during the Asian - Pacific Islander Heritage celebration at the MWR Clamshell on May 28.

Col. James Richardson addresses Soldiers of Task Force Deuce during an awards ceremony on May 27 at the MWR Clamshell.

