

Wings of Destiny

101st Combat Aviation Brigade, 101st Airborne Division
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Just A Reminder....

As you are aware, we are in the height of the election season. Our theater of operations has been and will continue to be visited by high profile political figures. Most of these visits are CODEL (Congressional Delegate) trips, which are meticulously scheduled, down to the last detail.

Please keep in mind that while you are encouraged to exercise your right to vote this November, as members of the United States Armed Forces, you are not authorized to publically endorse or disparage any candidate. Also, be mindful of what you express in letters, e-mails or phone conversations to friends or loved ones.

Just as you would protect sensitive information pertaining to operations, you should be aware that the things you say or write can be misconstrued or exploited by various sources.

Wings of Destiny Staff

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

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

Wings of Destiny

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COMMANDER'S COMMENTS



Hello Soldiers and Families of the Destiny Brigade,

We have completed yet another successful month here in Afghanistan in support of Operation Enduring Freedom. The operations tempo remains high, and it now appears our efforts here have moved to the front page of many newspapers back home. Despite the best efforts of the finest journalists, words cannot capture the achievements of your Soldiers on a daily basis...providing responsive, dependable aviation support to the Soldier on the ground.

On July 4th our country celebrated its 232nd year of independence. Just as it did against the British Imperial forces all those years ago, the U.S. Army continues to fight for the liberty of oppressed people around the world. Be proud of our Soldiers...for while the tactics may be different, the quest

for freedom lives on. Our holiday in Afghanistan was marked by several special events, to include awards ceremonies, barbecues and the occasional friendly sporting activity. In the end, most Soldiers took time to reflect on the importance of the day and their contribution to the development of this nation.

On the 22nd of this July, Maj. Gen. Jeffrey Schloesser, commander of Combined Joint Task Force-101 re-enlisted Soldiers from various units across Bagram Airfield in a special ceremony held at the Enduring Faith Chapel. Congratulations to the eighteen Destiny Soldiers who raised their right hand to reaffirm their pledge to support and defend the Constitution of the United States. I am so proud of our Soldiers' resolve and untiring commitment. In the same event, the Sergeant Major of the Army, Kenneth Preston, addressed Soldiers on the importance of their service and their part in the future of the Army. He held a question and answer session with the troops in attendance.

Our Soldiers continue to perform mag-

nificently in the toughest of conditions. This is due in no small part to your dedication and efforts back home. I ask that you continue to support this brigade and your Soldiers as we push forward with our mission here. Until next month, all the best!

Wings of Destiny!

Air Assault!

Col. James Richardson

Destiny 6

A MESSAGE FROM CSM HERNDON



Hello Wings of Destiny brigade.

Another month has passed and we continue to be busy here in Afghanistan. The mission tempo has continued to increase. This is partly because of the weather and we are currently undergoing support for two unit rotations. This also includes changes to our mission set. We are in the prime of R & R leave season as well and this in itself contributes to the increased work load. I will tell you, those Soldiers who have taken R & R are returning to duty refreshed. The ones who are getting ready to go on R & R are excited about the opportunity to get home and spend time with their loved ones. The Fourth of July here was quiet. We celebrated with special meals in the Dining Facility as well as unit Barbecues and other outdoor activities.

We had our third Pre-Deployment sight Survey (PDSS) from 159th. It went well. I will tell you the initial plans for redeployment are in full swing, yet your Soldiers remain focused and continue to conduct

and accomplish the mission at hand. Most of the brigade's Soldiers are passing through the seventh month of the deployment and on the downward swing toward the end of this deployment. It is imperative that we stay focused. I ask for your assistance with this. During the last month we switched out our depot aircraft maintenance team. The Soldiers from Missouri and Mississippi departed and were replaced by a team from Connecticut. I will tell you, these National Guard Soldiers play an integral role in the accomplishment of our mission. Their dedication and skills are irreplaceable.

For the family members out there I would ask your assistance. The reenlistment mission is almost complete. I would ask all of you to assist me in keeping the finest Soldiers in the Army. This brigade is comprised of the most professional Soldiers in the Army and they prove it everyday. As I write this, the Army is still offering some great incentives. I.E.: the new GI Bill that was passed into law, the adjustment of leave accrual, special assignments to Japan, Hawaii, England, and the Defense Intelligence Agency (DIA) to mention a few. These assignments also tend to come with some pretty substantial bonuses. Life in the Army is not easy, I do not have to tell any

of you that; but serving our country is fulfilling and honorable. I would ask all of you out there, develop a plan for your future, and use the options the Army offers to assist in that development. It takes all of you to make our Soldiers successful. You are why we serve.

In closing, I would like to thank all of you for your continued support. Your constant dedication to what we do in supporting the United States and the Global War on Terror keeps us focused on the job at hand. The thoughts of returning soon to our loved ones are present everyday.

Wings of Destiny, Air Assault !

CSM Mark F. Herndon

Destiny 7



Compassion and Skill: The Art of Saving Lives

By Spc. George Welcome TF Destiny Public Affairs



are also popular recreational activities.

When a call does come, the Soldiers race to their aircraft, get their gear on and are ready for takeoff within minutes. This is critical, as every minute counts when a life hangs in the balance.

"Our average response time (from receiving a mission to wheels up) is down to about 12 minutes which is a significant reduction from the previous unit that was here," said Seipel. "Our goal is to never be the weakest link. I never want the process to be waiting on us to get ready for takeoff, our goal is to be ready and waiting for launch authority."

Expecting the unexpected is critical to being able to operate in an environment where hardly anything is routine. Soldiers don't know what time a call will come, and the medical report they receive prior to take off doesn't always provide a full view of what they will face.

JALALABAD AIRFIELD, Afghanistan—Every morning, just before 7 a.m. the Soldiers of 1st Platoon, Company C, 6-101 Aviation Regiment leave the comforts of their living quarters and make their way across a scorching flight line to the platoon's three UH-60 Black Hawks. Pilots, crew chiefs and medics all take part of a ritual, in which they will check to make sure medical equipment is prepared, perform pre-flight inspections and power up the helicopters. This is the only part of their daily lives that happens on a schedule.

As the medical platoon attached to Task Force Out Front, they are responsible for conducting medical evacuation missions throughout the region at a moment's notice.

"The platoon's primary mission is to provide continuous first up and second up medevac (medical evacuation) support for the entire N2KL (Nuristan, Nangahar, Konar and Laghman) region of Afghanistan," said Capt. Ben Seipel, 1st platoon leader. "24 hours a day, 7 days a week and 365 days a year we have two ships available to pick up any urgent and urgent surgical patients. We also pick up any casualties on the battlefield or Afghan civilians."

The moments between calls are filled with a quiet anxiety, because the crews can never completely let their guard down. Waiting becomes a constant in the life of Soldiers assigned to the MEDEVAC platoon. It's a peculiar situation to be in; none of the Soldiers wants anything bad to happen, but at the same time, doing the job is the only real way to stop the waiting. To pass the time between missions some of the Soldiers take college courses. Video games such as 'Halo' and 'EA Fight Night'

"It may seem crude, but sometimes you have to be able to make light of a situation in order to do your job," said Sgt. Brent Jenkins, a crew chief in first platoon. "You know that when you get a call, something bad has happened and a lot of times you don't know what you are going to see once you get there."

In the early morning of July 13, the platoon tactical operations center received a nine line MEDEVAC request to respond to the village of Wanat, where a small outpost was under attack by





enemy forces. In the battle, nine Soldiers from the 173rd Airborne Brigade were killed, and 15 others were wounded.

"Most of the time things can be really quiet, with absolutely nothing going on. I'll be watching the computer and all of a sudden things get really hectic," said Spc. Saturnino Crespo, an aviation operations specialist assigned to first platoon. "When we got the call re-

sponding to the attack, things were happening really fast. Things were more sudden and hectic than usual. I was tracking all the aircraft as they went to the different FOBs and outposts to pick up patients. We launched all three aircraft yesterday, which is pretty unusual. We had to launch before the usual morning shift change, so some of the crews were pulling overtime."

Most of the Soldiers were still asleep when the nine line came over the radio. They responded as their training has conditioned them to; by having their gear on and the helicopters spun up for launch within minutes.

"The initial attack didn't start until 4:30 in the morning," recalled Staff Sgt. Matthew Kinney, a flight medic who was part of the mission. "We got off the ground really quick. Once we got there, we flew over the mountainside directly on top of (Forward Operating Base) Blessing, which was firing artillery upon the outskirts of Wanat. CAS (Close Air Support) was on station dropping bombs and the enemy was being pushed back away from the wire."

The MEDEVAC helicopters had to wait until the bombs impacted their targets before being given the okay to enter. The battle was still ongoing once they landed.

"As soon as the bombs were dropped, our Apaches came to the area," Kinney said. "The first medevac aircraft landed on the base and picked up six patients. Our aircraft was called into the O.P. (Observation Post) right next to it. We were originally going to use the hoist, but the pilots determined that we had a big enough area to put the aircraft down on the side of a terrace."

Once the helicopter touched down, Kinney exited the aircraft and climbed down the hillside. He had to breach the outpost's concertina wire in order to begin treating patients and preparing them to board the aircraft.

"After you've been doing this for awhile you don't really think about what's going on," he said. "It's second nature and you keep moving through all the steps. Yesterday when we got called in, there was still shooting going on. The Apaches were firing rockets at a house about 50 to 80 meters to our left. The ground guys were firing on a house that we were taking fire from. I then determined that many of the guys they

(ground forces) thought were wounded were actually K.I.A."

By keeping their composure under fire, the Soldiers of the MEDEVAC platoon were able to safely extract their wounded comrades, and undoubtedly save lives by rendering aid.

"It was pretty hard," Seipel said of the mission. "All my crews saw quite a bit down there on the ground. It's never fun, going somewhere and knowing you're going to see fallen Americans on the ground, especially in that situation where there's utter chaos. They (the MEDEVAC crews) handled the situation phenomenally; they knew exactly what they needed to do. There was no hesitation at all, the crews hit the ground and reacted instinctively. They did what they were trained to do, and I am extremely proud of them for handling the situation as professionally as possible."

While every mission isn't as intense as the Wanat incident, all calls tend to warrant the same quick response. Persons in danger of losing life, limb or eyesight are the highest priority, but the crews also routinely participate in patient transport. A more common mission is for the platoon to conduct a tail-to-tail flight, in which they pick up patients from the medical clinic in Asadabad and bring them back to Jalalabad, where helicopters are standing by to take the patient to medical facilities in Bagram or other places.

Because of their relative ease, these missions are jokingly referred to as "milk runs" amongst the crews.

Even while on call to conduct life saving missions, the platoon must still conduct training exercises. Evenings are the time when training flights usually take place. It provides all the members of the flight crew a chance to hone their individual skills; pilots practice intricate landing techniques and test the winds above and between the mountains, crew chiefs get to improve their aircraft guiding skills and their use of equipment in the helicopters cargo area, and the medics often get to practice exiting the aircraft on the hoist, a machine that is used to reach patients when the helicopter is unable to land. The combination of actual missions and training flights make for long days, but it helps to keep them sharp.

No matter where they are on the FOB or what activities they are engaged in, when they receive a call over the radios they dutifully carry everywhere; the Soldiers of the MEDEVAC platoon are ready to lend their skills to people in distress.

"At the end of the day a successful mission is a saved life," Seipel explained. "There are a lot of things that go on, contingencies that come up and decisions that get made along the way, but if we can save a life, then we have had success." ♦



Photo courtesy of Staff Sgt. Matthew Kinney

Staying Army Strong Maintaining the Force

By Spc. George Welcome TF Destiny Public Affairs

An organization is only as strong as the parts of which it is comprised, and in the Army the life blood is the Soldier.

It is the job of the Army's retention non-commissioned officers to make sure the Army stays strong by retaining quality Soldiers.

"The primary purpose of the retention program is to maintain the force," said Sgt. 1st Class Henry Frazier, senior career counselor of the 101st Combat Aviation Brigade's retention office. "We're tasked each year to re-enlist a certain number of people, so that that the Army can meet its goals."

In order to reach these year end goals, a unit must have a visible, well established program that has involved leaders, and most importantly, retention non-commissioned officers who understand the Army and its Soldiers.

"A good retention NCO is one who has knowledge," said Staff Sgt. Kimberly Flemings, a 101st CAB career counselor. "You have to know all the programs that are available to Soldiers, what's going on with the Soldiers in your unit and what's going on in the Army as a whole. You provide professional counseling, you have to know about promotion potential (in various jobs); all things that help our Soldiers decide whether they want to stay in the Army."

"The company commanders and first sergeants need to be informed of what the brigade's retention mission is and what to look for in trying to retain Soldiers," said Sgt. Anthony Jordan, retention non-commissioned officer for 6th Battalion, 101st Aviation Regiment. "That information should be pushed down to platoon sergeants and squad leaders who can talk to Soldiers about their options and what their career paths are. It helps to make our job easier, because when the Soldier comes to see us, we'll have a general idea of what they want."



Competence and trustworthiness are also cornerstones for the retention NCO and career counselor.

"Credibility is important in doing this job," Frazier stated. "You need to make sure that you are putting out accurate information. If you start giving Soldiers the wrong information, you'll upset them and then they will pass that on to others. Pretty soon no one will want to talk to you if you don't put out accurate information on the various programs."

Being approachable is another crucial element in being a retention NCO. The Soldiers must genuinely feel that you are willing to work for their best interests.

"You have to make the Soldiers feel at ease in order to find out what they want," explained Sgt. Troy Sibley, retention non-commissioned officer for 96th Aviation Support Battalion. "That way, you can help the Soldier achieve the goals they may be looking for, whether it's school incentives or getting a different duty station. You need to know when a Soldier is eligible for these different options."

There are three categories of Soldiers who the Army wants to maintain a certain number of. There



are the initial term Soldiers, who are in their first enlistment, the mid term Soldiers, who have re-enlisted at least one time while in the Army and finally the careerists, who have 10 years or more in the Army.

"The brigade (101st CAB) is doing excellent in its retention mission," Frazier said. "We have re-enlisted close to 400 Soldiers this year, and we only need a few more initial term Soldiers to meet our goals. We are leading the entire division in some of the categories, so it's been another great year for us."

Despite the increased operations tempo of the past seven years, many Soldiers have made the decision to stay in the Army, either to continue doing jobs that they love, or to pursue new opportunities for themselves and their families.

"We're not having too much trouble getting Soldiers to re-enlist," Frazier stated. "They enjoy doing their jobs, and like the stability the Army offers and the opportunities for promotion. A lot of them are getting really big tax free bonuses for re-enlisting while deployed."

Helping the Soldiers who keep the Army strong is what the retention program is all about. While some Soldiers do decide to leave military service, they are still given good, objective advice about the pros and cons of staying on the team.

"What we are finding a lot of the time is that Soldiers are not thinking what's going on in the economy outside the military (community). They are only thinking about the here-and-now and not the future," Flemings said. "By senior leaders and ca-

reer counselors and retention NCOs talking to these Soldiers, we are able to get them to think about reality. They still may decide not to re-enlist, but at least they'll make a conscious decision before leaving the military."

Career counselors and retention NCOs take great pride in being able to help shape Soldiers' careers and get them the assignments and options they request.

"You get to know the Soldiers and some of them have no plans on what they want to do once they get out of the Army," said Staff Sgt. Charles Manherz, a career counselor for the 101st CAB. "When you sit down and talk to them and go through the process step by step, you may find that the Soldier is not satisfied with their job, so you try to change their job for them and get them an M.O.S (Military Occupational Specialty) that they'll be happy in. You find that you get to make a difference in a Soldier's life, and that's gratifying." ♦



The 101st Combat Aviation Brigade Retention Team

**THINKING
ABOUT STAYING
ARMY?**

**YOUR 101ST CAB
RETENTION TEAM
CAN HELP**

VISIT THEIR OFFICE AT BLDG. H1 (NEXT TO AVIATION CHAPEL)

SUBJECT: Pvt. Ulysses Balthazar

COMPANY: Troop D, 2-17 Cav

MOS: 15 J (Armament, Electrical and Avionics Repair)



The 101st Combat Aviation Brigade is full of Soldiers whose talents and abilities extend beyond what they do during the course of a normal duty day.

Pvt. Ulysses Balthazar, a Trooper in Troop D, 2nd Squadron, 17th Cavalry Regiment. Balthazar, a native of Sacramento, California is a 15 J, an armament, electrical and avionics repair specialist, whose job is to maintain and repair the weapons systems and components for the OH-58 D Kiowa Warrior.

"It's really funny," Balthazar said as he recalled how he joined the Army. "When I was in high school I didn't really like the military. I had a teenage mind and I was thinking war was dumb and the whole rebellious thing. When I turned 18, I registered with the Selective Service. A little bit after, I went to see a recruiter and asked a few questions. I didn't want to sign up at first, so the recruiters gave me a few free DVDs with all the things the Army had to offer."

After watching the DVDs, Balthazar became impressed with all the various jobs that were available in the Army.

"I looked at the videos and thought that there were some cool jobs, things that I didn't even know you could do in the Army. I didn't really have a lot going on for me except for being a D.J., which was a good paying job, it just wasn't really steady. So I decided to do something, and I joined the Army. One of the main reasons I joined was to make my family proud."

Although he joined the Army, he didn't completely leave spinning records behind. He still frequently D.J.'s at special MWR events and other occasions.

"I have been a D.J. since the sixth grade. I grew up watching D.J.

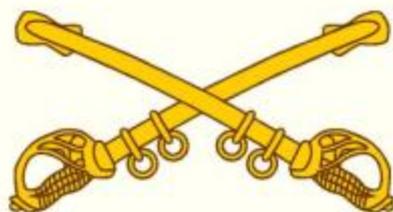
Skrabble and all those guys on MTV, so I started trying to mimic them," Balthazar said. "It was something that just grabbed my attention and I never stopped. I have worked at car shows, raves, clubs and house parties. It just never stopped. The first time anyone from my unit heard me D.J. was at a club back in Clarksville. I was then asked to D.J. our unit's military ball."

After doing good job at the ball, Balthazar was offered the chance to bring his equipment to Afghanistan, so he could continue with his hobby. In addition to music, Balthazar is also a talented visual artist.

"I also like to airbrush, and now that people know about that, I've been asked to do a lot of airbrushing for the unit. I've been airbrushing CAV symbols everywhere," he joked.

As for what he wishes to accomplish during his time in Afghanistan, Balthazar feels he gets to achieve his goals everyday.

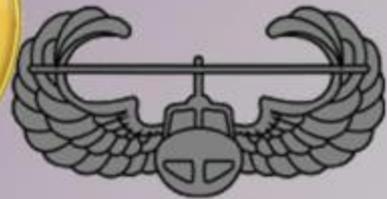
"As it is, I think I have accomplished my goals," Balthazar. "I handle multi-million dollar aircraft that my NCOs trust me with. I'm only 21 years old and a lot of my friends back home have a hard time believing that I do a job like this. As civilian it would take years before I would be able to get my hands on an aircraft, the military gives you that opportunity." ♦



TF Shadow Conducts Purple Heart Ceremony



Brig. Gen. James McConville, DCG-S
CJTF-101, presents the Purple Heart
to Spc. Nathan Rendelman of Co. C,
5-101 Avn. Regt.



Task Force Troubleshooter Celebrates Independence Day with Awards Ceremony



On July 4, the Soldiers of Task Force Troubleshooter held an awards ceremony on the flight line of Bagram Airfield to celebrate the achievements of the Soldiers of the task force.



Task Force Eagle Assault Honors Its Own

By Capt. Anthony Nelson



In addition to combat awards, the coveted combat patch was presented to those Soldiers deploying recently for the first time with the 101st Airborne Division to Iraq or Afghanistan.

Stauss proclaimed, "Be proud to wear 'Old Abe' because it identifies discipline, high standards, and most importantly a no fail prophecy." On behalf of the task force commander, each Soldier of Task Force Eagle Assault was also presented with the new task force coin. The awards ceremony was followed by a special and well-deserved task force barbecue to celebrate the 4th of

KANDAHAR AIRFIELD, Afghanistan—Task Force Eagle Assault took a moment to celebrate the 4th of July and to honor Soldiers from the task force who have distinguished themselves in combat while serving at Kandahar Airfield, Afghanistan.

The Task Force Commander, Lt. Col. Thomas Stauss, personally recognized and awarded 14 Eagle Assault Soldiers whose "valorous actions while deployed to Afghanistan are in keeping with the finest traditions of military service." Among those recognized were Chief Warrant Officer 2 Annon Leung and Chief Warrant Officer 2 Chad Oswald of Troop B, 2-17 CAV who were awarded the Air Medal with Valor. Oswald was also awarded the Air Medal and Combat Action Badge. 1SG Lepharis Baker of Company B, 5-101 Aviation Regiment and Sgt. Jon Creamer of Company D, 5-101 Avn. Regt. were also awarded the Air Medal with Valor and Combat Action Badges.

Awarded the Air Medal and Combat Action Badge were Capt. Joseph Corsentino, Chief Warrant Officer 3 Brian Murray, Chief Warrant Officer 2 Michael Liljenquist, Chief Warrant Officer 2 James Mason, and Chief Warrant Officer 2 Salvador Thorn of Troop B, 2-17 CAV. Chief Warrant Officer 2 Anthony Dejiacomo, also of Troop B, was awarded the Air Medal for actions in early April.

An additional four Soldiers were awarded the Combat Action Badge for engagements in February and March of this year; from Company C, 1-101 Avn. Regt. was Chief Warrant Officer 2 Darrell Dicey, from Troop B, 2-17 CAV were Chief Warrant Officer 2 Jason Hubbard and Chief Warrant Officer 2 Athena Weir. Also presented with the Combat Action Badge was Staff Sgt. Bradley Schultz of Company B, 6-101 Avn. Regt.



July.

Task Force Eagle Assault is comprised of 837 U.S. Army, Air Force, and Australian Soldiers, of which 250 are serving their first combat tour of duty. The task force represents a segment of the International Security Assistance Force (ISAF), which contains Soldiers from more than six NATO countries. ♦



Your Health +



Lose 23 Pounds by Christmas!

Capt. Richard Heintz
TF Destiny PA-C

"No way," you say. "I've lost 15 pounds in a month, and six months later...I've gained 17." Why? Because you know, just as well as any health care provider knows - fad and crash diets don't work. Uh oh...I used the "D" word. Diet - the penalty we pay for exceeding the feed limit. So, let's not "diet," and still lose 23 pounds by Christmas. Don't you already feel your back pain and knee pain lessening? I do!!

This article is for any of us who simply eat more than we burn off. We're not talking about medical conditions and certain medications (no, not Doxycycline) that can sometimes effect weight. We're not going to break down glyce-mic indexes, proteins vs. carbohydrates, and such. Your licensed dietician will be thrilled to work one on one with you for any specific "plans" you feel you may need. Instead, we're going to focus on the Orson Wells plan: "My doctor told me to stop having intimate dinners for four. Unless there are three other people present."

OK, so this is the Army. Therefore, that means I must use at least two acronyms or nobody will read and understand this article. Acronym #1) BMR (basal metabolic rate) The number of calories your body requires in a 24 hour period to sustain life, such as breathing, heart beating, liver and kidneys functioning. Acronym #2) TDEE (total daily energy expenditure) The total number of calories your body uses in a **normal** 24 hour day, to include exercise, in order to **maintain** its current weight. Therefore, if you lower your TDEE (oooh, acronym use!) you lower your weight.

I like how body expert Tom Venuto puts it: "Calories not only count, they are the bottom line when it comes to fat loss. If you are eating more calories than you expend, you simply will not lose fat, no matter what type of food or food combinations you eat. Yeah, some foods do get stored as fat more easily than others. You cannot override the laws of thermodynamics and energy balance. You must be in a calorie deficit to burn fat. There are 3500 calories in a pound of stored body fat. By creating a 3500 calorie deficit per week - **you lose one pound**. That's only 500 calories less per day (not per meal). One pound a week...times 23 weeks until Christmas.....voila!! 23 pounds of non-wrapping.

Keeping this simple, you're going to use your computer to figure out your BMR and TDEE. You can "Google"

anything you want to obtain a BMR calculator. One such example is www.caloriesperhour.com, a decent site for calculations, calorie counting, and other hints. These 'calculators' are usually based off one of two formulas, the Harris-Benedict Formula and the Katch-McArdle Formula. The big kicker here is you **MUST** be honest about your activity level. I'm sure everyone in the Army wants to put in the formula they are *at least* 'moderately active'. However, 'light activity' is calculated as exercising up to 3-4 days a week....which is probably where most of us are. Let's take me for example: I'm 5'9", male, 27 yrs old (stop laughing), wt 167 lbs, and am light to moderate active. My BMR is 1340 calories per day, my TDEE is 2200 cal. Now, these calculators are not accurate on the very lean, the very muscular, or the extremely obese. Shelly Winters seems to have the same problem as with many Army Soldiers when she said, "I'm not overweight. I'm just nine inches too short."

Friends...it's simply portion control. Eat generally the same food, but quit eating when you're full, not until your plate is empty. Most of the portions in our dining facilities are enormous! Ask for smaller portions, don't eat the whole pile, and you will lower your calories. But have you "dieted" and hated life? Hardly. Add color to your carbs. By steering clear of white foods you ensure that the carbs you eat are higher in fiber, which attributes to less net carbs. Go for the brown rice instead of the white. Try a sweet potato instead of its white cousin. Vanilla ice cream is NOT a substitute for cauliflower.

Every patient wants a 'magic wand' for their ills. So here's one for weight control. It's called your toothbrush. When you brush your teeth immediately after a meal, and earlier in the evenings than you are probably doing...you are signaling your body and mind that you are finished eating and it makes anything extra taste bad. Oh come on, you've brushed with Colgate then grabbed a glass of orange juice, only to have 'sour face man' attack you. At a restaurant and can't brush? Slip in a Listerine pocket strip! And by the way, brushing three times a day for two minutes apiece, burns over 3500 calories per year. Aha!! We've got you down 23.5 pounds by Christmas! ♦



Legal Advice:



Capt. Phylisha South
TF Destiny Staff Judge Advocate

Service Member's Civil Relief Act

"I received this notice in the mail about a child support hearing that's taking place to have the current support that I'm paying increased. What do I do since I'm deployed?" "There is a custody hearing taking place for my children, and I would like to get custody of them but I am deployed. What can I do?" "I received a traffic citation prior to deploying (or on R & R leave) and the hearing is scheduled next month, but I'm here in theater and cannot attend. Can I get the hearing date rescheduled until I redeploy?"

These are just a few of the questions we get in the legal office concerning civil and administrative actions. While our legal assistance is limited to Wills and POAs, we can at least bring to your attention the Servicemember's Civil Relief Act of 2003 (SCRA) and some of its benefits, and then we send you to Bagram's Legal Assistance Office (LAO) for additional assistance and preparation of letters to the court, etc. So, what does the SCRA do for you?

The SCRA, formerly known as the Soldiers' and Sailors' Civil Relief Act of 1940 (SSCRA), is a federal law that gives all military members some important rights and protections as they enter active duty. It covers issues such as rental agreements, security deposits, prepaid rent, eviction, installment contracts, credit card interest rates, mortgage interest rates, mortgage foreclosure, civil judicial proceedings, administrative proceedings, and income tax payments. The SCRA DOES NOT apply to criminal matters.

To receive protection under some parts of the SCRA, the member must be prepared to show that military service has had a material effect on the legal or financial matter involved. Protection under the SCRA must be requested during the member's military duty or within 30 to 180 days after military service ends, depending on the protection being requested.

General relief provisions under the SCRA include:

- 1.) A 6% interest rate cap on pre-service loans and obligations. The Soldier must request this reduction in writing and include a copy of his/her military orders.
- 2.) A delay of civil court or administrative proceeding. The request must be in writing and certain language must go in the request. The Bagram LAO will be able to assist with this.
- 3.) Termination of leases by active duty SMs who subsequently receive orders for a PCS or a deployment for a period of 90 days or more. This also includes automobile leases by active duty SMs and their dependents if certain requirements are met.
- 4.) Eviction protection by barring evictions from premises occupied by SMs for which the monthly rent does not exceed \$2,400 as of 2003 (this amount is subject to change—for 2004, the amount was \$2,465).

These are just some of the basic protections under the SCRA. So, the next time you're confronted with notice of a civil court or administrative proceeding, know that you're afforded certain protections under the SCRA. Now, of course, if you hadn't been meeting your obligations prior to deploying or becoming activated, then don't expect to use the SCRA as a scapegoat; i.e., if you were delinquent in child support payments prior to deploying or being activated, don't expect the court to grant you any leniency because you're deployed.

Again, contact your local Legal Assistance Office for questions concerning the benefits and protections under the SCRA. DESTINY JUSTICE...OUT! ♦

Chaplain's Corner

Freedom Fest 2008



On July 18-20 many Soldiers of TF Destiny attended Freedom Fest 2008 in the Morale, Welfare and Recreation Clamshell.

This religious "revival" attracted more than 1,000 people from across Bagram Airfield. The speakers shared a dynamic message of hope and Good News. On the event's final evening, Chaplain (Lt. Col.) Gary Hensley spoke on the topic of "Sharing Freedom" from the Gospel of John.

The Army has a long history of such worship events during times of war. These special occasions strengthen the hearts, souls and spirits of all who attend.



EIGHT STEP TRAINING MODEL

Command Sgt. Maj. Vincent Camacho
Combined Joint Task Force-101
Command Sergeant Major



NCOS are obligated to teach and mentor Soldiers to accomplish the commander's intent and simultaneously develop the leaders of tomorrow coming up through the ranks. Overall, I have been impressed with the performance of NCOs I have met during my battlefield circulation. I ask that we continue to know, enforce standards, and instill discipline. NCOs are the standard bearers and truly the backbone of the Army.

In my point of view, training Soldiers and taking care of their professional needs is the key to accomplishing the mission; whether deployed or in garrison. NCOs have to take the time and look for opportunities to do individual training.

This means leading Soldiers, enforcing basic standards, knowing and implementing training doctrine such as FM 7-0, and training to the lowest level. It is important to have effective communications to ensure every member understand the tasks they are given and their purpose.

Sounds easy, right? Not so. Most NCOs have a steep learning curve of their own, primarily as a result of the Army's big push to transform to full spectrum operations. In most cases, NCOs have completed tactical assignments at the squad, platoon or company level and must now think operationally and in some cases strategically. NCOs have to hit the books by applying the crawl-walk-run principals of training.

The eight-step training model should be used after every combat patrol, whether the patrol has been engaged or not. An effective AAR conducted before the mission is complete will identify weak points that need to be improved within your unit and between you and your international partners. The eight-step train-

ing model provides an NCO answers to the questions of who and what needs to be trained, an understanding of the task's purpose, a review of doctrinal TTPs, a rehearsal of weak points, and an evaluation of training.

Use the eight-step training model and you will increase the combat effectiveness of your unit, regardless of the mission or environment.

Eight Step Training Model:

- 1. PLAN THE TRAINING**
- 2. TRAIN THE TRAINERS**
- 3. RECON THE SITE**
- 4. ISSUE THE ORDER**
- 5. REHEARSE THE TRAINING**
- 6. EXECUTE THE TRAINING**
- 7. EVALUTE THE TRAINING**
- 8. RETRAIN AS NECESSARY**



Visions of Destiny



Staff Sgt. Charles Manherz holds his new baby daughter, Melena Rose, while home on R&R leave.



Spc. Robert McGee is promoted to the rank of Sgt. During a promotion ceremony at the brigade TOC on July 1.



Maj. Gen. Jeffrey Schloesser, CJTF-101 Commanding General applauds a group of Soldiers during a mass re-enlistment ceremony on July 22 at the Enduring Faith Chapel.

Sgt. Jeremiah Rutledge shakes hands with SMA Preston after a question and answer session on July 22.

