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March 13, 2009

Combat engineers conduct air MedEvac training



Sgt. Rodney Foliente
2ND BCT, 4TH INF. DIV.



CAMP ECHO, – The Soldiers yelled repeatedly to the medic, trying to be heard over the chaos. They described the wounds and first-line treatment of their patient. They ducked down and were escorted the remaining distance, loading their precious cargo on the helicopter that would take him to further treatment and safety ... had this not been a training event.

Combat Engineers from Company E, 2nd Combined Arms Battalion, 8th Infantry Regiment, 2nd Brigade Combat Team, 4th Infantry Division, teamed with Co. C, 1st Squadron, 52nd Aviation Regt. conducted helicopter medical evacuation training at Camp Echo March 6.

“This is absolutely great training. It gives (everyone involved) more confidence in knowing what to do and what to expect,” said Sgt. Molly Reque, flight medic with Co. C, 1st Sqdn., 52nd Aviation Bn., based out of Fairbanks, Alaska, which she also calls home. “Every scenario is different but at least if you have that baseline training, you’re more prepared. Practice, practice, practice is what makes it work.”

The training allowed Soldiers to practice calling for medical support and taught them what the helicopter crews look for and what assistance they need to do their job as expeditiously as possible, said Reque.

“The last time I was deployed, I was a ground medic and I was out on convoys,” said Reque. Her prior experience gives her more of an idea of what Soldiers typically go through.

“It’s the opposite perspective from what I had the last time. It’s a good feeling to be on this side, taking the casualties up to a higher level of care,” continued Reque, who has been a medic for nearly six years. Using her experience, she trained the Soldiers on procedures that help the ground and air evacuation teams function more cohesively.

This was the first such training the MedEvac

Photo by Sgt. Rodney Foliente
Combat engineers from 1st Plt., Co. E, 2nd Combined Arms Bn., 8th Inf. Regt., attached to STB, 2nd BCT, 4th Inf. Div., practice offloading a patient during helicopter MedEvac training at Camp Echo March 6.

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The Meaning of Life



Sgt. 1st Class Jeffrey Mullett

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Mountain
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MEDEVAC

From page 1

crew conducted with a convoy group.

The combat engineers regularly go out on missions and carry the responsibility of ensuring that roads are clear of roadside bombs.

"We turned everything on, made it loud and windy with dust in your eyes," said Sgt. 1st Class Christopher Ten Eyck, combat engineer and 1st Platoon sergeant with 2nd Combined Arms Bn., 8th Inf. Regt., attached to the brigade's Special Troops Battalion.

The Soldiers designated as casualties also received intravenous fluids from the ground medic, as well as first-line treatment for wounds prior to being transported to the helicopters.

"(The training) was more realistic so it's not just some-

thing they learned in a class, but something they did and experienced. Soldiers will learn more from natural consequences and experiences than they will in a classroom," continued Ten Eck, who comes from Toledo, Ohio.

He said building a working relationship with the MedEvac teams is something every unit should do.

By knowing what each group is looking for and how they work, helps the casualties receive more immediate care, which could be the difference in saving life or limb.

He also explained that the less time it takes to conduct the evacuation process, the less likelihood that the ground or air elements would face additional enemy threats.

"The engineers and the medical crew got together to figure out what works best to save lives," said Ten Eck. "This training benefitted both teams. We're on the road all the time and these guys are our guardian angels and now (everyone knows) exactly what to do if a situation occurs."

THE Mountain View

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4th BCT, 1st Cavalry Division
41st Fires Brigade
343rd Mobile Public Affairs Detachment
793rd Military Police Battalion
Division Special Troops Battalion, 10th Mtn. Div.
Task Force 449



Prayer breakfast held to observe World Day of Prayer



Photo by Pfc. Bethany L. Little

Spc. Cedrick White, a human resources specialist, for Headquarters and Headquarters Company, 1st Bn., 2nd Inf. Regt., 172nd Inf. Bde., says a prayer for the families of service members all over the world during the World Day of Prayer, prayer breakfast at the Blackhawk Inn dining facility here, March 6. The prayer breakfast was a way to demonstrate the diversity among people in the world through different prayers.

PFC. BETHANY L. LITTLE
172ND INF. BDE.



FOB KALSU, – Task Force 1st Battalion, 2nd Infantry Regiment conducted a prayer breakfast to celebrate the World Day of Prayer at the Blackhawk Inn dining facility here, March 6.

The World Day of Prayer is a global movement, which brings Christians of many traditions together to observe a common day of prayer each year.

The prayer breakfast demonstrated the diversity among people in the world through different prayers. Spanish, Russian, Korean, Arabic, Swahili and English prayers symbolized eight areas of the world.

“I found it enlightening to hear different prayers from different areas of the world,” said Spc. Charrod Grimes, a choir member and supply clerk for A Company, 204th Brigade Support Battalion.

The FOB Kalsu Gospel Choir sang several songs and two members performed a praise dance for the attendees of the prayer breakfast.

Choir members, Staff Sgt. Aureka Johnson and Sgt. Shaires Smith-Banks, interpreted the song “Praise Him in Advance,” for the praise dance.

“It was motivating to listen and watch the choir perform during the prayer breakfast,” said Spc. Andrew Roberts a native of Austin, Texas, and an Infantryman for B Company, 1st Bn., 2nd Inf. Regt., 172nd Infantry Brigade.

Guest speaker, Maj. Chuck B. Rizer, the 172nd Inf. Bde.

Chaplain, spoke about the importance and power of prayer.

“Prayer can be categorized as some of the best poetry in the history of literature, but until it becomes communication with the God of love and justice it is merely nicely crafted words,” said Rizer.

Rizer discussed adoration, confession, thanks and supplication with the audience. He mentioned how each of these things applies to everyday life.

“God has consistently answered our prayers to bless us here,” Rizer said. “There is always a possible threat and thankfully things have been quiet.”

Rizer finished his speech with a story that referenced Psalms 23.

As the audience began to applaud, Lt. Col. Steven M. Miska, the 1st Bn., 2nd Inf. Regt. Commander, came to the podium and presented Rizer with a Black Scarf plaque.

The plaque is a certificate of appreciation for Rizer’s continuing efforts and in support of 1st Bn., 2nd Inf. Regt., 172nd Inf. Bde.

After the prayer breakfast was over, some Soldiers stayed behind to thank Rizer for the inspirational speech.

“This is my first time hearing Chaplain Rizer speak and he kept my interest through the entire speech,” said Grimes, a native of Dayton, Ohio. “I liked what he said, how he started and how he showed meaning behind what he said.”

“We wanted to provide an opportunity for FOB Kalsu residents to hear the different prayers in different languages and time for fellowship among each other,” said Sgt. Keith Johnson, coordinator of the prayer breakfast and the chaplain noncommissioned officer for HHC, 1st Bn., 2nd Inf. Regt., 172nd Inf. Bde.

“Even though I was a part of the celebration, I’m happy they provided us with this opportunity to celebrate the World Day of Prayer,” said Grimes.



Photo by Pfc. Bethany L. Little

Lt. Col. Steven M. Miska, the 1st Bn., 2nd Inf. Regt. Commander, presents Maj. Chuck B. Rizer, the 172nd Inf. Bde. Chaplain, with a Black Scarf plaque during the World Day of Prayer, prayer breakfast at the Blackhawk Inn dining facility here, March 6. The plaque is a certificate of appreciation for Rizer’s continuing efforts and in support of the 1st Bn., 2nd Inf. Regt.

Staff Section Round-up

IG Corner: Wear of Uniforms by Civilians

This topic seems to continue to make folks ask questions. To many it is not a matter of what it is worn, rather how it is worn; bottom line is if you are authorized to wear a “uniform” wear it correctly. In order to address this topic we’ve decided to print verbatim from Annex R MNF-I “Uniform Wear, Appearance, Conduct and Standards” paragraph 5 h. “Wear of the Uniform by Civilians”.

(1) Civilians and DoD contractors accompanying the U.S. Armed Forces in the field may wear U.S. military uniforms when deemed necessary by the commander, or when required by contract. The uniform will be worn in full compliance with service regulations and this policy, to include but not limited to wearing boots and hats, blousing trousers, wearing sleeves down and fastened, and properly fastening all zippers and snaps. Failure to follow these general guidelines may result in the loss of the privilege for civilians and DoD contractors to wear the uniform. Additionally, when the protective posture requires wear of IBA, mask, and helmet, these items will be worn properly.

(2) Nametapes. When wearing a military uniform, a nametape must be worn above the breast pocket. Although not required, an affiliation tape (for example, “Ordnance Technician,” “Safety” or “DoD Contractor”) may be worn above the left breast pocket, but service tapes

(i.e. U.S. Army) are prohibited. Full color U.S. Flag Cloth replica and shoulder sleeve insignia of the affiliated unit may be worn at the discretion of the unit commander. Other insignia, badges, flags, patches such as Shoulder Sleeve Insignia Former Wartime Service (combat patch) or accoutrements, attached or affixed to the uniform, are prohibited.

(3) Variations. Variations of these standards are not authorized. Personnel will not mix civilian attire; the uniform must be worn as a complete uniform. The wearing of trousers or coat alone, along with other clothing not associated with the uniform, is specifically prohibited. However, the use of complementary and conservative civilian baseball caps designating a specific company or branch are authorized.

(4) Civilian Clothing. Civilian clothing for all personnel must be conservative and in good taste. Tight fitting pants, shirts, or blouses which are sheer, provocative, or suggestive will not be worn. Clothing that exposes breasts, buttocks, and midriffs are prohibited.

Some stuff we’ve seen lately that is not appropriate are bandanas, “Body Armor”, and civilians wearing Army PT uniform shorts or t-shirts, also not authorized by MNF-I policy.

Thanks, Your IG Team



Task Force Mountain prepares for reintegration

SGT. TIFFANY EVANS
MND - C



CAMP VICTORY, Iraq – Soldiers of Task Force Mountain are on the home stretch of their deployment to Iraq and will soon be back with their families.

Before Soldiers get home, they will take part in reintegration classes in Kuwait to prepare for the transition back into life at home.

“Classes are mandatory and important for all Soldiers,” said Chaplain Mike Jones, Task Force Mountain chaplain. “We have been away from our families and normal life. Each of us has changed. Loved ones back home have also changed.”

Soldiers will develop tools to help understand how to best adapt to the changes back home, Jones said.

When Soldiers first get home they

can be overwhelmed with stress, Jones said. Some feel like they will never adapt and decide to commit suicide.

Classes emphasize the use of battle buddy relationships, chain-of-command and the noncommissioned officer support channel in looking out for each other.

“Communication is so important whether it is between spouses, friends, subordinates, peers or leaders,” continued Jones. “Patience is also a big factor; Soldiers should take a step back when they get home. Take a few days or a couple of weeks observing your family and friends, before trying to fit back into their life.”

“Back at Fort Drum, families will be able to take part in a reunion brief,” added Jones. “Topics covered in the brief are post-traumatic stress disorder, depression, where to find help and advice about how others have coped af-

ter deployments end.”

Jones is helping to plan retreats for married Soldiers and single Soldiers to take place after they return from block leave. He said married couples will have a weekend to spend time together without their children and suggest they start looking for childcare when the date is announced.

“Single Soldiers also have issues when they come back and most are stationed far away from immediate family,” Jones said. “This will give them a weekend to talk to other Soldiers about how they are transitioning back into life and maybe make some new friends.”

Task Force Mtn. leadership will be relying on its NCO corps and section leaders to make sure that redeploying and reintegration go safely and smoothly.

Headline Round-up

World News:

BAGHDAD - The Iraqi journalist who threw shoes at then-President George W. Bush was convicted March 5 of assaulting a foreign leader and sentenced to three years in prison, lawyers said. He shouted "long live Iraq" when the sentence was read. The verdict came after a short trial in which Muntadhar al-Zeidi, 30, pleaded not guilty to the charge. Some of his relatives collapsed after the verdict and had to be helped out of court. Al-Zeidi could have received up to 15 years in prison for hurling his shoes at Bush last December during a joint press conference with Iraqi Prime Minister Nouri al-Maliki.

Business News:

WASHINGTON - Ratings agency Standard & Poor's has cut General Electric Co.'s top debt rating over fears of rising loan losses and lower earnings at the conglomerate's lending arm. S&P lowered GE's rating from 'AAA' to 'AA+' Tuesday, a one notch reduction. The long-expected move means it will be more expensive for GE to raise money in the credit markets. S&P also considers GE to have a stable outlook. The Fairfield, Conn.-based company, whose wide-ranging business includes jet engines, the NBC network, and loans for energy projects, was one of just six non-financial companies that hold the top rating from S&P. GE was first given the 'AAA' rating in 1956.

Sports News:

MIAMI - It's that time of year, where little aches and pains are starting to add up for Dwyane Wade. Sore knee, stiff ankle, that sort of thing. He tried to say it was a problem Wednesday. "I was only able to get 32," Wade said, unable to hold in a laugh — knowing those 32 points were good enough for the Miami Heat. Wade continued his post-All-Star offensive tear, hitting the game-sealing 3-point-er with 34 seconds left, and the Heat held on to beat the injury-depleted Boston Celtics 107-99.

Odd News:

PONCE INLET, Fla. - Scientists used sedatives to calm and then free a North Atlantic right whale entangled in rope off Florida's Atlantic Coast — the first time a large whale was ever sedated in the wild, according to the federal fisheries agency.

Quote of the Day

"Any change, even a change for the better, is always accompanied by drawbacks and discomforts." - Arnold Bennett

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For the answer to today's puzzle, go to:



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AROUND THE COMMUNITY

Lions Den

March 13
Texas Hold 'em @ 8 p.m.

Fishbowl Gym

March 27
Relay for Life HOPE Ceremony @ 8 p.m.

March 28

Cancer awareness 5K/10K walk run. Free t-shirt and continental breakfast. Race begins @ 7 a.m.

April 11

Pirate's Cove Run 5K/10K. Registration begins @ 7 a.m., race begins @ 8 a.m. T-shirts awarded to top finishers.

Victory

March 15
Victory Marathon/half marathon @ 7 a.m. Start at multi-purpose stage next to Oasis Dining Facility. Individual and team runners. Teams must consist of one male and one female. Runners must complete registration forms and email them to joseph.may@us.army.mil. Packets must be picked up March 14 at the multi-purpose stage.

Liberty

March 14
Jacksonville River Run 15K at Z Lake. Registration begins @ 6 a.m. Contact Jeffrey Heise for more information, jeffrey.heise@iraq.centcom.mil.

Babylon Theater

March 16
Newcomers Brief @ 1 p.m.
March 17
Fire Warden Class @ 1 p.m.
Fire Extinguisher Class @ 2 p.m.

Freedom Chapel

Mondays
A History of Christianity @ 7 p.m.