

ANP 'SWAT' crime

FREEDOM WATCH
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**Army Chief
of Staff visits
Bagram Air
Field
pg 18**



from the kids



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Afghan pride swells as flooding abates



Cover photo by Pfc. Derek L. Kuhn, 40th PA

Gen. George W. Casey, Jr., Chief of Staff of the United States Army, visited Bagram Air Field to speak on the importance of Family and noncommissioned officers among other issues

“No child left behind” in Nangarhar: Six new schools open

A stream of elders waited their turn to step up to the stage and thank the Nangarhar Provincial Reconstruction Team and its government partners for bringing the boys and girls of Samer Khil village the two bright yellow school buildings that stood behind them.

The scene in the small village in Behsood District on April 7, is becoming familiar for PRT members, who joined the village elders and government officials to celebrate the opening of the school during a ribbon-cutting ceremony.

Story and Photos by Air Force Capt. Dustin Hart
Nangarhar PRT, 3rd BCT, 1st Inf. Div. PAO

The Nangarhar Minister of Education cuts a ribbon with Samer Khil village elders to celebrate the opening of the Samer Khil Boys and Girls School, April 7. The school project included two school buildings, two bathrooms and two wells.





Students at Samer Khil Boys and Girls School attend class outdoors, April 7. The Nangarhar PRT recently completed two new school buildings for Samer Khil village, which will allow these students to receive their education indoors.

Samer Khil Boys and Girls School, which was completed in approximately nine months, was a \$200,000 project funded by the PRT. It marked the sixth school the PRT has finished in the past two months in three different districts.

“In order to become a prosperous country once again, we must have education and schools to achieve our goals,” said Mohammed Khan, a village elder for Samer Khil. “Because of the PRT’s help, this dream is moving quickly.”

In addition to the recent completion of the six schools, the PRT is working to bring 18 new schools to seven districts in Nangarhar. The team has also proposed approximately 40 new school buildings to be built in the next year.

While the new schools bring a direct benefit to the students, who will now be able to receive their education out of the sometimes harsh weather elements of Nangarhar province, village elders at the recent ceremony said the new facilities help the entire village.

“The people of Samer Khil have waited for this day for a long time,” said Nazar Mohammed Nazari, the school’s headmaster.

“This will allow the students to come indoors to learn. We are proud of this day, and it is a great day for all the people of Samer Khil.”

Khan agreed the school will help the entire village.

“We all have to be proud and take responsibility for this building,” he said. “Teachers have to be responsible for bringing up their students, and we all have to work hard to protect this school.”

Having Afghans recognize and take responsibility for the security of new buildings is a sign of the progress being made here, said Ron Ashley, an engineer with the Army Corps of Engineers that works with the PRT. It also provides a safe setting to educate Afghanistan’s future.

“Our goal is to help the children of Afghanistan learn as much as possible by giving them the best schools possible,” Ashley, a native of Dayton, Wash., said. “We hope these new schools will help educate the children of Afghanistan for years to come and help them make the big leap forward they deserve.”

“Our goal is to help the children of Afghanistan learn as much as possible by giving them the best schools possible”

**--Ron Ashley,
Army Corps of Engineers**

Cincinnati Compassion:

Afghan girl receives help from Americans

Story and Photos by Pfc. Kimberly D. Cole, 40th PAD



A 2-year-old girl from Gardez province and her family recently flew to Cincinnati, Ohio, to have reconstructive surgery on the girl's trachea after swallowing a battery a year ago.

Nazia Gardezi had been a permanent resident of the Intensive Care Wing at Craig Joint Theater Hospital, Bagram Air Field since October 2008 when she was brought back to the hospital with severe pneumonia due to the family's inability to suction her airway properly.

"Unfortunately," explained Air Force Maj. (Dr.) Robert Elwood, chief pediatrician, Craig Joint Theater Hospital, "this kind of airway takes a certain amount of routine care. A lot of suctioning needs to take place and the family's living circumstances made it where they were really incapable of taking care of it properly."

Elwood said the team of physicians who treated Nazia here were able to repair the injury to her esophagus, but scarring had narrowed the airway to

Air Force Maj. (Dr.) Robert Elwood, chief of pediatrics, Craig Joint Theater Hospital, and Air Force Capt. LaRita Abel, nurse manager, intensive care wing, hold a press conference with Afghan media at Bagram Air Field to discuss Nazia Gardezi's upcoming surgery. In the middle, Gardezi sits on the lap of her brother, Hatiquallah Gardezi.

the point Nazia could not move air in and out of her lungs.

"Fortunately, a group from Cincinnati Children's Hospital Medical Center learned of her case and has offered a team of highly-specialized surgeons to do a reconstruction of her trachea," said Elwood. After the surgery, she will no longer need her tracheotomy and will be able to return to a normal life with her family.

Air Force Capt. LaRita Abel, nurse manager, intensive care wing, summed up the feelings of many who have treated Nazia.

"She has been a real pleasure to take care of," Abel said. "It's been a challenge and it's been an honor."



TF YUKON “SHURING” UP FRIENDSHIPS IN ZORMAT

Story and Photos by Pfc. Andrya Hill
4th BCT, 25th Inf. Div.



Afghanistan National Army Lt. Col. Attaullah, commander of the 1st Company, 1st Kandak, 203rd Corps of the ANA, hands out radios to elders of the Kalagu area in the Zormat District, Paktya province, following a shura held April 13 to discuss the establishment of Combat Outpost Kalagu. (Left) Elders from the village of Kalagu discuss their concerns about Combat Outpost Kalagu with the commanders of the Afghanistan National Army and their counterparts during a shura, April 15.

Afghanistan National Army and Paratroopers conducted two local shuras in the Zormat District, Paktya province, April 13 - 15 to discuss the recent establishment of Combat Outpost Kalagu and to address concerns of the villages.

The shuras, a gathering of local elders and villagers, were hosted by the commanders of the 1st Company, 1st Kandak, 203rd Corps of the Afghanistan National Army, along with Paratroopers from 1st Squadron, 40th Cavalry Regiment, 4th Brigade Combat Team, 25th Infantry Division.

“What we are trying to do is to get to the villages and population centers immediately surrounding this COP to let them know what we are doing here, let them know that security is coming, find out what their issues are, and listen to what they’ve got to say,” said Army Lt. Col. Robert Campbell, commander of the 1st Squadron, 40th Cav. Regt.

The COP was established by the 1st Co., 1st Kandak and 1st Squadron, 40th Cav. Regt., bringing force assets to the area, which unintentionally carried the potential to alarm the locals.

“We came in with an air assault asset, helicopters, and trucks and we want to get to the population quickly, so we can connect with the people right away,” said Campbell.

A positive and developing relationship with village elders in the area is essential to the success of the ANA. Despite some original hesitation, the commanders said they feel their efforts will assist in bringing peace.

At first, they were nervous because the enemy has been in and out of the area. Any time there have been talks with international forces or Afghanistan National Security Forces, there has been a threat of retaliation from the Taliban, said Campbell.

Several elders at the shuras expressed concern regarding this issue, among others, and several hours were spent relaying those concerns to the commanders, who listened carefully and offered rem-

edies for each issue.

“I think we gained their trust very quickly and I give that credit to the 1st Co., 1st Kandak commander, because he knows how to connect with the people. They realized that we weren’t there to hurt them or search them, we were there just to communicate with them and show them that we care, and we want to make a better life for them,” said Campbell.

Lt. Col. Attaullah, the commander of the 1st Co., 1st Kandak, assured the elders he would maintain an open line of communication with them, and respect their culture, traditions, and desires for their community. He promised not only an unending fight to maintain security, but also a determination to build up Kalagu through various projects.

“We are working with the forces to start projects of schools, clinics, paving roads, and wells,” he said to the elders. “We are here to bring peace and stability, to drive out the enemy, and are thinking of good projects and a peaceful area of Afghanistan.”

COALITION FORCES HEAL, PROTECT ALASAY VILLAGERS

A two-day medical outreach conducted recently at the Alasay District Center *provided needed medical care to an isolated population* with few resources.

A boy waits to be seen at the Alasay District Center during a village medical outreach conducted by local providers and medical personnel from Task Force Warrior on April 5 and 6.



Photo by Chief Master Sgt. John Zincone

(Right) A patient describes his medical complaint to an interpreter and Senior Airman Cynthia Lorenzi. (Bottom Left) Capt. William Barker injects anesthetics before stitching the ear of a patient. (Bottom Right) Senior Airman Cynthia Lorenzi prepares medications to be dispensed to patients.



Photo by Chief Master Sgt. John Zincone



Photo by Chief Master Sgt. John Zincone



Photo by Chief Master Sgt. John Zincone

The Alasay District Clinic in Kapisa treated more than 670 patients, April 5-6 with the assistance of the 3rd Brigade ANA doctor, Task Force Warrior command surgeon, and medical teams from the Kapisa and Parwan PRT and French Task Force Tiger.

More than 120 Afghan women were seen at a separate facility, the Alasay Village basic health clinic, by female providers from the French medical team.

The local clinic, staffed by two male physicians, a nurse and midwife, appeared to have adequate supplies. "Due to its austere location, the clinic really should have oxygen and other emergency room equipment," said Air Force 1st Lt. Jon Farley, PRT medical officer, who conducted a clinic assessment while on site.

Illnesses ranged from simple colds and pneumonia to lacerations, hypertension and malnourishment.

Afghans suffering from various medical problems such as gastritis, asthma, eczema and other types of skin disorders, musculoskeletal pain, and dental problems were also treated, said Sgt. 1st Class Donray David of the Task Force Warrior surgeon cell.

One local elder who had been treated was presented with his removed, grapefruit-size tumor. "Our doctor (Capt. William Barker, command surgeon) referred him to be seen at the Egyptian

hospital at Bagram for definitive care for his tumor," said David, who explained how Coalition forces generously offered cash for cab fare since the patient was without transportation to Bagram.

The PRT medical officer was extremely impressed with the performance of the ANA physician, Dr. Mohammed Samir. "He was quite competent and capable, and expressed interest in attending training opportunities at Craig Joint Theater Hospital on BAF," said Farley, who recommends Samir be admitted to the physician mentorship training program to expand his capabilities and enhance duty performance within the ANA.

Overall, the village medical outreach succeeded in providing medical aid to the Alasay people. The local population was very receptive, and many commented that the medical aid was badly needed and greatly appreciated.

New day dawns in Alasay: ANA delivers needed items in Sultan Khiel



Afghan men receive humanitarian assistance items including basic food, blankets and school supplies from the Afghan National Army in Sultan Khiel village, Alasay District, Kapisa province, April 4.

said Air Force Master Sgt. Todd Davis, Kapisa and Parwan PRT engineer.

Flour, beans, rice, and blankets were given to families who lined up during the event. ISAF backpacks, chalk boards and other school supplies were distributed to the children.

“Our recent joint operations in support of the ANA to clear and hold the Alasay District Center are having positive results for the people of Alasay,” said Task Force Warrior deputy commander, Col. Stephen Jeselink, referring to improvements in security and connecting the Alasay people to their government and resources.

Story and Photos by 1st Lt. Lory Stevens

Task Force Warrior PAO

Multinational service members from Task Force Warrior supported the Afghan National Army during a humanitarian assistance mission bringing food, blankets and school supplies to Sultan Khiel village, Alasay District, Kapisa province, April 4.

French Task Force Tiger, comprised of the 27th Alpine Hunter Battalion, as well as Soldiers and Airmen from the Kapisa and Parwan Provincial Reconstruction Team, assisted with security as ANA soldiers distributed school supplies to 250 boys and food and blankets to adults.

“Like most occasions when we show up, the people and children immediately started coming out of the woodwork to our location,”





Staff Sgt. Kevin Sanders, Soldier's Medal recipient from St. Ann, Mo., is decorated for saving a local Afghan boy from electrocution while out on a mission near Jalalabad City, last October. Maj. Gen. Jeffrey Schloesser, Combined Joint Task Force-101 commander, presented Sanders with the award at Forward Operating Base Fenty.

Shocking Experience: Soldier saves Afghan child from electrocution

★ Story and Photo by Staff Sgt. Adora Medina, 3rd BCT, 1st Inf. Div. PAO ★

Staff Sgt. Kevin P. Sanders believes he was born to be an infantryman.

Having completed five deployments, he understands the sacrifice and bravery that accompanies combat. So when he witnessed an Afghan boy near death, his instincts immediately came into play as he didn't hesitate to free the child from the electric voltage entering his body.

"I didn't think about it, I didn't think anything," said Sanders, a St. Ann, Mo., native. "What I saw was my son when I looked at this little kid, and when his body went limp I thought 'Oh God please

do something.' and I didn't say it out loud. I was talking to myself, and that's when I lunged forward and I grabbed the kid and I pulled him off."

The young boy, who according to Sanders was no older than six, had touched exposed wires from a tampered electrical box on the road near where Sanders and his team of infantrymen were pulling security last October.

Sanders said he heard buzzing and didn't realize it was the sound of electricity searing the boy's skin until he thought it was too late. He remembers the boy helplessly looking at him and then going limp as if he had given up.

"I thought he was dead," Sanders said.

"It all happened in the span of five seconds."

He knew he had to do something, so he acted fast with no regard for his personal safety. He pulled the boy toward him risking the chance of getting electrocuted.

"I jumped towards him and I snatched him up by the back of his neck, and I pulled him straight up to me and he was still shaking profusely," Sanders recalled. "I turned around and I kicked my medic's door three times and I said 'I need a medic!' as loud as I could scream it."

Still shaken up by the incident, he held the child in his arms as he quickly explained the situation to the medic on

See **SHOCKING** pg 13



From Left to Right: Afghan National Police officers “Jimmy,” “Goolie” and “Rock” stand in formation as part of the Special Tactics and Training course at Forward Operating Base Bostick. The program’s aim is to develop a local SWAT-style team called the Special Tactics Team for the Afghan National Police’s Nari station in Konar province.

Being one of only three Military Police officers tasked with mentoring Afghan National Police in an area larger than the state of Delaware means being creative.

“We were on a soft-knock in Nishagam, and we noticed that it might be good to have a specially trained team,” remembers Sgt. Nathan Byrd, the team’s leader “Well a couple of days later we were watching the movie ‘S.W.A.T.’”

ANP ‘SWAT’ crime

For the three Grafenwoehr, Germany, based Soldiers from 3rd Platoon, 527th MP Company, the idea of establishing the first SWAT-like team made up of Afghan police in Regional Command-East, was too appealing to pass up.

Modeling the program off the Army’s own Special Response Teams, which Byrd was a former member, the three Soldiers developed a comprehensive 15-day program called Special Tactics and Training, aimed at turning an ordinary ANP officer into an expert tactical responder.

After getting permission to run the program on FOB Bostick, the team turned to the ANP station in the nearby town of Nari for their first recruits.

“We basically went to this one police station and said, give us your best, and we’ll make them better,” one of the team’s members, Spc. W. Eric Mraz said.

“There’s Jimmy, Dean, Snake, Goolie, Lizard and Rock...They call each other by their nicknames, they won’t answer to anything else.”

--Sgt. Nathan Byrd,
3rd Platoon, 527th MP Company

The six selected by the ANP for the first class varied in age from 20 to 35, and the only English any of the recruits spoke was ‘yes’ or ‘thank you’.

Moving past language barriers with the help of interpreters and hand gestures, the three MPs soon realized how serious the recruits were about training.

According to Byrd, the recruits start every day with physical training so

intense it leaves their instructors tired. After that, they begin their lessons for the day, covering everything from escalation of force, room clearing, hostage rescue procedures and hand-to-hand combat.

“We were hoping to get people who would just retain the knowledge,” Mraz said. “And instead we’ve gotten a group of men, who not only retain the knowledge, but they ask questions, and they build on top of it, and they constantly want to learn more.”

During the training, the MPs discovered that the men they were instructing shared many of the same qualities as themselves.

“I don’t know how these guys were picked,” Mraz said smiling. “I know we said we want the best of the best to be in this team, but it’s like they picked six guys who had our personalities.”

According to Byrd, the MPs even



gave the ANP trainees nicknames similar to their own Afghan names. “There’s Jimmy, Dean, Snake, Goolie, Lizard and Rock,” he said. “Now they call each other by their nicknames, they won’t answer to anything else.”

Jimmy is the class clown and the team’s favorite recruit. The seven-year veteran of the ANP stated through an interpreter that he joined the program to better defend his country by learning anti-terrorist techniques.

“I like training for myself and for others defense,” Jimmy said.

If a successful, the three MPs hope their ambitious idea will be implemented in stations across Afghanistan.

“Right now this is just our trial period, our test baby basically,” Mraz said. “Once we have fined tuned all the training, that’s when we hope to propose it to other MPs who are working in



other [areas of operation].

The ANP officers have decided to call themselves the Special Tactics Team, in order to differentiate themselves from other SWAT-style teams across the world.

“If I could turn on the TV in ten years and hear something about the STT in Afghanistan, and know I had a part in that,” Mraz said, “Well that would be pretty cool.”

ANA soldiers train in the Special Tactics and Training course which teaches SWAT-like law-enforcement tactics.

From Top Left to Bottom Right: *The first Special Tactics and Training class practices room clearing. ANP officer “Goolie,” Special Tactics Team leader, peers around a corner while his team prepares to assault a room as part of their hostage rescue training. ANP officer “Lizard” and fellow ANP members practice escalation of force. Spc. W. Eric Mraz, 3rd Platoon, 527th MP Company, shows ANP officer “Jimmy” how to walk with a weapon. ANP officer “Goolie” practices hand-to-hand combat with fellow officer “Lizard.”*

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patrol, who immediately bandaged the child's burns while Sanders' team retrieved an interpreter to explain to the child's father that he needed to be taken to a nearby hospital.

Nearly six months after the incident, while on patrol, Sanders was relieved to see the young boy playing with his little sister around the same area.

For risking his life, Sanders was awarded the Soldier's Medal on April 14, at Forward Operating Base Fenty, Afghanistan, with his fellow infantrymen and Maj. Gen. Jeffrey Schloesser, Combined Task Force-101 commander, in attendance.

"Putting me in for an award as high as this is," said Sanders, "I'm humbled. It's almost overwhelming. I'm not used to being credited for anything that I do."

Sanders, who is currently a team leader for the Personal Security Detachment of the 3rd Brigade Combat Team, 1st Infantry Division's commander, Col. John Spiszer, plans to continue his military career, explaining it's the structure he's always needed in his life.

"They're going to have to throw me out of the military," he said jokingly, "I've been doing this job for eight years and I wouldn't give it up for nothing."

Sanders emphasized the importance of his job as a Soldier and why he chose

the infantryman's path.

"I do what I do not because of the man to the right and to the left of me. I do what I do not because of college, not because of the things that people see you for. I don't do it for glory, honor, or integrity and I don't do it for my country," Sanders said assertively. "I do it for my countrymen and women, but not so much in the sense that you would think. I do it so they won't have to."

Sanders was born to be an infantryman. He understands the sacrifice and bravery that accompanies combat, more than many ever will.



The Soldier's Medal Explained

Background:

In 1922 the War Department recognized acts of bravery should be acknowledged and began issuing orders for acts of bravery during times of peace.

Because of this, Congress (Public Law 446-69th Congress, July 2, 1926 (44 Stat. 780)) recognized the Soldier's Medal for those acts of valor that did not concern direct encounter with an enemy.

The Quartermaster General, on August 11, 1926, was ordered by the Secretary of War, via a letter signed by The Adjutant General, to plan and propose fitting designs of the Soldier's Medal.

The Secretary of War applied for aid in creating a design from the Secretary of Treasury in a letter on January 18, 1927.

On January 22, 1927, the Secretary of Treasury indicated in a letter of response that the Director of the Mint asked the Engraver of the Mint at Philadelphia to propose blueprints and a prototype.

On June 22, 1927, the Philadelphia Mint finished and sent the proposed design to the Commission of Fine Arts for their comments.

The Secretary of War heard from the Commission of Fine Arts in a letter on February 27, 1928 that, "It would be a very serious disappointment to this Commission, after all its struggles to obtain good medals, to have to rely on work of this character. One of the

fundamental objections to the designs submitted is a lack of that simplicity which should characterize all medals of the highest class. The designs and casts are disapproved and returned."

On January 20, 1930, Gaetano Cecere, New York, N.Y., was sent a letter from the Quartermaster General requesting blueprints and suggesting that the War Department would pay no more than \$1500 for blueprints and a prototype.

On May 5, 1930, Cecere's blueprint was approved by the Commission.

Criteria:

The Soldier's Medal is awarded to any individual whom while serving in the Armed Forces of the United States, or any citizen of a friendly foreign nation that while working with the United States Army, is recognized for heroism not concerning direct encounter with an enemy.

A degree of valor similar to the Distinguished Flying Cross is required for the awarding of the Soldier's Medal.

The act justifying the award of the medal must have entailed a personal risk or hazard and the personal choice of a risk of their life under condition not concerning direct encounter with an enemy.

Simply saving a life will not be basis for the award.



The Nangarhar Provincial Reconstruction Team funded a \$2.8 million project for the province's Grand Canal, repairing 63 kilometers of the canal. The project included the repair of 850 gates and installation of five new siphons, including the Moqam Khan siphon shown here.

Hope Flows:

Improved canal helps Jalalabad

Story and Photo by Air Force Capt. Dustin Hart, Nangarhar PRT, 3rd BCT, 1st Inf. Div. PAO

Joined by government and local leaders, the Nangarhar Provincial Reconstruction Team celebrated the completion of a Grand Canal repair project April 12, during a ribbon cutting ceremony in Jalalabad, Afghanistan.

Nangarhar Provincial Governor Gul Agha Sherzai and PRT commander, Air Force Lt. Col. Steven Cabosky from Newton Falls, Ohio, along with other government and tribal officials, spoke to the crowd about the benefits the repaired canal will provide to the province's agricultural economy.

"This project represents hope for the people of Afghanistan," said Cabosky.

"It was identified by the government as one of the most important needs of the province and was a coordinated effort between the government and PRT. Afghans will enjoy the fruits of this project for years to come."

The repairs took approximately nine months to complete and cost \$2.8 million, covering 63 kilometers of canal spanning four districts. The contractor repaired 850 gates and installed five new siphons, which will help control the flow of water through the canal and double the irrigation capability.

"The canal repairs provide better irrigation, more crops, more jobs and a better economy for the Nangarhar people," Cabosky said. "While the enemies of Afghanistan offer only destruction and death, this project demonstrates the government's commitment to building a better future

"This project represents hope for the people of Afghanistan."

--Air Force Lt. Col. Steven Cabosky, Nangarhar PRT commander

for the children of Afghanistan."

The project will directly benefit more than 60,000 families, Governor Sherzai said at the ceremony.

"Reconstruction in Nangarhar is successful because we have the support of the people," the governor said. "The Grand Canal was one of our biggest projects and it was repaired through the help of our Coalition friends. It's a very important project and today is a great day for all Nangarhar people."

Wardak Women moving into the future

Story and Photo by Pfc. Christopher Baker, Task Force Spartan PAO

Women in Wardak province have a new place to turn when life takes an unexpected twist.

Recently the Afghan National Police, working with the 4th Battalion, 25th Field Artillery, Task Force Spartan, provided 25 women and their families with humanitarian aid packages at the Wardak Women's Center.

Mahtab Jafari, the Wardak province director of women's affairs, said the center is glad to help women in need, but adds their goal is something more.

"The first main goal is to have a safe place for women to go due to any reason," said Jafari. "The second goal is to have an education center to teach women English, computers, or anything they need. But, the overall goal is for the women to be self-sufficient so they can leave the center and provide for themselves or their families."

Capt. Tammy Lanning, 4th Bn., 25th FA intelligence officer and Wardak Women's Center liaison, said helping the women of the province is beneficial in several ways, "I think it's very important, while at the same time pretty frustrating. There's a lot of benefit from it. To increase [women's] rights and make them capable will not only help their family, but also decrease the poverty rate in the area."

Lanning says the main challenge lies in changing the way society views women and instilling confidence in women so they aren't afraid to go outside the home to seek help or education.

TF Spartan forces hope to help the center accomplish this through a variety of ways.

"We're going to talk to [U.S. Agency for International Development] and see if we can fix up the building because it's already in poor shape," said Lanning.

In the short-term, fixing a windmill would be a quick, cheap way to provide power to the center and facilitate the building's use as a long-term women's

vocational school, Lanning said.

Jafari got the idea for a vocational school from areas already using similar programs.

"In other provinces, there are vocational schools for women," she said. "Any type of educational classes for women will help, and since other provinces had them already we wanted to get ideas from them."

The Women's Center plans to teach classes, but they also want to show women how to provide for themselves so they don't have to rely on the center.

"The goal is to make women self-sufficient," said Jafari. "We don't plan on using the center as a means to sell items, rather to teach women how to make something they can sell on their own."

According to Jafari, the Wardak Women's Center has had some success, "There has been some progress so far, especially for those in need. The word is getting out that there is a women's society and women are becoming more active in the community."

Afghan National Police and Servicemembers from 4th Battalion, 25th Field Artillery Regiment, Task Force Spartan, helped to distribute humanitarian aid at Wardak Women's Center in Wardak province.



Paktya protectors

Story and Photos by Pfc. Andrya Hill, 4th BCT, 25th Inf. Div.

Security never goes out of style, and a recent mission establishing a new Afghan Combat Outpost in Zormat District, Paktya province, underscores efforts to safeguard eastern Afghanistan.

The new outpost became reality during the April 9 – 15 mission through joint efforts of the Afghan National Army's 1st Company, 1st Kandak of the 203rd Corps, the Afghan National Police, and the 1st Squadron, 40th Cavalry Regiment, 4th Brigade Combat Team (Airborne), 25th Infantry Division.

"This is not an attack on Kalagu, on the village or the people. This is a seizure of key terrain, so that we can bring security, development and governance in Kalagu, change the environment, and make a place where the Taliban are not welcome," said Lt. Col. Robert Campbell, commander of the 1-40th, reiterated to the team members before the kickoff of the mission.

A complex series of planning meetings and rehearsals resulted in a mission sub-divided into seven segments: two helicopter air assault missions to seize terrain near the village of Kalagu, two sets of security elements to maintain defensive integrity of the area, a Quick Reaction Force to respond to enemy contact, a leadership group to interface with the populace, and a structure team responsible for the construction.

Despite careful considerations, many challenges surfaced for the commanders and the Soldiers to overcome.

1st Lt. Matt Yarnall, platoon leader for 1st Platoon, led the first air assault to maintain the observation post north of Kalagu.

"Our biggest challenge was the weather factor. It was quite muddy, rainy and cold," he explained. "We didn't have a lot of supplies to help



The 'Sapper' engineers, 425th Brigade STB, 4th BCT (Airborne), 25th Inf. Div. attached to 1st Squadron, 40th Cav. Reg., 4th BCT (Airborne), 25th Inf. Div., emplace concertina wire as an added security measure for Combat Outpost Kalagu.



Paratroopers from Troop A, 1st Squadron, 40th Cav. Reg., 4th BCT (Airborne), 25th Inf. Div., work with Afghan security forces to build Combat Outpost Kalagu in the Zormat District of the Paktya province in eastern Afghanistan.

support us. But our Doc did a good job out there, the guys took care of themselves and we made it through our six days.”

Other circumstances also magnified the cultural and tactical differences of the units involved, but the Soldiers were still able to carry out their tasks and accomplish the mission.

“Where you find some friction is in the differences between our units. But the soldiers are very good, when they are asked to do things, they’ll attack, they’ll fight. The ANA and ANP also understand the culture here and they respect it, so they’re not just warriors that go into villages and clear out buildings, they talk with the people, connect with the people. My Soldiers do the same thing, they’ve been training very hard for a year in that way, so I think at least in that respect, we get along very well,” said Campbell.

The 1/1 Kandak commander, Lt. Col. Atauallah, agreed with his counterpart, and attributed much of the mission’s success to the Soldier’s attitudes.

“I am feeling that Col. Campbell and his staff have the same ideas for the people of Kalagu. When I have a shura with them, he comes with his Soldiers and has the same feeling to help and support the people of Afghanistan. They are respecting our culture, traditions and religion, so the people of Afghanistan are very happy from them,” he explained.

Their efforts were rewarded, as all elements experienced minimal enemy contact.

“The enemy were not able to plant explosives for us because the people would not partner with them. We did not have too much enemy activity because we had good shuras and good communication with the people of this area, because we had good

relationship with the elders,” Atauallah added.

Additionally, the abundance of fire-power and intensity of the troops contributed to keeping the enemy at bay.

“We came in here with overwhelming power so the enemy would have been a fool to try to go up against us. I thought it was very successful, I was very pleased with it,” said Campbell.

While Kalagu citizens were initially wary of the AFCOP due to potential violent activity and enemy threats, through a series of shuras and meetings with locals, their receptiveness to the presence of Afghan Forces increased.

“By the Afghan forces responsibility of the district, with us coming here, the situation is getting better day by day. The people are cooperating with us, and most of the people are very happy from presence of ANSF and Coalition forces,” said Atauallah.

Through the challenges with weather, Soldier cohesion, and gaining villager support, the mission was successfully accomplished. Enemy contact was handled proficiently, and demonstrated the capacity of the Soldiers to function within their joint roles. The construction of the COP was also completed in a quality and timely manner.

The around-the-clock work put in by the Soldiers, whether in the capacity of construction, security, or assistance for the ANA and ANP, served as the backbone for mission success.

Lt. Col. Atauallah said he was extremely pleased with the operation, the response of the people of Kalagu, and the dedication of the Soldiers to support the Afghan Forces.

“Col. Campbell and his Soldiers are helping and respecting Afghanistan. I am sure the people of Afghanistan will not forget that. They will always remember what the Soldiers are doing. I appreciate from Col. Campbell, his Soldiers and their families, and the minister of defence of the U.S., thank you.” Atauallah said.



Lt. Col. Robert Campbell, commander of the 1st Squadron, 40th Cav. Reg., 4th BCT (Airborne), 25th Inf. Div., meets with elders from the Kalagu area to discuss concerns about the recently established Combat Outpost Kalagu.



Afghan security forces and Paratroopers from Troop A, 1st Squadron, 40th Cav. Reg., 4th BCT (Airborne), 25th Inf. Div. gear up for a mission to establish Combat Outpost Kalagu.

Army Chief of Staff Casey shares insights, advice during Afghanistan visit

Story by Sgt. John Zumer, 40th PAD

Gen. George W. Casey is a busy man in his role as Army Chief of Staff. Despite his full schedule, however, he made time during a visit here to speak on several issues affecting Soldiers.

This visit marked Casey's third trip to Afghanistan in the last 12 months. He tries to periodically visit each of the theaters (Iraq and Afghanistan) to get a sense of how Soldiers are doing and if they have the equipment and training needed for mission success.

"There's a great sense of energy

here," said Casey. "When I was here in December I saw a little apprehension."

The improvement in outlook was attributable, he felt, to the additional troops who have arrived in Afghanistan recently. The Soldiers on the way have also placed U.S. forces in a much better

position as the 101st Airborne Division prepares to hand responsibility to the 82nd Airborne Division, he said.

The Army has been working hard to meet the higher manpower totals that were envisioned a couple years ago. Casey said he had long been concerned

about stretching the Army so thin that it

would be unable to accomplish present and future missions.

"We were out of balance," said Casey, noting the original goal was to grow the force to its desired level by the end of 2011. "We have reached our 547,000 in the active force" two years ahead of schedule, he said, with the biggest impact for Soldiers being that future burdens of frequent deployments may be lessened.

"The most important thing we can do to get ourselves back in balance is to increase the amount of time Soldiers spend at home between deployments," Casey said. Dwell time lengths have yet to be decided, but once demand comes down, deployments can hopefully be shortened as well, he added.

Families left behind, as well as returned-to after lengthy deployments, continue to occupy the thoughts of Casey and other Army officials.

"Our Soldiers draw their strength from their families," said Casey. The Army spent \$1.4 billion on family support in 2008 and is expected to continue investing in such programs.

"We are committed on delivering on the Army Family Covenant," said Casey, alluding to the Army's efforts to fund and support family programs, physical and mental healthcare, housing, education and childcare and employment opportunities for spouses.

"No Soldier stands alone"

Gen. George W. Casey
Army Chief of Staff

Gen. George W. Casey, Army Chief of Staff, answers a question from Sgt. John Zumer during an interview held during Casey's visit to Bagram Air Field, April 24. Casey was visiting Afghanistan to talk with Soldiers and other commanders about present and future challenges, missions, and other related matters. Zumer is an NCO with the 40th Public Affairs Detachment.



Photo by Maj. Mark Lastoria

These large efforts on behalf of families are in conjunction with a new initiative Casey referred to as “Comprehensive Soldier Fitness.” CSF is designed to put mental fitness on the same level of physical fitness.

“You can build mental resilience and enhance Soldier performance,” he added. The sooner Soldiers are willing to come forward and get treatment for problems, the sooner they can be helped. Most importantly, Casey said, “No Soldier stands alone” if treatment is needed.

Casey proudly noted that recent travels to other countries have seen many favorable comments directed toward the professionalism and competence of the NCO Corps of the Army. Those comments have contributed to Casey and Sergeant Major of the Army Kenneth O. Preston proclaiming 2009 as the “Year of the NCO.”

“We haven’t done this in 20 years,” Casey said, and cited three reasons for making the proclama-

tion. It was important to recognize NCOs, inform Congress and people what an asset NCOs are, and enhance the skills of our NCOs and give them necessary tools for future success, he added.

“The most important thing we can do to get ourselves back in balance is to increase the amount of time Soldiers spend at home between deployments.”

Gen. George W. Casey

The changes in deployments and theaters of operation for certain Army units have begun, Casey con-

firmed, and he sees encouraging signs. One positive aspect is that “General (David) McKiernan has the troops he needs to ensure that there are safe elections (in Afghanistan) this August,” he said.

And while he realizes deployments can be long and difficult, experience has also shown that going home can be potentially exhilarating as well as stressful. But if Casey could provide a single piece of advice to Soldiers returning to families and their former lives, he would cut to the chase quickly.

“Take some time to relax and build yourself back up gradually,” he said.



General George W. Casey, Jr. Chief of Staff of the United States Army

General George W. Casey, Jr. became the 36th Chief of Staff of the U.S. Army on April 10, 2007. In his previous assignment, he was the Commander, Multi-National Force – Iraq, a coalition of over thirty countries, from July 1, 2004 until February 10, 2007. Casey was commissioned a second lieutenant of Infantry from Georgetown University School of Foreign Service in 1970. He has served in operational assignments in Germany, Italy, Egypt, Southwest Asia and the United States. He has commanded at every level from platoon to division.

His principal staff assignments

have included, Joint Staff, Commander, Joint Warfighting Center/J7, US Joint Forces Command, Director Strategic Plans and Policy and Director of the Joint Staff and 30th Vice Chief of Staff, United States Army. He has also commanded a mechanized infantry battalion at Fort Carson, Colorado; a mechanized infantry brigade at Fort Hood, Texas; and the 1st Armored Division in Bad Kreuznach, Germany.

Casey holds a Masters Degree in International Relations from Denver University and has served as a Senior Fellow at the Atlantic Council of the United States.



Afghan pride swells as flooding abates

Story by Pfc. Derek L. Kuhn, 40th PAD



Courtesy Photo



Courtesy Photo

(Top photo) The retaining wall in Jabal-Saraj protects the village from seasonal floods. (Right photo) Workers ensure the craftsmanship of the retaining wall.

“When it rains,

it pours,” and for the village of Jabal-Saraj, Parwan province, that means the small stream adjacent to the town swells to many times its original size, destroying homes and eroding farmland.

Task Force Gladiator’s Civil Affairs team, in conjunction with the local Parwan government and a contracted construction team are finishing a \$150,000 retaining wall that will protect the village of 48,000 people from future flooding.

Prior to the new retaining wall, the remnants of a much smaller barrier were left over from a destructive flood that destroyed more than 200 homes in Jabal-Saraj a few years ago, said Sgt. 1st Class Douglas Miller, TF Gladiator Civil Affairs, noncommissioned officer in charge and a Cleburne, Texas, native.

However, the new retaining wall is much larger and has a back-fill which reinforces the wall, allowing it to hold back much more water.

The added security the retaining wall provides has improved the relations between U.S. forces and local Afghans.

“It [the retaining wall] shows the people of Afghanistan that we care about their needs,” said Miller. “It is one big circle; we help them and they help us. However, the big thing is keeping the Afghans from losing their homes and land.”

An additional benefit the retaining wall has had on the local Afghans is improving their local economy.

The contractor employs around 120 locals, which immediately puts needed money into local pockets.

Supplementing the money the construction workers earned as wages, the stability the wall brings will allow the villagers to till the earth and support themselves.

“Agriculture ties everything together; if they have food for their families, and food to sell at the market, then they are happy,”



A construction worker surveys the gully at its pre-flood levels. The \$150,000 project protects more than 48,000 villagers. Courtesy Photo

“It [the retaining wall] shows the people of Afghanistan that we care about their needs...the big thing is keeping the Afghans from losing their homes and land.”

***–Sgt. 1st Class Douglas Miller,
TF Gladiator CA CERP Manager.***

said Miller.

Not only are the villagers in high spirits, they have developed a new sense of pride in their wall and themselves.

“They take pride in it, this is theirs,” Miller said. “Quite often you find people without pride, but the Afghans take pride in their work and how it benefits their people. Their active involvement in helping their

people makes them go the extra-mile to ensure the project is completed.”

The extra effort Miller refers to has impressed other members of the Civil Affairs team.

“The Afghans really impressed us with how effective, quickly and excellent their craftsmanship was after construction began,” said Capt. Jonathan Merrill, Task Force Gladiator Civil Affairs team development officer, and a Centralia, Wash., native.

Less visible, but equally important, is the positive effect that projects like the retaining wall have on the morale of Soldiers.

“Anytime you can help them, it is a great feeling,” said Merrill.

Miller agrees, saying when they go out and visit areas the local citizens are quick with their praise.

“When you go out to the areas and you meet with the locals, they praise you, said Miller. “It feels good.”

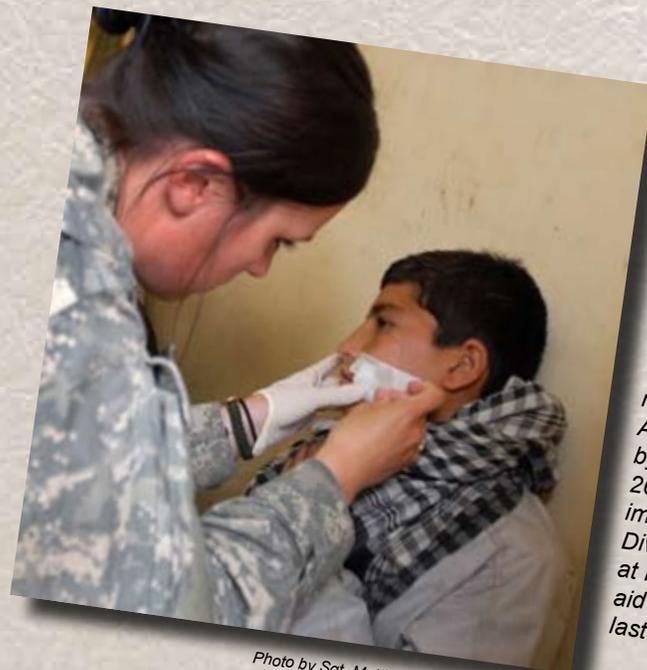


photos from the field



Photo by Sgt. Matthew C. Moeller, 5th MPAD

Charlie Company, 1st Battalion, 26th Infantry Division Soldiers establish a patrol base during Operation Viper Shake, April 21. During the operation, Soldiers battled freezing temperatures as they hiked to elevations above 2,500 meters in the mountains surrounding Korengal Valley.



Spc. Danielle Lafoille, a combat medic from Marquette, Mich., places a bandage on an Afghan boy at Forward Operating Base Blessing, April 7. The boy is one of more than 4,000 Afghans treated by 1st Battalion, 26th Infantry Regiment, 1st Infantry Division Soldiers at FOB Blessing's aid station since last July.

Photo by Sgt. Matthew C. Moeller, 5th MPAD



Bravo Company, 1st Battalion, 26th Infantry Regiment, 1st Infantry Division Soldiers maneuver at elevations above 2,500 meters during Operation Viper Shake in the Korengal Valley.

Photo by Sgt. Matthew C. Moeller, 5th MPAD



Cpl. Thomas Bourget watches over the mountains surrounding the Korengal Valley, during Operation Viper Shake, April 21. Bourget, a native of West Warwick, R.I., is an infantryman with Charlie Company, 1st Battalion, 26th Infantry Regiment, 1st Infantry Division.

Photo by Sgt. Matthew C. Moeller, 5th MPAD



photos from the field



Sgt. Bradley Vaughn, an infantry team leader, looks out across the Waygul valley during a patrol near the village of Walo Tangi, in Konar province. Vaughn is a member of 2nd Plt., Company C, 1st Battalion, 26th Infantry Regiment, 1st Infantry Division.

Photo by Sgt. Matthew C. Moeller, 5th MPAD



Photo by Sgt. Matthew C. Moeller, 5th MPAD

Soldiers from Company C, 1st Battalion, 26th Infantry Regiment, 1st Infantry Division, patrol the Waygul Valley's rocky cliffs, near the village of Walo Tangi, in Konar province.



An infantryman with Company C, 1st Battalion, 26th Infantry Regiment, 1st Infantry Division, watches for enemy activity during a combat patrol near the village of Walo Tangi, in Konar province.

Photo by Sgt. Matthew C. Moeller, 5th MPAD

Healthy hydration

Story by Sgt. John Zumer, 40th PAD

Servicemembers often look forward to warmer temperatures after long winters. Changing temperatures, however, can be troublesome if certain warning signs are not quickly noticed and acted upon.

That is because we are not yet “heat acclimated,” and the first step in becoming so is getting smart about hydration and its many consequences. A firm knowledge of basic hydration rules and discipline, as well as an understanding of how to deal with heat illnesses makes for a safer and more enjoyable warm weather season.

To help put this issue in perspective,

assume that a Servicemember wasn’t maintaining water discipline prior to a field mission in a heat category level four. After two hours of work, his battle buddy noticed he wasn’t as alert as usual, was unable to follow directions, had difficulty breathing, and was suffering from headaches.

What should have been done in this instance? Well, the battle buddy should have insisted his friend drink more fluids to remain hydrated. If the Servicemember had continued to work without proper intake of fluids and failed to cool off, this would have become a dangerous heat illness. If he had stopped work for a recommended

work/rest cycle and consumed water at this point, he would probably have recovered without injury. If not, the continued heat exposure along with ineffective cooling from extreme ambient conditions, heat category level 2 – 5, would have likely pushed his body into heat exhaustion and possibly stroke.

Major heat illnesses that Servicemembers must deal with consist of dehydration, heat exhaustion, and heat stroke, with each progressively more serious. Common symptoms and recommended treatments for each are listed on the following pages.

Work/Rest and Water Consumption Table

Applies to average sized, heat-acclimated soldier wearing BDU, hot weather. (See TB MED 507 for further guidance.)

Easy Work	Moderate Work	Hard Work
<ul style="list-style-type: none"> • Weapon Maintenance • Walking Hard Surface at 2.5 mph, < 30 lb Load • Marksmanship Training • Drill and Ceremony • Manual of Arms 	<ul style="list-style-type: none"> • Walking Loose Sand at 2.5 mph, No Load • Walking Hard Surface at 3.5 mph, < 40 lb Load • Calisthenics • Patrolling • Individual Movement Techniques, i.e., Low Crawl or High Crawl • Defensive Position Construction 	<ul style="list-style-type: none"> • Walking Hard Surface at 3.5 mph, ≥ 40 lb Load • Walking Loose Sand at 2.5 mph with Load • Field Assaults

Heat Category	WBGT Index, F°	Easy Work		Moderate Work		Hard Work	
		Work/Rest (min)	Water Intake (qt/hr)	Work/Rest (min)	Water Intake (qt/hr)	Work/Rest (min)	Water Intake (qt/hr)
1	78° - 81.9°	NL	½	NL	¾	40/20 min	¾
2 (GREEN)	82° - 84.9°	NL	½	50/10 min	¾	30/30 min	1
3 (YELLOW)	85° - 87.9°	NL	¾	40/20 min	¾	30/30 min	1
4 (RED)	88° - 89.9°	NL	¾	30/30 min	¾	20/40 min	1
5 (BLACK)	> 90°	50/10 min	1	20/40 min	1	10/50 min	1

- The work/rest times and fluid replacement volumes will sustain performance and hydration for at least 4 hrs of work in the specified heat category. Fluid needs can vary based on individual differences (± ¼ qt/hr) and exposure to full sun or full shade (± ¼ qt/hr).

• **NL** = no limit to work time per hr.

• **Rest** = minimal physical activity (sitting or standing) accomplished in shade if possible.

• **CAUTION: Hourly fluid intake should not exceed 1½ qts.**

Daily fluid intake should not exceed 12 qts.

• If wearing body armor, add 5°F to WBGT index in humid climates.

• If doing Easy Work and wearing NBC (MOPP 4) clothing, add 10°F to WBGT index.

• If doing Moderate or Hard Work and wearing NBC (MOPP 4) clothing, add 20°F to WBGT index.

For additional copies, contact: U.S. Army Center for Health Promotion and Preventive Medicine Health Information Operations Division at (800) 222-9698 or CHPPM - Health Information Operations@apg.amedd.army.mil. For electronic versions, see <http://chppm-www.apgea.army.mil/heat>. Local reproduction is authorized. June 2004



CP-033-0404

Don't be a hot-head!



Prevent heat illness

Dehydration:

- Dizziness
- Headache
- Dry mouth
- Skin turgor (skin remains elevated when pinched)

Treatment:

- Provide water and rest if possible

Early Heat Exhaustion:

- Dizziness/weakness
- Headache
- Dry Mouth
- Nausea
- Muscle Cramps
- Spasms, usually in thigh muscles or arms
- Normal body temperature

Treatment:

- Remove from work or training
- Allow casualty to rest in shade or cool area
- Provide sips of water, call clinic if no medic is available
- If symptoms do not improve in 15-30 minutes, transport to medical facility
- If signs or symptoms worsen call ambulance (see immediate actions)

- Heat can be incapacitating or deadly.
- Remember, more people in warfare have been lost to non-battlefield injuries than to battlefield injuries.
- Drink water before you get thirsty. Thirst alone is often an inadequate indicator of dehydration.
- Consume 1/2 quart of water hourly in temperatures over 82°F.
- Avoid drinks with caffeine (colas, coffees, teas) as they increase water loss and promote dehydration.
- Consuming ephedra (e.g. ma huang herbal supplement) increases the risk of heat stroke.
- Follow appropriate work/rest cycles and fluid replacement guidelines (see enclosed chart).
- Wearing your IPE/IBA increases your need to hydrate.
- If urinating often, that's normally a good sign you're hydrated, and urine should be light yellow to clear.
- Increase water intake as work load and heat conditions increase. Follow heat category reports.
- Eat regular, well-balanced meals.
- Get aerobically fit by exercising, and get adequate sleep.

Beat the Heat!

Late Heat Exhaustion:

- Weak and/or rapid pulse
- Confusion, unresponsiveness
- Loss of bowel or bladder control
- Convulsions
- Cramps in abdomen or limbs
- Pale face
- Dizziness/faintness/weakness
- Nausea or vomiting
- Profuse sweating or moist, cool skin (body is regulating skin)
- Weak pulse
- Normal body temperature

Treatment:

- Treat for shock
- Lay person down in cool area
- Loosen/open clothing
- Cool body by sprinkling with cool water or fanning (not to point of shivering)
- Give victim cool water to drink if conscious
- Call 911 for ambulance, Emergency Response Services

Heat Stroke:

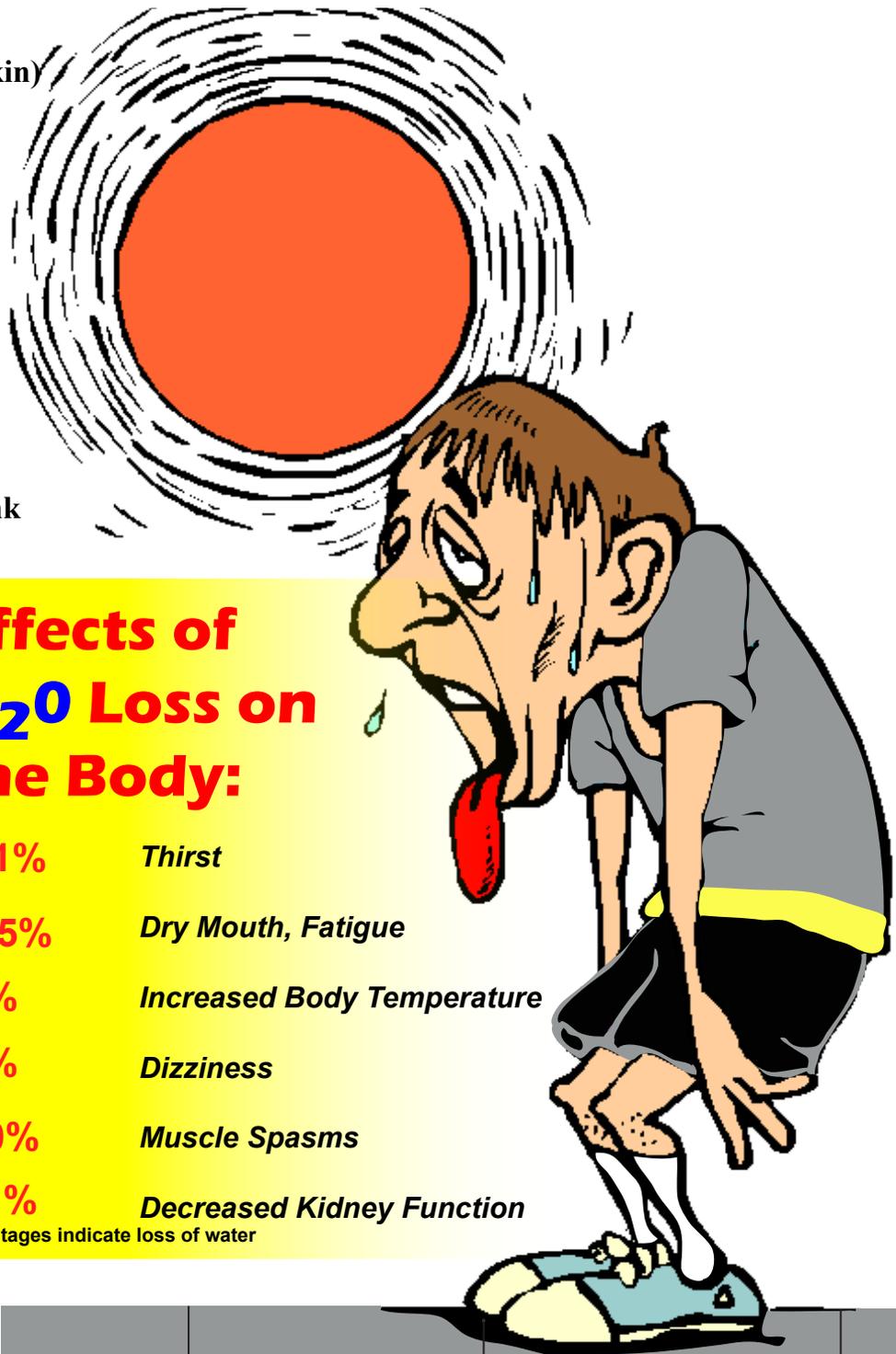
- Headache
- Dizziness
- Red face/skin
- Hot, wet or dry skin, Strong, rapid pulse

High body temperature (no longer cooling okay, body is hot to touch, indicating a medical emergency requiring attention)

When You Find a

Heat Casualty:

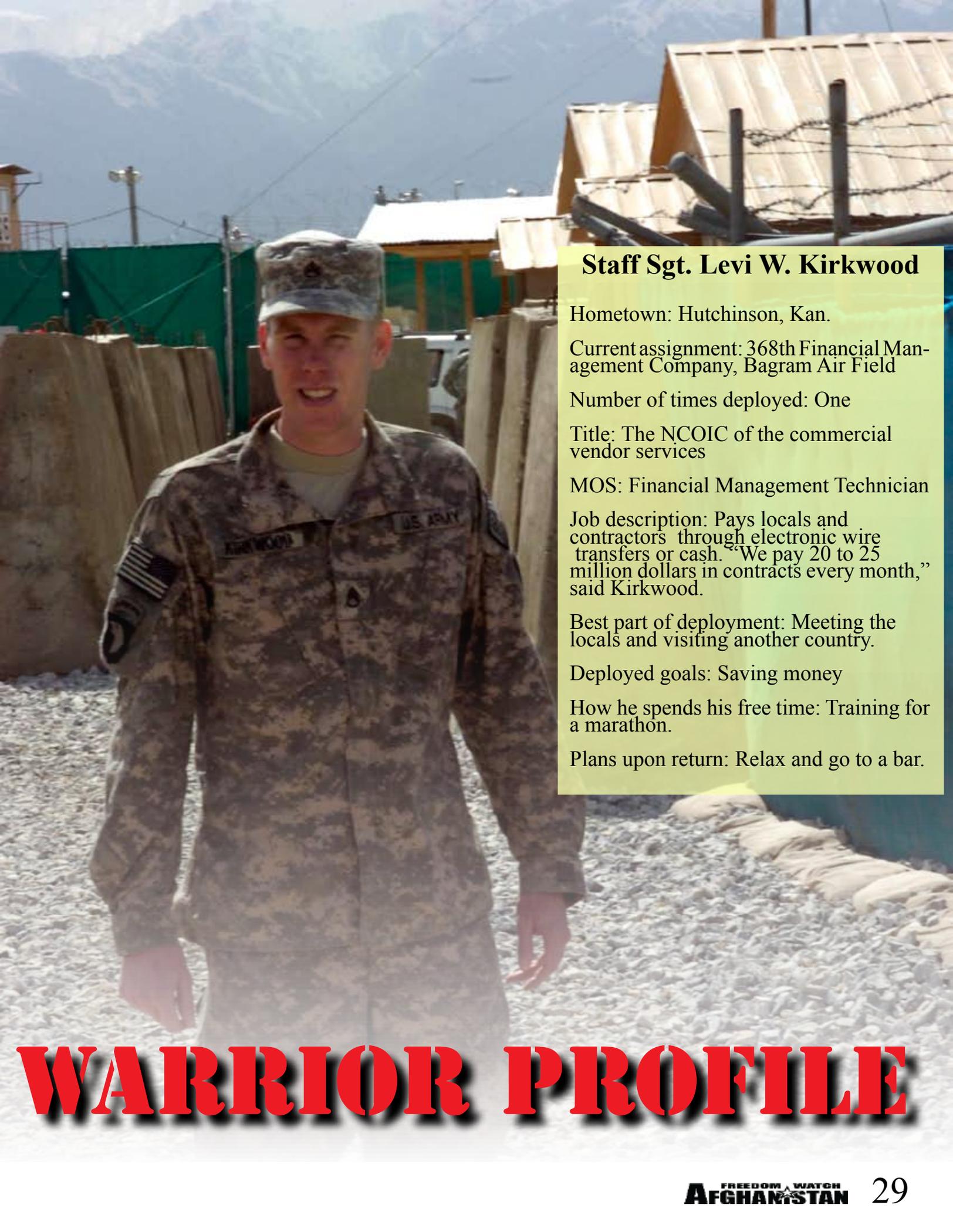
It cannot be over-emphasized that heat stroke, as indicated by increasing internal body temperature or signs, is an emergency. It must be treated without delay, while immediately calling for an ambulance. Fellow Servicemembers must cool off the fallen warrior quickly by moving the patient to a cool place, laying him down, and treating for shock. Rescuers should apply cool water sprays or soaks over the body, ice packs to the neck, axilla, groin, and scalp, and provide sips of cool water to drink while awaiting medical assistance. If a heat casualty is detected early enough and proper medical care provided, life-threatening illnesses can often be avoided.



Effects of H₂O Loss on the Body:

0-1%	Thirst
2-5%	Dry Mouth, Fatigue
6%	Increased Body Temperature
8%	Dizziness
10%	Muscle Spasms
11%	Decreased Kidney Function

*percentages indicate loss of water



Staff Sgt. Levi W. Kirkwood

Hometown: Hutchinson, Kan.

Current assignment: 368th Financial Management Company, Bagram Air Field

Number of times deployed: One

Title: The NCOIC of the commercial vendor services

MOS: Financial Management Technician

Job description: Pays locals and contractors through electronic wire transfers or cash. "We pay 20 to 25 million dollars in contracts every month," said Kirkwood.

Best part of deployment: Meeting the locals and visiting another country.

Deployed goals: Saving money

How he spends his free time: Training for a marathon.

Plans upon return: Relax and go to a bar.

WARRIOR PROFILE



Unit Spotlight

Name of Unit: Principal Assistant Responsible for Contracting - Afghanistan (PARC-A) Joint Contracting Command - Iraq/Afghanistan (JCC-I/A)

Mission: PARC-A is focused on supporting the warfighter surge by providing responsive and effective contracting support of vital supplies, services and construction throughout the Afghanistan Combined Joint Operations Area. PARC-A awarded a record 15,000 contract actions valued at \$1.5 billion in Fiscal Year 2008 (FY08).

Unit History: PARC-A was established in July 2005 to facilitate

unity of contracting effort in Afghanistan. Through synergy with economic activities and local private and public sectors, PARC-A has become a catalyst for economic growth and job creation.

Interesting Unit Facts: PARC-A leads and manages seven Regional Contracting Centers (RCCs) which are a driving force behind the increased economic self sufficiency within Afghanistan. PARC-A contracts, in

conjunction with U.S. and Coalition initiatives, are helping the country build and sustain security and police forces capable of independent operations. With contract execution authority delegated to the RCCs and as a major subordinate command to JCC I/A, PARC-A has been able to successfully infuse an acquisition and contractual perspective into operational planning for CJTF-101, CSTC-A, USFOR-A, and Coalition partners.

Would you like to have your unit in the spotlight? If so, email the 40th PAD at freedomwatch@swa.army.mil. Please include your unit's name, mission, history and any interesting facts.