



# MISSION: CSTX

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Fort Hunter Liggett  
California  
CSTX 91-10



## Reserve Soldiers Prepare to Support Victory

By Spc. C. Terrell Turner  
361st PAOC

### FORT HUNTER LIGGETT, CALIF. –

Army Reserve Soldiers from around the country are converging on Fort Hunter Liggett for a massive Combat Support Training Exercise this week.

The 91<sup>st</sup> Training Brigade and the 311<sup>th</sup> Expeditionary Sustainment Command are working together to provide realistic training to Army Reserve units coming to train at the largest U.S. Army Reserve post in the country, at more than 165,000 acres.

Army Reserve units, from Florida to California, are working together toward preparing themselves for future missions in support of Operations Iraqi



Photo by Spc. Joseph Bitet

Army Reserve Soldiers from coast-to-coast have come to Fort Hunter Liggett, Calif., to participate in immersive pre-deployment collective training known as the Combat Support Training Exercise.



Photo by Spc. Joseph Bitet

Combat Support Training Exercise will better prepare approximately 2,100 Soldiers for future deployments. Brig. Gen. James T. Cook, commanding general of the 91<sup>st</sup> Training Brigade, said the training capacity of Fort Hunter Liggett is steadily expanding and is predicted to increase up to 10,000 Soldiers in one training session.

Freedom and Enduring Freedom during the CSTX. The 91<sup>st</sup> Training Brigade facilitates their training with mission simulation lanes while Observer Controller Trainers evaluate the results of the simulations, providing feedback to the units to improve their ability to perform their duties in the field. The 311<sup>th</sup> ESC provides the scenarios of the mission simulation lanes and receives information from the units during the exercises.

“This mission duplicates conditions in theater,” said Lt. Col. Janis Hatcher, support operations Officer In Charge, 311<sup>th</sup> ESC, from Los Angeles. “The purpose of conducting missions here is to replicate the training to be as close as possible to theater. For many Army Reserve units, this is the only time they get to go out and do field training.”

The 311<sup>th</sup> acts as the Tactical Operations Center for the units in the field, handling both the scenarios given to the units in the field and the information sent back

from units as they respond to the events during the exercises.

The CSTX is the 91<sup>st</sup> Training Brigade’s second pre-deployment, scenario-driven training exercise this year, following the Warrior Exercise, held here last month, explained Brig. Gen. James T. Cook, commanding general of the 91<sup>st</sup> Training Brigade.

“This is our third year providing these types of exercises and it’s getting better every year,” said Brig. Gen. Cook. “I’ve listened to the AARs and the training is very well received with positive comments from the unit commanders.”

The unit commanders give the 91<sup>st</sup> Training Brigade their training objectives and the OC/Ts develop scenarios based on those objectives.

“The WarEx replicates Iraq and the CSTX replicates Afghanistan,” said Brig. Gen. Cook. “We strive to bring a lot of realism to the scenario, running about 21 days of focused training. We don’t ever want to waste the Soldier’s time.”

# FROM THE COMMANDING GENERAL

We welcome you to the home of the 91<sup>st</sup> Training Brigade (Operations) and Fort Hunter Liggett. This Combat Support Training Exercise (91-2010) is designed to address the collective task training needs of your units. Our mission is as follows:

91<sup>st</sup> Training Brigade (Operations) conducts Warrior Exercises, Combat Support Training Exercise rotations, and other requirements for brigade headquarters, subordinate down trace units and staff on collective tasks so they are trained and prepared for deployment. And as directed, to provide training to joint, combined, and active forces.

The exercises are tailored to your unit commander's training objectives that were supplied by your commander's unit readiness assessment. Next, we take those identified tasks and build scenarios for your exercises. The end result is that your units receive the necessary training and evaluation of those specific collective tasks. Finally, at the conclusion of the exercise, the unit will receive assessments that will be the basis of your training plan for the upcoming year.

This is your time to take advantage of all the resources that you need to become proficient on your collective tasks.

Please use this valuable training time to train to standard. Our unit is here to support your needs.

Again, train hard and train safe.

*James T. Cook  
BG, USAR*

*Commanding General, Wild West Brigade*



*Photo provided by Spc. Christian Young*

*Brig. Gen. Mark MacCarley, commanding general, 311th Expeditionary Sustainment Command, from Los Angeles, Calif., hit the ground at Fort Hunter Liggett, Calif., Thursday, to motivate Army Reserve Soldiers who are preparing to begin the Combat Support Training Exercise. The 311th ESC and the 91st Training Brigade, Fort Hunter Liggett, are working together to provide state-of-the-art training at CSTX.*



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# Safety Always : Soldiers Helping Soldiers

By Spc. Peter Jun  
361st PAOC

**FORT HUNTER LIGGETT, CALIF.** – Combat Support Training Exercise, which involves the training of approximately 2,500 soldiers, will receive medical support from the 320<sup>th</sup> Medical Company/Combat Support Hospital, from Greenboro, N.C.

“When these Soldiers leave this annual training exercise, we want to have made it the safest possible for everyone,” said 1st Lt. Amanda Mullis of the 320<sup>th</sup> MC/CSH.

To ensure safety is a priority during training, Soldiers must take care of their battle buddies. However, the battle buddy system is more than walking with a Soldier to a latrine. Soldiers need to be aware of how often their buddies are urinating since lack of urination is a sign that Soldiers are not drinking enough fluids.

To avoid dehydration, Soldiers need to eat three healthy meals a day. For hydration, water and electrolytes should be consumed in a 70% (water) to 30% (electrolyte) mixture. Salts and healthy fats are contained in the correct amounts in military meals. Urine color should be clear to a yellow-straw color. Dark colored urine is a sign of dehydration. Soldiers need to drink at least one camel-back of water a day.

When conducting training in unfamiliar terrain, Soldiers will face an increased risk of muscular injuries. Soldiers need to be aware of the terrain, avoiding holes, decayed trees and high grass. Soldiers should slow their pace and shorten their strides.

The beautiful landscape of northern California is also home to some less than friendly wildlife. Soldiers should be careful to avoid rattlesnakes, which are being found in tents. Soldiers should also be aware of insects out in the field, including brown recluse and black widow spiders whose bites appear as two puncture wounds and are usually accompanied by pain or stinging. Bitten Soldiers need to be brought to a medical aid station immediately.

Bee hives, sometimes found underneath water buffalos, and fleas have become issues for Soldiers in the field. If an allergic reaction occurs due to bee

stings, Benadryl will help. Insect repellents containing Deet should repel fleas and aid stations will have treatments.

Soldiers should carry their orders and write their unit, first-line command, personal and emergency contact information, battle buddy names and information, and their own medical and allergy history on the back of them.

“Safety is priority number one for this AT,” states Mullis.

“During this exercise, medical emergencies will be documented and tracked at the forward observation bases,” said Mullis. “Soldiers will then be advised the following day of medical situations to be aware of.”

The goal during CSTX should be about Army teamwork - Soldiers taking care of Soldiers.

## ENDANGERED!

### CALIFORNIA CONDOR



This is a federally and state listed endangered raptor that feeds primarily on carrion. An adult bird can weigh up to 22 lbs. and have a 9 1/2- foot wingspan.

These birds have a dark body with black (juvenile) or bright red head (adult). Roosts and nests are located in tall trees and on cliffs, usually in remote areas. Similar birds include turkey vultures.

**STAY ALERT!**

## BEWARE!

### RATTLESNAKES



**STAY ALIVE!**

HEAT CATEGORY	EASY WORK WATER INTAKE (QT/H)	MODERATE WORK WATER INTAKE (QT/H)	HARD WORK WATER INTAKE (QT/H)
1 WHITE FLAG	1/2	3/4	3/4
2 GREEN FLAG	1/2	3/4	1
3 YELLOW FLAG	3/4	3/4	1
4 RED FLAG	3/4	3/4	1
5 BLACK FLAG	1	1	1

EASY WORK - Walking hard surface 2.5mph <30lb load, weapon maintenance  
 MODERATE WORK - Patrolling, Walking sand 2.5mph no load, Calisthenics  
 HARD WORK - Walking sand 2.5mph w/load, Field Assaults

# Meeting the Challenges of Afghanistan in California

*By Sgt. Kyle Reeves  
361st PAOC*

**FORT HUNTER LIGGETT, CALIF.** – Army Reserve units have arrived at Fort Hunter Liggett to take part in the Combat Support Training Exercise that is scheduled to start June 16. The 10-day exercise will prepare combat support units for deployments to Afghanistan. Fort Hunter Liggett was selected as the ideal location for this training due to the terrain and weather conditions which present similar conditions for Soldiers deployed to the Southwest Asia.

Part of this overseas immersion process entails training at Forward Operating Bases to closely replicate the field conditions Soldiers can expect when deployed.

The units involved in the CSTX are divided into two different camps, which will simulate FOBs actually in Afghanistan. FOB Schoonover is a representation of Bagram and is considered the safe zone where hostilities are at a minimum. Its sister camp, FOB Milpitas, is a representation of Salerno, which is considered the hot-area that is frequently subject to attacks and improvised explosive devices. Although the camps are approximately 45 minutes driving distance from each other here, in real life it would be two and a half-days travel via vehicle.



*Photo by Pvt. Christopher Bigelow*

*Soldiers of the 137th Quartermaster Company, from El Monte, Calif., get down and dirty to make sure the laundry is fresh and clean for the Soldiers in the field.*

“This training will be about as realistic as you can get before the bullets start flying,” said Lt. Col. Lori Bury, Executive Officer, 652<sup>nd</sup> Regional Support Group, from Helena, Mont., who serves as the mayor of FOB Milpitas.

“The living conditions here are very realistic for Afghanistan,” said Bury, who has been deployed there.

Lt. Col. Carl David Johnson, executive officer 642<sup>nd</sup> Regional Support Group, Decatur, Ga., who serves as the mayor of FOB Schoonover, shares Bury’s enthusiasm.

“Many Soldiers, who have already deployed, have commented on how much the FOBs really look the part.”

Johnson’s prior service and deployment to Kuwait in 2003 makes him aware of the significance of this training. Fort Hunter Liggett, which is north of Monterey, can reach temperatures of 105 degrees during the day and drop to 37 degrees at night.

The Soldiers at the FOBs come from a variety of combat service and support units. Their training will involve scenarios where they will be expected to perform their regular duties while dealing with hostile fire. They will then be evaluated by Observer Controller Trainers. These evaluations will give the units the opportunity to monitor their strengths and correct any deficiencies that may exist before deploying.

While challenges are expected in the actual training, many other challenges have also surfaced in the planning and organization of such an expansive exercise. Prior to establishing FOBs Schoonover and Milpitas, all the units assembled at Schoonover. Many units arrived with limited manpower and some were brought in at a moment’s notice. The shortage of manpower has forced units to do jobs other than what they were trained for.

“We have a fuel battalion providing defense which is not their primary mission,” said Bury, who is in the role of FOB mayor for the first time, “But training like this is realistic because down range the possibility of units being re-designated does exist.”

Soldiers of the 155th Combat Sustainment Support Battalion, from El Monte, Calif., know this. They have taken on more than their share to complete the mission and make it successful at FOB Schoonover. The 155th CSSB is a support unit that caters to eight other support units.

“Many of the units have arrived under-staffed,” said Command Sgt. Maj. Winsome Laos, 155th CSSB. “We have had to use some of our staff to perform responsibilities for the CSSB as well as other units.”

Despite the hurdles, Laos sees this as a positive as they gain experience in other unfamiliar roles.

“We get the experience which makes us sustainable in the event of emergencies,” said Laos. “It gives true meaning to the motto ‘Adapt and Overcome’.”

The Soldiers of the 137th Quartermaster Company, from El Monte, Calif., who are running the laundry, shower and bath facility, faced their challenges as they

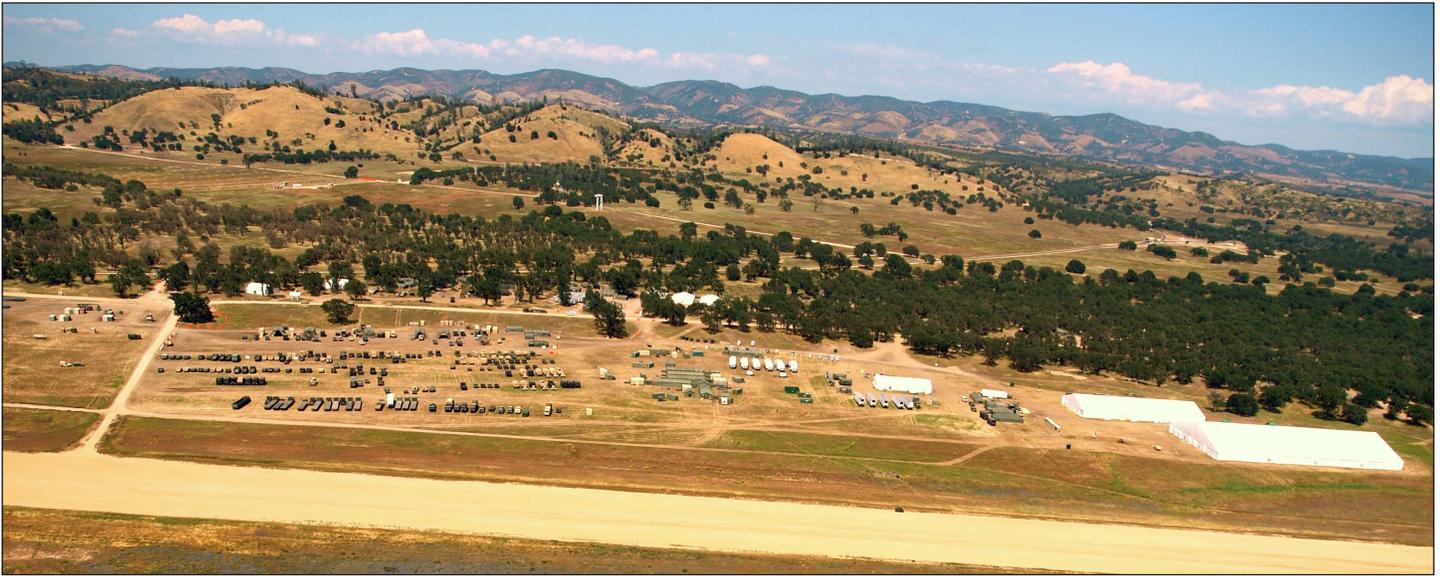


Photo by Sgt. Kevin Prato

Forward Operating Base Schoonover is designed to closely emulate what Army Reserve Soldiers can expect to encounter during a future deployment to Bagram, Afghanistan. The training provided at the Combat Support Training Exercise will better familiarize Soldiers by providing realistic living conditions to those found in-country.

arrived at FOB Schoonover with a reported cadre of only eight soldiers.

“Before FOB Milpitas was established, we were handling approximately 1,200 personnel,” said Sgt. Elda Ramirez, Non-Commissioned Officer In Charge, 137th QM Co. In addition to their manpower issues, they were notified of their participation two months prior to their arrival which gave them little time to prepare. However, they were able to handle the high demand with minimum staff and limited time.

Ramirez applauds the efforts of her team who have managed to service the needs of the Soldiers under extreme circumstances.

“They have really performed well. I’m extremely proud of them,” she said. She attributes the unit’s strength to the camaraderie of the staff and the training they constantly underwent which includes an annual army training exercise and two previous deployments that have already prepared them for these situations.

One of the challenges that Master Sgt. Thomas Watson, NCOIC, Mobile Kitchen Transportation Unit, 642nd RSG, has faced is stressing the importance of cleanliness when it’s time for chow and urges the Soldiers to wash their hands prior to entering the kitchen facility.

“You won’t be useful to the mission if you fall sick,” he said

The MKT provides sustenance to the Soldiers, and Watson takes his role very seriously when it comes to taking care of troops.

“We have approximately 790 Soldiers at FOB Schoonover,” said Watson. “If one Soldier isn’t fed then I have failed in my mission.”

While over at FOB Milpitas, the same mission is being carried out, albeit with a little friendly rivalry.

“We have the highest culinary cooks in the military and we are the best at what we do - Feeding Soldiers,” said Staff Sgt. Terry Bateman, NCO with the 282<sup>nd</sup> QM Co., from Montgomery, Ala., first time participant at CSTX.

“This training is good because it really boosts up the camaraderie of our troops and helps us strive to be better,” she said.

While some units deal with hurdles of the initial preparations and other units the maintaining of high standards, some units’ concerns are the challenges that may be faced during the training.

The 421st QM Co. is responsible for light air supply which deals with aerial transport and disbursement

*(Continued on page 6)*



Photo by Spc. Joseph Bittet

Sgt. Takesma Campbell, Spc. Linda Burton, and Spc. Robert Fair, Soldiers of the 282<sup>nd</sup> Quartermaster Company from Montgomery, Ala., deliver a mean mac-and-cheese to the troops of FOB Milpitas.

of supplies and equipment. Loads that can contain up to 120-tons are parachuted out of C-130s, from 3rd Marine Aircraft Wing, headquarters Marine Corps Air Station, Miramar, Calif. From June 19-21, the 421st QM Co. will test their "METL" by performing simulated training that will include dropping 150-gallon tanks of simulated fuel on pallets accompanied by 15 airborne Soldiers.

For 1st Lt. Jonathan Castillo, commander of the 421st QM Co., the challenges faced are not in the preparation, but the unforeseen events possible during the exercise.

"Weather could be a mission killer," said Castillo. "If clouds are too low, we wouldn't be able to fly. If winds are too high, we wouldn't be able to jump."

Other obstacles that would hamper training exercises according to Castillo would be if the aircraft breaks down or something goes wrong in the drop zone that would make it unsafe, such as a fire.

What Castillo expects his unit to walk away with is the experience that will give them the abilities to perform in a real-world environment.

"This is the first time out the door for my Soldiers," said Castillo.

"I would like to see them all get experience rigging items that would include MREs and fuel."

He would also like to see all those who are jumping to have safe jumps.

"The preparation that we make for this training is to minimize injuries and prevent any casualties," said Castillo.

As the start date approaches, what appears to be less challenging to overcome at the FOBs is safety

awareness and remaining hydrated.

"We have had no major injuries reported," said Johnson. "We are constantly telling the Soldiers to drink water, which will be essential to the Soldiers' well-being in theater."

For all the Soldiers living in FOBs Schoonover and Milpitas, overcoming challenges is just another day. For them, everything is certainly real in the field.



Photo by Pvt. Christopher Bigelow

Soldiers of the 155th Combat Sustainment Support Battalion, from El Monte, Calif., let the hammer drop as they toil away in the hot Fort Hunter Liggett sun to set up an MWR tent at FOB Schoonover.

## CHAPLAIN'S MESSAGE



The first day I came to FOB Schoonover I was assigned to a tent, and as I was trying to keep my belongings in order, a Soldier came in and told me to always close my bags before leaving the tent because they had killed a snake the other day. I was calm and silent for a while, and I asked the Lord for help in prayer, and the words that came to my mind were, "Be strong and courageous! Do not be afraid"

The next morning as I was visiting some units, I discovered that the Soldiers who were coming to me for counseling were confused, distressed, and frustrated. This exercise was the first time they will be finding themselves in a FOB environment. I recalled the words that came to my mind on my first day, "Be strong and courageous! Do not be afraid." I used these words to encourage these young Soldiers. I discovered that these Soldiers were all

motivated to work with their respective units.

One of the primary difficulties people have with adapting to major changes and with making needed changes in their own lives is the problem of how to have courage in the face of fear. Hardly anything worth doing in this world can be accomplished alone. The support of others is crucial and can greatly raise our chances of success in any difficult situation. We must also engage in a process of self-encouragement, and then bring whatever optimism and faith we are able to muster to the people around us who may be struggling as well.

I hope that at the end of this exercise we will have some experiences that will be of help to us in the future.

**1ST LT. KENNETH OKEZE  
113<sup>TH</sup> MEDICAL COMPANY,  
GARDENGROVE, CALIF.**

# MPs Bring Law and Order to CSTX Training



Photo by Pvt. Christopher Bigelow

Spc. Clint W. Stork, an MP with the 330th Military Police Detachment, from Sheboygan, Wis., displays perfect form while conducting marksmanship training at a weapons firing range at Fort Hunter Liggett, Calif.

**By Pvt. Christopher Bigelow  
361st PAOC**

**FORT HUNTER LIGGETT, CALIF.** – While the majority of the Soldiers in the Combat Support Training Exercise at Fort Hunter Liggett are here to sustain the mission's fighting force, there is another crucial mission that must be accomplished in order to succeed: Force protection. Soldiers with the 330th Military Police Detachment, from Sheboygan, Wis., are working with local Department of Defense police to keep the training units safe during their stay here on base.

“Our role here is to support the local DOD police by giving them better eyes on what's going on out there by setting up speed traps, Entry Control Points, and providing extra patrols 24-hours a day,” said Sgt. Jacob Leis, the nightshift Non-Commissioned Officer In Charge, with the 330th MP Det.

Fort Hunter Liggett is 165,000 acres and the added patrols of the 330th MP Det. help the local DOD police nearly double the area that they normally cover in a day.

“Our mission here is to help keep the training units safe,” said Spc. Nick D. Gilson, MP, 330th MP Det. MPs are providing the DOD police two vehicle patrols that cover a large portion of the base

24/7. They have also set up random speed traps and ECPs at several entrances throughout the base to help the DOD enforce the rules of the road as well as maintain a safe environment for the soldiers training in this mission.

“As Military Police, our job is to provide law and order for any kind of garrison unit,” said Leis. “Every drill our unit covers interpersonal communication skills, different handling tactics, weapons qualifications and basic soldiering skills in preparation for downrange and missions like this.”

“The 330th MP Det. has a law

enforcement mission,” said 1st Lt. Tim DeWitt, commander, 330th MP Det., who is a civilian police officer with the Pulaski Police Department in Pulaski, Wis. “Our annual training mission here is a great one for our junior leaders to conduct an actual law enforcement mission in a controlled environment. It is a great opportunity for them to hone their skills and prepare for future deployment.”

CSTX allows a portion of Soldiers of the 330th MP Det. who returned home in August 2009 from a deployment in Bagram, Afghanistan, to take full advantage of the training area here to prepare those who have not yet deployed, said DeWitt.

“The training environment at Fort Hunter Liggett is very similar in many aspects to what you will see in Afghanistan. It's about as close as you are going to get in the United States to that type of terrain,” he said.

“The best part about being an MP is the training,” said Spc. Clint W. Stork, MP, 330th MP Det., who served 5 years on active duty before joining the Army Reserves. “I have trained with Criminal Investigation Division, the FBI, and U.S. Marshals. I am glad to be at CSTX to live up to the MP Motto - Assist, protect, and defend.”



Photo by Staff Sgt. Christopher Pisanò

Spc. William Krueger (left) and Spc. Charles Yang, MPs from the 330th Military Police Detachment, Sheboygan Wis., check IDs at a vehicle control check point as a part of their mission at the Combat Support Training Exercise.

# SOLDIER ON THE STREET

Compiled by Sgt. Nazly Confesor & Spc. Joseph Bitet

## How do you feel about training on the Army's 235th Birthday?



Staff Sgt.  
George Washington  
Charlie Company,  
3/518th  
Hickory, NC  
Hometown:  
Kannapolis, NC

"WE OPERATE SEVEN DAYS  
A WEEK, 365 DAYS A YEAR.  
TRAINING HAS TO HAPPEN  
REGARDLESS OF A HOLIDAY."



Sgt.  
Gabriela Bobadilla  
HHC, 1/140th  
Avn Assault BN  
Los Alamitos, CA  
Hometown:  
Los Angeles, CA

"I FEEL PROUD AND VERY  
PATRIOTIC TO BE PARTAKING  
IN A COMBAT EXERCISE ON  
THE ARMY'S BIRTHDAY."



Pfc.  
Dawn Lockett  
321th Forward  
Support Company  
Boise, ID  
Hometown:  
Boise, ID

"I THINK ITS AWESOME. I AM  
VERY PROUD TO BE DOING  
THIS. BEING IN THE ARMY  
MAKES YOU A BETTER AND  
MORE DISCIPLINED PERSON."



Staff Sgt.  
Luis Abaunza  
Regional Training  
Center West,  
Fort Hunter Liggett  
Hometown:  
Pahokee, FL

"I'M GIVING THE ARMY ITS  
GREATEST BIRTHDAY GIFT OF  
ALL - HELPING TRAIN TROOPS  
TO DEPLOY."



Spc.  
Chad Black  
592nd Ordnance  
Company,  
Billings, MT  
Hometown:  
Billings, MT

"I'M EXCITED TO BE PART OF  
A COMBAT OPERATION ON  
SUCH A PATRIOTIC DAY."



Master Sgt.  
Tesha Irvin  
2 BCT, 5th Brigade,  
75th Division  
Denver, CO  
Hometown:  
Keenesburg, CO

"IT'S GOOD TO BE OUT HERE  
TRAINING SOLDIERS ON THE  
ARMY'S BIRTHDAY. THESE  
SOLDIERS WILL SHAPE THE  
FUTURE OF THE ARMY AND  
CONTINUE TO PROTECT OUR  
WAY OF LIFE."