



1/181st Infantry Regiment

Around the Powder Horn

“Keep Your Powder Dry”



October 1, 2010

Volume 4

Key Leader Engagements

By Capt. John Quinn

CAMP ATTERBURY, Ind. – After two months of continuous training, the members of the 1/181 are confident and are getting ready to put their skills to the test in Afghanistan.

Most of the battalion was divided up into platoons to provide security to Provincial Reconstruction Team (PRT), which assist and empower Afghan authorities and village leaders. The PRTs were tasked to interact with village elders through Key Leader Engagements (KLE) during a shura, a traditional process to talk about issues.

Spec. Joshua Grant, an artillery observer in B Co., said the training during the eight days of continuous operations, reinforced the skills the members of the unit already possessed, including patrolling, providing security, requesting medical evacuation and being safe while driving armored vehicles.

“It was not learning, but practicing,” Grant said, adding how it served as a rehearsal to help strengthen the team.

This is Grant’s second deployment to Afghanistan and he is set to return to the same province he previously visited with a PRT in 2007-08.

“It helps to go back to the same place,” Grant said. “I’m a big believer in the PRT mission.”

It is the first deployment for Spec. Richard Bailey, an infantryman from C Co., but the training has given him overall



Photo by Spec. Michael Broughey
Members of the 1/181 enjoyed a traditional meal with Afghan roleplayers during a meeting of leaders, called a shura, in the simulated village of Ud Khail Sept. 27.



Photo by Spec. Michael Broughey
An Afghan roleplayer and his camel were on hand to greet members of D Co. at a simulated village during a key leader engagement Sept. 23. The animals were provided by Camp Atterbury to create a more immersive training environment.

confidence in himself and his fellow soldiers who will help provide security for a PRT in another province.

Bailey said the most challenging part was learning to interact with Afghan villagers while providing security during shuras, traditional meetings between elders and officials.

“Time will tell,” Bailey said. “We need to get over there to see if it works.”

Meanwhile, most of the members of HHC spent their time training at a Contingency Operating Location, (COL) a fortified base which provided a medium to simulate the following tasks: patrolling three training villages, interacting with Afghans, defending the base by manning gates and towers, overseeing operations, coordinating with PRTs and responding to emergencies in the area.

Sgt. Michael Letourneau, a medic with 1st Platoon who was recognized for his efforts, said the medics learned how to help fellow Soldiers during the chaos of simu-

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1/181 Soldiers Experience Realistic Training at Camp Atterbury



Photo by Spec. Michael Broughey

Sgt. Michael Letourneau, a combat medic with HHC's 1st Plt., applies an intravenous catheter to hydrate Spec. Matthew Hehir, also of 1st. Plt., as part of a training exercise following a key leader engagement Sept. 27.

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lated combat. He added that everyone benefited from working with actual Afghan linguists.

Letourneau said most Soldiers seemed to pick up a few phrases quickly, including how to say "hello," "thank you," "put your weapon down" or "let me search your car" in Dari, one of the major languages spoken in Afghanistan.

"The cultural awareness was great, having actual people talking Dari," Letourneau said, adding soldiers had to overcome the frustration of the language barrier.✕

Congratulations to **Sgt. David Gevry** of A Co. and his wife Destiny on the arrival of their son David, who was born Sept. 23 and weighed 7.87 pounds.

Condolences: The members of the 1/181 offer their deepest sympathies to the Soldiers and the families who have lost loved ones since being mobilized.

Better Fitness, Better Soldiers

By Spec. Jason Brown

Over the past decade many things have changed in the Army, but one aspect that has remained consistent is physical training.

This raises the question: Why have training methods for physical conditioning not been changed as well?

Recently, the Army began to understand that their current training system, in use since the Vietnam War, may not be the most advantageous platform for facilitating function, systemic strength and overall health.

Special Operations Forces already implement a more advanced training system called CrossFit, a general physical preparedness (GPP) program that stresses being prepared for the unknown as well as being functional in different situations.

CrossFit trains Soldiers to perform technically complicated tasks with higher efficiency in less time, making the Soldier more capable on the battlefield.

This methodology is not for aesthetics. This program is for performance and progression, but it is not uncommon for one's physique to rapidly improve as a byproduct of its intensity. With this in mind, being a member of the Armed Forces stresses a wide range of functionality and proficiency in a variety of different tasks.

Simply being able to do push-ups, sit-ups, and run two miles is not analogous to possessing a high GPP. Soldiers need to be able to lift and carry heavy objects, sprint, perform under stress and maintain endurance all while being fatigued.



Photo by Spec. Michael Broughey

Members of the 1/181 play a game of football with fellow servicemembers of their Provincial Reconstruction Team in the field outside their barracks Sept. 18.

Currently, the Marine Corps, Navy Seals, Army Rangers and Special Forces utilize the CrossFit training system to perform their duties at a higher level while becoming less susceptible to injury. Each branch noted vast improvements in their ability to perform physical tasks.

CrossFit has become popular among the military and law enforcement community over the years due to CrossFit's philosophy coinciding with the mission of both organizations: being prepared for whatever situation may arise and being able to perform physically demanding tasks at a high level. For more information visit the CrossFit web site.✕

King of Battle's Top Five

Safety is no laughing matter. Leave is coming up and safety is extremely important, so if it takes a little humor to get you to actually read this...then so be it.

1. Don't play Mario Andretti with your car or bike. Although it's faster than your HMMWV, it's not armored. Patrolling Main St. attempting to engage Joe Local Racer will only get you a hug with a telephone pole.

2. If you are not married, don't get married. If you are married, don't date. If you are a single Soldier, remember your full-battle-rattle.

3. Don't post your deployment/ship dates on YouSpace, FaceTube, or any other site you kids are on today. Remember OPSEC.

4. Don't engage in anything that gives you the munchies or makes you want to play with glow sticks. The 100% wiz quiz is coming.

5. Take it easy and don't be "that guy." Don't drink and drive, drink and swim, or drink and call your ex-girlfriend. Don't do anything that makes you want to say, "Watch this!" Don't release the beast or get a set of state-issued silver bracelets.

Humor aside gents, be safe and have a good time with your family and friends. Remain professional and smart. You've come too far to call in rounds on your own OP. Look after each other, and if you run into any issues contact your chain of command.✂

— Capt. Quentin "Steel Rain" Carmichael



Photo by Spec. Michael Broughey
Sgt. Robert Bahre (left) and Sgt. Steven Grasso (right) provide security for Battalion Commander Lt. Col. Anthony Couture along with linguists Roya Kazemi and Abdul Ali Hamidzada along during a foot patrol Sept. 27.

Commander's Corner

October is here and the 1/181 has completed all requirements for deployment to Afghanistan for Operation Enduring Freedom (OEF). Once in Afghanistan, we will move to a variety of locations, falling under U.S. Commands of the International Security Assistance Forces. I am very pleased of the performance of the Warriors of the 1/181 over the past two months. There have been challenges, but everyone stepped up and got the job done.

Over the next month or so, there may be periods of little or no communication due to travel into theater, the left-seat, right-seat ride with units we are replacing, or poor timing may prevent your loved ones from making a connection. We have been lucky with the ample connectivity while at Camp Atterbury, as well as the privilege of taking leave prior to deploying. Please be patient while we settle into new locations in Afghanistan.

As Warriors return home prior to deploying, safety is paramount. The adjacent article brings a little humor into the message, but there is nothing funny about safety and mitigating the risks of one's actions. I want to see everyone return rested, but ready. Additionally, a second goodbye to loved ones may reignite sad thoughts of the departure. Enjoy this time together, it will go by quickly.

I cannot stress enough the importance of participating with the Family Readiness Groups (FRGs). There have already been instances in which FRGs have come to the assistance of Soldiers' families. Thank you, and continue the great work.

The Soldiers and platoons of the 1/181 are ready for this OEF deployment. I want to thank each Warrior for your effort. Your commitment inspires me and sets a great example for everyone associated with the 1/181. I want to thank each family member for your continued support of our Warriors and this mission. It is an honor to be commanding the 1/181 Infantry Regiment.

Keep Your Powder Dry!

Lt. Col. Anthony Couture, Powder Horn 6



Photo by Spec. Michael Broughey
Sgt. Denis Beauregard kicks a soccer ball back-and-forth with an Afghan roleplayer during a key leader engagement at a simulated village Sept. 23.



VIRGINIA 1862

The 6th Mass. Infantry Regiment, a predecessor of the 1/181, earned a Battle Streamer for its actions in Virginia during the Civil War. They were organized Aug. 31, 1862, moved to Washington D.C. before serving on an expedition to Western Branch Church Oct. 3-4, 1862. They were mustered out June 3, 1863.

