

WARRIOR TIMES

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Warrior Exercise 91 11-01

Fort Hunter Liggett, Calif.

Military police keep Soldiers safe and under the speed limit

Article and photos by Sgt. Tracy Ellingsen, 304th Sustainment Brigade

If you have a tendency to speed then you have probably already met the Soldiers of the 368th Military Police Company. They have been patrolling the roads and writing tickets since the beginning of this month's exercises. But what you may not know about this Guam-based unit is that ticket writing is not their main goal, instead their focus is on Soldier safety.



On a recent morning, Sgt. David Quichocho dispatched his vehicle at 5:45 a.m. to begin his 12-hour shift. After performing maintenance on his vehicle, checking out a weapon, and acquiring a ticket book, he was on his way. Quichocho's assigned partner for this patrol was 20-year-old Pfc. Brian Gumataotao.

Their first stop of the day was Forward Operating Base 8J where they needed to retrieve a copy of the base's emergency evacuation plan from the mayor's cell. On the way out they mentioned to the gate guards that they would be setting up a radar point down the road and reminded every one to follow the speed limit.

Quichocho helped his young partner set up a radar position at an intersection of three roads just south of FOB 8J. They first parked their Humvee under a tree for shade and in a position where they could see traffic coming from all directions. Gumataotao had never used the radar gun before, so Quichocho taught him the proper technique practicing on the first car that appeared. Because all of the roads surrounding their radar position were dirt roads, the pair was enforcing a speed limit of 25 miles per hour. As the first car approached, Quichocho grasped the radar gun in both hands and slightly tilted his hat back so he could pull the radar's view finder close to his eyes. The radar gun beeped, the display screen flashed "23," and a driver was able to proceed without receiving a speeding ticket. The two relaxed until off in the distance a cloud of dust hinted at a convoy of tactical vehicles approaching their position. This time it was Gumataotao's turn to try out the radar gun. Like Quichocho, he held it close to his eyes and aimed at the approaching convoy. The radar screen flashed "25" and a convoy of drivers were safe for now, though both of the MPs commented

that the convoy looked like it had been slowing down and had probably been going over the speed limit until they saw the radar point.

Quichocho says that one of the biggest dangers is speeding within convoys. The problems begin when the lead vehicle goes too fast, and then the other vehicles increase their speed in an attempt to keep up.

"You end up with a situation in which the vehicles at the end of a convoy are going faster than the vehicles ahead of them, I pulled over a whole string of them yesterday," said Quichocho, who had written 12 tickets in his previous shift, including eight in a 20-minute period.

In addition to manning the radar point and patrolling their assigned area, the duo was able to fit in some mentoring and development time. Quichocho, an 11-year Army Veteran, says he enjoys mentoring the younger Soldiers who are just learning his craft and also reminds servicemembers of all ranks that speed limits and other rules of the road are for their own safety.



Sgt. David Quichocho, left, teaches Pfc. Brian Gumataotao how to write a traffic citation at an intersection just south of Forward Operating Base 8J. Both Soldiers are with the 368th Military Police Company from Barrigada, Guam, and are augmenting Fort Hunter Liggett law enforcement operations during the Warrior 91 exercise.

From the Commanding General

The training on the Command Post Exercises (CPX) and Warrior Battle Drills have been great and I want to thank the supporting units, OC/Ts, and OPFOR for the continued great work. Especially, I want to welcome the Global Medic participants. The integration of the Army medical expertise and Air Force assets give the Warrior Exercise more realism.

As we enter into the FTX phase we need to be aware of our situation and cognizant of our battle buddies. This is the time where we fully integrate

the battle staffs with the units and operate each mission as a unified collective team. Just as the command and staff team is dependent on the communications and maneuver of their down trace units, we need to take the extra time to fine tune our situational awareness and safety responsibilities. Although mission success is dependent on great synchronization, the individuals must operate as a team for coordinated execution. Remember the keys to success are situational awareness, safety, and rehearsal.



Photo by Staff Sgt. Jason Hudson, 91st Training Division

James T. Cook
BG, USAR
CG, Wild West Division

Chaplain's corner

Commit yourself and excel

One of the proudest days of my life was the day I received my US citizenship. About eleven years ago this country accepted me as one of its citizens. I received rights including the right to vote, the right to bear arms, and the right to run for public office. But citizenship is not just a gift; it also comes with certain responsibilities. I now have to show up for jury duty, pay my taxes, and renounce my citizenship to Nigeria.

This is similar to our role as Soldiers in the Army. True, we get a lot of great benefits from the

Army; pay, training, healthcare. But being an Army Reserve Soldier is not just about what we get out of it, but also what we put into it. Sometimes our circumstances are not exactly what we expect. Leaders cannot use this as an excuse to provide less than adequate leadership to their Soldiers.

Likewise, during your training, your results will be equal to your effort. If you just sit back and do not participate, then you will not receive the full effect of your training. But those who embrace the challenges and are fully engaged will receive the maximum return on their investments.

When I came from Nigeria in 1987 I could have just kicked back and hung on the outskirts of society. I could have just worked enough to get by doing nothing productive for my new country. Instead I put my all into my new home and I have been rewarded mightily. I encourage all of you to participate fully in your training here and to always commit yourself fully to whatever you do in the Army, because you too may be rewarded.

E sewu o,
Taofeek Quadri
Chaplain (Capt.)



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Does everyone have a buddy?

By Maj. Gregg Moore, 91st Training Division

Statistically, there are somewhere between four-hundred to eight-hundred Soldiers participating in this exercise who have thought about suicide during the past month. Thinking about suicide is not uncommon. But talking about it is hard to do, even for the closest of friends. And for Soldiers in the midst of suicidal ideations, it can be even more difficult.

Studies have shown that in nearly eighty percent of suicides, close friends and family members report that there were none of the typical signs, symptoms, or “red flags” that are commonly thought to be potential indicators that someone is thinking about suicide. This is daunting. But there is a solution, even if partial. Consider what may be some of the reasons why people hide their feelings.

Although everyone is touched by suicide, there is a stigma when it comes to talking about it. Fear and embarrassment are the risks people take when they bring up that they are thinking about killing themselves. They also face the reality that they may be rejected.

Get to know the people around you. When you ask someone how they are doing, make sure you listen to the answer. Look people in the eyes. It is normal for people to get depressed and sometimes think about suicide when they face stress which they associate with loss. If you know



someone has gone through a life change, or has lost someone or something, take the time to ask how they are doing. Ask them what they think about what has happened in their life. Give them a safe space to talk, be a good listener. Ask them if they are thinking about suicide. They may or may not be, but just knowing someone noticed can ease much of the pain they may be holding in.

If you are feeling distressed or hopeless, thinking about death or wanting to die, or, if you are concerned about someone who may be suicidal, please contact **Military One Source** at **1-800-342-9647**.

What they did (part two of three)

By Staff Sgt. Bob Van Tuinen, 91st Training Division

A lot of work by a lot of people went into preparing for Warrior 91 11-01. One of those people is Staff Sgt. Frankie Yamanaka. A member of the 91st Division for eight years, he has played an integral part in the planning and preparation of Warrior 91 11-01.

Yamanaka is the Staff Operations Training Specialist (SOTS) in his civilian position with the 91st Division's Plans and Operations (G3) section and as a Soldier he is Battle Operations NCO. His two positions “handshake” with each other as the duties of each are essentially the same.

Involved in several aspects of planning, Yamanaka developed and maintained the yearly training calendar that is planned around the exercise, monitored and scrubbed the Unit Training System (UTS) for the units that participate in the exercise, created a point of contact information list for these units from the UTS and initiated contact with the units, advised the units of the exercise planning conference dates and the requirements for those conferences, annotated the Timed Phased Forward Deployment Data (TPFDD) which is the mechanism by which units plan dates for AT attendance in this training exercise, tracked all the units assigned to the exercise from the time they were assigned, and coordinated for all the Multiple Integrated Laser Equipment System



Photo by Staff Sgt. Bob Van Tuinen, 91st Training Division

Frankie Yamanaka (far left) of the 91st Training Division prepares to inspect pyrotechnics rounds while assisting Soldiers at Fort Hunter Liggett, Calif.

(MILES) items and for all the ammunition and pyrotechnics. He also worked closely with the G7 to develop the horse blanket. This is a full schedule of all the training events during the Situational Training Exercise (STX) which is mission oriented collective training.

Now that the exercise is in progress, Yamanaka is working on the next two years of the yearly training calendar and working it around future exercises.

Guiding Soldiers to Safety

By Charles Quinones, Exercise Safety Officer



Photo by Spc. Julia Dennard

On the Forward Operating Bases and out in the field it is very important to utilize ground guides in every instance where the driver needs assistance navigating his or her environment. The ground guide is an essential component when moving equipment. Leaders must ensure their Soldiers understand the basics for ground guiding vehicles.

It may seem there isn't much to ground guiding a vehicle but it's dangerous work if you don't know what you're doing. To help ensure you're not injured in a preventable accident, check out Army Regulation 385-10 & 385-2, *Prevention of Motor*, Field Manual 21-305, *Manual for the Wheeled Vehicle Driver*, and Training Circular 21-306, *Tracked Combat*, all of which provide guidance on the use of ground guides and ground guiding procedures.

Basic Principles

- Keep proper distance from the vehicle (10 yards)
- Give signals only to the vehicle driver
- Stay out of the path of travel
- Stay in the driver's line of sight

Regulatory and Technical Procedures

- All drivers and other unit personnel will be trained to standard in the correct use of ground guides and ground-guiding operations.
 - Always use ground guides when backing and in congested areas.
 - When traveling cross-country during periods of limited visibility, ground guides will be used. Drivers will keep ground guides in view at all times.
 - Ground guides will be used in bivouac and assembly areas.
 - Two ground guides will be used when vision is restricted. Ground guides should never walk backward and never get between two vehicles.
 - During periods of limited visibility or darkness, ground guides will be equipped with suitable lights (two flashlights and extra batteries).

- Ground guides will use hand signals. Voice signals can be misunderstood or go unheard.
- Keep to the side and front (or rear) of the vehicle (driver's side is best).
- Clear themselves, clear the vehicle and, finally, give the command to move the vehicle.
- Ensure your drivers understand they immediately must stop if they lose sight of the ground guide or don't understand a signal.
- Make sure everyone understands the basic signals to control vehicle drivers (don't forget about flashlight signals) from Field Manual 21-60, *Visual Signs*.
- Position front ground guides to the left front of vehicles. Never allow a ground guide to walk directly in the vehicle's path. Ground guides and drivers must understand this!
- When using two ground guides, they must maintain visual contact with each other. The front ground guide must stop the vehicle if he or she loses sight of the rear ground guide.
- Ensure the ground guide, not the vehicle commander, is in charge of the vehicle. Whenever the vehicle is under the control of a ground guide, the only command the vehicle commander should issue to the driver is "stop."

Demonstrated Excellence

Spc. Veronica Lopez (Preventive Medicine)
and

Staff Sgt. Sean Martin (OC/T)

were each coined by the 91st Training Division Commanding General for their dedication to duty and going above and beyond to ensure Soldier safety.

Spc. Veronica Lopez

Staff Sgt. Sean Martin



Can you hear me now?

Signal battalion keeps FOBs talking

By Sgt. Tracy Ellingsen
304th Sustainment Brigade

With thousands of Soldiers working on four different Forward Operating Bases (FOBs), keeping in touch involves more than just cell phones and e-mail.

The 319th Signal Battalion, headquartered in Sacramento, is supporting communications for the entire Warrior 91 exercise here, and has been doing so since the very beginning.

Some members of the unit arrived a week before the exercise to begin the arduous process of setting up satellites and other equipment at each of the FOBs and also at relay sites in between to make up for the long distances.

“With the new technology we can set up a satellite terminal trailer and have a phone up and running in a very short amount of time,” said 1st Lt. Justin Weingartner, the battalion’s battle captain. “We needed to have everything set up a week prior to the exercise.”

In addition to his duties as battle captain, Weingartner is also the officer in charge of the battalion’s compound on FOB Schoonover. The grouping of tents stands out slightly because of the wall of concertina wire that encircles the unit’s work areas and satellite dishes. The spiraling wire leads to the guard’s post; but if you are not on the list, don’t bother trying to get in. Spc. Barry Johnson, 21, from Fort Lauderdale, Fla., who occasionally stands guard, will not let anyone in to the secure area who is not in the unit or has an explicit reason for being there.

Although the mission of the 319th is to provide real-world communications for the units training in Warrior 91, the 319th has received some training of their own. They are preparing for an upcoming deployment where they will be providing communications for service-members in the Middle East.



Photo by Sgt. Tracy Ellingsen, 304th Sustainment Brigade

The 319th Signal Battalion from Sacramento Calif., is using a complex system of satellite systems to keep Warrior 91 exercise participants in communication between the Forward Operating Bases.

Weingartner said the most valuable lessons his troops have learned from this experience have been in planning.

“For us to come in and set up a network before we know where the customer units are going to be is great,” he said. “I’ve seen a lot of people learn things just in the short time we’ve been here.”



Photo by Sgt. Tracy Ellingsen, 304th Sustainment Brigade

Spc. Barry Jonson, 21, of Fort Lauderdale, Fla., guards the compound of the 319th Signal Battalion. The Sacramento based battalion provided communication between the various training areas here.

Weather Forecast

	High	Low	Precip(in)	Forecast
Tue 5/17/2011	59°	43°	0.05	Cloudy with a passing shower
Wed 5/18/2011	64°	41°	0.03	Clouds and sun
Thu 5/19/2011	71°	46°	0	Sunny
Fri 5/20/2011	70°	48°	0	Mostly sunny
Sat 5/21/2011	70°	48°	0	Partly sunny 68° 49°
Sun 5/22/2011	66°	45°	0	Partly sunny, windy and cool
Mon 5/23/2011	69°	47°	0	Mostly sunny and breezy
Tue 5/24/2011	80°	48°	0	Sunny and warm

***Weather forecast from <http://www.accuweather.com>



Photo by Capt. Geoffrey Talkington, 91st Training Division

A unit from Utah safely negotiates Convoy Operations Training during Warrior 91 11-01. The 786th Quartermaster Company is handling the mire of Route Pistol in a safe, technically and tactically proficient way.