

SIGNAL STRONG

Soldiers Participate in 5K Run

By Sgt. Bethany Witherington

Of all the Soldiers, Marines, Navy, Air Force and civilian personnel on BAF over 800 people arrived at 0500 at the Clamshell to register for the 44th Med run.

The Med run was to commemorate the 236th birthday for the Army Medical Department. Among the 800+ participants 9 were 228th Theater Tactical Signal Brigade Soldiers and 4 Air force personnel attached to 228th, while at BAF.

The 228th participants were: Maj. Lisa Maly, Maj. John Edwards, Capt. Amanda Kane, Capt. Santana Freeman, 1st Lt. Kenneth Campbell, 1st Lt. Kevin Esber, Chief Warrant 2 Matthew Fletcher, Sgt. 1st Class Carla Walker, Staff Sgt. Eric Bamberg, Staff Sgt. Leoreen Mackey. The Air Force personnel that participated in the run were: Maj. Todd Hubbell, Se-

nior Master Sgt. Nicole Roper, Tech. Sgt. Brian West and Senior Airman Keith Bohn.

The 228th members seemed to enjoy starting their day off with a brisk 5K run. Even though the runners were sweaty they were all smiles after the run.

Hubbell, Air Force E&I Fusion Cell Operations OIC said, "I enjoyed getting up early and running with everyone, it was nice to see so many people come out for a run like this.

This is my first 5K since arriving and I thoroughly enjoyed it, as did everyone else from what I could gather."

The first 290 runners and the first 10 walkers to cross the finish line will receive a t-shirt. 8 personnel of the 228th TTSB will receive a t-shirt for finishing in the top 290 for the runners and top 10 for the walkers.

The run itself took less than an hour for all participants to complete,

including the walkers. The first person to finish did so in less than 20 minutes and the last person to finish did so in just over 40 minutes.

Staff Sgt. Jarrett D. Daniel, 44th Medical Logistics NCO said that the amount of work and time that went into preparing for this run was worth the work, it took 2 months of preparation work to coordinate the run. Seeing over 800 people show up for the run was amazing!

"Part of putting together the run was getting sponsors to allow prizes and raffles. Because of the amount the sponsors donated we were able to order 300 t-shirts and gift cards for the top 3 male runners and top 3 female runners. There were also raffles for gift cards for free pizza at Pizza Hut, Subway, Green Bean and AAFES, said Daniel."



Pictured from left to right- Capt. Freeman, Maj. Maly, Maj. Edwards, 1st Lt. Esber, Chief Warrant Officer 2 Fletcher and Staff Sgt. Bamberg (front row)



Pictured from left to right- Tech. Sgt. West, Senior Master Sgt. Nicole Roper, Chief Warrant Officer 2 Fletcher, Senior Airman Bohn, Maj. Hubbell, 1st Lt. Campbell and Maj. Maly (front row)

S-1 Spotlight Soldier

Taking Pride in caring for Soldier issues

By Sgt. Bethany Witherington

Staff Sgt. Leoreen Mackey, Senior Human Resources NCO, is recognized for her perseverance. Since arriving in the S-1 shop, two years ago, she has continued to progress as an NCO.

When Mackey transferred to the S-1 shop she had never been in a leadership position, even when attending Primary Leadership Development Course, currently called Warrior Leader Course. So, when Mackey was given the leadership position she was a little reluctant to the position.

“When I was first given the leadership position I really didn’t want it. I was worried I would make the wrong decisions. Now I like that I am in a

position where I can help and direct other Soldiers. I like the sense of responsibility I feel, being in a leadership position,” said Mackey.

“When Mackey first assumed the leadership position I noticed that she would ask Soldiers, now she tells Soldiers their tasks as an NCO should. She seems to have found her way and enjoys what she does and enjoys seeing her Soldiers progress,” said Allison.

Since arriving in country, Mackey managed the successful verification and review of awards in 151st Expeditionary Signal Battalion records for their redeployment.

“As someone that has been in the S-1 shop for only two years her leadership skills have progressed tremendously, especial-

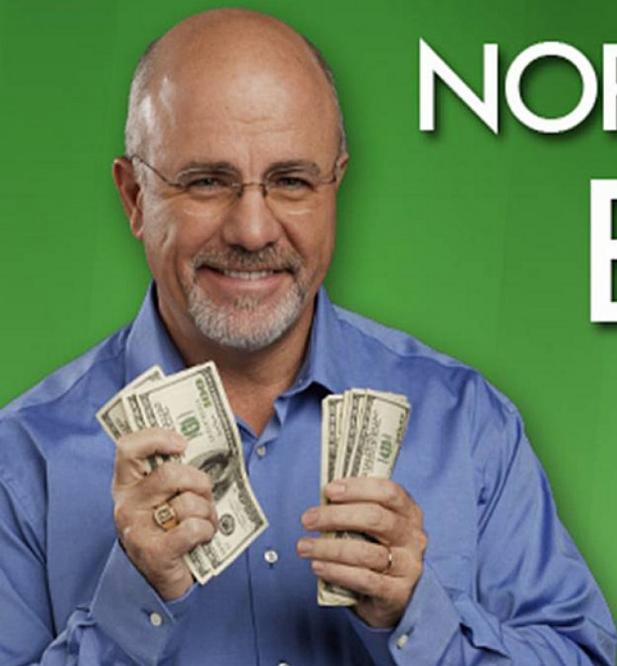
ly since arriving in country. She has done a great deal of work processing awards and combat patch certificates”, said Allison.

Her primary task in the S-1 her first 90 days in country was awards NCOIC, which she was very successful in completing in a timely manner. As the awards NCOIC she processed 227 awards and maintained less than a 1 week turn-around time, when the S-1 SOP requirement is 8 weeks. She also, ensured that over 200 combat patch certificates were completed for the HHC, 228th TTSB patch ceremony.

Mackey has definitely proved herself to be an NCO that is willing to learn and accept challenges that come her way.



Staff Sgt. Leoreen Mackey, Senior Human Resources NCO, works at her desk processing end of tour awards for Soldiers.



NORMAL IS BROKE BE WEIRD!



Dave Ramsey's
Financial Peace
UNIVERSITY

By Capt. Karena Hill

Soldiers located at Bagram Air Field enrolled in one of two 13 week course offered by Dave Ramsey's Financial Peace University. Sponsored by CJTF-1 Family Life Chaplain, courses are offered once a week on either Saturday evenings or Wednesday afternoons.

Dave Ramsey is a nationally syndicated talk show host and founder of FPU. The course is a DVD-based set of lectures designed to teach the basic principles of budgeting, money management and better spending habits.

Although there were a limited number of seats and course packets available, everyone who signed up to attend was allowed to join the course. In all, more than 70 service members eagerly attended the first session held in the Enduring Faith Chapel.

Service members who attended were provided all the course material kits (usually priced at \$100) at no cost to the soldiers.

Ramsey's seven step system is designed to be a road map to help people get out of debt and move toward financial freedom. His seven steps to financial peace are:

Step 0- No More Debt!

Step 1 - Put \$1,000 in an emergency fund.

Step 2- Pay off all debt using a "debt snowball."

Step 3- Put three to six months of expenses in savings.

Step 4- Invest 15 percent of your household income into Roth IRAs and pre-tax retirement.

Step 5- Save for your children's college funding using tax-favored plans.

Step 6- Pay off your home early.

Step 7- Build wealth and give! (Invest in mutual funds and real estate.)

The course is designed to meet the financial needs of a variety of individual circumstances. In addition to offering courses to members of the military, Dave Ramsey offers courses specifically for kids, teens and college age students.

Although classes have already begun, interested service members can obtain additional information about Dave Ramsey and his financial readiness training for the United States Military at www.daveramsey.com/military.

Safety Tips:

Living Safely or Living Dangerously

By Capt. Ron McKimmy, CJTF 1 Safety

Fire prevention is a very important area. This is the biggest danger to anyone that resides in wooden structures, i.e., (B-Huts) or other combustible structures. Studies have shown that fire and smoke will consume a typical B-Hut in less than 4 minutes; it will be fully consumed in less than 16 minutes and nearly burn it to the ground in less than 29 minutes.

B-Huts were originally constructed to serve as temporary housing but continue to serve well past their expected service life, so the wood is very dry and extremely susceptible to fire.

We mitigate the risk by installing smoke detectors and fire extinguishers. Each room must have a smoke alarm. Rooms that are partitioned with walls that do not extend to the ceiling are not required to have an individual smoke alarm; instead the smoke alarm just requires a central location to be effective.

Some areas in Afghanistan have problems with dust. This dust is very fine and can set off the smoke alarm. Soldiers have been known to remove the batteries so the alarm won't go off when the dust acts up. These actions disabled the smoke detector and leave them without any fire detection capabilities. Disabling the smoke detector for any reason is very dangerous and prohibited.

To mitigate the dust problem, keep the smoke alarm clean by removing the battery and blowing it clean with canned air. Regular maintenance is important to maintaining the smoke

alarm. Replace the batteries as soon as the smoke alarm starts beeping or replace the battery a minimum of twice a year. Maintenance and testing work together to ensure the smoke alarm is ready and working when required.

Heating is also a major factor in fire prevention. Space heaters with an exposed electric element are major causes of fire. When something flammable comes into contact with this element, fire ensues. Any type of heater is prohibited in accordance with the CJTF-1 Safety SOP.

I'm sure most of us in shared living quarters would like to cover up some of the foul odors that emanate from our neighbors. Some use scented candles and potpourri cookers to do this. These things are prohibited because they create fire hazards. Burning any type of candle is prohibited.

Fire extinguishers are required for every living area. At a minimum, one fire extinguisher should be mounted by each entrance/exit door. Additional fire extinguishers can be located in other areas where there is a potential for fire. All fire extinguishers require a monthly inspection to ensure they are serviceable and ready for use.

There are different types of fire extinguishers. The most common type of fire extinguisher used in Afghanistan is the dry chemical type. They are suitable for class A, B and C fires. These are filled with foam or powder and pressurized with nitrogen. The type A, B, C is required for

the billets or housing. Here are the fire extinguisher type definitions:

- Class A extinguishers are for ordinary combustible materials such as paper, wood, cardboard, and most plastics. The numerical rating on these types of extinguishers indicates the amount of water it holds and the amount of fire it can extinguish.
- Class B fires involve flammable or combustible liquids such as gasoline, kerosene, grease and oil. The numerical rating for class B extinguishers indicates the approximate number of square feet of fire it can extinguish. You will see this class in MRAPs and other vehicles.
- Class C fires involve electrical equipment, such as appliances, wiring, circuit breakers and outlets. Never use water to extinguish class C fires - the risk of electrical shock is far too great! Class C extinguishers do not have a numerical rating. The C classification means the extinguishing agent is non-conductive. You will find these next to generators in Afghanistan.
- Class D fire extinguishers are commonly found in a chemical laboratory. They are for fires that involve combustible metals, such as magnesium, titanium, potassium and sodium. These types of extinguishers also have no numerical rating, nor are they given a multi-purpose rating - they are designed for class D fires only.



Maj. Kent McWhorter~ 13 Aug



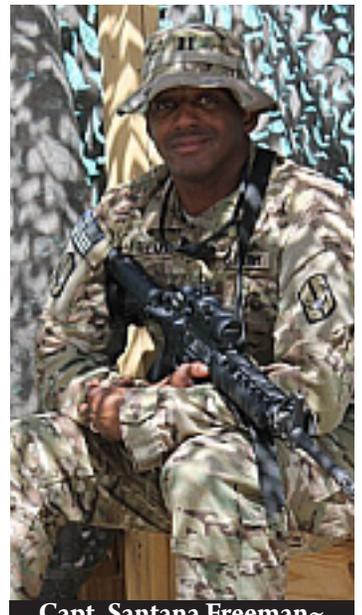
Master Sgt. Terry Wessinger- 4 Aug



**Command Sgt. Maj.
Preston Gee~ 23 Aug**



CPT Chris Miller- 17 Aug



**Capt. Santana Freeman~
5 Aug**

August Birthday's



**Chief Warrant Officer 4
Raymond Evans~5 Aug**



Sgt. William Else~ 26 Aug



**Chief Warrant Officer 2
Mark Thompson~17 Aug**



1st Sgt. Kenneth Green~ 1 Aug



**Maj. Todd Hubbell~
25 Aug**



Staff Sgt. Alvin Bledsoe~ 23 Aug

Did you know?

You can submit your photographs, stories, cartoons, etc. for publication in this newsletter.

Or, feel free to invite the Public Affairs Officer/NCO to your event or mission for coverage.

Contact

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bethany.witherington@afghan.swa.army.mil

Follow Us...

You can follow Task Force Spartan on the following social media sites:
www.flickr.com/photos/228th
www.facebook.com
(search 228th Signal Brigade)

Things Aren't Always As They Appear

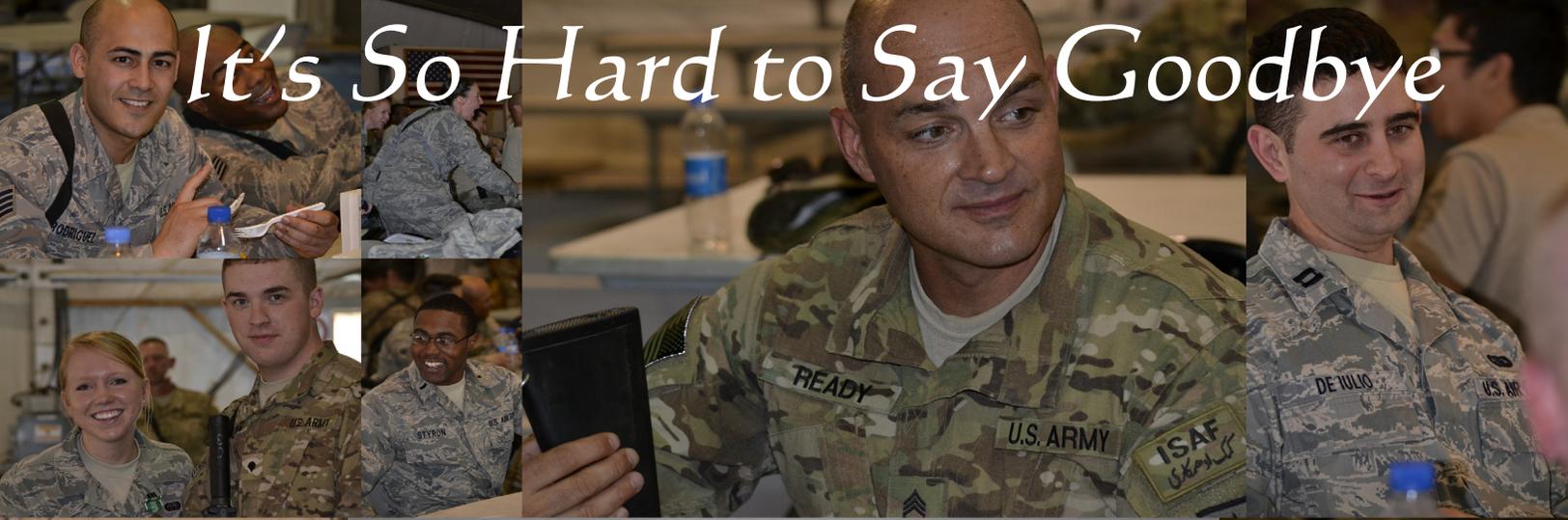
Who's asking questions about your critical information?

Operations security (OPSEC) is a process that identifies critical information to determine if friendly actions can be observed by adversary intelligence systems, determines if information obtained by adversaries could be interpreted to be useful to them, and then executes selected measures that eliminate or reduce adversary exploitation of friendly critical information.

OPSEC is a methodology that denies critical information to an adversary. Unlike security programs that seek to protect classified information, OPSEC measures identify, control, and protect generally unclassified evidence that is associated with sensitive operations and activities.

Follow and respect OPSEC at all times. This includes: (1) Your exact location (2) Any information on troop movements -this includes any movement while you are deployed and in transit to/from theater (including R&R). Do not ever give dates or times. (3) Any information on weapons systems, how we train or numbers -for this reason, many pictures taken while deployed can easily violate OPSEC. Please see your S2 if you want to post a picture which you are concerned may violate OPSEC.

It's So Hard to Say Goodbye



On 12 August, a Farewell Ceremony was held for the Air Force team that worked with 228th Soldiers on a daily bases at the JNCC-A. The Airmen arrived in country in March for a six month tour. Upon their return stateside, the Airmen will be assigned to various locations throughout the United States.

Best Wishes to our Air Force Brethren!



The Soldier's Creed

I am an American Soldier.

I am a Warrior and a member of a team. I serve the people of the United States and live the Army Values.

I will always place the mission first.

I will never accept defeat.

I will never quit.

I will never leave a fallen comrade.

I am disciplined, physically and mentally tough, trained and proficient in my warrior tasks and drills.

I always maintain my arms, my equipment and myself.

I am an expert and I am a professional.

I stand ready to deploy, engage, and destroy the enemies of the United States of America in close combat.

I am a guardian of freedom and the American way of life.

I am an American Soldier.