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## FREEDOM WATCH

STAFF: 17TH PUBLIC AFFAIRS DETACHMENT  
VOL. 7, NO. 10

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*Freedom Watch* is a monthly RC-East publication of the 17th PAD and Combined Joint Task Force-1.

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*Freedom Watch*, a U.S. Department of Defense publication, is published the first Monday of every month by the 17th PAD, located at building 15804A in Dragon Village at Bagram Airfield, Afghanistan.

Printed circulation is 15,000 copies per month. In accordance with DoD Instruction 5120.4, this DoD magazine is an authorized publication for members of the U.S. military overseas.

Contents of the *Freedom Watch* are not necessarily the official view of, or endorsed by, the U.S. government or the Department of Defense.

All submissions are subject to editing by CJTF-1 Public Affairs Office.

*Freedom Watch* can be reached at DSN 318-481-6367 or by email: [freedomwatch@afghan.swa.army.mil](mailto:freedomwatch@afghan.swa.army.mil).

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(Cover photo) Members of C Company, 3rd Battalion, 66th Armor Regiment, Task Force 228, 172n Infantry Brigade begin their descent off of "Big Nasty," a mountain near Forward Operating Base Tillman Sept. 7. The unit was on a joint mission with the Afghan National Army and the Afghan Border Patrol in the mountains near the Pakistan border. (Photo by U.S. Army Spc. Ken Scar, 7th Mobile Public Affairs Detachment)

# Polish paramedics help Afghan child



(Above) Task Force White Eagle soldiers and civilian paramedics carry a wounded Afghan boy to a medical evacuation on Combat Out Post Giro Sept. 11. (Below) Task Force White Eagle paramedics from Polish Military Liaison Team-8, Michał Dąbrowski (middle) and Hubert Szczepański (on the left) provide first aid to an Afghan boy who sustained injuries after stepping on an unexploded ordnance nearby Combat Out Post Giro. (Photos courtesy of Task Force White Eagle)

Story by Polish army Anna Wislocka (PL),  
Task Force White Eagle Public Affairs

A quick reaction force consisting of Afghan police and Polish Soldiers assigned to Combat Outpost Giro responded to an explosion near the COP Sept. 11. What they found was an Afghan child injured after he mistakenly stepped on a hidden unexploded ordnance while herding sheep in the area.

The 12-year-old boy sustained a broken leg and a few lacerations that were treated by paramedics on scene as other team member checked the area for more ordnance.

"It could be much worse" said Sergeant Artur Włoszik the engineer after checking the explosion area.

"The boy was probably in shock after the explosion, because he walked about 150m with a broken leg and some other injuries," added Michał Dąbrowski a Task Force White Eagle civilian paramedic who provided the boy with the first aid. "We sealed the wounds and splinted the broken leg."

According to Capt. Marcin Matczak, Giro CIMIC commander, the child was in good psychological condition. Before being



medically evacuated to a nearby medical facility, he was joking with the soldiers and was laughing.

Afghan policemen also stayed with him until a medical evacuation chopper could pick him up.

"We just wanted him to feel comfortable

while having some Afghans near him," said the Afghan Uniform Police deputy commander Afghan Uniform Police at COP Giro Kadir.

The child was transported to Forward Operating Base Ghazni where he was provided further medical treatment. ☺



French paratroopers from 35th Regiment of Parachutist Artillery are firing 155 millimeters shells with Truck CAESAR in Kapisa province.

## BG Raptor's artillery supports the Afghan police force

Story and photos by French army Lt. Karim Moumen,  
Task Force La Fayette PA Officer

A loud and powerful detonation breaks the peacefulness of the Afghan night. The fragile silence of the Forward Operating Base is broken while scattered lights break through the darkness.

A second detonation occurs and a third.

It is past midnight in the military compound of Nejrab, Afghanistan, as many a soul has been violently awoken. The loud and unmistakable sound leaves no room for doubt: the airborne artillerymen of the 35th Airborne Artillery Battalion are firing their 155mm canons in Kapisa Province.

The local police force in the Ghayn Valley was facing dozens of armed insurgents who were spotted close to their outpost.

As the threat grew more evident, the Afghan police contacted the French headquarters of Task Force La Fayette, in Nejrab, to report of the situation and a decision is quickly made at the

operation's center.

"We have to send-in a helicopter patrol immediately and prepare a reconnaissance shot in order to support the policemen," said French LCL Christophe C. from TF La Fayette Tactical Operations Center.

The artillerymen are ready in less than 15 minutes as they prepare one of their CaESAR's (artillery truck). There is no time to loose as the orders have just come in - fire.

On this particular night, their fire support in the Ghayn valley, five kilometers east of the advanced base of Nejrab, have been decisive.

Six shells were fired causing the insurgents to withdraw their attack on the police outpost and flee the area.

As they are essential to the stability of the valleys, the local policemen are regularly prayed upon in the very villages they protect. Indeed, they achieve great results in their mission to fight the insurgency as they work alongside the Afghan National Security Forces and the coalition. ☺

# SPIRIT AND SACRIFICE LIVE ON AT TILLMAN

*Story and photos by U.S. Army Spc. Ken Scar,  
7th Mobile Public Affairs Detachment*

For the vast majority of Americans the War on Terror is a decade old and a world away, but for the Soldiers living and fighting on Forward Operating Base Tillman, a small fortress etched into a high mountain valley near the Pakistan border, it is on their doorstep every minute of the day, every day.

*-Continued on page 8*





U.S. Air Force Staff Sgt. Seth Penad of Medford, Ore., a joint terminal attack controller, and U.S. Army Sgt. James Luckenbach of Loneta, Texas, return fire against insurgents who attacked them Sept. 7. Dust from a mortar round can be seen on the hillside across the stream bed from them. Both were on a mission with C Company, 3rd Battalion, 66th Armor Regiment, Task Force 228, 172nd Infantry Brigade, in a high mountain stream bed outside Forward Operating Base Tillman. Task Force 228 was on a joint mission with the Afghan National Army and the Afghan Border Patrol in the mountains near the Pakistan border.

At FOB Tillman the enemy is never far away – hidden among the rifts and crumbling peaks of the broken terrain that surround it on all sides. Once, twice, sometimes five or more times a day they make their presence known by firing rocket propelled grenades toward the base. Then they disappear back into the wilderness. Then the Soldiers of FOB Tillman go looking for them.

On Sept. 7, three platoons of Soldiers from C Company, 3rd Battalion, 66th Armor Regiment, Task Force 2-28, 172nd Infantry Brigade, along with dozens of their brothers in arms in the Afghan National Army and the Afghan Border Police stepped outside the wire to find bad guys once again.

The destination was a small observation post six miles out. Established by coalition forces on the Eastern shoulder of a mountain nicknamed Big Nasty that rises 1500 steep, scree-infested feet off the valley floor, the OP had been manned only sporadically for some time, allowing insurgents to use it as a point of origin for several RPG attacks. The American/Afghan war fighters were to put a stop to that nonsense.

The area around Big Nasty is known to be some of the most inhospitable terrain on Earth to navigate by foot– and that’s taking what few established roads and foot trails that can be found, which U.S. infantrymen do not. They take the rough ground, shouldering over 100 pounds of body armour, weapons, ammunition, water and other supplies.

“All the weight makes you feel like Robocop when you walk,” said Spc. Ryan Debellis, a radio telephone operator for TF 2-28 from Tamaqua, Pa.

“There’s nothing light about the light infantry,” quipped Staff Sgt. Gregorio Florez of Abilene, Texas, a platoon leader for TF 2-28.

The main body stepped out the gate before dawn, hiking quietly past small camps of nomadic tribesmen dotted with wagons, tractors and colorful tents. Herds of camels and sheep stamped and grunted as they filed by.

As the sun rose, the contingent passed a small picturesque village carved like green and red steps into a mountainside, connected by irrigation canals from which the pleasant sound of cascading water could be heard. Children laughed and played in the terraced fields of corn, unaware of the forces moving across the hillsides above them.

Eight hours of arduous trekking later the column paused in a dry riverbed to take water and rest before beginning their ascent up the rocky backside of Big Nasty. They don’t get to rest long.

A group of insurgents, perhaps hoping to ambush the contingent as it continued upstream and then being thwarted when the entire element halted, attack with small arms fire and RPG’s from behind several boulders 250 meters away.

The U.S. and Afghan teams immediately respond with a wall of bullets and mortar rounds. The entire fire fight lasts maybe five minutes. When the dust and smoke settled the attackers had fled, perhaps realizing that they had bit off a lot more than they could chew.

Afghan National Army, ABP and U.S. Soldiers smile, slap backs and high five each other. They have been fighting this war together for years.



(Above) Members of the Afghan National Army and the Afghan Border Patrol perform a water drop for C Company, 3rd Battalion, 66th Armor Regiment, Task Force 228, 172nd Infantry Brigade outside Forward Operating Base Tillman Sept. 8. The units were on a joint mission in the mountains near the Pakistan border.

(Below) Members of the Afghan Border Patrol rest near the summit of a mountain called “Big Nasty” near Forward Operating Base Tillman. The ABP was on a joint mission with C Company, 3rd Battalion, 66th Armor Regiment, Task Force 228, 172nd Infantry Brigade and the Afghan National Army in the mountains near the Pakistan border.

This mission, however, had only just begun. It would go on for another twenty-six brutal hours. By the time it was over the element had climbed and descended thousands of feet of elevation, endured blazing hot afternoons and spent a long frigid night on top of Big Nasty, subdued yet another small arms attack by insurgents, and put nearly twenty hard miles under their feet.

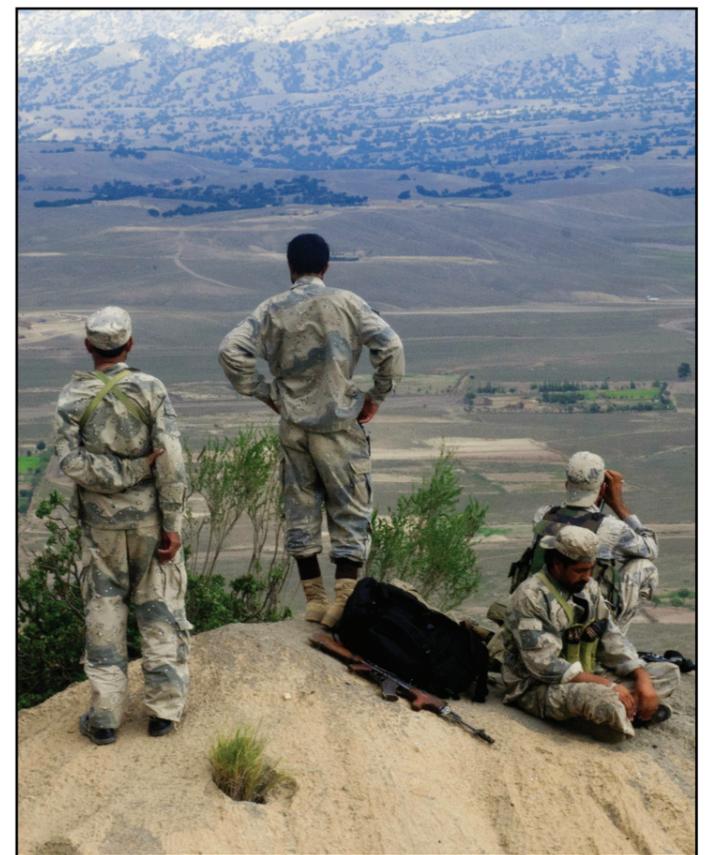
The Soldiers of TF 2-28 and their Afghan partners took it all in stride. To them it was just another day on the job, another day outside the FOB.

“The Soldiers out here are doing an outstanding job, not only for their country but for each other,” said 1st Sgt. John Orbe, from Brooklyn, N.Y., Company C, TF 2-28. “Americans may be getting complacent about the War on Terror after ten years, he said, because they don’t see it on the news every day – but at FOB Tillman it’s as real as ever.”

“There are [still] thousands of Soldiers putting their lives on the line out here every day – from my boys on patrol doing their missions to all the Soldiers at the satellite FOBs, to the Soldiers that are back on [larger bases] kicking boxes onto aircraft to make sure we’ve got food, ammunition and fuel,” he said.

In June of 2012 there will be another ten-year anniversary, one that won’t be marked like 9/11 but that will have particular significance to all the troops, past and present, engaged in the War on Terror. June 2002 was the month Pat Tillman – the FOB’s namesake - gave up a career in the NFL and joined the Army – instantly becoming an American icon.

One can’t help but believe he would be proud to stand shoulder to shoulder with his fellow American heroes who continue to sacrifice and sweat it out across the foreign landscapes of Afghanistan to keep his principles alive and finish the fight. ☺



# Combat support training key to ANA success

Story and photo by U.S. Army Spc. Ken Scar,  
7th Mobile Public Affairs Detachment

U.S. Army Sgt. Jeremy Truelove is teaching Afghan soldiers everything he knows about vehicle repairs.

His goal - work himself out of a job so that he and his fellow American service members don't have to come back to Afghanistan.

Truelove, from Quapaw, Okla., is the maintenance shop foreman at Forward Operating Base Tillman. A veteran of two tours in Iraq and now one in Afghanistan, he is instructing an advanced individual training course for his Afghan National Army partners so they can keep their vehicles running without him.

It's been challenging, said Truelove, because most of the soldiers the ANA have been sending him have no prior experience in auto mechanics.

"The ANA guys they send here are just drivers, they're not mechanics - so I'm teaching them everything about the trucks," he said.

Working with the ANA has its challenges, particularly with consistent training attendance, said Truelove, but it is also rewarding. There is a good-sized group that has been attending consistently, he said, and those soldiers are acquiring skills rapidly.

"They're getting pretty proficient. We still have to walk them through a little bit, but if the ANA keep sending the same guys, they're going to get pretty good. If I can get the [Afghan Border Police] to keep the same guys coming they'll get really good too."

Truelove's course is just one of several training courses the U.S. soldiers of FOB Tillman have arranged for their Afghan comrades.

A few hundred feet away, on the other side of one of the hundreds of Hesco barriers here, Sgt. Kane Strait from Lake Elsinore, Calif., teaches ANA and ABP personnel how to be medical first responders.

The ones that complete his three-week class receive combat lifesaver course certificates, just like U.S. soldiers do.

Once enough of them have been certified, he said, it will only be a matter of getting their supply lines running smoothly and they won't need American help at all.

"We're going to hook them up with things like CLS bags so they'll have everything they need once they don't have us here," said Strait.



U.S. Army Sgt. Jeremy Truelove of Quapaw, Okla., shop foreman at Forward Operating Base Tillman, talks through engine maintenance with a group of Afghan National Army soldiers.

After that, he said, it's up to them to wean themselves off the U.S. support system.

For their part, the ANA and ABP soldiers say they enjoy the classes.

"We have good conversations," said Sayab Kahn, an ANA soldier in one of Truelove's mechanics classes. "These are good guys - especially Sgt. Truelove."

"The ANA does teach first aid," said Ikram Ud Din, an ANA soldier in one of Strait's first aid classes. "But it is only in a strict classroom environment. It's not hands-on like we do here."

The partnership training at FOBTillman

supports the goal of making the Afghan National Security Forces self-reliant and able to perform the necessary functions to operate independently as professional organizations.

"The U.S. is doing our part, teaching these guys to be self efficient so that when we leave here we don't have to come back. It should be a one shot, one kill-type deal," said Truelove.

With the support and instruction from the soldiers at FOB Tillman, the Afghan National Security Forces here are making progress through hands-on, performance-based training. ☺



Maj. Deidre Lockhart, medical operations officer for the 101<sup>st</sup> Sustainment Brigade, and Col. Michael Peterman, brigade commander, 101<sup>st</sup> Sus. Bde., Sayed Padshahy, a local contractor, and Dr. Khaleque, the hospital administrator, stand in the sole operating room at the Dehdadi District Public Hospital. The hospital supports 100,000 people in the Dehdadi District, and needs many improvements to provide better care for the local community.

## Providing better care for the community

Story and photo by U.S. Army Spc. Michael Vanpool,  
101<sup>st</sup> Sustainment Brigade, 101<sup>st</sup> Airborne Division (AA) Public Affairs

Local leaders of the Dehdadi District and the 101<sup>st</sup> Sustainment Brigade broke ground on renovations to the Dehdadi District Public Hospital.

The hospital renovations are being completed by a local workforce and will enhance the staff's ability to care for Afghans in the area.

"This is the only free hospital around, so a lot of people come from the villages around," said Dr. Khaleque, the hospital administrator.

Nearly 100,000 villagers receive their medical care from the clinic. The hospital specializes in children's medicine, by helping women through pregnancy and childbirth. The staff also provides medical care and treats patients for the local community.

"The hospital performs births, surgeries, everything just like a normal hospital," said Capt. Sherman Pinckney, the officer in charge of the Commander's Emergency Response Program, 530th Combat Sustainment Support Battalion, 101<sup>st</sup> Sustainment Brigade.

The 530th CSSB, located at Forward Operating Base Dehdadi II, deployed to Afghanistan this past spring with the mission on their plates and in the sights of the local community and the leadership of the coalition forces.

"This hospital was talked about when we first had our monthly shuras," Pinckney said. "This project was on Gen. [David] Petraeus' project list. He set aside some funds when he was in charge to make sure it got done."

Before 530th CSSB arrived, the 87th Combat Sustainment Support Battalion CERP team, medical operations section, and brigade safety officer, visited the hospital and identified their needs. They looked at first improving the space and how to power the hospital.

Brigade medical operations officer Maj. Deidre Lockhart said the 530th CSSB picked up where their predecessor left off.

"They basically built a contract to start renovations on the hospital and fix some of the things they identified the last time, i.e.

to fix the electrical work, fixing the lighting and some hospitals. That's stage one," she said.

The 530th CERP team worked with local vendors to find a contractor to revamp the hospital to better fit the needs of the villages nearby.

"We wanted to be sure they could start the project and complete it in a timely manner, and follow through with quality work," Pinckney said.

The Afghans working the improvements to the hospital are hired from the same local community that will benefit from the refurbished hospital.

"We wanted to supply someone from the local community so that there would also be jobs," Pinckney said.

The local crew will spend the next few months refitting the existing space with new tiles, doors and windows. The power grid and water system will also be upgraded. Air conditioning units for the hot summer days, and heaters for the cold winter nights will also be added.

A new building is being constructed to provide more space for the patients in the area.

Once the hospital is renovated with more space for patients, and better water and power, the battalion will start the process of providing them with new equipment.

"As things develop and they improve the electrical grid, they're going to add new equipment," Lockhart said. "This is where we came in by researching the background and finding equipment they can easily maintain."

The new resources will replace the outdated equipment throughout the hospital, and bring the staff up to speed with new technologies to treat their patients. The improvements are scheduled for completion within the next four months; all the while, the hospital will still care for the local population's medical needs.

The local leaders and village elders have worked with the battalion from the start and anticipate the addition. "They're excited that their community will be provided with a better hospital," Pinckney said. ☺



Buffalo, N.Y. native U.S. Army Reserve Spc. Adella Kirchmeyer, an intensive care unit nurse for 1982nd Forward Surgical Team based out of Niagara Falls, N.Y., applies a bandage to a patient's arm in the FST intensive care unit on Forward Operating Base Shank.

## Forward Surgical Team keeps Soldiers in the fight

Story and photos by U.S. Army Sgt. Brian P. Glass,  
Task Force Patriot Public Affairs

A machine is only as good as the sum of its parts. To keep the insurgent-fighting machine running smoothly in Task Force Patriot's area of operations, having medical personnel who can save lives positioned in the right place makes all the difference between life and death.

U.S. Army Reserve Soldiers of the 1982nd Forward Surgical Team, activated from Niagara Falls, N.Y., have been up to the task of operating at Forward Operating Base Shank since arriving in country late last year.

Their readiness comes from months of preparation at various pre-deployment venues such as Fort McCoy, Wis., Fort Dix, N.J., Fort Lewis, Wash. and the Miami Trauma Training Center in Florida.

"There (MTTC in Miami), they actually put you through the role in a hospital of what you would do here, which got everybody back into that high rate of speed

thought process," said Niagara Falls, N.Y. native U.S. Army Sgt. Ashley Richards, operating room specialist for the 1982nd FST. "We, as the 1982nd, are fortunate because about 90 percent of the personnel actually work in their fields in a civilian hospital at the same job they have in the Army."

Once the FST settled in and went to work, they began conducting non-stop operations. These combat medical personnel are on call 24 hours a day because patients come in at all times.

"It's pretty much all hand's on deck. We could get called in at 3 in the morning and not leave until noon the next day working on the same patient," said Richards. "Some cases are worse than others. (With some) gunshot wounds ... it gets really bad really quick."

It's not just medical personnel who help save life on FOB Shank.

Richards gives credit to everyone who cares enough about human life to help out whomever they can, however they

can and whenever they can.

"Honestly, I have to say that everyone on the base deserves great kudos, because it could be 2 in the morning and you will still get 30 or 40 Soldiers showing up trying to give their blood to help out whoever is on the table," said Richards. "They don't know if it's a U.S. Soldier, a Jordanian soldier, ANA (Afghan National Army), ANP (Afghan National Police), a local national. They don't discriminate; people still show up."

U.S. Army Reserve Lt. Col. Kulvinder Bajwa is a general surgeon and Sugarland, Texas native attached to the 1982nd FST for 90 days from the 75th Mission Command Training Division at Ellington Joint Reservist Base in Houston. He said not only are the FST Soldiers on call 24 hours a day, seven days a week, but also they treat patients regardless of their nationality or allegiance who come to them through casualty evacuation (CASEVAC), medical evacuation (MEDEVAC) or just drive up.

"If they bring them to us, we will treat them for life, limb or eye sight types of injuries," said Bajwa. "This particular unit has the mission to do what we call damage-control surgery to make sure that damage that has happened from an injury is not going to continue happening, it is stopped here; and then, we stabilize them to make sure that they are in a good enough condition to be transported to the next level of care."

Being on call all day and night can make work very stressful, especially when lives are on the line. Soldiers from the FST have found ways to keep up their morale through tough times.

"It sucks sometimes, but with the crew we have here it's not really a big deal because we are each others' support group," said Richards. "If West (U.S. Army Reserve Sgt. Joseph West, a 1982nd FST operating room specialist from Lockport, N.Y.) is here in the middle of the night, I am here in the middle of the night. If I am having a bad day, he will usually pick me up and vice versa."

Knowing everything they do could mean the difference between their patients living and dying, the satisfaction in saving a life stays with everyone in the FST. U.S. Army Reserve Spc. Adella Kirchmeyer, a 1982nd FST intensive care unit nurse from Buffalo, N.Y. enjoys her job and puts everything she has into her work.

"I love being a nurse, it's the most rewarding job I have ever had and being a nurse on an FST, it really makes you appreciate the value of human life," said Kirchmeyer. "I try to give as much compassion for each patient (as I can) because it's a human life we are dealing with ... (so) we have to give our all."

One thing that makes the FST on FOB Shank so important is its location in connection with the fighting taking place and higher levels of medical care. The FST gives Soldiers the upper hand before going into potential conflicts.

"We have the highest number of patients rolling through here to make it to Bagram or Germany or the next level higher," said Richards, referring to the importance of the FST's geographical location on FOB Shank. "Half these guys, they come in here already not doing so hot. If we don't do the interventions when we do, things wouldn't always be that great ... we wouldn't have as many Soldiers returning to duty for sure."

Bajwa said he might be biased because he is a medical professional and not a battlefield fighter, but he views the 1982nd FST personnel as force multipliers. After



U.S. Army Reserve Sgt. Ashley Richards, a Niagara Falls, N.Y. native and surgical technician for her hometown's 1982nd Forward Surgical Team, puts an 18-gauge needle in a patient's arm as she prepares to draw blood at the FST intensive care unit on Forward Operating Base Shank.

all, that is the mission they were meant to accomplish, he said.

"If a Soldier is down, then it takes two more - at least one if not two - Soldiers to get them EVACed back. We can get them back in the fight if they have minor injuries ..." said Bajwa. "If we can identify and evaluate and also categorize the Soldiers who need to be evacuated verses a Soldier who can recover here in theater for a week or two or a little bit more, then they can go back into it ..."

"(If) they can return to duty, that's ... much more valuable than having a replacement called up come into to a new unit they may or may not be used to," continued Bajwa. "I think that is a great asset to the Army, as far as mission capability goes."

With the FST having limited personnel, being co-located with Company C, 94th Brigade Support Battalion, 4th Brigade Combat Team, 10th Mountain Division's

Task Force Strength and having Jordanian medics on call helps ease the burden.

"The good thing is Charlie Med. (Co. C, 94th BSB) is next door, and ... being an FST, we have 20 personnel and we're kind of short as it is to provide care," said Kirchmeyer. "The Jordanians do help because they will take our Afghan soldiers and local nationals, they will come in and help with those cases."

Kirchmeyer said the deployment with 1982nd FST has been a tremendous learning experience for her. She said she learns something new every day, especially working with trauma cases, and her career and unit are astonishing.

"The people here, the people at the FST, they are amazing," said Kirchmeyer. "To watch surgeons save someone's life - just the actions they take - and the compassion that the medics show and the knowledge that the nurses have is just amazing. It truly is amazing." 🙏



Polish Army Lt. Paweł Kowalczyk from Polish Infantry Training Team from Combined Training Advisory Group – Army, verifies the results of an ANA NCO candidate's target at Forward Operating Base Lightning, Gardez District, Paktya Province. (Photo courtesy of the Polish Infantry Training Team)

## Polish army conducts training for Afghan Infantry

Story by Polish army Maj. Szczeban Gluszcak,  
Task Force White Eagle

A Polish Infantry Training Team from Combined Training Advisory Group – Army began a eight-week training session of non-commissioned officers 57 candidates for the 203rd Corps, Afghan National Army.

Polish soldiers from the 17th Wielkopolska Mechanized Brigade, 11th Armored Cavalry Division covered a 14-day adaptation phase and six weeks of comprehensive and specialist training.

“The candidates are delegated to the center from all over Afghanistan. Their level of education is very diverse, thus all participants are subjected to two-week basic course, which includes primarily reading and writing skills,” describes Infantry Training Team Commander, Polish Army Maj. Tomasz Bajer from 17th Mechanized Brigade, 11th Armored Cavalry Division.

Then ANA NCO candidates are subjected to very intense practical training, where they are familiarized with the advanced infantry squad Tactics, Techniques and Procedures.

“It includes primarily individual skills and then assault and building sweeps, searching vehicles and organizing checkpoints,” informed junior officer specialist Lt. Paweł Kowalczyk from 17th Mechanized Brigade, 11th Armored Cavalry Division.

Each training day starts at 6 a.m. with physical training, barracks clean up and breakfast. Classes are held from 8.00 am to 3:30 p.m. After returning to the barracks Afghan soldiers are responsible for maintaining their weapons and military equipment followed by personal time.

“We respect their culture, therefore, in accordance with Islamic religion they have separate time dedicated for the obligatory daily prayers,” Bajer said.

Polish mentors are not directly involved in the training of candidates for non-commissioned officers. Their task is to prepare the Afghan instructors to be fully capable to train future leaders.

“We help them prepare training documentation, class materials and participate in planning process. We try to limit our interference in the classes,” Bajer said.

Between courses there is two-week pause which Poles use for enhancing Afghan instructor skills.

“We extend their knowledge about counter improvised explosive devices, tactics, first aid on the battlefield and live-fire training,” stated Kowalczyk.

Since the beginning, the Polish Infantry Training Team trained 161 non-commissioned officers. Polish troops train Afghan police and the Afghan army at six centers in different Afghan regions. ☺

## Zharay district governor destroys marijuana field

Story by 3rd Brigade Combat Team,  
10th Mountain Division Public Affairs

The governor of Zharay district hosted a drug eradication event at a large marijuana field Sept. 5 and pledged his commitment to enforcing the Afghan government's law on illegal drug possession and production.

Niaz Sarhadi, governor of Zharay district in Kandahar province, ordered complete destruction of the 600 square meter marijuana field that was growing no further than 100 meters from Highway 1 near Howz-E-Madad. A bulldozer and excavator crew destroyed the plants by uprooting and crushing them.

Before the operation began, Sarhadi met with the landowner about the Afghan government's drug eradication program and the district's intent during the farming season.

The program allows a farmer and landowner to stop growing illegal drugs, like opium and marijuana, and receive alternate seed for various crops and produce. During an interview with local Afghan media, the landowner said he understands the seriousness of growing marijuana and respects the resolve of the district government to enforce illegal drug production.

Members of the district shura also attended, along with officials from the Provincial Ministry of Counter-narcotics. Near the end of the event, a large sign was erected at the entrance of the field saying, “This marijuana eradicated by [the government of Afghanistan].” Next to the sign were approximately 40 bags of wheat seed and fertilizer that Afghan officials urged the landowner to use, because wheat is easier to grow and requires less water.

The marijuana eradication is part of a larger plan to seize illegal drugs and caches throughout Zharay and Maiwand districts. Afghan police officers man checkpoints along Highway 1 to confiscate drug finds and contraband found in vehicles.

During the summer, the district heavily advertised the Afghan government's intent to eradicate illegal narcotics, while giving farmers and landowners an opportunity to grow alternate crops as a livelihood for their families. ☺



(Above) Niaz Sarhadi (center), governor of Zharay district, stands with his district chief of police and other key elders from the district at a marijuana eradication event in central Zharay district, Sept. 5. (Courtesy photo)

(Below) Attendees at the marijuana eradication event listen to Gov. Sarhadi explain the alternate crop seed presented to the landowner during a destruction of his marijuana. (Courtesy photo)



# Three nights on the dividing line



A group of Afghan National Army Soldiers of the 3rd Coy, 1st Kandak, descend a hill toward the village of Majiles in Sabari District Sept. 9. The ANA Soldiers and their U.S. counterparts set up a patrol base on the hill where they would be spending the next three days as they patrolled nearby villages and watched over areas where indirect fire often originates from.

Story and photos U.S. Army Staff Sgt. Ben K. Navratil, Task Force Duke Public Affairs

There was just a glimmer of moonlight to illuminate the landscape as a platoon of Soldiers set off from Combat Outpost Sabari during the early hours of Sept. 9. The group of about 40 U.S. and Afghan National Army Soldiers marched silently through wadis, farmland and rocky scabbles to reach their target, a hill in Sabari district known as “Little G,” which would be their home for the next three days.

The Soldiers of 3rd Plt, Company B, 1st Battalion, 26th Infantry Regiment, 3rd Brigade Combat Team, 1st Infantry Division, Task Force Duke, and their partnered ANA unit, the 3rd Coy, 1st Kandak, set up a patrol base on Little G, to interdict any indirect fire coming from the nearby villages of Majiles and Surwapon Toy, and patrol the area, looking for several terrorist cell leaders and establishing a visible presence there.

## Day 1-The hill

Little G was chosen as the ideal spot to set up a patrol base because it is easily defensible and provided Soldiers a view of the surrounding area, said U.S. Army 1st Lt. Jordan Weiss, 3rd platoon leader and native of Parkston, S.D.

Although one of the shorter hills in the vicinity, Little G still towers over the nearby farms and villages.

Ellipse-shaped, it has two peaks on its east and west ends, with a slightly lower saddle in the middle. Its steep slopes are covered in loose rocks, making its ascent a precarious climb for the Soldiers carrying enough supplies to last them for several days in addition to their normal combat load of ammunition and body armor.

Weiss and his platoon headquarters element, including his platoon sergeant, a radioman, a medic, and a two-man mortar team; set up in the central part of the hill, while he sent squads of Soldiers to cover each peak, in order to provide security against threats coming from any direction.

As with all U.S. operations here, all teams of U.S. personnel were accompanied by their ANA counterparts.

Once the Soldiers finished setting up their defensive positions, a small security element stayed behind as the majority of the Soldiers set out on their first patrol of the day through southern Majiles.

As the Soldiers entered the village and made their way to the Kholbesat Bazaar, small groups of villagers of all ages approached. The troops spoke with many of the villagers they came across about the security situation in the area and other issues affecting their lives.

“You’ve got to develop a relationship [with the locals],” said Weiss, “without that, there’s no trust.”

He also sat down for a while with the village elder to discuss the needs of the local populace, and urge him to attend an upcoming Sabari district shura. It will be the first of its kind since U.S. forces have been operating there.

After the engagement, in which the

elder promised not only to attend the shura, but also named others that might come along, the Soldiers returned to their hilltop base to rest and watch the area for any suspicious activity.

## Day 2-The North side

The night passed without incident, and the Soldiers were up on their feet again at 3 a.m. the next morning ready to send out another patrol, this time to the more hostile northern section of Majiles and Surwapon Toy.

“[Little G] is the line in the sand for us,” said Weiss, referring to the stark contrast in opinion of U.S. and ANA forces between the people living to the south and north of the hill.

“[North of Little G] is one of the worst parts of our area of operations,” he added. “We take contact virtually every time we go out there.”

This early-morning patrol targeted two homes previously known to be used as safe houses by local leaders within the Haqqani insurgent network. Nothing suspicious was found at either of the initial objectives, so the Soldiers moved on to inspect other sites that had previously been used for weapons caches.

Moving through northern Majiles and Surwapon Toy, the mood of the villagers was noticeably different from the previous day. Here the people seemed more standoff-ish, and not as willing to approach the Soldiers.

The first significant activity of the day occurred after the Soldiers finished clearing their final objective, and began the trek to their staging area.

As they paused to rest in a field, there were two explosions near the objective the Soldiers had just finished clearing minutes earlier. The troops took up defensive positions and prepared for an attack, but nothing further occurred. Weiss quickly made the call to get his guys out of the open and head back to the patrol base.

That wasn’t the only excitement during the mission though. Later that night, as the moon was hidden behind clouds and the platoon stood guard over their hilltop base, a pair of indirect rounds were fired at the hill as well as a barrage of small arms fire.

Almost simultaneously, machine gun fire from both peaks zeroed in on the origin of the attack as reports crackled over the radio with descriptions of the attack from the fire teams scattered around the hill.

“My Soldiers’ response to the attack was text book,” said U.S. Army Sgt. Jonathan Soto, 3rd Platoon sergeant from Long Island, N.Y., adding that they immediately took cover, scanned their fire sectors and



The commander of the Afghan National Army’s 3rd Coy, 1st Kandak, searches a villager in the village of Majiles in Sabari District Sept. 9, as his U.S. Army counterpart looks on. U.S. Soldiers supervised the ANA forces as they partnered up to conduct patrols and searches through the nearby villages, establishing a presence and showing the local populace that the ANA is a competent and reliable force.

sent the proper reports as soon as they had all the information they needed.

The barrage was brief though, and after the guns silenced from their initial response, they remained that way through the night.

## Day 3-Night and day

The final day began, again well before sunrise, as the Soldiers made their way back down the hill and crossed through the fields from which the previous night’s gunfire had come from.

Their objective was again a residence known to be frequented by a local Haqqani cell leader. After weaving their way through narrow alleys in the village, they finally came to the suspected home.

Upon searching the premises, the Soldiers this time found illegal weapons, and identified a man who might be the one they were looking for. He was detained, and two AK-47’s and 10 full magazines were confiscated.

The patrol was cut short after searching one final home, in order to rendezvous with Company B’, 1st Platoon, who took the confiscated weapons and the detainee to Combat Out Post Sabari.

The rest of the day passed without incident, and the Soldiers finally broke camp

and trudged back across the countryside late that night, this time under the light of a full moon, in order to get some well-earned rest.

“My Soldiers conducted themselves well under the conditions,” said Soto. “It was really hot, and we had some long movements, covering 30 kilometers over three days.”

As to their partnership, both the U.S. and ANA forces agreed that vast improvements have been made by the 3rd Coy since they began working alongside 3rd Plt.

“I have been working with 3rd platoon for around nine months,” said ANA Capt. Khair Ghul, the 3rd Coy’s commander. “Our Soldiers were good before, and now they are even better.”

Weiss agreed, describing the improvements he’s seen in the ANA Soldiers as “night and day.”

And even though the three-day mission only yielded one detainee and a few weapons, the importance of the Soldiers’ presence in the area was not lost on Weiss.

“We’ve alerted the bad guys that we’re looking for them,” said Weiss. “We’re letting them know that we’ll be at their doorstep every day.” ☺

# Warrior Watch

## U.S. Navy Senior Chief Petty Officer Ronald G. Ameika

Story and photo by U.S. Navy Petty Officer 1st Class Gino Florese,  
Regional Command Southwest

Senior Chief Petty Officer Ronald G. Ameika, an explosive ordnance disposal expert, is ready to turn the page. The final chapter in a long Navy career will soon come to an end, marking the end of 30 salty years of service.

It's a journey that began soon after high school graduation in New London, Conn.

"At the tender age of 17, I was working in the food industry and taking vocational food courses," Ameika recalled. "Cooking is what I knew and enjoyed, the restaurant that employed me suddenly closed and curiously enough I stumbled into the recruiter's office. I was looking for a challenge and an opportunity to continue to do what I enjoyed."

As Ameika reflected, he leaned forward to tell sea stories about how he became an explosives handling expert, but first the senior chief shot a piercing look as though peering through a magnifying glass. He sighed, and for a moment pondered whether to continue his tale. Then he cautiously began again.

"We are a tight-lipped community," Ameika reflected about the explosive ordnance disposal field. "Our community is humble and not looking to toot our horn."

As he gradually opened up, he pointed out reasons for the tight-lipped nature of the typical explosive ordnance disposal tech. They are the military's bomb squad, the men and women who disarm, defuse and destroy live ordnance, whether a dud bomb dropped during training, or a pressure plate improvised explosive device laid by insurgents in Helmand province. It is a job of extreme risk, enormous pressure and frequent danger.

But first Ameika wanted to talk about what led him to become an EOD tech.

"It all started when I joined the fleet as mess management specialist," he recalled. "My first job was as a ship's cook aboard the USS Concord. I then joined the submariner's community in 1984 and continued doing my job aboard the USS Phoenix [and USS Bluefish]."

"It was a more personal and rewarding [experience] to cook on a sub because of the challenge of being responsible for the whole meal versus only part of the meal as it's done on a ship," explained Ameika.

However, while serving aboard the USS Minneapolis-St. Paul in 1987, Ameika was diagnosed as having a skin condition that made it impossible to remain in the culinary arts and was forced to make a career change.

Ameika crossed over to the submarine's navigation department, where he became a qualified quartermaster responsible for plotting, charting and steering the submarine's directions to and from port.

During his deployments with the submarine community, an interest in scuba diving led Ameika to seize a career-enhancing opportunity to train as a Navy diver. In 1990, he applied and was accepted to dive school. After completing the five-week course in Panama City, Fla., he returned to the Minneapolis-St. Paul to join the sub's dive team.

However, Ameika had experienced a career-altering moment while attending training as a diver.

"I was introduced to the EOD community, a pipeline of recruits and their dive instructors," Ameika said.

The EOD techs at the dive school impressed the young Ameika with their energy and drive. This fueled his determination and spark the interest necessary to formulate his next goal: joining the EOD ranks.

"I put in several applications for explosive ordnance disposal school, but because I was in the submarine community it was difficult to get released," Ameika reflected.

Ameika persisted and began training as an EOD tech in 1993 where he learned to disarm and eliminate surface and underwater mines and unexploded ordnance and how to counter improvised explosive devices.

He also operated some of the latest gadgets and tools used in the industry, including remote control robots, metal detectors and explosive protection suits. Ameika studied the skills required for the mission of providing safe and secure passage for troops on land or water.

The modernization of EOD equipment has vastly improved due to the ongoing real-time mission requirements dictated by the missions in Afghanistan and Iraq, said Ameika.

"There have been many lessons learned and technological gaps have been filled and we're consistently improving," Ameika added. "A lot has changed since 2002 due to war time requirements."

Today's EOD techs are smarter, better, faster, more tech-savvy and are better able to grasp the skills necessary for the job, Ameika said.

During the Iraq and Afghanistan campaigns, the Navy's EOD teams have operated alongside Marine, Air Force and Army explosives experts. They have also conducted training and operations with techs from foreign militaries.

"Basic explosive safety is the same throughout all the services and coalition forces," Ameika said. "There are minor differences in equipment used between some of coalition forces however."

Currently deployed on his final tour, Ameika has been serving as a lead instructor at the Joint Sustainment Academy Southwest in Helmand province, teaching and mentoring Afghan security forces.

His expertise on explosives handling has helped train new Afghan security forces members in counter insurgent IED tactics. "We are training the Afghan students at the academy to search and locate victim-activated IEDs and destroy them in place," Ameika explained. "It's an interim step in helping them eliminate explosive hazards similar to what some of the U.S. Army engineer units do - route clearance and destroy IEDs in place."

"In the future they will need a viable EOD force but it may be a while before they get there," he added.

Ameika has a destination of his own to reach; he will soon return home to family and friends and cap 30 years of diverse service with retirement in July 2012. 🌟





Afghan National Police Lt. Deljan Do-Chaman, Police Headquarter Ghazni conducts weapons training at Forward Operating Base Vulcan Sept. 12.

## Afghan policewomen from PHQ Ghazni conduct weapons training

Story and photo by Polish army Bogumila Piekut, Task Force White Eagle Public Affairs

Soldiers from the 1st Police Operational Mentoring and Liaison Team conducted weapons training with Afghan policewomen from Police Headquarters Ghazni Sept. 12.

“Weapons training for women employed with the Afghan National Police are not very common and the organization of training is not easy at all,” said Aleksandra Zamojska, who was responsible for training on Forward Operating Base Vulcan. “But each course and every joint training opportunity increases policewomen’s qualifications and skills. The women serving in Ghazni are first-time shooters.”

Eleven policewomen were given the opportunity to train with the rifles and pistols where they were taught the basic features of the weapons and safety for handling the weapons. The

training consisted of two parts: theory and practice.

Every woman, under the guidance of instructors were asked to load magazines, hook and reload the weapons, set up proper firing positions and fire the weapons.

“Today, their skills are at a very basic level, said Warrant Officer Senior Adam Jablonski, a 1st POLMT trainer. “If we want to improve their skills we need to implement permanent and systematic training. One of the policewomen has been recognized as a very good shooter. We plan to prepare her to become an instructor for other policewomen in the future.”

According to the Zamojska, training is also preparing police officers to cooperate with Coalition Forces, and in the future for independent, professional work within the police structures, and thus, increase the security in Ghazni. These activities are particularly relevant in the context of preparations for the project “Ghazni 2013”. ☺



A clerk from the Laghman Public Security appellate court pleads his defense during a public trial, Sept. 12., in the newly renovated Jalalabad central courtroom. The clerk was found guilty of accepting bribes and was convicted for two years and six month. (Courtesy photo)

## Court clerk arrest marks judicial progress

Story by U.S. Army 1st Lt. Jeff M. Nagan, Nangarhar Provincial Reconstruction Team Public Affairs

Perhaps one of the first court officials to face corruption charges in Nangarhar since the fall of the Taliban in 2001 was arraigned and found guilty during a public trial Sept. 12, in the newly renovated Jalalabad central courtroom.

A clerk from the Laghman Public Security Appellate Court, which hears primarily terrorism-related cases, was found guilty of accepting bribes and was convicted for two years and six months, said Shane Kelbley, rule of law senior advisor, Nangarhar Provincial Reconstruction Team.

“Today’s trial was a huge improvement over previous trials, featuring physical evidence and testimony from the arresting officer,” said Kelbley.

The case against the clerk began after a family, which was offered assistance in exchange for money, went to the court’s monitoring officer, who functions as an

internal affairs officer for the Supreme Court of Afghanistan.

“The monitoring officer coached the family members on what to say and helped them record a phone call to the clerk during which the bribe was solicited,” said Kelbley.

Other preliminary work included the officer providing the family marked bills to give to the clerk during the bribery transaction, which was also captured by video surveillance outside the Laghman courthouse, according to Kelbley. The clerk was arrested on the spot in front of judges and other court officials.

The defense argued that the prosecution had failed to adequately investigate the crime, said Kelbley. The clerk claimed that he was set up, which is a common defense in many Afghan trials. Despite the fierce defense, it was impossible to argue against the evidence.

“The prosecution had an overwhelming amount of evidence,” stated Kelbley. “Including the direct testimony of the

arresting officer, who utilized marked bills as part of the sting operation, video of the bribe transaction, and even the audiotape of the bribe request.”

When the recording of the phone call was played aloud, where those in attendance heard the clerk say he was willing to help the family in exchange for money, murmurs erupted among the audience, added Kelbley.

“Not many Afghans have witnessed a trial involving a courtroom official,” said Kelbley. “Having a public trial of this magnitude is an important step in building stronger faith and confidence in the Afghan judicial system.”

To further amplify the importance of the trial, the provincial government arranged for media to attend the trial, granting radio and television audiences a view of the rare case, added Kelbley. The media was able to interview witnesses and courtroom officials, who also spoke about how groundbreaking the trial was for Nangarhar and Afghanistan. ☺



Capt. Markus Shawnee, (left) commander for Bravo Company, 179th Infantry, 45th Infantry Brigade Combat Team, plans the next tactical movement after taking cover from rocket attacks and small-arms fire in a village while two Soldiers scan the area for enemies Sept. 13.

## Against all odds

Story and photos by U.S. Army Pfc. Zackary Root,  
7th Mobile Public Affairs Detachment

Gusts of wind scoured the rock-strewn mountain; lashing dust and sand as soldiers covered their faces against the flying rocks.

Two CH-47 Chinook helicopters hovered for a moment before the powerful blades propelled them forward and off into the distant night. Onboard, the first group of Soldiers, including members of the Afghan National Army, were returning to base after a three-day mission.

The ANA and soldiers from 1st Battalion, 179th Infantry Regiment, 45th Infantry Brigade Combat Team, Task Force Maverick, combined efforts for **Operation Lionheart** in Parwan province; a mission focused on clearing villages of weapon caches, bomb-making materials and Taliban insurgents.

"This is an area they hadn't been in for a number of years so we wanted to come down here and show an Afghan National Army presence as well as Coalition presence," said Lt. Col. Jeremy Siegrist, Task Force Maverick commander. "So even if we don't get a [weapons] cache, it's still a successful operation just getting in here and showing the population we have the ability to."

Darkness surrounded the remaining Soldiers while the pale iridescent moonlight cascaded over the mountain cliffs. Half the forces had left, leaving a group of infantry men mixed with various combat service support soldiers to wait for their flight back to base.

An explosion shattered the silence; a mortar round landing 200 meters away. Gunfire erupted, a chorus of grunts, explosions and shouts filled the air. Soldiers dropped down, seeking cover on the exposed ridgeline and returned fire. Tracers filled the night sky, illuminating the battle for brief moments.

Bullets whizzed by from the backside of the ridge pinning the soldiers down as mortar fire landed closer and closer.

This was supposed to be the end of the three-day mission, and with the ANA soldiers and half of the U.S. forces heading out on the first sortie of Chinooks, the soldiers were literally fighting an uphill battle.

### Day 1

The operation started in the early morning hours, Sept. 12. ANA and U.S. forces were dropped down on a pitch-black hilltop in Parwan province. Soldiers exited the helicopters, immediately setting up perimeter security and scanned the area for the enemy. They had missed their landing zone by 900 meters, a seemingly insignificant distance in other parts of the world. In Afghanistan, however, the impassibility of some of the unforgiving terrain caused a change of plan.

At first light the Afghan and U.S. Soldiers struck out, shouldering their combat loads that weighed upwards of 100lbs. The Soldiers carried all the food and water necessary to survive for the next two days.

Sheer cliffs, deep valleys, and steep mountains made travel hard, even impossible at times, forcing the ANA and U.S. forces to backtrack on several occasions.

"This terrain is a completely different beast," said U.S. Army 2nd Lt. Joseph Bedingfield, of Tulsa, Okla., Company B, 1-179th Inf. Regt. "The routes are hard, they are hard to assess and the maps are old."

The ANA and U.S. pressed on, arriving at the first village in the early afternoon, Sept. 12. A deep valley sheltered the quaint village that appeared to be friendly. ANA and U.S. forces walked about while the leadership sat down with the village elders to discuss matters and gather information.

After the meeting, the combined forces bedded down in the courtyard of the village clinic that U.S. forces had built to improve healthcare for the region. Exhausted, the Soldiers slept and prepared for the following day's travel, reassured with the information from the village elders that the Taliban were not in the area.

### Day 2

Early the next morning, Sept. 13, ANA and U.S. forces gathered their supplies and set-off for the next village.

Unfortunately this village was not as friendly. "We weren't in the village 10 minutes before we started taking fire," said Bedingfield, "at which point we had no choice but to maneuver on the enemy."

The first rocket exploded aimed at an over-watch position on a cliff-side.

"My dismounted element, led by Sgt. 1st Class Cooley, maneuvered through the valley to get a better vantage point," said Bedingfield. "That's when all hell broke loose."

The insurgents simultaneously attacked with rockets and small arms fire, from positions in dug-out caves in the mountain-side. U.S. and ANA soldiers responded.

"The ANA took fire and returned fire. Their platoon leader was snatching up weapons. He was firing a SAW at one point, an RPG at another point, all while giving out firing commands," said Bedingfield. "[The insurgents] didn't take much of it before they scattered."

OH-58D Kiowa Warrior helicopters arrived and provided security and over watch for the combined forces. Hopping over crumbling stone walls and ducking through cornfields, the combined forces exited the village. They set up a security perimeter in the flat area a couple hills over.

U.S. and ANA leaders reassessed the situation and concurred that they had gone as far as they could on this current mission. The decision was made to leave and return at a later date with additional forces.

The ANA forces remained optimistic despite the resistance and heavy fighting.

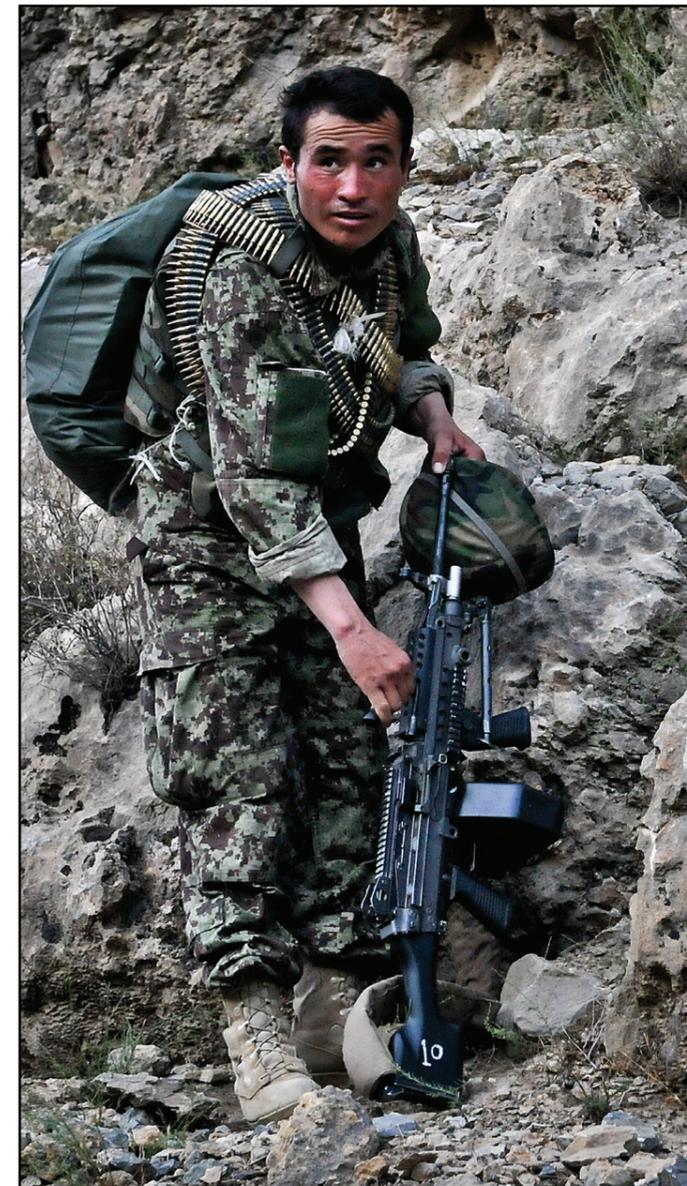
"One day we will stand up by ourselves and defend our country," said Col. Afazalla Soskrdy, the commander of ANA forces assigned for Operation Lionheart.

### Day 3

Around midnight on Sept. 14, the first group of U.S. forces and ANA left on Chinook helicopters to return to Bagram Air Field. The remaining forces had a 40 minute wait before their ride returned.

That is when the first mortar round struck.

Pinned down, the Soldiers started taking cross-fire from two different positions. With half of the forces back on their way



An ANA soldier sets down his weapon for a moment in a rocky valley during a patrol in Operation Lionheart.

to Bagram Air Field, the group kept calm and called in for air-support.

An AH-64 Apache helicopter answered the call. Hell-fire missiles rained down on the enemy firing positions as cheers rose among the Soldiers while they continued to fire their weapons.

"We gotta' move," said Capt. Markus Shawnee, commander, Company B, 1-179th Infantry.

Sprinting down through the valley, and up to a hilltop position, they waited, while scanning for the enemy. Although the battle was intense, there were no casualties, and the helicopters arrived twenty minutes later returning everyone safely to the airfield.

Back on base, the camaraderie of the Soldiers was evident as they exchanged excited stories, hugs and looks of relief. Despite the flying bullets, rockets and mortars, the Afghan and U.S. soldiers had established a presence in an area not visited by Coalition forces in recent years. More importantly to the Soldiers involved, all survived heavy enemy resistance and their formation was complete as they looked on to future missions. 🙏

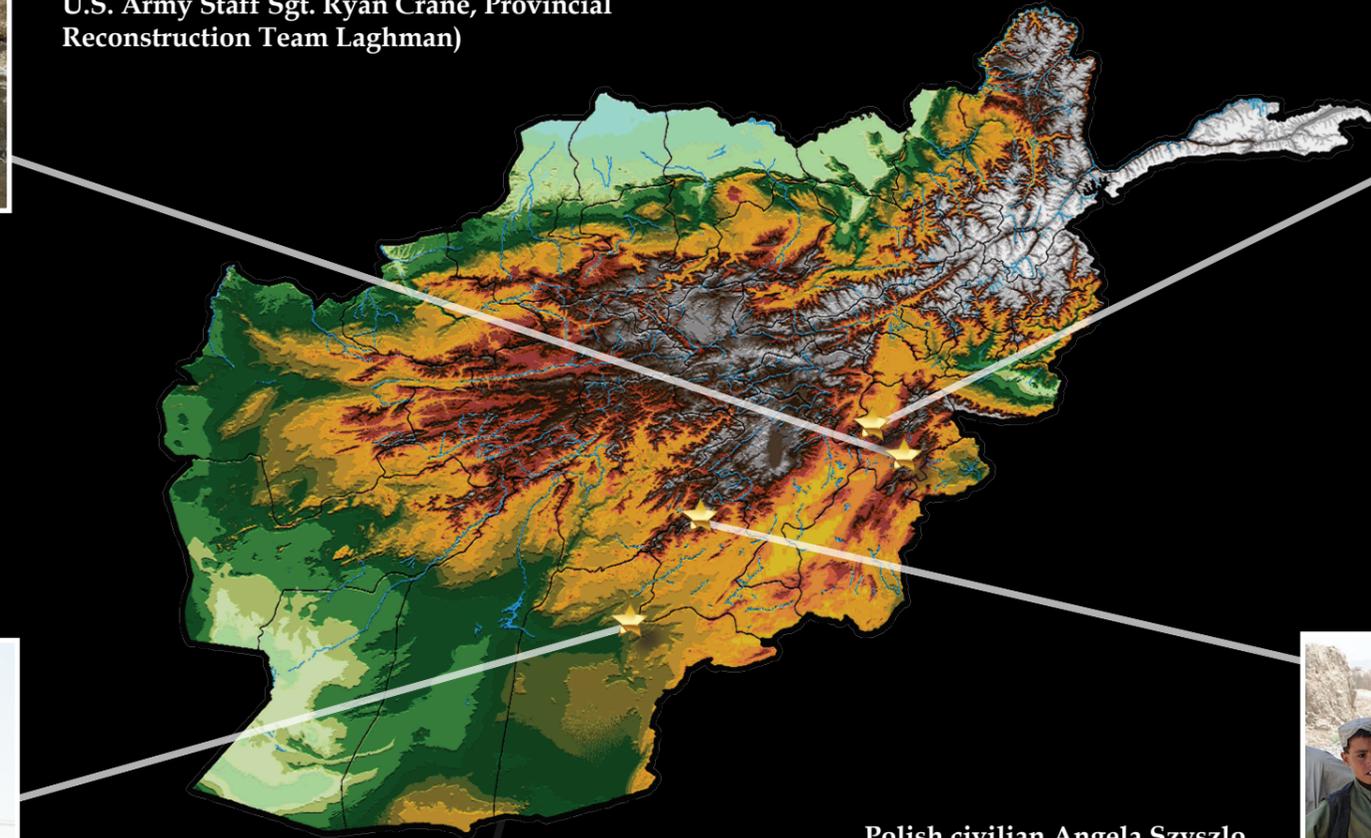
# Goodwill across Afghanistan:

# ISAF and ANSF Reach Out



U.S. Air Force Capt. Jon Polston, lead engineer attached to Laghman Provincial Reconstruction Team, leans over a ledge to inspect the underside of a bridge in Mehtar Lam, Laghman province, Sept. 7. The civil engineer team from the PRT traveled to the Jugi bridge in Mehtar Lam to assess the structural integrity following its recent completion, ensuring it will withstand the Afghan weather for years to come. (Photo by U.S. Army Staff Sgt. Ryan Crane, Provincial Reconstruction Team Laghman)

More than 80 participants attended the second northern women's security shura on Monday in Mazar-e Sharif to discuss women's roles in governance transition. (Photo by German army Capt. Jennifer Ruge, ISAF Regional Command North)



An Afghan National Police officer gives a hand-held radio to a citizen in District 2 of Kandahar City, Sept. 6. The radios are given so that community members can listen to one of two radio stations that promote the AUP and what they are doing within Kandahar. (Photo by U.S. Army Sgt. Ruth Pagan, 2nd Brigade Combat Team, 4th Infantry Division, PAO)

Polish civilian Angela Szyszlo, subject matter expert in education assigned to the Ghazni Provincial Reconstruction Team, Task Force White Eagle, asks villagers about the supplies they will need in the new school during the site assessment of the Wali Lali School in Andar District, Afghanistan. A site survey was conducted to see the location where the new school will be built and speak to the village elders. (Photo by U.S. Air Force Staff Sgt. Darnell T. Cannady, Ghazni Provincial Reconstruction Team Public Affairs)





Children cross a river bed using a recently constructed bridge in Paktya Province. The 50-meter suspension bridge connects the north and south side of the river, allowing access to the district center, clinic, religious school and bazaar.

## GIRoA, PRT help Waze Zadran open bridge to future

Story and photo by U.S. Air Force 1st Lt. Cammie Quinn,  
Paktya Provincial Reconstruction Team Public Affairs

Government of the Islamic Republic of Afghanistan officials, in partnership with the Paktya Provincial Reconstruction Team, did much to bridge the distance between two key villages in Paktya Province, Aug. 28.

Members of Paktya PRT engineer and civil affairs teams met with Chief Din Mohammad, the Afghan National Police District chief at the Waze Zadran District Center to discuss security and development, and to conduct a quality check on a cable suspension bridge.

“Check points have been established to deter corruption in the area,” Mohammad said. “Corruption was a problem in the past, but now with increased training, the police understand it is unacceptable to take bribes.”

Currently, the Afghan National Police employs more than 40 individuals in the area.

The ANP chief also talked about the recent bridge construction, and welcomed the engineers to conduct a quality assurance check following the meeting.

Bridges and roadways improve access to schools, medical clinics and bazaars. They also allow the government to provide services more rapidly to the villagers, said Mohammad.

PRT and GIRoA engineers inspect projects regularly throughout

construction and at critical points in the construction timeline. The district government lobbied for the bridge project to improve access to government-provided facilities.

The 50-meter suspension bridge opened July 19 and connects the north and south side of a wadi, or river bed, thus allowing access to the district center, clinic, schools, bazaar and nearby major highway.

“The bridge reduces and eliminates injuries associated with drowning and increases access to government facilities,” U.S. Air Force Capt. Tyler Johnson, Paktya PRT civil engineer from San Antonio said. “Villagers used to balance on a log to cross the wadi, now they have a much safer way.”

The Government of the Islamic Republic of Afghanistan takes the leading role on all development projects, and places checks and balances to ensure needs of the Afghan people are met with each project.

“People here are very happy with the bridge,” Sadra Zam, a Waze Zadran resident, said to Johnson during the inspection. “Before it was built, foot travel was difficult and at times, impossible during floods.”

The bridge benefits individuals travelling from the villages of Bara Waze, Ghorka Kalay, Ghorke Koleh and Sorna to the Waze Zadran District Center.

The contract required local Afghan workers to construct the bridge through an Afghan-owned company. ☺



Representatives from across Paktika province discuss rule of law at a two-day provincial rule of law conference in Sharana. The Paktika provincial government planned, organized the conference which focused on application of the Afghan constitution.

## Paktika government hosts justice conference

Story and photo by U.S. Army Maj. Joseph P. Buccino,  
Task Force Blackhawk Public Affairs

In conjunction with the Afghanistan Justice Sector Support Program (JSSP), the government of Paktika, Afghanistan, held a provincial justice conference at the governor’s compound bringing district, provincial, and national justice system experts together to expand rule of law within Paktika’s districts.

On Sept. 12 and 13, the government presented more than 160 delegates from 19 districts, with information and discussion on policing tactics, prosecution of crimes, court procedures and human rights.

“We must get this right, we must bring justice to the people of this province,” said Moheebullah Samim, governor of Paktika. “We have an Afghan constitution, now we must bring rule of law to our constituents.”

The conference was an overwhelming

success, with representatives from the Afghanistan Ministry of Interior, Justice Department, and Appeals Court attending from Kabul and every district sub-governor in Paktika present, a significant measure given the nearly impassable terrain throughout the province.

“The Americans gave us great support, but their time is running out,” Judge Abdull Hakim, Paktika’s chief justice told the crowd. “For Afghanistan to succeed we must do this and we must do this on our own.”

The Afghan legal system is simultaneously complex and rudimentary, with a series of encumbrances, both natural and manmade, limiting citizen access to justice in rural, impoverished, and largely mountainous areas such as Paktika.

Effective governance has never been established in the isolated villages of eastern Paktika. Rather, these villages have had a tribal system of justice, operating effectively for many years. Tribal elders, respected

for their wisdom and experience, rendered decisions on matters in dispute.

The law of *huquq* formalizes this system, bridges the gap between formal and informal, and brings tribal conflict resolution into the provincial government.

Since taking office in April 2010, the provincial government of Paktika has focused on evolving both the traditional, tribal rule-of-law system and the formal, governmental judicial program.

With *shuras* focused on both systems, the government is slowly expanding the rule of law to all districts.

This conference is an example of a positive step forward, as both tribal elders and formal governmental appointees attended and discussed a way forward.

“When Americans talk about Afghanistan, they will not define us by failure,” said Shah Wali Khan, Paktika provincial National Directorate of Services. “We can do this and we will.” ☺



Sgt. 1st Class Christina Hill, the communications section noncommissioned officer in charge for the 530th Combat Sustainment Support Battalion, 101st Sustainment Brigade, talks with Wali Shah, the sub governor for the Dehdadi district after a monthly shura. The 530th CSSB meets monthly with the local government and village elders of Dehdadi to discuss ways to improve the region.

## Listening to concerns

Story and photo by U.S. Army Spc. Michael Vanpool,  
101st Sustainment Brigade, 101st Airborne Division (AA) Public Affairs

Around a large conference table sits they sit, a mixture of suits, the National Dress of Afghanistan, and camouflage.

Afghan men and women traveled from the 66 villages of the Dehdadi district here to have a seat, and in turn a voice, at this table.

Once a month, leaders with the 530th Combat Sustainment Support Battalion, 101st Sustainment Brigade, conducts a shura with the local government and village elders of Dehdadi to discuss methods of improvement for the region.

Numerous local reconstruction projects started from these meetings. The battalion listens to the needs of the locals to start reconstruction through the Commander's Emergency Response Program.

"The only way we can find out exactly what the people need is to hold a meeting where they express to the leaders of the community," said 1st Lt. Sharon Height, a member of the 530th CSSB CERP team.

The theme of each meeting remains constant: education, healthcare and water are emphasized for the 100,000 families here, and they discuss specific needs of the community. Out of the meetings, the battalion learned ways to help, including building wells and refurbishing schools, hospitals and mosques.

"The people of Dehdadi are very excited about the reconstruction, the hospital, the schools, the wells, by International Security Assistance Forces, and American forces," said Wali Shah, the sub governor for the Dehdadi district.

The village elders express the building and improvement of public areas for the hundreds of people they represent.

"The purpose of the CERP program is not to fund projects that are going to turn around and make individuals money," Height said, "it's more trying to help the community and serve as many people as possible."

As men continue their talks, Height and other female Soldiers walk to another room and listen to the other half of the community. Though their numbers are smaller than the men next door, the Afghan women spoke with larger voice.

"Being from the western world when you think of Afghan women, you would think very docile, very meek, almost passive, but they were far from that today," Height said.

Their words echoed with the intensity of the thousands of women in Dehdadi. Their enthusiasm was powered by the hope of a better future for their children.

"They were passionate about the things that were important to them, such as computers, such as schools, such as health care," Height said.

"It transcends nationality, race, language. It's something women around the world are concerned about. The same things that matter to American women, to European women, to African women, it matters to them as well."

While they discussed the significance of simple improvements, such as desks and school supplies for the 31,000 students in Dehdadi, the women also looked toward the future. They stressed the need for computers, common in American classrooms, to prepare their children and grandchildren for a better tomorrow.

As Height diligently took notes of the women's concerns, a soldier next door wrote down the needs brought on around the table with the local men. When they leave the shura, the transcripts will lay the groundwork for future projects of the CERP team.

Soon, the soldiers and locals will meet again as the words from around a table evolve and become refurbished hospitals, schools and mosques.

"To see the little children playing and giving a thumbs-up, they can't speak the language, but they give a thumbs-up," Height said. "A thumbs-up means, 'Hey we really like this, we really want you to be a part of what's going on here.' It's amazing, and even though we're changing their lives, in some way indirectly, they're changing ours too." 🙌

## Afghans help Afghans during medical outreach

Story and photos by U.S. Army Staff Sgt. John Zumer,  
Task Force Duke Public Affairs

They came for basic medical screening services; but villagers of Khoni Kawr, Khowst Province, who turned out in large numbers Sept. 5, were able to share numerous other concerns affecting their lives with their government officials.

The medical outreach mission was made possible by the Government of the Islamic Republic of Afghanistan which partnered doctors from its Ministry of Health with medical specialists from the Khowst Provincial Reconstruction Team.

Organizers hoped villagers would turn out for rudimentary medical screenings which would prevent greater complications down the road, if left undetected or untreated.

"We saw about 50 patients today," said U.S. Navy Lt. j.g. Marshall Faulds, a native of San Clemente, Calif., and a physician's assistant for the Khowst PRT.

Common afflictions treated included minor ailments, burns, or light abrasions, and it was believed by organizers and Khoni Kawr patients that at least a year had elapsed since any similar visit and medical outreach mission had been conducted.

"They (the patients) weren't demanding, but I expected more adults than we actually saw," said Faulds.

Security around the village and the treatment site, crucial for attracting villagers to GIRoA efforts to reach their citizens, was provided by the Afghan National Police and elements of the Fort Knox, Ky.-based 1st Battalion, 6th Field Artillery Regiment, 3rd Brigade Combat Team, 1st Infantry Division, Task Force Duke.

Dr. Shir Mohammed, a doctor of internal medicine with the Afghan Ministry of Health said, "We treat what we can here."

More serious illnesses such as Down's Syndrome, Hepatitis B, and intellectual and developmental disabilities were also evaluated, said Mohammed.

"All we can do is advise them to go the outlying clinics like the one in Khost City," said Mohammed, adding that exceptions can be made for cases of trauma or those requiring immediate surgery at nearby Forwarding Operating Base Salerno.

A common complaint heard from the villagers, according to Mohammed, was that everyday needs such as schools, electricity and security were also needed besides the medical care provided at the outreach.



(Top) U.S. Navy Leading Petty Officer Roberto S. Alberto, field corpsman for the Khowst Provincial Reconstruction Team and a native of Somerville, N.J., takes a toddler's temperature during a medical screening outreach mission to Khoni Kawr, Khost Province.

(Above) A U.S. servicemember with the Khowst Provincial Reconstruction Team greets children arriving to a medical screening outreach mission in Khoni Kawr, Khowst Province. The event was made possible by the Government of the Islamic Republic of Afghanistan which partnered doctors from its Ministry of Health with medical specialists from the Khost PRT.

Many of those additional concerns raised were beyond the scope of the Khowst PRT and the others who had journeyed to Khoni Kawr this day, but initial feedback revealed the medical outreach as time well spent.

"It means good things for the peace and security of the village, said Kumran, a local villager, who brought his son for treatment.

Organizers hope that additional partnership between GIRoA and the Khowst PRT will allow for future visits, not only to Khoni Kawr, but nearby communities. Based on one happy customer, they shouldn't be lacking for new friends and faces.

"I'm going to bring more patients after I leave today," Kumran added. 🙌

# W Chaplain Watch

## Healthy boundaries in the home

Commentary by U.S. Army Chaplain (MAJ) Eddie Kinley, Jr.,  
CJTF-1 Family Life Chaplain, Regional Command East

Everything in our world is constrained by boundaries. We have laws and moral ethics which govern behavior and foster stability in both culture and community.

Without boundaries our world would be a haven of anarchy and confusion. The laws of nature are also constrained with boundaries.

There is complete order in our universe because these boundaries exist; the sun rises and sets at designated times around the world, the animal kingdom is ordered and orchestrated with boundaries, animals are not told what to eat but instinctively know what to consume and what to disregard—they have innate boundaries.

Boundaries are also necessary in marriages and family life.

One of the greatest problems in a marriage and family connectivity is one of boundaries. Usually when families come in for counseling, we soon discover the issues conflicting the family associates with improper boundaries.

Boundaries in marriage are very important and must be agreed upon in order to maintain a successful marriage and continuity in the home.

Boundaries in the marriage fall under at least three headings:

First we must develop healthy boundaries with friends. It is critical for couples to decide on the nature of their relationships with friends after marriage, relationships with friends will naturally change.

You should ask yourself: "Is my spouse comfortable with the company I keep?" I often sit with couples who fail to take such matters into consideration. Couples often marry and never sit down and talk about friends and associates; they assume the same rules apply as when they were single.

We naturally make a lot of assumptions regarding friendships, but never take the time to sit down and discuss what healthy boundaries look like as it relates to friends, both male and female. What decisions have the two of you made collectively about your husband's female friends? Who are my wife's male friends and what are the parameters?

All of these are good questions and should be discussed early in the marriage and agreed upon to ensure cooperation from both parties. If husbands and wives are not in agreement, boundaries are sure to be compromised.

Some couples agree that all opposite sex contact should be reasonably avoided. Others think and feel differently, which is fine, whatever decisions are made should be mutually agreed upon to insure cohesion in the home.

Not only are boundaries necessary in relationships, but also in rearing children.

When I was a child, I always noticed how my parents would on occasion talk privately. It took years before I understood why they talked privately.

They often talked behind closed doors because they had established boundaries with their children, there were certain subjects my parents would not discuss in front of us. There were family discussions that involved all the children and there were times when my parents made collective decisions without us.

Boundaries are important for children in order to maintain discipline and regularity in the home. Children eat, sleep and play at certain times because boundaries help bring about order. If we allow our children and family members to make their own boundaries very little is accomplished. I could not imagine my son making boundaries for cleaning his room and doing his chores, nothing would ever get done.

However, I always invite my children to help establish their boundaries, but in the end, my wife and I are the final decision makers.

Finally, as much as I love my family, healthy boundaries are also essential when dealing with in-laws who can sometimes act like outlaws and other family members.

Do you remember the part in the marriage vows, which states "forsaking all others"?

When we are married it is important to keep a healthy distance between parents and siblings when it comes to marital and family issues within the home.

My brother and I rarely talk about our marriages when we come together unless it is critical. We have respected boundaries. Our parental relationships are no different. I have heard horror stories regarding in-laws and family decisions. I know of sons who will not make critical decisions without their mother's approval. In many marriages one or both parents are often elevated above the spouse. This is dangerous and leads to unhappy homes.

Now in all fairness it is difficult letting go of our children, especially for mothers. However, mom and dad must give their children opportunities to grow and mature without their input in every matter. Parents sometimes feel they must play an active part in the growth and development of their children's adult lives; this can wreak havoc in any home.

Make certain your family, mother, dad, sisters and brothers, know their place inside your home.

Boundaries are essential in every home and when rightly implemented they yield unlimited possibilities. ☺

## First joint-service Spur Ride shares Cav traditions

Story and photos by U.S. Army Staff Sgt. Frank Inman, RC-East PAO

Looks of pain and pride covered the faces of servicemembers as they crossed the finish line after a 12-mile road march, signifying just the start of the first joint-service Spur Ride, Sept. 10.

This was just the beginning of the day for 15 Combined Joint Task Force-1 service members taking part in one of the 1st Cavalry Division's historic traditions.

"They wanted to be a part of a tradition and they weren't scared to face the challenge," said Army Sgt. Maj. Gilbert Hurte, the senior spur-holder for the event.

To earn their spurs, candidates had to pass a series of physical and mental tests, ranging from a 12-mile road march to various stations where they were tested on their proficiency in specified combat skills. Candidates also had to recite "Fiddler's Green", the traditional cavalry poem.

"The Spur Ride was an opportunity to earn an award from another service and build esprit de corps, as they have been working together side-by-side everyday in this fight," said Hurte.

The event was held to give CJTF-1 Soldiers who would not be able to participate in the next Spur Ride the chance to earn their spurs, and was also opened to members from the other Armed Services on Bagram Airfield.

"The Spur Ride was something I've never experienced before. I'm now a part of an Army tradition," said Marine Sgt. Christopher Neuendorff.

Three days of training helped candidates from other services adjust to the Army's way of doing certain tasks, Hurte said.

"The biggest challenges were some of the tasks they were tested on," added Hurte. "For instance, the basic functions check we do on the M-4 rifle in the Army is different than what they do in the Air Force and the Navy."

After the candidates completed all of the Spur Ride tasks, they were awarded the "Order of the Spur" certificate along with a set of spurs during a formal induction ceremony.

All 15 candidates earned their spurs, which they will be able to wear to any future cavalry function. ☺



Air Force Staff Sgt. Jonathan Lundy receives his cavalry spurs after completing the first joint-service Spur Ride. The event gave Sailors, Marines and Airmen the chance to earn the traditional marks of a U.S. Army cavalryman.

# Story Snapshots



## Practicing

Chief Warrant Officer 3 Jesse Edwards, a UH-60 Black Hawk helicopter pilot with Company A, Task Force Phoenix, and Capt. Melinda Walden, a UH-60 Black Hawk helicopter pilot with Company B, Task Force Mountain Eagle practice a two-wheel pinnacle landing at 12,000 feet. These landings are necessary when landing zones are not ideal. (Photo courtesy of Task Force Falcon)

## Observing

The Joint Terminal Attack Controllers from the 2nd REP, the Onyx Company and the ISTAR assets were deployed on the mountain tops by foot during Operation Rapier. (French Army photo by Sergeant Sébastien RAFFIN, Task Force LaFayette PAO)



## Farming

U.S. Army Col. Fred Allen, of Delevan, Ill., and commander of the Illinois Army National Guard's 1-14th Agribusiness Development Team (right), and Bud Garrett, an advisor with the United States Department of Agriculture, inspect a placard identifying rice varieties in a research trial, while U.S. Army Spc. Chad Brown, of Macomb, Ill., a security force team member with the 1-14th ADT, provides security at a research farm Aug. 28. Afghan agriculture extension agents will use data from the crop trials to educate farmers throughout Kunar Province. (Photo by U.S. Army Staff Sgt. James McDonnough, 1-14th Illinois Agribusiness Development Team Public Affairs)



## Training

*Afghan National Policemen practice using specialized equipment during a training session with soldiers from Task Force White Eagle in July. (Photo by Polish army Bogumila Piekut, Task Force White Eagle Public Affairs).*



## Checking

*Task Force White Eagle Polish army Sgt. Andrzej Kwalewski gives commands to military working dog Iwo to check the car for traces of explosives. (Photo by Polish army 2nd Lt Anna Wislocka, Task Force White Eagle Public Affairs)*



## Airing out

*An Afghan soldier sits outside his guard post while his bed is airing out. This Hesco constructed facility is located at the Darulaman Afghan National Army (ANA) Garrison located on the southern edge of Kabul. The bed frame holds up the wooden closure exposing the mattress set up by the opening in the Hesco wall. (Photo by Eric Aubrey, U.S. Army Corps of Engineers (USACE))*



## Securing the night

*U.S. Air Force Airman 1st Class Steven Armenta, rifleman, secures an area along the Tarnek River in Qalat City, Afghanistan, Aug. 25, 2011. Airman Armenta is a member of Provincial Reconstruction Team Zabul's security force and is a services Airman deployed from Malmstrom Air Force Base, Mont. PRT Zabul's mission is to conduct civil-military operations in Zabul province to extend the reach and legitimacy of the government of Afghanistan. (Photo by U.S. Air Force Senior Airman Grovert Fuentes-Contreras, Provincial Reconstruction Team Zabul)*



## Overwatching

A tank with Alpha Company, 2nd Tank Battalion, sits beside another tank during an overwatch mission. Tankers regularly perform these missions for their fellow Marines and other coalition forces. An overwatch mission consists of providing security for ground forces improving roads, constructing needed facilities or any other development projects to build a better future for Afghanistan. (Photo by U.S. Marine Cpl. Marco Mancha, 2nd Marine Division)

## Inspecting

U.S. Army Chief Warrant Officer 2 Elisabeth Dodge, an AH-64 Apache helicopter test maintenance pilot with Task Force Attack, checks the condition of the rear rotor blade of an Apache during a pre-flight inspection Aug. 30 at Forward Operating Base Sharana. Dodge is originally from Bamberg, Germany, but now calls Copperas Cove, Texas, home. Task Force Attack, an aviation unit of 1st Cavalry Division from Fort Hood, Texas, is attached to 10th Combat Aviation Brigade, 10th Mountain Division. (Photo by U.S. Army Staff Sgt. Todd Pouliot, Task Force Falcon Public Affairs)



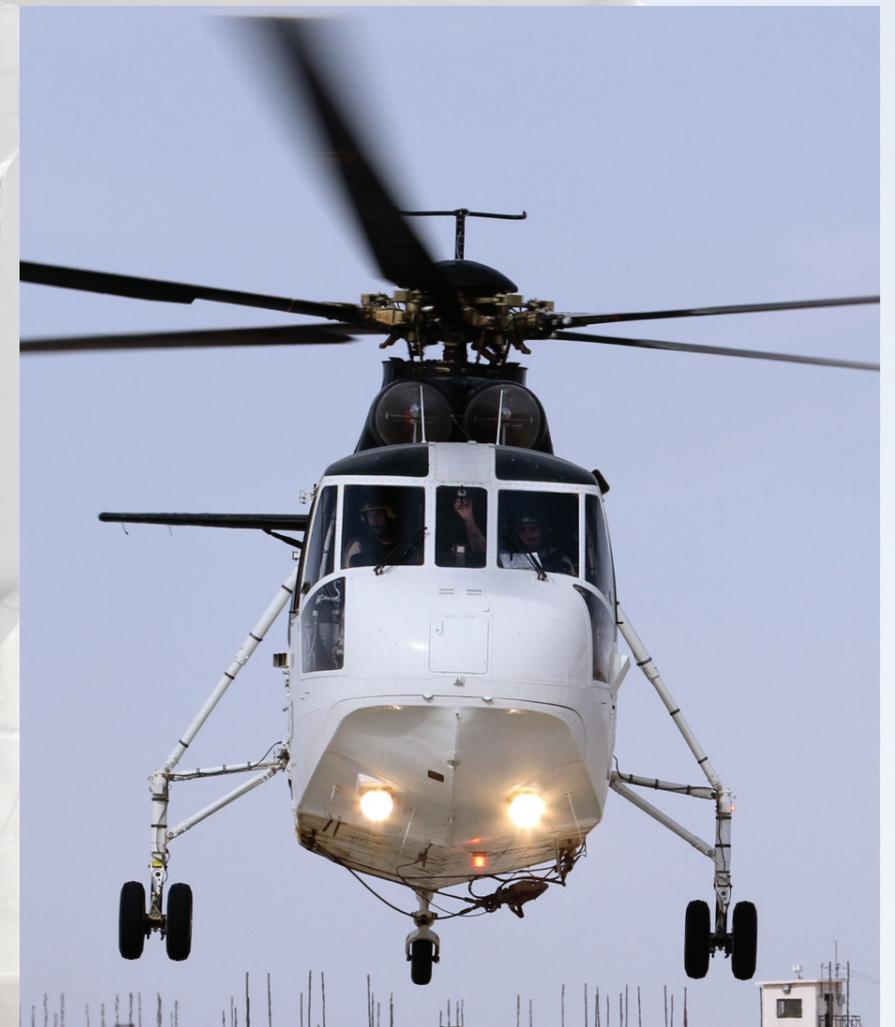
## Visiting

First Lt. Michael White, platoon leader attached to Laghman Provincial Reconstruction Team, talks to an Afghan child while he provides security for his team at the Mehtar Lam hospital Aug. 24. The PRT visited the hospital for the first time since arriving in July and used the visit to ensure they had enough supplies and medical personnel on the staff. The Mehtar Lam hospital is the largest medical facility in Laghman and also draws patients all the way from Nuristan, more than 50 kilometers north. (Photo by U.S. Army Staff Sgt. Ryan Crane, Provincial Reconstruction Team Laghman)



## Landing

A large S-61 Sikorsky helicopter is close to touchdown on Camp Shaheen. This helicopter provides shuttle service in Mazar-e-Sharif from Camp Marmal to Camp Shaheen/Spinn for coalition military, government civilians and contractors coming and going on missions at either location. What used to be a 1+-hour ride in a convoy is now a short 10-minute flight. (Photo by Eric Aubrey, U.S. Army Corps of Engineers (USACE))



# Deployed Army Values: Authentic or Altered?

Commentary by Jim Fisher, Ph.D.

One of the perils of communication is that a message too often repeated can lose its impact. The adage bears reflection, *“Familiarity breeds contempt.”* From slideshows to speeches, many tools are employed to communicate expected standards and behavioral norms.

Yet, the reaction is not always warm.

The reactions are telling - the rolled eyes, the inevitable sigh, the unexpected appointment, the missing e-mail reminder and the unplanned cell phone ring.

Such a communication conundrum can be devastating to an organization. If the core principles are ignored, the downfall is predictable. The airwaves and printed press regularly record these failures.

The essential truths that guide an organization are integral to its overall health, success and longevity. Articulation without acceptance and assimilation is only noise.

Additionally, there is the matter of the messenger and the means of the message. The messenger must embody and exemplify the message, or invalidation will take root. The means of message conveyance must be succinct and sincere, or the method muffles the meaning.

The Army is not immune to this phenomenon.

Driven by the Army Values, Soldiers are provided boundaries for core beliefs and consistent behavior. These truths are applicable whether in uniform or out. Convictions embraced only during the duty day are conveniences that provide benefits, not an authentic commitment to the organization, its origins and its opportunities.

*Uniform insignia may be attached by Velcro, values are not.*

Deployments provide innumerable challenges to communications and thus, the message of the Army Values.

Distance from the flag pole changes an environment. The absence of familiar leadership personalities causes the message to become fluid, if not stagnant.

Without a purposeful reminder of the Army Values, the slippery slope of lowest common denominators is a likely reality. Actions and attitudes can quickly devolve.

*U.S. Army Chaplain (Capt.) Jim Fisher holds a Ph.D. in Leadership and currently serves as a deployed chaplain for the 303rd Military Intelligence Battalion.*

## Loyalty

Loyalty is foundational to the organization. Soldiers have committed to support and defend the country, its Constitution and citizens. Loyalty is seen in habitual conduct manifestations which ultimately reveal one's character. This demands commitment around the clock, globe, and post.

Loyalty is not an unmitigated “yes.” It is a willingness to speak the truth, even when not popular or wanted.

## Duty

Duty entails responsibility to the team. It moves beyond minimal expectations and insists upon striving for excellence. Duty strives to do it right the first time, for there is likely no time to do it over again. It is what propels Soldiers towards *“mission first.”* Duty is not about monetary compensation; it is about priceless satisfaction.

## Respect

Respect is critical to the Army's multi-cultural and multi-ethnic demographics. In the midst of great diversity, greater unity is possible. This unity does not mean uniformity. There will always be diverging view points on religion, politics, etc. Careful contemplation before engaging in caustic conversation is always best. How one wishes to be treated and heard should be the hallmarks of human interaction. As one has wisely said, *“In essentials, unity; in non-essentials, liberty; in all things, charity.”*

## Selfless Service

Selfless service is a commitment to others, *no matter the cost.* It is blind to watches and calendars, seeking to tirelessly unlatch the burdensome rucksacks of others. This “you first, me second” mentality reminds Soldiers of the larger overall mission and the irreplaceable nature of the team.

Many hands do make light work. A selfish act may not only impact the individual, but also the organization. If someone has to be removed from a position, there will be a tidal wave of personnel moves and repercussions. The mission is unnecessarily halted and irrevocably altered. Selfishness is an antagonistic antonym.

## Honor

Honor can be seen as both a noun and a verb. It is inwardly present, but is outwardly practiced. Honor not only exists, it must be exercised; the internal must become external. This principle of nobility drives the Soldier with passionate purposefulness. Honorable Soldiers do not function for awards, decorations, or written performance accolades; *their service is motivated by a commitment to the warrior ethos.*

## Integrity

Integrity is congruency. It is the nature of being consistent and habitually dependent; it is not perfection, but rather, direction. Though the path may wind, and the terrain grow difficult, the destination is kept in sight. Integrity embodies truthfulness and understands that someone is potentially always watching decisions made, actions chosen, and responses given.

Integrity is allergic to the *“do as I say, not as I do”* mantra. It rejects the noisy jawbone and brittle wishbone, reliably opting for the steely backbone.

## Personal Courage

Personal courage respects the inevitable obstacles, but will run toward them for the inherent opportunities. It will *dig deeply* and summons a decided introspection, consequently engaging the discovery, no matter what is found. Personal courage comprehends that ability without availability is a liability to self, Soldiers and service. 🇺🇸

# Avoid Negligent Discharges

# T.H.I.N.K.

**T**reat every weapon as if it's loaded.

**H**andle every weapon with care.

**I**dentify the target before you fire.

**N**ever point the muzzle at anything you don't intend to shoot.

**K**eeP the weapon on safe and your finger off the trigger until you intend to fire.



**CJTF-1**  
**SAFETY GRAM**  
**REAL vs. FAKE**  
**Buckeyes Fire Extinguishers**

There have been several fake buckeye fire extinguishers found at Bagram. Most found are in groups with identical serial numbers. If you run across a "FAKE" fire extinguisher please contact your local fire department immediately to exchange for a REAL one. The Fake fire extinguishers are filled using air which will actually help accelerate the fire.



**All Buckeyes have the born on date stamped into the bottom of the cylinder**

**Notice the Gauge. Red background Only**



**Other Indicators:**

- The bottom rim is always strait down, there are no curves
- One cylinder without any welds showing on the outside
- Remember Silver Handles made out of Aluminum are indicators of True Buckeyes
- There is a Different serial # for each fire extinguisher

# W Nutrition Watch

## Seemingly healthy foods...Take a closer look!

Story by U.S. Army Major Renee E. Cole, PhD, RD, LD.

There are many healthy foods that are easily tainted with fat and sugar, lowering their nutrition quality and contributing to an expanding waistline.

Let's delve a little deeper into how seemingly healthy foods are converted to a weight management nightmare when prepared wrong or corrupted with high calorie ingredients.

Everyone knows a salad is healthy right? You'll hear me state time and time again that you should make half of your plate fruits and vegetables. Does that go for potato, waldorf and caesar salads? Not necessarily.

In the past we talked about vegetables and fruits being the lowest in calories of the five food groups. A cup of raw veggies or 1/2 to 3/4 cup of cooked veggies only contains about 20 to 25 calories. A cup of diced fresh fruit, a medium-sized piece of fruit, 1/2 cup of canned fruit or 1/4 cup of dried fruit packs about 40 to 80 calories.

So how can foods containing fruits and veggies contribute to our obesity problem? Start by taking a look at how it's prepared. Is the food prepared with added fats, like a cream or cheese sauce, or has it been battered & fried? Fat brings more to the table than taste by contributing many calories with little impact to the volume of food, which helps trigger fullness. One teaspoon of butter or oil contains about 45 calories; thus one tablespoon adds up to about 140 calories.

When you remember that we only need 500 to 800 calories in a meal, consider if the extra calories are worth it to you. If your body doesn't need the calories to burn as energy, it will be stored as fat, no matter how healthy the food.

So here's how the food quality changes as dressings, sauces, breading, and frying are added to the preparation:

- A 140 calorie baked potato with teaspoon of butter becomes 500 calories when sour cream, cheese and bacon are added. Instead add chopped broccoli and salsa for only an extra 30 calories.
- A 27 calorie 3/4 cup of steamed broccoli becomes 171 calories when 1/4 cup of cheese sauce is added. Add some pepper and squeezed lemon for no additional calories.
- A 26 calorie of 3/4 cup steamed cauliflower becomes 239 calories when breaded & deep fried. Choose another vegetable if you can only stomach cauliflower when fried.
- A 79 calorie 1/2 cup of fruit salad becomes 120 calories or more when converted to 1/2 cup of waldorf salad. Same thoughts for all salads. Avoid cream-based salads and stick with those in a vinegar base or lite dressing.

This concept extends beyond fruits and vegetables to the other food groups.

For instance:

- A 170 calorie 5-oz portion of grilled or rotisserie chicken becomes 500 calories once it's breaded and fried. Stick with grilled, baked, and broiled versions of meat.
- A 200 calorie cup of spaghetti becomes 326 calories with meat sauce and 407 calories with 1/2 cup of alfredo sauce. Stick with red sauces instead of cheese or white sauces.
- An egg white omelet with veggies is about 39 calories, whereas a regular omelet with everything including ham and cheese brings the value up to 200 calories.

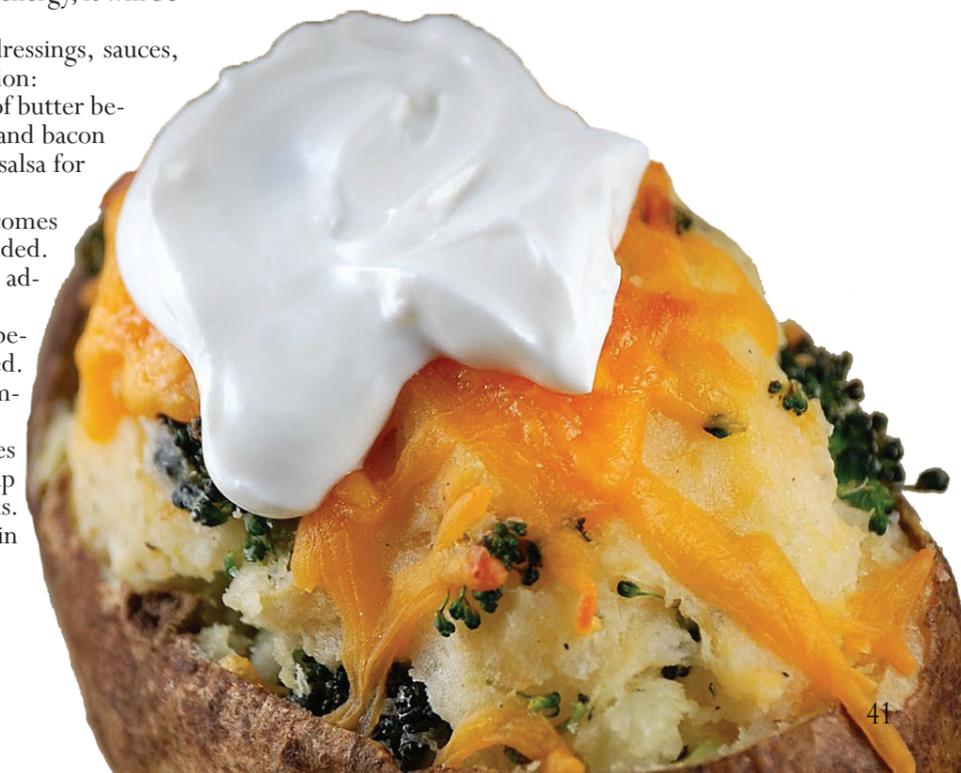
There are plenty of opportunities to eat healthy in the dining facilities, but *the decision to make healthier choices is up to you.*

Where can you compromise?

With healthier choices and smaller portions, dessert can be added without over doing it.

Keep an eye out for the newly revised **Go For Green** program, a color-coded labeling system to help patrons quickly choose better dining options. It is expected to be implemented throughout Afghanistan in the very near future.

For more nutrition information, tune into **AFN Freedom Radio 94.1** with **DJ Chance Smith, Maj. Renee Cole and Capt. Stephanie Vanneman** on Monday mornings at 0700.





# The 17th Public Affairs Detachment



**Goodbye from the 17th PAD!  
Thank you for letting us be your  
Freedom Watch Magazine crew!**



U.S. Army Staff Sgt. Derrick Browne, from Columbus, Ind., with the 1st Cavalry Division at Forward Operating Base Lightning, fires a Polish Beryl AK during a NATO weapons qualification range with U.S. Army Sgt. Jason Andrade and a Polish soldier watching over at a range east of Gardez Village, south of Kabul.

## Cav, Polish troops swap rifles, cross train

Story and photos by U.S. Army Sgt. Kim Browne, RC-East Public Affairs

Just outside the small village of Gardez, south of Kabul, sounds of gun fire echo off the mountains. In what normally would be cause for alarm, no one reacts.

To better strengthen their bond and skill, troops from the U.S. Army's 1st Cavalry Division and the Polish 17th Mechanized Brigade, held a cross-training and weapons qualification event at a small range outside of Forward Operating Base Lightning.

"Two things Soldiers have in common, worldwide, are standards of discipline and basic marksmanship and we wanted to embrace that with the Polish," said U.S. Army Staff Sgt. Edward Duran, platoon sergeant for the 1st Cav. Div. Security Forces Platoon, Task Force Maverick.

Training for the event began several weeks earlier with preliminary marksmanship instruction and familiarization.

"Every two to three weeks we were doing something; whether we were going out to the range with the Polish and shooting, sitting down learning the basic fundamentals of their weapons and then

going out and actually shooting the weapons for the first time," he said.

The training afforded each Soldier a chance to qualify on the other nation's weapon system and to help build camaraderie and exchange marksmanship badges between the Polish and U.S. Army Soldiers on FOB Lightning.

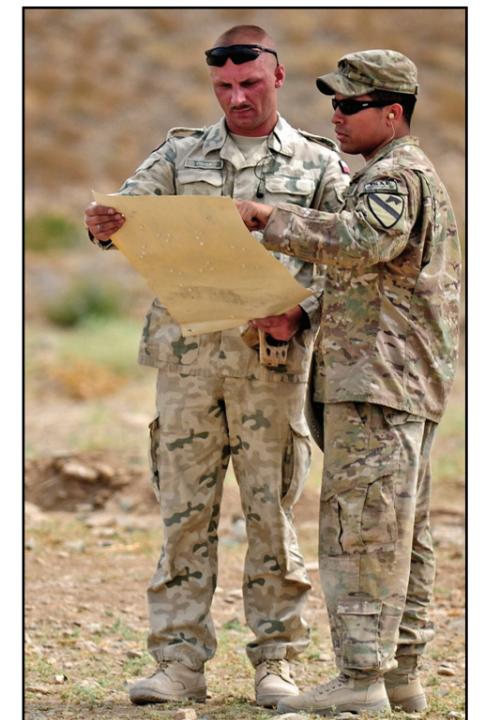
Polish soldiers zeroed and qualified on five 5.56mm M16A2 rifles. American Soldiers mastered four 5.56mm Beryl AKs.

"It was a good competition and it was great fun," said Polish army 2nd Lt. Krzysztof Mularonek. "It was a great way to build relationships between the Soldiers even with a language barrier."

Very few of the Polish Soldiers spoke English and only one American Soldier spoke Polish.

"I am very impressed and proud the Soldiers pushed through their barriers and found a means of communication with each other," said U.S. Army Staff Sgt. Derrick Browne, section sergeant of the SecFor Plt.

At the end of the training, 21 U.S. Soldiers qualified with Polish weapons and 16 Polish Soldiers earned U.S. Army marksmanship badges. 🇺🇸



U.S. Army Spc. Mike Nogard (right), from Sarasota, Fla., with the 1st Cavalry Division at Forward Operating Base Lightning, checks how a Polish soldier fared with an M16A2 rifle.



**CJTF-1CD  
Command  
Retention Officer**  
MG Daniel Allyn

**CJTF-1CD  
Command  
Retention NCO**  
CSM Isaia Vimoto

**CJTF-1CD  
Command Career  
Counselor**  
SFC Richard Erickson

**Oath of  
Reenlistment**

I do solemnly swear to support and defend the Constitution of the United States against all enemies, foreign and domestic; that I will bear true faith and allegiance to the same; and that I will obey the orders of the President of the United States and the orders of the officers appointed over me, according to regulations and the Uniform Code of Military Justice. So help me God.



**CJTF-1 CD RETENTION**

**See What's Happening in the  
Retention Corner!**

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- MSG James Meyers - DSN: 303-794-9023, 3/25 IN, Fenty
- SGM Jeffrey Sabourin - DSN: 318-421-7131, RC-South/CJTF-10

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## Mailing something home?

A few things to keep in mind to make the process quick and painless.

- Have your box ready for inspection.
- Be sure your container, box or footlocker is in good shape with old markings blacked out.
- Items may not be larger than 108 inches in combined size (length+width+depth).
- Items may not weigh more than 70 pounds.
- Have your address label and customs form already filled out, be sure include a copy of the address label inside the package.
- No checks or credit cards, only cash or the Eagle Cash Card is accepted for payment.

Some items that cannot be mailed include:

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• Alcohol of any kind</li> <li>• Plants, plants products, sand or soil</li> <li>• Live or dead animals</li> <li>• Live poisonous insects (camel spiders)</li> <li>• Cigarette lighters</li> <li>• Weapons (pistols, rifles, replicas, toy guns)</li> <li>• Weapon parts (magazines, barrels, bolts, receivers, stocks)</li> </ul> | <ul style="list-style-type: none"> <li>• Ammunition (live or spent, including brass)</li> <li>• Exploded and unexploded ordnance (mines, grenades, fragments there of)</li> <li>• Switchblades or knives with a blade longer than 6 inches</li> <li>• Military equipment (TA-50, radios, any chemical defense equipment, compasses)</li> <li>• No War trophies</li> </ul> |
|--|---|

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**Batteries**  
**do not**  
**belong**  
**in the**  
**trash.**



# the final Watch

*Pfc. Erik Park from San Mateo, Calif., fires his M-777 155mm howitzer Sept. 3. Park, who is in 3rd Platoon, Alpha Battery, 1st Battalion, 77th Field Artillery Regiment, 172nd Infantry Brigade, is the number one man on the five-man numbered team that operates the massive weapon system. (Photo by U.S. Army Spc. Ken Scar, 7th Mobile Public Affairs Detachment)*

