

RAILSPLITTERS

FALL 2011



**WAREX/CSTX
2011 ALLARMY**



What's inside...

84th Training Command

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Front cover: Army reservists from the 414th, 398th and 340th Engineer Detachments (Firefighters) conduct nighttime fire-fighting training at the Burn House Training Facility during the 2011 Warrior Exercise held at Fort McCoy, Wis. Photo by Master Sgt. D. Keith Johnson.

Back cover: Maj. Gen. Jeffrey Talley poses with 'Buddy the Bat', the mascot for the Louisville Bats minor league baseball team. Talley threw out the first pitch at a game dedicated to the 84th Training Command. Photo by Master Sgt. D. Keith Johnson.

Are you an E-6 or below looking for a change to a military career with skills you can use in a civilian career? If you have a GT score of 107 or higher, US Army Reserve Public Affairs has open E-5 to E-8 positions across the country. Contact the 84th Training Command PAO for details.



Exercises may replace deployments in ARFORGEN cycle

Story and photo by Rob McIlvaine

WASHINGTON (Army News Service, Oct. 11, 2011) -- With the drawdowns in Iraq and Afghanistan, units that fall into the 12-month available phase of the Army Force Generation Model may eventually be sent on large-scale training exercises instead of deployments, Army officials said Monday.

On the first day of the annual Association of the United States Army, it was standing room only at the Institute for Land Warfare's forum on the future of Army Force Generation: A total Army approach.

"We are looking to get new authorization for these missions," said Karl Schneider, principal deputy assistant secretary of the Army for manpower and reserve affairs. "Ultimately, it will be a political decision," he said. "It is important to show that it works and do it responsibly."

Leading discussion on the changes and issues was Lt. Gen. Howard B. Bromberg, deputy commanding general of U.S. Army Forces Command. This command trains, mobilizes, deploys, sustains, transforms and reconstitutes conventional forces, numbering about 780,000 Soldiers and 3,400 civilian staff members.

"If we're going to be in a long-term conflict, we're going to have to have cyclical rotation of forces. This is the difference between the old model and the new model," he said.

ARFORGEN is the Army's core process for generating a supply of forces, using effective resource management in manning, training, and equipping in order to support the demands of combatant commanders and other Army requirements.



Karl F. Schneider, principal deputy ass't. secretary of the Army (Manpower and Reserve Affairs), talked about the power of synchronization in ARFORGEN.

It's flexible and adaptable to the Army's needs, enables the Army to build readiness and provides a sustained flow of units.

For the reserve component, he said, the cycle is just a little bit longer, though it's the same cycle -- they reintegrate, or reset for 12 months; then they have a 36-month period for Train/Ready; finally, they have 12 months to be available.

He said he thinks what the Army has seen in the last 10 years of conflict is a gearbox where maybe the gears haven't been the right size all the time, and haven't been turning at the right speed and right direction.

AFORGEN, he said, is all about being able to synchronize those gears.

"We've always tried to synchronize it but we never really called it anything before. And people have come up to us in the last several months and asked, do you think ARFORGEN is going to survive? And my answer has always been, sure, we're always going to have to have some way to synchronize the Army. And whether you call it something else, I mean, it will change as the Army has changed. It will change as demand changes, but there will

still be a need to synchronize the elements of the United States Army," Schneider said.

"As you know, the deployment policy has recently changed so the nine months, boots on the ground will be the same for both active and reserve component. This particularly helps in this whole concept of total force policy of trying to get away from the differences between the three components, and emphasizing more the similarities between the three components.

"And I think there's a lot more work to be done in that area. And as we look into the future, looking at things like continual service -- the idea of a Soldier for life where you can transition back and forth between being a fulltime Soldier to being a part time Soldier," he said.

This will also require integration of units, he said, where units will be blended together.

"But it's also going to mean one standard, everybody has to be at the same standard -- standards of readiness, standards of fitness, all those things will be the same for all components," he said.

"We just need to have some kind of model that we can hang our hat on and we can organize, prioritize our resources so we can put them in the right places at the right time with the best capability and that's what FORSCOM is all about delivering a trained and ready force to combatant commanders, and the AFORGEN model allows us to do that," Bromberg said.

(To read the entire unedited article go to: <http://www.usar.army.mil/arweb/News-AndMedia/storiesfromthefront/Pages/ExercisesmayreplacedeploymentsinARFORGENcycle.aspx>)



The way ahead for the 84th



As U. S Forces complete their mission in Iraq, a tentative timeline has been set for the withdrawal of Soldiers from Afghanistan, and the demand for Deployment Expeditionary Forces is decreasing, there are those who think that the mission of the 84th Training Command will decrease as well. Nothing could be further from the truth.

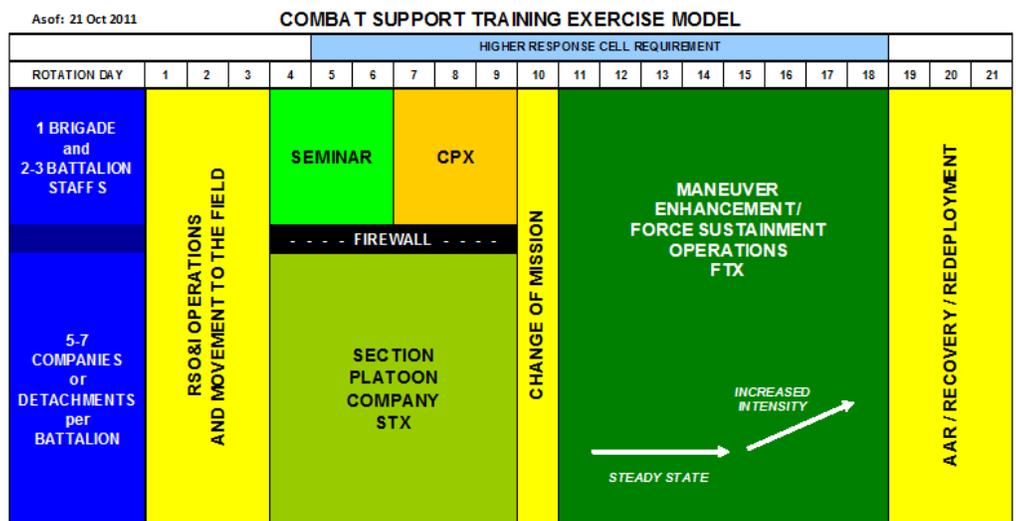
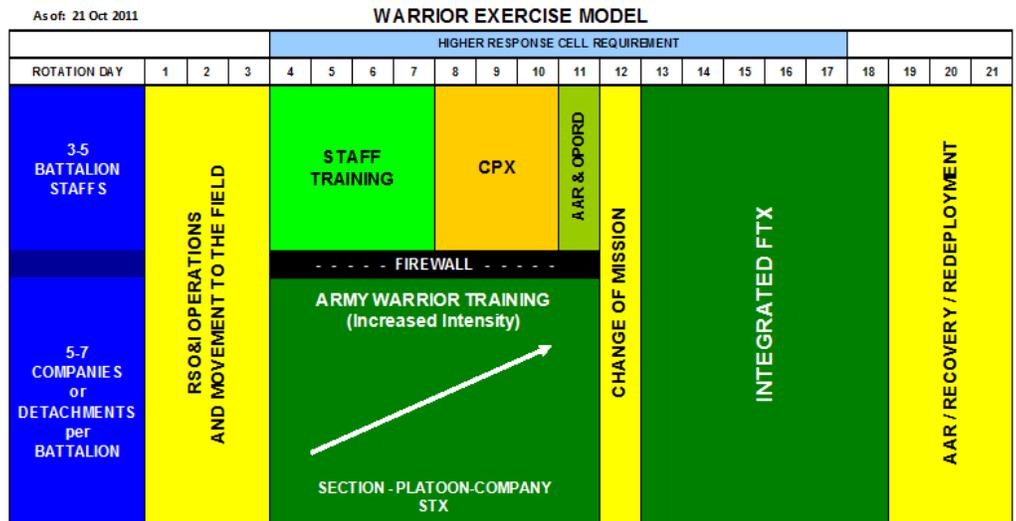
The 84th Training Command is the US Army Reserve Command Action Agent for USARC's two premier collective training events: the Warrior Training Exercise and the Combat Support Training Exercise. The 84th will see its exercise load increase from the four exercises conducted in Training Year 2011 to 10 in TY 2014. The 10 events will consist of four WAREX's and six CSTX's.

There are several changes planned for the WAREX and the CSTX. These changes include the number of training days, the scheduling of the exercises, which units participate in which exercise and when, other exercises such as Global Medic would be nested within WAREX, and Joint Accreditation of WAREX and CSTX.

The number of days for the WAREX, currently resourced for 21 days, may go to 14 days and the number of days for the CSTX will decrease from 29 days to 21 days for TY 2013-2014 and to possibly 15 days. This is

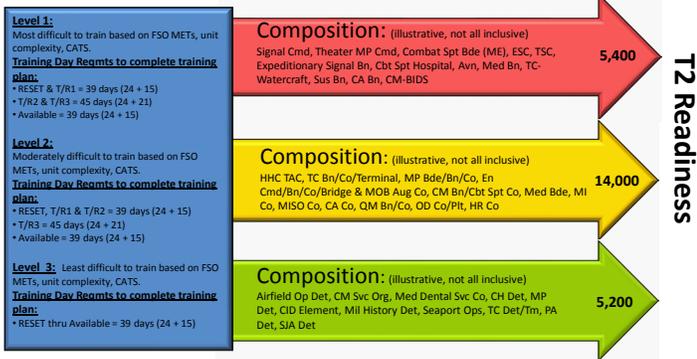
due in part to the Army Reserve's projected resourcing of 39 training days annually per Soldier (24 unit training assemblies and 15 days of Annual Training). Units will participate in either WAREX or CSTX based on their Structure Resource Code and their Available Force Pool Date. Units will get increased resources as they approach their available year. The current training models for the WAREX and CSTX are depicted below.

WAREX will focus on SRC Level 1 units in TR2. Units training will focus on increased collective training (e.g. platoon, company, and battalion and brigade staffs). SRC Level 1 will execute WARRIOR training exercise to facilitate their training requirements to attain the required training aim point rating. SRC level 1 units receive six additional training days added to their collective training event. SRC level 2 and 3 units are scheduled for a



SRC Levels

- Some AR formations are more complex and difficult to train than others
- Not all units require the same amount of resources to achieve readiness goals
- Most difficult to train and those required soonest receive resource priority



14 day annual training event likely conducted in a Warrior Exercise. The chart above illustrates unit SRCs. CSTX will focus on TR3 units. Unit training is focused on achieving Full Spectrum Operations Mission Essential Task List proficiency at level organized (e.g. detachment/company and battalion and brigade or higher battle staffs). SRC level 2 units will execute a WARRIOR

training exercise to facilitate requirements to attain training aim point rating. SRC level 1 and 2 units will receive six additional training days added to their 14 day collective training event in TR3. SRC level 1 units will participate in a CSTX or CTC event focused on tactical tasks organized at company through battalion/brigade staff events. SRC Level 3 units will complete functional exercis-

es, but may participate in a WAREX or CSTX.

The Global Medic Exercise is a medical exercise that once was a standalone exercise conducted by the Medical Readiness Training Command located at Fort Sam Houston, Texas and the Joint Readiness Training Center at Fort Polk, LA. Now the Global Medic becomes part of the WAREX.

As the Army Reserve transitions to its new Army Reserve Training Strategy, more legacy exercises will become part of either a WAREX or CSTX. This will not only increase the number of training units participating in each exercise but it will significantly increase the Soldiers participating as well. WAREX and CTSXs are routinely scheduled during the

summer months. Going forward the exercises will be scheduled quarterly year round.

Beginning with the Global Medic in TY 2012, Army Reserve exercises will begin to seek joint accreditation through the Joint National Training Center. This will eventually lead to both the WAREX and CSTX becoming joint accredited exercises. This will expand the span and scope of both exercises and other services participating in the exercises.

As you can see, the 84th Training Command will continue to serve as the USARC Action Agent for its premier collective training events with an increasing growth of mission requirements.

“Strike Hard”

FORT KNOX, Ky. -- Maj. Gen. Jeffrey Talley, commanding general for the 84th Training Command, swings an axe to cut the ribbon during a ribbon-cutting ceremony held here August 6. The ceremony celebrated the occupation of the 84th's new headquarters.

To see the video, click on: <http://www.dvidshub.net/video/122696/84th-training-command-ribbon-cutting>



Photo by Master Sgt. D. Keith Johnson

SMA Chandler, CSM Schultz, CSM Burch brief the troops

A message from our top NCO leadership

On a recent overseas trip, Sgt Maj. of the Army Raymond F. Chandler III, along with Command Sgt. Maj. Mike Schultz, command sergeant major of the Army Reserve, and Command Sgt. Maj. Richard Burch, command sergeant major of the Army National Guard, briefed deployed Soldiers of possible upcoming changes. A summary of Chandler's comments is below

Retirement:

The current retirement program is not going to change for those already in the Army. Chandler said that he can't find one congressman who supports changing our retirement plan for those already serving. Less than one percent of U.S. citizens serve in our Armed Forces and our nation owes us this for standing up for our freedoms. "Our Nation would be breaking a commitment /agreement to those that volunteered to serve our nation," Chandler said..

The SMA said that he and the Chief of Staff trust us to do the right thing and we need to

trust them with this issue. The SMA also made it clear that the Army does not control this, Congress does. He also gave examples of how military pay has changed in the last 30 years.

Drawdown:

The Army will draw down. This will be accomplished through less retention, a selective early retirement board for those that are retirement eligible and by separating Soldiers for misconduct.

Average Performers:

NCOs / Soldiers who are just average performers may find it difficult to stay in the Army or in their current MOS when it comes time to re-enlist. Those that receive a no on the values portion of the NCOER, receive a poor NCOER, DUI, or Article 15 may find it difficult to stay in the Army. If they are allowed to stay they could be forced to fill a MOS, other than their current one, that the Army needs help in filling. He used the phrase "Tightening up the ranks" a lot.



Command Sgt. Maj Richard Burch, second from the left, Sgt. Maj. of the Army Raymond Chandler, and Command Sgt. Maj. Mike Schultz visit with troops in Afghanistan.

NCOER:

NCOERs are over inflated. NCOERs will be changed to be in line with FM 6-22, Leadership, with more responsibility on the rated individual along with stricter counseling requirements that are documented.

APFT:

The new APFT is under Chandler's review. He stated that the run will not be 1.5 miles. He would like to see it changed to 4.0 miles. He is also reviewing two of the new events, broad jump and the shuttle run, and a proposal for the new APFT will be submitted in February 2012. Another course of action would be to just keep the current one, but Chandler wants to see it change because

of concerns about overweight NCOs/Soldiers in the ranks. Age groups are also being discussed. Possibly just one age group or two. Under 40 and over 40. The standards will remain different for males and females.

Overweight Personnel:

We have the highest tolerances for body fat percentages in the armed forces. Chandler is tired of being last and want to be first. Personal appearance will be addressed in the upcoming new version of AR 670-1 that will be released in 6 months. We are going to "Tighten up the Ranks" on overweight personnel and he feels that it is a leadership failure for a lot of the overweight personnel in our ranks. We should be conducting more counseling,

monitoring PT training plans, and getting rid of those who do not comply. "You can't look like a stuffed summer sausage in your ACUs," said Chandler

Tattoos:

A change is coming on tattoos. No Tattoos above the neck or past the wrist area. The uniform should cover all Tattoos. For females, if you get a Tattoo on your calf, then, you will wear pants, so the Tattoo may not be seen. If

you get a Tattoo that is visible it could become grounds for separation. "You are a professional, and if you want to serve in the Army you will look professional or leave our ranks," said Chandler.

Grooming standards:

Photos are coming showing what proper haircuts can look like. There will be an authorized short, medium and long haircut. As a uniformed service, we should look uniform.

No pointy sideburns. Reg's not changing, just enforcing the length, shape and density.

Fingernails: No long fingernails for men and no fingernail polish for females in duty uniform. Polish in ASUs will be neutral tones or may go away completely.

The regulation covering earrings for females is being reviewed and may be changed to allow female Soldiers to wear studs while in duty uniform.

Sexual Assault/Harassment:

Must conduct sexual assault training, 95 percent of sexual assaults are males against females. Chandler sees on average two sexual assault/harassment cases concerning E-9s per week. He feels that if training and counseling were conducted properly, more Soldiers would be ID'd early in their career and separated from the Army if this type of behavior continued.

Staff Judge Advocate: USERRA Update

Two recent court cases highlight the progress Soldiers have made in protecting their rights under the Uniformed Services Employment and Reemployment Rights Act of 1994 (USERRA).

One case finally made it to the US Supreme Court, Staub v. Proctor Hospital. In March 2011, the Court ruled in favor of Army Reservist Sgt. Vincent Staub, who was fired from his position as a hospital technician.

Staub's civilian supervisor resented him for putting a strain on the work schedule so as to accommodate Staub's Battle Assembly schedule and Annual Training. The supervisor's resentment was a factor considered by the hospital's human resource manager who ultimately decided to fire Staub. In court, the hospital argued that it

did not violate USERRA because the supervisor did not have the authority to fire Staub, only the human resources manager did. And the manager did not harbor the same resentment.

The Court disagreed, refusing to allow employers to dodge liability by isolating the human resources department from the rest of the company. Staub was awarded \$57,640.

In another recent case, the US 2nd Circuit Court of Appeals, in Serricchio v Wachovia Securities LLC, upheld a decision applying USERRA rights to sales commissions as well as regular salary. Air Force Reservist Michael Serricchio was a financial adviser who was paid on commission when he was called to active duty in 2001.

Upon his return to work following deployment, Wachovia did not reinstate him to a position of similar status and pay as required



Maj. Jacqueline Gall
84th Training Command SJA

by USERRA. Instead of offering him his original and/or comparable clients, Wachovia offered Serricchio a position of less responsibility and pay, one that required him to "cold call" to rebuild his client accounts. In one of the largest judgments in USERRA history, Serricchio was awarded \$926,506 in back pay and damages, plus salary reinstatement of \$12,500 per month.

A Busy Weekend...

On March 18 and 19, the 84th Training Command conducted a weekend of family programs training, a senior leader conference, a no host social, a concept development conference and a military ball at the Leaders' Club on Fort Knox, Kentucky. Attendees included Family Readiness Liasons; 78th, 86th and 91st Training Division command teams; command teams from O&F commands throughout the Army Reserve; First Army commanding general; the Chief, Army Reserve; vendors; and members of Company H, 339th/84th Infantry Division reenactors from St. Louis, Mo. A lot of hard work and effort went into making the weekend a success. To see all of the photos, go to:

<http://www.flickr.com/photos/hhc84thtc/collections/72157626339407973/>



Photo by Master Sgt. D. Keith Johnson



Photo by Maj. James Whitworth



Photo by Master Sgt. D. Keith Johnson



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Photo by Maj. James Whitworth



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Photo by Maj. James Whitworth



Photo by Maj. James Whitworth



Photo by Sgt. 1st Class Suzanne Goff



Photo by Sgt. 1st Class Suzanne Goff



Photo by Master Sgt. D. Keith Johnson



Photo by Sgt. 1st Class Suzanne Goff

INSIDE EDITION

FORT HUNTER LIGGETT, CALIFORNIA

WAREX/GLOBAL MEDIC 91-11-01

CSTX 91-11-01

<http://www.dvidshub.net/video/123088/army-reserve-combat-support-and-combat-service-support-training-promotional-piece>

FORT MCCOY, WISCONSIN

CSTX 78-11-01

WAREX/GLOBAL MEDIC 78-11-01



Photo by USAF Staff Sgt. Donald R. Allen

Left: U.S. Army Soldiers from the 360th Chemical Company, Texarkana, Tex., and the 377th Military Police Company, Bloomington, Ind., attack an approaching convoy while playing the part of enemy aggressors at Fort Hunter Liggett, Calif., in support of Global Medic 2011 and Warrior 91-11-01.



Photo by USAF Staff Sgt. Donald R. Allen

Above and below: U.S. Army Soldiers from the 97th Engineering Company, Guam, react to a simulated attack by enemy aggressors during convoy training at Fort Hunter Liggett, Calif., in support of Global Medic 2011 and Warrior 91 11-01.

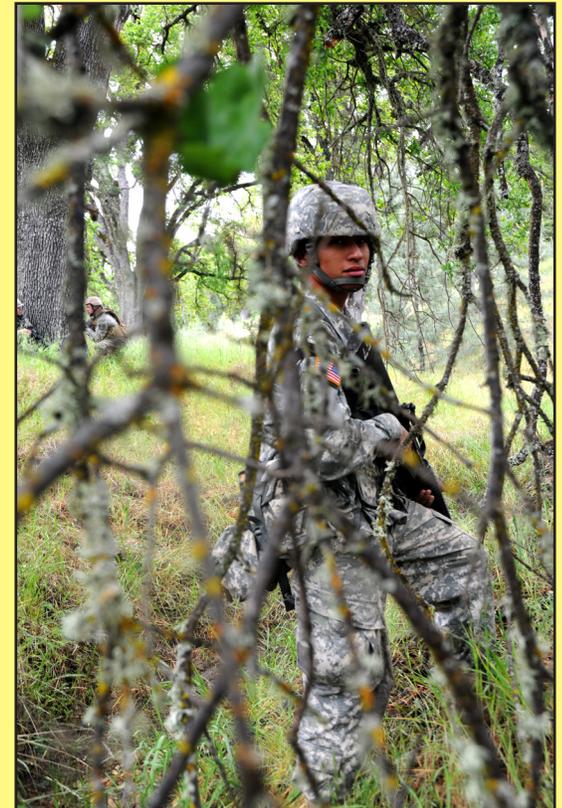


Photo by USAF Tech. Sgt. Chris Hibben



Photo by USAF Staff Sgt. Donald R. Allen



Photo by USAF Staff Sgt. Jared Becker

Above: U.S. Army Soldiers, from the 603rd Military Police Company, maintain security at main gate of Forward Operating Base 8J, while illumination flares light the surrounding area.



Photo by USAF Tech. Sgt. Chris Hibben

Above: A U.S. Soldier watches for the enemy during a simulated attack during a medical evacuation exercise.



Photo by USAF Tech. Sgt. Chris Hibben

Above right: U.S. Army Spc. Erika Ragland, a supply specialist, takes aim at a hostile enemy during a simulated attack on a medical evacuation exercise.

Left: U.S. Army Spc. William Fair, with 298th Transportation Company, Hillard, Pa., calls in a simulated aeromedical evacuation at Fort Hunter Liggett, Calif.

Below: U.S. Army Specialist Kyzer Williston, 360th Chemical Company, Texarkana, Tex., moves into a fighting position while playing the part of an enemy aggressor.



Photo by USAF Tech. Sgt. Christine Jones



Photo by USAF Staff Sgt. Donald R. Allen

For more photos, videos, go to: <http://www.dvidshub.net/search?q=warrior+91>



Photo by USAF Tech Sgt. Efren Lopez

Warrior Exercise gives participating units an opportunity to rehearse military maneuvers and tactics such as security, convoy operations and quick reaction drills during simulated enemy attacks. Global Medic is a joint field training exercise for theater aeromedical evacuation system and ground medical components designed to replicate all aspects of combat medical service support.



Photo by USAF Tech Sgt. Efren Lopez



Photo by USAF Staff Sgt. Donald R. Allen



Photo by USAF Tech. Sgt. Chris Hibben



Photo by USAF Tech. Sgt. Christine Jones

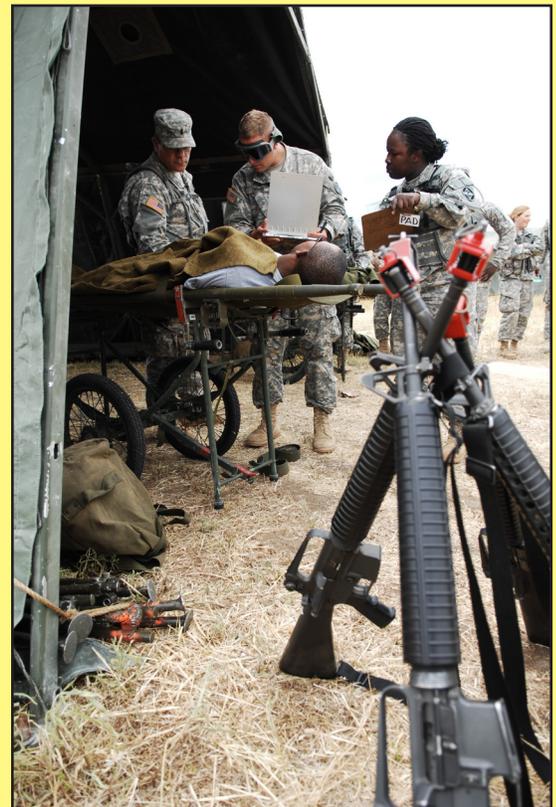


Photo by USAF Senior Airman Raymond A. Estes

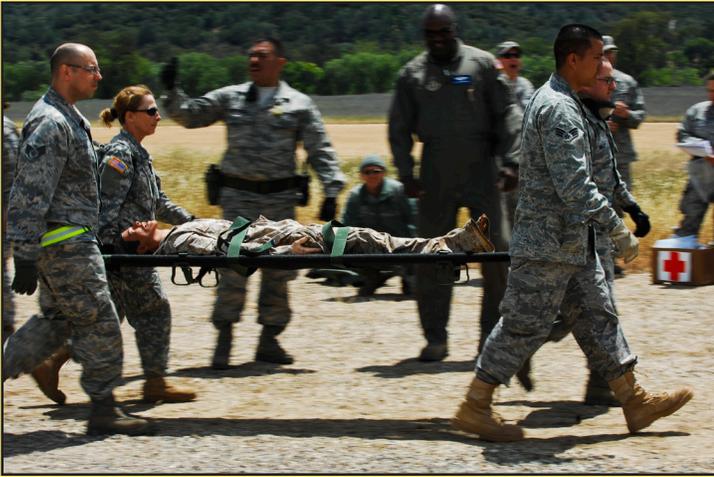


Photo by USAF Staff Sgt. Donald R. Allen



Photo by USAF Staff Sgt. Donald R. Allen



Photo by USAF Tech Sgt. Efren Lopez



Photo by USAF Tech. Sgt. Christine Jones



Photo by USAF Tech. Sgt. Chris Hibben



Photo by USAF Staff Sgt. Jared Becker

For more photos, videos, go to: <http://www.dvidshub.net/search?q=warrior+91>



Left: U.S. Army Sgt. Ricky Thompson, left, and Spc. Craig Thompson, 377th Engineering Company, Butler, Pa., level a concrete form to be used as a base for a mobile air operations center at Schoonover Airfield.

Photo by USAF Staff Sgt. Donald R. Allen



Photo by USAF Tech. Sgt. Chris Hibben

U.S. Army engineers use a level to put up a foundation form at Fort Hunter Liggett, Calif., in support of Global Medic 2011 and Warrior 91 11-01.



Photo by USAF Tech. Sgt. Francisco V. Govea II

U.S. Army Spc. Aaron Drummund, a utilities equipment repairer, 48th Combat Support Hospital, Fort Story, Va., troubleshoots an environmental control unit at Fort Hunter Liggett, Calif., May 19, 2011, in support of Global Medic 2011 and Warrior 91 11-01.



Photo by USAF Tech. Sgt. Christine Jones

U.S. Army Pfc. Marcel Chagnon, 392nd Signal Battalion, verifies continuity in the visitors log at Fort Hunter Liggett, Calif., May 16, 2011, in support of Global Medic 2011 and Warrior 91 11-01.



Photo by USAF Tech. Sgt. Chris Hibben

U.S. Army M-915 Line Haul Trucks drive through a river bed during convoy training at Fort Hunter Liggett, Calif., in support of Global Medic 2011 and Warrior 91-11-01.



Photo by USAF Staff Sgt. Donald R. Allen

U.S. Air Force Senior Airman Mike Walton, foreground, and Airman 1st Class Nicholas Lafferty, 920th Civil Engineering Squadron, Youngstown, Ohio, participate in simulated convoy operations war games using the U.S. Army's Virtual Battlespace Simulator 2 (VBS2) at Fort Hunter Liggett, Calif., in support of Global Medic 2011 and Warrior 91 11-01.



Photo by USAF Staff Sgt. Donald R. Allen

Dan Sauer, left, and Pierce Lutter, unmanned aerial systems technicians with Insitu Corporation, place a Scan Eagle unmanned aerial vehicle onto its launcher in support of Global Medic 2011 and Warrior 91 11-01.

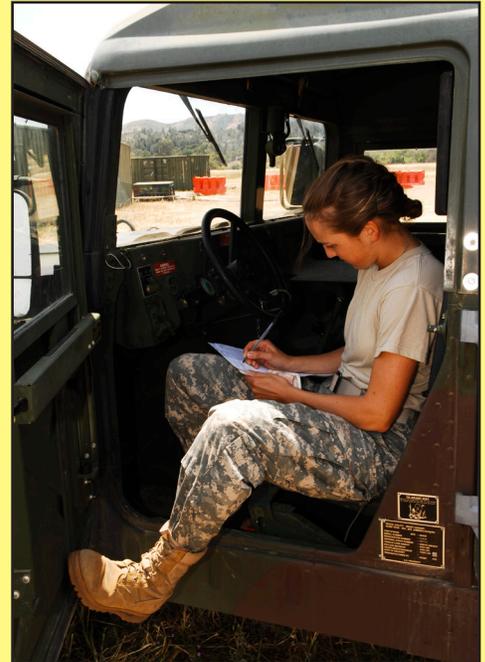


Photo by USAF Staff Sgt. Donald R. Allen

U.S. Army Spc. Robynn Houston, 308th Medical Logistics Company, documents preventive maintenance on a vehicle at Schoonover Field in support of Global Medic 2011 and Warrior 91 11-01.



Photo by USAF Staff Sgt. Donald R. Allen

Above left: A U.S. Army Soldier assigned to the 607th Military Police Company, defends against a simulated enemy night attack at Forward Operating Base 8J, Fort Hunter Liggett, Calif., in support of Global Medic 2011 and Warrior 91 11-01.

Above right: U.S. Air Force 1st Lt. Amanda Schmitt, a flight nurse with the 43rd Aeromedical Evacuation Squadron, documents the medical record of a simulated casualty during an aeromedical evacuation mission onboard a C-17 Globemaster III aircraft at Schoonover Field in support of Global Medic 2011 and Warrior 91 11-01.

Below right: U.S. Army Staff Sgt. Justin Daijogo from the 319th Expeditionary Signal Battalion, right, works on his laptop fixing a firewall issue at Fort Hunter Liggett, Calif., in support of Global Medic 2011 and Warrior 91-11-01.



Photo by USAF Staff Sgt. Donald R. Allen

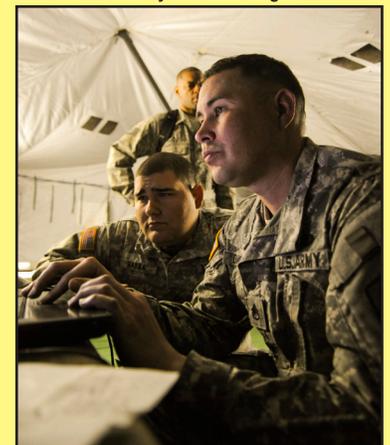


Photo by USAF Tech. Sgt. Chris Hibben

For more photos, videos, go to: <http://www.dvidshub.net/search?q=warrior+91>

Soldiers gain confidence learning convoy operations

Story and photos by Spc. Michael Crawford
354th MPAD

FORT HUNTER LIGGETT, Calif. - Soldiers from the 1015th Maintenance Company, based in Fort Gillem, Ga., rose before the sun, preparing themselves to respond to small-arms fire, ambushes and improvised explosive devices as part of a convoy operations exercise.

They rode through the mountainous and dusty terrain of Fort Hunter Liggett as part of a training convoy for the 2011 Combat Support Training Exercise.

With only a handful of veterans, the 1015th largely consisted of new Soldiers. For many, including the convoy commander, this would be their first experience with convoy operations.

"You've got to jump through hoops and do all sorts of paperwork to get a convoy moving," said 2nd Lt. Matthew Everett, the convoy commander for the 1015th Maint. Company. "You can't just jump in and play Soldier."

The convoy did move, and it set



Spc. Everett Jackson, a small arms and artillery repairman with the 1015th Maintenance Company, watches for the enemy during a convoy operations training exercise. The convoy encountered small-arms fire and an IED detonation.

out for Forward Operating Base Milpitas, where the convoy split before continuing to the training lanes. As the exercise began, every Soldier found they had something new to learn.

Staff Sgt. Ralph Jordan, a small arms and artillery repair non-commissioned officer, had deployed to Afghanistan for a year in 2002. Not

only was the lanes training new to him, so was the equipment.

"This is more advanced than when I went," Jordan said. "We got the gear, and if our troops stay with it, we'll be awesome."

Despite having many new Soldiers, the 1015th had an edge that a more veteran unit might not have had: updated basic training.

"When I came in [the service] in 2001, I couldn't have handled it," said Spc. Christopher Loveless, a small arms and artillery repairman with the 1015th.

Loveless, a former Marine from Atlanta, was taught how to fight in wooded and jungle environments; he didn't learn about convoys, IEDs and urban conflict in his basic training.

(con't. on next page)



Spc. Chris Griffon with the 1015th Maintenance Company takes cover behind his vehicle while watching for the enemy during a convoy operations training exercise.

926th TCD prepares for mobilization

Story and photo by Spc. Dalton Smith
354th MPAD

FORT HUNTER LIGGETT, Calif. – Soldiers of the 926th Transportation Corps Detachment prepared for mobilization among explosions, smoke and yelling in the early morning here.

The 926th TCD trained to guard an entry control point at Forward Operating Base Milpitas along with experienced combat veterans and new Soldiers. This was one of several situational exercises held during the 2011 Combat Support Training Exercise.

An observer controller/trainer with the unit said they might be a small group, but they were always on time and ready to go.

The Soldiers of the 926th TCD came together less than a month ago to form the detachment. This training is the first time the unit has all worked together says Cpl. Douglass Gibbs, transportation management coordinator with the 926th TCD.

“This training will bond us all together and help me as a leader,”



A Soldier with the 926th makes a request for more Soldiers. Soldiers trained to defend a forward operating base to keep hostiles away.

said 2nd Lt. Pho Thong Chanthanivong, unit movement transportation officer for the unit. “It will also build unit cohesion.”

Defending a FOB includes searching and detaining possible hostiles, securing vehicles, react-

ing to indirect fire, deploying Quick Reaction Forces and providing care for wounded Soldiers.

“This is going to benefit [us] a lot. Any kind of training will benefit, no matter what it is because there is always a purpose to what we’re doing,” said Chanthanivong.

Hollywood-style pyrotechnics were used in every scenario, either in a truck as a vehicle-borne improvised explosive device or in a field as indirect fire. The Soldiers reacted to every explosion that went off as though real life.

A more realistic training environment helps structure a new group into the best group, said Chanthanivong.

“This training helps for stressful environments by throwing everything at us at once, so we can react better downrange,” said Gibbs. “People have to know their part, play their part and not step on the toes of those in charge.”

The training exercise lasted five hours, leaving Soldiers sweaty and worn, but better trained to fight together as a unit.

(con’t.)

“You can tell Soldiers are better prepared and trained to handle convoys,” he said.

Soldiers applied what they learned from each encounter as they moved down the lanes. Half way through the exercise, observer control/trainers offered critiques based upon the unit’s performance. Knowing what to sustain and what to improve, Soldiers adjusted their plan of action.

Originally lacking standard operating procedures, Soldiers es-

tablished when and where they would dismount and return fire if ambushed. Initially hampered by noisy communication equipment, Soldiers developed hand signals and code words.

“We made mistakes, but we learned a lot,” said Spc. Jacqueline Sanabria, a native of Atlanta. “We got to see what it would be like for certain IEDs, [vehicle-borne] IEDs or how the enemy would attack us.”

Everett hopes to continue training on the lanes with his unit and participating in additional training exercises such as FOB defense.

He wants to focus on establishing protocols until they become second nature.

“My goal is to get to the point where they don’t need me,” he said.

The much needed training revealed many of the unit’s strengths and weaknesses, Loveless said. With a deployment in the unit’s future, this much needed training has given hope to the many new Soldiers within the 1015th.

“This is my first deployment, so I’ve been shaky about it,” Sanabria said. “When I have a day like this, it makes me feel confident.”

For more photos, go to: <http://www.dvidshub.net/search/?q=cstx+91&sort=date>

National Guardsmen promote combatives

By Sgt. Joshua Risner

372nd MPAD

FORT HUNTER LIGGETT, Calif. - National Guardsmen Sgt. 1st Class Michael Huitdma and Maj. Greg Darlow discuss the importance of combatives.

In a tent on Forward Operating Base Schoonover that is normally reserved for briefings, the two Soldiers have set down mats and are testing their skills in jujitsu on each other.

They are here for the 2011 Combat Support Training Exercise but this is not part of the exercise. They are simply getting in a good workout and keeping themselves sharp.

"Even though we're in the field, we still continue with our combatives training," said Sgt. 1st Class Michael Huitdma, assigned to the 109th Regional Support Group out of Rapid City, S.D. "Everywhere we go, we like to take some mats with us even though the days are hot and long."

For Huitdma and his sparring partner, Maj. Greg Darlow, combatives is more than just a minor training tool; it is a vital part of being a Soldier.

"I think it instills the warrior ethos," said Huitdma. "It gains you confidence to know that if you're on the battlefield and get in trouble, you know the more you train here, the easier it is out there."

Huitdma has been involved in martial arts since he was 17, but got involved in the Army combatives program after his first tour in Iraq. He trained Iraqi police in hand-to-hand techniques but



Sgt. 1st Class Michael Huitdma, left, grapples with Maj. Greg Darlow during a combatives physical training session at FOB Schoonover. Both Soldiers are assigned to the 109th Regional Support Group, based out of Rapid City, S.D.

was met with skepticism.

"At times when I was showing them the techniques, they tried to resist to prove that what we had might not be legit," he said. "I knew that I needed to find something else to be able to have that edge."

Since then, Huitdma has

"If it can save one Soldier's life, that's worthwhile to me."

-- Maj. Greg Darlow

trained diligently, earning a brown belt in Brazilian jujitsu and a level four certification in Modern Army Combatives. He is a firm believer in the program and urges all Soldiers to train and become more proficient in combatives.

"I think there's times we get resistance because somebody might think they're too old or too out of shape," he said. "I think

every Soldier and leader needs it; it's a confidence booster."

While the combatives program has become a major part of the active component, Darlow feels it is still on the fringe of Reserve and National Guard training programs.

"It's continually gaining momentum, but it won't get big until the senior leadership starts to buy off on it and realize how important it is," said Darlow. "If it can save one Soldier's life, that's worthwhile to me."

For Huitdma and Darlow, the combatives program is an invaluable training tool, both for physical fitness and for mental readiness. They want to spread the word that it is not just for combat arms Soldiers; it can be beneficial to anyone who is willing to put in the time and effort.

Who knows, it could save your life one day.

California police train Soldiers to use medevacs

Story and photos by Spc. Michael Crawford
354th MPAD

FORT HUNTER LIGGETT, Calif. – California Highway Patrol officers trained Soldiers on medevac procedures and equipment at Forward Operating Base Milipitas during the 2011 Combat Support Training Exercise held here.

A CHP helicopter landed on the FOB to meet more than 30 Soldiers from the 665th Engineer Company and the 7224th Medical Support Unit. Two members of the CHP showed how to use helicopter hoist systems to medevac casualties out of an environment where a helicopter could not land.

“You always need to know

A California Highway Patrol officer explains components of the helicopter medevac system and their functions to Soldiers during a medevac and equipment familiarity exercise at Forward Operating Base Milipitas



simple procedures, but you also need to know what to do in an emergency situation,” said 1st Lt. Kelly Holmes, a nurse with the 7224th MSU based in Charleston, S.C.

“If you know how to maneuver during an emergency... you can deal with other situations as they arise,” she said.

Soldiers practiced loading casualties onto litters to be hoisted by the helicopter and practiced rigging and unrigging litters to the hoist. Holmes, a native of Charleston, S.C., appreciated the opportunity to prepare her Soldiers for deployment.

“Everyone did a great job and worked together as a team,” she said. “I feel very prepared to act efficiently, effectively and quickly in this situation if it were to arise.”



Soldiers with the 665th Engineer Company prepare to rush towards a medevac helicopter during a training exercise with members of the California Highway Patrol.



Soldiers received hot meals twice a day provided by the 109th Regional Support Group, a National Guard unit from Rapid City, S.D., while attending the 2011 Combat Support Training Exercise at Fort Hunter Liggett, Calif.

Photo by Sgt. Robert Timney

For more photos, go to: <http://www.dvidshub.net/search/?q=cstx+91&sort=date>

Seabees participate in CSTX 91-11-01



Photos by Spc. Dalton Smith

Naval Mobile Construction Battalion – 5, Bravo Company worked here for their Annual Training

Clockwise from the upper left: Petty Officer 3rd Class Tyksous Pettway, of San Diego, cuts a length of board for a building. Petty Officer 3rd Class Scott Catla, of San Diego, measures the length of a board to be cut. Petty Officer 2nd Class John Llewellyn, of Hawthorne, Nev., confirms the measurement of a board.



Photo by Staff Sgt. Michel Sauret



Photos by Spc. Justin Snyder

The Long Haul

Soldiers of the the 414th Transportation Company, of Orangeburg, S.C., and 257th Transportation Company, of Las Vegas, jointly transported fuel, food and water products from Fort Hunter

Liggett to United States Marine Corps Logistics Base Yermo in support of the National Training Center, Fort Irwin, Calif. The transportation companies completed three round trips in a span of nine days.

“The ultimate goal was to prove that the Army Reserve remains fully capable of providing sustainment support in a continental United States training environment as they do in Operations Enduring Freedom and Operations New Dawn,” said Col. David Aucoin, 143rd Expeditionary Sustainment Command deputy commander.

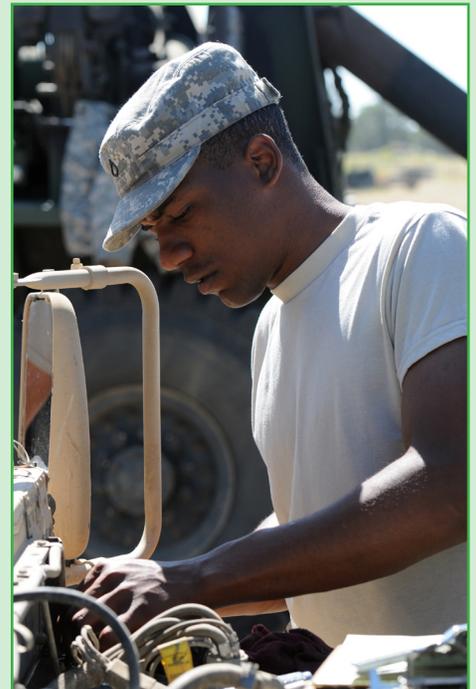


Photo by Spc. Michael Crawford

Pfc. Tyshown Abdullah, a small arms and artillery repairman from Paterson, N.J., receives hands on training as he changes a washer fluid reserve pump on a Humvee on FOB Schoonover. Abdullah serves with the 1015th Maintenance Company, based in Fort Gillem, Ga.

Abraham-Lincoln wins lottery



Spc. Claude Abraham-Lincoln checks paperwork at the entry gate of Foward Operating Base Schoonover during the 2011 CSTX.

*Story and photo by Sgt. Betty Dodd-Rogers
372nd MPAD*

FORT HUNTER LIGGETT, Calif. - For the past four years Claude Abraham-Lincoln has been living in the United States; however, he was born in Ghana, Africa in 1974. He lived in a small town called Tema. After graduating from college, Abraham was tired of working as a quality control officer in the Tema flour mills and wanted to go to America. He entered the visa lottery.

The Diversity Visa Lottery Program is a congressionally mandated program which makes available up to 55,000 diversity visas annually, drawn from random entries of people who meet strict eligibility requirements from countries with low rates of immigration to the United States.

He said he did not win on the

first try or the second, but he did not let that stop him. He was determined to get to the U.S. He entered a third time and finally won.

Abraham lived in Pennsylvania with friends when he first came to America, and eventually moved to Boston.

In Boston, Abraham got a job in one of the hotels where he works as a banquet supervisor.

The director of the hotel was over working the employees and treated them unfairly he said. Abraham said they were supposed to work three until eleven, but in most cases it would be 3 p.m. until 3 a.m. Some workers quit, but most could not just quit. They started talking to the union for the hotel. They wanted to work the hours they were supposed to and receive benefits. They were under staffed and under paid.

During the tug of war with the union Abraham decided to join the Army at 36 years old. His recruiter did not tell him about the requirements for basic training he said. He was shipped to training Jan. 5, 2009.

"Those days were terrible." On the first day I could only do five sit-ups.

The drill sergeants were yelling and telling him he had to push himself. He knew he had to stay motivated and do what he had to do in order to make it through training. Most the other Soldiers were younger than he was and could do the required push-ups, sit-ups and run. He did not let this defeat him. He became even more determined to

pass the PT test. On the last PT Test before graduating from basic training Abraham did over 60 push-ups and sit-ups. This was one of the biggest accomplishments of his life. He started out not even coming close to passing the PT test, but now can almost max each event.

Abraham is an 88N, transportation management coordinator, assigned to 822nd Movement Control Team from Boston, Mass. Abraham had the same motivation when he went back to work at that hotel in Boston, but he also gained courage. He had the courage to stand up to the director and fight for their rights. He and his workers came together and he filed a grievance. The workers started calling Abraham, "Abraham-Lincoln."

In September 2010, beside 5,000 other people in Fenway Park in Boston, Abraham-Lincoln was sworn in as an American citizen.

Part of the eligibility requirements to enter the lottery is education or work experience in Abraham-Lincoln's case he had both, but he said he could not have done this by himself. He said God has truly blessed him.

His parents now live in Europe and at one time Abraham-Lincoln was going to go live with them. His father wanted him to live with them because he said "Abraham" did not know anyone in the U.S. Abraham-Lincoln said I will get to know someone.

Now Abraham-Lincoln knows a lot of people who not only live in America, but also fight for its freedom.

For more photos, go to: <http://www.dvidshub.net/search/?q=cstx+91&sort=date>

Army Reserve firefighters take

By Sgt. Crystal Milton
220th Public Affairs Det.

FORT MCCOY, Wis. -- Soldiers under the 416th Theater Engineer Command make it rain. As an infantryman would clear rooms with a rifle, these Soldiers clear rooms with a high-powered fire hose. Water flies everywhere, and if you're not careful you may get a blasting shower if you stand outside a window of the Controlled Burn Tower here.

Firefighters from the 482nd Engineer Detachment (Firefighting Headquarters Detachment) of Fort Riley, Kans., and 324th Engineer Detachment (Firefighter Truck Team) of Granite City, Ill., tackle a CBT on a Burn Training Ground here for their annual training during the 2011 Combat Support Training Exercise. They perform these exercises along with the

359th Engineer Detachment (FFTT) and 750th Engineer Detachment (FFTT) both of Fort Riley, Kans., who are slated to deploy in the near future.

Though you'll find these Soldiers laughing and joking on their downtime between drills, when they suit up it's an entirely different story.

"You get tested," said Pfc. Cody Forgey, a firefighter with the 376th EN DET (FFTT) "It's hot outside, then you have to put on all of your gear. It's basically a challenge where you see how much guts you have to keep going when you're absolutely exhausted."

These Soldiers can spend up to 12 hours a day in record high temperatures, taking turns getting fully suited up and running through exercises, like the CBT. Temperatures inside



Photo by Master Sgt. D. Keith Johnson

Army Reserve firefighters change out air bottles prior to re-entering the burn house. Each crew made two entries into the firehouse during the morning's training.

the CBT can reach up to 900 degrees, but the training non-commissioned officer in charge ensures his Soldiers don't get drained on sweltering days.

"The amount of hours we practice a day depends on the heat," said Sgt. 1st Class Nicholas Werner, NCOIC and fire chief of the 482nd.

The first couple days, Soldiers navigate the CBT learning the basics of each obstacle. The following days of the exercise training becomes more intense, and smoke and fire are

added to certain situations. The final days of the exercise will be full-scenario training. The Soldiers will have to mount their trucks, drive out to a simulated incident and perform everything they've learned.

As intense as a day of training can get for these Soldiers, many of



Photo by Sgt. Crystal Milton

Left: Army Reserve Soldiers take their positions in a Controlled Burn Room here to ready themselves for a burning exercise.

Right: Pfc. Jordan Moss climbs head first down a ladder at the Fire Fighter Training Facility.



Photo by Spc. Philip Scaringi

on the Fort McCoy Burn House

them have been looking forward to days like this for a long time. "I've always wanted to do this," shared Forgey. "Being a firefighter was my dream ever since I was a little kid."

Being able to perform under pressure is critical to their profession. Precise reaction is their key to saving lives, and of course it's serious business to them.

"We save people in two ways," said Werner, whose hometown is Racine, Wis. "We're Army Soldiers, so we go to help people in need whether they think they are in need or not, we're there. Then we save Soldiers," said Werner. "Saving lives is our main mission."

Army Reserve Soldiers extinguish a flame in a second story Controlled Burn Room during The 2011 Combat Support Training Exercise



Photo by Sgt. Crystal Milton



Photo by Capt. Oluwole Osibodu

Army Reserve firefighters enter the burn house during the walk-through portion of the exercise



Photo by Master Sgt. D. Keith Johnson

An instructor with the Fort McCoy Fire and Emergency Services watches hose handling techniques of the fire team leader from the Army Reserve's 359th Engineer Detachment (Firefighter).



Photo by Master Sgt. D. Keith Johnson

Assistant Fire Chief Ted Richmond gives instructions on hose line techniques to Army Reserve firefighters prior to entering the burn house

For the video, please click on: <http://www.dvidshub.net/video/121438/burning-down-house>

For more CSTX 78 photos, go to <http://www.flickr.com/photos/hhc84thtc/collections/72157627243515710/>

284th Engineers get hands-on tactical and building experience

Story and photos by
Sgt. Daniel Schneider
366th Mobile Public Affairs Det.

FORT MCCOY, Wis. – Army Reserve engineers got first-hand, real-world experience during the 2011 Combat Support Training Exercise held here, facing realistic and challenging scenario-based training.

Members of the 284th Engineer Company, based mainly out of Seagoville, Texas, were tasked with securing a construction site and then erecting a two-story structure that can be used in future training exercises.

“This training prepares us for both tactical and job skills that will be useful in preparation for possible deployment,” said Pfc. David Mock, a member of the 284th Engineer Co.

In ideal situations overseas, engineers will have combat arms Soldiers provide security before, during and after the building project gets underway, however, ideal situations are sometimes not possible.

“Wherever we go, if someone



isn't there ahead of us, we may need to secure the area ourselves,” said Mock, who is a resident of Arlington, Texas. “Our first job is as a Soldier.”

This training also brings a multitude of knowledge among their unit to the table. Some reserve engineers do construction as a civilian job and this gives those Soldiers an opportunity to pass on their career knowledge onto junior Soldiers.

“During drill, we can't go out and really do our jobs,” said Spec. Ivan Garcia of the 284th Engineer Co. “Out here, we get to learn from our fellow engineers who do construction every day.”

Another aspect that junior troops can gain from these exercises is the chance to be thrust into being a member of a team, and taking more of a role inside that team.

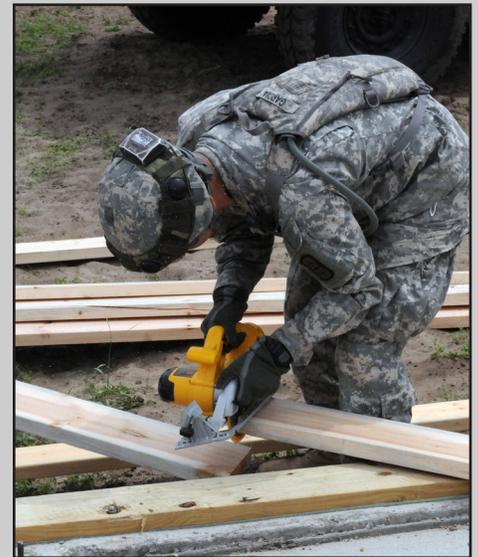
“Getting out here and doing our jobs lets us develop more leadership,” said Garcia, who is a resident of Dallas, Texas.

“We're learning the right things to do and what to expect in a potentially hostile environment, as well as gaining knowledge that we can then pass down when we become leaders ourselves.”

Those leaders among the unit also see a vital benefit for their troops during this training.

“This training gives the unit a better skill set as to what is going to happen in the real world so they don't show up green,”

Spec. Lufeng Li, a plumber with the 284th Engineer Company takes cover while scanning his sector while performing security during a mission.



Spec. Ivan Garcia cuts lumber to be used to build a two-story structure at the 2011 CSTX. The building project will train engineers with real-world construction which will be used for future training exercises here.

said Sgt. Jason McGee, a resident of Arlington, Texas and a team leader for the 284th Engineer Co.

“I've built schools in El Salvador and want to show these Soldiers how they can show up and get the job done,” said McGee. “It will train them to build a structure efficiently while under less-than-ideal conditions – for example, having to provide your own security out of your own personnel.”

These U.S. Army Reserve engineers are getting a taste of a little bit of everything; a change of pace from the normal weekend battle assembly drills of mainly keeping up with administrative requirements. Most of all, these troops are gaining hands-on, highly valuable experience about the jobs they may be tasked to accomplish in a deployed environment.

Improving Soldier dental readiness at CSTX 78-11-01

Story and photos by Sgt. Crystal Milton
220th Public Affairs Det.

FORT McCOY, Wis. – Some Army Reserve Soldiers have a whole different perspective on ‘going to drill.’ A dental clinic was established here as part of an Extended Combat Training Assembly July 8- Aug. 6 to upgrade medically non-deployable Soldiers to a deployable status.

U.S. Army Reserve dentists and dental technicians have shuffled more than 1,000 Soldiers through the mobile clinics in support of the 2011 Combat Support Training Exercise with more seen daily. “Anywhere between a third and one-half of the patients that have come through the clinic were medically classified as Class 4,” said Col. Ocie Drake Jr., a dentist with the 4220th United States Army Hospital.

The patients coming through the mobile dental clinic are Soldiers here for annual training. These Soldiers come from all across America with various levels of medical readiness. Many of the Class 4 patients that come through simply require an up-to-date exam, said Drake. Many of these Soldiers become Class 2 as soon as their exams are completed.

Just as Soldiers at ECTA train on forward operating bases for deployment, Soldiers in the mobile dental clinics are training for deployment. “This

training definitely helps Soldiers whose home units lack the equipment for them to train on during battle assembly weekends,” said Spc. Bruce Flowers, a dental technician with the 7243rd Medical Support Unit.

Many of the techs need sustainment training because their only other practice may be a portion of a drill weekend. Getting them out for events like this really helps, said Drake. “We do this all day long.”

The mobile dental clinic has moved from its original Soldier Readiness Processing staging area out to the various FOBs. There they plan to continue to process the more than 2,500 troops at this year’s ECTA and bring every participating Soldier to a deployable status. “It’s easier because they are all in one central location,” added Drake.

“Every Soldier, if they come through, should be taken out of Class 4 and be placed into either Class 3 or 2 by the conclusion of this exercise,” said Drake. By increasing the Soldier dental readiness at these types of exercises, it increases the overall readiness of the operational Army Reserve.

Upper photo: Col. Ocie Drake, right, a dentist with the 4220th United States Army Hospital,

and dental technician Spc. Sonya Gibson, prep a soldier to have a cavity filled.

Lower photo: Maj. Valerie Godfrey, a U.S. Army Reserve dentist, administers a dental exam to a Soldier as dental technician Spc. Ashley Bill looks on and records.



Horizontal and vertical Engineer Soldiers

By Master Sgt. Robert Heberling
366th Mobile Public Affairs Det.

FORT MCCOY, Wis. - In July, approximately 2,800 Army Reserve Soldiers, mostly engineers from as far away as Mississippi, West Virginia and Texas, descended upon

Fort McCoy for the 2011 Combat Support Training Exercise.

The major units involved were the 926th Engineer Brigade, the 980th Engineer Battalion, the 854th Engineer Battalion, and the 458th Engineer Battalion.



There were also other support type units such as transportation,

fairs and military police. The main goal of the exercise was to prepare units for deployment.

The main mission of the

horizontal engineers

was to build or repair roads and various paved surfaces including park-



From top to bottom: Pvt. Sarah Castaneda is on a security watch at a construction site during the 2011 CSTX. Castaneda, from Sierra Blanca, Texas, is a member of the 284th Engineer Company.

Spc. Azizur Rahman stands guard as a suspected insurgent is searched by another soldier at the Entry Control Point of Forward Operating Base Liberty. Rahman, from Queens, N.Y., is a member of the 668th Engineer Company.

Spc. Alan Mitchell operates a 130G Grader to prepare a road at the Cranberry Drop site. Mitchell, from North Richland Hills, Texas, is a member of the 721st Engineer Company.

Spc. Jacob Zellers cuts a piece of wood to length for the construction of a South West Asia Hut at Forward Operating Base Freedom. during the 2011 Combat Support Training Exercise held here. Zellers, from New Cumberland, Pa., is a member of the 358th Engineer Company.

ing lots and a helipad. Vertical engineers worked on fourteen Southwest Asia Huts to be used for training during future exercises and also a two-story training building. The missions took place at various locations around Fort McCoy including three Forward Operating Bases and more than a f - 10 specific work sites.



Sgt. Brian Plunkett was involved with the re-surfacing of the road near Cranberry Drop Zone. In 2008, he had helped build the road leading up to the one they were working on this year. "I love the feeling of accomplishment of coming back and seeing the work I had done back then," he said. Plunkett, from Plano, Texas, is a member



Photos by Spc. Dennis Glass

For more CSTX 78 photos and videos, go to <http://www.dvidshub.net/search?q=CSTX+78>

s build training facilities on Fort McCoy

of the 721st Engineer Company, located in Grand Prairie, Texas.

The two-story training building is being built so construction engineers in the future will be able to come to the site and practice wiring and plumbing skills. It will have movable inner walls so it can be configured differently to create different challenges for Soldiers to deal with.

“The majority of them are young and have a lot to learn,” said Staff Sgt. Dustin Wilder from Killeen, Texas. “It’s nice to be able to pass skills to the Soldiers and affect their lives in a positive way,” he added. Wilder was lead quality control for the two-story project, and is a squad leader in the 284th Engineer Company from Seagoville, Texas. One of the biggest challenges they faced was dealing with the tactical side of the situation. During the first two days on the job they were attacked by aggressors, opposing forces and even a suicide bomber as part of the exercise scenario.

Capt. Marcus Clonch, a mem-

ber of the 78th Training Division from Fort Dix, N.J., is the assistant Future Operations officer in charge for the CSTX. He explained how the exercise was broken down into two separate parts. The first

diers. He also said the biggest challenge in the exercise had been the weather which had varied from temperatures above 100 degrees to heavy thunderstorms.

Despite the many challenges for the Engineer Soldiers participating in the 2011 Combat Support Training Exercise, the training continued through the many temperature changes, thunderstorms, high humidity and tactical situations. The CSTX brought together many different Soldiers with different skill levels and abilities from across the country for a great training experience. This contributes to the ability of the Army Reserve to keep its forces trained and ready for future deployments and missions.



being a Situational Training Exercise which included the tactical portion followed by a Field Training Exercise which emphasized the occupational skills of the Sol-



From top to bottom: Spc. Ivan Garcia and Sgt. Mark Moto cut pieces of wood at a construction site. Garcia, from Dallas, Texas, and Moto, from Flower Mound, Texas, are both members of the 284th Engineer Company. A soldier from the 284th Engineer Company based in Seagoville, Texas, watches the wood line during the mission.

Spc. Brandon Huber operates a CB534B Vibratory Roller when preparing a flat surfaced road at the Cranberry Drop site. Huber, from Waxahachie, Texas, is a member of the 721st Engineer Company.

Army and Navy reservists work together



Photo by Master Sgt. D. Keith Johnson

Left: Col. Rhonda Weller, center, explains procedures to medics at the 345th Combat Support Hospital during a mass casualty drill at the 2011 Warrior Exercise held here.

Weller, from Scranton, Pa., is a medical combat trainer for the WAREX. Her normal unit is the 7301st Medical Training Support Battalion, a U.S. Army Reserve unit based at Fort Dix, N.J.



Above: Maj. Irene Talarico, right center with the notebook, works with Army and Navy reservists to determine what kind of attention the victim would need during the mass casualty drill. Talarico, a resident of Ormond Beach, Fla., is a member of the 345th Combat Support Hospital based in St. Petersburg, Fla. The Naval reservists are from the Operational Health Support Unit based at Great Lakes, Ill.



Photo by Master Sgt. D. Keith Johnson

Left: Soldiers and Sailors work together to remove patients from an ambulance during the mass casualty drill. Naval reservists from the Operational Health Support Unit based at Great Lakes, Ill., participated in the 2011 WAREX along with several Army Reserve medical units.



Photo by Sgt. 1st Class Suzanne Goff

Above: Sgt. Rumba, a Harlequin Great Dane, waits patiently while being examined by medics during the MASCAL. Both Rumba and his owner, Spc. Karen Hart, are from Tomah, Wis. and assigned to the Regional Training Site Medical Facility at Fort McCoy, Fla.



Photo by Master Sgt. D. Keith Johnson

Left: Spc. Brittany Hall logs a patient in during the mass casualty drill. Hall, from Apopka, Fla., is a member of Bravo Company, 345th Combat Support Hospital based in St. Petersburg, Fla.

during mass casualty exercise at WAREX



Photo by Capt. Oluwole Osibodu

Above: Staff Sgt. David Nyholm assists a patient with breathing during the mass casualty drill. Nyholm, a resident of Sarasota, Fla., is the noncommissioned-officer-in-charge of the Emergency Medical Team for the 345th Combat Support Hospital.



Photo by Master Sgt. D. Keith Johnson

Above: Hospital corpsman Denise White takes care of a patient during the mass casualty drill. White, from Clarksville, Tenn., is a Naval reservist at the Navy Operational Support Center in Kansas City, Mo.



Photo by Sgt. 1st Class Suzanne Goff

Left: Medical personnel at the 345th Combat Support Hospital administer medical care to a 'civilian patient' during the MASCAL exercise at the 2011 WAREX,



Photo by Sgt. 1st Class Suzanne Goff

Left and above: Soldiers and Sailors work together to remove patients from an ambulance during the mass casualty drill. Navy Reserve members from the Operational Health Support Unit based at Great Lakes, Ill., worked with the 345th Combat Support Hospital based in St. Petersburg, Fla., during the 2011 WAREX.



Photo by Capt. Oluwole Osibodu

For more WAREX 78 photos, go to <http://www.flickr.com/photos/86thtrainingdivision/collections/72157627345020539/>

Chaplains serve and protect Soldiers' hearts and minds

Story and photo by
Sgt. Donna Hickman
314th PA Ops Center

FORT MCCOY, Wis. - U.S. Army 1st Lt. James Byler and Spc. Christopher Grider, members of the 489th Engineer Battalion of Little Rock, Ark., participated in the 2011 Warrior Exercise to prepare for possible deployment. But, as an Army chaplain and a chaplain's assistant, Byler and Grider must train for their unique tasks just a little differently than the rest of their engineer comrades.

While working as a chaplain in theater may seem comparatively easy, it demands much time and responsibility. "I try to stay in contact with as many Soldiers as I possibly can," said Byler, from Harrison, Ark. "My Soldiers know anything they say to me or my assistant is confidential."

Byler was a tuba player for the 95th Army Reserve Band from 1992-93 and has been a chaplain for only six months. His 21-year-old assistant, Grider, has never before deployed. They meet with other Army chaplains and chaplains-in-training who are participating in WAREX 78-11-01 to

discuss the decisions, procedures, and contingency plans chaplains may have to make in a war zone. Byler and Grider listened intently within the tent used for a chapel.

Maj. Valiant Lyte, Sr., of Company B, 345th Combat Support Hospital in St. Petersburg, Fla., facilitated the

first rights, assist with ER, and supporting the medics taking care of wounded Soldiers.

American Soldiers are not the only ones the chaplains must consider. There are friendly as well as enemy forces to serve in combat. Lyte explains that chaplains are to ensure prayer rugs and miniature

perience."

Chaplains and their assistants' responsibilities are 24/7. Therefore, stealing sleep at various times is justified. Byler says his biggest challenge so far has been to refrain from internalizing the emotional pain of his Soldiers.

The issues his Soldiers face are usually about family and finances as well as Post Traumatic Stress Disorder.

Of course, suicide is a major issue. Byler says, "We are proactive in suicide prevention. When we hear talk about it, we take it seriously."

Nevertheless, Byler remains jovial. He says he immerses himself in "the Word" to sustain strength. Furthermore, he says the chaplains support each other by listening to one another.

Grider enjoys being a chaplain's assistant. He likes that he gets to know a little about many jobs in the Army. What's more, he recognizes the importance of their job. Grider says he feels as if their two-man team really helps others. At WAREX 78-11-01, he and Byler will become better prepared to confidently serve and protect Soldiers' hearts and minds in and out of the battlefield.



Maj. Valiant D. Lyte gives the other chaplains a tour of the medical facilities at Contingency Operating Location Freedom during the 2011 Warrior Exercise held here. Lyte is the chaplain for the 345th Combat Support Hospital based out of Jacksonville, Fla.

meeting. Lyte instructs them on the actions chaplains need to take as soon as they place "boots on ground."

Lyte also described what happens should a mass casualty occur and the appropriate reaction. This training day they enter the medical facilities. Lyte stresses the necessity of being prepared to offer

Qurans are available for wounded Muslims. Likewise, the Torah and the Yamaka must be present for Jewish patients to use.

Grider, from Rison, Ark., knows the gravity of what they could face. He says his biggest concern about a possible upcoming deployment is "being new" with "no deployment ex-

Building bridges, the Army Reserve Engineer way



Photos by Spc. Cliff Coy

Left to right: Members of the 341st Engineer Company based out of Fort Chaffee Ar., attach pieces of an improved ribbon bridge during the 2011 Warrior Exercise held here. After assembling the bridge, 341st Engineer Company ferried a small convoy of High Mobility Multi-purpose Wheeled Vehicles across a lake. Throughout the exercise, the 341st Engineer Company conducted drivers training with a bridge erection boat.

Army and Air Force Reserve perform Casualty transfer



Photos by Master Sgt. D. Keith Johnson

Army reservists from the 319th Minimal Care Detachment, 345th Combat Support Hospital and 770th Engineer Company (Construction Support), along with Air Force reservists from the 934th Airlift Wing, transfer casualties from a CH47 Chinook helicopter to an Air Force Reserve C130 Hercules during the 2011 WAREX. The 2011 WAREX at Fort McCoy, Wis., presented realistic and challenging scenario-based training for Soldiers and Airmen.



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Army and Navy Reserve conduct hot/cold load training



Photo by Master Sgt. D. Keith Johnson



Photo by Master Sgt. D. Keith Johnson

Left and above: Soldiers and Sailors trained on how to load casualties onto and off a CH-47 Chinook. The teams practiced loading 'cold', with the CH-47 engines off. The teams then loaded their 'casualties' onto the 'hot' Chinooks, and went for a ride, and then off-loaded the stretchers. Naval reservists from the Operational Support Health Unit based at Great Lakes, Ill., and Army reservists from the 396th Medical Company (Ground Ambulance), based in Winston-Salem, N.C., trained together.



Photo by Master Sgt. D. Keith Johnson



Photo by Capt. Oluwole Osibodu



Photo by Master Sgt. D. Keith Johnson



Photo by Master Sgt. D. Keith Johnson

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**Photos and articles by
Soldiers and Airmen of the following units:**

4th Combat Camera Squadron, USAF

372nd Mobile Public Affairs Detachment

354th Mobile Public Affairs Detachment

91st Training Division Public Affairs Office

220th Public Affairs Detachment

366th Mobile Public Affairs Detachment

367th Mobile Public Affairs Detachment

78th Training Division Public Affairs Office

314th Public Affairs Operations Center

364th Public Affairs Operations Center

86th Training Division Public Affairs Office

84th Training Command Public Affairs Office

84th Training Command Soldier

Story and photos by
Master Sgt. D. Keith Johnson
84th Training Command PAO

FORT BENNING, Ga. — Army Reserve Soldiers from the 84th Training Command's 91st and 78th Training Divisions took home several of the top team and individual trophies from the 2011 ALLARMY Small Arms Championship held here. For the third year in a row, Master Sgt. Russell Moore, Detachment 1, Company A, 2nd Battalion (Small Arms Readiness), 91st Training Division, headquartered at Camp Bullis, Texas, won the overall individual championship.

"The ALLARMY has gotten bigger each year, and increasingly harder each year," said Moore. "The caliber of Soldiers, the accuracy of the Soldiers, has been increasing with the ALLARMY. The Soldiers are learning more and the competition is steadily getting better and better." This was Moore's third ALLARMY competition.

Moore emphasized that the competition is the secondary



reason for being there. Master Sgt. Russell Moore, right, receives one of several plaques he earned at the 2011 ALLARMY Small Arms Championship. Presenting the plaque is Command Sgt. Maj. Chris Hardy, from the Maneuver Center of Excellence.

"As a small arms instructor and an OC/T (Observer/Controller/Trainer) for the 91st Training Division, it adds relevance and depth to what we are supposed to be teaching the average Sol-

dier," he added. "It enables us to be able to say with confidence, 'I know the functionality of my weapon, I know what the capabilities of my weapon and myself are.'"

Capt. Chris Henderson, a member of the 78th Training Division's Regional Training Center-East Red Team, agreed.

"Coming down to the ALLARMY is a good training experience. A lot of good information. Master Sgt. Makara Kry fires his M9 pistol during one of the pistol matches at the 2011 ALLARMY Small Arms Championship. Kry, from Kyle, Texas, is a small arms instructor with Detachment 1, Company A, 2nd Battalion (Small Arms Readiness), 91st Training Division, based at Camp Bullis, Texas.



Soldiers take top honors at ALLARMY



Soldiers from the 84th Training Command's 78th and 91st Training Division pose proudly with some of their many awards earned at the 2011 ALLARMY Small Arms Championship.

tion is exchanged between the shooters here. Our Soldiers will be able to go back to their units and train the Soldiers who weren't able to come down."

Hosted by the U.S. Army Marksmanship Unit based here, Soldiers from active duty, Reserve, National Guard and cadets competed in rifle, pistol, and combined arms matches.

At the awards ceremony, Lt. Col. Daniel Hodne, commander of the Army Marksmanship Unit, addressed the crowd.

"General Douglas MacArthur once said, 'Upon the fields of friendly strife are sown the seeds that on other fields, on other days, will bear the fruits of victory,'" Hodne said. "The seeds have been sewn here this week at the ALLARMY. My challenge to all of you is to take these lessons learned back to your units and raise the Army's overall combat readiness."

The field of Soldiers was the

highest in 18 years. Soldiers were split into four main categories. There were 206 Novice, or first time shooters. There were 64 in the Open class, or shooters who have competed at least once prior. There were 34 in the Pro class, or shooters who have earned the Distinguished Badge or the President's Hundred Tab in either Rifle or Pistol, or been a member of one of the Service Teams. There were 34 Cadets competing from the U.S. Military Academy at West Point as well as from colleges and schools across the country. Winners received plaques, coins, guns and had their names permanently engraved on trophies.

Spec. Benson Munyan changes magazine during one of the pistol matches at the 2011 ALLARMY Small Arms Championship. Munyan is a small arms instructor with Company D, 2nd Battalion, 91st Training Division based at Salt Lake City, Utah.

Sgt. 1st Class Mark Ness was this year's coach for Company D, 2nd Battalion (SAR), 91st Training Division, from Salt Lake City, Utah.

"We are a small arms instruction unit. Teaching Soldiers how to shoot is what we do," he said. "In order for our instructors to really comprehend the information I put out to them to become good instructors, in order to grasp that,





Sgt. 1st Class George Pickowicz fires an M16 during one of the rifle matches at the 2011 ALLARMY Small Arms Championship held here in March. Pickowicz, from Gilmanston, N.H., is a small arms instructor with the 78th Training Division's Regional Training Division-East based at Fort Dix, N.J., and won the award for High Drill Sergeant.

they have to do it.

"If it were up to me, I'd make it a requirement for all small arms instructors to attend this event," Ness added.

The 84th Training Command, headquartered at Fort Knox, Ken., brought in more than their share of the awards.

In addition to the 2011 Overall Champion, Moore was also the high shooter in the Individual Pistol category, Individual Combined Arms category, and in the Pistol Excellence in Competition match. He also led the team from Camp Bullis who finished in 1st Place as the US Army Pistol Team Champions, 1st Place as the Combined Arms Team Match Champions, 1st Place as the Combined Arms Overall Team Champions

and 3rd Place as the Rifle Team Champions. Except for Moore, all of the Camp Bullis team were Novices, shooting their first ALLARMY.

Sgt. Nicholas Johnson, from San Antonio, Texas, finished in 2nd place in the Novice category, and 5th Overall.

"I learned much from the other shooters, but the best lessons were learned through my own mistakes," he said. Johnson is a marksmanship instructor with the Camp Bullis team.

The Soldiers from Delta Company from Salt Lake City also finished in the running in several categories. According to Ness,

the Soldiers included two teams with five Open Class and four Novice Class shooters.

They took 4th Place in the Pistol Team Champion category, 5th Place in the Combined Arms Team Match category and the Combined Arms Overall Team category. Spec. Benson

Munyan won the award for High Reserve Enlisted, and finished 11th in the Open class. Sgt. Mitchell Moody finished 3rd in the Open Class.

Sgt. Dustin Sanchez, a Delta Company Soldier from Denver, finished 14th in the Novice Class.

"This will improve my



Sgt. Dustin Sanchez moves to a new firing position during one of the Combined Arms matches at the 2011 ALLARMY Small Arms Championship held here in March. Sanchez, from Denver, Colo., is a small arms instructor with Company D, 2nd Battalion, 91st Training Division based in Salt Lake City, Utah.



Staff Sgt. Ramon Tejada, left, shakes hands with Master Sgt. Russell Moore at the beginning of the Assault Team match at the 2011 ALLARMY Small Arms Championship. Four-man teams had to run two miles in full battle rattle, cross the finish line as a team, and immediately fire on the pistol range 10 rounds standing, 10 rounds kneeling and 10 rounds prone.

experience and credibility and make me a better shooter overall," he said.

The 78th Training Division had two teams from RTC-East: the Red Team and the Black Team. The Black Team finished in 2nd Place in the Rifle Team Championship. The Black Team finished in the top 10 in the Pistol Team Championship and Combined Arms Overall Team Championship.

Staff Sgt. Ramon Tejada, from Middletown, N.J., took 1st Place as the Top Shooter in the Open Class, and 4th Place overall.

Sgt. 1st Class George Pickowicz, from Gilmanston, N.H., won the High Drill Sgt trophy.

The 2011 ALLARMY Small Arms Champi-

onship was a success for all involved. At the awards ceremony, Command Sgt. Maj. Chris Hardy, from the Maneuver Center of Excellence, was the guest speaker.

"The competition is designed to test the entire depth of a Soldier's shooting ability," he said. "No matter where you ended up, participation in this event makes the Army that much stronger. For a competitive marksman, consistently applying the fundamentals and achieving

Sgt. 1st Class Ronald Doss, left, helps Capt. Chris Henderson secure his holster to his vest in preparation for the Assault Team Match. Doss and Henderson are from RTC-East.

success on the range translate to achieving success on anything that you do, whether on the battlefield or other walks of life."

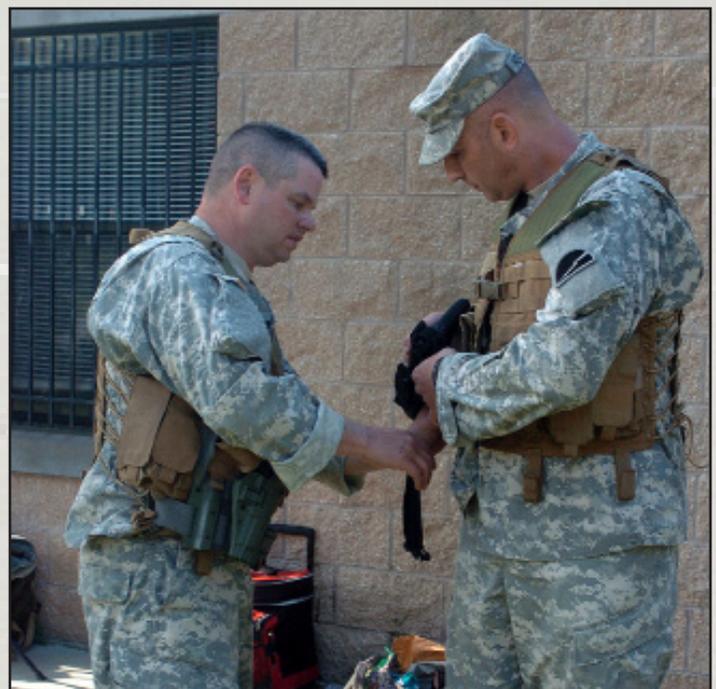
"The ALLARMY isn't an event that caters to shooting professionals. It is one of the best training events the Army has to offer," Moore added.

"There's nothing advanced about what we are doing here, it's just the proper application of the fundamentals."

Ness emphasized the reason for this type of training. "The average Soldier in combat who hasn't done this,

doesn't know how fast he can engage targets accurately. There's a trade off: do I shoot as fast as I can because I want to kill them before they kill me, or do I fire as fast as I know I can accurately hit my target? Most Soldiers don't know how fast they can accurately engage targets. The Soldiers who have been here have a pretty good idea now."

One of the missions of the 84th Training Command is to prepare and train Soldiers to go to war. With the participation of 84th Training Command small arms instructors in competitions like the ALLARMY Small Arms Championship, the 84th is establishing itself as the premier source and enabler of weapons instructors and expert marksmen for the United States Army Reserve.



STRONGER RELATIONSHIPS MEAN A STRONGER ARMY

Army Strong

Soldiers and military couples are confronted with great challenges to their personal relationships. The ever present reality of stressful deployments and lengthy separation contributes to the mixed emotions often felt during reunion and reintegration. Conflict sometimes seems inevitable and problems impossible to overcome.

STRONG BONDS has been designed to encourage a safe and relaxed environment where Soldiers and military couples can learn new skills that help prevent the disintegration of their most important relationships. Strong Bonds unites fun programs with user-friendly, "battle-tested" methods that really work. The RSC provides and funds orders, lodging, meals and travel, ensuring a worry-free weekend for Soldiers and spouses to learn and enjoy. Soldiers who sign up for a retreat sponsored by their Major Army Command have priority in reserving a seat. Soldiers can also apply for a retreat sponsored by another Major Army Command, and will be put on a waiting list. If there are open slots at the retreat 30 days prior to the event, Soldiers on the waiting list will fill those slots in the order they applied.

MARRIAGE ENRICHMENT (M)

This Strong Bonds Marriage Weekend Getaway is designed specifically for the married Army couple. Strengthen the marital bond through marriage education, better communication, and relationship enhancement.

SINGLE LIFE ENRICHMENT (S)

This Strong Bonds Singles Getaway focuses on the skills of finding the best version of you. Single Soldiers learn decision-making, goal-setting and relationship-enhancement skills in a very interactive environment.

MILITARY FAMILY ENRICHMENT (F)

Military Families work and learn together in this weekend retreat, with focus on the skills that help military families stay strong.

For more information:

www.strongbonds.org

or contact our Strong Bonds team:

Bonds Program

81st RSC

Date	Location	Type
Jan 20-22	Savannah	S/M
Feb 10-12	Orlando	S/M
Mar 16-18	New Orleans	S/M
Apr 13-15	Orlando	S/M
May 4-6	Orlando	S/M
Jul 20-22	Orlando	F
Aug 10-12	Orlando	F
Aug 24-26	Orlando	S/M

99th RSC

Date	Location	Type
Nov 4-6	Gettysburg	S/M
Nov 18-20	Washington, DC	S/M
Dec 2-4	Newport, RI	S/M
Dec 16-18	Lake George, NY	M
Jan 6-8	Poconos, PA	M/F
Feb 10-12	Niagara Falls, NY	S/M
Feb 24-26	Cumberland, MD	S/M
Mar 9-11	Williamsburg, VA	M/F
Mar 23-25	Pittsburgh, PA	M
Apr 6-8	Poconos, PA	M
Apr 20-22	Baltimore, MD	S/M
May 4-6	Niagara Falls, NY	S/M
May 18-20	Virginia Beach, VA	M
Jun 8-10	Lake Placid, NY	S/M/F
Jun 29-Jul 1	Lancaster, PA	F
Jul 13-15	Boston, MA	S/M/F
Jul 27-29	Burlington, VT	S/M
Aug 3-5	Washington, DC	S/M/F
Sep 7-9	Virginia Beach, VA	M

63rd RSC

Date	Location	Type
Oct 13-16	Phoenix	S/M
Nov 3-6	Anaheim	S/M
Dec 8-11	San Antonio	S/M
Jan 19-22	Dallas	S/M/F
Feb 23-26	Phoenix	S/M
Mar 22-25	San Antonio	S/M
Apr 19-22	Anaheim	S/M/F
May 3-6	San Francisco	S/M
Jun 7-10	San Antonio	S/M
Jul 19-22	Dallas	S/M/F
Aug 9-12	Anaheim	S/M/F

88th RSC

Date	Location	Type
Nov 11-13	Denver	LDR S/M
Dec 9-11	Wisconsin Dells	F
Jan 27-29	Chicago	M
Feb 3-5	Chicago	S/M
Feb 24-26	St. Louis	M
Mar 16-18	Kansas City	S/M
Mar 30-Apr 1	Denver	S/M
Apr 13-15	Chicago	S/M
May 4-6	Kansas City	M
Jun 8-10	Seattle	S/M
Jun 22-24	Denver	S/M/F
Jul 13-15	Chicago	S/M
Jul 20-22	Chicago	S/M/F
Aug 17-19	Seattle	S/M/F
Aug 24-26	St. Louis	F

Dates and locations subject to change.

Please contact the Strong Bonds team for your RSC:

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Through the lens...