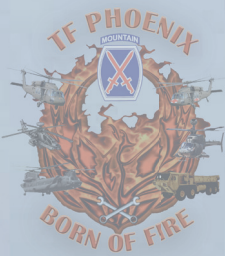


FALCON SUMMIT



OCTOBER 2013





Message from the Commander Colonel David Francis, "Falcon 6"

Families, Friends, and Soldiers of Task Force Falcon:

I hope this newsletter finds you well. As you read this we are less than 90 days from the entire brigade redeploying to Fort Drum and our National Guard units to their home stations. You can be incredibly proud of the outstanding job your Soldiers are doing in Afghanistan. The professionalism and competence that they demonstrate daily is truly impressive. It is an honor serving by their side. The conditions are set for a strong finish to this combat deployment and your Soldiers have served honorably. The Army could not have given this mission to a better group of Soldiers.



We have finished the last of our unit transitions here. I would like to thank Task Force Dragon and our Soldiers

from the Pennsylvania National Guard for a job well done and welcome Alpha Company, from 3rd Battalion, 126th Aviation Regiment of the Massachusetts National Guard and our elements from the 1st Air Cavalry Brigade to our formation. I know you will perform courageously during your time here in Afghanistan just like all those that have come before you.

Task Force Falcon selected the theme of physical fitness for the month of October. Physical fitness is a tenant of military service; physical fitness is the cornerstone of readiness, and essential to our mission. I invite all of you who haven't to try the commander's challenge workout. Find it on our facebook page.

As always, we give our undying thanks to our Families in the North Country, our National Guard and 1st ACB Families and our Family Readiness Groups. Thank you for your unwavering support; we will finish strong, and appreciate your support, sacrifice and service.

FLY TO GLORY!

COL David J. Francis
10th Combat Aviation Brigade
Task Force Falcon
Commander
Falcon 6



BAGRAM AIRFIELD, Afghanistan - Chief Warrant Officer 5 Michael Mogg, center, an OH-58D Kiowa Warrior pilot assigned to Headquarters and Headquarters Company, 10th Combat Aviation Brigade, was presented the 7,000-hour Safety Award for accumulating over 7,000 hours of accident-free flight time. Chief Warrant Officer 5 Mogg is on his fifth combat deployment and has logged over 3,000 hours of combat flight time over the course of his 30-year career. (Photo by Capt. Pete Smedberg, 10th Combat Aviation Brigade)



BAGRAM AIRFIELD, Afghanistan - Chaplains (Maj.) Jerry Johnson and (Capt.) Daniel Werho lead their second iteration of Applied Suicide Intervention Skills Training for 15 personnel Sept. 26-27, at Bagram Airfield. "The ASIST program continues to be our gold standard for training gate keepers in suicide intervention," Johnson said. (Courtesy photo)



FALCON SUMMIT

OCTOBER 2013

Falcon Summit is published in the interest of the servicemembers of the 10th Mountain Infantry (LI) Division's Combat Aviation Brigade. The Falcon Summit is an Army-funded newsletter authorized for members of the U.S. Army, under the provision of AR 360-1. Contents of the Falcon Summit are not necessarily the official views of, nor endorsed by, the U.S. Government, Department of Defense, or Department of the Army.

10th Mountain Division Commander
MG Stephen Townsend

10th CAB Commander
COL David Francis

10th CAB Chief Warrant Officer of
the Bde.
CW5 Jeffrey Fitzgerald

10th CAB Command Sergeant Major
CSM Chad Cuomo

10th CAB PAO
CPT Peter Smedberg

10th CAB PAO NCOIC
SSG Todd Pouliot

CONTACT
DSN: 318-481-6597

TASK FORCE TIGERSHARK
FOB Fenty
LTC Chad Ward
CSM David Paul

TASK FORCE KNIGHTHAWK
FOB Shank
LTC Matthew Braman
CSM Robert Parmer

TASK FORCE PHOENIX
Bagram Airfield
LTC Anthony Meador
CSM Peter Garretson

TASK FORCE REAPER
Mazar e Sharif
LTC James Schreffler
CSM David Gail

TASK FORCE RENEGADE
Bagram Airfield
CPT Eric Trivette
1SG Timothy Ros

COVER PHOTO

An OH-58D Kiowa Warrior helicopter
flies over eastern Afghanistan.



Nutrition and Fitness

By Chief Warrant Officer 2 Timothy Sprague, 10th
Combat Aviation Brigade Food Service Advisor

The theme for this month's Communication Outreach is Fitness, and this calls for a good rundown on nutrition. Nutrition is a vital component of our health and wellness. As Soldiers, we are an embodiment of sound nutrition practices because nutrition has a direct relationship with the physical, mental, and emotional attributes that define our Soldier ethos. Food is a combat multiplier- there's no doubt the magnitude of our meal choices can have a great influence on Soldier readiness. Simply put, great nutrition is conducive to great combat performance; poor nutrition can lead to poor combat performance.

But which food choices and meal plans are healthy? How much? How often? These questions we might ask ourselves because we bare an onus to maintain a professional appearance. Some Soldiers are blessed with jet-speed metabolisms, and others might find weight control an uphill struggle. Regardless of our natural mechanics, there are simple nutritional measures we can take to fuel up effectively. One question that tends to remain after the commitment to a healthier lifestyle is set is: "what works best for you?" After all, when it's all said and done, the practice of nutrition

See **NUTRITION**
continued on page 4



<https://www.facebook.com/10thCAB>

Message from the Chief Warrant Officer of the Brigade

**Chief Warrant Officer 5
Jeffrey Fitzgerald**

Families, Friends, and Soldiers of Task
Force Falcon,

With less than three months until our return to Fort Drum, N.Y., we can see the end is near. It is imperative that we remain focused on the mission at hand and not let our guard down. With the change in



weather comes a new set of challenges that we must face head on. I ask that you always consider how quickly the weather rolls in when planning your missions to ensure we all return safely to our loved ones back home. We are an adaptive organization capable of meeting the demands of our current environment but we must not forget the lessons learned from the last rotation and it is not over until the last Soldier gets off the plane at Fort Drum. Our aviators, maintainers and support personnel have performed phenomenally over the past six months. I am extremely proud of the efforts put forth in all that you do and could not ask to be part of a finer organization.

As our Soldiers work around the clock to accomplish our mission, our families and friends back home continue to do the same. Your mission at our home stations is challenging and critically important to our success. Thank you for the support and peace of mind you provide us day in and day out. Although many miles separate us, you are in this fight with us.

FLY TO GLORY!
CW5 Jeffrey Fitzgerald
10th Combat Aviation Brigade
Chief Warrant Officer of the Brigade
Falcon 65



Command Sergeant Major's Corner Command Sgt. Maj. Chad Cuomo, "Falcon 7"

Families, Friends, and Soldiers of Task Force Falcon,

Your Soldiers look outstanding and are performing exceptionally, just as we all knew they would. With less than three months to go until we return to Fort Drum, N.Y., I ask that we safeguard our Soldiers from complacency so we can all step off the plane in New York together. The changing environmental conditions bring about a new set of risks. I cannot stress the importance of adapting to these conditions. This means first-line supervisors enforcing uniform standards, winter-weather practices, and ensuring all Soldiers are living and working in healthy conditions.



I could not be more proud of the accomplishments made by all Task Force Falcon Soldiers and I am honored to say I served alongside each of you during this critical period in Afghanistan's history. I am also very happy with the support we have received from our Families, Friends, and American people. I have said it before and it could not be truer: you are a source of strength and inspiration for all of us serving downrange. Thank you for your dedication.

FLY TO GLORY!

CSM Chad Cuomo
10th Combat Aviation Brigade
Task Force Falcon Senior Enlisted Advisor
Falcon 7

also been known to swim 50 miles a week, and might exert more energy in one training session than the average bear. Average Soldiers who expend great amounts of energy could utilize 2,400-2,700 calories a day, while those who sit in climate controlled offices can sustain from as little as 1,400-1,600 calories a day.

Regardless, the ratio and type of proteins, carbohydrates, and fats is the key to a successful meal cycle. Meals comprised of lean meats, fresh fruits and vegetables, and a little starch here and there, complemented by unsaturated fats is optimal. Be cautious of processed and deep fried versions of these choices. That once healthy option was probably converted into a weight gainer. Meal options that weren't caught or grown are automatically questionable.

The expectation for one to never eat a cookie or a slice of pizza for eternity is bogus. Everyone deserves a trip to the ice cream bar once in awhile, but the concept of good nutrition and weight control requires us to be mindful about these selections. A popular concept is to pick a random meal or two each week with unlimited options. This prevents cheeseburgers from becoming a normal option, and dedicates a majority of your calories to healthier options. Lastly, there's no "one-shot, one-kill" approach to a perfect diet that works for everyone. What works great for some may not work for others, but all in all, the consumption of copious amounts of water, complimented by modest servings of lean meats, fresh fruits and vegetables, and a random potato will never steer one wrong.

NUTRITION

Continued from page 3

can only happen one of two ways. Eating or drinking.

Soldiers conduct physical training (P.T) on a daily basis right? The only correct answer to that question is yes. As everyone knows, rigorous P.T sessions will result in dehydration; therefore, rehydration is essential to live, let alone, last another P.T session. That is one reason why a simple "no-brainer" requirement to keep your diet nutritious is to drink water. A reasonable guideline for hard-chargers is 1 ounce of water per pound in bodyweight daily (possibly more). Those committed to light activity can fair off with a half-ounce of water per pound in bodyweight per day. Unlike the myriad of diet plans and magical weight-loss supplements, the claim that water consumption is essential and nature's purest beverage is not even up for debate. Drink water and stay hydrated first!

Then we are faced with meal choices. Menus may vary slightly for Soldiers depending on his or her location, but a consistent variety of entrees, fresh salads, short order items, sandwich options, and desserts is common at most forward bases. Similar to water, one's activity level influences caloric requirements. For example, Olympic gold medalist swimmer Michael Phelps has been known to consume up to 12,000 calories a day while training. Phelps has

Fly to Glory!





Chaplain's Corner

Greetings again to everyone from Bagram. They say that deployments are a marathon and not a sprint. For me personally, this became literally true on September 15, when I completed my first actual physical marathon, the Air Force Marathon, in 4:16.04. The last



five miles were an absolute killer; it was to the point where I was almost walking at points along the way. Others in our contingent said the same thing. As I was thinking about what to say this month, it dawned on me that there are parallels between an actual outdoor race and

maintaining enough stamina to “go the distance” during a lengthy separation. One of the tools we have used to discuss these areas with both Soldiers and family members is based off of the acronym BATTLEMIND. There are some good reminders here as we get to the final quarter.

B stands for Bonds, as in Social Support. Our concerns for you are two-fold. First, are you allowing yourself to take advantage of the different types of support that are available to you (post agencies, MFLC, FRG, chapel/church programs, social groups, and the like)? Also, do you and your Soldier communicate experiences enough so that you feel like you are sharing the deployment together? If not you may drift apart emotionally. Check where you are at before the holidays. Enjoy these times with your friends and loved ones, despite the distance.

A stands for Addition, as in Extra Roles. If you have a family with children, the non-deployed spouse must take on the roles of mother or father and husband or wife. Even just being a solo spouse may be difficult. We Soldiers are concerned that you become overwhelmed and drained due to the extra obligations, which can create anger and frustration. And many Soldiers develop a sense of guilt due to their inability to help out, especially during the crisis moments. Soldiers, please provide your family members some token of appreciation as a gift.

The first **T** stands for Taking Control. This goes with all of the extra roles, because the spouse becomes the head of the household, period, end of story. As a

result you may experience long term changes in your family structure, for instance in the areas of managing finances and disciplining children. Soldiers have a tendency to gravitate toward one of two extremes, either attempting to micromanage from thousands of miles away, or becoming emotionally detached to the point that there is a loss of connection. It is important that you do not take on more obligations than you have to. For spouses, hopefully your Soldier is positive and encouraging rather than micromanaging. Be ready to adjust.

The second **T** stands for Talking it Out. From research we know that in at least 90% of marriages it is the husband who does not open up and express himself to his wife. And since statistically about 93% of our married Soldiers who are deployed happen to be men, this is a potential recipe for disaster. After we return home we will offer the Strong Bonds retreats to rebuild some of the communication intimacy that may have been lost, but for now the challenge is for the wife (or in rare cases the husband) to share their experiences with you. Additionally, the one who does not want to talk often does not want to listen. Conversations become “short and sweet,” “just the facts, ma’am.” If that is your attitude, beware, down the road your marriage will be in trouble. And make sure the Soldier talks to the children and shares.

The **L** stands for Loyalty and Commitment. This is both ways. The Soldier and the spouse need to be reassured that their spouse will be there for them when they return. It of course extends to the children. One obvious concern is that one or both of you do not take adequate safeguards to preserve the marriage. Affairs happen when one of the partners “lets their guard down” and becomes friends with members of the opposite sex without setting boundaries. Additionally, it is important for both Soldier and spouse to say frequently to the other how much they love and appreciate all that they are doing. Also, verbally affirm the children as often as possible to help them face their individual struggles, so that they have a sense of security as we approach the conclusion to this separation.

E stands for Emotional Balance. Soldiers have

See **CHAPLAIN'S CORNER**
continued on page 6



CHAPLAIN'S CORNER

Continued from page 5

training to control emotions in order to be successful in combat operations. Some spouses and children do not have this training, so they are not prepared emotionally for changes and crises that come during deployment separation. In order to stay focused on the Army mission, the Soldier will often detach themselves from the family in order to avoid any distraction. Here are the concerns: The spouse and children may become angry, anxious, and worried when the Soldier expresses a decrease in emotional intimacy. This filters through. Arguing increases. You “lash out” more. The key is for both of you to decide not to be the one “to pick a fight.” As we prepare to return home, let’s reconnect.

M stands for Mental Health and Readiness. This is closely related to the previous area. Soldiers, remember: One of the additional roles your spouse takes on is responsibility for the mental well-being of the rest of the family. You may have family mental health issues during deployment. Your spouse and children may become angry and depressed toward not only you, but also toward the Army. This can have long term ramifications. During the period of separation the family members may become so busy with activities and roles that they “let themselves go” and do not take care of their mental health (and emotional well-being). Do your “Azimuth check” if you see yourself not caring anymore! Soldiers need to make sure their families are aware of the resources that are available, even as we approach the end.

I stands for Independence. You are both making decisions independent of each other. The other may not be able to have any input, either due to the simple fact that things happen fast. It becomes almost second nature for those who have deployed multiple times. The spouse is in effect a single parent, which has its

own challenges. If the Soldier does not demonstrate trust, the spouse may decide not to continue making the important decisions that need to be made, which can create paralysis. Both of you need to ask if your communication is open, yet still positive. Perhaps the biggest area for this to manifest itself is in the area of finances. Take a serious look at your budget as you face a “pay cut” after redeployment in the new year.

N stands for Navigating the Army System. This issue is a bigger concern for families who are newer to either the Army or Fort Drum. Does your family know where to go in a medical emergency during off-hours? Or what if they need new ID cards? And do they know where the A.C.S. building is on post? Finally, is there FRG assistance available for families that find themselves in a serious bind at one time or another during the deployment? This is important now that many are returning and may be looking for housing in the Fort Drum/Watertown area.

D stands for Denial of Self. We all know that the Soldiers are denying themselves by going to Afghanistan. Many of us do not appreciate our families and the sacrifices that they are making so that we can succeed. At home the spouse is sacrificing their own needs and desires, to include careers, education, goals, proximity to family and friends, hobbies and interests, etc. to support you and your Army mission. Never forget that! There can be an attitude of “I’m sacrificing more than you” when you communicate, especially if one or both of you does not feel fully appreciated. This leads to conflict when there is no recognition of the sacrifices that are being made in theater and at home. Everyone is sacrificing, and we must recognize each other for this selfless service on both ends.

Take care everyone, Many Blessings, Chaplain Jerry



You're the news!

This news magazine belongs to the Soldiers of Task Force Falcon

Send us photos, stories, and ideas for future coverage, and see your unit’s accomplishments highlighted on our Facebook page and in future editions of the Falcon Summit

Email: pete.smedberg@afghan.swa.army.mil, todd.pouliot@afghan.swa.army.mil



From "Reaper 6"

Family, Friends, Soldiers, and Loved Ones of TF Reaper,

Greetings from the north. Task Force Reaper has undergone significant change throughout the last month and continues to move forward toward completing the mission. We just recently said good-bye to our active duty members of the team from the 501st Aviation Regiment from Ft. Bliss, TX. It was a sad day as they were a great asset to the task force. I wish them all well and look forward to serving with them in the future should the opportunity arise. With their departure, we welcomed the new members to the team from the 227th Aviation Regiment out of Ft. Hood. They have settled in, seamlessly integrated into the task force, and are well on their way to picking up where the 501st left off. To all members of the 227th and their families; welcome to TF Reaper, we are glad to have you and look forward to working with you.

With the new month came a change in the weather. We are definitely transitioning into Fall here and the thermostats in the tents have been changed over to the heating mode. While we welcome relief from the heat, we know that the frigid winter weather is not far behind. The downside to Fall here is that there are no trees to observe the color change in as we do back in the states. I can say that the change brought our first rain last week. It was the first moisture we had received since our arrival!

The Soldiers in the task force continue to plug away and are doing absolutely remarkable things here. Task Force Reaper is definitely the "heavy lifter" in the north and the primary combat multiplier for our coalition force partners. Everyone has settled into their own routines at this point as they go about their daily tasks. This is a risky time as the routine may start to become mundane and leaves the door open for complacency to set in. I ask all of you, Soldiers and family alike, to tackle complacency head on and help keep the team and your loved ones sharp and focused. The enemy is still out there and just waiting for an opportunity for us to let our guard down.

I want to thank all the members of Task Force Reaper who have participated in the Combined Federal Campaign (CFC). This is an important event that is all about being good stewards of our treasures and helping others in need through charitable donations. As part of the campaign, TF Reaper hosted the CFC Challenge. LT Ipox did a great job organizing and coordinating the event with the assistance of SGT Cox and other members of the team. The event was a team event involving numerous physical challenges such as push-ups, sand bag carry, tire flip, gator pull, etc... All the teams gave it all they had and the event was showcased through a nice video report on the Armed Forces Network (AFN)! <http://www.dvidshub.net/video/303466/deployed-soldiers-raise-money-cfc-long-version> . Congratulations to the winners of the event; SGT Randy Lopez, SGT Keith Lovely, and SPC Thomas Probasco from the 127th ASB.

To everyone on the home front, your support has been tremendous! We continue to receive care packages which have excellent effects on morale. Thank you so much for your continued support!

Fly to Glory!
LTC Schreffler
"Reaper 6"



REAPER



An American Soldier living the modern “American Dream”

By Staff Sgt. Amber L. Wilson, HHC, 1-135th Attack/Reconnaissance Battalion

BALKH PROVINCE, Afghanistan—According to the Merriam-Webster Collegiate Dictionary, the American dream is *“an American social ideal that stresses egalitarianism, which is a belief in human equality, especially with respect to social, political, and economic affairs.”*

Spc. Juha Paljarvi, an aircraft electrician from B Company, 127th Aviation Support Battalion, of the 1st Armored Division’s Combat Aviation Brigade, attached to Task Force Reaper, which is flying in support of 10th Combat Aviation Brigade, and a staunch believer in freedom, patriotism, entrepreneurship, and using your skills to better yourself, is an American Soldier achieving his own version of the modern-day “American Dream.”

“I love our Constitution,” Paljarvi said, considering his various life experiences. “As restless as I am with my careers, America is really the only place where you can have that,”

Paljarvi was born in College Station, Texas, in 1973, but moved to Finland as an infant with his family in order for his Finnish father to complete his service for Finland’s army. The family had temporarily moved to America because his father had a wrestling scholarship and earned a degree at Texas A&M University. Paljarvi has three siblings, two of them Finnish citizens and the other, an American citizen like him.

The family returned to America when Paljarvi was 3 years old, and this would be the start of many travels Paljarvi and his family would take during his child and young adulthood.

Paljarvi’s father received a job with the International Monetary Fund in Washington D.C., but they still visited Finland every summer during his childhood. Then, in 1982, they moved to Africa for three years because of his father’s



BALKH PROVINCE, Afghanistan - Spc. Juha Paljarvi, an aircraft electrician assigned to B Company, 127th Aviation Support Battalion, of the 1st Armored Division’s Combat Aviation Brigade, attached to Task Force Reaper, conducts checks on a UH-60 Blackhawk helicopter Sept. 29, 2013, at Camp Marmal. (Photo by Staff Sgt. Amber Wilson, 1st Attack/Reconnaissance Battalion 135th Aviation Regiment, 10th Combat Aviation Brigade)

career, once again. The Paljarvi’s family lived in Moussaka, Zambia, until he was 13 years old. However, they were pulled back once more to the States in 1985, where Paljarvi and his siblings completed high school.

Although Paljarvi is an American citizen, he was drafted into the Finnish Defense Forces as an artillery runner, for 8 months in 1991, before being honorably discharged. All Finnish men have to serve in the Finnish military, which did not bother Paljarvi. He said he felt proud of his Finnish heritage because they were strong warriors, comparing themselves to the ancient Spartans. After his service to Finland, he returned to America in 1992, to gain a higher education.

He enrolled in and took classes at three different colleges around the country before finally choosing Morrisville State College in upstate New York to study equine science. Afterward, he went to work for horse trainers who dealt with harness horse racing where he helped a team win the third leg of the Triple Crown of Horse Racing for Trotters. Furthermore, they broke the

See *AMERICAN DREAM*
continued on page 9



AMERICAN DREAM

Continued from page 8

world record for the fastest three-heat race. He would get a taste of entrepreneurship, opening his own stable in 1997.

Switching gears and obtaining new circumstances allowed him to move to Ithaca, N.Y., where he opened another business; this time delving into the construction business. He built houses from 1999 to 2005.

Nonetheless, Paljarvi's adventurous side took him back to Finland, where he learned of a different form of construction. In 2007, he joined the International Dive School Association in Lohja, for underwater welding and conducting underwater inspections. He used these new skills while working for a company called Terramare, building forms for harbors of an archipelago (island group) in the Baltic Sea between Finland and Sweden. He worked underwater construction for the company for eight months, which included midwinter diving.

Searching for warmer climates, Paljarvi then moved back to Zambia, at the age of 33, for a year. He had decided to return to his "old haunts" of Moussaka, and work there, constructing houses in the bush, with the locals. When he was unable to obtain a working visa, he moved back to the U.S. to further pursue his "American dream."

He was building a house for a U.S. Army recruiting officer when Paljarvi decided to join what he calls "the greatest Army in the world," the U.S. Army, April 26, 2011, at the age of 36.

"I joined for strictly patriotic reasons," Paljarvi said, adding that his younger brother, who is in the U.S. Marine Corps, and all his Finnish male ancestors, who served in the military, inspired him.

Based on his background in construction and underwater welding, Paljarvi tried to get engineer diver as his military occupational specialty, but there were no openings. Instead, he chose aircraft electrician because his brother works

in aviation with the Marines, his background knowledge from electrical work in construction, and his interest in the MOS.

When he recalled his first few months in the Army, he admitted to being nervous because of his age difference during Basic Combat Training, but having served in the Finnish army helped prepare him for the training. He said he was surprised how well he did physically, having thought the younger Soldiers would out-do him.

"(The experience) wasn't that shocking, but a little bit more yelling in the U.S. Army," he said.

Paljarvi's experiences and leadership have made a significant difference in his platoon.

"Spc. Paljarvi also trains Soldiers in the platoon physically, conducting Cross-Fit workout sessions daily, which is a huge factor in our platoon's unparalleled 273 (Army Physical Fitness Test) average," said Sgt. 1st Class Timothy Lemker, Paljarvi's current platoon sergeant.

Paljarvi explained that the Finns have a word, *Sisu*, which means, in his words, "intestinal fortitude and quiet optimism." According to the Finlandia University, "It is a Finnish term that can be roughly translated into English as strength of will, determination, perseverance, and acting rationally in the face of adversity." Therefore, he wanted to show this while serving in the United States Army.

Lemker provided evidence of Paljarvi's display of *Sisu*, stating, "Spc. Paljarvi brings so much real-life experience to the table and constantly shares his wisdom with the rest of us. He inspires the Soldiers in the platoon to perform at a much higher level of maturity and professionalism. The Soldiers in the platoon respect him as a knowledgeable Soldier because of all that he has accomplished and experienced in his life. Spc. Paljarvi is one of those Soldiers that naturally excels at most of the things he tries."

*See AMERICAN DREAM
continued on page 10*



AMERICAN DREAM

Continued from page 9

Having traveled all over the world, Paljarvi is currently on his first deployment, serving in support of Operation Enduring Freedom at Camp Marmal. Although he concedes that the camp is not what he had expected; it is not as stressful as he thought it would be, he said he has learned more about his job here than back in the U.S. In addition to working as a helicopter electrician, he has cross-trained with the avionic mechanics so he can work with more of the components.

His platoon leader, Chief Warrant Officer 2 Cynthia Bingaman, Avionics platoon leader, noted that Paljarvi “is mature and diverse and brings that higher level of professionalism to the table. His work ethics are implacable, and his knowledge and experience allows him to easily train other Soldiers who work with him. Over the last nine months he has conducted over 400 maintenance hours, and has processed over 600 work orders, which in our world is going above and beyond.”

An unexpected occurrence for him, during this deployment, was seeing the Finnish flag flying over Camp Marmal. He visited with the Finnish army when he first got in country, because their camp was positioned near his unit’s sleeping quarters. He said he would speak Finnish with them, and introduced them to Soldiers in 1st-127th ASB. He built a lasting friendship with them, shooting with them at the range, inviting them to tour the helicopters, and even using their sauna on numerous occasions. The sauna is an important part of Finnish culture.

As for the future, after this deployment, Paljarvi has 3 ½ years left on his military contract. During that time, he would like to volunteer for the Special Forces as an engineer. He revealed that his inspiration and respect for the military, and especially for the special forces, comes from two of his heroes: Lauri Allan Törni, later known as



BALKH PROVINCE, Afghanistan - Spc. Juha Paljarvi, an aircraft electrician assigned to B Company, 127th Aviation Support Battalion, of the 1st Armored Division’s Combat Aviation Brigade, attached to Task Force Reaper, checks the wiring of a UH-60 Blackhawk helicopter engine Sept. 29, 2013, at Camp Marmal. (Photo by Staff Sgt. Amber Wilson, 1st Attack/Reconnaissance Battalion, 135th Aviation Regiment, 10th Combat Aviation Brigade)

Larry Thorne, a Finnish army captain, who was highly medaled after World War II and eventually transferred to the U.S. Special Forces to serve in the Vietnam War; and Lt. Col. Michael Corbit Flannery, who was not only in the U.S. Special Forces, but is Paljarvi’s best friend’s dad.

After leaving the Army, he would like “to start an adventure travel business in Alaska,” with his wife Lynn Marie and his children, Matthew, Aili, and Aksel. He said he would like to open this business because “only in America” can you have private property and the ability to own your own business. He believes in this dream because of his numerous hobbies, to include: diving, fishing, boating, orienteering and bush craft; plus, his wife wants to open a bed and breakfast. He would additionally like to open a Cross-Fit gym there. They plan to be a one-stop-shop for vacationers, opening their home to any adventurous person wanting to get away.

Needless to say, as Paljarvi has said, “only in America, using your skills to better your life,” can you achieve your dreams.



Tigersharks take torch from TF Dragon



NANGARHAR PROVINCE, Afghanistan - Lt. Col. Chad Ward, left, and Command Sgt. Maj. David Paul, the command team for 1st Attack/Reconnaissance Battalion, Task Force Tigershark, 10th Combat Aviation Brigade, accept responsibility for aviation operations from the 1st Attack/Reconnaissance Battalion, 501st Aviation Regiment, in a transfer of authority ceremony Oct. 11, 2013, at Forward Operating Base Fenty. (Photo by Capt. Pete Smedberg, 10th Combat Aviation Brigade)

By U.S. Army Capt. Pete Smedberg, 10th Combat Aviation Brigade

NANGARHAR PROVINCE, Afghanistan (Oct. 11, 2013) – The 1st Attack/Reconnaissance Battalion of the 501st Aviation Regiment, Task Force Dragon, attached to 10th Combat Aviation Brigade, marked the end to their nine-month deployment, with a transfer of authority ceremony Oct. 11, at Forward Operating Base Fenty, Afghanistan.

During the ceremony, TF Dragon commander, U.S. Army Lt. Col. Glen Heape, thanked his sol-

diers for their hard work and dedication during what is being described as the most critical fighting season in the history of the U.S.'s involvement in Afghanistan.

“Task Force Dragon has served honorably on behalf of their nation, and enhanced the sacred trust that exists between Army Aviation and the units we support,” said U.S. Army Col. David Francis, 10th Combat Aviation Brigade commander. “Task Force Dragon provided discriminately lethal fires, time-on-target air assaults, and tactical overmatch that can’t be replicated by any other

force or capability on the battlefield.”

TF Dragon also took a moment to recognize the sacrifices made by U.S. Army Chief Warrant Officer 3 Matthew Ruffner and U.S. Army Chief Warrant Officer 2 Jarett Yoder, two AH-64 Apache helicopter pilots from the Pennsylvania National Guard who were killed in a helicopter crash April 9, 2013, in Nangarhar Province, Afghanistan, while serving under TF Dragon.

During the ceremony, the 1st Attack/Reconnaissance

See **TAKING TORCH**
continued on page 12

TIGERSHARK

**TAKING TORCH**

continued from page 11

sance Battalion, 10th Combat Aviation Brigade, TF Tigershark, commanded by U.S. Army Lt. Col. Chad Ward, assumed responsibility for all aviation operations in the N2KL (Nangarhar, Nuristan, Konar, and Laghman Provinces) region of Afghanistan.

Ward and his Soldiers are no strangers to Afghanistan. TF Tigershark recently completed an impressive move of their task force headquarters from Forward Operating Base Salerno, to Forward Operating Base Fenty, in support of 4th Brigade Combat Team, 10th Mountain Division, while providing continuous aviation support to Regional Command-East.

Task Force Tigershark's relocation to Forward Operating Base Fenty

According to U.S. Army Maj. Jonathan Easley, TF Tigershark executive officer, TF Tigershark's relocation to Forward Operating Base Fenty was a massive undertaking executed flawlessly by Ward and his Soldiers while continuously providing rotary wing air support to commanders on the ground from multiple brigade combat teams.

"Unlike a normal relief in place where the incoming unit is going from a cold start, already having six months of experience in country has helped the task force (Tigershark) hit the ground running," said Easley. "Morale has remained high as we have transitioned to (Jalalabad Airfield); the reception from Dragon has been phenomenal and the Tigershark troopers have been able to get after the mission at hand in the N2KL (Nangarhar, Nuristan, Konar, Laghman Provinces) region with renewed vigor."

TF Tigershark executed this relocation while supporting elements from 4th Brigade Combat Team, 101st Airborne Division, as well as the 2nd and 4th Brigade Combat Teams from the 10th Mountain Division.

With any large scale relocation effort, maintaining property accountability can be a daunting task.

"As always, property accountability can make or break a relief in place; detailed involvement by the logistics officer, 1st Lt. Andrew Lang, logistics section non-

commissioned officer-in-charge, Sgt. 1st Class Tanya Green-Johnson, and the company supply representatives ensured a smooth process" said Easley.

During the transition from Salerno to Fenty, TF Tigershark's Forward Support Company conducted the retrograde of two well-established forward arming and refueling points (FARPs) while planning the establishment of a third FARP to be staffed by members of 2nd Battalion (Assault), TF Knighthawk, 10th Combat Aviation Brigade.

"Tigershark troopers have been able to get after the mission at hand in the Nangarhar, Nuristan, Konar, Laghman Provinces region with renewed vigor." - U.S. Army Maj. Jonathan Easley, TF Tigershark executive officer.

Of note during Tigershark's move to Forward Operating Base Fenty is the outstanding support provided by members of the task force's communication section.

"Much like oxygen, nobody really worries about communications until they don't have it," said Easley. "Our S-6 section has made it a certainty that there are always redundant communications available."

Much like Tigershark's FSC's effort to close and relocate FARPs, their communications section supported the teardown of communications systems at closing bases, while facilitating the rebuild of systems in their new area of operations.

Easley described the relocation and rebuild of Tigershark's robust communications systems as a herculean task made possible by the can-do attitude and personal involvement down to the individual Soldier level.

The support provided by numerous agencies and adjacent task forces during Tigershark's move to Forward Operating Base Fenty, as well as the superb effort by Tigershark Soldiers, have set the conditions for success during the final three months of the 10th CAB's deployment to Afghanistan.

Task Force Tigershark, as well as the rest of the 10th CAB, are scheduled to return to Fort Drum, N.Y., in January, after completing their nine-month tour of duty in Afghanistan.





Matching tradition, Dustoff lifts patient care to a higher level

By U.S. Army National Guard
Sgt. Margaret Taylor

NANGARHAR PROVINCE, Afghanistan – When the Vietnam War was well underway, and U.S. combat involvement was still in early stages, helicopter pilots ferried the wounded from the battlefield. In 1963, the U.S. Army 57th Medical Detachment (Helicopter Ambulance) commander started using the radio call sign “Dustoff” for his medical evacuation chopper.

The name arose, in part, because of the clouds of dust that would billow up when the helicopters took off or landed.

All medevac choppers assumed the “Dustoff” call sign; it lasted throughout the war and is still in use today.

The medevac platoon at Forward Operating Base Fenty, Nangarhar Province, Afghanistan, is comprised of soldiers from the Michigan and New Hampshire National Guard, and continues the Dustoff tradition of providing timely aid to injured service members on or off the battlefield.

Meeting the demands of the medevac profession requires constant training. Because of this, U.S. Army soldiers from the Medevac Platoon “Dustoff,” Company C, 3rd Battalion, 238th Aviation Regiment, Task Force Dragon, conducted hoist exercises on a mountaintop near FOB Fenty,



NANGARHAR PROVINCE, Afghanistan - Sgt. Brandon Coburn, a medic assigned to the Medevac Platoon “Dustoff”, C Company, 3rd Battalion (General Support), 238th Aviation Regiment, currently serving with Task Force Tigershark, 10th Combat Aviation Brigade, is hoisted back into a UH-60 Blackhawk helicopter during a training exercise near Forward Operating Base Fenty, Sept. 16, 2013. Medevac teams provided emergency care to U.S. and coalition forces, and transport patients by air to medical treatment facilities. Using a hoist allows medevac crews to raise and lower supplies and personnel inot remote or treacherous areas where landing the aircraft is impossible. (U.S. Army National Guard photo by Sgt. Margaret Taylor)

Sept. 16, 2013.

A hoist allows medevac crews to raise and lower personnel and supplies by cable into areas too dangerous for the UH-60 Black Hawk helicopters to land. Given the steep mountains covering much of Afghanistan, mastering the use of hoist equipment is a necessity.

“We pick up anyone who’s injured or wounded from the battlefield,” said U.S. Army Capt. James Balloch, of Glastonbury, Conn., who is the forward support medevac platoon leader. “It’s all about bringing them to a higher level of care.”

At one time, casualties traveled from the battlefield to aid stations by either ground or air; now medevac choppers bear the brunt of the

work.

“Instead of having to wait around for an ambulance to bounce along the road – they’re not that fast [and] not an optimal solution when time is really critical – we do most of our patient transport now by helicopter,” said U.S. Army Staff Sgt. Jonathan Boeddiker, of Claremont, N.H., a Dustoff flight medic. “We’ve seen great improvements in patient outcomes because of it.”

These improved patient outcomes spring from the reaction speed of the Dustoff crews as well as the quality of care patients receive inflight.

Medevac crews have a 15-minute reaction time window, said U.S.

*See MEDEVAC
continued on page 14*

MEDEVAC

continued from page 13

Army Staff Sgt. Steven Schenk, of Livonia, Mich., the Dustoff flight medic noncommissioned officer in charge. In other words, as soon as the medevac request comes in to Dustoff's command group, the crew on call has 15 minutes to be ready to liftoff.

"It's the whole firefighter mentality," Boeddiker said. From Fenty, the medevac teams can be at the casualty pick-up site within minutes, landing or descending on hoists to take over patient care. Once the patient or patients are secured, Dustoff medics or flight surgeons work to stabilize them, or keep them stable, while en route to a medical treatment facility.

Tending to patients in the back of a Black Hawk presents many challenges.

In addition to very limited space and supplies, patient monitoring equipment is often affected by chopper vibrations, said Boeddiker. Flight medics can't communicate with casualties about their injuries: it's too loud.

"Every possible distractor that you can throw into the situation is there," Boeddiker said. "It's a very challenging environment to provide care in."

Even so, Dustoff crews are determined to provide the best care they can. This means constant training, whether in the classroom or in the field.

Schenk, who has been a civilian paramedic, said the level of care he and his flight medics provide exceeds the standard of the wider medic field. While most Army medics have the training and experience equivalent to civilian emergency medical technicians, medevac care requires more knowledge, more training.

"The critical care platform we provide is an advanced stage," Schenk said. "It's like a mobile intensive care unit."

The combination of knowledge and training allows these medevac crews to walk in step with the Dustoff tradition: airlifting casualties to a higher level of care.



NANGARHAR PROVINCE, Afghanistan - AH-64 Apache helicopters from 1st Attack/Reconnaissance Battalion, Task Force Tigershark, 10th Combat Aviation Brigade, make their way into the forward arming and refueling point at Forward Operating Base Fenty, Oct. 3, 2013. (Photo by Capt. Peter Smedberg, 10th Combat Aviation Brigade)



NANGARHAR PROVINCE, Afghanistan - Spc. Leo Davis, an OH-58D Kiowa Warrior helicopter repairer assigned to 1st Battalion (Attack), Task Force Tigershark, 10th Combat Aviation Brigade, performs maintenance on an aircraft, Oct. 3, 2013, at Forward Operating Base Fenty. (Photo by Capt. Peter Smedberg, 10th Combat Aviation Brigade)



KNIGHTHAWK



LOGAR PROVINCE, Afghanistan - Spc. Marc Santiago, a UH-60M Blackhawk helicopter crew chief assigned to C Company, 2nd Battalion (Assault), 10th Combat Aviation Brigade, prepares his gear prior to a personnel movement mission, Sept. 25, 2013, at Forward Operating Base Shank, Afghanistan. (Photo by Capt. Pete Smedberg, 10th Combat Aviation Brigade)



LOGAR PROVINCE, Afghanistan - Chief Warrant Officer 2 Jake Finn, a UH-60M Blackhawk helicopter pilot from C Company, 2nd Battalion (Assault), Task Force Knighthawk, 10th Combat Aviation Brigade, performs a pre-flight inspection prior to a mission Sept. 25, 2013, at Forward Operating Base Shank, Afghanistan. (Photo by Capt. Pete Smedberg, 10th Combat Aviation Brigade)



<https://www.facebook.com/10thCAB>



LOGAR PROVINCE, Afghanistan - Capt. Lisa Klekowski receives the C Company guidon from Lt. Col. Matthew Braman, the commander of the 2nd Battalion (Assault), Task Force Knighthawk, 10th Combat Aviation Brigade, during a change of command ceremony Sept. 25, 2013, at Forward Operating Base Shank. (Photo by Capt. Pete Smedberg, 10th Combat Aviation Brigade)



LOGAR PROVINCE, Afghanistan - Chief Warrant Officer 2 Mike Black, a UH-60M Blackhawk helicopter pilot assigned to C Company, 2nd Battalion (Assault), Task Force Knighthawk, 10th Combat Aviation Brigade, inspects the tail rotor of a Blackhawk prior to a personnel movement mission, Sept. 25, 2013, at Forward Operating Base Shank. (Photo by Capt. Pete Smedberg, 10th Combat Aviation Brigade)



LOGAR PROVINCE, Afghanistan - From left, Capt. Brian Green, 1st Lt. Andrew Hicks, 1t Lt. Braden Maghan, 2nd Lt. Andrew Litto, and Sgt. Ruben Cordova compete in the Knighthawk Cup Volleyball Tournament at Forward Operating Base Shank. (Courtesy photo)



LOGAR PROVINCE, Afghanistan - Chief Warrant Officer 2 Jake Finn, a UH-60M Blackhawk helicopter pilot assigned to C Company, 2nd Battalion (Assault), Task Force Knighthawk, 10th Combat Aviation Brigade, buckles himself in to a Blackhawk prior to a personnel movement mission, Sept. 25, 2013, at Forward Operating Base Shank. (Photo by Capt. Pete Smedberg, 10th Combat Aviation Brigade)

You're the news!

This news magazine belongs to the Soldiers of Task Force Falcon

Send us photos, stories, and ideas for future coverage, and see your unit's accomplishments highlighted on our Facebook page and in future editions of the Falcon Summit

Email: pete.smedberg@afghan.swa.army.mil, todd.pouliot@afghan.swa.army.mil



Phoenix 6 Fireplace Chat

LTC Anthony Meador

TF PHOENIX Families, Friends, and Soldiers hello to all.

I am sure with school back in full swing families have adjusted to the end of summer and the beginning of fall sports. I hope everyone enjoyed their summers and the vacations some of you took an opportunity to have. Your Soldiers continue to accomplish amazing tasks here in Regional Command - East with the execution of safe flying hours. I am astonished every day at the amount of aircraft we fly and the quality maintenance we execute to standard via phase lanes and unscheduled maintenance teams. The companies continue to work extremely well with each other to make our daily mission requirement and to date they have all been tremendously successful at accomplishing this endeavor.

A/2-104th from the Pennsylvania National Guard recently rotated out of theater back to their home station at Fort Indiantown Gap. This company performed brilliantly here in RC - East and they'll be sorely missed. As I'm sure they're currently enjoying time with their families, we wish them well. This company was replaced by A/3-126th from the Massachusetts National Guard which is a command aviation company out of Cape Cod, Mass. We look forward to getting to know them and I know this company will do great things here in RC-East. A/3-10 and A/2-10 have flown a host of extremely important individuals from the CENTCOM commander Gen. Lloyd Austin to Secretary of State John Kerry, and executed these missions brilliantly. C/1-10 "Blue Max" facilitated a number of safe convoys over the past two months while also providing continued security for Bagram.

As I know our C/3-10 Medevac families are excited on their upcoming redeployment, this company continues to support all U.S. and Coalition forces here in RC-East with superb air ambulance coverage. Their missions sometimes fall under harsh environmental conditions; however, they perform extremely well. The staff inclusive of the TOC crew from HHC/3-10 have absolutely manhandled the responsibility for commanding and controlling the hundreds of missions that take place under TF PHOENIX each week. The mission of the task force would not happen without HHC's planning efforts. I am proud to report to all of you the recent milestone of 22,000 safe combat flight hours executed by TF PHOENIX. This phenomenal effort could not be realized without the efforts of our two aviation maintenance companies. First D/3-10 provided the critical daily aircraft launch-recover-launch support to afford each of the 6 flight companies the ability to get their aircrews airborne. Secondly, B/277th provided the phase maintenance capability for not only TF PHOENIX but this same requirement for three other aviation task forces. Without B/277th's superb maintenance support TF PHOENIX could not have realized daily mission execution.

For everyone at home I hope the beginning of a new school year has brought the indication we'll soon return home. Please continue to follow the TF PHOENIX and 10th CAB Facebook page as photos and captions are updated often. The temperatures have begun to decline here and thankfully, the heat is not as overbearing as was once the norm here in Bagram. Get ready for winter and we'll look forward to snow shoveling after our return. Until next month...

Born of Fire!

LTC Anthony A. Meador

"PHOENIX 6"

PHOENIX

10th CAB medevac crews train to provide life-saving en route blood transfusions

By Staff Sgt. Todd Pouliot, 10th Combat Aviation Brigade

BAGRAM AIRFIELD, Afghanistan (Oct. 3, 2013) – The crucial step in saving the life of a casualty with a traumatic injury is to stop blood loss, but medical personnel know that if higher level follow-on care is not provided in a timely manner, the casualty could still succumb to shock.

“If someone loses 30 percent or more blood volume, he or she will be in Class III shock,” said Maj. Geoffrey Chin, MD, a flight surgeon assigned to 3rd Battalion (General Support), Task Force Phoenix, 10th Combat Aviation Brigade. “Interventions must be done within seconds to minutes in order to save a life at that point.”

Chin is leading the training of U.S. Army 10th CAB flight medics from throughout Regional Command – East, Afghanistan, along with en route critical care nurses who accompany the medics on missions, on a procedure which will improve the survivability of casualties with traumatic



BAGRAM AIRFIELD, Afghanistan - U.S. Army Sgt. 1st Class Erika Richardson, a flight medic assigned to C Company, DUSTOFF, 3rd Battalion (General Support), Task Force Phoenix, 10th Combat Aviation Brigade, sets up a blood transfusion device during training in low visibility here Sept. 26, 2013. 10th CAB is implementing an en route blood transfusion protocol in Regional Command – East, Afghanistan. (Photo by Staff Sgt. Todd Pouliot, 10th Combat Aviation Brigade.)

injuries. The procedure is called Vampire Protocol and gives flight medics the capability to infuse blood in the aircraft while en route to higher level care facilities. Eighteen medical evacuation personnel completed the training Sept. 25-26, at Bagram Airfield.

“The Vampire Protocol, which has been conducted in RC-South for about a year, is a medical guideline for giving emergent blood transfusions,” said Maj. Lance Kunz, D.O., 10th CAB flight surgeon, who coordinated the

training. “It is designed for a patient who has suffered significant blood loss from combat trauma like amputation of limbs or internal bleeding.”

Up to now, medevac crews picked up casualties who had received preliminary care on the ground, and treated symptoms of their wounds en route with intravenous fluids. Now, instead of merely making short-term interventions, flight medics can respond directly to the underlying cause of those symptoms with blood product infusions.

“What the ground medic and combat lifesaver do, such as placing tourniquets and treating life-threatening lung injuries, goes a long way to keeping our Soldiers alive,” Chin said. “If, however, those life-saving interventions are not effective and the Soldier is still in shock, blood transfusions can prevent irreversible damage to the body from oxygen deprivation to vital organs and help prevent further blood loss.”

See *VAMPIRE PROTOCOL*
continued on page 19



VAMPIRE PROTOCOL

continued from page 18

Medevac crews will now carry packed red blood cells, which help increase the oxygen-carrying capacity of the recipient's blood, and thawed plasma, which contains clotting factors, added Chin.

“Blood is so much more beneficial than fluids because blood carries oxygen and has clotting factors which are able to stop the bleeding,” said

Sgt. Samuel Garced, a flight medic assigned to C Company DUSTOFF, 3rd Battalion (General Support), 10th Combat Aviation Brigade. “To actually get this training is satisfying because our capabilities will multiply dramatically. Finally we’re catching up with being able to do something about it versus just knowing what would be great for the patient.”

Day one lessons covered blood immune-histology, blood bank handling/

storage procedures, medical complications related to blood transfusion, management of complications, and an equipment overview and demonstration. The flight medical personnel took a written exam the following day and then the flight medics and ECCNs paired up to perform two practical exercises in the back of the medevac helicopters during day and night iterations.

“Blood loss is the leading cause of death on

the battlefield,” Kunz said. “The earlier we are able to stop bleeding and replace the loss the better it is for the patient. I think Vampire will increase the chance of survival of Soldiers who have suffered significant blood loss.”

Chin said he will be traveling to other sites in the coming weeks to ensure that every flight medic in RC-East is trained to proficiency on this protocol. The training will also be passed on to newly arrived medevac units.



BAGRAM AIRFIELD, Afghanistan - From left, Maj. Lance Kunz, D.O., 10th Combat Aviation Brigade flight surgeon, assesses Sgt. Clayton Cantrell and Spc. Jordan Filler, flight medics assigned to C Company DUSTOFF, 3rd Battalion (General Support), Task Force Phoenix, 10th Combat Aviation Brigade, as they inspect and verify a bag of simulated blood during training here Sept. 26, 2013. 10th CAB is implementing an en route blood transfusion protocol in Regional Command - East, Afghanistan. (Photo by Staff Sgt. Todd Pouliot, 10th Combat Aviation Brigade)



BAGRAM AIRFIELD, Afghanistan - Douglas Phillips, a CH-47 Chinook helicopter pilot assigned to B Company, 2nd Battalion (General Support), 149th Aviation Regiment, attached to Task Force Phoenix, 10th Combat Aviation Brigade, is promoted to chief warrant officer 5 during a ceremony here Sept. 30, 2013. (Photo by Staff Sgt. Todd Pouliot, 10th Combat Aviation Brigade)



BAGRAM AIRFIELD, Afghanistan - Chief Warrant Officer 4 Gary Ossinger, left, a CH-47 Chinook helicopter pilot assigned to 3rd Battalion (General Support), Task Force Phoenix, 10th Combat Aviation Brigade, is presented the Honorable Order of St. Michael for his contributions to the Army Aviation community over the course of his career Oct. 2, 2013. (Photo by Capt. Pete Smedberg, 10th Combat Aviation Brigade)



BAGRAM AIRFIELD, Afghanistan - From left, Sgt. Andrew Gage, an OH-58 Kiowa Warrior helicopter crew chief; and Sgt. 1st Class Corey Shelton, a Kiowa Warrior platoon sergeant; reinstalls the forward cowling during a preventative phase maintenance service on a Kiowa Warrior here Oct. 7, 2013. (Photo by Staff Sgt. Todd Pouliot, 10th Combat Aviation Brigade)



BAGRAM AIRFIELD, Afghanistan - Sgt. Mitchell Pace, an aircraft structural repairer assigned to the Airframe Shop, B Company, 277th Aviation Support Battalion, Task Force Phoenix, 10th Combat Aviation Brigade, lines up a rivet with a rivet puller as he replaces a brace on a CH-47 Chinook helicopter platform here Sept. 24, 2013. (Photo by Staff Sgt. Todd Pouliot, 10th Combat Aviation Brigade)



<https://www.facebook.com/10thCAB>

10th CAB's Renegades & Ravens



BAGRAM AIRFIELD, Afghanistan - Sgt. Bradley Johnson, a fire support noncommissioned officer by trade, and a force protection NCO with 10th Combat Aviation Brigade, operates a forklift to unload a pallet of supplies Sept. 16, 2013. (Photo by Capt. Pete Smedberg, 10th Combat Aviation Brigade)



BAGRAM AIRFIELD, Afghanistan - Staff Sgt. Louis Johnson affixes staff sergeant rank to the uniform of Nicholas Ellis, a communications noncommissioned officer and brigade command group driver, as 1st Sgt. John Rogers affixes new rank to Ellis' patrol cap during a ceremony here Oct. 1, 2013. Johnson and Rogers are platoon sergeant and senior enlisted advisor, respectively, with C Company, 277th Aviation Support Battalion, Task Force Ravens, 10th Combat Aviation Brigade. (Photo by Staff Sgt. Todd Pouliot, 10th Combat Aviation Brigade)