



The Official Magazine of The U.S. Army Civil Affairs & Psychological Operations Command (Airborne)

PEACEMAKER

Summer 2013

DIRTY MEDICINE

PSYOP Co. gets
dirty with combat
medic training

pg. 10

The long road

CAPOC pits its best
against each other

pg. 32

Southern Raider

Canada, U.K. and the U.S. work together
to train Civil Affairs Soldiers

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Reaching out with pencils

Spc. Gamei Kwong, a civil affairs specialist with Provincial Reconstruction Team Nangarhar, and native to Hamtramck, Mich., grades school work done by local Afghan girls Feb. 15 at Forward Operating Base Finley-Shields.



Peacemaker is the official publication of the U.S. Army Civil Affairs & Psychological Operations Command (Airborne) to provide command information to service members and their families. The editorial content of this publication is the responsibility of the command's Public Affairs Officer, under the provisions of AR 360-1. Contents of Peacemaker are not necessarily official views, nor endorsed by the U.S. Government, the Department of Defense, the Department of the Army, or the U.S. Army Civil Affairs & Psychological Operations Command (Airborne). Peacemaker is published quarterly.



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On the cover: Spc. Flint German, 422nd Civil Affairs Battalion, surveys the urban battle field during Exercise Southern Raider at Fort Pickett, Va. on March 5, 2013. The exercise includes members of the 37th Canadian Brigade Group and Royal British Marine commandos. The exercise is organized by the Reserve Component of the Canadian Army to test thier proficiency of battle task standards for offensive operations in an urban enviroment. (U.S. Army photo by Capt. Saskia Ball)

[Read more on pg. 18](#)

On this page: Sgt. Christopher Kennedy uses a radio to communicate with a UH-60 helicopter during Pathfinder school held at Fort Bragg, N.C., on March 26, 2013. The training was conducted by the Army National Guard. (U.S. Army photo by Sgt. Felix R. Fimbres)

[Read more on pg. 27](#)

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LETTER *from the* COMMANDING GENERAL



Maj. Gen.
Jeffrey A. Jacobs

"Sexual assault and harassment are readiness issues; unless we eliminate sexual assault and harassment, we will not be ready to accomplish our mission. And if we can't accomplish our mission, we are letting the Nation and our fellow citizens down."

In the Spring 2013 edition of Peacemaker, I addressed the difficult topic of suicide and said that engaged first-line leaders are the key toward solving that problem. In this edition, I want to focus on another problem that we must eliminate if our units are to be truly ready: sexual assault and sexual harassment. All leaders are responsible for establishing a climate of respect in which there is no room for sexual misbehavior, but, more fundamentally, every Soldier has an obligation to respect every other Soldier – and, indeed, every other human being.

When we joined the Army, each of us took an oath, and we were taught the Army Values: Loyalty, Duty, Respect, Selfless Service, Honor, Integrity, and Personal Courage. Our Army, and your unit, can succeed only if each Soldier commits to living those values – every day. Our behavior, and the decisions that we make on a daily basis, must reflect the Army Values and inspire those around us to do the same. Committing sexual assault or sexually harassing a fellow Soldier or civilian is completely inconsistent with the Army Values and with being an American Soldier. Without the Army Values, we are not the United States Army.

Sexual assault and harassment are readiness issues; unless we eliminate sexual assault and harassment, we will not be ready to accomplish our mission. And if we can't accomplish our mission, we are letting the Nation and our fellow citizens down. Whether a Soldier is struggling physically and emotionally to recover from a sexual assault or does not trust his or her leader because of harassment, or if a predator within the unit threatens future misconduct, sexual crimes and other sexual misconduct prevent a unit from being mission-ready.

Trust is the bedrock of a unit. Soldiering is an inherently dangerous business; the 48 names on the plaque outside my office remind me of that every day. Without trust the danger becomes greater. If we cannot trust the Soldiers beside us, then we will fail and Soldiers may die. Nothing destroys trust more quickly and completely than sexual assault and harassment.

Solving this problem is the Army's top priority, and I need the help of every Soldier and civilian in this command to eliminate it. Sexual assault is a crime both under civilian law and under the Uniform Code of Military Justice. If you are a victim of sexual assault or harassment, you must come forward. Every commander in this organization will take appropriate measures to take care of you and, if

warranted, will take necessary and appropriate legal action. Your units have, or soon will have, trained Sexual Assault Response Coordinators (SARCs) and Unit Victim Advocates (UVAs) to help you cope with your experience and understand your options. You may report a sexual assault in confidence, if you desire, through a SARC, UVA, chaplain, or health care provider. We can and must stop these crimes in our units and take appropriate action against perpetrators."

For the rest of you: prevention of inappropriate behavior is YOUR responsibility. You know what

inappropriate looks like; speak up when you see it. Sexually

offensive language, jokes, posters, emails, etc. destroy trust, and

they create an unprofessional climate that can lead to offensive

actions. They have no place in our Army. Be mature enough not to laugh when your buddy

tells a derogatory joke. Call out your teammates for unprofessional behavior. Stick

together when you go out and make sure your battle buddy doesn't make bad decisions under the influence of alcohol.

Finally: if you cannot live by the Army values, if you cannot refrain from sexual harassment, or if you think it's okay to sexually assault a fellow Soldier or anyone else . . . then get out of our Army. We don't need you.

Remember – "I am an American Soldier. I am a warrior and a member of a team. I serve the people of the United States and live the Army Values." Live this creed; eliminate sexual assault and harassment.





LETTER *from the* COMMAND SERGEANT MAJOR

During the past year at USACAPOC(A), I set a priority of re-bluing our NCO Corps and getting back to basics. More than a decade of war had us focus on many other priorities. Now that our mission is winding down, we have to shape our force for the future. Recent

promotions, assignments and moves have our NCOs well on their way to successfully shaping our force for future missions.

During the past year we've had command sergeants major selected for several key positions. This includes 2 Civil Affairs Commands, 1 Psychological Operations Group, the 1st Training Brigade, 4 Civil Affairs brigades and 20 of our 48 CA and PO battalions. We've also seen other senior NCOs promoted to E-9, E-8, and E-7, as well as junior NCO promotions.

USACAPOC(A) units have several Soldiers new to the NCO Corps. The challenge to them will be to "up their game" and ensure that they will enforce and maintain standards and discipline. That they will be more "intrusive" as leaders and not just train their Soldiers and teams, but KNOW them. First line leaders MUST become more involved in training,

NCOES, maintenance, safety, you name it.

We now have a strong foundation in place for our NCO Corps. During this next year, let's continue with our successful practices, develop the Corps further and build our bench. Our USACAPOC(A) mission and unique ARFORGEN cycle requires our NCOs to see that our Soldiers and units are combat ready and mission capable. I am confident that our NCOs are up to this task.

ATW!
CSM B



Command Sgt. Maj.
Harry Bennett

We now have a strong foundation in place for our NCO Corps. During this next year, let's continue with our successful practices, develop the Corps further and build our bench. Our USACAPOC(A) mission and unique ARFORGEN cycle requires our NCOs to see that our Soldiers and units are combat ready and mission capable. I am confident that our NCOs are up to this task.

LETTER *from the* CHAPLAIN



Chaplain (Colonel)
Barry R. Baron

"By worrying about family, friends, and fellow soldiers more than about myself, trying to make sure that things are right for them, I find that I am more successful than I would otherwise be in seeing that their lives and mine 'look right.'"

That's What Right Looks Like

A few weeks ago, I had the privilege of conducting training for USACAPOC (A)'s unit ministry teams. When the time came for our senior Army Reserve chaplain, Brigadier General Kevin Turner, to speak to our group, he said, "This is what right looks like."

Since then, I have been thinking about the phrase "what right looks like" and what it means in daily life. To borrow another Army phrase, if living a good life is my mission, how do I know that I am carrying that mission out?

For soldiers and others connected with the Army, a good starting point is the Seven Army Values: Loyalty, Duty, Respect, Selfless Service, Honor, Integrity, and Personal Courage. Of these, the most important for my life is Selfless Service. By worrying about family, friends, and fellow soldiers more than about myself, trying to make sure that things are right for them, I find that I am more successful than I would otherwise be in seeing that their lives and mine "look right."

The beauty of the Army Values is that any one of them can be a starting point for assessing the right look of our lives. If, for example, the most important of these to you is Personal Courage, how willing are you to stand for what you know is right even when others try to convince you to behave differently?

Our religious traditions are also designed to provide guideposts by which we can use to see what right looks like. This year at UMT training, I used a biblical verse, Micah 6:8, which reminds me how I should be living: "...Do justice, love mercy, and walk modestly with your God." Almost every religion in the world today has some version of the golden rule: "Do unto others as you would have them do unto you."

These are all shorthand ways to remember that living life properly means caring about one another and having each other's backs. It means always trying, personally and professionally, to do the job of living to the best of our abilities. The more we can do that, the more we can really see "what right looks like."

PARATROOPER FINALLY GETS NUMBER SIX

Photo and story by Sgt. 1st Class Andy Yoshimura

A “Five-Jump Chump” is a term often used when a paratrooper only performs the required five jumps during the U.S. Airborne School and does not participate in any airborne operation after graduation.

Maj. Hope Gooch, an Army Reserve logistics officer for the 360th Civil Affairs Brigade, was called that for 23 years until she finally had her sixth jump on April 17, 2013.

“Finally, I have the opportunity to have all the fun that was promised to me when you get into the Army,” said Gooch.

As a cadet and a freshman at the University of Houston, Gooch attended the Basic Airborne Course at Fort Benning, Ga., in July of 1989.

After graduation, Gooch received her commission in the U.S. Army with Air Defense as her basic branch. In 1992, she was assigned to a PATRIOT unit in Germany, a non-airborne unit. After nearly five years of active duty, and five more years in the Individual Ready Reserve, Gooch entered the Army Reserve as a logistics officer and was assigned to non-airborne units.

In July 2012, Gooch was assigned to the 360th Civil Affairs Brigade out of Fort Jackson, S.C., an airborne unit. As 20 years of total service approached, instead of thinking retirement, Gooch was thinking of something else.

“As luck would have it, there is this position. I knew it was an airborne unit,” said Gooch. “My supervisor came up and said

that I can benefit from this.”

As a 23-year veteran of the “Five-Jump Chump” club, Gooch had the opportunity to jump with German jumpmasters on a German C-160 aircraft during Operation Federal Eagle onto Nijmegen Drop Zone.

Under German commands from the jump master, Gooch exited the aircraft and landed her with German wings.

“FINALLY, I HAVE THE OPPORTUNITY TO HAVE ALL THE FUN THAT WAS PROMISED TO ME WHEN YOU GET INTO THE ARMY,”

— MAJ. HOPE GOOCH

“Something I did remember is when I jumped out it is so serene and quiet and pretty. And it gave me the chance to thank the good lord for the opportunity and be able to see something from a different perspective,” added Gooch.

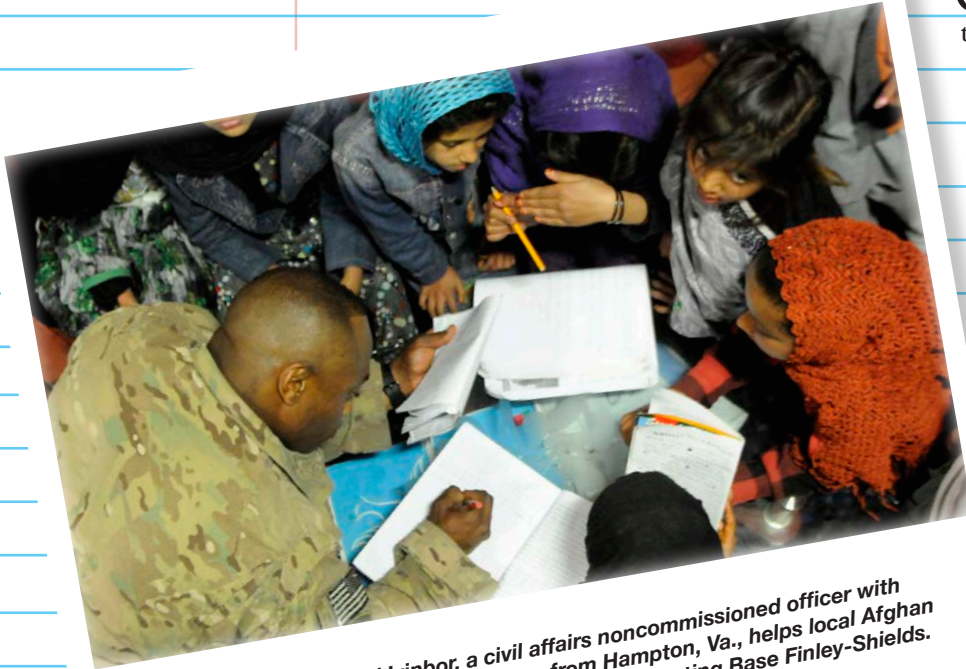


Fort Bragg, N.C.



Maj. Hope Gooch, of the 360th Civil Affairs Brigade, a 23-year veteran of the “five-jump chump” club finally gets her sixth jump on a German C160 aircraft earning her German wings. She is seen here getting inspected by Jumpmaster Col. Terrell Parker of the U.S. Army Civil Affairs & Psychological Operations Command (Airborne).

Civil Affairs reaches out with pencils



U.S. Army Staff Sgt. Roland Iyinbor, a civil affairs noncommissioned officer with Provincial Reconstruction Team Nangarhar, from Hampton, Va., helps local Afghan children with their school work Feb. 15 at Forward Operating Base Finley-Shields.

*"When we got here,
the program was
failing."*

-Staff Sgt. Roland Iyinbor

Civil Affairs Soldiers from Provincial Reconstruction Team Nangarhar, volunteer their time and services to teach children.

The civil affairs Soldiers volunteer to be teachers, on their own time, while still managing their normal work schedules for PRT Nangarhar.

"They said this program was available, they just needed a female Soldier who would be willing to put in the time," said Spc. Gamei Kwong, a civil affairs specialist with 414th Civil Affairs Battalion, PRT Nangarhar, and native to Hamtramck, Mich. "I saw the previous PRT before, they did everything, and I want to be like them."

"When we got here, the program was failing," said Staff Sgt. Roland Iyinbor, a civil affairs noncommissioned officer with PRT Nangarhar and native to Hampton, Va.

"So we decided to do a drastic change and help the children because they started, and instead of stopping the program, we decided to take over and keep the program going," Iyinbor added.

Iyinbor said they have approximately 82 kids, with 40 to 45 in the boy's class and roughly 35 to 40 in the girl's class, with the numbers changing each day.

Iyinbor also said they teach classes three times a week; the girl's classes are on Friday mornings and afternoons, and the boy's classes are Wednesdays and Saturdays.

Kwong said the kids are taught several aspects of the English language in order to give them a greater understanding of the language and the proper way to use it in a conversation.

"We teach them communication, how to communicate, how to better themselves," Iyinbor added. "We teach them numbers, the alphabet and how to write and understand English."

The kids also learn how to tell time by drawing hands on pre-made clocks on paper, and use games, such

Forward Operating Base Fenty, Afghanistan

as alphabet bingo, to help them learn letters.

Iyinbor said the main purpose for teaching the classes is to help ensure the children understand how Soldiers work in their community and also help the local population, as a whole.

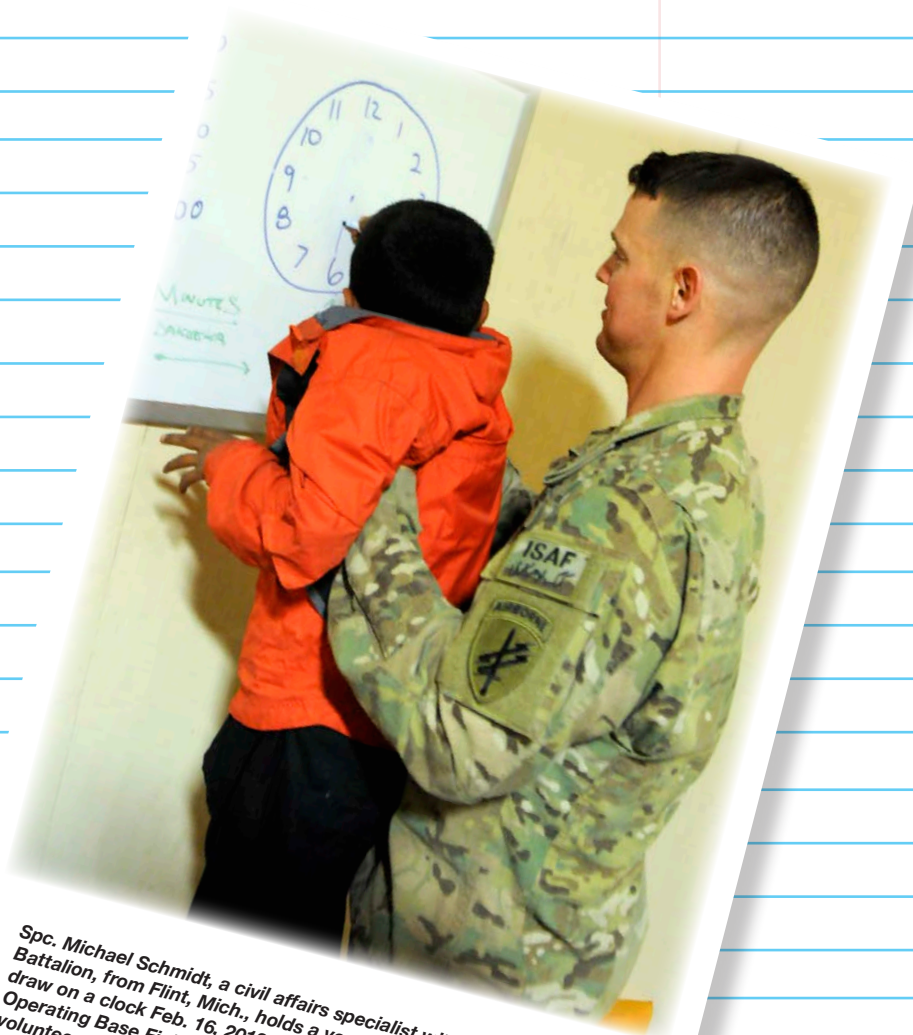
Both Soldiers have their reasons for volunteering, and both reasons say a lot about the Soldiers who are deployed here.

"It actually helps me in the civilian world as well, because I want to be a second-grade teacher. So this will give me experience working with kids," said Kwong.

"I love children," said Iyinbor. "I do this every day, and I would do it again."

Iyinbor credits the success of the classes to the outstanding support and help they get from their linguists.

"We have great interpreters," Iyinbor said. "They come here on their day off. They've helped us so many times. I just wish we could do more for the children."



Spc. Michael Schmidt, a civil affairs specialist with 450th Civil Affairs Battalion, from Flint, Mich., holds a young student up so he can draw on a clock Feb. 16, 2013, during Boy's English Class at Forward Operating Base Finley-Shields, Afghanistan. Schmidt is one of the volunteers who spends his free time teaching local Jalalabad children English.




Spc. Gamei Kwong, a civil affairs specialist with the 450th Civil Affairs Battalion, from Hamtramck, Mich., works with local Jalalabad children in during her off duty hours Feb. 16, 2013 at Forward Operating Base Finley-Shields, Afghanistan.

DIRTY MEDICINE

Story and photos by USAF Tech. Sgt. Mark Orders-Woempner, 434th ARW Public Affairs





Pfc. Michael Klingsmith, left, and Sgt. 1st Class Warren Seegers attend to simulated wounds of Staff Sgt. James Sterling during a tactical combat casualty care course. The three Soldiers are assigned to the 316th Psychological Operations Company and participated in a combat lifesavers class as predeployment training.

Grissom Air Reserve Base, Ind.

Combat medicine is high-pressure, chaotic and downright dirty, something Grissom psychological operations Soldiers learned firsthand.

Nearly 50 Soldiers from the Army Reserve's 316th Psychological Operations Company participated in a four-day combat lifesaver course here recently.

The course, which was held in conjunction with a month-long predeployment buildup, included 40 hours of classroom training and intense hands-on sessions that culminated with a written test and tactical combat casualty care course, said David Petroski, a contract CLS instructor with a Florida-based tactical training company.

"We're here to save lives by teaching Soldiers and battle buddies life-saving skills in order to bring them back home, and that's the bottom line," explained Petroski. "It's proven to work, and that's why we do it -- 100 percent, hands down it works."

The U.S. Army Civil Affairs & Psychological Operations Command (Airborne) requires that all of its Soldiers be CLS certified and with the 316th PSYOP Co. deploying to the Horn of Africa in support of Operation Enduring Freedom later this year, a CLS class was arranged.

"This training was probably the most

On top of the hectic and, at times, chaotic training, the course forced Soldiers to get down and dirty with basic life-saving medicine.

"This is dirty-ditch medicine, so they're going to get bloody, they're going to get dirty, and there's nothing clean, pretty or nice about this," said Petroski.

"If somebody loses a limb with a traumatic amputation, you've got to get a tourniquet on that, you've got to stop the bleeding.

"If you don't stop the bleeding, that Soldier is going to bleed out," he added. "With a femoral artery, you could bleed out in as little as three minutes."

With that kind of pressure and with a life on the line, knowledge and speed are paramount.

"It's about speed and not hesitating to do the things that they're taught because that's what's going to save lives and bring people home," explained Petroski. In just a few days, what Soldiers are taught during the course is quite extensive.

"In four days, we try to teach them what a paramedic has a career to learn," said Petroski, who added that the main purpose of a CLS-trained Soldier is to stabilize the wounded and move them along in the echelon of care.

"They're in the field, so their focus is to stop the bleeding and keep their airway open long enough for a helicopter or Humvee to take them to a medical treatment facility where they will get the medical care they need."

Spc. Rebekah White, 316th PSYOP Co. psychological operations specialist, said she felt the intensity and realism of the training is what made it invaluable.

"It was really intense and there was a ton of good information," elaborated White. "The training let me go over things I hadn't thought about before, and I was able to correct them on the spot, which is a lot better than making mistakes in a place like Afghanistan or the Horn of Africa."

Grissom is not only home to the 434th Air Refueling Wing, the largest KC-135 Stratotanker unit in the Air Force Reserve Command, but also three Army Reserve units and a Marine Corps communications detachment.

Airmen, Soldiers, Sailors and Marines routinely deploy from Grissom in support of the Department of Defense missions and U.S. strategic objectives.

"This training was probably the most important training that we have done over the last month."

— Sgt. 1st Class Warren Seegers

important training that we have done over the last month," said Sgt. 1st Class Warren Seegers, 316th PSYOP Co. tactical detachment acting first sergeant. "The training was very stressful because you're running around, so you have the physical

aspect, plus you have the instructors putting the pressure and stress on you by yelling to put the chaos affect into it."



Soldiers from the 316th Psychological Operations Company transport a fellow PSYOP Soldier with simulated wounds during a combat lifesaver course. The 316th went through more than a month of predeployment training, including the CLS course, prior to deploying to the Horn of Africa in support of Operation Enduring Freedom.

Story and photos by
Lt. Col. Annmarie Daneke

SYNCHRONIZING THE COMMAND

350 CACOM GATHERS LEADERS TO ENSURE EVERYONE IS ON THE SAME PAGE

We are a team” These were the opening words of Brig. Gen. Mark McQueen, commanding general of the 350th Civil Affairs Command, to the Soldiers attending a Company Commanders and First Sergeants Workshop held here recently.

The command group of the 350th CACOM hosted three-day workshop and in attendance were all of the commanders and first sergeants down to the company level.

“It’s imperative that we operate as a team,” said McQueen. “That extends not only to our company commanders and first sergeants, but to every Soldier within the command,” he said.

Both general sessions and breakout sessions were scheduled on topics that are relevant to the success of a command, from logistics and inventories to medical readiness and an understanding of how Southern Command fits into the command’s mission. There were also

sessions on suicide prevention, understanding the Uniform Code of Military Justice, the new Officer Evaluation Reports, and training rotations.

Some of the officers in attendance are first-time commanders and the workshop was an opportunity to understand what is expected of them during their command time.

“I think this information is very helpful and lets us know what level the CACOM wants us at and what standard to maintain,” said Capt. Michael Angeli, commander of Delta Company, 486th Civil Affairs Battalion.

“The one main thing I’m going to take back is the vision of the [350th] CACOM,” he added.

Sitting beside their commanders were the first sergeants, also looking for official guidance on the expectations of the 350th.

“I think everyone walking away from this conference will have a consensus of how they want us to operate at the company level,” said

Capt. Michael Angeli, left, commander of Delta Company, 486th Civil Affairs Battalion, sits next to his first sergeant at the 350th Civil Affairs Command’s Company Commanders and First Sergeants Workshop. Throughout the three-day workshop, leaders down to the company level attended sessions on topics such as logistics, medical readiness, and suicide prevention.



1st Sgt. Wayne Hattaway, first sergeant of Alpha Company, 426th Civil Affairs Battalion.

"If we don't know what the mission is then we'll never know how to function at our company," he said.

One topic stood out above the rest with Hattaway, one that he firmly believes in.

"I hope the point is driven home about accountability," he said. "It's beaten up over and over again...and suicide prevention is a good example. If we don't keep in touch with our Soldiers between battle assemblies, this is how we lose them to suicide or unsatisfactory participation," Hattaway added.

Keeping Soldiers trained and ready is in the forefront of commanders' plans, but with expected cuts, keeping Soldiers trained will become more difficult.

"I will remain very creative," said Angeli.

"I am already talking with my first sergeant and the local authorities and I'm going to get things set up, such as incident command teams and try to tie in with fire departments ... and that's all free," he said.

McQueen reinforced the "more with less" thought process.

"My intent for this conference is to help our first line leaders be successful. We are not going to waste a moment throughout the next three days. We operate in a resource-constrained environment. I'm not worried about how many dollars are sent to the command ... I'm worried about how we execute the dollars that are given to us. And with that, that's where I've given clear priority in training," said McQueen.

"Soldiers need to be able to 'shoot, move, and communicate' and be able to operate in their Civil Affairs operations," he said.

As commanders and first sergeants moved through the different sessions, the emphasis always came back to the original idea.

"Within the 350th we are emphasizing the Army concept of 'Team'," said McQueen.

"We are moving together in one direction, and that direction is to ensure that we have fully-trained and ready Soldiers answer the call," he said.

Brig. Gen. Mark McQueen, commanding general of the 350th Civil Affairs Command, gives opening remarks to the attendees at the Company Commanders and First Sergeants Workshop. Throughout the three-day workshop, leaders down to the company level attended sessions on topics such as logistics, medical readiness, and suicide prevention.



"SOLDIERS NEED TO BE ABLE TO SHOOT, MOVE, AND COMMUNICATE"

— BRIG. GEN. MARK MCQUEEN, COMMANDER, 350TH CIVIL AFFAIRS COMMAND

Marching to Honor

Story and photos by Capt. Saskia Ball

Early in the desert morning over 5,800 people gathered to march in the 24th Annual Bataan Memorial Death March and 71st Commemorative March.

"There are a lot of veterans that are forgotten these days, especially from the Korean War, WWII and Vietnam War," said 1st Lt. Benjamin Duchek, logistics officer for the 403rd Civil Affairs Battalion, based in Mattydale, N.Y. "I wanted to do this event out of respect for them."

Duchek, who has completed two New York Marathons and one Boston Marathon, said training for the Bataan Memorial Death March is nothing like training for a normal marathon. The terrain of the course is one-third sand and at one point the course has a five percent incline for two miles. For those interested in competing, he adds, it's best to train to the military standard of ruck marching.

"This is a great way to honor the survivors of the Bataan Death March," said Duchek. "If this is a fraction as painful as what they went through, I hope they can appreciate how we feel about them and their service by our participation."

Soldiers previously assigned to the United States Army Civil Affairs & Psychological Operations Command (Airborne) now assigned to the 1st Special Warfare Group (Airborne) as Civil Affairs Instructors, Capt. John Harris and Master Sgt. Bobby Matthews also participated in the march and spoke about the grueling course.

"Capt. Harris and I started the march together," said Matthews. "But somewhere around mile mark 19 I zoned out, came to around mile 22 and realized Harris was no longer walking beside me."

Matthews added that it wasn't just the distance that was a challenge but the environmental factors of the windy conditions, which changed in terrain from flat to hilly, and the mix of sand pits. He attributes his success in completing the march to frequent sock changes and proper hydration the day before.

Before the first footsteps hit the trail, participants had

an opportunity the day before to not only learn about the history of the Bataan Death March but also hear first-hand accounts from survivors.

Col. Ben Skardon spoke of the deplorable living conditions, failing health, his memory of food drops, the feeling of disbelief and relief when liberation finally came for him and his comrades, as well as his first home-cooked meal, which he couldn't finish due to his shrunken stomach.

Those stories and more were carried in the minds of the marchers during either the 14.1 honorary course or the full 26.2 mile course.

Competitors in the Bataan Memorial Death March didn't have such an arduous task ahead of them as the survivors did years ago, being forced to march 80 miles, carrying all their personal gear and often undergoing abuse by their captors.

However, they do have a choice in how they want to compete to honor the survivors and those fallen.

The event is broken down into categories of either individual or groups of five, as well as military or civilian, and one can choose if they wish to go light—carrying no weight—or if they want to go heavy—carry a rucksack of 35 lbs.

"The toughest part was the uphill portion and the sand," said Staff Sgt. Emmanuel Lopez, civil affairs team sergeant with the 410th Civil Affairs Battalion, based in El Paso, Texas. "To prepare differently I would ruck the full 26 miles next time during training and I would prepare for a longer time."

Lopez was told about the event by his operations sergeant, Master Sgt. John Craemer, and only prepared for four weeks prior to competing, deciding to participate in the civilian heavy division.

"I'm proud of myself, I finished and it feels good," said Lopez.

All competitors said they would compete again and would try to recruit more people in the coming years to join them.

Duchek, Harris and Matthews all competed in the individual military heavy division, carrying 35 pounds of food that was donated to the Roadrunner Food Bank, a statewide food program that supports the people of New Mexico.

"This is a great way to honor the survivors of the Bataan Death March."

—1st Lt. Benjamin Duchek


White Sands Missile Range, N.M.

“I’m proud of myself, I finished and it feels good.”

—Staff Sgt. Emmanuel Lopez



[Clockwise top left] **Master Sgt. Bobby Matthews**, a former 416th Civil Affairs Battalion and 358th Civil Affairs Soldier, now a civil affairs instructor at 1st Special Warfare Training Group (Airborne) takes to the desert trail. **1st Lt. Benjamin Duchek**, a logistics officer with the 403rd Civil Affairs Battalion based in Mattydale, N.Y., approaches a water point. **Capt. John Harris**, a former civil affairs officer with the 414th and 403rd Civil Affairs Battalion, now a civil affairs instructor assigned 1st Special Warfare Training Group (Airborne) sits down after completing the 26.2 mile course. At the finish line of the 26.2 mile course, **Staff Sgt. Emmanuel Lopez** of the 410th Civil Affairs Battalion based in El Paso, Texas, donates items in his ruck-sack to a local food bank. **A wounded warrior** runs on the desert trail.

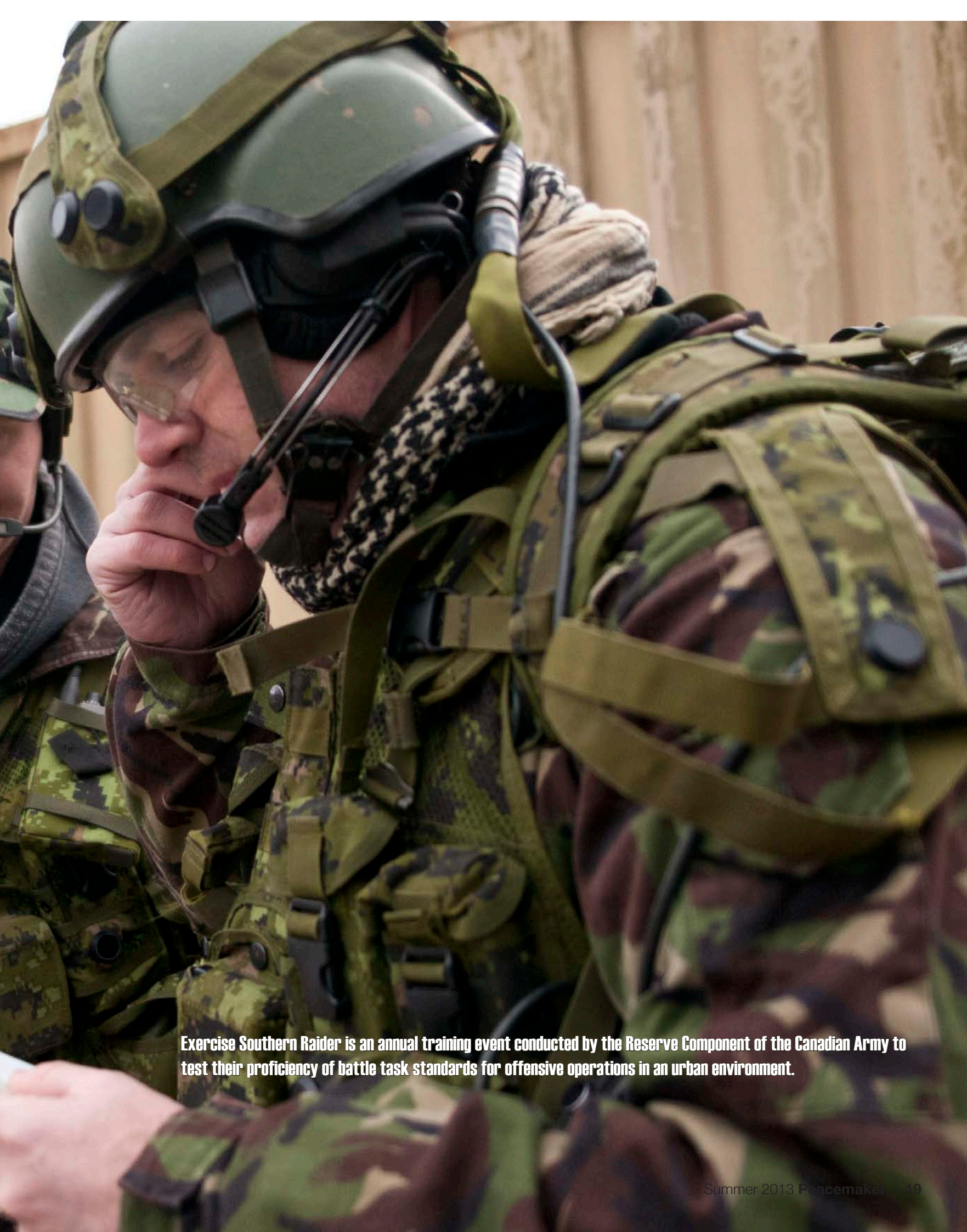
A soldier in camouflage gear, including a helmet and a tactical vest, is looking down at a map held by another person. The soldier is wearing a green and brown camouflage helmet and a matching tactical vest. The background shows a training environment with wooden structures and a gravel ground.

Exercise Southern Raider 13, is a scenario-based operation conducted in an enhanced training environment created using the most current operational doctrine executed by the United Nations and coalition forces.

Story and photos by Capt. Saskia Ball

Fort Pickett, Va.

Southern Raider



Exercise Southern Raider is an annual training event conducted by the Reserve Component of the Canadian Army to test their proficiency of battle task standards for offensive operations in an urban environment.

*Top to Bottom:
U.S. and Canadian
Soldiers train together
during Exercise Southern
Raider.*

*Spc. Flint German clears
a building looking for a
key leader to engage*

*Sgt. Mark Conway of the
Royal Marines Reserves
London provides security.
Conway also learned the
function of Civil Military
Operation Center*

*A Canadian Reserve
soldier portrays as a role
player during the joint
operation.*



A rmy Reserve Soldiers from two civil affairs units, the 401st and 422nd Civil Affairs Battalions, got the opportunity to train with members of the Canadian Army Reserve and the Royal Marines Reserve commandos during a training event held here at Fort Pickett, Va., March 4-8, 2013.

The training event, Exercise Southern Raider 13, is a scenario-based operation conducted in an enhanced training environment created using the most current operational doctrine executed by the United Nations and coalition forces.

Ex SR 13 marks the fifth time units from the 37 Canadian Brigade Group have participated in the event and the first for the Royal Marines British Commandos. United States Army Civil Affairs & Psychological Operations Command (Airborne) civil affairs units have always provided support but this year was a first for these two specific units.

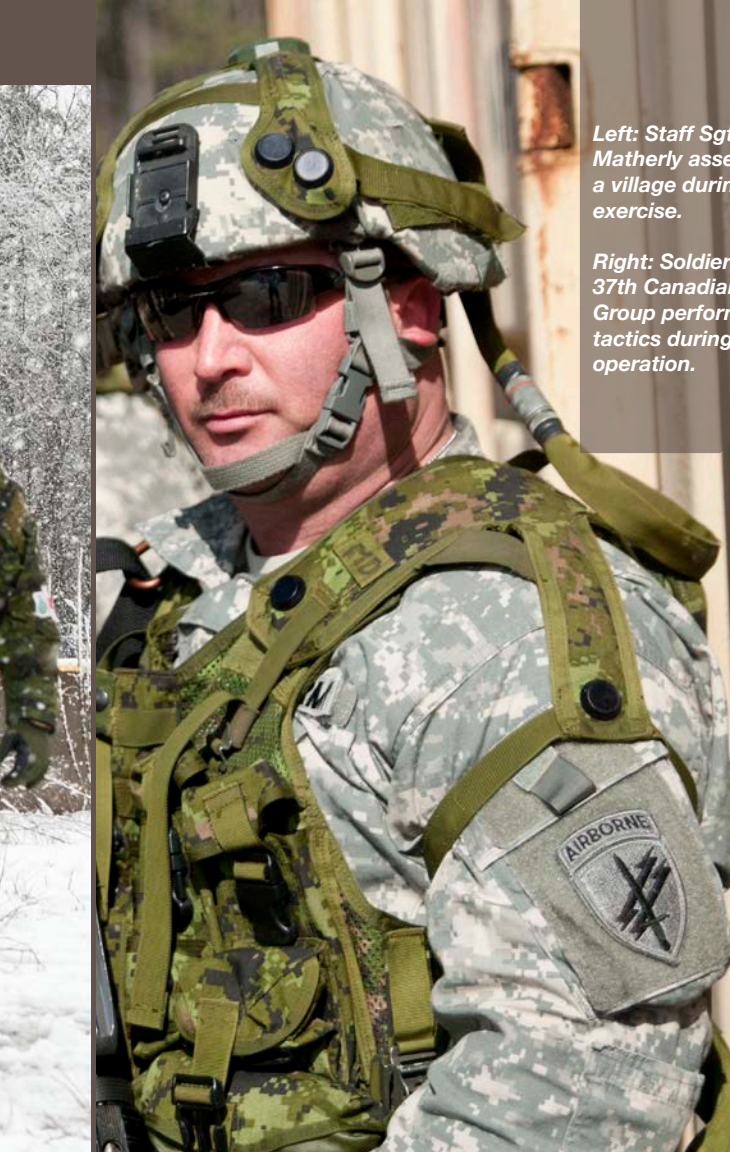
"We are taking one of our tactical companies, Bravo Company, and using them to directly support the 37 CBG and their mission," said Lt. Col. Rob Cooley, Commander of the 422nd, based in

Greensboro, N.C. "We've been working with them over the past year to develop the scenarios and exercise."

The role of the 401st, located in Webster N.Y., is to provide Observer/Controller Trainers for the exercise. Ex SR 13 serves as the culmination training event for 2012/2013 training year for the 37 CBG, evaluating them on their essential battle task standards for offensive operations in an urban environment, as well as evaluating the 422nd, on their mission essential task lists during their annual training.

Unlike the Canadian and U.S. troops attending the event for validation purposes, the three Marines, two sergeants and one major, from the Royal Marines Reserve commandos have a different reason for being a part of this joint coalition exercise.

"We're here to learn from the Canadians and Americans because our Civil Affairs is a fairly new organization," said Sgt. Mark Conway, with the Royal Marines Reserves London. "We've come on to see how they run their operations, their Civil Military Operations Center, and how they get on the ground and do



Left: Staff Sgt. Kevin Matherly assesses a village during the exercise.

Right: Soldiers from the 37th Canadian Brigade Group performs MOUT tactics during the operation.



their job.”

During the daily operations Conway, along with CA teams from 422nd are attached to an infantry unit. Their role is to serve as the cultural experts in a given area to mitigate civil interference while an operation is conducted in a populated area.

“Our specific mission today was that we were attached to an infantry group. We were to follow them in and play a supporting role to help them deal with all the civilians in the village so they could just move through, focusing on their mission,” said Spc. Flint German, civil affairs specialist with B/422 CA Bn., “And also to advise

natural disaster. The coordination the civil affairs teams do relieves the combatant commander of having to adjust his focus to non-kinetic objectives.

Acronyms and nomenclature may be different since there are representatives from three different countries involved in executing civil affairs activities yet there is very little difference in terms of gear, capabilities, organization, tactics, techniques and procedures. A common language is being spoken and understood by all for mission success.

“Two years ago I would have never believed we were at this point,” said Canadian Warrant

“Two years ago I would have never believed we were at this point.”

— Canadian Warrant Officer Les Webber

them on certain white target lists, like churches, schools, stuff like that, to stay away from certain things in the village to minimize collateral damage.”

Civil Affairs Soldiers are the field commander’s link to the civil authorities in his area of operation, often specializing in public administration, health and welfare, public safety, and economics. They coordinate with a nation’s people and local authorities to identify and fix an area’s needs during war or

Officer Les Webber, an influence activity OC/T with the Land Forces Atlantic Area. “This exercise shows how three countries with very little notice can come together and fulfill the functions. If we had to go overseas in a multi-national combined unit, that everything we do is almost parallel to transition, whether we had a British lead, an American lead, or a Canadian lead, it doesn’t matter. Everyone falls in, no egos are hurt.”



The 492nd "Bee'lieves" in Hands— On Training

Story and photos by
Sgt. 1st Class Andy Yoshimura

"Hope none of you Soldiers ate bananas this morning," said beekeeper Dave Myer to a team of Army Reserve Soldiers from the 492nd Civil Affairs Battalion while they were donning their beekeeping protective suits.

"Bees love the scent of bananas," added Myer. Myer's bee farm was one of eight small farm and dairy businesses that civil affairs Soldiers from the 492nd visited for detailed site assessment during their February battle assembly.

Many Civil affairs units like the 492nd visits small businesses, electric power plants and even small towns that are in the vicinity of the unit for training that is critical for their missions overseas.

"It's really hands on," said Sgt. Raymond Magnussen, a civil affairs specialist for the 492nd. "We are getting the experience and are talking to people outside of our unit, interacting with the community."

Magnussen, a former supply specialist, now a civil affairs specialist, trained as a team leader and interacted with Myer about his farm.

"I learned that not only

does a bee produce honey but it plays an important role in pollinizing fruit trees as well," said Magnussen. "My team seems to be very excited about the training and they are having a good time learning about something new."

The team took their beekeeping suits off then traveled 25 miles outside the Phoenix city limits to assess Crow's Dairy Farm. To the team's amazement, the farm welcomed the Soldiers with "baas" from over 100 goats rather than "moos" from a cow.

Working with smaller businesses like these is similar to what these Soldiers face overseas on deployments.

"It is very important to conduct team directed and team driven training during our battle assembly," said Maj. Darcy Lowery, the company commander for the 492nd. "It provides the opportunity for our team chiefs and team noncommissioned officers to do what they are doing and expected to do the same downrange in peacekeeping types of missions around the world."

Sgt. Joel Gutierrez, a civil



U.S. Army Illustration

Phoenix, Ariz.

affairs specialist for the 492nd, led his team to a produce farm just west of the Phoenix Sky Harbor Airport. As planes flew overhead, Team 3 assessed the Horny Toad Farm where dozens of different type of vegetables are grown.

"It is great for us to practice our civil affairs skill sets and come out and do an assessment on an agricultural site," said Gutierrez. "We are determining the needs of the site and it is good practice for what we do overseas.

Gutierrez, who works for the Maricopa Sheriff's Office enjoys the face-to-face training.

"This is a good way for us to see how agricultures work in an efficient mann 6er and look at it more with a critical eye. What you learn in school is one thing but getting out and starting to do these practical exercise well help us with future deployments," he said.

Lowery feels the more they train with the local populace the more comfortable her Soldiers will be.

"The ability to reach out to the locals and being comfortable in talking to people in an industry that they are not familiar with is important," Lowery said.

Sgt. Raymond Magnussen, a civil affairs team leader feeds a goat here at the Crow Dairy Farm. Magnussen, along with his Soldiers assessed the relatively new dairy operation just outside the Phoenix area. Soldiers from the 492nd Civil Affairs Battalion train with small neighborhood businesses in preparation for future deployments.



Spc. Jonathan Harper, a civil affairs specialist, sits with Stella McPhee, a local farmer and owner of the Horny Toad Farm. McPhee is showing Harper the proper way to harvest beets during the mild winter and harsh summer of Arizona.



Joint Base McGuire-Dix-Lakehurst, N.J.



TRAINING THE

Story and Photos by
Sgt. 1st Class Andy Yoshimura

A group of Army Reserve Soldiers comprised of military occupation specialties such as ammunition specialists, infantry and finance all have one thing in common. They are all here in New Jersey attending one of two courses: the civil affairs or the psychological operations reclassification course.

More than 90 percent of CA and PSYOP enlisted Soldiers of the U.S. Army Civil Affairs & Psychological

Operations Command (Airborne) have attended the reclassification course taught by Soldiers of the 80th Training Command. Both 29-day courses are comprised of classroom activities, a tactical situational training exercise and end with a week-long field training exercise which combines Soldier tasks along with MOS tasks.

The FTX has also allowed the opportunity for CA and PSYOP teams to work together in various simulated scenarios.

"Combining CA and PSYOP allows both groups to get a better understanding of each other's MOS," said Sgt. 1st Class Vaid Sadiku, 37F PSYOP course manager, 80th Training Command. "They can learn how to integrate and work with

Sgt. David Oliver, 351st Tactical Psyop Company, gets evaluated as a PSYOP team leader during the field training exercise portion of the 37F PSYOP reclassification course



CAPOC SOLDIER

each other for future exercises and deployments. A lot of CA and PSYOP Soldiers who are deployed don't know the capability of each other."

For Sadiku, training at this level is crucial before they return to their unit.

"The standard needs to be increased and we want to create a higher caliber Soldier then what has been produced in the past. We have the personnel in place to ensure that standards are adhered to," added Sadiku.

Students such as Sgt. 1st Class Sonya Lundy of the 448th Civil Affairs Battalion had the opportunity to experience the school on both sides. Lundy, a PSYOP Soldier, is attending the CA course and is learning the critical task training of all ranks. Lundy is joining her husband as the new CA Soldier in the family.

"I am learning a lot. It's a very interesting perspective to see the difference between PSYOP and CA," said Lundy. "I see that the PSYOP and CA are encouraged to work together which is something you see in a community and I really like that part."

Soldiers who have only completed basic training attend the U.S. Army John F. Kennedy Special Warfare Center and School of Fort Bragg, but Soldiers who already have a military occupational specialty attend schools taught by

the 80th Training Command in three locations: Joint Base McGuire-Dix-Lakehurst, Fort Knox and Fort Hunter Liggett. The training that the Soldiers are receiving follows the guidelines that of SWCS. Integrating and adapting to a new MOS have challenged the veterans.

"It is a challenging course," said Sgt. 1st Class Aaron Stubenvoll, 38B CA course manager, 80th Training Command. "Having the students to think outside of their prior experiences and tying it into civil affairs scenarios can bring difficulty."

"Because most of the senior noncommissioned officers have already gone to the advanced and senior leader course for their prior MOS, it is harder for them to understand the more advanced portion of the CA and PSYOP skill sets," added Stubenvoll.

For Lundy the transition was easy. "I know what those guys are doing. A lot of things that they do is what we do as civil affairs," said Lundy. "It's easier when you understand what the people you are supposed to be closely working with are also up to."

The FTX at the end of the course has

helped students who are not accustomed to the verbal and nonverbal methods of communication. Spc. Ian Macleith, a former ammunitions specialist and now with the 315th PSYOP Company, came from a controlled non-personal environment and has enjoyed the integration of the interpersonal communication portion of the course.

"Coming out to the FTX is good and it allows us to put all of the things we learned in class into play," said Macleith. "This gives us the chance to exercise what we learned and the FTX portion of the course is perfect because it is the culmination of all of the events of classroom and all of the exercises that we have done."

Upon completion of the FTX, CA and PSYOP students look for two things: qualification and a certificate in completing the course. These Soldiers will now go back to their unit understanding their new roles and at the same time strengthen unit's capability in completing their mission.

"I really want to go back to my unit and use the skills that I have learned here," added Macleith.

"The standard needs to be increased and we want to create a higher caliber Soldier."
— Sgt. 1st Class Vaid Sadiku





FINDING THE WAY

CAPOC SOLDIERS BECOME PATHFINDERS

Photos and Story by Sgt. Felix R. Fimbres



**"THE AMOUNT OF INFORMATION YOU HAVE TO RETAIN
IS IMMENSE"**

— SGT. CHRISTOPHER KENNEDY

Fort Bragg, N.C.

U.S. Army Civil Affairs & Psychological Operations Command (Airborne) Soldiers are earning their Pathfinder badge here thanks to the National Guard Warrior Training Center Mobile Training Team.

“So far the training has been really good, it’s an intense course mentally, the amount of information you have to retain is immense and having to do it all in two weeks versus going down to the 507th and having three weeks to do it in, makes it rough,” said Sgt. Christopher Kennedy, an operations noncommissioned officer at USACAPOC (A) Headquarters & Headquarters Company.

While active duty Soldiers normally go down to Fort Benning, Ga., for three weeks, these Army Reserve Soldiers are receiving the same training in a condensed format of just 12 training days.

“We have five less training days and we train on the weekends, but I think it helps keep the Soldiers focus, we have a higher graduation rate than any of the other pathfinder courses,” said Sgt. 1st Class Douglas Bushey, Pathfinder noncommissioned officer in charge, Warrior Training Center and member of the

Minnesota National Guard.

One of the hands on training events USACAPOC (A) Soldiers completed involved coordinating with UH-60 pilots to drop supplies then later standing underneath the hovering helicopter just feet away from its belly to hook up a load.

“We talked with the pilots to conduct a flight pattern around the drop zone, giving them commands to execute their drop today, and then we moved into sling load hands on, where we actually hooked up a sling load to a UH-60,” said Kennedy.

Some Soldiers will have to re-take tests before being able to undergo the final challenge, the field training exercise, but for those who will graduate the accomplishment will be well worth the experience.

“It’s mentally challenging and there’s a lot of math, it’s been tough. The drop zone test was the hardest,” said Spc. Alvaro Morales, a rigger with the 824th Quartermaster Masters also at Fort Bragg. “But I am more than ready to graduate, getting to wear that badge, it’s pride, you earned it.”

“GETTING TO WEAR THAT BADGE, IT’S PRIDE, YOU EARNED IT.”

— SPC. ALVARO MORALES

ANYTHING BUT 'FROM THE HIP' TRAINING

Story and Illustrations by
Capt. Saska Ball

The mission: At 0430 initiate a 5-km foot patrol to the village of Marjan. Once there, locate the local leader, conduct a key leader engagement and persuade him to open the blocked supply route, which will allow freedom of movement for coalition convoys in the area of operation.

Currently 60 Soldiers of the 303rd Tactical Psychological Operations Company, based in Coraopolis, Pa., are undergoing the final stages of their mobilization preparation to Helmand province, Afghanistan, in support of Operation Enduring Freedom.

The mission readiness exercise they are taking part in is their culmination event prior to conducting real world operations in a down-range environment. Before they can leave here they will be assessed by their own brethren, observer/controller trainers from

1st Civil Affairs and Psychological Training Brigade, a subordinate command of the U.S. Army Civil Affairs and Psychological Operations Command (Airborne) headquartered at Fort Bragg, N.C.

"I guess there really is no better way of contributing to the fight then to be able to share my experiences from deployments, or past deployments, and passing it off to the guys getting ready to go," said Staff Sgt. Jayson Ferrell, an OC/T with the 1001st Training Company based in Trenton, N.J., a subordinate unit of 1st CAPO Training Brigade.

Ferrell explains that the missions are realistic and relevant due to a mix of both personal experience of the trainers and the information they read from units currently deployed. Often, new scenarios are created for the mission readiness exercise, which allows units to train with the most current information, giving them an opportunity to fine tune their own tactics, techniques and procedures before getting boots-on-ground.

**"THE MOST RELEVANT PART OF THE
TRAINING HAS BEEN GETTING TO DO THE
FACE-TO-FACE ENGAGEMENTS"**

- SGT. JUSTIN MCNURLEN



Joint Base McGuire-Dix-Lakehurst, N.J.

The realism and the reason behind the training are not lost on the deploying unit.

"We can be attached to all kinds of units, including infantry or special operation forces," said Staff Sgt. Chris Sanders, a tactical psychological operations team chief. "We'll be with the Marines so I'm sure we'll be doing quite a few foot patrols in country."

The foot patrol is just one way the trainers prepare the soldiers for what they will encounter over the next three days of the MRX. Every day builds on the events from the day before and replicates how teams will operate once deployed, including mission planning, preparation and reporting.

Ferrell explains that a big part of his job as an OC/T of the tactical psychological operations teams is making sure that the Soldiers getting ready for deployment are technically and tactically proficient with what their job will be once overseas.

Tactical PSYOP teams are used in country to carry out military information support operations. Often times their activities are used to spread information about ongoing U.S., allied or coalition programs from local key communicators to the local populace.

"The most relevant part of training has been getting to do the face-to-face engagements," said Sgt. Justin McNurlen,

a TPT team chief. "It's awesome that we have actual foreign speakers. A lot of times we'll have the 'fake foreign guy' with his Army combat uniform turned inside out, acting like the leader. You don't get any value from it because you aren't practicing using an interpreter or talking to people.

Role players also understand the value they are providing to the deploying troops.

"What we do here, we really do it from our hearts. We want them to learn here, make the mistake here; Better here than there," said Romia Aziz, a role player of nine years who is originally from Slemani, Iraq. "I hope they have learned something from us and I appreciate them going overseas."



"WHAT WE DO HERE, WE REALLY DO IT FROM OUR HEARTS, WE WANT THEM TO LEARN HERE, MAKE THE MISTAKE HERE; BETTER HERE THAN THERE."

- ROMIA AZIZ



04305 KM FOOT PATROL
MISSION: REOPEN SUPPLY ROUTE

THE LONG

USACAPOC(A) PITS ITS BEST AGAINST EACH OTHER



Coverage of CAPOC's Best Warrior
Competitions from coast-to-coast

BWC13 Special Feature

ROAD





Spc. Samuel Gonzales plots a point on a map during the land navigation portion of the 7th Psychological Operations Group Best Warrior Competition April 6, 2013, at Fort Hunter Liggett, Calif. (U.S Army photo by Capt. Saska Ball)



Competitors and their sponsors pose during the 2013 7th Psyop Group Best Warrior Competition. The top noncommissioned officer and enlisted soldier will compete in the USACAPOC(A) BWC in a few weeks. (U.S. Army photo by Sgt. 1st Class Andy Yoshimura)

7th POG

Gruel-a-thon

Story by Capt. Saska Ball

How would you like waking up before the sun even rises and participating in a mentally, physically and emotionally grueling day consisting of eight events running back-to-back for 15 hours straight?

That's exactly what competitors of the 7th Psychological Operations Group faced while competing in their Groups Best Warrior Competition here.

"I know the competitions at the higher levels are more intense and I have to identify the individuals that are physically and mentally prepared to compete," said Command Sgt. Maj. Phillip Houseworth, command sergeant major for 7th POG, based at Moffett Field, Calif.

Competitors started the day by taking the Army Physical Fitness Test that consists of two minutes of push-ups, two minutes of sit-ups and then a two-mile run. From there they change out of the Improved Physical Fitness Uniform into their Army Combat Uniform and completed a 10k ruck march.

For the rest of the competition, competitors have two things with them at all times: 35-pound ruck sack and their sponsor.

Unlike other best warrior competitions where the sponsor only prepares the Soldier for the events, 7th POG takes on a different spin to the role of the sponsor. Aside from putting rounds down range during the weapons qualification portion and taking the APFT, sponsors participate side-by-side in each event next to their competitor.

"We think it benefits the sponsors because they put so much time and effort into preparing their competitor," said 1st Sgt. Jim Diamond, first sergeant for Headquarters Support Company, 14th PSYOP Battalion and the noncommissioned officer-in-charge for the 7th POG BWC. "Also, it gives us two people that have been through the process that can then share and implement a lot of their knowledge into training at the unit level."

Once off the ruck march course, competitors are ushered into the weapons assembly area where they assemble and conduct a functions check on six different weapon systems ranging from the 9mm pistol to the Mk 19 grenade launcher. Next up is the zero and qualification range for the M4 carbine rifle.

Without skipping a beat, competitors

Cpl. Jesse Grothaus, a sponsor for a best warrior competitor, stops to take care of his feet during the 7th Psychological Operations Group Best Warrior Competition April 6, 2013 (U.S. Army photo by Capt. Saska Ball)



8 Event s

15 Hour s



Staff Sgt. Michael Garza uses a compass to check his course during the land navigation portion of the 7th Psychological Operations Group Best Warrior Competition here at Fort Hunter Liggett, Calif. April 6, 2013. Garza won Best Warrior for the noncommissioned ranks. (U.S. Army photo by Capt. Saskia Ball)

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are taken to their next event, a land navigation course. Since there is no rest for the weary, competitors continue the day with more marching with their 35-pound ruck. However, this time instead of a map and compass to find their way around, they use a Precision Lightweight GPS Receiver to find points. Each point brings a new test to the competitors in the form of a common task test ranging from providing first aid to reacting to indirect fire.

And if all that wasn't enough, the competitors ended the night by writing an essay.

"It was a long day," said Spc. Samuel Gonzales, a wheeled vehicle mechanic with the 17th PSYOP Bn. "It was kinda hard to find what was in my head for a little bit. I had to take a minute to sit down and think about things, where I had my cheat sheets, try to pull information out of the back of my mind that I knew I had somewhere."

The final event, an oral board, rounded out the competition the following morning. Competitors had to fight through their exhaustion from the previous day's events to maintain their mental sharpness and military bearing to prove they were indeed the best of 7th POG.

Spc. Samuel Gonzales won the category of Best Enlisted and Staff Sgt. Michael Garza of the 304th PSYOP Company won the category of Best Noncommissioned Officer. Both competitors will move on to represent 7th POG at the United States Army Civil Affairs & Psychological Operations Command (Airborne) Best Warrior Competition at Fort Bragg, N.C., April 28-May 3, 2013.

Spc. Younghwan Lee disassembles a weapon during the 7th Psychological Operations Group Best Warrior Competition April 6, 2013, at Fort Hunter Liggett, Calif. (U.S. Army photo by Capt. Saska Ball)



NO DAY AT THE BEACH

Story by Sgt. 1st Class Matthew Siemion



Beach Warrior 2013 is a collaboration between the 352nd Civil Affairs Command and the 2nd Psychological Operations Group to choose each unit's best junior enlisted Soldier and noncommissioned officer. These winners will represent their unit at the next level of competition facing off against other winners throughout the United States Army Civil Affairs & Psychological Operations Command (Airborne).

Eight citizen Soldiers stepped up to the challenge conducting the majority of their preparation for the competition in between drills. Often enlisting the help of military and civilian friends for such tasks as being a pacer for running or asking military related questions such as those that would be asked during the oral board or to even ruck march with.

The day of arrival was administrative, check-in, height/weight, remarks by the Command Sgt. Major Jones. The second day would start 36 hours of non-stop training. Training that would encompass

the army physical fitness test, M4/M9 qualification ranges, day land navigation, warrior task training, night land navigation, written test/essay, 12K ruck march, obstacle course, mystery event and after being up for 30 hours competing in these events, combatives.

"The value to the individual Soldier is by far the sense of accomplishment whether they won or not each one of those Soldiers displayed a superior amount of spirit and determination," Said Command Sgt. Major Jay Rowley, 11th PSYOP Bn. Command Sgt. Major. "This was no day at the beach; they had to work hard for what they accomplished.

For Sgt. Chandra Banks, 11th PSYOP Battalion the hard work was to see if she still had it. "I wanted to see if I could still do it", said Chandra, I used to compete when I was active duty and even though I've had a few knee surgeries and I'm a little older with a few bumps and scratches, I wanted to know I still could."

Last year's battalion winner, Spc.

Michael Bullis from the 312th PSYOP company, Upper Marlboro, Md., was once again the enlisted winner, "I did it last year and I really enjoyed it", said Bullis, I really liked the training.

Bullis also had a few words to say to those thinking about competing.

"I would tell them if they were on the fence about doing it; to absolutely do it, said Bullis, because my experience with it has been great. I mean I think it's some of the best training I've ever had. It's a great thing for anyone who wants to see what they are capable of."

Staff Sgt. Cody Shiltz with the 13th PSYOP BN, 339th tactical PSYOP Company, Arden Hills, Minn., this year's Beach Warrior Noncommissioned Officer winner, said he thought it was going to be a challenging couple of days when told it was going to be 36 hours straight.

With multiple combat tours and participation in multiple services Shiltz is no stranger to any of the events in the competition.

[From top to bottom]
Sgt. Chandra Banks, of the 11th Psychological Operations Bn., assembles a M240B crew serve weapon. (U.S. Army photo by Sgt. Emilie Lenglain)

Staff Sgt. Coady Schiltz, of the 13th Psychological Operations Bn. is treated for a cut above his eye during the Modern Army Combatives tournament. (U.S. Army photo by Sgt. 1st Class Matthew P. Siemion)

Spc. Michael Bullis, 11th Psychological Operations Bn. strains to finish a pushup during the Army Physical Fitness Test. (U.S. Army photo by Sgt. 1st Class Jacob Boyer)



"I WANTED TO
SEE IF I COULD
STILL DO IT"

-SGT. CHANDRA BANKS

Fort Story, Va.



A competitor aims at his target during the weapons qualification portion of the best warrior competition.



WE. ARE. SOLDIERS.

Story and Photos by
Sgt. 1st Class Andy Yoshimura



Fort Hunter Liggett, Calif.

Some of the best training I have ever done in the Army Reserve,” uttered Staff Sgt. Isaac Rutherford, a civil affairs specialist of the 416th Civil Affairs Battalion, as he waited to find out the results of the 351st Civil Affairs Command Best Warrior Competition.

Rutherford, along with 16 other Soldiers, spent four grueling days in the hills of Central California competing for the right to be called either the top noncommissioned officer or the top lower enlisted for the 351st CACOM.

Like most other best warrior competitions held in the Army, Soldiers started by taking the Army Physical Fitness Test. Unlike most APFT’s all of the graders were command sergeants major from the battalions and brigades of the 351st CACOM.

Not only were they competing against each other, Soldiers of the 351st received excellent training while contending.

“I think the competition was a great

learning experience,” said Spc. Nicholas Devaux, of the 448th Civil Affairs Battalion. “It shows me where I am as a Soldier. The hardest part of this competition is the physical and mental aspect.”

A written exam, land navigation course, weapons qualification, 10K road march and oral board filled the rest of the schedule, bringing both brains and brawn to the competition.

A six-mile six-station course was the mystery event of the competition. Competitors ran around the historic “Stony Valley” an old tank gunnery range stopping at stations about a mile apart then answering basic Soldier questions and Army history.

“The competition was challenging. It was also time to refine the basic warrior skills and to push yourself and compete against my peers and a good time to network and gain experience from your colleagues,” said Rutherford.

Spc. Thomas Giles, 405th Civil Affairs Battalion plots his points during the night land navigation portion of the 351st Civil Affairs Battalion Best Warrior Competition



Spc. Enoch Ko (left) and Staff Sgt. Kristopher Stallard (right) both with the 426th Civil Affairs Battalion runs to the next testing station in a grueling 6.2 mile six station Army knowledge course.



Command Sgt. Maj. Brandon Plum, Command Sergeant Major for the 425th Civil Affairs Battalion grades Sgt. 1st Class Jason Manella during the push-up event of the Army Physical Fitness Test

Sgt. 1st Class Jason Manella of the 445th Civil Affairs Battalion and Spc. Lester Amburgey of the 425th Civil Affairs Battalion were announced as the winners. They will compete in the next level competition where other CACOM and Psychological Operations Group winners will contend in the U.S. Army Civil Affairs & Psychological Command (Airborne) Best Warrior Competition at Fort Bragg.

"The competitors are a constant reminder that this is not a cake walk," added Devaux.

because they are all physically and mentally demanding. And having the ability to stay positive and stick with it.

"The competition was challenging it was also time to refine the basic warrior skills and to push yourself and compete against my peers and a good time to network and gain experience from your colleagues." said Staff Sgt. Isaac Rutherford, 416th Civil Affairs Bn.

Spc. Nicholas Devaux 448th Civil

Affairs Bn. said, "I think the competition was a great learning experience. It shows me as a Soldier, where I am. The hardest part of this competition is the mental aspect and staying motivated because they are all physically and mentally demanding. And having the ability to stay positive and stick with it."

"IT SHOWS ME WHERE I AM AS A SOLDIER."

– SPC. NICHOLAS DEVAUX

It
r



Scorched

RECORD HIGHS PUSH 353 Soldiers TO THE LIMIT

Story and photos by Staff Sgt. Sharilyn Wells

U.S. Army Reserve Soldiers endured the unseasonably hot temperatures of Pennsylvania's farmlands in different events that challenged them both physically and mentally.

Soldiers of the 353rd Civil Affairs Command of Fort Wadsworth, N.Y., came together here, April 8 through 12, to compete against each other to find out who would be their Command's Best Warrior.

Each competitor was challenged to write an essay on what Army Value they thought was most important, endure an Army physical fitness test, navigate their way through the thick terrain of Fort Indiantown Gap, walk six miles with a 50-pound ruck sack, expertly shoot a weapon, crawl and jump their way through an obstacle course,

perform flawlessly with their Warrior Tasks, and present themselves in a professional manner to sergeants major from around their command.

Though pushed to their limits, two winners emerged victorious: Spc. Matthew Chasin, 443rd Civil Affairs Battalion out of Warwick, R.I., won Best Warrior for the enlisted ranks and Sgt. David Farr, 415th Civil Affairs Battalion out of Portage, Mich., won Best Warrior for the noncommissioned officer ranks.

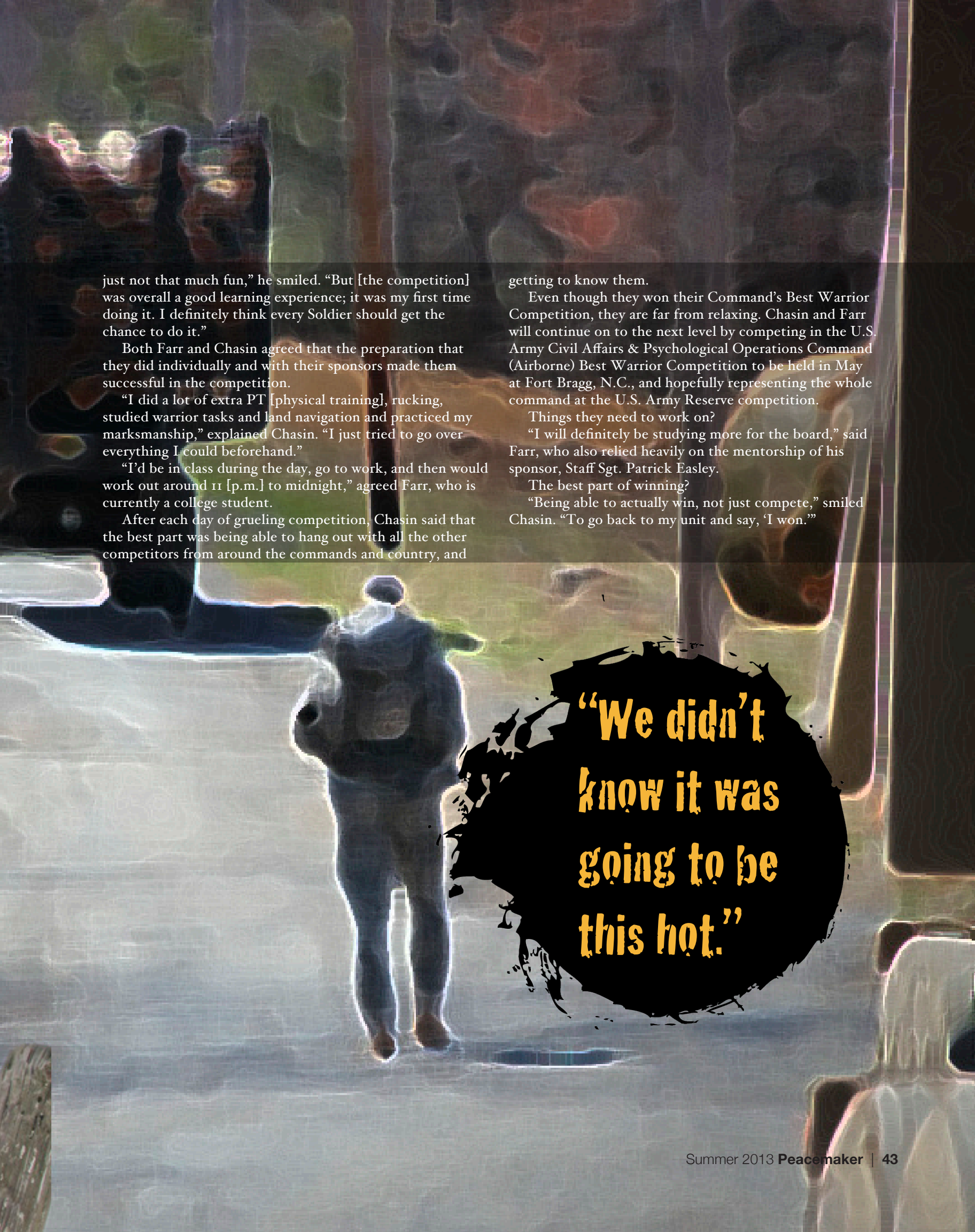
"The toughest part was preparing for the competitions, because we knew what we would be doing event wise, but we just didn't know exactly how it was going to turn out," Chasin explained. "Especially with the weather. We didn't know it was going to be this hot."

Farr added that the heat didn't help with his toughest event, the 10-kilometer road march.

"Six miles with a 50-pound ruck on your back—it's

Fort Indiantown Gap, Pa.

Spc. Rawan Abudahrieh, 404th Civil Affairs Battalion out of Fort Dix, N.J., jumps over a wall during in the obstacle course portion of the competition, April 10.



just not that much fun," he smiled. "But [the competition] was overall a good learning experience; it was my first time doing it. I definitely think every Soldier should get the chance to do it."

Both Farr and Chasin agreed that the preparation that they did individually and with their sponsors made them successful in the competition.

"I did a lot of extra PT [physical training], rucking, studied warrior tasks and land navigation and practiced my marksmanship," explained Chasin. "I just tried to go over everything I could beforehand."

"I'd be in class during the day, go to work, and then would work out around 11 [p.m.] to midnight," agreed Farr, who is currently a college student.

After each day of grueling competition, Chasin said that the best part was being able to hang out with all the other competitors from around the commands and country, and

getting to know them.

Even though they won their Command's Best Warrior Competition, they are far from relaxing. Chasin and Farr will continue on to the next level by competing in the U.S. Army Civil Affairs & Psychological Operations Command (Airborne) Best Warrior Competition to be held in May at Fort Bragg, N.C., and hopefully representing the whole command at the U.S. Army Reserve competition.

Things they need to work on?

"I will definitely be studying more for the board," said Farr, who also relied heavily on the mentorship of his sponsor, Staff Sgt. Patrick Easley.

The best part of winning?

"Being able to actually win, not just compete," smiled Chasin. "To go back to my unit and say, 'I won.'"

**"We didn't
know it was
going to be
this hot."**

KNOCK DOWN DRAG OUT

Story by Sgt. 1st Class Jacob Boyer

[Right] Spc. Zachary Sharpe, of the 414th Civil Affairs Battalion, climbs over a log on an obstacle course April 9 at Beach Warrior 2013 at Fort Story, Va. (U.S. Army Photo by Sgt. 1st Class Jacob Boyer)
[Left] Sharpe wraps his leg around his competitor's arms during a Modern Army Combatives tournament, April 9, at Beach Warrior 2013 at Fort Story, Va. (U.S. Army photo by Sgt. Emilie Lenglain)

Army Reserve Sgt. Mark Richards, a civil affairs team sergeant with Company D, 450th Civil Affairs Command (Airborne), and Spc. Zachary Sharpe, a civil affairs specialist with Company A, 414th Civil Affairs Battalion, proved themselves against the top Soldiers from each of the command's two brigades and eight battalions. The event, hosted by the 437th Civil Affairs Battalion, was a collaborative effort between the 352nd CACOM and the 2nd Psychological Operations Group.

"The 2013 iteration of the 352nd CACOM/2nd POG best warrior was an absolute success," said Command Sgt. Maj.

Earl Rocca, the senior enlisted Soldier in the 352nd CACOM. "The drive and determination of the Soldiers was absolutely amazing. It reinforces and confirms that any bit of sacrifice that I thought I might have given in my 29-year career was worth it. That's exactly what it is with these Soldiers."

Competitors and staff were drawn from each unit's ranks, and both units' winners will compete in the U.S. Army Civil Affairs and Psychological Operation Command (Airborne) Best Warrior Competition in May at Fort Bragg, N.C. Sgt. Maj. Wylie Jones, operations sergeant major for the 352nd CACOM and Beach Warrior 2013 noncommissioned officer-in-charge, said that while the impetus of the CACOM and 2nd POG working together on

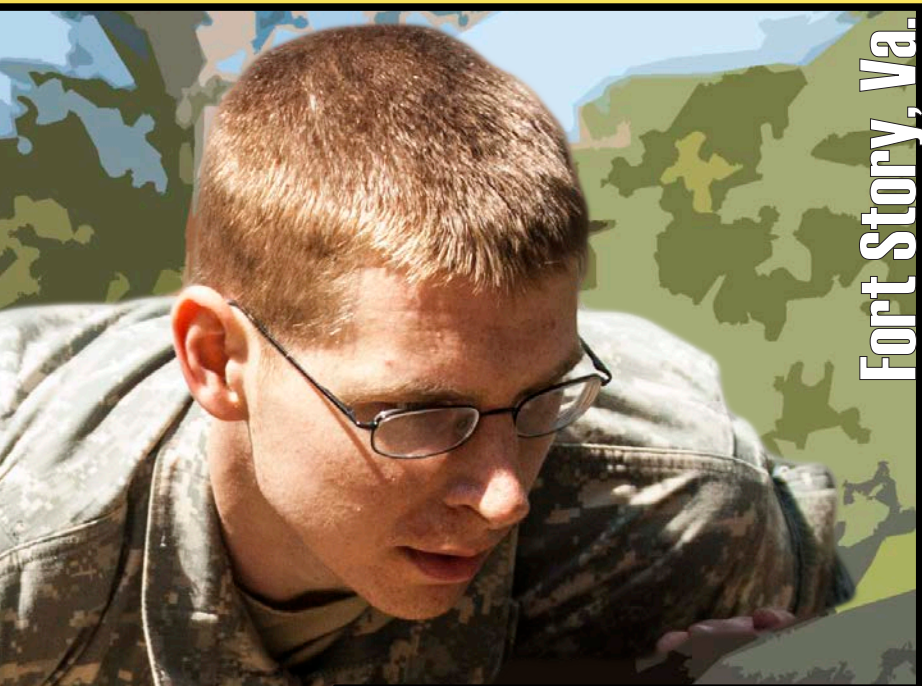
the event was to conserve resources, working together will reap other rewards.

"We connected the PSYOP guys with the CA guys, shared the workload, and it turned out to be a better event

then it would have been otherwise," Jones said. "We fall under the same major command, yet we never work or talk with each other. We're already talking about working together not only on 2014's best warrior competition, but we're also talking about our units that are located near each other working together on ranges, land navigation and air operations training. That's huge."

"IT WAS ONE FIGHT AFTER ANOTHER."

-SGT. MARK RICHARDS



**"YOU KNOW THERE IS GOING TO BE
ROUGH TERRAIN AHEAD."**

- SGT. ZACHARY SHARPE

"I really like to challenge myself. I entered this event previously and I had a ton of fun," said the 21-year-old native of Davidson, Mich. "Even though it's a competition, it's great for camaraderie, and I really feel that camaraderie with people who have been under the same

stress as me. It's a great experience and I've had a lot of fun here."

Sharpe, who works in his civilian career as an emergency medical technician in Flint, Mich., said the ruck march, a 12-kilometer trek that started at 7 a.m. after a sleepless first night of the competition and crossed nearly a full kilometer of Fort Story's beach, was the event he enjoyed most.

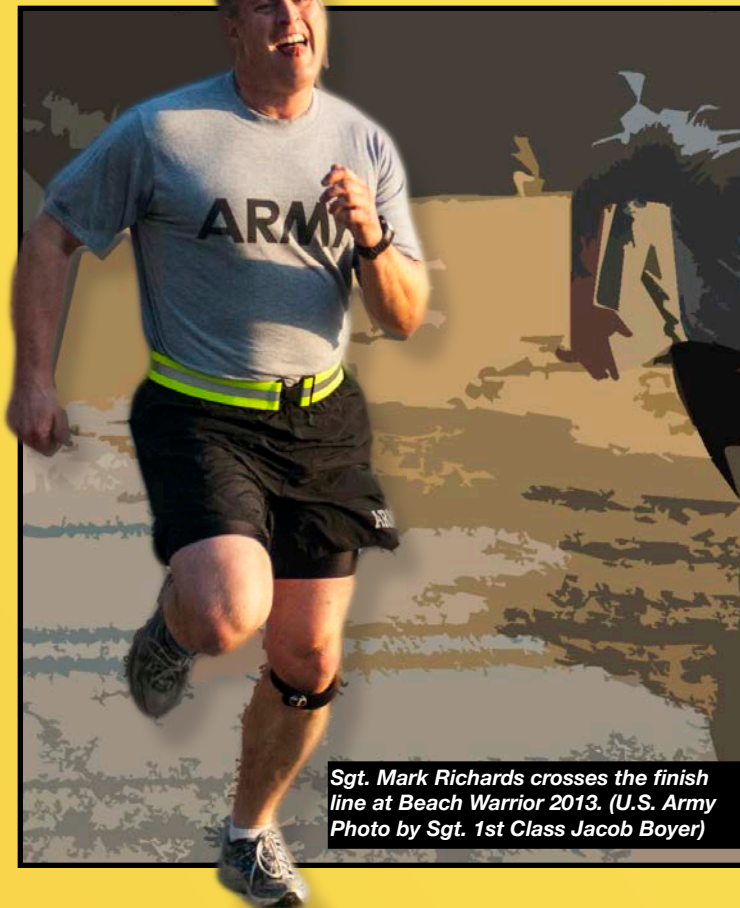
"You had to pace yourself for about seven miles and you know there's going to be rough terrain ahead," he said. "When we got to the beach, I thought it was going to be terrible, but I actually got a second wind just seeing the waves lapping up on the shore and walking right past the water. That's where I made a lot of my gains in that event."

Tenacity is what carried the events 24 competitors through three tough days, and that tenacity is what Richards said he will take to USACAPOC(A)'s competition.

"I'm no longer the best guy at combatives. I'm no longer the fastest guy running around the nav lane, but I never give up. I just keep pushing," he said. "I know that it's going to be very challenging because it's going to be other people who are just like me. It's just going to depend on who pulls it out of the bag the most."

Rocca said he expects the command's best Soldiers to represent themselves and their units well at the USACAPOC(A) Best Warrior Competition.

"If they offer the same amount of drive and determination that they did here, they're going to place very well," he said. "It's going to be a tough field, but I think they'll do well."



Sgt. Mark Richards crosses the finish line at Beach Warrior 2013. (U.S. Army Photo by Sgt. 1st Class Jacob Boyer)

ZEROING IN

CA SOLDIERS HIT THE MARK AT BEST WARRIOR 13

Story by Staff Sgt. Sharilyn R. Wells

Soldiers from around the country came together to compete in the U.S. Army Civil Affairs and Psychological Operations Command (Airborne)'s Best Warrior Competition the first week of May. Each competitor was put to the test, both mentally and physically, to see who would represent the command at the U.S. Army Reserve Command's competition in June.

Out of 15 competitors, two prevailed: Sgt. 1st Class Jason Manella representing the 351st Civil Affairs Command, won the Noncommissioned Officer of the Year and Spc. Zachary Sharpe, representing 352nd Civil Affairs Command, won Soldier of the Year.

Both Manella and Sharpe admitted to countless hours of studying Army regulations, field manuals, Army history and current events to prepare for the competition. They also worked hard on their physical fitness, rucking miles on end, working out and working on their stamina. Both overcame physical and mental challenges preparing for the Best Warrior Competition, when it was time Manella was ready to be tested.

"I just got back from Afghanistan last September where I got injured by an IED [improvised explosive device] and I was in the TBI [traumatic brain injury] clinic for a while," explained Manella. "I had to work hard to keep my brain stimulated, working on memory and concentration issues. I got tired of playing games like Simon Says and all this other stuff."

"I used to compete in the Best Warrior Competition as an E-4, so one day I just decided to pick up the study guide and just started studying and training. Once I got home, I talked with my sergeant major and got involved with this year's competition," he said.

Each competitor was tested on physical fitness with an Army fitness test, rucking 10 kilometers with a 35-pound ruck, Army

combatives, Soldier tasks, land navigation [both day and night], marksmanship, written exams and answering questions during a sergeants major board.

As Army Reserve Soldiers, Manella and Sharpe had to juggle time between their civilian careers, school, and battle assemblies preparing for Best Warrior.

"During downtime at work, I'd study ARs, FM's, and Army history in preparation for the board and written exam," explained Sharpe, an emergency medical technician for Patriot Ambulance Service in Genesee County, Michigan. "During battle assembly I studied the Soldier's Manual of Common Tasks and Warrior Training Tasks."

Manella is currently a student at Ohlone Community College in Fremont, Calif., working on an undergraduate transfer to Santa Clara University's business program with a major in accounting. He also works seasonally at Stanford University as a project coordinator, assisting with the management of various construction and renovation projects around the campus.

Soldiers came from all over the country to compete against each other, yet the brotherhood of serving with each other kicked in.

"The camaraderie here has been the best I've seen. Even though we are competing against each other, everyone is willing to help out," said Manella. "It's a team effort even though we are against each other."

The support of the Soldiers and the command is what will bring USACAPOC(A)'s Best Warriors to

the top during USARC's competition, not to mention the confidence and the stamina of our Best Warriors.

"I plan on winning at USARC. I've been PTing [physical training] like crazy, I'm solid on the rifle, and I know that Army Study Guide forward and backwards. I just need to shed some time off my run and do a few more pushups," smiled Manella. "I started out this competition as if I was going to go all the way; I've been giving a hundred percent since I started and I don't plan on slowing down."

**DURING DOWNTIME AT
WORK, I'D STUDY ARS,
FMS, AND ARMY HISTORY IN
PREPARATION FOR THE BOARD
AND WRITTEN EXAM.**

-SPC. ZACHARY SHARPE

Spc. Younghwan Lee, 7th Psychological Operations Group, checks his azimuth during the night land navigation course. (U.S. Army photo by Matthew Siemion)



Staff Sgt. Michael Garza (red belt) tries to hook his opponent during the combatives portion of the competition. (U.S. Army photo by Capt. Saskia Ball)



I'VE BEEN GIVING A HUNDRED PERCENT SINCE I STARTED AND I DON'T PLAN ON SLOWING DOWN.

-SGT. 1ST CLASS JASON MANELLA



In memory of our fallen heroes

Command Sgt. Maj. Edward C. Barnhill
Cpl. Mark A. Bibby
Cpl. Steven J. Bishop
Sgt. Frederico G. Borjas
Spc. Charles E. Bush Jr.
1st Sgt. Christopher D. Coffin
Staff Sgt. Michael A. Dickinson II
Staff Sgt. Carols Dominguez
Maj. Gregory J. Fester
Cpt. Brian S. Freeman
Sgt. Bryan L. Freeman Jr.
Maj. Scott A. Hagerty
Spc. Julie R. Hickey
Sgt. 1st Class Merideth L. Howard
Cpl. Benjamin D. Hoeffner
Spc. Nichole M. Frye
Spc. Joseph A. Jeffries
Maj. Alan R. Johnson
Maj. Dwayne M. Kelley
Spc. Adam G. Kinser
Sgt. Charles B. Kitowski
Sgt. Adam L. Knox
Cpl. George A Lutz II
Cpt. Shane R. Mahaffe

Sgt. 1st Class Curtis Mancini
1st Sgt. Tobias C. Meister
Spc. Lawrence E Morrison
Spc. Scott J. Mullen
Staff Sgt. Clinton T. Newman
Pfc. Alan H. Newton Jr.
Staff Sgt. Michael G. Owen
Staff Sgt. Robert J. Paul
Staff Sgt. Ronald L. Paulson
Lt. Col. Mark P. Phelan
Master Sgt. Blue C. Rowe
1st Sgt. Carlos N. Saenz
Cpl. Jonathan J. Santos
Sgt. Danton K. Seitsinger
Lt. Col. Anthony L. Sherman
Cpt. Benjamin A. Sklaver
Lt. Col. Albert E. Smart
Maj. Charles Soltes Jr.
Sgt. Michael R. Sturdivant
Spc. Teodoro Torres
Staff Sgt. Nathan J. Vacho
Sgt. Thomas E. Vandling
Sgt. Regina C. Willey

We will never forget.