

# Pegasus Magazine

Serving the Soldiers and Families of the 82nd CAB



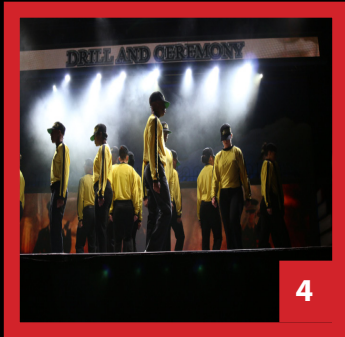
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ghanistan  
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August 2014

Volume 1 Issue 1



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Soldier’s Show rocks the house



Dustoff heads to Afghanistan



Healthy eating at the DFAC

Pegasus Magazine

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PEGASUS 6 & 9

Our deployment has finally arrived for Task Force Pegasus! I am extremely proud of the men and women of the 82nd Combat Aviation Brigade and the efforts you have sustained in preparing for this endeavor. Our great Troopers and their Families continue to impress me with their commitment to service despite the uncertainty of what we are about to encounter. I believe all the hard work and long hours in our training leading up to this deployment will pay off with the aviation capabilities we provide to the coalition forces on the ground. No recent aviation brigade has been asked to do as much as this one, but we are ready and willing to assume the mission. The sound of a helicopter overhead has special meaning to our partners in the fight and will be equally significant to the insurgents!



Our success through all of Afghanistan comes from our presence during the most decisive engagements. The environment is unforgiving and the reliance on air power is essential to winning on the battlefield. We will be ruthless in pursuing the enemy and take extraordinary measures to save an American Soldier's life. This is our promise to those we support! Each and every one of you, from aviator to maintainer to sustainment personnel plays a crucial role in this venture. For every insurgent we eliminate, dozens of Pegasus Troopers allowed this to happen.

There is no doubt the challenges we will face in Afghanistan and those of our Families who support us will be difficult. The personal sacrifices you have made to advance freedom and administer justice will never be clearer as the deployment unfolds. The entire world is watching Afghanistan and your professionalism will allow Task Force Pegasus to remain steadfast in our obligation to defeat terrorism and put an end to this war. I would ask you to seek every opportunity to communicate with your Families, encourage and take care of your fellow Troopers, and set aside time to keep yourself mentally, physically and spiritually fit.

I consider myself truly blessed to command the 82nd Combat Aviation Brigade at the most critical time in our fight in Afghanistan. I am confident all your training and dedication over the past year will make a difference for our Nation and the future of Afghanistan!

Wings of the Airborne!  
COL Mike Musiol  
Pegasus 6



It is with great pride that I am addressing you. This time in the 82nd Combat Aviation Brigade is full of change. We are in the process of mobilizing to deploy. Troopers from All-American Dustoff have already left for Afghanistan, and we are not far behind them. There is no unit that is better trained or equipped to handle the mission in Afghanistan. In the coming months, there will be many changes. For many of you, it will be a change of scenery to the mountains of northern Afghanistan. We must stay vigilant and ever-ready to meet the enemies of our brothers-in-arms in Afghanistan. You will be asked to be multitasking combat ready Troops. You will be asked to be adaptable and ready for change. I know each of you are ready for the challenges

ahead of us as we transition this war to an end.

For the families of the Soldiers, this time will be challenging for you. We have multiple resources available to help with the adjustment of your service member being gone. Take pride in what your Soldier is doing! As we make our departure to Afghanistan, make sure you are looking out for your battle buddies to your left and right. "Everybody Fights!" will be our motto this deployment. No job too big or too small, you all are part of the fight.

Airborne- All The Way!  
Command Sgt. Major William Yeargan  
Pegasus 9





FORT BRAGG, N.C. -- The U.S. Army Soldier Show performed at the Crown Coliseum July 19 and 20, Fayetteville, North Carolina.

The Soldier Show is a 90-minute song and dance event that highlights key messages to the entire Army. 31 Soldiers make up the Soldier Show. They tour the country, performing at various Army installations. This year, six members are from Fort Bragg.

“There are command messages that are presented in a positive way,” said Sgt. 1st Class Frederick McDuffy, noncommissioned officer in charge, U.S. Army Soldier Show, Joint Base Sam Houston, Texas.

This year, the show’s theme is Stand Strong.

“To me, it means being resilient,” said McDuffy. “Don’t let anything keep you down. Get kicked down and get back up.

The show at Fort Bragg has six

Soldiers, more than any other duty station this year.



Performers with the 2014 Soldier Show perform an over the shoulder roll during their performance at the Fayetteville Coliseum, July 19, Fayetteville, N.C. The Soldiers travel for eight months, performing at many Army installations.

“What I love most about the Soldiers Show is that it allows me to be someone different,” said Spc. Diqun Sims, a performer with the 2014 Soldier Show. “The show transitions you into a better person.”

The show takes up most of the performers’ time, but they still

squeeze in time to grow as Soldiers.

“Even while we are on the road, we still have Physical Readiness Training, formations, and Sergeant’s Time Training,” said McDuffy.

For Sims and the other performers from Fort Bragg, their time with the Soldier Show started with an audition held at the Fort Bragg Post Exchange.

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Performers with the 2014 Soldier Show perform a scene where a parent gets a call from their child, prompting a dance scene entitled “Everything is Awesome,” Crown Coliseum, Fayetteville, N.C., July 19. The show featured various scenes, highlighting topics such as Gold Star family members and being away from family and friends.

# FRG Information



Carleen Meckenstock – Brigade FRSA assigned to HHC Brigade and 1-82 ARB



Joelle Pierce – assigned to 2-82 AHB and 3-82 GSAB



Amber Austin – assigned to 1-17 CAV and 122 ASB

The Family Readiness Support Assistants (FRSAs) are a vital link between the unit Commander, the Families assigned to the unit, and the community resources available to the Soldiers and their Families. The significance of a properly operated Family Readiness Group is that it allows deployed Soldiers to remain mission focused while their Families’ well-being is sustained. Staying connected to the unit keeps the family ready and prepared for any crisis and a healthy Family Readiness Program ensures spouses can lean on each other.





## Bragg soldiers deploy to Afghanistan after week of delays

*Story by Drew Brooks, Fayetteville Observer*

*Photos by Andrew Craft,  
Fayetteville Observer*

FORT BRAGG, N.C. -- After nearly a week of delays, loved ones bid farewell Thursday to a group of Fort Bragg soldiers headed to Afghanistan.

About 70 soldiers from Company C, 3rd General Support Aviation Battalion, were set to leave late Thursday, officials said.

Those soldiers met with family and friends at Simmons Army Airfield before being bused to Green Ramp on Pope Field to await their flight.

The soldiers, who will serve as air ambulance crews, were originally scheduled to leave Satur-

Chief Warrant Officer Danny Miller spends some quiet time with his wife, Patti, Thursday, July 24, 2014, on Fort Bragg before he and his fellow soldiers from a 82nd Combat Aviation Brigade medivac company deploy to Afghanistan for nine months.

day, but their flight was delayed by weather. Two subsequent attempts also were delayed.

Because of the delays, fewer families were able to attend Thursday's sendoff. But those who were there said they were grateful for the extra days with their loved ones.

Capt. Jerrell Whaley, who is serving as acting company commander because Maj. Trent Short is already in Afghanistan, said the delays made the deployment a little easier on the families and allowed soldiers to tie up loose ends.

Medical evacuation crews must be flexible, he said, and the delays reinforced that mantra.

“Words can’t express how anxious these guys are to get to work,” Whaley said.

Company C is also known as All American Dustoff.

In Afghanistan, crews will be on call 24 hours a day, seven days a week - prepared to fly into danger if necessary to extract injured troops.

They last deployed in 2012, with about half the current soldiers on that deployment. The latest deployment is scheduled for nine months.

The soldiers will take five UH-60 Black Hawk helicopters to Afghanistan, joining 10 that are already there.

*Continued on page 11*



## RESOURCES

## Resources for Sexual Assault Victims

<http://www.cid.army.mil/>

DOD Safe Helpline - Sexual Assault Support for the  
DOD Community  
<http://www.safehelpline.org/>  
1-877-995-5247      1-877-995-5247

Army OneSource serves American troops and their families. This service is designed to help you deal with life's issues. 24 hours a day, 7 days a week, 365 days a year you can call in and speak to a master's level consultant or you can go online to access information or email a consultant.

Locate a Medical Treatment Facility  
<http://www.tricare.osd.mil>

MEDCOM SAPR Program (requires AKO access)  
<https://www.us.army.mil/suite/page/148870>

Caring for you and your family. Managing your everyday life. Available anytime, anywhere. Your privacy is assured. No cost to you.  
CONUS call 1.800-342-9647

Military Law Enforcement  
Army CID





Sgt. Callie Worsley, a food service specialist assigned to the 82nd Combat Aviation Brigade's Dining Facility, hands a plate to a hungry Soldier, Fort Bragg, North Carolina, July 30. Pegasus DFAC is constantly improving its menu, offering more healthy items, such as an expanded salad bar.

## Healthy options at the DFAC

*Aimed at improving your health*

*Story and photos by Staff Sgt. Christopher Freeman/ 82nd CAB PAO*

These days, the number of healthy options available at your dining facility grows constantly. The 82nd Combat Aviation Brigade's DFAC, "Pegasus Inn" is leading the charge with not only healthy food, but also healthy information.

Each DFAC has a mission and it is not only to make omelets.

"Our mission is to provide the most nutritional meal possible and break it down for them through education of Soldiers," said Staff Sgt. Celnia Gonzalez, food service specialist at Pegasus Inn DFAC.

Part of this mission is the education of Soldiers to make better meal choices.

"Soldiers are used to seeing the food pyramid," said Gonzalez. "We are getting them away from that and providing them pamphlets and resources."

One of the resources that are available is myplate.gov.

"Myplate.gov is broken

down per meal, not as a whole day's worth of food," said Sgt. Nateshia Rice, food service specialist assigned to Pegasus Inn DFAC. "The plate is portioned on how much you need compared to the pyramid that had servings throughout the day."

Education is only a part of the puzzle. DFACs must serve the healthiest food possible.

"We are trying to get away from the fryers and greasy foods," said Gonzalez. "The end goal is to do away with fryers and bake food choices. Baking instead of frying lowers the amount of calories and cholesterol."

The DFAC still has its short order line, but the healthy options are there as well.

"Sometimes at short order, we have sweet potato fries for a



Spc. Brandong Saunders, an infantryman assigned to 2nd Battalion, 82nd Combat Aviation Brigade, performs headcount duties at the 82nd Combat Aviation Brigade's Dining Facility, Fort Bragg, North Carolina, July 30. The headcount duty ensures that the dining facility has enough food on hand to feed hungry Soldiers.

healthy alternative to traditional fries," said Rice.

**Continued on page 14**

## Show

*from page 4*

"My platoon sergeant knew I was into music," said Sims. "He Sims continued, "The auditions showed that you could perform in front of not only your peers, but a large group of people."

"[Army Entertainment] did a really good job of attracting people to the show," said Sgt. Amy Hargis, a performer with the Soldier Show from Fort Bragg.

"It really shows the people who make the selections if you could work a group of complete strangers," continued Hargis. "I think that is why so many people from Bragg made it."

The show itself takes a crew and time to put together.

"It takes six hours to set the stage for the show," said McDuffy.

"My favorite part is putting up the stage," said Hargis. "We come here with two trucks and when we are done, we have [an entire show set up]."

After the lights go down and

*I can't see the light, I can't . . . I can't.*

The light shines on a performer with the 2014 Soldier Show at Crown Coliseum, July 19, Fayetteville, N.C. "I can't see the light" shines above, showing the helplessness that some may feel. The message was for anyone who is struggling to get the help they need.

when the tour comes to a close after eight months on the road, the Soldiers will return to their units.

"The show has inspired me to pursue a degree in music," said Hargis, who, after the tour, will return to Fort Bragg as a psychological operations sergeant.

"The show transitions you into a better person," said Sims, who will return to Bragg at the end of the tour to the 3rd Military Information Support Operations Battalion.

At the end of the show,

members announce themselves to include duty station. The crowd cheered for all, but it was clear who was from Fort Bragg.

"This is an amazing experience," said Spc. Copey Rice, a performer in the show from the 18th Fires Brigade, 82nd Airborne Division. "I thank the [82nd Airborne Division] for this opportunity."

The cast of the 2014 Soldier Show stands on stage at the end of their performance at the Crown Coliseum, Fayetteville, North Carolina, July 19. After the performance, each Soldier introduced themselves, to include duty station. The crowd cheered for all, but it was clear who was from Fort Bragg.







## Fort Bragg softball tournament hits home

*Inspires Espirit De Corps*

It's 5 pm. While most Soldiers are heading home, some put on the



glove and take the field. The 2014 Fort Bragg softball tournament takes dedication and teamwork to take home the championship.

“This tournament takes the top 24 teams from across Fort Bragg to determine who's the best,” said Harold Stallworth, sports specialist for the Fort Bragg Morale, Welfare, and Recreation. “Before this tourna-

ment, we had six leagues with about 100 teams. After about 15 games, the top four teams from each league came

to this tournament.” Every team goes for the win, but there is more to the games then

winning.

“This is really great for team-building,” said Julian Tanore, scorekeeper and backup for his team from the 43rd Aircraft Maintenance Squadron. “[The team] gets to spend time together, and we get to know each other better by going to games and practicing together.”

The team building leads to compe-

Chief Warrant Officer Charles Ray hugs his wife, Jamie, on Thursday. The soldiers, who will serve as air ambulance crews in Afghanistan, were originally scheduled to leave Saturday, but their flight was delayed by weather. Two later attempts also were delayed.



Chief Warrant Officer Charles Ray hugs his wife, Jamie, on Thursday. The soldiers, who will serve as air ambulance crews in Afghanistan, were originally scheduled to leave Saturday, but their flight was delayed by weather. Two later attempts also were delayed.

tition between the teams.

*Continued on page 13*

## Dustoff

*from page 5*

in 2012 but will be based in the same location - Bagram Airfield.

Added challenges also come from the fact the war is drawing down, with the military shipping back equipment and closing bases.

On Saturday, 1st Sgt. Tammy Poole said she expected a constantly changing atmosphere in Afghanistan, but she said the soldiers are as prepared as ever.

Unlike the last deployment, many soldiers are now trained as flight paramedics, she said. And critical care nurses will fly on all missions, a change from past practices.

On Thursday, families enjoyed their dwindling time with their soldiers by playing games or watching movies.

Chief Warrant Officer 2 James Ellis was spending time with

They'll be covering a much larger area than

the dogs to help send off Ellis, a helicopter pilot.

“They're part of the family,” he

same as that deployment. They will medically evacuate troops from remote areas to bases with hospitals.



Chief Warrant Officer Charles Ray hugs his wife, Jamie, on Thursday. The soldiers, who will serve as air ambulance crews in Afghanistan, were originally scheduled to leave Saturday, but their flight was delayed by weather. Two later attempts also were delayed.

said.

The family, who live in Hope Mills, said they enjoyed the extra few days with Ellis.

“I'm grateful for the extra time,” he said. “These things happen, but we eventually get there.”

Elisa Ellis said the family enjoyed brunch earlier in the day



Warrant Officer Casey Matull plays Thursday with his boys, Gabriel, 2, and Michael, 4, before he and his fellow soldiers from a 82nd Combat Aviation Brigade medivac company deploy to Afghanistan for nine months

she said.

his wife, daughter, mother-in-law, two godchildren and five Chihuahuas. It's tradition for

In 2012, the soldiers covered an area in eastern Afghanistan roughly the size of Virginia. Their job will be the

The soldiers will join thousands from Fort Bragg already in Afghanistan, including other soldiers from the 82nd Airborne Division.

The 82nd Airborne has several battalions in the country, including elements of the 1st Brigade Combat Team and 2nd Brigade Combat Team.

Other Fort Bragg units in Afghanistan include the 18th Airborne Corps, which forms the core of several key commands; the 1st Theater Sustainment Command, which is leading efforts to retrograde equipment from the country as the war winds down; and Army Special Operations Command soldiers from the 3rd Special Forces Group and other units who continue to work with Afghan soldiers and officials.



# 4 vs 4 FLAG FOOTBALL TOURNAMENT

**August 15-16**  
**Starts at 6PM**  
**Towle Stadium**  
**\$25 Per Team**

**REGISTRATION DEADLINE: AUGUST 12**  
Team captains must be present at the per-tournament meeting scheduled for noon on August 12 at the Fort Bragg Sports Office (Corner of Reilly St. & Hurst St. on Pope AAF)

**ONLINE ENTRY & INFORMATION AVAILABLE AT:**  
**[www.fortbraggmwr.com/sports/](http://www.fortbraggmwr.com/sports/)**



## Softball

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“Some want to be dominant and win, but most of all, what I see is everyone is competitive,” said Stallworth. “It’s a good morale builder.”

Long before the winner is announced, there is a process to get teams on the field.

“Teams must have a roster and it must be signed by the commander,” said Stallworth. “We put

site for teams to sign up. It can be done on the website or the teams can call us.”

Even though the games are scheduled, the Fort Bragg MWR makes every attempt to work with the teams. “A lot can’t participate due to missions or other conflicts,” said Stallworth. “We switch times and even days to work with scheduling conflicts.”

The tournament winners enjoy many prizes.

“The champion and runner-up get nice rewards,” said Stallworth. “It goes towards the commander’s cup.”

At the end of the day, when the lights go down, it is about having fun outside of work.

“We always have fun,” said Tanore. “But, it’s always more fun to win.”



Sgt. Sammy Jackson, a helicopter repairer assigned to Troop D, 1st Squadron, 17th Cavalry Regiment, 82nd Combat Aviation Brigade, right, catches a throw at first base, Fort Bragg, North Carolina, August 4. The Fort Bragg Softball Tournament brought 24 of the top teams for a double elimination to determine what team was the best on Fort Bragg.



Sgt. Sarwan Ali, left, slaps hands with Spc. Adam Chanpoux, both assigned to 1st Squadron, 17th Cavalry Regiment, 82nd Combat Aviation Brigade, Fort Bragg, North Carolina, August 4. No matter the score, teamwork was the top goal for the teams.



Teams high five each other after a game as a show of sportsmanship, Fort Bragg, North Carolina, August 4. After each game, the teams come together to congratulate them on a game well played.

the information on the MWR web-



# DFAC

from page 5

“We also have veggie and turkey burgers to accommodate different dietary needs and wants,” said Gonzalez.

Eating healthy can be as simple as going for green.

“Recipe cards have the portion size and calorie amounts,” said Gonzalez. “Green is for the healthy products where as red is for more unhealthy choices. IF a Soldier sees a red card, they may stray away from that and go for more of the green options.”



A service member adds items to his plate at the 82nd Combat Aviation Brigade's Dining Facility, Fort Bragg, North Carolina, July 30. Pegasus DFAC is constantly adding more healthy items to their menu.

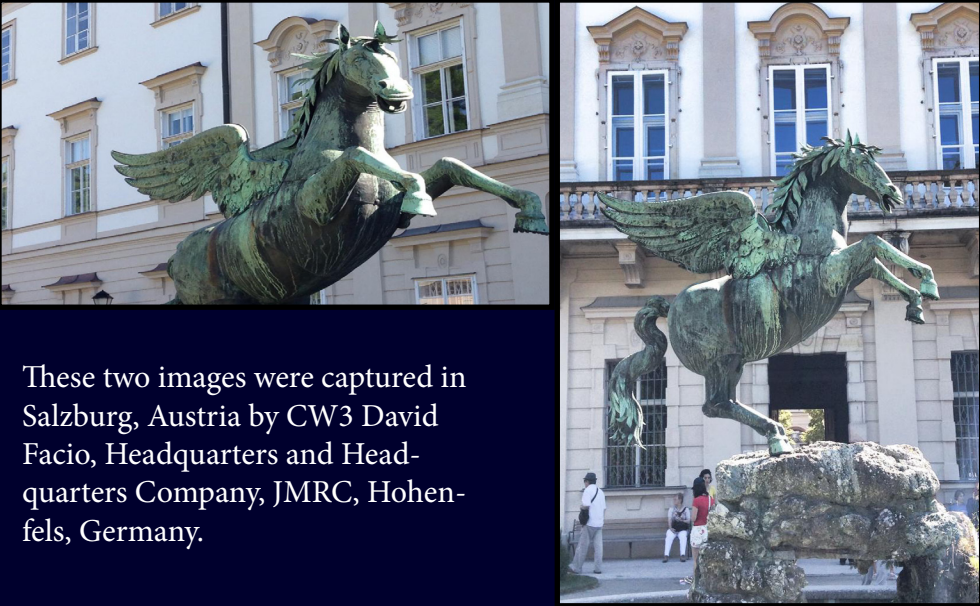


A service member uses tongs to add healthy items to their plate at the 82nd Combat Aviation Brigade's Dining Facility, Fort Bragg, North Carolina, July 30. The salad bar at Pegasus DFAC offers more than 20 items.

“The better I educate the Soldiers on what they eat, the better choices they can make,” said Gonzalez.

“Choosing green over red puts you in a position to win,” said Rice.

# Submitted Photos



These two images were captured in Salzburg, Austria by CW3 David Facio, Headquarters and Headquarters Company, JMRC, Hohenfels, Germany.



This is my husband, PFC Scott Milam 122nd AVN SPT BN. Sent in from Courtney Ward Milam.



2/82 on a battalion run. Image courtesy of Zachary Taylor Fairbanks.



WE REMEMBER  
THOSE LOST



The crew of Flip-  
per 75, a CH-47  
crew from B 3/82  
who were shot  
down and killed  
on May 30, 2007 in  
Helmend Province,  
Afghanistan.



SSG Robert Cowdrey,  
KIA Oct. 13, 2011 in  
Lunar Province. He  
was a flight medic  
medic with C 3/82.



These images were sent in cour-  
tesy of Sean Gilmartin, formerly  
of Flippers when they were part of  
C Co. 159th Aviation Regiment.

Check out the 82nd CAB on Facebook



Have suggestions for the page? Send comments or suggestions to:  
82cabpao@gmail.com