



# The Talon Times



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## "Above Valor and Courage"

### From The Top

In the past month the Soldiers of the 185th Theater Aviation Brigade have played a major role in advancing U.S. National Security interests throughout the Middle East. The Talons have conducted numerous Theater Security Cooperation missions through training and direct engagement with our partners throughout the theater of operation.

As a direct result of multinational training conducted, through exercises like Eager Lion in Jordan, and through engagements with our allies, we gain understanding of how our partners operate which allows for more seamless coordination in a multinational environment during future conflicts.

However, as important as the theater security cooperation mission is, it is critical to remember that as a brigade we have a direct role

in the fight against ISIS as well.

The men and women of Task Force Pistol provide Lift, Medical Evacua-



Colonel Ronald Beckham  
185th TAB Commander

tion, and Attack aviation support throughout Iraq in austere and sometimes dangerous conditions. They remain actively engaged in the fight and are well attuned to the threats posed by ISIS.

Our brigade has been tasked with a multifaceted and dynamic mission. It is absolutely critical that we remain focused on the lasting impact that our operations have on the security environment in the Middle East as well as back home in the U.S.

The Soldiers of the 185th TAB are engaged at the operational and tactical levels. However, the relationships that we build with our international partners has lasting, strategic implications.

Lastly, I want to say stay focused and stay safe.

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### This Issue:

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A UH-60 Black Hawk Crewchief from Charlie Company, 1-137th Assault Helicopter Battalion, 185th Theater Aviation Brigade, U.S. Army Central checks to make sure the runway is clear for landing at King Faisal Air Base during Eager Lion, May 9, 2015.

### Beat the Heat!

Kuwait is very hot! Your body needs a narrow range of temperature to live and works hard to maintain it. There are several ways it does this. #1 is sweating. Sweat evaporating cools the body. In the desert the humidity is very low, so evaporation is rapid and fairly effective. This reduces risk of heat injury but increases the risk of dehydration. #2 shunt more blood out to the skin to be cooled, causing you to flush. If the air tem-

perature is over 100F this does not help much.

This time of year we wake up to heat category 3 or 4 and usually reach cat. 5 by mid afternoon. You must combat heat injury full time. If you wait until you're hot or thirsty you are already behind. Warning signs are: infrequent urination, thirst, dark urine and burning on urination. Indicators of heat injury are: weakness, muscle cramps, heavy sweating,

headache, nausea and vomiting, weak and rapid pulse, dry mouth, clammy skin, dry/white or wrinkled tongue, confusion, clumsy movements. Some individuals may faint or become dizzy when they try to stand up.

To avoid: Drink more water! If you are inside and in AC you should still be drinking over 1500ml bottle of water per 2 hours; more if you

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## What's happening with Task Force Talon...



Soldiers from C. Company, 1-137<sup>th</sup> Assault Helicopter Battalion, currently attached to the 185<sup>th</sup> Theater Aviation Brigade, present a soccer ball to personnel from the Jordanian Air Force at Eager Lion in Jordan, May 15, 2015. The ball was signed by all the members of Charlie Company that were participating in the multinational training exercise and presented in recognition of the friendships that were developed during the course of their time in Jordan.



Soldiers from Charlie Company, 1-137<sup>th</sup> Assault Helicopter Battalion, currently attached to the 185<sup>th</sup> Theater Aviation Brigade, present a soccer ball to personnel from the Jordanian Air Force at Eager Lion in Jordan, May 15, 2015.

### Making Friends

Conducting live fire exercises, enhancing military-to-military cooperation, and exchanging tactics, techniques, and procedures were all key outcomes of the fifth annual Eager Lion multinational training exercise hosted in the Hashemite Kingdom of Jordan this May. Yet it was apparent that the relationships forged between members of the U.S. and Jordanian Armed Forces would likely be the most substantive takeaway from the month long exercise.

The 185<sup>th</sup> Theater Aviation Brigade (TAB) provided aviation support to Eager Lion for U.S. Army Central. It's UH-60 Blackhawks provided transportation to a host of distinguished visitors that were observing the exercise and it's AH-64 Apaches conducted a number of attack missions alongside the Jordanian Air Force's 12 Squadron, which consists of AH-1 Cobras.

At the heart of any aviation operation are the maintainers that keep the aircraft in the air.

Upon arriving in Jordan, unfamiliar with the area and with some equipment still stocked away or in transit upon arriving at their new location, members of Charlie Company, 1-137<sup>th</sup> Assault Helicopter Battalion (AHB), currently attached to

the 185<sup>th</sup> TAB, relied on members of the Jordanian Air Force to show them around and provide small items for their aircraft.

"The maintenance team from the Jordanian Air Force was very welcoming and really showed a sincere desire to assist our team in setting up operations at Prince Hashim Royal Brigade," said 1st. Lt. Daniel Gibson a platoon leader with C. Company, 1-137<sup>th</sup> AHB.

As the exercise progressed, members of the aircrew and maintenance team with C. Company were routinely invited to have tea and coffee with personnel from the Jordanian Air Force. During these forums U.S. and Jordanian personnel discussed a wide range of topics from differences and similarities between U.S. Army and Jordanian Air Force aviation to more personal topics like family and friends.

Nearing the end of the exercise members of C. Company decided that they wanted to repay the hospitality that they had received from the maintenance crew from the Jordanian Air Force. Soldiers purchased a soccer ball from a nearby mall and the crewmembers from C. Company signed and presented the ball to their newfound friends in the Jordanian Air Force.

The gift was received with gratitude and, as custom dictates, with tea, coffee, and warm conversation. As operations in support of the exercise came to a close it was left with little doubt that the friendships made during Eager Lion would remain enduring and permanently etched in the minds of the participants from both the U.S. and Jordanian forces.

—Capt. Allen Baxter

185<sup>th</sup> TAB Public Affairs Officer

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### From the Top (Continued from Page 1)

We have transitioned to steady-state operations and sometimes there is a tendency to get complacent as we get settled into our routines. Also, we are getting into the hottest point in our deployment so monitor yourselves and your Soldiers for the signs of heat exhaustion. Keep up the good work!

— Talon 6



Lt. Col. Glenn Flowers (left) and Capt. Kelly Holleran (center) present a gift from the 185<sup>th</sup> TAB to Lt. Col. Mohammad Al Smadi of 12th Squadron, Jordanian Air Force, May 20, 2015.



A UH-60 Black Hawk from Charlie Company, 1st Battalion, 137<sup>th</sup> Aviation Regiment Assault Helicopter Battalion, 185<sup>th</sup> Theater Aviation Brigade, U.S. Army Central, transports U.S. and Jordanian passengers from King Faisal Air Base to Prince Hashem Royal Brigade during Exercise Eager Lion 2015, May 9, 2015 in Jordan.



## National Day of Prayer

On May 7, 2015, in the Chapel at Camp Buehring, some members of the 185th Theater Aviation Brigade participated in the 64th Annual National Day of Prayer. This day of prayer brought the soldiers at Camp Buehring together, many from different faiths, with one goal--to pray for our nation. Soldiers were selected to pray over areas such as: Legal Departments, Family, Media, and Education Departments.

"It was a privilege to be asked to participate as a representative for government em-

ployees everywhere. The event served as a reminder that our nation and our leaders still value the power of prayer," said Capt. Robert Mayhue, JAG officer from the 185th Theater Aviation Brigade.

The theme for this year's National Day of Prayer was Lord Hear Our Cry, which is a reference to 1 Kings 8:28 where it says: "Hear the prayer your servant is praying in your presence this day." The prayers by the individuals selected lasted around 90 seconds and, as the last soldier prayed, the

entire group ended all the prayers with 'Amen'.

It was a memorable service for all who attended; many faiths, under one roof, all joined by a number short prayers. "The liberty that is manifested when a man or woman is allowed to make petition to the One whom he or she believes openly without fear gives me an insurmountable joy that is in essence sublime," said 1LT Kristal McKoy, who played a large role in planning the celebration for the 64th National Day of prayer at Camp

Buehring.

— Sgt. Michael Needham

185th TAB Public Affairs NCO



Soldiers from the 185th TAB participate in the National Day of Prayer, May 7, 2015.

## The "Chappy" makes me Happy!

The daily life here centers on just a few fundamental activities: work, working out, preparing for work, and resting from work. Most get up in the morning and engage in a practiced and well-rehearsed ritual almost with eyes closed. They report to work with the efficiency born of muscle memory, and pour out energy and concentration in the execution of their jobs with precision and excellence. Meanwhile, outside our windows, the colorless landscape and long daylight hours

blend together to form what seems to be one, long, bland day. At the end of the day, from rote memory alone, we wander toward the gym in order to stretch sore muscles and sweat out some weariness. Finally, we find our way back to the bed from which we emerged hours earlier in order to begin the process anew with the sunrise.

From this accurate, although less-than-cheery description, one may assume that life is shallow and morale is low.

In fact, nothing could be further from the truth. Everyone has been spending quality meditative time in some of the more fundamental things of life, such as faith and meaning. Buoyed by the fruits of their own personal discovery, everyone seems to be almost excited at the things they are discovering about themselves and those they care about. We are all deeply homesick, to be sure, but we are

excited about our Faith, what it means, and how it is helping us to cope with being away from home and all that we love.

— CH (CPT) Randy D. Wilson  
185th TAB Chaplain



Spc. Shannon Gainey receives a coin from Cmd. Sgt. Maj. Christopher Greca, CENTCOM CSM.

## Don't Forget about the JAG...

Fellow members of the 185th, now that the initial excitement of this deployment has worn off and the heat has turned up, let's talk about an essential part of our connection to home, mail. Unlike at home where your mail comes in all varieties from bills to checks, here in theater we mostly get care packages or items from online shops. And as in all things Title 10 (Ten), mail here can be a lot more complex than mail at home.

For starters all packages get scanned. During that scan, prohibited items are searched for, found and confiscated. Most of us know that items like alcohol, con-

trolled substances, drug paraphernalia, obscene material, and weapons are not allowed. But did you know that powders and dietary supplements that have previously been opened will be confiscated? Toy and replica guns will be confiscated. And pork and pork by products will be confiscated. If you did not know that, don't worry we have got you covered. The 185th Brigade Legal Office has assembled a flyer that has been provided to all leadership within the Brigade.

We in no way want to get in between a soldier and a box of goodies from home, but we do

want to set you all up for success. So please communicate with your family members and loved ones prior to them sending you a care package. We also suggest that you use your most stringent judgment when ordering from online stores.

For your situational awareness, every situation will be reviewed and investigated. If evidence is found establishing your intent to have the prohibited item sent into theater you will be subject to disciplinary actions.

Please remember that we are a resource for you. Please feel free to come and talk to us about any legal issues that you have. We are always more than happy to help keep you in compliance with the rules.

—1st Lt. Kelvin D. Wright, 185  
CAB JA/ 351st ASB SJA

## 185th TAB JAG Team:

Maj. Mark Lampton

Capt. Rob Mayhue

Capt. Andrew Lake

Staff Sgt. Adrian Young





## Beat the Heat (Continued from Page 1)

plan to spend time outside later. In cat. 5 drink 1 ½ to 2 bottles an hour. Wearing the uniform helps maintain cool, especially if you are in the sun. The layer of insulating air between your skin and the outside air slows heating. Sun-burned skin loses cooling capacity.

The big takeaway is:

1. Drink water! 2. Don't stay out in the heat more than recommended on the heat cat. tables. 3. If you see signs of excessive heat, get in AC, drink water, and let someone know. There are many possible long term effects of heat injury or dehydration. Examples are: kidney stones, kidney damage,

gout, increased susceptibility to heat injury. The minerals in bottled water do not increase kidney stone risk unless combined with dehydration.

Things that increase risks: excessive use of protein supplements or diet pills, (These, combined with dehydration can lead to kidney damage.) Use of stimulants such as Monsters, Mountain Dew, Coffee etc., excessive amounts of sugar such as Cokes etc., skipping regular meals or extreme dieting, or inadequate sleep.

— Lt. Col. Bruce Giamalva  
185th TAB Brigade Surgeon



Soldiers from B. Company, 4-501st Attack Reconnaissance Battalion, currently attached to the 185th TAB, took a group photo with their counterparts in the Jordanian Air Force, May 21, 2015.

### Editor's Note:

**"Geography has made us neighbors. History has made us friends. Economics has made us partners, and necessity has made us allies. Those whom God has so joined together, let no man put asunder." – John F. Kennedy**



A UH-60 Black Hawk from C. Company, 1-137th Assault Helicopter Battalion, 185th Theater Aviation Brigade, U.S. Army Central transports U.S. and Jordanian passengers from King Faisal Air Base to Prince Hashim Royal Brigade during Eager Lion, May 9, 2015.



A Fueler from A Company, 351st ASB conducts refueling operations.

There is a lot of talk about partnership and Theater Security Cooperation when the 185th TAB speaks of their mission. On a macro level that essentially means training, conducting operations, and enhancing interoperability among our international partners throughout the Middle East and beyond.

Yet on a more personal and substantive level, this mission involves building meaningful relationships, gaining understanding of different cultures, and being representative of the qualities and characteristics that are embodied in the U.S. Armed Services.

Building relationships is not always as easy as it is back home taking into consideration the multitude of cultural nuances throughout our area of operation— not to mention the language barriers. However, it's important to remember that the relationships we build carry

forward to future units that will replace us. and the impressions that we leave will remain lasting.

Having recently returned from Jordan, I had the opportunity to witness firsthand how these relationship translate into future opportunities to work with our partners in the Jordanian Armed Forces. Members in the brigade had a once in a lifetime event to experience all that the Jordanian culture had to offer.

Personnel participating in the exercise in Jordan were able to conduct training and operations alongside the Jordanians. More importantly they got to socialize through having a lot, to say the least, of coffee and tea with their respective counterparts in the Jordanian Air Force. Unlike, face-to-face kissing (which one Soldier voluntarily experienced with a Jordanian general but that's a different story) drinking tea is a

custom that generally takes place before business is discussed and is shared with close friends as well as visitors.

In his book *Three Cups of Tea* Greg Mortensen reflects on his time in Afghanistan stating, "We all sat there laughing and sipping tea peacefully, an infidel and representatives from three warring sects of Islam. And I thought if we can get along this well, we can accomplish anything. The British policy was 'divide and conquer.' But I say 'unite and conquer.'" While the reference is to warring sects in Afghanistan, certainly at its core, the statement sheds light on the premise that relationships built can have positive externalities that have immeasurable impacts on the security environment that our men and women of the U.S. Military may have to operate within in the not so distant future.

— Capt Allen Baxter,  
185th TAB PAO