

# TRIPLE NICKEL TRIBUNE

*"Willing and Able!" - "Always Ready"*

## NEWSLETTER OF THE 555<sup>TH</sup> ENGINEER BRIGADE

### JOINT BASE LEWIS-McCHORD, WASHINGTON



Fall

## Message from the Commander

Colonel Larry Dillard  
"Able 6"

Triple Nickel Team,



Welcome to the fall edition of our newsletter. Inside you will find examples of the hard work being done by our Willing and Able

Soldiers, Families, and leaders.

The brigade is participating in the Performance Triad pilot program, one of only five brigades in the army doing so. I challenge all our Soldiers and leaders to look for the small changes they can make that will have an impact on their health. We are going to show the Army how the program can be implemented successfully.

I want to also take this moment to congratulate our competitors in the Best Sapper Competition from all the engineer units on JBLM. The competition is an opportunity to test knowledge and recognize excellence. I know the top three teams will represent the brigade and JBLM well in the Army Best Sapper Competition in April.

Since taking command I have been impressed by the professionalism and dedication of our Soldiers. Continue with the good work in the coming year!

Enjoy the holiday with your family and reflect on the accomplishments of this year. Come back refreshed and ready for our next challenge.

Willing & Able!

- Col. Dillard, 'Able 6'



**555th Engineer Brigade Soldiers and Families participate in the Healthy Family Day, part of the brigade's Performance Triad Pilot.**

## Fall brings new Team & new Focus

Story by Cpt. Bryan Perrenod  
555th Eng. Bde. Public Affairs

JBLM, Wash. — The fall is a time of change and tradition. This remained true for the Triple Nickel and its units.

The last quarter saw the change in commands of each of the battalions: 864th En Bn, 3rd EOD, and 110th Cm Bn. The brigade also took on a new program, the Performance Triad, acting as one of only five units in the Army to test the program in order to provide insights for the successful implementation of the Performance Triad Army wide. The Healthy Family Day was a key event, providing activities and information to over 1400 Soldiers and Family members on how to implement the fundamentals of the program into their daily lives.

Tradition has also been a significant part of this season. The brigade continued its partnership with USACE, with MSG Hinzman participating in the Folsom Dam project as a QA/QC representative. Another long standing Triple Nickel tradition continued with the Santa's Castle Ruck March, where the Soldiers of the brigade marched to the Ameri-

can Lake Conference Center and had the opportunity to donate to Santa's Castle, which provide toys to Soldiers in need for the holidays.

To finish the season off, the brigade hosted the 2nd Annual Best Sapper Competition, with the top three teams going to the Army Best Sapper Competition in April. They endured over three days of challenges with over 50 miles of course to complete. Teams from the 864th En Bn, 14th BEB, and 23rd BEB all competed, with 864th taking 1st and 2nd place in the competition.

*\*See inside for more of the brigade's exploits and our Soldiers accomplishments\**



**Best Sapper Competitor at the M4 qualification range as part of the 2nd Annual Best sapper Competition.**

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## At A Glance...

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- ◆ UNITS PREPARE FOR REDUCTIONS AND OTHER CHANGES AS BRIGADE TRANSFORMS
- ◆ 555TH ENGINEER BRIGADE SPARK YOUR INNER FIRE EVENT FOR SPOUSE ON 8 JANUARY 16
- ◆ 555TH CONSISTS OF 3 BATTALIONS AND OTHER DETACHMENTS AT JBLM

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### Command Sergeant Major's Corner Command Sgt. Maj. Steven Tetreault, "Able 7"

*Triple Nickel Family,*

This fall presented many challenges to this brigade. One of many is the change in leadership, and I am proud to take the brigade forward from where Csm. Hood left off. This brigade is a professional force that consistently sets the bar that other units on JBLM must compare themselves too.

We must continue to pursue professional excellence in our NCO Corps and recognize those with the potential to be tomorrow's leaders. Congratulations to our fresh batch of BLC graduates, you are taking your first steps in the NCO Corps.

Our Soldiers continue to show their skill and professionalism. Competing in the Best Sapper Competition is a test of your Soldier skills. Excellent Job to all the competitors! I challenge our Soldiers to participate in next years

*"I challenge our Soldiers to participate in next years competition, to show that they can exceed the standard and lead the way for others to follow."*

competition, to show that they can exceed the standard and lead the way for others to follow.

The Holiday's are upon us and I encourage you to take the time to spend it with your families. I also charge our leaders to spend time with our Soldiers that are staying in the barracks during the season. Come back in January ready to run and continue the pace.

Thank you for your hard work and dedication!

*Willing and Able,  
CSM Tetreault, 'Able 7'*

### NCOs win again!



By U.S. Army Cpt. Bryan Perrenod  
555th Eng. Bde. Public Affairs

JBLM, Wash — On November 25th, 2015, the 555th Engineer Brigade held its annual Turkey Bowl, pitting the Officers of HHC against the NCOs at the North Fort Athletic Complex.

The Turkey Bowl is a time honored tradition, a time for fun and to build esprit de corps. Last years Turkey Bowl saw the NCOs take home the trophy and this year the Officers were determined to take the trophy from the NCOs.

The first quarter of the game saw the NCOs score an early lead, getting a touchdown and an extra point. The Officers were able to return the favor, after a few attempts.

Going into the second quarter though, the NCOs under SFC Williams scored twice more. The Officers were unable to overcome the NCOs defense for the remainder of the half.

In the second half, both the Officers and NCOs scored, but the NCO team held there ground and stopped the Officers from making a narrow comeback.

At the end of the day the NCOs kept the trophy for another year, leaving the Officers to plan for next years game and rematch.



SFC Williams makes a narrow escape from CPT Garrison during the Turkey Bowl.



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### YOU ARE THE NEWS!

This newsletter belongs to the  
WILLING AND ABLE members of  
the 555th Engineer Brigade...

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

[Facebook.com/555enbde](https://www.facebook.com/555enbde)

1Lt. Austin Coombs. Reach me by email at  
austin.m.coombs.mil@mail.mil





## Community Matters: Families get healthy with Triad program



By Gia Oney  
*Madigan Public Affairs*

JBLM, Wash. — It's not every day that a training module for Soldiers would include lying down on yoga mats and simulating sleep techniques, but on a cold and wet November morning, more than 1,400 Soldiers and family members of the 555th Engineer Brigade did just that in support of the new Performance Triad program the unit is piloting for Army Medicine.

From pose running to performance nutrition, dental health to spiritual fitness, the Triple Nickel family day event proved to be beneficial for Soldiers, leadership and their families.

"The purpose of the Performance Triad is to improve overall resiliency, not just for the Soldiers of the Triple Nickel but across the Army as well," said Capt. Marc Hodel, a brigade plans officer and the family day event coordinator.

The Performance Triad is a program developed by the Army office of the surgeon general that specifically focuses on healthy sleep, nutrition and ac-

tivity habits. By encouraging a balanced fitness program in all three tenets of the triad, Lt. Gen. Patricia Horoho, the Army surgeon general and commanding general for the U.S. Army Medical Command, believes Army leadership can improve Soldier health and unit readiness.

The surgeon general also recognized the importance of having healthy families, and the Performance Triad addresses a variety of health and wellness topics for military spouses and children.

"(At our event,) we wanted to get families involved," Hodel said. "It's easy to teach Soldiers, but two of the main tenets of the Performance Triad, sleep and nutrition, come from home so we have to get families onboard."

While most of the teenage family members were in school, the 110th Chemical Battalion event bay was full of young children who had the opportunity to run through a miniobstacle course, watch their moms and dads battle it out at the Performance Triad jeopardy station or see for themselves just how

much sugar is in their tasty juice boxes.

"It all starts at home," said Heidi Dillard, wife of Col. Larry Dillard, the brigade commander. "The health of our Soldier is important to us as a family, so our family's health has to be important as well."

Heidi works with the Triple Nickel Family Readiness Group to engage families about the Performance Triad and to encourage and educate them on healthy habits the whole family can practice at home.

The brigade is one of five units across the Army piloting the Performance Triad program. What was initially a tasking for Colonel Dillard to implement in his brigade evolved in to a broader approach to increasing unit readiness and boosting the health of his Soldiers.

"It's a culture change," Col. Dillard said. "But, if you can get people to make one small change, you will see a difference in their overall health, as well as your unit's readiness."

Dillard's hope is that the Performance Triad pilot creates a "meet-in-the-middle" approach; his squad leaders and platoon sergeants can teach and develop the program to the junior Soldiers, while the brigade senior leaders support and provide opportunities to put the program into action. According to him, the Performance Triad is something that can be implemented and sustained by Soldiers of all ranks.

Dillard highlighted the importance of his unit leaders to create conversations about the Performance Triad with their Soldiers, noting that squad leaders are setting weekly goals and

encouraging their teams to make simple changes.

In support of sparking conversations about the Performance Triad, 1st Sgt. Aaron Mang, with the 571st Sapper Company, 864th Engineer Battalion, indicated that he addresses sleep, activity and nutrition at company formations as well as individually with Soldiers throughout the day.

"The talks with Soldiers should be personal and meaningful," Mang said.

As a vegetarian, Mang noted that, for him, concentrating on the nutrition piece of the Performance Triad has been beneficial for his own health, and talking about healthy foods with Soldiers in his company has helped him to keep a proper diet at the forefront.

Conversations about nutrition eventually turn in to talks about sleep, and Mang said he recognizes the danger of having overly tired Soldiers.

"(The unit) can't be ready if the Soldiers aren't well rested," Mang said. "Quality sleep is important for Soldiers to be physically fit and mentally prepared for the mission ahead."

The 555th Engr. Bde. will continue the pilot program through April with the support of Performance Triad coaches from the office of the surgeon general.

For more information on the Performance Triad, visit [armymedicine.mil](http://armymedicine.mil).



## In the News: Firefighters heat things up in test



**537th Fire Fighter Detachment Soldiers conducting vehicle extrication training as part of their culminating training event.**

By U.S. Army Sgt. Quanesha Deloach  
5th Mobile Public Affairs Detachment

JBLM, Wash — Soldiers with the 537th Firefighter Detachment conducted structure fire training for a single story burn at McChord Field Nov. 19 to prepare for their upcoming deployment.

"This training helps validate that we are ready for the mission and we are physically fit," said Staff Sgt. Ray Fulmer, a firefighter, 537th Firefighter Detachment. "We are training today to show our command that we have been working together as a team to get the mission done."

The detachment was certi-

fied by the Directorate of Emergency Services last month, but are validating and refreshing its skills before a nine-month deployment to Romania. According to Fulmer, all firefighters must have Level 1 certification before training. The Level 1 firefighter performs firefighting activities, which include laying hose and performing fire containment and extinguishing tasks.

"We receive biannual training from the Joint Base Lewis-McChord firefighter teams to keep us certified and ready for any mission," Fulmer said.

Before the training began, the assigned leader conducted a gear check that included boots,

helmet, coat, pants, hood, suspenders and gloves in order to protect the firefighters from smoke, heat and other dangerous materials. They also ensured the communication equipment was serviceable and in good connection.

The firefighters divided into groups of seven before entering the building. This included three firefighters to fight the fire, two firefighters for backup safety, two firefighters to search and rescue any victims and the commander in charge of the team.

After the firefighters extinguished the blaze and rescued the victim, they exited the building and performed first aid. The

commander kept communication with the team and accountability of all firefighters throughout the search.

According to Capt. Dustin Eggleston, 537th Firefighter Detachment commander, the training was a success and the firefighters met all training requirements.

"Thanks to the JBLM firefighter team and firefighter chief of training for the help and support for making this training a success and validating the firefighters," he said. "The team is ready for the upcoming deployment."



**537th Fire Fighter Detachment Soldiers respond to a night structure fire as part of their culminating training exercise to prepare them for an upcoming deployment.**



**537th Firefighter Detachment Soldiers conduct a night structure burn as part of their culminating training event, responding to the fire and safely extricating wounded personnel.**





## Troops March to Santa's Castle



By Christina Carmen Crea  
*Northwest Guardian*

JBLM, Wash — Lighted backpacks filled with toys, Santa hats and Christmas music filled the 555th Engineer Brigade Soldiers' formation during their annual Castle Ruck March Monday.

It was a different kind of physical training that morning.

Soldiers had the option of dressing up in Christmas attire as about 900 of them marched two miles from the 555th Engr. Bde. headquarters to American Lake Conference Center to donate toys to Joint Base Lewis-

McChord's nonprofit organization Santa's Castle.



The brigade leaves Able Field on it's Castle Ruck March.

"We've been having our Soldiers do this event and donate toys since the mid-'90s," said Capt. Bryan Perrenod, 555th Engr. Bde. "About 70 percent of our Soldiers bring toys to donate. It's a great opportunity for them to get involved in a fun morning activity and support a local cause to help other Soldiers and families in need."

Last year, the 555th Engr. Bde. collected approximately \$10,000 worth of toys, books, games, bikes, and stocking stuffers, said Amy Luekenga, president of Santa's Castle. The total contribution from the JBLM community was about \$175,000.

Since 1994, Santa's Castle has provided Christmas toys to the children of Army, Air Force, Navy, Marine, Coast Guard, national guard and reserve families — primarily service members E-4 and below — experiencing financial difficulty.

Specialist Jose Martin, 555th Engr. Bde., brought a Nerf gun, Thor hammer, Ninja Turtles and Barbie toys to donate.

"This is my third year doing this, and I love it," Martin said. "I like being generous and giving back to people in need. I'm glad our brigade does this because it's a good opportunity to give back to the community and show

there's still good being done in the world."

Sergeant 1st Class Tyler Means, 555th Engr. Bde., helped organize the Castle Ruck March.

"The festivities are fun and we get to let the Soldiers relax and have fun during a morning PT event," Means said. "It's also a way for Soldiers to support other Soldiers. In giving as much as they gave, it really shows how much our brothers love their other brothers in arms."

Luekenga said the highlight for her is just seeing the Soldiers dressed up and delivering the toys.

"We really appreciate what they do," Luekenga said. "All of what's donated goes toward efforts to help military families in crisis during the Christmas season."

Colonel Larry Dillard, 555th Engr. Bde. commander, said it's a great time for Soldiers to connect and support a good cause.

"This really gets us in the holiday spirit, and we're happy to support Santa's Castle," Dillard said.



Triple Nickel Soldiers donate toys to the Santa's Castle organization.

Last year, Santa's Castle helped 2,244 children from 1,024 families.

Service members are identified by their chain of command and referred to the Santa's Castle program. Once accepted, the service member is scheduled for a shopping appointment where they come to Santa's Castle to select gifts for their family.

Thank you to all the Soldiers and Families that participated in this years ruck march and donated to Santa's Castle. We also thank the volunteers that dedicate their time to support Soldiers and Families on Joint Base Lewis-McChord.

Happy Holidays!



Triple Nickel Soldiers wait in line after completing the ruck march to donate toys to Santa's Castle.



## Best Sapper Competition at JBLM



**Sgt. Linares uses a chainsaw to cut 5 measured pieces out of a wooden log, graded on time and accuracy of the cut.**

By U.S. Army Sgt. Deja Borden  
20th Public Affairs Detachment

JBLM, Wash — Soldiers across the Army are intimately familiar with the Army Physical Fitness Test. Across the service, Soldiers know they will do two minutes of pushups, two minutes of situps, and a two-mile run.

What if you had to do five minutes of pushups and situps? Imagine going right into three minutes of pullups without even getting a chance to rest. Now imagine that the familiar two-

mile run was twice as long, and you had to wear your body armor while you did so. Fortunately, you can complete this test with your best buddy by your side, trading off when you get too tired and motivating each other to keep going.

This daydream was a reality during the 555th Engineer Brigade's Best Sapper competition, held Dec. 9-11 at Joint Base Lewis-McChord, Washington.

The non-standard PT test was only the first event of a grueling three day competition. Six two-man teams, ranking from

junior noncommissioned officers to company grade officers, braved the harsh rains and cold temperatures of the Northwest to show off their expertise at basic Army tasks and their knowledge of sapper skills.

Some of the challenges included range qualifications, written exams, ruck marches, land navigation, tower rappelling and explosive ordnance disposal lanes.

"I haven't really gotten to do anything I learned in Sapper School since graduating so this is a good opportunity to relearn and practice what I gained from that school," said Lt. Kathryn Marr, Company A, 14th Brigade Engineer Battalion.

After a long two days, competitors had one mystery event to complete before they could find out the winners. Initially, all they were told was to do 25 burpees each and then start running. They didn't know how far or how long they would run, and had to complete tests of endurance on the way, including carrying water cans half a mile, carrying each other half a mile, performing lunges with a log on their shoulders, flipping a tire for

a quarter mile and running with protective masks on for a mile.

In the end five teams completed the competition and the top three teams won the prize of competing in the all-Army's Best Sapper competition at Fort Leonard Wood, Missouri, scheduled for April 2016.

During the award ceremony Col. Larry Dillard, commander of the 555th Engineer Brigade, congratulated the remaining five teams on their completion of the competition.

"Sappers lead the way," said Dillard as he reminded the competitors and audience of the major contributions combat engineers have made throughout Army history. Dillard told the participants how proud he was of each one of them and how much they mean to the unit and the Army.

***Congratulations to 1st Lt. Travis Emery and 1st Lt. Brian Elliott for taking 1st place. They will compete in the Army Best Sapper Competition in April at Ft. Leonard Wood along with the 2nd and 3rd place teams: Cpt. Isaac Freel & 1st Lt. Cary Hooper, Ssgt. Jason Greico & Sgt. Elvis Linares.***



**1st Lt. Emery and 1st Lt. Elliott flip a tire at one of the stations during the final Best Sapper Competition event, the X Mile Run.**



**The competitors and engineer leaders stand with MG James after completing the 2nd Annual JBLM Best Sapper Competition.**





## 864th Engineer Battalion Quarterly Update



**JBLM Combatives Tournament**

**By U.S. Army Ltc. Steven Sattinger**  
864th En. Bn. Cdr.

Happy Holidays Pacemaker Soldiers, Families, and Friends!

Fall is upon us and has brought a multitude of missions, along with cooler temperatures. From rotations to the Yakima Training Center (YTC), to volunteering with Habitat for Humanity, the Soldiers of the 864th have been setting the pace. This is exemplified by FORSCOM's selection of 864th Engineer Battalion as the winner for the FY15 Army Award for Maintenance Excellence (AAME). This recognition is a direct reflection of the hard work and dedication of Pacemaker Soldiers.

There have been numerous changes across the Battalion the last couple of months with 585th Engineer Company and 28th Concrete Detachment deactivating, as well as, the change of command for both 571st Sapper Company and 610th Engineer Support Company. As a battalion, the Pacemakers have increased efforts to incorporate the performance triad tenants of sleep, nutrition, and exercise throughout unit operations. In

support of the Performance Triad initiatives, the Battalion executed a NCO vs. Officer football game, in which the Officers were victorious. The junior enlisted Soldiers from 571st were the victors in the battle for the Commander's Cup this quarter. Finally, the officers of the battalion dominated the brigade officers with a score of 11-0, in their title defense as ultimate football champions.

HHC and FSC have been busy planning and supporting multiple training events to include the 570th and 610th platoon certification exercises. HHC and FSC also continue to maintain readiness as a Severe Weather Emergency Response Force. HHC implemented a Combat Life Saver Pilot program that certified leaders and Soldiers in the company without disruption to daily Battalion staff operations. FSC qualified on multiple METL tasks during Operation Wardog, their company FTX. FSC continues to be an invaluable asset to the battalion by supporting multiple ranges and training exercises.

570th executed multiple training exercises, both here on

Fort Lewis and at YTC. Starting in early September, FIDO conducted its Squad Certification Exercise. 570th then deployed to YTC and provided combat engineer support to the 2-2 Stryker Brigade Combat Team (SBCT). Following the support to 2-2 SBCT, 570th again deployed to YTC to conduct its Platoon Certification Exercise.

The 22nd Engineer Clearance Company spent this fall clearing the way for units here on Fort Lewis, as well as, in Texas and Southern California at the National Training Center (NTC). In addition to NTC, 22nd had twenty Soldiers travel to Fort Bliss, TX where they participated in a field training exercise supporting the 40th Brigade Engineer Battalion. The 571st Sapper Company executed a squad level field exercise, training on multiple individual and collective tasks. This quarter platoons have worked extremely hard training on counter-mobility and mobility tasks in preparation for squad verses squad training lanes. Additionally, 571st Soldiers participated in



an air assault mission using Blackhawks helicopters and even participated in a helocast, a small unit insertion via helicopter.

Last but definitely not least, the 610th Engineer Support Company led a training exercise with the 2nd Ranger Battalion, where Soldiers from the 610th instructed Rangers from 2nd Battalion on the operation of heavy engineering equipment.

This is my last address and it has been an honor serving with you for these last three years as commander of the 864th. I know Ltc. Thompson is in good hands.

As always, Pacemakers are setting the pace and rising to the challenge!

**Pacemakers!**

**Set the Pace!**



**571st Change of Command Ceremony**



By U.S. Army LtC. Eric Larsen  
3rd EOD Bn. Cdr.

The 3rd Ordnance Battalion (EOD) had a series of significant training events take place over the past quarter. Major action during October included the battalion headquarters, 710th EOD Company, and 9th CRT training with 2/2 SBCT at YTC. The venue included CPX activities execution and CBRNE element integration with the brigade prior to NTC Rotation 16-03. The rotation is significant for the battalion because a platoon from 759th EOD Company at Fort Irwin will task organize with 710th EOD Company for the rotation.

Another milestone to highlight is that all of the 3rd EOD Battalion's companies on JBLM provided personnel to support the installation's fall range clearance initiative during the first week of November. The mission provides a dedicated window of time for the EOD companies to clear ordnance hazards from the installation's ranges in order to ensure they are safe for use by units throughout the next two quarters.

There are multiple unit specific training events that took place across the battalion during the last quarter that are essential to recognize as well. The 707th EOD Company conducted a series of deployment preparation training events at JBLM and YTC that demonstrated the unit's

## 3d EOD Battalion Quarterly Update

expeditionary capacity. These engagements were important to highlight because each of the venues prepared the 707th EOD Company to execute their assigned mission with organizations from JBLM.

Other key events occurred highlighting the intense training tempo and operational conditions across the battalion. Examples include 53rd EOD Company's execution of Range Week activities at YTC and demolition operation with the ATF. Field training exercises on JBLM were also a common theme JBLM unit training calendars. The 129th EOD Company and 787th EOD

***"The 3rd Ordnance Battalion also dedicated time for important annual social functions that enhanced comradery and bolstered family bonds."***

Company conducted FTXs on JBLM during the November and December timeframe. Additionally, the 787th EOD Company assumed responsibility for the battalion's Homeland Defense mission and McChord Airfield EOD response duty while simultaneously executing training during the quarter.

The past three months also included highly constructive external review opportunities for the battalion. The 707th EOD Company, 53rd EOD Company and the 3rd EOD Battalion staff all received valuable assessment feedback applicable to their respective formations during command inspection activities. The feedback, collaboration, and interaction associated with the inspections will enhance organizational processes and improve



***Soldiers and Families from the 3rd Ordnance Battalion participate in the battalion's Trunk of Treat for Halloween.***

efficiencies as the battalion enters the next calendar year.

The 3rd Ordnance Battalion also dedicated time for important annual social functions that enhanced comradery and bolstered family bonds. The first example of this took place on 10 November when the battalion headquarters and all of the EOD Companies on JBLM participated in the organization's annual chili cook-off. The event was well received by participating Soldiers and family members because of the delicious chili samples available to participants. The judging and winner selection portions of the event were also popular. The battalion executed its annual Holiday Event on 06 December. This forum allowed the organization to interact collectively with Soldiers and family members prior to the Christmas timeframe. Key leaders from the battalion staff also had the opportunity to interact with leaders from the entire brigade during the 555th Engineer Brigade Commander's Holiday Reception.

3d Ordnance Battalion (EOD) achievements over the past quarter were significant and set conditions for continued organizational success during the next calendar year.

***"Nighthawks!"***



**MSG Silva looks through a spotting scope at Ft. Worden as part of the 3rd EOD's LPD.**





## 110th Chemical Battalion Quarterly Update



*As a culminating FTX event, Iron Dragons competed in a series of events. Here they are looking for three deficiencies in a vehicle while in MOPP.*

**By U.S. Army Lt. Jason Lacroix**  
110th CHEM Bn. Cdr.

In the next few months, as most military Families know, tenures in leadership are not everlasting. We will transition many of our Company Commanders and First Sergeant Teams as their ten-

ures come to a close. In addition, we will set conditions to activate and stand up the 45<sup>th</sup> CBRN Company. This will significantly increase the size of the 110<sup>th</sup> CBRN Battalion here at JBLM with the addition of a new crop of eager Soldiers, Leaders and Families



CPT Wessel feels the effect of CS gas during the CRT 1/11's Confidence Chamber.

to join the Iron Dragon Team.

It has been a pleasure to see our teams in action over the past four months. Whether at Fort Riley, KS, JBLM, WA, or the National Training Center as a Senior Observer Controller/Trainer our Soldiers have been working hard and excelling in all they do.

I want to congratulate SGT Kuhen and PFC Lewis for winning the Battalion NCO and Soldier of the Quarter for 1st Quarter FY 16.

**Iron Dragons...UTMOST!**

**All of the Time!**

*"It has been a pleasure to see our teams in action over the past four months."*



SGT Hinson instructs sampling operations to CRT 2/11



## Brigade HHC — Command Update



Greetings Families and friends of the Triple Nickel HHC!

HHC, 555 EN BDE has had a global impact over the last quarter. From welcoming home the 573rd Construction Management Team from a successful deployment to Afghanistan, to executing a bilateral exercise with the Japanese Ground Self Defense Force in December, to preparing for the 537th Firefighting detachment to deploy to Romania in March 2016, the Phalanx company's positive influence has been felt across the world. We are grateful for every Soldiers' strong commitment and dedication that has made these missions possible.

Beginning in the second week of December, 'Yama Sakura 69' provided an opportunity to train the brigade staff while

training with one of the five regionally aligned Japanese armies. The staff conducted a week long MDMPEX in a field environment during the event at TOC Pad 9. In addition, the company trained on quartering party operations and rehearsed seizing and securing the assembly area that was used for the exercise.

The 537th Firefighters meanwhile remained busy with preparations for their upcoming

deployment. In November, the detachment conducted two validation exercises that demonstrated their competency to provide fire prevention, protection services, and humanitarian assistance to Task Force Black Sea at MK Airbase, Romania. An auto extrication training with simulated crash scenes using real cars, and a structural burn event that required entry of a live fire training tower were both highly successful. We wish them the best as they continue to prepare to deploy over the next quarter.

While not preparing for or executing global missions, the

company also conducted meaningful training locally. Of note, the company attended the NBC chamber in mid-November. Each Soldier practiced donning their mask in an NBC environment and rehearsed the proper wear of JLIST gear.

There was also time for fun as the officers and NCOs battled it out on the football field at the annual HHC Turkey Bowl. Despite the officers' claims of 'nearly winning,' the NCOs pulled out a solid 26-6 victory.

Lastly, the company continues to improve nutrition, sleep, and activity habits as it participates in the Army Performance Triad. Emphasizing lifestyle changes, the initiative has already produced positive results within the unit and we expect to see continued improvement in unit readiness as we strive to embody the initiative's principles.



Phalanx Officers and NCO after the Turkey Bowl Game

## Triple Nickel works with USACE

By Alexandra Kocik  
Northwest Guardian

JBLM, Wash — Experience is important to get any job. The 555th Engineer Brigade sends service members to help U.S. Army Corps of Engineers in multiple districts across the country for training and experience.

Recently, Soldiers worked with the USACE in Sacramento, Calif., helping with the Folsom Dam project.

Captain Bryan Perrenod, 555th Engineer Brigade public affairs officer, said this program benefits both sides of the agreement.

"This helps USACE with personnel and helps the brigade and Army Engineer branch by having our Soldiers gain institutional knowledge and experience from USACE and bringing it back

to the formation," he said.

Soldiers close to retirement gain something additional from this program — experience working with the civilian sector. Master Sergeant Bryan Hinzman worked as a quality assurance representative at the Folsom Dam project. After retiring from the Army next year, Hinzman may have a position as a QAR in Sacramento due to his experience in the program. His four months in Sacramento were made up of not doing the same tasks he does as a health and safety coordinator on JBLM.

"The projects our partners do, what I worked on while there, are on a much larger scale that we don't see here," he said.

This included underwater demolitions, rock crushing and cranes carrying more than 200,000 pounds of material.

When he wasn't watching a large planned event, he assessed the site for any safety issues. The focus on efficiency was one thing he took back to his brigade, he said.

Training is part of the regular operations at USACE. While Hinzman worked on their team, he received training on construction and safety that helped him finish various certifications. The overall experience was positive, including the accommodations such as a nice room and rental car.

His time in Sacramento was considered just like any other training, meaning Hinzman was still technically part of the Army while gaining experience. In the end, USACE saves money they would normally spend bringing an expert from within their company to take over specific positions, he said.

"And honestly, there are more than 200 job openings

within USACE for these technical and engineering jobs that are difficult to fill," Hinzman said.

It was also an excellent experience in working in a different state. Although all states follow federal Occupational Safety and Health Administration regulations, each state can add additional requirements. Working in California and focusing on health and safety issues meant Hinzman had to learn additional rules. This was a beneficial experience he can take with him wherever he ends up, he said.

This program does not just benefit QARs. Project engineers, mechanical design engineer and material testing techs have also been sent out from JBLM. More than 20 service members have been sent over the past two and a half years to other sites. They regularly receive emails from hopeful members of the USACE, hoping to bring even more Soldiers onto projects.





# 'Willing and Able Justice'

Public Service Announcements from the Brigade Legal Office

## ***Military Justice News: Recent Courts Martial and Military Justice***

A Private First Class from 610 Engineer Support Company, 864th Engineer Battalion was found guilty at a General Court-Martial of three specifications of assault consummated by battery. The Soldier was sentenced to eleven (11) months confinement; reduction to Private (E1); and a Bad Conduct Discharge.

A Private (E1) from Headquarters and Headquarters Company, 555th Engineer Brigade was found guilty at a General Court-Martial of one specification of conspiracy, one specification of failing to obey an order, one specification of the sale of military property, one specification of larceny, one specification of housebreaking, one specification of false official statement, and one specification of wrongful use of a controlled substance. The Soldier was sentenced to seven (7) years confinement and a Bad Conduct Discharge.

A Specialist from 610 Engineer Support Company, 864th Engineer Battalion was found guilty at a Field Grade Article 15 of violating a lawful general order, Article 92 (unauthorized use of government travel card), and wrongful appropriation of money, Article 121. The punishment was Reduction to Private (E1), forfeiture of 1027.00 pay for 2 months, 45 days of extra duty and 45 days restriction to the limits of JBLM, place of worship, and the DFAC.



## **F**or **Y**our **I**nformation

The Brigade Legal Office can usually provide powers of attorney on a walk-in basis. We are located on the 2d floor of Bldg. 12737. All other legal assistance issues can be addressed by making an appointment with the installation Legal Assistance Office at (253) 477-1875.

## **C**ontact Information

The 555th Engineer Brigade legal office is located in Building 12737 in room 213. Our numbers are: Paralegals – (253) 967-4019; Senior Paralegal NCO – Staff Sergeant Goins (253) 966-9362. Submit your comments or suggestions about this content via e-mail to [david.i.goins.mil@mail.mil](mailto:david.i.goins.mil@mail.mil).

## **Sales of artwork, \$20, benefit the 555th Able Soldier and Family Fund**

The 555th Able Soldier & Family Fund helps support our Triple Nickel Soldiers and their Families during their times of greatest need, assisting those deployed and Families of our Fallen troops.

The Able Fund commissioned world-renowned combat artist Patrick Haskett to create a **print titled "Clear - Hold - Build."** This print, shown to the right, depicts the 864th Engineer Battalion constructing a combat outpost in Afghanistan.

This print is being offered at \$20, with proceeds going directly to the Able Fund.

**More information, including how to order, is available at [555Soldierfund.com](http://555Soldierfund.com).**



**CLEAR - HOLD - BUILD**

ARMY ENGINEERS CONSTRUCT A COMBAT OUTPOST IN AFGHANISTAN IN SUPPORT OF COUNTERINSURGENCY OPERATIONS

FROM THE PAINTING BY PATRICK J. HASKETT

UNITED STATES ARMY  ENGINEER REGIMENT



# 555th Medical Corner

*A public service  
announcement from the  
Triple Nickel Medical Team*

## **Cold weather Health Preparing for the holidays**

If you are traveling for the Holidays, keep the Nurse advice line in case of emergencies.



## **ACCESS ARMY MEDICINE**

### **NURSE ADVICE LINE (NAL)**

**Speak to a Nurse 24/7 about:**

- My Illness
- My Child's Illness
- Medical Questions



**1-800-874-2273  
Select Option 1**

## **WINTER RUNNING TIPS**

❄️ Stay **SAFE** and **WARM** while ❄️  
exercising in the cold.

### **Layer Up**

Dress in layers that you can remove as you start to sweat and then put back on as needed. Avoid cotton, which stays wet next to your skin.

### **Pay Attention to Weather Conditions**

Before heading out, check the forecast for the time you'll be outside. Temperature, wind and moisture are key considerations in planning a safe cold-weather workout.



### **Drink Plenty of Fluids**

Drink water or a sports drink before, during, and after your workout, even if you're not really thirsty to avoid dehydration.

### **Avoid Frostbite**

Frostbite is most common on exposed skin such as your nose, ears, hands, and feet. Early warning signs include numbness or a stinging sensation.

Source: [mayoclinic.org](http://mayoclinic.org)





### 15th Annual Roy Tree Cutting

*Soldiers from the 555th Engineer Brigade and the Mayor of the City of Roy participated in the brigade's 15th annual Christmas Tree Cutting for Roy..*

*The brigade is honored to continue this long tradition and maintain our close relationship with the City and community of Roy.*

## Chaplain's Closing, Major Kelvin Todd

"Fitness"



When you walk through the PX and look at the magazine covers, the values on display—body shape,

muscle tone, beauty secrets, net worth, possessions—all have something in common. Each of these values is temporary.

But at funerals, no one emphasizes the deceased person's physical shape, bank account, or car. Instead, we emphasize qualities like kindness and generosity, courage and commitment, love for God, family, and friends. Sometimes we even stretch the truth, as if admitting that in the end only these qualities matter.

While the "magazine cover values" related to physical health are important for Soldiers to practice, it is vital to keep things in perspective: physical health fitness is good, but spiritual fitness is better.

(Taken from CH (LTC) Jaedicke devotional)

"For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come."

1 Timothy 4:8

**Happy Holidays**  
*The Triple Nickel is proud to support our Soldiers during this time of year*

SANTA'S CASTLE RUCK MARCH



# TRIPLE NICKEL



Questions or comments? Email  
1Lt. Austin Coombs  
Public Affairs Officer  
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## 555th Engineer Brigade

### Mission

The 555th Engineer Brigade provides technical and tactical expertise and Mission Command to modular formations. The brigade plans, supervises and coordinates combat, general, and geospatial engineering in support of unified land operations.

### Vision

A Disciplined unit, built on Trust,  
Committed to team, Family and Fun.  
Ready, Willing and Able.

### *'Willing and Able'*

### Values

*Trust* – I will always display impeccable character and tell the truth regardless of the outcome.

*Discipline* – I consistently do the right, necessary, and sometimes painful tasks in order to accomplish the mission.

*Family* – I will always be available for my Family to meet their relational, spiritual, and emotional needs.

*Commitment* – I am committed to doing my mission to the highest possible standards; I will never quit on myself, my family, or my unit

*Fun* – I will frequently laugh and always make my job and home enjoyable places to work and live.

### Imperatives

*Leader Development* – Utilize engaged leaders to Teach, Coach, and Mentor in order to develop the next generation of adaptive leaders that possess creative and critical thinking skills; Develop leaders, enabled by Mission Command, that are capable of operating in any Volatile, Uncertain, Complex, and Ambiguous environments.

*Training* – Plan tough, realistic, and well resourced training; focus from the "Basics" to Mission Essential Tasks to develop individuals, teams, and leaders to provide World-Class Engineer Support to Unified Land Operations.

*Maintenance and Logistics* – Treat maintenance and logistics as training by assigning ownership and enforcing accountability of our resources and readiness.

*Health of the Force* – Provide our Soldiers and their Families the BEST (Medical, Sponsorship, Resources, Protection, Resiliency) the Army has to offer.

*Readiness* – Resilient Soldiers and Families, Disciplined Soldiers and systems, Superior Training, Personnel Readiness, and Disciplined Supply and Maintenance Programs.

