



# The Mountain Warrior

Quarterly Newsletter



1<sup>st</sup> Brigade Combat Team, 10<sup>th</sup> Mountain Division (LI)

Highlights from 2nd Quarter, FY2019

## ***"Find a way or make one!"***

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## FIND GERONIMO! KILL GERONIMO!!



Brave 1BCT Warriors withstand a polar vortex to complete railhead operations in preparation for JRTC Rotation 19-04, Fort Drum, N.Y., Jan 26, 2019. Several blizzards rolled through Fort Drum, dumping more than four feet of snow on the North Country, but the 1BCT out load stayed on schedule.

As Spring begins in the North Country and our Mountain Warriors shake the snow off their shoulders, we look back at what was accomplished over the long winter. CSM Loveall joined the Warriors, 1-32IN took 1st place in the AAME, 1BCT left a permanent display at JRTC, and we held the Warrior Brigade Ball- celebrating our history and defining our future.





## The Mountain Warrior

"Find a way or make one!"

### 1st Brigade Combat Team, 10th Mountain Division (LI)



**COL Shane Morgan**  
Warrior 6



**CSM Tracy Loveall**  
Warrior 7



**LTC Horrigan**  
Chosin 6



**CSM Weaver**  
Chosin 7

1-32IN



**LTC Goettke**  
Centaur 6



**CSM Blackwell**  
Centaur 7

3-6 FAR



**LTC Schneider**  
Summit 6



**CSM Bond**  
Summit 7

1-87IN



**LTC Jones**  
Hammer 6



**CSM Palmer**  
Hammer 7

7th BEB



**LTC Wence**  
Courage 6



**CSM Farlow**  
Courage 7

2-22IN



**LTC Palmore**  
Sherpa 6



**CSM Terrell**  
Sherpa 7

10th BSB



**LTC Lowell**  
Ghost 6



**CSM Sanchez**  
Ghost 7

3-71 CAV



## North country wintry weather causes issues for Fort Drum rail deployment

By Craig Fox, Watertown Daily Times

**FORT DRUM** — You think it's a nuisance to clean snow off your car during the north country's harsh winters?

Try getting about 1,000 pieces of military equipment loaded on a Fort Drum railhead in 72 hours, in a blinding snowstorm, to be sent more than 1,500 miles away.

That's what the 10th Mountain Division's 1st Brigade Combat Team had to do recently.

In the 30-below-zero weather that hit the north country Jan. 22, the team completed the rail load to prepare for a month-long deployment to the Joint Readiness Training Center in Fort Polk, La.

"There was a lot of snow, and it had to get cleared," said Sgt. Maj. James Kelley, operations sergeant major in the 87th Infantry Regiment.

"When the trains are under three feet of snow and on the tracks, it's just time-consuming."

One soldier suffered minor injuries during the mission.

Over the years, the 10th Mountain Division has worked to improve the aging railhead for future operations and to ensure the unit is ready to deploy at a moment's notice.

Unfortunately, the existing railhead is limiting for such a preparation, Sgt. Kelley said.

However, Sen. Charles E. Schumer, D-N.Y., has urged the Army to embark on a \$21 million project to double the capacity of the railhead for loading and unloading there.

During the operation, melting and refreezing snow and working in the snow made it even more difficult, said

Sgt. 1st Class Charles Kohut, 1-87 Infantry Regiment, D Company, 3rd platoon.

"On top of everything, we had a problem with guys staying warm," Sgt. Kohut said, noting soldiers had to be rotated every three to five minutes.

Despite the weather, Sgt. Kelley was pleased with the results, adding it just took a little longer than originally planned. If it were a real war, they would need to get the job done in 96 hours.

Civilians also were involved in the deployment to North Polk. After a state of emergency was lifted in Jefferson County, they drove equipment — in what is called a line-haul — to Fort Polk.

With the transport preparations in such wintry conditions behind them, about 3,000 Fort Drum soldiers are now spending a month of training in simulated combat.

They will return to Fort Drum — and presumably more north country winter — later this month.



Soldiers from 1BCT conduct rail load operations at the Fort Drum rail yard to prepare for deployment to the Joint Readiness Training Center at Fort Polk, La, Jan 26, 2019.



### 10th Mountain Division's 1st Brigade Combat Team conducts movement amidst polar vortex

By Staff Sgt. Michael Reinsch

10th Mountain Division Public Affairs



A Soldier from 1BCT uses a torch to melt the ice build up on a chain that connects the vehicle to the railhead car, Jan 28, 2019.

The 1st Brigade Combat Team, 10th Mountain Division, launched their Rail Load Operations in preparation for their deployment to the Joint Readiness Training Center in Fort Polk, Louisiana, Jan. 22. Weather conditions played a major role throughout the mission. The unit fought through a historic polar vortex where wind chills reached -30 degrees, intermittent white-out conditions affected visibility, and constant ice made roads treacherous.

"There was a lot of snow, and it had to get cleared," said Sgt. Maj. James Kelley, the operations sergeant major for 1 BCT, 87th Infantry Regiment. "When the trains are under 3 feet of snow and on the tracks, it's just time-consuming."

Performing railhead operations can be dangerous as injuries and even death are possible. The danger is exacerbated by the winter conditions that often pelt northern New York.

"The spectrum of winter conditions -- we had everything," said Kelley. "The coldest it got on us was -30 degrees, which froze all the rail cars. It was like skating at The Gardens in Boston."

"It is already a high-risk operation. We did our risk assessments. We mitigated to the best of our ability, but, every year across the Army, people get killed doing railhead operations," said Kelley. "Luckily, we only had one injury. He was doing all the right things. He was wearing all of his protective gear. He just slipped."

The Soldier who was injured, was only minorly injured, but, if it were not for all of the safeties doing their part and him wearing his protective gear, it could have been worse, said Kelley. What would prevent, or at least lessen the possibility of injuries is if the railhead was updated.

Over the years, 10th Mountain Division has been striving to improve the aging railhead to remain relevant for future operations and ensure the unit is ready to deploy at a moment's notice.

"Our railhead is very difficult to work on because it is very limiting compared to other railheads that I've worked on at other installations," said Kelley. "You can only have a single train in at a time. It's a single load point. It's a single exit point. It's kind of antiquated in comparison to other railhead operations."

Kelley says that a larger, more up-to-date railhead would make the operation safer as well as more efficient. This sentiment is also mirrored by one of the platoon sergeants that worked on the loading operation.

"When the snow melted a little and then re-froze, it made moving some of the vehicles difficult," said Sgt. 1st Class Charles Kohut, 1-87 Infantry Regiment, D Company, 3rd platoon, platoon sergeant. "The slush would build up, some of the ice just got way too slick and some of the vehicles were almost sliding off the cars. We would throw down some salt to melt the ice, but it was too cold and wouldn't melt or would just turn it into more slush."

Working out in the cold can be a difficult task, but one factor that has to be taken into consideration when conducting such a large operation like this is Soldiers being injured from exposure.

"On top of everything, we had a problem with guys staying warm," said Kohut. "They're on top of those trucks in the minus degree winds, gloves getting soaked from snow and ice. We had to rotate them out to get warm for 3-5 minutes before they had to come back. The closest building for them to get warm in was a little less than a mile walk."



## The Mountain Warrior

“Find a way or make one!”

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This year, all deployment duties were executed in extreme cold conditions with continuous snowfall all week. However, the lake-effect snow, blizzard conditions and a state of emergency being declared in Jefferson County, NY due to the “Winter Vortex” didn’t hinder the mission.

“We executed the mission with the equipment we had on hand, and I’m very happy with the results,” said Kelley. “It just took a little longer than I had originally wanted.”

Despite known limitations about the railhead, Soldiers were determined to load all gear and equipment in a timely manner. Soldiers teamed up with civilian workforces for their assistance and railroad expertise. They had a successful out-load, which was approximately 1,000 pieces of equipment loaded in 72 hours.

Even though the Soldiers and civilian workforce came together in a monumental way to accomplish such a difficult task, Kelley does still have his concerns.

“We are on a 96-hour call, so we have to be able to push the entire brigade combat team out of here to fight a real-life war in 96-hours,” said Kelley. “The type of railhead and the weather did have an impact on us being able to hit that deadline.”

For all of the Soldiers out braving the cold, there was a simple solution to the problem.

“I have seen railhead operations before, and they have gone much faster,” said Kohut. “It was just the weather and the old facilities that slowed us down. If we had a facility that was indoors, it would have been much faster.”

In addition to the rail yard portion of the movement, there is also another aspect to the deployment to a training area: the line haul. Most of the line-haul portion of the operation is taken care of by civilians who drive military equipment to their destination. Since there was a state of emergency called for the county Fort Drum is located on, most of the trucks tasked to haul the equipment couldn’t make it in until after the emergency was lifted. On top of the state of emergency, the amount of snow made it difficult to move equipment and load it once the trucks were able to move. The cold days of preparing equipment for transportation is behind them, and 1 BCT can concentrate on perfecting their profession through the rigorous training at JRTC.



Soldiers from the 1st Brigade Combat Team work on securing equipment to the railhead in preparation for transport to Fort Polk, Louisiana, Jan 28, 2019.



A 1BCT Soldier digs his vehicle out of the snow after a blizzard hit Fort Drum, New York, Jan 28, 2019.



## **10th Mountain Division Soldiers finding resourceful ways to tackle ACFT training**

Story by Mike Strasser  
10th Mountain Division Public Affairs



Soldiers pulled weighted sleds, ran with kettlebells and cranked out deadlifts at the gym one recent frosty morning at Fort Drum in preparation for the Army Combat Fitness Test, Feb 29, 2019.

**FORT DRUM, N.Y. (Feb. 28, 2019) --** Dozens of Soldiers from 1st Battalion, 87th Infantry Regiment, 1st Brigade Combat Team, were pulling weighted sleds, running with kettlebells and cranking out deadlifts at the gym one recent frosty morning at Fort Drum.

This is nothing new or particularly eye-catching at Atkins Functional Fitness Facility where such activity is common, and patrons can rope climb, flip tires and row to their heart's content.

What was different was their reason why.

As Soldiers from across the 10th Mountain Division (LI) condition themselves for the new Army Combat Fitness Test, many are finding the space at Atkins to be the best training grounds until the snow melts and temperatures rise above freezing.

"With our training schedule and deployments, we are trying to do what we can now so everyone can be successful on the ACFT," said Staff Sgt. Sergio Castillo, with B Company, 1st Battalion, 87th Infantry Regiment, 1st Brigade Combat Team. "Especially now with the winter weather, and (preparing for) our JRTC (Joint Readiness Training Center) rotation, that can be challenging."

Castillo said that Soldiers in each platoon of his company are receiving familiarization training on each of the ACFT events - the deadlift, power throw, hand-release pushups, sprint-drag-carry, leg tuck and two-mile run. They also will complete the full ACFT - not for record, but to inform their leadership about their performance percentages and areas for improvement.

"My goal is to make sure that our Soldiers know what is expected of them, so the next time they take this test it won't be a shock to them," he said. "Our company is going to have the knowledge they need and the time they need to prepare for it."

The ACFT is slated to become the test of record in October 2020.

The 1-87 Infantry is among 62 battalions throughout the Army selected to participate in a yearlong pilot for the ACFT. Between March and October, selected units will take two not-for-record ACFTs, after which the entire Army will take two not-for-record ACFTs roughly six months apart.

When a mobile training team arrived at Fort Drum late last year, Castillo completed the Level III certification that allows him to oversee the ACFT, and train and certify others in his unit to administer and grade the test.

"Personally, I like the ACFT more than the APFT," he said. "Everything that is implemented in the ACFT we use in training and in combat. When I teach Soldiers, I want them to see how it all relates."

Castillo said that because the ACFT is more intense than the current Army Physical Fitness Test, he is seeing some Soldiers struggle early on.

"That's because a lot of us don't train this way, and we don't usually focus on this type of workout during normal PT hours," he said. "With the APFT, we didn't have to."

The major difference between the ACFT and the APFT is that the new test requires Soldiers to complete more events - six - in a shorter amount of time. Some events require kettlebells and a weighted hex bar, whereas the APFT required only a Soldier's body weight. The ACFT targets every major muscle group in the body and aligns fitness with combat readiness in ways that the APFT can't assess.

"The sprint-drag-carry alone is taking a lot of guys out," he said. "This event is the peak of the ACFT, because by the time Soldiers get to this event they have already depleted a lot of energy in their legs, shoulders and chest, and they have that elevated heart rate."

"We don't want to see any Soldiers passing out or getting hurt because they aren't prepared," he added.



# **Warriors in the News**

## **The Mountain Warrior**

**"Find a way or make one!"**

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Capt. Shana Lilley, 1-87 Infantry physical therapist, watched as Soldiers performed each event during a recent session at Atkins and advised them of any adjustments they could make to prevent injuries.

"The ACFT necessitates a shift in how we train," she said. "This includes our physical training, nutrition and mental skills."

The current Army Physical Fitness Test grades Soldiers differently based on age and gender, which will not be the case with the ACFT. Lilley said that the difference will challenge many Soldiers, but it is an important change for combat readiness.

"We have found that the Soldiers - regardless of rank and time in service - who have a higher fitness level and positive attitude toward the new test are thriving with the new standards," she said. "The Soldiers who have lower fitness levels and negative attitudes toward the test are more resistant to the change."



A Soldier demonstrates the new style of push-ups required for the Army Combat Fitness Test due to roll out in 2020, Feb 28, 2019.

Fortunately, many of our Soldiers have expressed positive feelings toward the test since it is more challenging."

Lilley said that given the limitations of the current field training tempo and access to indoor facilities in inclement weather, it has been difficult to build a training program that completely encompasses the six-event test.

"But I think that Soldiers should still be able to pass this test," she said. "The events themselves are more challenging and more holistic than the previous test, but it is attainable. It will be more difficult to max, but anyone who wears the uniform should be able to pass this test."

For that reason, Castillo is using all of the resources available to get Soldiers ready, which includes 1-87 Infantry's Team APEX (Army Performance Experts) that consists of two strength and conditioning coaches, a physical therapist, an occupational therapist and a dietitian.

"That's a great advantage to us for Soldiers who don't know the proper form for these events, or don't understand that what they eat will affect them during the test," he said.

Lilley said that Soldiers have been working closely with Team APEX, but for the most part the NCOs within each company have taken the lead in ACFT training.

"It is important that we empower the leaders in our unit to train their Soldiers, and you can see how well the Soldiers respond to the NCOs' instruction," she said. "It's not mandatory, but we strive to have at least one member - and ideally all - of our Team APEX present at each training event. It provides us the opportunity to mentor the NCOs who are teaching, observe the Soldiers as they perform each task, and inform the Soldiers of the resources that we provide."

Lindsey Craft, strength and conditioning coach, said that the goal is to have Soldiers focus on developing general physical capacities - agility, power, strength, anaerobic endurance and aerobic endurance.

"By building these general capacities, not only will they improve on the ACFT, but we can improve Soldier readiness year round and increase their performance level for any test or school," she said. "By creating a buffer of these general capacities, they become more resistant to arduous conditions and stressors, so they can repeatedly deliver above the standard."

Craft noted that many Soldiers had questions about grading standards for the ACFT, but they were also interested in learning more about nutrition.

"Performance nutrition took center stage, as many Soldiers are finding out their typical morning routine provides insufficient energy, hydration and digestion time when applied to the ACFT," she said.



# **Warriors in the News**

## The Mountain Warrior

"Find a way or make one!"

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"Obviously, this test is a little more involved, and some of you probably didn't have to train as hard for the APFT," she said. "So we want you to be aware of the different energy systems you will be using during the ACFT and how to properly fuel to maximize the potential of these energy systems."

The phosphagen energy system is used for moments requiring short bursts of energy, and Schaad said that when Soldiers perform the first event - the deadlift - they will initially use muscle phosphocreatine stores for energy.

The events that follow the deadlift rely primarily on muscle stores of glycogen for energy, as the anaerobic and aerobic energy systems prefer to use carbohydrates to produce moderate amounts of energy for longer amounts of time. Carbohydrates are stored as glycogen in the body, which is necessary for fueling muscle contractions. Insufficient carbohydrate intake will hinder a Soldier's ability to sustain heavy loads, mental agility, and power during moderate- to high-intensity activity such as the ACFT.

"That's why it is really important to fuel up on carbs before taking the test, because you need glycogen to provide energy during these events," Schaad said. "We see many Soldiers who do not do a lot of anaerobic training that will burn through that energy system fairly quickly."

After five events, without proper fueling beforehand, the two-mile run is going to use up glycogen stores and begin using fat and protein to provide energy.

"The body doesn't convert those to energy as easily, so you're going to find it harder to perform as well," Schaad said. "If you've ever rucked more than six miles or run long distances, you may have experienced the hitting-the-wall feeling where you have symptoms of muscle weakness and fatigue. This is the point of glycogen depletion. That's why before going into this test we want to make sure you maximize glycogen stores, so you can perform more efficiently."

For most service members, physical fitness training and testing occur in the early morning. This can be a challenge to maintaining proper energy levels, because carbohydrate stores are used to maintain normal blood glucose levels during sleep. First thing in the morning, glycogen stores are typically low and in need of replenishment. While some Soldiers may avoid eating or drinking prior to a physical event for fear of stomach discomfort, a small snack can go a long way to benefit their overall performance.

Schaad recommended eating complex carbohydrates such as a medium-sized fruit or granola bar an hour before taking the ACFT. For Soldiers who typically skip breakfast before PT in the morning, an easily digestible snack like toast or a fruit smoothie will serve as a great option. These Soldiers should practice introducing foods at least several weeks prior to a big event such as the ACFT.

In a time crunch, Soldiers can opt for an energy gel or a quarter bottle of a sports drink about 30 minutes before taking the test.

Adequate - but not excessive - hydration is also key for performing well on physical competitions such as the ACFT. A Soldier can typically expect to see a decrease in performance with as little as two to three percent of their body weight loss from sweat.



Soldiers learn the leg tuck event for the new Army Combat Fitness Test due to roll out in 2020, Feb 29, 2019.

In the days leading up to the ACFT, Soldiers should avoid substances that will dehydrate them, such as caffeine and alcohol. Soldiers should drink to quench thirst level in the days leading up to the ACFT. If performing strenuous activity during that time, they should consider using sports drinks to replenish electrolyte levels, which will help ensure the body is adequately hydrated.

"The ACFT will serve as a wake-up call for many Soldiers who currently are just getting by with mediocre nutrition, hydration, exercise, and sleep habits," Schaad said. "In our trial runs of the ACFT, we have already seen Soldiers who failed to complete the events or were unable to perform to their full potential due to poor eating and hydration habits prior to the test."

Some Soldiers struggle to consume a nutritious meal throughout the day. Schaad said that they often report skipping meals or choosing fast food options due to time constraints.



## **Warriors in the News**

### The Mountain Warrior

"Find a way or make one!"

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"Part of our job, as a team of performance experts, is to teach Soldiers to rethink the way they make decisions," she said. "This might include anything from teaching Soldiers to complete a dynamic warmup before exercising to teaching meal planning and nutrient timing."

In that way, the ACFT will help emphasize the importance of planning and learning how to overcome barriers.

"Although the ACFT is a tougher test, the Army has invested in a holistic health and fitness program, which will build Soldiers who are combat effective and who can overcome adversity in order to perform at a higher level," Schaad said. "These are the Soldiers that you want to go to war with. The goal of Team APEX and other holistic health and fitness teams across the Army is to shift the Soldier mindset toward the proper planning and prevention strategies in order to build a force that is physically ready and resilient."

To learn more about the ACFT, visit <https://www.army.mil/acft/>.



A Soldier attempts the standing power throw, an event in the new Army Combat Fitness Test due to roll out in 2020, Feb 29, 2019.



## The Mountain Warrior

"Find a way or make one!"

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### JRTC Rotation 19-04 "Find Geronimo! Kill Geronimo!"



Soldiers assigned to 1-87IN breach through concertina wire, February 20, 2019, during JRTC rotation 19-04.



A Soldier assigned to 1-32IN keeps a watchful eye while holding security with his M4 Carbine, February 9, 2019 during JRTC rotation 19-04.



A Soldier assigned to 1-32IN secures the "village of Batoor" with his M240B Light Machine Gun, February 11, 2019 during rotation 19-04 at JRTC.



Soldiers assigned to 1-32IN on patrol, February 9, 2019 during JRTC rotation 19-04.



Soldiers assigned to 1-87IN rehearse at FOB Black Jack, February 4, 2019 during JRTC rotation 19-04.



## The Mountain Warrior

"Find a way or make one!"

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### JRTC Rotation 19-04 "Find Geronimo! Kill Geronimo!"



A Soldier with 1BCT fires on enemy combatants with his M4 Carbine during JRTC rotation 19-04 at Fort Polk, LA, Feb. 23, 2019.



A Soldier assigned to 2-22IN secures the "village of Marjani" with his M4 Carbine, February 10, 2019 during JRTC rotation 19-04 .



3-71CAV Mortars conduct live fire operations during JRTC rotation 19-04 at Fort Polk, LA, Feb. 23, 2019.



A Soldier assigned to 2-22 IN, pulls security with his M249 Squad Automatic Weapon from the gunner's hatch of a High Mobility Multipurpose Wheeled Vehicle (HMMWV), February 13, 2019, during JRTC rotation 19-04 .



Our 3-71CAV, 1st Brigade Combat Team, 10th Mountain Division Soldiers assemble after a successful JRTC rotation 19-04. The Army's new tech vehicle, the Squad Multipurpose Equipment Transport (SMET) is in foreground.



## The Mountain Warrior

"Find a way or make one!"

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### JRTC Rotation 19-04 "Find Geronimo! Kill Geronimo!"



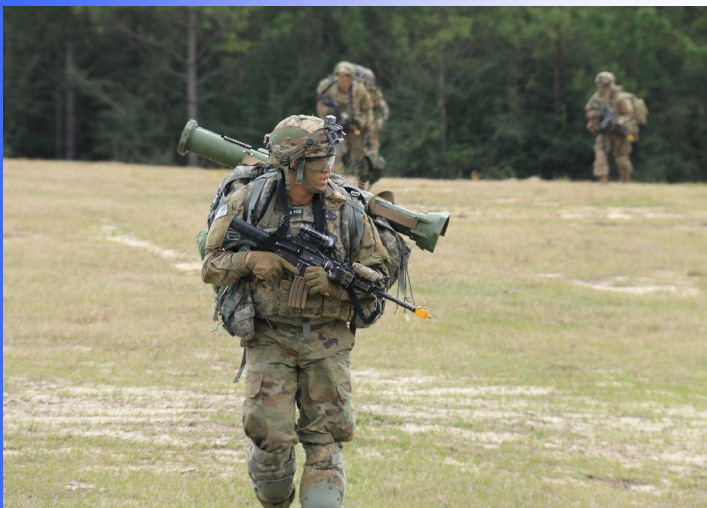
Soldiers assigned to 1BCT exit a Boeing CH-47 Chinook helicopter during an air assault February 18, 2019 during JRTC rotation 19-04 .



A Soldier assigned to 1BCT pulls guard after exiting an Boeing CH-47 Chinook helicopter during an air assault February 18, 2019 during rotation 19-04 at JRTC.



A Soldier assigned to 1-32IN secures the "village of Batoor," February 11, 2019 during JRTC rotation 19-04 .

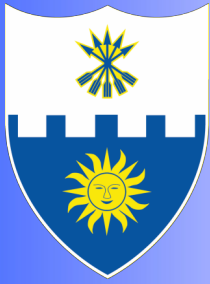


A Soldier with 1BCT begins a foot patrol while carrying an AT-4 Single-use anti-tank recoilless rifle during an air assault February 18, 2019 JRTC rotation 19-04.



Soldiers assigned to 2-22 IN, patrol "Atropia," February 16, 2019, during rotation 19-04 at JRTC.





## The Mountain Warrior

"Find a way or make one!"

### 2nd Battalion, 22nd Infantry Regiment "Courage"

*Deeds, Not Words*



D-Series Mountain Winter Challenge winners 1st Lt. Dow (3rd from left) and 1Lt. Hoffman (4th from left), stand proud with Maj. Gen. Piatt (2nd from right), 10th MTDIV and Fort Drum Commander, and CSM Roark (right), 10MTNDIV. They are joined by 10MTNDIV Light Fighter School 1st Sgt. Rutherford (far left) and Commander, CPT Forsythe (2nd from left).



Pvt. Robert Anderson crouches underneath a vehicle to de-ice vehicle tie-down chains with a blowtorch, Jan 23, 2019, Fort Drum, N.Y., during railhead operations in preparation for JRTC rotation 19-04.



Maj. Etheridge, Executive Officer, 2-22IN, loosens a tie-down chain from a M977 HEMTT (Heavy Expanded Mobility Tactical Truck) on a cargo train during the 1BCT, 10MTNDIV, training rotation at the Joint Readiness Training Center, Fort Polk, La., Friday, Feb 1, 2019.



From left are Spc. Clark, CPL Delehanty, Spc. Olson, Pvt. Randolph, Pvt. Tompkins, and Pfc. Young during the Medal of Honor Winner 1LT John Warren Competition, Mar 29, 2019. Spc. Olson would go on to win.





The Mountain Warrior

"Find a way or make one!"

## 1st Battalion, 32nd Infantry Regiment - "Chosin"

*Against All Odds!*



Soldiers assigned to 1-32IN, 1BCT, 10MTNDIV conduct battle training, February 20, 2019, during rotation 19-04 at JRTC.



1st Lt. Lara (left) and 2nd Lt. Haboob, didn't let the sub-zero temperatures stop them from getting after PT, Jan 17, 2019.



Pvt. 1st Class Lei works to disengage a tie-down chain from a M1078 LMTV (Light Medium Tactical Vehicle) on a cargo train during the 1BCT, 10MTNDIV JRTC training rotation, Feb 1, 2019.



Maj. Gen. Walter E. Piatt (left), 10th Mountain Division and Fort Drum Commander, presents Staff Sgt. Pacheco (center), with the President's Volunteer Service Award, Apr 1, 2019. Also photographed is Col. Kenneth D. Harrison, Fort Drum Garrison Commander.





*Vires Montesque Vincimus*

## The Mountain Warrior

"Find a way or make one!"

### 1st Battalion, 87th Infantry Regiment - "Summit"



Pfc. Gibrand Valentin (left) and Pfc. Phillip Sola secure a High Mobility Multipurpose Wheeled Vehicle (HMMWV) to a train car, Jan 22, 2019, Fort Drum, N.Y., in preparation for JRTC 19-04.



Soldiers assigned to 1-87IN, 1BCT, 10MTNDIV conduct battle training, February 20, 2019, during JRTC rotation 19-04.



Soldiers assigned to 1-87IN, 1BCT, 10MTNDIV prepare to assault over a berm, February 20, 2019, during rotation 19-04 at JRTC.



First Sergeant Nicholas Davenport (1-87IN), is awarded the Order of St. Maurice for his leadership and contributions while serving as an Infantry Company First Sergeant. He is joined by LTC Schneider, Commander, 1-87IN, and CSM Bond.





## The Mountain Warrior "Find a way or make one!"

### 3rd Squadron, 71st Cavalry Regiment "Ghost"

*In the Shadows*



CSM Cesar Sanchez (2nd from left), accepts 3rd Squadron, 71st Cavalry Regiment "The Ghost Squadron", 1st Brigade Combat Team, 10th Mountain Division colors from Lt. Col. Harvey Lowell (left), 3-71 CAV Commander, during his Assumption of Responsibility ceremony at Magrath Sports Complex, Jan 15, 2019.



Spc. Allen has face paint applied prior to a mission during JRTC rotation 19-04, Fort Polk, Feb 4, 2019.



Command Sgt. Maj. Sanchez supported the SHARP 5K run/walk, Apr 1, 2019, despite an unexpected snowfall and freezing temperatures.



Gainey Cup Best Squad Competition team. From left front row are Pvt. Mark Espinoza, Staff Sgt. Alec Kirch, Sgt. Alvin Lee, Spc. Matthew Selfridge. 2nd Row: Pfc. Tucker Ayres, Cpl. Nicolas Vallez, Spc. Joseph Zazarro, Spc. Adam Carter.





*Swift and Bold*

## The Mountain Warrior

"Find a way or make one!"

### 3rd Battalion, 6th Field Artillery Regiment - "Centaur"



Lt. Col. Goetkcke does 360 kettle bell swings during the Centaur Ninja Warrior Competition, Mar 6, 2019.



First Lieutenant Clayton Hudak, Executive Officer, HHB, was awarded the Army commendation Medal during his Farewell Ceremony, hosted by LTC Goetkcke, Mar 25, 2019.



Charlie Battery took both the Maintenance Readiness and Medical Readiness trophies home to their unit. Pictured is CPT Shaw, Commander, Charlie Battery, 3-6FA, and 1SGT Bone.



Chaplain Solberg and the 3-6 FA Unit Ministry Team hosted an Oxygen Seminar at the Fairfield Inn & Suites in Watertown on Thursday, 28 March.





*Fight to Win*

## The Mountain Warrior

"Find a way or make one!"

### 7th Brigade Engineer Battalion "Hammer"



Delta Company stands proud in front of the 10th Mountain Division's Military Mountaineer Statue at Fort Drum's Memorial Park. The company won FORSCOM's 2019 MG Dillard Award for the best Military Intelligence Company in a Brigade Combat Team.



Sgt. Melendez removes a wooden block from a rail car during the 1BCT, 10MTNDIV training rotation at the Joint Readiness Training Center, Fort Polk, Feb 1, 2019.



CSM Palmer (center) accepts the 7BEB colors from LTC Jones, Commander, 7BEB, during Palmer's battalion Change of Responsibility ceremony at Magrath Sports Complex, Mar 29, 2019.



The Hammer Battalion celebrated the achievements of Soldiers that went above and beyond the call of duty while serving at JRTC rotation 19-04. LTC Jones, Commander, 7BEB, (center) and CSM Wilson (far left) awarded Soldiers with Army Achievement Medals and certificates of appreciation.





The Mountain Warrior

"Find a way or make one !"

## 10th Brigade Support Battalion - "Sherpa"

*Proud To Support*



Pvt. Ryan Trumm uses a blowtorch to de-ice vehicle tie-down chains during railhead operations in preparation for JRTC, Jan 23, 2019, Fort Drum, N.Y.



Soldiers assigned to 10th BSB, 1st Brigade Combat Team, 10th Mountain Division (LI) prepare to string concertina, February 7, 2019 during rotation 19-04 at JRTC.



SSG Cooper (right), Alpha Co, 10th BSB, re-enlisted for 3 more years of U.S. Army service! 1LT Jaksec, left, Executive Officer, Alpha Co. 10th BSB, hosted the re-enlistment ceremony.



CW2 Shawn White, 10th BSB, was promoted and his daughters Zoey and Jordan did the honors of pinning his rank.



## Chaplain's Corner



### Catholic Schedule

Day	Time	Program	Location
Mon-Thur	1215	Mass	Main Post Chapel
Thur	0900	CWOC	Fellowship Room
Wed	1900	Confession	Blessed Sacrament Chapel
Sat	1700	Vigil Mass	Main Chapel
Sun	0900	Sunday Mass	Main Chapel
Sun	1030	Religious ED	Various Classrooms

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### Protestant Schedule

Day	Time	Program	Location
Sun	0900	Trdl Service	Riva Ridge Chapel Chapel
Sun	1100	Chapel Nxt Svc.	Main Post Chapel
Tues	0930	PWOC	Main Post Chapel
Sun	1000	Inspirational Gospel	Po Valley: Family Life Center
Sun	1600	Fort Drum Yth Group	Po Valley: Family Life Center
Mon-Thurs	1900	LDS Studies	Riva Ridge Chapel

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### Jewish

Friday night Shabbat services

Fridays @ 1800 (6:00 PM) at the Main Post Chapel.

### Degel Israel Synagogue

557 Thompson Blvd, Watertown, NY 13601

Phone: (315) 782-2860

### Islam

Islamic Center of Northern New York

342 State St, Watertown, NY 13601

Phone: (315) 788-3050



## Chaplain's Corner



From the Desk of Chaplain (Major)

Kenneth Lewis

1BCT Chaplain Chaplain-Fort Drum

### "The Redwood"

California redwoods are amazing trees. Some of them grow over 300 feet high and can live to 2,000 years. Imagine the number of storms they have withstood throughout the centuries. How is it that these remarkable trees remain so resilient? How do they withstand the forces of nature?

Surprisingly their hardiness is not because of the depth of their roots. The sequoia redwoods have a relatively shallow root system. How can they remain standing without deep roots holding fast in the earth? The secret of redwood strength is that the roots of these trees intertwine and are interconnected. They interlock their roots with each other so when storms come they remain standing.

It's important to remember that no one in our ranks are immune to suicide. Sadly each of us have lost friends, Family members and co-workers to this tragedy. Others have made attempts. It is very likely even now someone in our organization is considering the thought.

As we consider what we can do to support one another, the secret of the redwood is significant. Are we connecting our relational roots with our fellow service members, Family members? When they grow weary and lose hope, their resiliency could come through their strong connection with another. Remember that those losing hope often don't have a capacity to reach out their roots. This is where we come in, taking the initiative to connect and interlock. Our strength becomes theirs.

Keep vigilant looking for our "lone trees." Your effort to reach out and interlock may be saving a life you are not even aware of. What a great opportunity and blessing to minister through a "soul storm."

Blessings and peace upon each of you as you serve Family, God and Country! CLIMB to GLORY!



The Mountain Warrior  
"Find a way or make one!"

# APRIL 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b>	<b>2</b> NHC/1-87 Tacos	<b>3</b> Open Mic Night @ Winner's Circle Bar  CLIF	<b>4</b>	<b>5</b> Gold Star Spouses Day	<b>6</b>
← CPX III →						
<b>7</b>	<b>8</b> 3-6FA Volunteer Lunch	<b>9</b> A/3-6FA CoC	<b>10</b> Spring Education Fair  3-6 Halla Farewell  C/3-6FA CoC	<b>11</b> BOSS Invades Atkins  Volunteer of the Month/Commons	<b>12</b>	<b>13</b>
← CPX III →			← Volunteer Appreciation Week →			
<b>14</b>	<b>15</b>	<b>16</b> 7th Annual Baby Palooza/Commons	<b>17</b> Open Mic Night @ Winner's Circle Bar  ACS Family Night	<b>18</b> Blood Drive @ Boss Center  Holy Thursday/Main Post Chapel	<b>19</b> Good Friday  Passover Seder  ← Easter DONSA →	<b>20</b> Catholic Easter Vigil
← Local School Spring Break →						
← EIB Training →						
<b>21</b> Catholic Easter Mass  Easter Brunch/ Commons	<b>22</b>	<b>23</b> NHC 3-6FA CoC	<b>24</b>	<b>25</b> Civ of the Qtr Lunch/ Commons	<b>26</b> Retirement Ceremony  Intl. Food Festival / Commons	<b>27</b> Take a Soldier Fishing/ Eventbrite.com
← Easter DONSA →			← EIB Training →			
<b>28</b>	<b>29</b> Volunteer of the Year/Commons	<b>30</b> Holocaust Remembrance/ Commons				
← EIB Testing →						



The Mountain Warrior  
 "Find a way or make one!"

# MAY 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> Natl. Prayer Luncheon/ Commons  Romington Park Opens	<b>2</b>	<b>3</b> May the 4th Fun Run/ Magrath	<b>4</b>
			← EIB Testing →			
<b>5</b>	<b>6</b>	<b>7</b> Centaur 6 Farewell	<b>8</b> 3-6FA CoC  Army 10 Miller Qual/ Magrath	<b>9</b> Blood Drive/BOSS Center	<b>10</b> Military Spouse Apprec. Day/ Romington Park	<b>11</b> Home Run Derby/ Magrath  Youth Center Open House/CYS Center
<b>12</b> Mother's Day Branch/ Commons	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b> Volunteer of the Month/Commons	<b>17</b> Armed Forces Day Luncheon/TBA	<b>18</b> Armed Forces Day Parade/Watertown  Archery Shoot/ Outdoor Rec.
	← Abandoned Vehicle Auction/ 3rd St. E & Lewis Ave. →					
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b> Asian America/Pac. Islander Observance/ Commons	<b>23</b>	<b>24</b> Family/MWR Golf Tournament/ Willowbrook Golf Club	<b>25</b> Baseball Hall of Fame Game
					← Memorial Day DONSA →	
<b>26</b>	<b>27</b> Memorial Day	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b> Retirement Ceremony/Commons	
← Memorial Day DONSA →						



The Mountain Warrior  
 "Find a way or make one!"

# JUNE 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>30</b>	<b>31</b>					<b>1</b> Watertown Rapids Opener/Watertown Fairgrounds
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> CLIF	<b>6</b>	<b>7</b>	<b>8</b>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b> U.S. Army BDay Mountainfest Golf Tournament/Ives Hill ← Whale Watching Trip/Outdoor Rec → ← CYS CLOSED → ← DONSA →	<b>15</b>
<b>16</b> Whale Watching Trip/Outdoor Rec	<b>17</b>	<b>18</b> LGBT Pride Month Observance/ Commons	<b>19</b> Mountain Remembrance Ceremony/Memorial Park	<b>20</b> MountainFest/Salute to the Nation/Division Hill	<b>21</b>	<b>22</b>
<b>23</b>	<b>24</b> ← DONSA →	<b>25</b>	<b>26</b>	<b>27</b> Volunteer of the Month/Commons	<b>28</b> Riverfest/Alexandria Bay	<b>29</b>





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