



Summer 2010
Vol. 1. No. 1

First in Deed





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Good information for those making the move

On the cover: Staff Sgt. Alberto Mantilla, an observer controller with 3rd Battalion, 338th Infantry Regiment, explains how to un-jam an M-249 squad automatic weapon to Chief Robert Hunter at Contingency Operating Location Warrior at Camp Atterbury, Ind. (Photo by Sgt. William Hill, Camp Atterbury PAO)

Take time to remember

On Memorial Day, we took time to remember and pay respects to Americans who lost their lives while serving our country.

This year, as the U.S. fights wars in Afghanistan and Iraq, more names have been added to our nation's roll of honor. Each name represents the loss of a life full of promise and behind every name can be found a Family, a circle of friends and a community that will never be the same.

A poet, taking inspiration from an ancient epitaph, wrote "When you go home; Tell them of us, and say; For their tomorrow; We gave our today."

This sentiment reminds us of the debt we owe to service members who made the supreme sacrifice and also implores us to remember and share their stories so that this



nation never forgets the prices paid by those who defended our freedoms.

All of us can take pride in our service to the nation, but military operations carry a heavy cost. Every time someone is hurt or gives his or her life in the service of our country, we are reminded that freedom is not free. That is why we should always take time to remember and honor those who gave their lives in service to our great nation.

- Lt. Gen . Thomas G. Miller

NCOs enforce the safety standard

Noncommissioned Officers are known for leading by example, training from experience, maintaining and enforcing standards, and most importantly, taking care of Soldiers while adapting to this ever-changing world we live in.

When it comes to NCO business - BE, KNOW and DO - it's a good idea to take a few moments now, with the beginning of summer, to review a few safety lessons. Help protect yourself, fellow Soldiers, Family members, friends, relatives and co-workers during this potentially dangerous time of the year.

Within First Army, we have Soldiers performing duties all over the world and the safety lessons associated with dehydration, sun exposure and heat exhaustion should be reviewed and followed by every Soldier.

Dehydration is one of the easiest ailments to prevent. Keep your water reservoirs full with cold or cool drinking water. Take it easy on the sodas and caffeinated drinks. Water is the best for fluid intake overall.

Most importantly, watch your buddies for signs of heat related illness and take frequent rest breaks. It doesn't have to be extremely hot to bring on heat injuries. Levels of high humidity also contribute to determining rest/work cycles.

With the increase of daylight hours and beautiful weather comes the increase of outdoor activities. More people are camping, grilling, swimming, boating, and using recreational vehicles. Also be cautious during adverse weather. Handle all personal weapons in a safe manner at all times and take extra precaution during celebrations with fireworks. Most importantly, refrain from drinking and driving - automobiles, motorcycles, all-terrain vehicles and boats.

You can use the safety products and information available at the U.S. Army Combat Readiness/Safety Center

and the Safe Summer Tool Kits at <https://www.safety.army.mil>. Share this valuable information with your Soldiers and Family.

It is the duty and responsibility of all Soldiers and leaders to take care of one another so that Summer 2010 will be a Summer to enjoy and remember. Let's keep our most precious resource safe, our Soldiers! First Army Safe! First Army Strong! Hooah!

- Command Sgt. Maj. Ronald Riling



Asian Pacific American Heritage Month



The Pegasus Educational Center's Japanese Dance Troupe performs during an Asian Pacific American Heritage Month

FRG offers many valuable services

By Larinza Stinnett
First Army Family Readiness Group

First Army's 2010 Family Leadership Conference will be held in conjunction with the annual Commander's Conference in September. This conference will provide an opportunity for attendees to network, collaborate and share Family Readiness Group (FRG) best practices.

Historically, topics at the Family Leadership Conference are selected based on new initiatives that support the needs of First Army Families which can be implemented through the FRGs. Last year's highlights on Family Leadership conference hot topics included survivor outreach services (SOS) and suicide awareness/prevention for Families.

FRG

The Army recently launched a comprehensive survivor outreach services program, which is designed specifically to meet the needs of our survivor population with dedicated resources, and a commitment to provide first class service as long as a Family desires. SOS ensures the Army fulfills its covenant with survivors through sustainment of a comprehensive multi-agency program that improves Soldier and Family preparedness in the event of a catastrophic loss. Additional information can be located at www.armyonesource.com.

Simple steps help make office safer

Many workers think that the office environment is the safest workplace. But a safe office workplace requires hazard control, good housekeeping, and safe work practices.

An important step is to arrange your office to allow clear walkways and aisles throughout the rooms and near exits. Also, be sure to close file cabinet drawers, file doors, and pull-out work tables when not in use.

Safety

Keeping areas clear will help prevent falls, as will clearing floors of trash, cords, cables, and other items. Clean up liquid spills immediately.

Another key to workplace safeting is proper storage. Arrange stored items with heavier items on lower shelves and keep lighter items on upper shelves. Use good body mechanics when lifting and moving items.

Finally, never use extension cords as a permanent source of electrical power or create chains of extension cords and surge protectors, as this will overload electrical outlets.



The Army has created a Suicide Prevention Task Force in the ongoing effort to decrease the number of suicides in the Army. One member of the Task Force specifically represents Family members.

An important goal of the task force is to increase the number of available training programs. In keeping with this goal, the Army Center for Health Promotion and Preventive Medicine developed training material specifically for Families. To access the training material, go to <http://chppm-www.apgea.army.mil/dhpw/readiness/suicide.aspx>.

If you are aware of a Family Readiness topic you feel will benefit First Army FRGs, please contact your FRG leader.

The Department of Defense is developing a suicide prevention website that will support all Service Branches, the National Guard and Reserve, veterans, Families, and providers. The DoD would greatly appreciate input during this early stage of website development and ask that you take about 10 minutes to provide them feedback on four different versions of the homepage by clicking on the link: <http://www.surveygizmo.com/s/268907/sparrc-mockups>.

EFMP enrollment

Soldiers who have Exceptional Family Members (EFM) are responsible for keeping the Family member's medical and special education needs documentation current as EFMP condition changes, or every three years, whichever is earlier.



First in Deed

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First In Deed is published by the First Army Public Affairs Office for First Army Soldiers and civilians and their Families, in accordance with FM 25-30.

Content of *First in Deed* are not necessarily official views of, or endorsed by, the United States Government, Department of the Army or Headquarters, Fort Gillem.

All content of *First in Deed* is edited and approved by the First Army Public Affairs Office. Submissions should be e-mailed to wayne.marlow@conus.army.mil or 1APAO@conus.army.mil, telephone number 404-469-4481.

Policies guide DOD vehicle use

By the First Army Staff Judge Advocate Office

When using a Department of Defense vehicle, there are several policies to keep in mind.

The vehicle must be for a DOD function. Transportation may be provided for personnel officially participating in public ceremonies, military field demonstrations, and parades related to official activities.

SJA

Also, domicile-to-duty transportation is restricted to agencies involved in protective services, criminal law enforcement, or intelligence duties when essential for the safe and efficient performance of those missions. Approval authority is the Secretary of the Army.

Army-owned or controlled non-tactical vehicles (NTV) may be used for trips between domiciles or places of duty and commercial or military terminals only when they are used by principal diplomatic officials, the Secretary of the Army, or the Chief of Staff of the Army, and they are required for emergencies or for security, or when terminals are located where other means of transportation are not available or cannot meet mission requirements, or are justified by cost

analysis and approved by the Secretary of the Army.

Transportation by DOD motor vehicle shall not be provided when justification is based solely on reasons of rank, position, prestige, or personal convenience.

These methods of transportation will be considered subject to their availability and capability to meet the mission: scheduled government bus transportation, scheduled public transportation service, DOD or DA NTVs; voluntary use of privately owned motor vehicle on a reimbursable basis; taxi on a reimbursable basis.

The use of enlisted Soldiers or civilian personnel as assigned NTV operators for military officers or other Government officials is restricted to the minimum necessary.

A permissible-operating-distance of 100 miles is the guide. Commanders of installations or activities may establish a larger distance pursuant to the needs of the command.

When an NTV is authorized on TDY, it may be used between places where the person is required for official business, or between such places and temporary lodgings. In the absence of public transportation, or if its use is impractical, an NTV may be operated between places of business or lodging and eating establishments, drugstores, barber shops, or places of worship.



Social networking comes to First Army

By the First Army Army G6 Office

First Army now has its Facebook and Twitter pages running, at facebook.com/FirstArmy and twitter.com/FirstArmy. We also have social networking links available on First Army's web page at <http://www.first.army.mil>.

Social networking enables us to improve communications and facilitate interaction with our audience. The intent is not to replace existing means of communication, but to create a personal, friendly, and welcoming online presence.

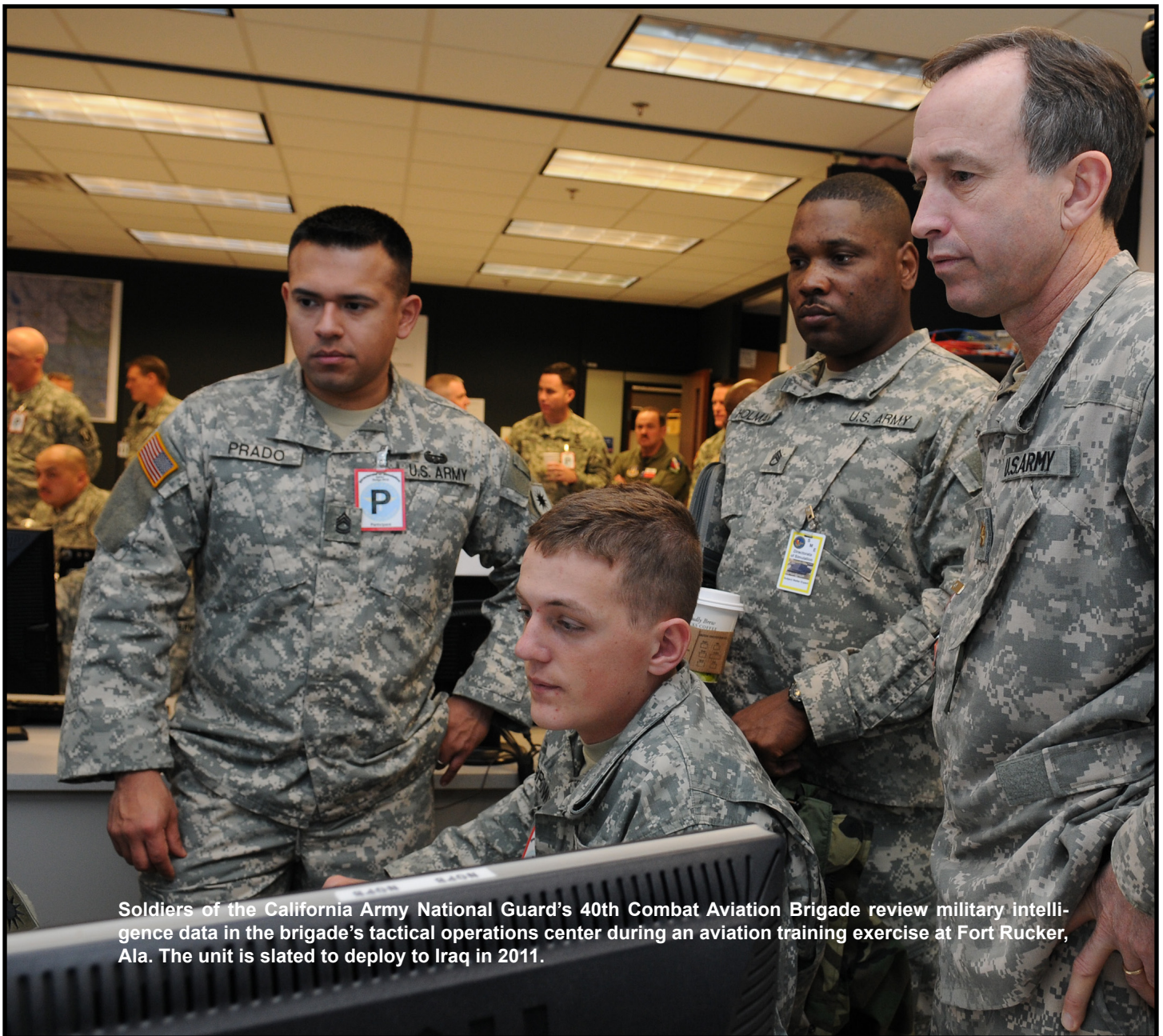
Soldiers and Department of the Army civilians and contractors may establish personal accounts on social media sites. However, the accounts may not be established with government e-mail accounts, employ the use of government logos, be used to conduct official business, release official agency information, or be used as an official com-

munications device related to the employee's government job or activities.

Access to these sites is available from desktop computers and Blackberries. There are still social networking sites that remain blocked based on network

threat from Joint Task Force Global Network Operations. If you need access to any of the blocked social network sites, contact your unit's designated approving authority.





Soldiers of the California Army National Guard's 40th Combat Aviation Brigade review military intelligence data in the brigade's tactical operations center during an aviation training exercise at Fort Rucker, Ala. The unit is slated to deploy to Iraq in 2011.

Combat aviation brigade preps for deployment

Story and photos by Sgt. Aaron Gott
166th Aviation Brigade PAO

FORT RUCKER, Ala. — The California Army National Guard's 40th Combat Aviation Brigade, slated to deploy to Iraq in 2011, held a pre-mobilization training exercise here to get ready for the deployment.

The exercise was supervised by the 166th Aviation Brigade, the First Army Division West unit responsible for all Army Reserve and National Guard aviation mobilization training and validation for deployment.

"It was an opportunity to bring the battalions together in a

task force configuration to give them the opportunity to execute the mission as they will in theater," said Col. Mitchell Medigovich, commander of the 40th CAB.

The exercise was conducted at the Aviation Warfighter Simulation Center, a state-of-the-art facility that put the brigade headquarters and subordinate battalion staffs into a simulation of full-spectrum aviation operations.

The CAB's staff took its orders from 1st Brigade, 75th Training Support Division, which played the role of Multinational Corps – Iraq, the unit's higher headquarters. The brigade staff was responsible for planning, coordinating and tracking operations throughout the exercise.

The exercise required the CAB to execute the tasks identified as part of the commander's training objectives, which are organized into battle drills for staff sections involved in

each task.

“The simulation is driven by a list of events they’ll encounter in Iraq,” said Maj. Brett Criqui, the 166th Aviation Brigade operations officer. “That includes everything from air mission requests to Soldiers who need to go on emergency leave because they have a death in the family.”

Because of the drawdown of U.S. forces in Iraq, the 40th CAB will be the only major unit in theater providing aviation services, a job formerly handled by three combat aviation brigades.

The unit will deploy as Task Force 40, a conglomeration of Army National Guard and Army Reserve units from 16 states, resulting in what’s been dubbed a “Super CAB” by

leaders involved with the exercise.

“This event was another milestone we couldn’t accomplish without the 166th Aviation Brigade,” Medigovich said. “It was critical in preparing the staff for the rigors of deployment.”

The 166th Aviation Brigade oversaw the 40th CAB’s first collective training event, a command post exercise at Camp San Luis Obispo, Calif., in October.

Task Force 40 will mobilize to Fort Hood, Texas, later this year, where it will receive a wide variety of aviation training in preparation for its deployment. It will conduct another aviation training exercise as a validating event of its post-mobilization.



A pilot with the California Army National Guard’s 40th Combat Aviation Brigade flies a mission in an Aviation Combined Arms Simulator during an aviation training exercise at Fort Rucker, Ala.

177th spearheads MRAP Training

Story and photo by
Sgt. Sharon Powell
177th Armored Brigade PAO

CAMP SHELBY, Miss. - The 177th Armored Brigade, based at the Joint Forces Training Center here, has a mission to mobilize, train, validate and deploy Reserve and National Guard units and individual augmentees to overseas contingency operations. The 177th does this by providing current and relevant training, which either meets or exceeds Army standards.

Part of keeping training current and relevant is constantly staying abreast of operational trends in theater. One trend the 177th has worked hard to incorporate into its pre-mobilization training regimen is introducing the Mine Resistant Ambush Protected (MRAP) Vehicle into the mounted combat patrol training lane. The lane, better known as Gunnery, is operated by the 1/305th Armor Battalion, 177th Armored Brigade.

"The purpose of gunnery is for patrol teams to gain proficiency in moving in convoys and mounted patrols and to become confident with their crew-served weapons systems," said Sgt. 1st Class William Perkins, the non-commissioned officer in charge of the Gunnery lane. "The lane also allows convoy commanders to become familiar with combat operations."

Gunnery is a three-day training exercise that each patrol team takes part in with the first day consisting of individual crew work. The training ensures the convoy commander and the patrol team are proficient with the MRAP within their convoy operations. During day two, patrol teams participate in a blank fire exercise. The team practices engaging targets while on a mounted patrol and use the exercise not only to gain proficiency in their weapons system, but to also become familiar with communicating effectively with their team members. The final day allows the

MRAP has afforded an increased degree of survivability on the battlefield for all branches of the military. Because of this, the MRAP is the front-runner for route clearing, explosive ordnance destruction missions, and troop escort and ambulance vehicles.

The 177th has consistently set the benchmark for spearheading MRAP training for mobilizing units by providing hands-on MRAP driver's training using the MRAP Egress Trainer, which teaches Soldiers how to exit an MRAP in the event of a rollover.

As realistic as the gunnery training is, the priority while on the lane is safety, according to Observer/Controller Trainer (O/CT) Staff Sgt. Charles Beck. "There is an OC/T on each convoy looking for any safety violations," said Beck. "We make sure they maintain proper speeds and following intervals and that the gunner is facing downrange."

"When Soldiers conduct a live fire exercise from an

MRAP versus a HMMWV, they learn so much more than just how to shoot from an MRAP," Perkins added. "They learn how to maneuver, command and communicate with an MRAP, among other things. MRAPs are one of the principle vehicles used in theater today, and the ability to conduct collective training with them here at Camp Shelby will make units more capable and could save lives in combat."



A patrol from the 177th Armored Brigade rolls on during a three-day training exercise at Camp Shelby, Miss. The exercise enabled 177th Soldiers to gain proficiency with the Mine Resistant Ambush Protected Vehicle.

team to conduct a live fire exercise.

"The main objective is to build confidence in the MRAP so the first time shooting isn't in country," said Staff Sgt. Curtis Bass, Observer/Controller Trainer for the Gunnery Training Lane.

Since 2003, the MRAP has progressively played an integral role in drastically reducing casualties due to improvised explosive devices and enemy ambushes using rocket propelled grenades and small-arms fire in Iraq and Afghanistan. By design, the



Master Resilience Training makes Soldiers stronger

By Sgt. 1st Class Gail Braymen
First Army Division West PAO

FORT HOOD, Texas – More than 60 Soldiers are among the Army's first few hundred Master Resilience Trainers (MRT) after graduating from a training program held here.

The 10-day course, held at First Army Division West headquarters and conducted in conjunction via video teleconference with another class of Soldiers at the University of Pennsylvania in Philadelphia, is only the fourth MRT session conducted Army-wide. The first course, also using video teleconferencing, was held concurrently at Fort Jackson, S.C., and Philadelphia in November 2009.

"The overall goal is to be more resilient, to be able to face an adversity, to go through something and, on the other side of it, come out stronger," said Sgt. 1st Class Charles Barrow.

Barrow, a physical therapist stationed at Fort Jackson, attended the pilot MRT program last August and then became a facilitator, traveling to wherever courses are conducted. As a facilitator he helps Soldiers acquire life skills of self-awareness, self-regulation and optimism that will help them cope with deployments and other personal and professional challenges.

"It's important for me to be part of this because I've seen so many people change," Barrow said. "I heard one Soldier say, 'I struggled through my first deployment, and I'm about to leave again in two weeks, but I know when I get over there, I'll be able to handle it better, and I'll be able to talk to my Soldiers.'"

Master Resilience Training – developed in collaboration with the University of Pennsylvania – is part of the Army's Comprehensive Soldier Fitness program, which comprises the five dimensions of strength: physical, emotional, social, family and spiritual. Sgt. 1st Class Reynaldo Contreras of Fort Hood's Battery E, 1st Battalion, 44th Air Defense Artillery Regiment, said he had been apprehensive about attending the course.

"My first thoughts were that I was going to be singing 'Kumbaya' and holding hands and hugging people and, being a combat Soldier, I did not think that was where I needed to be," Contreras said. "My thoughts were I needed to be training my Soldiers and getting ready to go to the battlefield."

But after a few days of training, Contreras was incorporating MRT skills into his daily life.

"I've used a couple of techniques at home and some of it actually worked pretty good," Contreras said. "This is definitely something that works with your mind rather than just physical training or training in general. It works on the mental aspect of a Soldier. When I go back to my unit ... I'll tell the Soldiers how I thought it was going to be, and how it actually benefited me and what I took from it."

Dave Shearon, head of the University of Pennsylvania training team at Fort Hood, said Contreras' eagerness to exercise his new resilience skills is typical.

"We see people kicking the tires," Shearon said. "They're trying (techniques) out. Folks give this a serious effort because they know the purpose is to help Soldiers."

The MRT course incorporates a variety of teaching methods, including lectures, classroom discussion, small group break-outs and role-playing. The break-outs, during which Soldiers actively apply material discussed in the lectures, are most effective at preparing the students to become

trainers themselves, said Sgt. 1st Class Tanisha Medina of the 1-361st Training Support Battalion of Division West's 5th Armored Brigade at Fort Bliss.

"If we can teach it among our peers and learn the material, we'll be able to better teach it to our Soldiers and to other people," Medina said. "Within the first five days, you get to learn a lot about yourself and how you deal with situations and how you view life. "I strongly feel that if you can identify problems and handle them more effectively, then you'll be more positive in your life. I'm glad the Army's realizing that we do need resilience. Yes, our Soldiers are strong, but we can be stronger mentally, also."



Sgt. 1st Class Cedric Shegog makes a point during Master Resiliency Training at Fort Hood. The course lasted 10 days and helped Soldiers learn how to deal with adversity.



JRTC rotation preps 86th for OEF

Story by 2nd Lt. Eric Connor
Photos by Steve Harmon
First Army PAO

FORT POLK, La. - Soldiers of the 86th Infantry Brigade Combat Team (IBCT) are in Afghanistan, part of Vermont's largest call-up since World War II. To get ready, more than 2,000 Soldiers from the Vermont National Guard unit trained intently for several weeks at Fort Polk's Joint Readiness Training Center (JRTC).

Their training proved strenuous and long, but invaluable. The 86th IBCT has been sourced for Operation Enduring Freedom for almost two years, but with the increased militant violence in and the combatant commander's new focus on Counter-insurgency Operations, the brigade's focus switched to mentoring teams from the Afghan National Army and police.

It will also provide security and base operations in the Regional Command-East area.

Part of the training at JRTC included troops participating in simulations and numerous battle drills the Soldiers can expect in theater.

JRTC is not new to the 86th. The unit had trained there once before as prep for its current deployment, and also un-

derwent mobilization training at Camp Atterbury's Joint Maneuver Training Center in central Indiana. That training included live-fire exercises and individual Soldier training, where they became more familiar with their weapons and new equipment.

"JRTC has been a great place to really hone those skills on that new equipment, to work out the bugs before they get into theater," said Lt. Col. Patrick Kirby, the brigade's executive officer.

Additionally, Soldiers have been learning about the customs and culture of Afghanistan and have taken language classes. Securing the population and working closely with the host-nation's populous is a key tenant of Counter-Insurgency Operations (COIN) and the 86th is actively engaged in mastering this capability.

There are numerous mock Afghan villages scattered throughout JRTC. Afghans are brought in to replicate what the Guardsmen will experience in theater. This realism in training and theater immersion has been invaluable to the leaders and Soldiers of the 86th IBCT.

The training at JRTC focused primarily on tough, realistic, collective training that aimed at teaching Soldiers how to

operate and react in combat. It was based upon lessons learned and incorporates new tactics, techniques, and procedures. One day it was training to deal with an ambush, the next it was handling a suicide bomb attack, and the next they reacted to improvised explosive devices and rocket propelled grenades.

"What we've done is added live-fire exercises for this second rotation, as well as the force-on-force piece where we act as a full spectrum brigade, so what we get out of a JRTC rotation is world-class resourcing, world-class trainer-mentors and an opportunity to get the latest and greatest tactics, techniques and procedures," said Lt. Col. David Manfredi, operations officer, 86th IBCT.

"They're ready to meet the challenge. They have come out of this so motivated because it is so real," Kirby added.





in training so that there's less blood spilled on the battlefield," said Manfredi. "At the end of your tour you want to feel that you've made a difference."

It's a feeling shared throughout the ranks of this close-knit unit. "We're like a family and we know we have a job to do. I'm ready to get there, do our job, and get on back home," said Sgt.

1st Class Peter Ferrell, public affairs non-commissioned officer-in-charge, 86th IBCT.

"We've worked on lessons

learned and we're ready to go. We're

at a level we've never been at before," added the brigade

Command Sgt. Maj. Forest Glodgett.

The 86th is

scheduled to be in Afghanistan for approximately nine months. The unit wrapped up its training at JRTC with six days of intense force-on-force training

before deploying.

"Everyone wanted to get the mission started. We were all anxious to get it going so we can do what our country asked us to do," added Harris.



Opposite page bottom: Two Soldiers with the 86th Brigade Combat Team tend to a notional casualty during a rotation at the Joint Readiness Training Center in Fort Polk, La.

Center: 86th BCT Soldiers, part of the Vermont National Guard, rush in during a practice raid at JRTC. The unit spent a month-long rotation getting ready for its deployment in support of Operation Enduring Freedom.

Bottom: 86th BCT Soldiers gather their thoughts during a respite and take the time to plot their next move.

More than half of the Guardsmen already have experience working in Afghanistan and have built relationships during previous deployments to the country. "We know the terrain, we know the culture, we know the people. We know the organization and structure of the Afghan National Security Forces," said Lt. Col. Andrew Harris, commander, 186th Brigade Support Battalion.

The unit is the Army's only conventional unit with mountain warfare capability. Each year, it participates in mountain skills training and selected Soldiers attend the Army Mountain Warfare School in Vermont.

"I think with the combat veterans that we have throughout the brigade, that they fully understand and have impressed upon their Soldiers the need to train hard and to shed that sweat



Mississippi ARNG keeps skills sharp

Story and photo by Sgt. Aaron Gott
166th Aviation Brigade PAO

FORT RUCKER, Ala. – The Mississippi Army National Guard’s 2nd Airfield Operations Battalion, 185th Regiment, conducted a pre-mobilization field training exercise at Fort Rucker, Ala., under the supervision of the 2-383rd Training Support Battalion, 166th Aviation Brigade.

The unit then conducted post-mobilization training at Camp

Shelby, Miss., to prepare for its mission to provide airfield management and air traffic control services in Iraq.

Soldiers spent two weeks preparing for the exercise under the instruction of subject matter experts from the 204th Theater Aviation Operations Group and contractors with the National Guard Bureau Aviation Branch.

“It’s our job to ensure these Soldiers have a solid foundation of air traffic control knowledge,” said Staff Sgt. Robert Hale, one of the trainers sent fresh from Iraq by the 204th. “We build on that knowledge by sharing our experiences in theater so they know what to expect.”

Training culminated with a three-day exercise that required



Pfc. Clarissa Johnson, an air traffic controller with 2nd Airfield Operations Battalion, 185th Regiment, controls air traffic at Skelly Stagefield at Fort Rucker, Ala. It was part of the unit’s training for deployment to Iraq.

airfield management Soldiers to lay out an airfield by calculating its limitations and developing plans based on the requirements of the mission. Air traffic control specialists were tasked to set up mobile air traffic control towers before moving to Fort Rucker's Skelly Stagefield where they directed traffic for U.S. Air Force helicopter pilots in training.

"The best part was getting up in the tower and talking to real aircraft," said Pfc. Clarissa Johnson, an air traffic controller.

Radar operators demonstrated proficiency with the Tactical Airspace Integration System, an airspace tracking system used for air traffic control in combat.

"It's designed to deconflict airspace and can interface with

various Department of Defense battlefield command systems," Hale said.

Maj. Dion Hall, the 2-383rd unit liaison officer to 2-185th, said his mission is to obtain subject matter expert support from various organizations, coordinate training and track the unit's progress in meeting theater training and administrative requirements from pre-mobilization to demobilization.

The 166th Aviation Brigade is the only unit that mobilizes, trains and validates Army Reserve and Army National Guard aviation units for deployment. The 2-383rd is the designated battalion for training aviation support units.



First Army symposium leads the way forward

By the First Army G4 Office

First Army hosted a command and control (C2) Sustainment Unit Training Symposium at Fort Hood, Texas to develop a component-neutral "Single Integrated Training Model" for sustainment headquarters deploying to the United States Central Command Theater.

The Symposium focused on the Expeditionary Sustainment Command, Sustainment Brigade and Combat Sustainment Support Battalions. Symposium participation included major sustainment unit training stakeholders from Headquarters, Department of the Army G4, United States Central Command J4, United States Army Forces Command, United States Army Reserve Command, Army National Guard Headquarters, First Army with Divisions East and West, Combined Arms Support Command, 1st Theater Sustainment Command, Battle Command Training Program, 75th Division and Army Sustainment Command, as well as six Expeditionary Sustainment Commands and others.

G4

The symposium was conducted in two phases: Phase I concentrated on defining Theater expectations. CENTCOM J4, with supporting briefs from 1st TSC and 13th ESC, provided Theater expectations for these C2 Sustainment organizations emphasizing that C2 Sustainment headquarters must be able to operate in a joint and coalition environment, execute anticipatory, predictive and expeditionary logistics, and be well-versed in operational contract support and joint in-transit visibility systems.

Phase II was a deliberate process to develop the Single Integrated Training Model with Theater expectations as the back drop. The symposium stakeholders reviewed the training path for the C2 organizations and developed a training model to ensure delivery of competent headquarters units to the CENTCOM Theater.

During the symposium the training model was created through extensive discussion and input from the stakeholder agencies to ensure the training requirements are consistent with theater expectations and meet training requirements for C2 Sustainment commands. Although First Army's focus is the reserve component, the intent for the development of

this training model is to ensure all C2 Sustainment elements across the U.S. Army are trained and prepared to execute their mission in theater. Key elements of the model include: gaining technical proficiency of individuals and teams early followed by integration of technical skills into staff processes; collective training of the staff with a minimum of two Command Post Exercises, one focused on system integration and one focused on functional execution, both in advance of the culminating training event; and a CTE positioned in the 60 days prior to deployment.

The symposium concluded with consensus from the stakeholders' on the composition and structure of the training model. Refinement of the model was executed through an O6 Working Group that worked multiple actions from the symposium. The final model was endorsed by a General Officer Steering Committee where FORSCOM agreed to advance the model into training guidance as standard training for C2 Sustainment Headquarters.



Chatting with the Chief



Army Chief of Staff, Gen. George W. Casey Jr., congratulates Staff Sgt. Canaan Wiseman, Trainer/Mentor of the Quarter at Fort Hood. (Photo by Staff Sgt. Tony M. Lindback, First Army Division West PAO)

1-289th has successful MRE

By Sgt. Erica N. Cain
First Army Division West PAO

FORT SILL, Okla. — A Mission Rehearsal Exercise (MRE) held here by the 1st Battalion, 289th Training Support Battalion helped the unit prepare for combat. Playing a key role in the MRE was Sgt. 1st Class Warren Carney, 1-289th Training Support Battalion, who served was responsible for overseeing, instructing and executing

Training at Sill gets unit ready

training for Heavy Equipment Transporter (HET) operators.

“These HET operators are training to transport vehicles throughout Iraq,” Carney said. “They will move vehicles to various locations for continued operations and assist with moving vehicles to staging areas where they get sent back to the United States or other Army areas of operation.”

“Our unit has supplied its own subject matter experts who conduct the training

while we are preparing for deployment,” said Sgt. Julie Meuse, a HET operator from the 1166th Transportation Company. “The 479th Field Artillery Brigade supplied us with observer controller/trainers who are basically assisting while we train on their platform.”

Days before the MRE, the units prepared by working simulated travel movement requests. “When moving the large equipment, it is very easy for the Soldiers to lose control of the trucks. They must take training very seriously to minimize negative risks,” Carney said.

The 164th Transportation Battalion and the 1166th Transportation Company joined to complete the MRE. The



Soldiers from the 1166th Transportation Company and the 164th Transportation Battalion load a heavy equipment transporter at mission rehearsal exercise at Fort Sill, Okla.

Tactical Operations Center was responsible for receiving, distributing and analyzing information, and for submitting recommendations to the commander during the exercise.

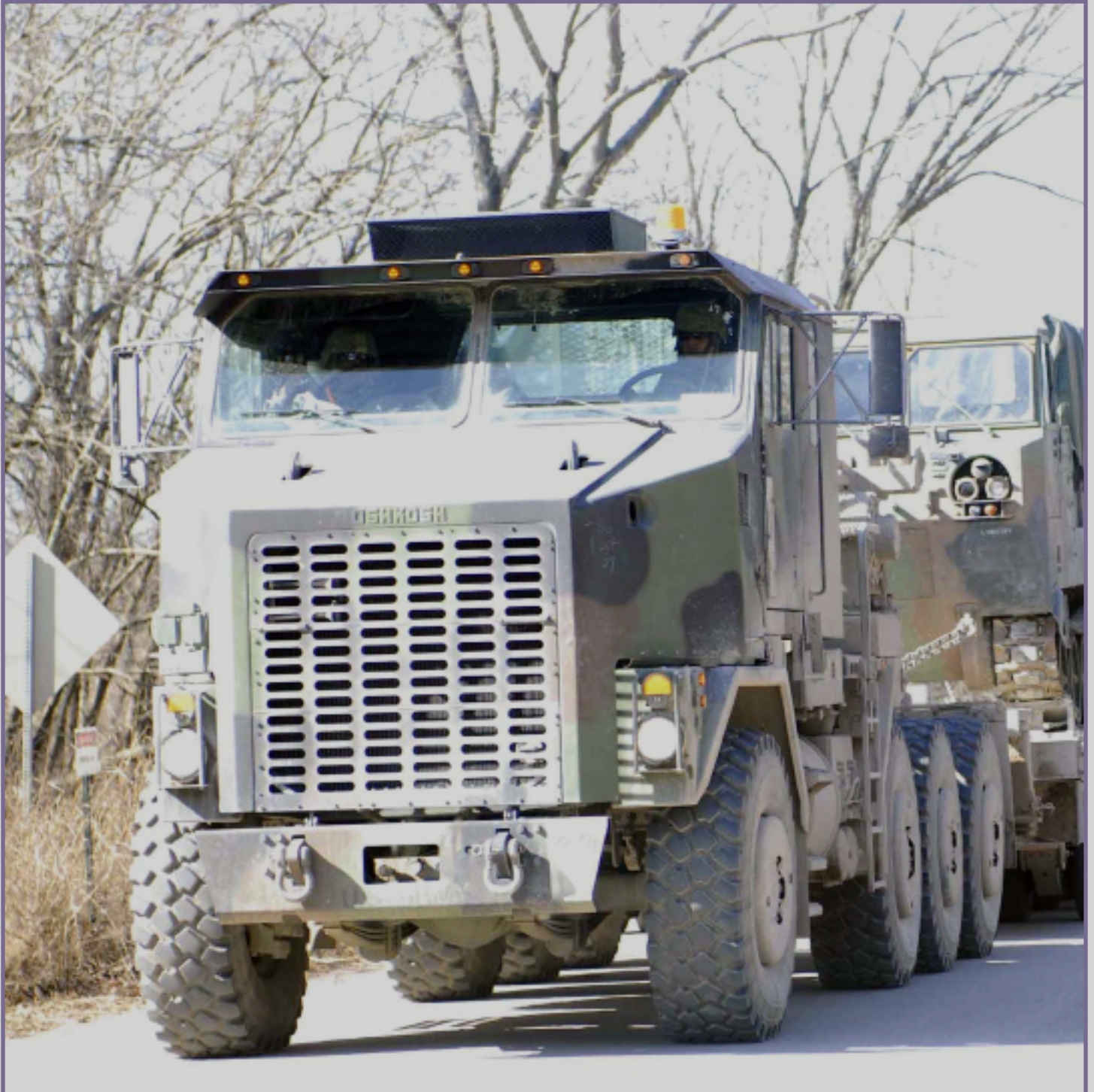
“The Soldiers have received a TMR (troop movement request) to let them know where to pick up and haul specific equipment,” Carney said. “It is now their responsibility to complete the mission.”

During one of the convoy mission scenarios, the Soldiers were ambushed. They were responsible for reacting under fire and while continuing movement.

After the exercise was complete, Spc. Blakie Bean, a HET operator from the 1166th Transportation Company, said that he felt the training was very realistic and that it has definitely prepared him for combat.

“The ambush seemed very real,” Bean said. “There wasn’t any time to get scared. We had a mission to complete and we needed to react fast.”

**Photos by Sgt. 1st Class
Sebastian L. Bankston, First
Army Division West PAO**



The 164th Transportation Battalion and the 1166th Transportation Company move to the Master Sgt. Roy P. Benavidez Training area during a Mission Rehearsal Exercise.

Strong Bonds, Callaway Gardens, March 2010



L to R: Eric & Debbie Connor, Kevin & Katrina Hill, Margaret & Thaddy Ashton, Ronnie & Deirtre Cotton, Barry & Michelle Starr, Charles & Toni Bennett, Bobby & Marsha Johnson, Anthony and Linda Battle, Danette & Tony Flores
Back row: Ron & Donna Whitcomb, Walter and Jeannette Aymerich, Deborah Chrencik & Jeremy Knight, Laverez & Danny Blackwell, Ch (COL) Steven Holley, SSG Carmese Tate

First Army Soldiers build Strong Bonds

By Chaplain (Col.) James DeCamp
First Army Chaplain's Office

First Army Soldiers and their loved ones are building Strong Bonds with help from the chaplain's office.

The Strong Bonds program draws from 10 curricula to support the needs of single and married Soldiers and their Families.

The training also includes specialized emphases: Training for Families of deployed Soldiers; pre-deployment; and reintegration training.

The Strong Bonds Program guides participants through healthy decision-making and problem-solving methods in order to enhance relationships. In a retreat format from supper Friday

Chaplain

through lunch on Sunday, HQ First Army Soldiers and Families gained valuable relationship and communication skills.

The following comments are from our Soldiers who have attended Strong Bonds events in the last 12 months:

"When we have a disagreement we will now know what techniques to use to help us get over our obstacles. Great tool to help us in the future. Thank you."

"This has really given me an opportunity to step back and really reevaluate my life and my relationship with others."

"I left this session with a much better understanding about how relationships work."

"Continue providing and supporting this opportunity for future participants; it will benefit them and the Army."

"It has made me appreciate my near perfect relationship a lot more!"

"Set the groundwork for a more loving relationship."

"Thank you for a positive experience that will not only benefit our relationship, but our entire life."

There are two more Strong Bonds events this year: A family retreat from June 25-27, and a single Soldier retreat from September 10-12. For more information, call 404-469-3298.



Inspections integral to Army success

By the First Army
Inspector General Office

A Department of the Army Inspector General inspection team recently visited Headquarters, First Army, as part of its assessment of Organizational Inspection Programs (OIP).

IG The OIP is a commander's program that manages all inspections within the command, including inspections and audits scheduled by outside agencies. The purpose of the OIP is to coordinate inspections and audits into a single, cohesive program focused on command objectives. The OIP provides the commander with an organized management tool to identify, prevent, or eliminate problems. It is intended to complement and reinforce other assessments and provide visibility of inspections and audits to

commanders.

The OIP is an integration of these key components: Command Inspections, Staff Inspections, IG Inspections, Staff Assistance Visits, and External Inspections and Audits.

Command Inspections are scheduled, formal events led by the commander, where the inspecting commander must be present. Although a variety of command inspections can be conducted, the only command inspections required by Army regulation are company level inspections: Initial Command Inspections and Subsequent Command Inspections. The initial inspection must occur within 90 days of assumption of command (180 days for Army National Guard and Army Reserve units). Commanders conduct subsequent inspection within one year after the initial inspection.

Staff Inspections and Staff Assistance Visits are conducted by a staff section representative technically qualified in the functional area or program. The primary purpose of these staff events is to assess compliance with a particular standard and assist, teach, and train subordinate staff sections on how to meet the required standards of a par-

ticular function.

IG Inspections focus mainly on systemic issues that impact many units. They recommend solutions for problems that cannot be solved at the local level. IGs use teaching and training in all IG inspections to enhance the effectiveness of the inspections.

OIPs are developed at all levels of command. Units should schedule and perform inspections required by controlling laws, regulations, and directives from higher headquarters, and coordinate and conduct effective inspections and assessments within the training management framework. The OIP should be tailored to unit requirements.

Commanders should integrate as many required inspections as practical into one event in order to reduce the exposure of units to multiple and redundant inspections.

An effective OIP provides a commander with information encompassing all inspections within the command as a tool to evaluate the effectiveness and readiness of the command, and to assist in identifying, preventing or resolving issues.



G-6 helps lead the way to smooth transition

By the First Army G6 Office

Things are on track for a smooth transition to Rock Island, thanks in large part to the efforts of the First Army G-6.

G6 The section coordinated with every directorate within First Army to gather and assess future Information Technology requirements, such as telecommunications, hardware, software, web, social networking, and personnel.

Other design considerations included conference rooms, team rooms, an operations center, special staff, and general staff offices.

One of the most important design aspects was the infrastructure providing high-quality telecommunications. The G-6 staff designed the technical specifications for

two networks supporting approximately 500 users, two web sites, two portal sites, 18 Video Teleconference rooms, and one multi-functional distribution center.

The building is under renovation to meet requirements to support the mobilization mission throughout the Continental United States providing training and readiness to units mobilizing in support of Operations Enduring and Iraqi Freedom.

The G-6 has worked with several agencies and private companies to get to this point in construction. The building on Rock Island is being built in three phases: The operations center on the third floor; the rest of the third floor; and the first and second floors. All Army telecommunications capabilities will be phased in as construction is completed. All construction is scheduled to be completed by June 2011.



Quad Cities has much to offer

By Lester Harvey
First Army Rock Island LNO

I want to take this opportunity to share some of my experiences during my Permanent Change of Station move to Rock Island Arsenal in Illinois. In sharing, I hope to provide many of you ideas to consider as you plan your move. My move was unaccompanied. Most of what I share initially may not apply to one moving with a spouse or school aged Family members. But I am always available to research issues to help others have a seamless transition.

RIA LNO

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The Trip

The drive from my home in Temple, Ga., 35 miles west of Atlanta, is 810 miles. It is a 13-hour scenic drive.

Hotel Lodging

I stayed at the Residence Inn Marriot in Moline, Ill. It featured a kitchenette with an apartment-sized refrigerator, stove and microwave. It is within one mile of a 24-hour Wal-Mart, multiple restaurants, and a theater. It is a 15-minute ride to the new First Army location.

Shopping

The Quad Cities has two malls: Northpark in Davenport, Iowa, and Southpark in Moline, Ill. Davenport has an area along Elmore Avenue that has new businesses arriving. They have many familiar names like Best Buy, La-Z Boy Furniture

and American Furniture.

Schools

After talking with parents of area students, I believe they have an opportunity to receive a solid education.

I met school administrators and they are eager to receive First Army Family members. They welcome your e-mails and phone calls to answer your questions.

Dining

The flavor of the area is in the small family-owned restaurants and pubs. The area is big on Italian and German foods. I can find a Rueben sandwich almost anywhere and pork sirloin is also popular. For upscale dining, I recommend Johnny's Italian Steakhouse. It features probably the best steak I have ever eaten.

Housing

The options are plentiful on both sides of the river. Apartments range \$480 - \$1,200 a month. Many have a waiting list so it pays to start your search early. Know that most apartment in the area have no garages.

The real estate market is strong here, with 90 percent of sellers getting their asking price. There is housing for all incomes.

Summary

Whether working or playing, the Quad Cities is a great place to be. The people are friendly and excited about First Army's arrival.



Attention to detail will help protect sensitive documents

By the First Army G2 Office

Just like we make sure to bring our First Army badge to work, we should develop routines to protect information that, if compromised, could have negative consequences.

G2

Classified information comes to mind, but so too should For Official Use Only (documents and Personally Identifiable Information). Think of it this way: Would you leave your desk for "just a minute" if you had \$100 in the open?

When a co-worker leaves a CAC behind, politely let them know. If you see someone improperly handling classified material, suggest a better way. When another person may not know the right way to proceed, remind them they can talk to the security manager. Sometimes a person may be having a really tough time. If you cannot help, see if the supervisor is aware of the situation.

Too many times national security has been compromised because no one acted on the Army values when they knew something was wrong. Good security preserves integrity by mitigating risk at the earliest possible moment.



Road Warriors



Above and below: Soldiers and civilians with Fort Hood join local bikers on a 175-mile route through Texas Hill Country as part of First Army Division West's motorcycle mentorship program.

Left: Riders perform safety checks before embarking.

Photos by Sgt. 1st Class Gail Braymen and Staff Sgt. Tony M. Lindback.



First Army mobilizes, trains, validates, and deploys Reserve Component (RC) units.

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