

# THE BAYONET

THE OFFICIAL NEWSLETTER OF THE 170TH INFANTRY BRIGADE COMBAT TEAM

**170TH SOLDIERS ON HAND FOR MES SECURITY TRANSITION**

**BONECRUSHER SOLDIERS TAKE MISSIONS OUT WEST**

**170TH FAMILIES IN BAUMHOLDER STAY ACTIVE**

**FOURTH OF JULY CELEBRATION**

**CROATIAN RUCK-RACE ON CAMP SPANN**

**1-84 PREPARED AND READY**





**By Col. Patrick E. Matlock**

*170th IBCT Brigade Commander*

# FROM THE COMMANDER

## BAYONET TEAM . . .

Greetings again from northern Afghanistan. I'm glad to have this opportunity to share my thoughts and provide an update directly to all of you. While B Company, 40th Engineers, 170th Infantry Brigade Combat Team has ended their successful mission, the remainder of the brigade is at the halfway point of the deployment.

As you've probably seen, last month Soldiers throughout the brigade celebrated Independence Day with unique activities at all our different forward operating bases and combat outposts. The highlight was the 16 Bayonet Soldiers who attended a reenlistment-reaffirmation ceremony at Bagram Airfield, Afghanistan with former International Security Assistance Force commander, General David Petraeus. The ceremony was one of his last official acts before leaving theater and a great event for Soldiers in the brigade to join others from different units across Afghanistan in declaring their continued support and sacrifice for unit and country.

Needless to say, throughout our areas of operation each battalion continues to do great work developing local forces and partnering with them to continue to provide security to the local population. Their operations continue to be very effective and improve even with changes in leadership and staff throughout the brigade.

The Soldiers with 3rd Battalion, 4th Infantry Regiment, 170th IBCT continue to do superb work to make a difference in the development of the Afghan National Security Forces as they and their multinational partners continue to participate in training Afghan forces in Kabul and across the country.

2nd Battalion, 18th Infantry Regiment, 170th IBCT has also done great work over the summer, partnering with local forces in Kunduz and Baghlan provinces as well as our international partners to help train and provide direct support to Afghan National Security Forces there. Last month, troops with B Company conducted an air assault operation in Kunduz to help keep bomb-making materials out of the area.

1st Battalion, 84th Field Artillery Regiment, 170th IBCT is performing very well in the west, training and helping to produce local police forces to safeguard their own communities, recently graduating a class of 40 new Afghan policemen, adding local forces to support security operations in Faryab province.

40th Engineer Battalion, 24th Brigade Support Battalion and the Stability Transition Teams with 170th IBCT in Mazar-e Sharif have done excellent jobs partnering, supporting, and training and advising Afghan forces. On July 23 the Afghan National Security Forces held a security transition ceremony here in Mazar-e Sharif, assuming full responsibility of the area, a great milestone in their development that I'm proud to have had our Soldiers support.

And last but certainly not least, 4th Battalion, 70th Armor Regiment, 170th IBCT is keeping the pressure on in their area of operations through direct partnered operations as well as conducting key-leader engagements with local officials. Their work is having a significant impact on helping local leadership in Uruzgan provide security for citizens of the province.

All in all the Soldiers of the brigade are doing tremendous work. Command Sgt. Maj. Grinston and I are proud of all the accomplishments we've seen.

I'd also like to mention the great work Task Force Aegis, our family readiness groups and family readiness assistants, and the rear detachment continue to do. There have been a lot of events taking place back in Baumholder that are helping to support our families and maintain the strength of our community there and all around the world. The Soldiers and families in the rear are being well taken care of, allowing us to focus on the mission here in Afghanistan. Thanks for the effort. I would encourage family members back in Baumholder to join in some of the events and opportunities there. Thanks for the work there and thanks for the continued support of our families all over.

As we approach the middle of the deployment, let's all stay focused and alert for ourselves and those around us. Whether we're conducting patrols, partnered training and advising, or support operations, it's important to maintain smart, disciplined and safe operations in everything we do. Strength, honor, and discipline!

**"BAYONETS!"**



# B7 SENDS

**By CSM Michael Grinston**

*170th IBCT Brigade Command Sergeant Major*

Soldiers, Leaders, and Families of the 170th Brigade Combat Team, here is the latest news and some thoughts I would like to share with you. Congratulations to B Company, 40th Engineers for their successful combat tour of duty in Afghanistan and their flawless redeployment to Baumholder in June 2011. The Company performed in an exceptional manner and finally has a chance to take some well deserved time off over the block leave period. The next major redeployment will be 3-4 Infantry in the December timeframe, followed by the rest of the Brigade around February or March 2012. I am again amazed at all the great work and dedication the entire Brigade displays on a regular basis as I travel to the various locations here in Afghanistan. The quality of life and living conditions are notably improving due to the hard work of the Soldiers and leaders of this great brigade.

As we move into the latter half of the summer, and into the fall and start of school, we continue to send Soldiers on leave for a much needed rest. Moving into the last half of the deployment timeline, approximately one-third of the brigade has taken or is currently on leave. Remember that we can only allocate a certain number of Soldiers leave on any given month, so if your loved one has not been home yet, they will definitely get their opportunity soon. To be eligible for R & R leave, the Soldier has to have been scanned into theater by 15 May 2011. Any Soldier who deployed after that date is not eligible for the leave program.

This brings me to another subject, redeployment. As of the last newsletter, The 170th IBCT has received word from the Department of the Army that the official announcement of our Brigade staying for a full 12-month deployment is imminent. As anticipated, this announcement was expected, rather than the rumored ten-month shortened deployment. From the beginning, the 170th Brigade Combat Team has been consistent in this message, and has planned for a full 12-month deployment, including doing our best to discourage the spread of rumors to the contrary. Since this has always been the expectation, it will have no bearing on our day-to-day operations, and allows us to properly plan for redeployment.

With that said, we all know that the president has announced that the United States will reduce forces in Afghanistan. There are plenty of rumors of how this will work out for us, but we have no official order on how this will work for the brigade.

Until that happens I would ask all of us to stay focused on the task that we have been given until we are told to do otherwise.



I will be in the Baumholder area for the first half of August 2011 enjoying R & R with my family. I have scheduled a tentative date of 10 August, 2011 to conduct a spouse update on our deployment and a question and answer session. Rear Detachment and the Family Support Group will have the exact time and location soon. I welcome any and all family members to attend this important and informal session to speak directly with you and address any issues, concerns or questions you may have.

Within the next 12 months and by the end of June, 2012, over half of our Soldier's will depart the organization. The brigade staff has already initiated planning for a seamless, efficient and effective transition for all personnel assigned who are departing. We are implementing a new out-processing checklist which will verify the Soldier's well-being prior to leaving. These additional areas or checks include a proper permanent change of station award, proper evaluation report, and attendance in the required noncommissioned officer education system (NCOES). Since NCOES is a requirement for promotion to sergeant and up, it is extremely important to allow all eligible Soldier's the opportunity to attend school prior to departure from the unit. Again, I will answer any and all concerns you have over any of these subjects at the meeting in August.

I am happy to report that I am now on facebook! Here is the link: <https://www.facebook.com/pages/170th-IBCT-CSM-Grinston/222682067761504> or search 170th IBCT CSM. If you can't attend the meeting with me in August, or just want to reach out now to me, do not hesitate to leave me a message.

In closing, enjoy what is left of the summer. Thank you for all of your support to the brigade, your Soldier and the mission. I will see you all very soon and you can rest assured that your loved ones' safety and well-being are the number one priorities for all of us here and back in garrison.

**B7 OUT**

**"STRENGTH, HONOR, DISCIPLINE!"**



# 170th Soldiers on hand for MeS security transition

**Story and photos by  
Spc. Nathan Goodall**

*170th IBCT Public Affairs*

CAMP SPANN, Afghanistan -- Afghan forces assumed full responsibility of Mazar-e Sharif during a security transition ceremony at Camp Shaheen, Mazar-e Sharif July 23.

"I believe that taking on the responsibilities for security of the provinces and areas of our country is a crucial, national obligation and one of the most essential conditions of independency and real national sovereignty of us Afghans," said Gen. Atta Mohammed Noor, governor of Balkh province.

The ceremony symbolized the official transition of responsibility to Afghan forces to protect, build and maintain a stable environment in MeS. Atta spoke of the dedication and confidence he has about these goals and expressed his thanks for the International Security Assistance Force that aided them toward this transition.

"While we deeply appreciate international community and our international allies, especially the United States, Germany and others for their valuable assistance, especially in the area of security,



Sgt. Evaristo P. Vasquez, an Ecorsc, Mich., native, now a team leader with Command Security Detachment, Headquarters and Headquarters Company, 170th Infantry Brigade Combat Team, receives flowers from Afghan forces symbolizing their appreciation for the U.S. Army's partnership during a security transition ceremony at Camp Shaheen, Mazar-e Sharif July 23.

we truly understand that putting the security and military burden of our country on them forever would not be rational or advantageous." Atta said.

Atta expressed interest in continuing strong partnership with ISAF, saying, "it would be rational for our international allies and us Afghans to continue our cooperation and assistance in the civil and developmental arenas more extensively."

U.S. Army Sgt. Evaristo P. Vasquez, an Ecorsc, Mich., native, now a team

leader with Command Security Detachment, Headquarters and Headquarters Company, 170th Infantry Brigade Combat Team, participated in the ceremony as an ISAF representative, something he described as "a great honor and a chance to be a part of history in the making."

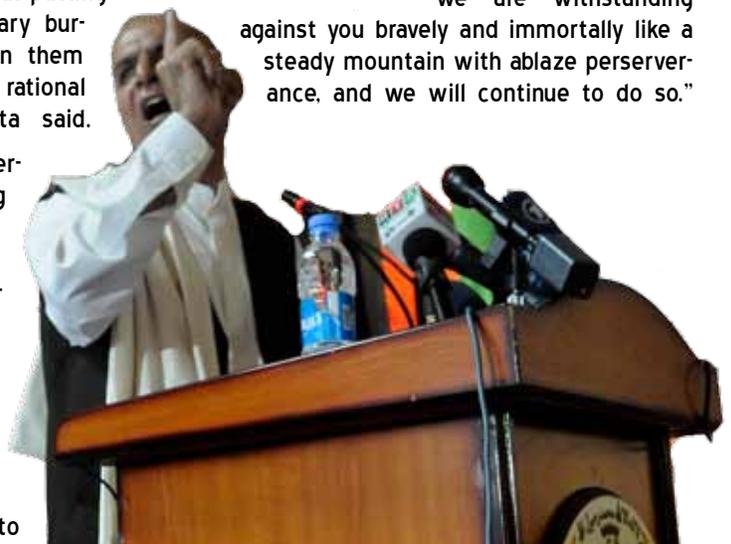
"It gives [Afghan forces] a sense of pride to know what they've been doing to bring back their community is working," said Col. Darryl D. McDowell, the senior mentor for 5th Zone Afghan Border Police with HHC.

"It was them sitting down together, civilian and military officials, planning and resourcing toward this moment," McDowell said. "This is a step toward their independence."

Atta declared his dedication to keep the city safe, saying "I am here today with a loud voice to tell the enemies that we are withstanding against you bravely and immortally like a steady mountain with ablaze perseverance, and we will continue to do so."



Afghan security forces and personnel stand in formation during a security transition ceremony at Camp Shaheen, Mazar-e Sharif July 23.



Dr. Ahrif Ghani Ahmadzai, head of the transition of security responsibilities commission, speaks during a security transition ceremony at Camp Shaheen, Mazar-e Sharif July 23.

THE BAYNET



# Deeds Battalion Bonecrushers train and maintain for support

Story and photos by  
2nd Lt. Laura Cook

24th Brigade Support Battalion

Soldiers assigned to the armament and electronic maintenance repair shops with B Company, 24th Brigade Support Battalion, 170th Infantry Brigade Combat Team recently concluded a 45-day maintenance support operation which took them to the most remote locations in the western provinces of the 170th area of responsibility.

"It was a lengthy mission," said Chief Warrant Officer 2 Jose Cruz, the brigade armament technician. "The amount of weapons we saw was a lot compared to the time we were gone."

Supervised by Cruz, Sgt. Roger Abreu with the Bonecrusher armament shop, and Cpl. Mark Schaefer with the electronic maintenance shop, conducted 823 small-arms technical inspections, 148 on the spot repairs and serviced over 400 night vision systems. In addition to these numbers, the team executed repairs on mortar tubes and bipods supporting 1st Battalion, 84th Field Artillery Regiment, 170th IBCT and identified unserviceable mortar ammo.

Perhaps most significantly, the Bonecrusher support element provided maintenance and instruction to elements of the Afghan National Army and Afghan police, with which U.S. forces are partners. Classes given to the ANA covered the basic operations, assembly, disassembly and cleaning of weapon systems common to U.S. and Afghan forces, as well as foreign weapons used by the Afghans such as the AK-47 and AKM assault rifles.

the PKM machine gun and the RPK light machine gun. The team's success has led to subsequent requests for support and training with the ANA in the near future.

Back in the Mazar-e Sharif base cluster (home to Camp Spann and Deh Dadi), the Bonecrusher service and recovery team

for recovering MRAPs because it was designed specifically for that class of vehicles. B Company is scheduled to receive a total of three of the MRVs arriving in theater, one of which has already been fielded.

Before operating the MRV, each two-man recovery crew must attend a two-week "H8" qualification course taught by recovery instructors from the ordnance school at Fort Lee, Va. The first crew to receive the training was Sgt. Anthony Voshell, the noncommissioned officer in charge with the service and recovery section, and Scoggins. A second crew, Pfc. Ryan Casperson and Sgt. Steven Thomas, attended the training at Camp Spann.

Another advantage the MRV has over the HEMTT is operator safety during recovery. The HEMTT's supplies are not easily accessible. The Soldier performing a hookup would often have to climb atop the vehicle making them a target, while the MRV has the supplies stored on the side where there is usually greater cover.



Chief Warrant Officer 2 Jose Cruz and Sgt. Roger Abreu, both with B Company, 24th Brigade Support Battalion, conduct weapons classes with Afghan policemen in July.

received a new piece of equipment being fielded by the Army: the Mine resistant, Ambush Protected Recovery Vehicle. Previously, the 10-ton HEMTT Wrecker was commonly used to recover MRAPs and other heavy vehicles struck by improvised explosive devices or broken down from maintenance problems. The new MRV offers some significant advantages over the HEMTT.

"With the MRV crane we can lift a truck and drop it onto the retrieval system, something an HEMTT can't do," said Pfc. Jeffrey Scoggins, an allied trades and recovery specialist. "The MRV can recover any truck in the no matter how catastrophic the damage."

At 84,000 pounds, the MRV weighs about 20,000 pounds more than the HEMTT Wrecker. The 60,000-pound rated boom, which can extend out to 25 feet, can lift far more than the HEMTT. The MRV is safer



Cpl. Mark Schaefer with B Company, 24th Brigade Support Battalion gives an M4 carbine class to Afghan National Army soldiers as Sgt. Roger Abreu watches in July.



THE BAYONET



Family members with 170th Infantry Brigade Combat Team pose for their deployed Soldiers during a Fourth of July Celebration at Minick Field, Smith Barracks, Baumholder, Germany.

Photo by Michelle Mims

# Summer fun

**Story by  
Rachel Dooley**  
*170th IBCT Family Readiness  
Support Assistant*

This summer the Families of the 170th Infantry Brigade Combat Team have had no shortage in a variety of activities to participate in. Kicking off the summer, hundreds of residents enjoyed this year's annual Fourth of July celebration with an order of perfect weather.

The festivities were opened in true German fashion with Lt. Col. Sam McAdoo, U.S. Army Garrison Baumholder commander and Lt. Col. Fandrich, 170th Infantry Brigade Combat Team rear detachment commander, participating in a traditional keg tapping ceremony. During the day an Army Blackhawk helicopter and an Apache helicopter arrived on Minick Field. Families were able to view the static displays and climb in and get an up close and personal look at the two helicopters. After the magnificent departure of the aircrafts, 170th Infantry Brigade Combat Team Family and friends gathered on Minick Field to wish our deployed Soldiers a happy Fourth of July.

The local German community also pitched in and also provided the 170th Infantry Brigade Combat Team families with a few wonderful opportunities to learn the culture and venture off post. On July 12, the City of Baumholder hosted a German/American "Wanderung." This event took almost 40 adults and children to the local Wald Haus in Baumholder for an educational nature walk and barbecue.

"This was amazing. The food was wonderful and thank you to the city of Baumholder for this opportunity," said Mrs. Amy Schaefer, a 170th IBCT spouse.

Deana Billy Dietrich, another 170th IBCT spouse, said, "We had a great time! The hike, the view and the food, two thumbs up! Thank you for putting this together!"

Scheduled for Aug. 9, the District Administration of Nohfelden is taking 50 family members by bus to the Bostalsee and a bar-

becue at the historical Castle of Nohfelden. Then the District Administration of Freisen is taking 50 family members to the Freisen Wild Park and is scheduled to host a barbecue August 23.

Rounding out the summer was the 170th Infantry Brigade Combat Team's Bayonet "Kids" Challenge held Aug 3. Over 130 children from the 170th between the ages of five through 12 participated in the event. During the event, children were able to view static displays, partake in an obstacle course, paintball, grenade toss, tug-o-war and more. The USO even arrived with their Mobile Canteen to serve hotdogs, popcorn and much needed refreshments. The children had a great time trying to pull Soldiers to the ground in tug-o-war and shooting paintballs at targets.



Mrs. Alicia Owen, a 170th IBCT spouse said, "The kids and Chris and me had a blast at the Bayonet challenge. Thank you so much. [We are] putting their certificates on the wall in the hallway for all to see when they come in. Thanks so much for holding this, we all had a great time."

This summer has presented a variety of activities to keep the spirits high here in Baumholder. The unit's family readiness groups have been working nonstop to keep families informed and keep them connected through meetings, fundraisers and events. For more photos and information about what has been happening or what is coming up, please visit the 170th Infantry Brigade Combat Team Facebook page.



# Camp Spann's Scorching Fourth

**By Capt. Mary Thornton**  
*Headquarters and Headquarters  
Company commander, 170th IBCT*

In order to observe the Independence Day of the United States, the majority of the company celebrated Fourth of July on Camp Mike Spann.

Prior to the start of the day's events, key leaders of the company kicked off the day by conducting guard in order to give Soldiers a break from daily guard duties.

While leaders executed guard duty, celebrations for the day included morale and welfare events, such as the Strong Man/Woman Competition, Humvee Pull, soccer, basketball and other contests.

Soldiers of all ranks enthusiastically traded in their multi-cam uniforms and office work for the physical fitness uniform and outdoor recreation to participate in these events with other camp personnel.

Activities started in the morning and lasted until the evening, concluding with an award ceremony for the winners of each event. For lunch, the company participated in a company cookout outside of the brigade's joint operational center.

The cookout proved to be a success as Soldiers truly enjoyed the camaraderie of one another. As with any traditional



*Photo by Sgt. Christopher Klutts*  
Pfc. Candido O. Zuniga, along with Pfc. Joshua J. Stover and Pfc. Adam J. Souders, all riflemen with B Battery, 1st Battalion, 84th Field Artillery Regiment, Task Force 3-4 Infantry, 170th Infantry Brigade Combat Team move a Humvee with strength and teamwork during the Humvee Pull event at Camp Spann, Afghanistan July 4.

American cookout, burgers, hot dogs, and watermelon were served.

"It was great, I had plenty of food," said Sgt. Antonio Perez, a Houston native, now the battle noncommissioned officer in charge with Headquarters and Headquarters Company, 170th Infantry Brigade Combat Team. "I think it increased morale here."

Perez enjoyed being able to share the American holiday with people of other countries on the multinational base.

While not all of the company personnel were present on Camp Spann for the Independence Day events, all Soldiers were able to enjoy a special holiday meal in their local forward operating base or combat outpost dining facility.



*Photo by Sgt. Christopher Klutts*  
Soldiers enjoy everything from football games, being named "the Strongest Woman on Camp Spann," playing horseshoes and competing in the strong man and woman competition during a celebration of Independence Day at Camp Spann, Afghanistan July 4.

THE BAYONET



Photo by Sgt. Christopher Klutts  
Spc. Smith with 40th Engineer Battalion helps deliver toys to children July 7.



Soldiers with Headquarters and Headquarters Company, 170th Infantry Brigade Combat Team applaud their co-workers during an award ceremony.



Spc. Bihanta with 1st Battalion, 84th Field Artillery Regiment, 170th Infantry Brigade Combat Team zeroes a new sniper rifle near Forward Operating Base Griffin, Afghanistan.



# FROM THE FORMATION

Want to see your photo in the next Bayonet? Submit a .jpg to the 170th IBCT Public Affairs office at [christopher.klutts@afghan.swa.army.mil](mailto:christopher.klutts@afghan.swa.army.mil)



Lt. Col. Oeshger, the battalion commander with 4th Battalion, 170th Infantry Brigade Combat Team hands out buttons to children.



170th Infantry Brigade Combat Team at Camp Spann, Afghanistan.



Staff Sgt. Ludwig with 24th Brigade Support Battalion shows off his robot handling skills.



1st Lt. Fisher with B Company, 2nd Battalion, 18th Infantry Regiment, 170th Infantry Brigade Combat Team talks with villagers in Archi district, Kunduz province, Afghanistan.



Soldiers with B Battery, 1st Battalion, 84th Field Artillery Regiment, Task Force 3-4 Infantry, 170th Infantry Brigade Combat Team hold up a thermometer to show off the temperature of the day July 7.



1st Battalion, 70th Armor Regiment, 170th Infantry



Sgt. Severo Garza simulates being wounded as he lies on the front of a Gator with Sgt. Steven Jones and Spc. Edward Arias driving to the landing zone for medevac while Spc. Clayton Jackson runs behind, holding the IV for Sgt. David Henderson, all with 1st Battalion, 84th Field Artillery Regiment, 170th Infantry Brigade Combat Team, during an exercise at Forward Operating Base Griffin, Afghanistan.

# Thunder Soldiers prepared and ready

**By Spc. April Spruill**  
*1st Battalion, 84th Field Artillery Regiment*

“TRAUMA. TRAUMA. TRAUMA!”

The words can be heard on the loud-speakers across Forward Operating Base Griffin during combat readiness drills. The medics come running to the aid station to assess the situation and begin treating the simulated-wounded Soldiers.

These trauma drills are conducted night and day on order of Maj. Sheri Howze, the battalion surgeon with 1st Battalion, 84th Field Artillery Regiment, 170th Infantry Brigade Combat Team or 2nd Lt. Timothy O’Camb, the battalion medical administrative officer with 1-84 Field Artillery Battalion to prepare the medics and medical staff for any emergency.

“We just want to make sure we are prepared and efficient, because one day it could mean someone’s life,” Howze said during a drill on a late July night. The aid station conducts 24-hour operations. There is always a light on for the Soldiers.

“We have the best aid station in Regional Command - North,” said Sgt. 1st Class Delberto Martinez, the battalion senior medical non-commissioned officer in charge with 1-84 Field Artillery Battalion.

Gaining this number-one rating is attributed to the dedicated staff and the wide variety of services that such a small clinic is able to provide to all FOB Griffin personnel. The clinic is designed

for quick access to equipment and supplies for emergency trauma, however, it also provides private rooms for general exams and care.

Since the aid station on FOB Griffin also provides supplies for the two combat outposts under the battalion’s command, they have to keep copious amounts of supplies stocked up in case of an emergency.



Spc. Kenzie Fuller, Spc. Kristen Casarez, Sgt. Angel Thomas and Spc. April Spruill, all with 1st Battalion, 84th Field Artillery Regiment, 170th Infantry Brigade Combat Team, are part of the aid station crew that’s ready to help you at Forward Operating Base Griffin.

24th Brigade Support Battalion, 170th Infantry Brigade Combat Team supports FOB Griffin with a rotation of medical doctors specializing in fields like dental, behavioral health,

physical therapy, orthopedics and more so that Thunder Soldiers are not being pulled from the fight and sent to various medical facilities in Afghanistan for routine treatment.

Also a big hit with the Soldiers is IV Friday.

“It keeps the heat casualties down and also allows the medics to get practice giving IV’s,” explained Martinez. “The medics in 1-84 Field Artillery Battalion are ready for anything.”



# Restoration for Soldiers

**By Capt. Stephen Harper**  
*170th IBCT Brigade Surgeon*

I wanted to use my space in this edition of "The Bayonet" to highlight a unique program run by the combat operational stress control team in Regional Command North. It is the Deh Dadi 2 (DD2) restoration center.

There are several restoration centers in theater but this is the only one in RC-N. These restoration centers are set up to provide educational classes to Soldiers, teaching them how to deal with a variety of common issues found during deployment. The staff is made up of an occupational therapist that is trained in mild traumatic brain injury treatment and has experience in counseling as well as several U.S. Army behavioral health technicians. They also have a therapy dog named Sgt. 1st Class Apollo.

These centers have proven effective in helping Soldiers work through some of the struggles they are experiencing. The centers allow Soldiers to be treated as close to their unit as possible and are designed to help those Soldiers get motivated to get better and return to duty. Classes include but are not limited to: anger management, communication/problem solving, relationship maintenance, coping skills, depression/grief and bereavement, relaxation/sleep, hygiene and warrior resilience.

The centers are set up to deal with not only combat related stress, but also all the other stressors that Soldiers experience during deployment such as separation from loved ones, difficulties with coworkers, etc. A Soldier can expect to spend about four to five days at DD2 in which the duty day varies based

on the specific needs of the Soldier. They can expect to spend about eight hours a day engaged in activities. In that time, the staff of the center teaches classes and has a variety of interactive programs for them.

Again, the center provides a great place for Soldiers to recover away from the front lines, but this is not a vaca-

tion spot. Soldiers will be expected to maintain all military standards of appearance and uniform and to be present for all assigned activities. This is designed to be a place where Soldiers are removed from their jobs so that they can focus on working on their behavioral health issues, not a place where they can just chill out for a couple of days.

Since the center's mission is to return Soldiers to duty, it is not an appropriate place for Soldiers who are so severe that they will likely need inpatient hospitalization. The restoration center also does not have a psychiatrist or psychiatric nurse practitioner, so they are not set up to do medication management for Soldiers. Medications for behavioral health certainly have a place in the treatment, but most important is a motivated individual that wants to work through his or her problems. A Soldier on medication for

behavioral health can still come to the DD2 restoration center, but the center's staff will not be able to change his or her medication. If this is needed, they will need to be referred to Camp Marmal to see the psychiatric nurse practitioner there. However, Soldiers will likely have to return to their forward operating base to see their battalion medical provider first.

If you are dealing with some stress and are motivated to work on getting better, I would encourage you to talk to your battalion medical provider, chaplain, commander or first sergeant about the DD2 restoration center. All Soldiers admitted to the restoration center need to have a command endorsement memo. The battalion medical providers have the endorsement format and can assist you in filling it out and discussing with the command for their endorsement.



Soldiers enjoy the company of Sgt. 1st Class Apollo, the dog on duty at the restoration center at Deh Dadi 2, Afghanistan.



Soldiers enjoy the company of Sgt. 1st Class Apollo, the dog on duty at the restoration center at Deh Dadi 2, Afghanistan.



# Croatian ruck-race at Camp Spann

**Story and photos by  
Spc. Nathan Goodall**

*170th IBCT Public Affairs*

CAMP SPANN, Afghanistan -- Soldiers with 170th Infantry Brigade Combat Team and other coalition forces came together to participate in a Croatian ruck-race here Aug. 1.

The ruck-run was a five-mile race between teams of three or more. Each team only finished when their last member crossed the finishline.

In addition, every participant carried 45 pounds of equipment with them by way of a fully packed ruck-sack or body armor.



Master Sgt. Trabis L. Durman, the senior brigade career counselor, and Sgt. 1st Class Sean T. Allison, the brigade equal opportunity advisory noncommissioned officer in charge, both with Headquarters and Headquarters Company, 170th Infantry Brigade Combat Team, enjoy a barbecue hosted by Croatian soldiers for all participants in the ruck-race at Camp Croatia at Camp Spann, Afghanistan Aug. 5.

"It's based on a military theory for commandos," said Spc. Dennis L. White, a Bim, W.Va., native, now a 240B machine-gunner with Command Security Detachment, Headquarters and Headquarters Company, 170th Infantry Brigade Combat Team. "When [Croatian commandos] do sabotage operations, they have one hour to get five miles away from the objective point."

Teams from all over the camp showed up to take part in the race. Military mem-

bers from Croatia, Germany, Sweden and America came together to compete in and complete the demanding physical competition.

The contest started at five in the morning, but contenders were up at 3:30 a.m. standing in line to weigh their rucksacks and body armor. Before they were officially entered into the competition, Croatian officials made sure each contestant's cargo weighed 45 pounds exactly.

The sun started peeking over the horizon when the race began, but the staggering Afghanistan heat didn't fill the air yet.

"It was nice out, it was a really great time to do it," said Sgt. Derrick M. Dritchas, a Wichita, Kans., native, now a team leader with CSD. "There was a lot of wind too which helped a lot with breathing and cooling your core temperature down."

The race was a mix of paces, but most teams opted to alternate between running and speed-marching. Competitors sweated and doused themselves with water as they trudged along, shouting motivational words to their teammates to keep them going.

A U.S. Navy explosive ordnance disposal team placed first, finishing the five-mile course at around 46 minutes.

The EOD team had conducted joint missions with Croatian military members who coaxed them into participating in the ruck-race, said U.S. Navy Petty Officer 2nd Class Matt G. Heber, a Cincinnati, Ohio native, now an explosive ordnance disposal technician with Mobile Unit 6.

"I was the slow guy on the team, but [my teammates] pushed me along," Heber said.

"We start as a team, we finish as a team," said U.S. Navy Lt. Eric R. Bond, a San Diego native, now the incoming EOD company commander with Mobile Unit 1 and second member of the winning team.

The EOD team enjoyed the event, U.S. Navy Lt. Josh F. Preston, a Virginia Beach, Va., native, now the outgoing EOD company Commander with Mobile Unit 6 and final member of the winning team, said it was "a great op-



U.S. Navy Lt. Josh F. Preston, a Virginia Beach, Va., native, now the outgoing explosive ordnance disposal company commander and U.S. Navy Petty Officer 2nd Class Matt G. Heber, a Cincinnati, Ohio native, now an explosive ordnance disposal technician, both with Mobile Unit 6, keep a quick pace during a Croatian ruck-race at Camp Spann, Afghanistan Aug. 1.



Spc. Dennis L. White, a 240B machine-gunner, along with Spc. Andrey Legomina, a rifleman, and Sgt. Derrick M. Dritchas, now a team leader, all with Command Security Detachment, Headquarters and Headquarters Company, 170th Infantry Brigade Combat Team socialize after receiving certificates for completing the ruck-race during a barbecue at Camp Croatia at Camp Spann, Afghanistan Aug. 5.

portunity to come together and do something as a team.”

While the ruck-run was a race, everyone seemed to be more interested in getting together and having a good time.

“The Croatian forces are our friends, so we just thought we’d come root them on and do it ourselves,” said Spc. Nicholas J. Curphey, a Butte Falls, Ore., native, now a radiology specialist with C Company, 24th Brigade Support Battalion, 170th IBCT.



A team of Swedish soldiers keep a quick pace during a Croatian ruck-race at Camp Spann, Afghanistan Aug. 1.

Curphey didn’t train for the race but was enthusiastic at the idea of taking part in it.

“I just enjoyed the people, yeah it was a race but everybody was just cheering each other on,” said Curphey. “It was fun, it was tiring, we all got blisters but it was really nice to see everybody.”

White had some of the same thoughts as Curphey.

“I wanted to do it because it was a joint forces event,” White said. “You know when you’re stationed at Fort Hood or [other places in the U.S.] you don’t get to do stuff like that, but when you’re somewhere like this you actu-

ally get an opportunity to be in a competition with other militaries. Everybody was really friendly. It was a lot of fun.”

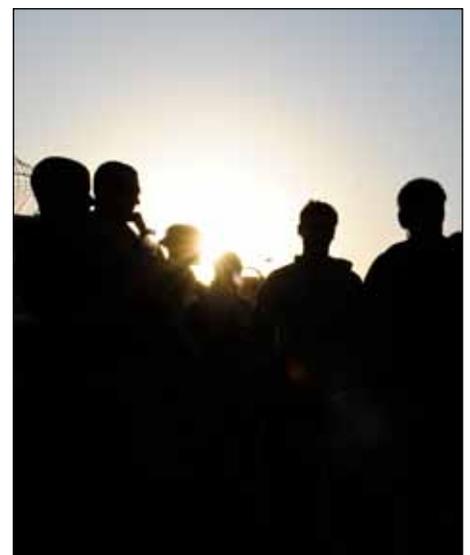
Though the event was physically demanding and exhausting, immediately after the race participants were already talking about wanting to do it again in the future.

“It totally smoked me, I was feeling pretty rancid,” said Spc. Andrey Legomina, a Redlands, Calif., native, now a rifleman with CSD. “But I would absolutely do it again.”

A friendly barbecue was held Aug. 5 for all those who participated in the race.

“The top three finishing teams get a Croatian award at the barbecue,” White said.

“The rest of us get good food,” said Dritchas.



Service members from different militaries wait for to hear their completion times at the finish line of a Croatian ruck-race at Camp Spann, Afghanistan Aug. 1.

THE BAYONET



# Spiritual fitness during deployment

**Story and photos by  
Spc. Nathan Goodall**

*170th IBCT Public Affairs*

CAMP MIKE SPANN, Afghanistan -- When he was two years old, U.S. Army 1st Lt. George E. Johnson was baptized. At 24, he renewed his faith and was baptized again, this time while deployed to Afghanistan.

Service members waded in water to seek spiritual strength during a baptism here June 12.

The Army promotes spiritual health and stability of Soldiers through a program called Comprehensive Soldier Fitness. The program is used to assess and support Soldiers' physical, emotional, social, family and spiritual strength.

Johnson, a Kansas City, Mo., native, now the brigade strength manager with Headquarters and Headquarters Company, 170th Infantry Brigade Combat Team, recently gauged his comprehensive fitness through the Army's Global Assessment Tool.

"[The Army] highlights things like physical and emotional fitness, but I feel like spiritual fitness is always put on the backburner," said Johnson. "For Camp Spann and the ministry here to actually implement spiritual fitness and show how we should exercise it, I think is a blessing within itself."

Recognizing that Soldiers of all religions need to exercise their faith, the chaplains of 170th IBCT created a collective service open to all. In addition, the chapel here offers specific services and outlets to a bevy of different religions, said U.S. Army Staff Sgt. Simon L. Williams, a San Antonio native, now the brigade chaplain's assistant with HHC.

"[Being spiritually involved is] part of resilience," Williams said. "Whatever your beliefs are, it's something that instills your faith and gives you hope and leads you through your deployment," Williams said. "That can mean in your personal life or professional development."

For religious Soldiers, "spirituality is the basis of what guides them



U.S. Army 1st Lt. George E. Johnson, the brigade strength manager with Headquarters and Headquarters Company, 170th Infantry Brigade Combat Team, along with 1st Lt. O'mar Ellis, now a platoon leader with C Company, 24th Brigade Support Battalion, 170th IBCT, Cpl. Darwin D. Peters, a human resources noncommissioned officer with HHC, and U.S. Air Force Master Sgt. Natasha Williams, a medical materials mentor with Logistics Training Advisory Group, NATO Training Mission Afghanistan, wait to be baptized at Camp Spann, Afghanistan June 12.

through their life, and without it we do them a disservice," said Williams.

Soldiers like U.S. Army Cpl. Darwin D. Peters, a Portland, Ore., native, now a human resources noncommissioned officer with HHC, were surprised to see the Army's dedication toward spiritual fitness.

"We have a baptismal [pool] right next to the chapel," Peters said. "Most places don't have that."

Peters was one of the Soldiers baptized.

"[Being spiritually fit] changes my whole outlook on everything from the way that I am when I come to work to how I felt about this deployment," Peters said. "It's moving."

U.S. Army Spc. Heidi L. Machee, a Mif-

flinville, Pa., native, now the combat medic with Command Security Detachment, HHC, noticed posters around the camp promoting classes and different services offered through the chapel.

"Some don't have people around them that they feel comfortable to talk to," Machee said. "They go to their religious service and they can release all this tension that they have."

The Army recognizes Soldiers as "human beings, and there are a lot of people very strong in their belief systems that need to exercise that spiritual connection," Johnson said.

"I think it's awesome that they take the time to recognize things that are important in all of the different religions," said Peters.

"They take the time to say, 'okay, these are things that Soldiers need for their spiritual growth as well as all the other Army stuff that we do,'" said

Peters. "They recognize that it's a big morale builder."



Staff Sgt. Simon L. Williams, the brigade chaplain's assistant, and Spc. Heidi L. Machee, a combat medic, both with Headquarters and Headquarters Company, 170th Infantry Brigade Combat Team, help fill a baptismal with water before a baptism at Camp Spann, Afghanistan June 12.



# Chaplain's Corner

## Ask and you shall receive

**By Chaplain (Maj.) Steve Dunn**  
*170th IBCT Brigade Chaplain*

A few weeks back I contacted Soldiers' Angels, a nonprofit organization whose sole purpose is to send deployed Soldiers supplies and comfort items. I was promptly contacted back and asked if I could use some coffee.

Now this may not make you chuckle, but it sure did me. Let's see, an Operation Enduring Freedom infantry brigade combat team; could we use some coffee was the question. Not only did I reply "yes," I asked them to send as much as they could and stated that I would find a home for any and all they sent.

After the email I promptly forgot about it specifically as I deal with wonderful organizations all the time that desire to support us. By no means am I saying we have enough - you can never have enough love, prayers and support.

So a couple of days ago I walked into the chapel and discovered about 30 boxes. Huh, I thought - that usually doesn't happen. So I asked my guys what's with the packages in the sanctuary. They all looked at me and said, "Sir, we just received 250 boxes of coffee and we ran



Chaplain (Maj.) Steve Dunn delivers boxes of coffee to Soldiers at Camp Spann, Afghanistan Aug 2.

out of storage room." Now I love the smell of coffee second best to my wife's perfume, but 250 boxes stored in multiple locations required immediate action. So as my chaplain assistant Staff Sgt. Simon L. Williams put it - you're going to work today huh? And that I did. About four hours later and I had distributed over 250 boxes of love in the form of coffee and Girl Scout Cookies.

The blessing in the form of coffee arrived on one of the hottest days thus far here at Camp Spann and the chaplain was handing out boxes of coffee. The amazing thing was the Soldiers were scarfing it up, from privates to sergeant

majors alike, from U.S. Forces, contractors, NATO Soldiers, Norwegian, Croatian, and Germans Soldiers alike, all benefited from someone just like you taking the time to care, pray, love and physically support your Soldiers. Every conceivable type of a Soldier benefited. The mechanics, the administrative personnel, the cooks (hey, they too were happy cuz it wasn't Army coffee), command staff and planners, medics, infantrymen, artillerymen, combat engineers and explosive ordnance disposal technicians (I really don't know if EOD should be drinking that much coffee) from the wonderful gift!

The point I wish to make is when you love and serve your fellow man you may never fully realize the lengths that acts of love will travel, you may never know of all those that may have been blessed. As a result of this act of love, the work productivity is going to go through the roof!! - Ain't nobody sleeping now, or at least not for a while - good grief - 250+ BOXES OF COFFEE!!

To those that serve, love and pray for us - from the 170th Infantry Brigade Combat Team and the coalition forces on Camp Mike Spann, Regional Command North, Afghanistan, thank you so very much - we are truly loved and honored.

Which takes me to the Word of the Day:

As often as you did it to one of these, my least brethren, you did it to me. Matthew 25:40

Chaplain's Thought ~

I firmly believe that the Lord views charity given to others (and that which is refused) as if it were given to Him, (or not), and when it is given it please Him so!

May God Richly Bless those that continue to bless us.

Much Love and Respect - Chaplain (Maj.) Steve Dunn, 170th IBCT.



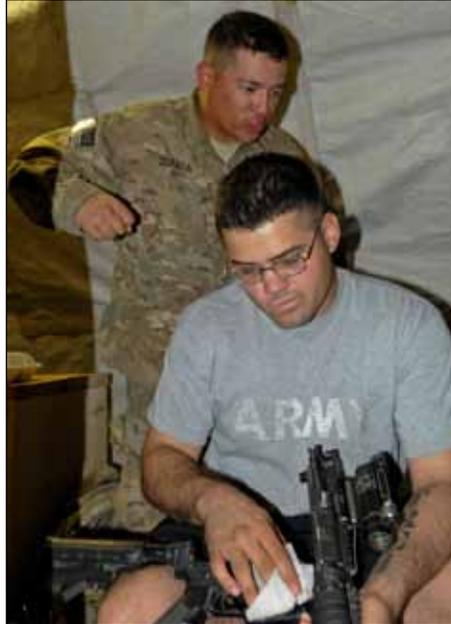
Staff Sgt. Herbert A. Simpson delivers boxes of coffee to Soldiers at Camp Spann, Afghanistan Aug 2.



# Common Sense and Safety

**Story by Kevin Glapion**  
*Brigade Safety Manager*

Generally speaking, we are not born with common sense, we acquire it throughout life. Actually, common sense is really common experience - we learn about life from others' experiences as well as our own. Awareness of your environment, self-preservation and concern for your fellow Soldiers are all factors in good common sense. Contrary to popular opinion, all Soldiers can prevent themselves from getting hurt. The easy way to avoid pain is to observe how others have taken risks and been injured, rather than learning the hard way - from your own injury. That's common sense! The experts say at least 80% of accidents are caused by unsafe acts - and not by unsafe conditions. Although Soldiers are often provided a safe and healthful workplace, the work we do every day is inherently dangerous. It is up to you to be aware of your environment and follow the standards of safe work practices. By avoiding unsafe acts and practicing common sense, your work will go smoother, with less chance of accidents. Statistically, most accidents are caused by unsafe



*Photo by Spc. Nathan Goodall*  
Pfc. Candido O. Zuniga and Pfc. Joshua J. Stover, both riflemen with B Battery, 1st Battalion, 84th Field Artillery Regiment, Task Force 3-4 Infantry, 170th Infantry Brigade Combat Team pose for a photo to demonstrate the dangers of horseplay during work at Camp Spann, Afghanistan Aug. 1.

acts, including:

- **Being In A Hurry** - Sometimes there is more concern for completing a job quickly instead of safely. Take time to do a good and a safe job.

- **Taking Chances** - Daring behavior or blatant disregard for safe work practices can put the whole work team at risk. Follow all safety rules and watch out for your fellow work associates. Horseplay is never appropriate on the job and can lead to disciplinary action.

- **Being Preoccupied** - Day-dreaming, drifting off at work, thinking about off time and not paying attention to your work can get you seriously hurt or even killed. Focus on the work you are paid to do. If your mind is troubled or distracted, you're at risk for an accident.

- **Having A Negative Attitude** - Being angry or in a bad mood can lead to severe accidents because anger nearly always rules over caution. Flying off the handle at work is potentially dangerous. Keep your bad moods in check, or more than one person may be hurt. Remember to stay cool and in charge of your emotions.

- **Failing To Look For Hidden Hazards** - At many job sites, work conditions are constantly changing. Sometimes new, unexpected hazards develop. Always be alert for changes in the environment. Hidden hazards include spilled liquids that could cause slips and falls; out-of-place objects that can be tripped over; low overhead objects that could mean a head injury; and other workers who don't see you enter their hazardous work area.

Remember! Stay alert for hazards, so you won't become one more accident statistic. You can do a quality job without rushing. Maintain a positive attitude and keep your mind on the mission. This is just common sense - something smart Soldiers use!



*Photo by Spc. Nathan Goodall*  
Sgt. Luis A. Torres, a squad leader and Spc. William C. Chappell, a rifleman, both with Command Security Detachment, Headquarters and Headquarters Company, 170th Infantry Brigade Combat Team pose for a photo to demonstrate the dangers of not paying attention during work at Camp Spann, Afghanistan May 15.

## Safety is NO accident!!!



Spc. Katherine Bauer with a female engagement team, 40th Engineer Battalion, 170th Infantry Brigade Combat Team talks with local children during a mission to hand out toys and supplies in Afghanistan July 7.

*Photo by Sgt. Christopher Klutts*

(On the cover -- Sgt. 1st Class Evelyn Araiza pulls a Humvee with her team during the strong man and woman competition at Camp Spann, Afghanistan July 4. Photo by Sgt. Christopher Klutts)

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