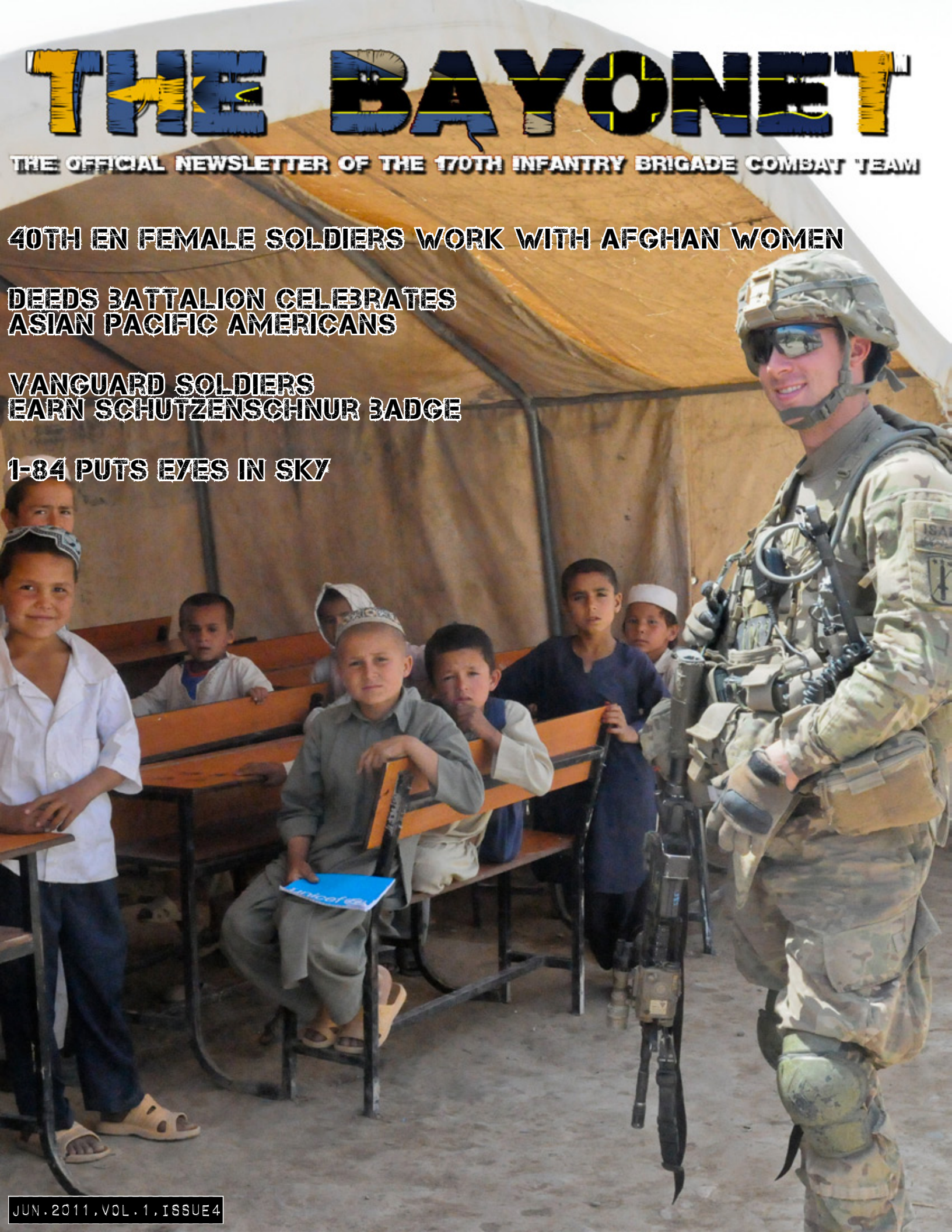
THE BAYONET

THE OFFICIAL NEWSLETTER OF THE 170TH INFANTRY BRIGADE COMBAT TEAM



40TH EN FEMALE SOLDIERS WORK WITH AFGHAN WOMEN

DEEDS BATTALION CELEBRATES ASIAN PACIFIC AMERICANS

VANGUARD SOLDIERS EARN SCHUTZENSCHNUR BADGE

1-84 PUTS EYES IN SKY

JUN.2011.VOL.1.ISSUE4

FROM THE COMMANDER

BAYONET TEAM...

By Col. Patrick E. Matlock

170th IBCT Brigade Commander

It is a privilege for me to include this note in the latest issue of "The Bayonet" as we move into the final month of deployment for B Company, 40th Engineers, the sixth month of deployment for Task Force 3rd Battalion, 4th Infantry, and the fourth month of deployment of the remainder for the 170th Infantry Brigade Combat Team. Our team is doing exceptionally well and I know you join me in expressing our pride in the Soldiers and Families of the Bayonet Brigade.

These past few months have been very busy and very productive for the entire brigade. In southern Afghanistan, B Company, 40th Engineers is in the final steps of equipment turn-in and movement preparation for their redeployment. Command Sergeant Major Grinston and I had the honor of visiting this great company last month, meeting with the Soldiers, recognizing some of their many outstanding troopers, and sharing a meal with the company leadership. We are very proud of this company and know they will finish their mission with pride, and I wish them a safe return to Baumholder.

During the same visit to southern Afghanistan, Command Sergeant Major Grinston and I were also able to visit the great team of Task Force 4th Battalion, 70th Armor. We were really impressed with the quality of their operations, the discipline of their Soldiers, and most importantly, the great teamwork they are building with their Afghan and coalition partners. The Thunderbolt Battalion is setting the standard for conducting counterinsurgency operations that will both protect the population of their areas and build the Afghan National Security Force into a capable and ready force.

Earlier, Command Sergeant Major Grinston and I had the opportunity to visit Task Force 3rd Battalion, 4th Infantry in Kabul and see firsthand the great work this battalion is doing as part of the NATO Training Mission Afghanistan. The size and quality of this effort is truly awesome and the Warrior Battalion is right at the center of this critical success. Everywhere at the Kabul Military Training Center, there is high-quality Soldier and leader training on-going, covering individual basic warrior training to battalion-level exercises. In a very real sense, this is the most important military mission in Afghanistan as it will build the security forces necessary for the government of Afghanistan to provide security to its own people.

In the north, the brigade's other four battalions are performing equally well. In Faryab Province, 1st Battalion, 84th Field Artillery has built incredibly strong relationships with the Norwegian-led Provincial Reconstruction Team Meymaneh, special forces units, Afghan government leaders, and their Afghan security force partners. In Balkh province, the 40th Engineers are working diligently to improve the capabilities of the Afghan Border Police and have also built strong relationships with the Swedish-led Provincial Reconstruction Team Masar-e Sharif and Afghan leaders. In Kunduz and Baghlan provinces, Task Force 2nd Battalion, 18th Infantry are working very closely with Afghan police as well as the German and Hungarian provincial reconstruction teams, special forces units and Afghan leaders. And of course, the 24th Brigade Support Battalion, 502nd Military Intelligence Company and 589th Signal Company are providing world-class support to the entire brigade combat team and to many of our partnered coalition units. Command Sergeant Major Grinston and I could not be prouder of all our units and Soldiers.

We also want very much to highlight the important work of our combat advisers. These teams of leaders and the Soldiers who support and enable their operations are performing the vital task of mentoring and develop our Afghan National Security Force partners. They are working at all levels of command in the Afghan police, border police and army from battalion to corps and from province to zone. These teams and the great work they are performing are key to building the Afghan forces in to capable and self-sustaining formations. The combat advisor teams are part of the same process of building and developing the Afghan security forces as Task Force 3rd Battalion, 4th Infantry in executing the most important military mission in Afghanistan: Build the security forces necessary for the government of Afghanistan to provide security to its own people.

As always, we would like to finish by thanking our Families for the support they are giving each other and their Soldiers. Command Sergeant Major Grinston and I are very proud of the work of Task Force Aegis, U.S. Army Garrison Baumholder and all of the organizations in the Baumholder Military Community as they support both the mission forward, Soldiers remaining at home, and our Families all across the world. There have been many great events from the spouses challenge to "Buc Night," to the Baumholder Community Spouses Club spring bazaar. And certainly, the spring in Europe is a wonderful time. We hope you have a wonderful and safe summer wherever you are. 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 are a few thoughts, activities and current events I would like to share with you. With Bravo Company, 40th Engineers redeployment to Baumholder in June, 3-4 Infantry's 180th day mark in theater, and the rest of the brigade now on the ground for more than four months, I want to report that all the Soldier's and leaders are doing a superb job toward the accomplishment of the mission at hand.

On a daily basis, I am reminded by all the hard work, dedication and commitment all members of the brigade display in their words and deeds. I have now traveled to all of the main locations where our brigade is located. Some of the major observations I have witnessed are how well and proactive our units have been improving operations, and quality of life within their area of operation.

I am happy to announce that R&R leave started on April 15 for the majority of the brigade. The program allows for all Soldiers who are expected to be in theater 270 or more days, 15 non-chargeable days of leave to enjoy with their families. This is an earned and much needed privilege which rewards all members of the brigade described above some much deserved family time for their hard earned selfless service they are providing here. The brigade leave period is stretched out over six months. Please keep in mind that there are only so many allocations per month and for obvious reasons, not everyone will get leave at the same time.

As I stated in the last newsletter, every location is unique and has its own set of life sustainment levels. These levels vary drastically from one place to another. The level is narrowing as leaders and Soldiers at these various locations are taking initiative, and working hard to request, and most importantly secure, necessities which provide the best living and working conditions possible.

The transformation of the outposts is not only substantial, but visually apparent as I make my way around Afghanistan. This hard work and effort displays the professional level and commitment of our organization.

Next I want to formally recognize some key promotions and company change of command events within the brigade during the last 60 days. To Captain: Geordan Bowers, HHC Brigade, and Brent Pettingill, HHC 2-18th Infantry; to CW2: Jonathan Vlieger, and Shawn Whittaker, both from HHC Brigade, and to 1SG: Eric Galvan, HHC, 24th BSB. The following company changes of command are complete or are planned for June 2011:

HHC Brigade; Capt. Mary Thornton assumes command replacing Capt. Randy Lewis; 3-4 Infantry; B Company: Capt. Roberto Herrera assumes command replacing Capt. Lorin Veigas; C Company: Capt. David Flores assumes command replacing Capt. Michael Filanowski; HHC: Capt. Lorin Veigas assumes command replacing Capt. Roberto Herrera; and A Co; Capt. John Taylor assumes command replacing Capt. Christopher Arnold. 2-18th Infantry; B Company: Capt. Camden Jordan assumes command replacing Capt. Christopher Mercado. 1-84 Field Artillery; C Battery: Capt. Neil Kester assumes command replacing Capt. Johnathan Gil; Service Battery: Capt. Joseph Phillis assumes command replacing Capt. Michael Newton. 24th Brigade Support Battalion; HHD: Capt. Blake Huff assumes command replacing Capt. Elizabeth Vargas.

Congratulations to all promotions and changes of command within the brigade.

I want to again thank all the family members and supporters back in Baumholder. Just because the majority of the brigade is in Afghanistan, don't forget that we have a fully functioning rear detachment at Baumholder who are there for the support of all family members. Do not hesitate to contact them for any issues or questions you may have. The brigade staff has began the initial plans for the redeployment of the entire brigade and I promise you, it will be a great reunion for all that will never be forgotten!

In closing, enjoy your summer, continue to support your loved one, and stay safe. Soldier's here are doing a great job! "Strength, Honor, and Discipline"

B7 OUT

"STRENGTH, HONOR, DISCIPLINE!"

Staff Sgt. Samira Abdullahmuhammad with a female engagement team, 40th Engineer Battalion, 170th Infantry Brigade Combat Team gives a high-five to a child during a mission to deliver medical supplies to a clinic in Dehdadi, Afghanistan June 1. U.S. Army photo by Spc. Nathan Goodall.

Female Soldiers work with women of Afghanistan

Story and photos by Spc. Nathan Goodall

170th IBCT Public Affairs

DEHDADI, Afghanistan -- The U.S. Army has teams that specialize in different tasks, such as training Soldiers during simulated war or teaching Soldiers how to parachute from an airplane. When it comes to helping the women of Afghanistan, the Army has a team for that too.

Soldiers with a female engagement team, 40th Engineer Battalion, 170th Infantry Brigade Combat Team delivered medical supplies to a health clinic here June 1.

The female Soldiers were greeted by crowds of bouncing children and smiling villagers.

They'd met with the district governor and the women in town several times and the welcome was typical, said Spc. Katherine Bauer, a Soldier with the team.

The all-female team works with women in Balkh province, something many Soldiers can't do because of cultural boundaries.

"Our job is to engage [Afghan] females and find out how they feel about the community, how they feel they can improve their lives, and what we can do to help them get to where they want to be," Bauer said.

The last time the Soldiers spoke with the governor and local women, they identified a lack of medical supplies in the district. This time, they put that information into action and brought medical supplies to the clinic.

"It was so rewarding to be there and meet the people so they can see that their Afghan representatives, partnered with the U.S. Army, can actually help them and make their lives a little better," Bauer said.

Because of the team's unique ability to hear the voice of Afghan women, their existence is key in helping the local government create a stable environment, she said.

"There tends to be a lack of addressing women's needs," said Staff Sgt. Samira Abdullahmuhammad, a member of the team. "Being able to identify that allows American forces, as well as Afghan forces, to address a population that has kind of been ignored for a while."

"They're very appreciative of us being here and it shows in the way they greet us. It shows in the way they provide us with the information of what they need. And every time we come around it becomes more of a family relationship instead of a partnership," she added.

Abdullahmuhammad and Bauer expressed their passion toward aiding a government that wants to help its people.

"It's an amazing feeling and I would continue to do this as long as I can," said Abdullahmuhammad.

"I definitely think that the 40th Engineer Battalion has all the right ideas about how to reach out to the community and work with the Afghan officials to help them reach out as well," said Bauer.

"I'm really proud to be a part of this unit, and I think we're definitely taking steps closer to having Afghanistan be its own country, run by its own people," she said.

U.S. Army Soldiers perform during an Asian and Pacific Islander Heritage Month celebration at Camp Dehdadi, Afghanistan May 25.

Deeds Battalion celebrates Asian and Pacific Islander Heritage Month

Story and photos by
Sgt. Christopher Klutts
170th IBCT Public Affairs

CAMP DEH DADI, Afghanistan – With the formalities of any military ceremony and the addition of grass skirts and leis made of candy wrapped in cellophane, U.S. Army Soldiers celebrated Asian and Pacific Islander Heritage Month here May 25.

"The war is going on, but we need to remember where we come from so we can know where we're going," said Command Sgt. Major Edward L. Johnson, the 530th Combat Service and Support Battalion command sergeant major.

Soldiers held the ceremony in a dome tent with a concrete floor, large enough to fit the roughly 100 Soldiers that attended and double as a basketball court when not housing Soldiers for formations. As a back drop, Soldiers posted photos and biographies of famous Asian and Pacific Islander Americans like retired Gen. Eric Shinseki, the Secretary of Veterans Affairs, Troy Polamalu, the professional football player, and Vera Wang, the designer.

Following an a cappella performance of "The Star-Spangled Banner" and a brief prayer, the ceremony's narrator, U.S. Army Reservist Spc. Patricia Chatman, a driver with 302nd Inland Cargo Transfer Company, read a brief history of the heritage month and highlighted impacts Asian and Pacific Islander-Americans made on American culture.

The most interactive portion of the event, and possibly the turning point from ceremony to celebration, was the dancing performed by Soldiers in white shirts and grass skirts.

Spc. Inez Tauvel, a Honolulu native, now a human resources specialist with 24th Brigade Support Battalion, started dancing as a child. Families in her neighborhood would gather for "family night" and the children would dance in the traditional Siva Samoa style.

"It's part of my culture," Tauvel said about Siva Samoa. "We tell the story and the lyrics with our hands."

Tauvel and a co-worker choreographed three dances for the ceremony, all applauded by the audience.

After the dances, Capt. Heldy Abueg, the company commander for Headquarters and Headquarters Company, 530th Combat Service and Support Battalion, spoke to the crowd about diversity in his life.

A native of the Republic of the Philippines, Abueg said he moved to the U.S. with his parents at 6 years old.

"I love America for the opportunities every one of us has at our fingertips. Most of all I love the American people," he said. "I love the diverse cultures and ethnic backgrounds of people from all over the world who came to America to be part of the American dream and make this country great. God bless them all."

Vanguard Soldiers earn Schutzenschnur

Sgt. Daniel Jones, a Billings, Mo., native, now a command post node team chief with Headquarters and Headquarters Company, 2nd Battalion, 18th Infantry Regiment, 170th Infantry Brigade Combat Team, fires a German P8 9 mm pistol during Schutzenschnur, a German Army weapons qualification at Forward Operating Base Kunduz, Afghanistan.

Story and photos by Sgt. Jazz Burney

170th IBCT Public Affairs

FORWARD OPERATING BASE KUNDUZ, Afghanistan – Gunshots echoed and the metallic sound of rounds being locked and reloaded into weapons could be heard as more than 100 Vanguard Soldiers participated in a German weapons qualification held here to earn the marksmanship badge Schutzenschnur.

Soldiers with 2nd Battalion, 18th Infantry Regiment, 170th Infantry Brigade Combat Team based out of Baumholder, Germany, conduct joint patrols with their German counterparts throughout Kunduz province.

In a small gesture of gratitude for the partnership, German Soldiers expressed a desire to hold a range for U.S. Army Soldiers to earn their country's weapons badge during May.

"By having this event it is a great way of saying thank you for the great support of 2-18 Infantry and their Soldiers," said 1st Lt. Thomas Gohritz, a German liaison officer from 263rd Airborne Infantry Battalion.

Soldiers with 2nd Battalion, 18th Infantry Regiment, 170th Infantry Brigade Combat Team fill out weapons score sheets during a German Army weapons qualification called Schutzenschnur at Forward Operating Base Kunduz, Afghanistan.

Inside a compound surrounded by walls of sediment filled barriers lined with multiple layers of razor wire, Soldiers fired rounds under the careful observation of German Soldiers.

The Schutzenschnur, translated shooter's rope, is a silver colored rope with a metal badge attached to it. In the center of the badge, an eagle is surrounded by a wreath of oak leaves. The badge is one of three German medals U.S. Army Soldiers are authorized to wear on their dress uniforms.

The coveted foreign badge is awarded in three classes: bronze, silver and gold. Soldier must fire three German weapons: the HK 9 mm pistol, the HK G36 assault rifle and the MG3 machine gun which fires 1200 rounds per minute.

What makes earning the badge "so tricky," said Gohritz, is if a Soldier scores gold in two events and bronze in their final they walk away with only a bronze badge and not gold.

So how does a Soldier know if they qualify for gold?

"To receive our gold badge, Soldiers must successfully fire and hit

all required targets using our light weapons and our heavy weapon, the MG3 machine gun," said Gohritz.

Not only infantrymen were given the opportunity to use the weapon systems. Engineers, combat medics and intelligence Soldiers also grabbed ammunition and fired at targets.

"This is an awesome opportunity seeing that not many Soldiers in my career field are presented the chance to fire other coalition forces weapons," said Spc. Ledarren Worthy, a Sanford, N.C., native, now an intelligence specialist with Headquarters and Headquarters Company, 170th Infantry Brigade.

As the initial pistol event began, Soldiers lined up alongside their German instructors on wooden platforms and received five rounds to fire at plastic, human silhouette targets from 20 meters away. Soldiers shot eight rounds standing and two in the prone position, firing a total of 10 rounds into their first targets.

Soldiers fired three, 15-round belts behind the German machine gun. Many Soldiers experienced difficulties controlling and firing the German machine gun as the weapon "kicked like a mule," said Spc. Andrew Hamlin, a Stayton, Ore., native, now a military truck driver with Headquarters and Headquarters Company, 2-18th Infantry Battalion. Soldiers twisted and jerked, trying to keep the weapon in the sockets of their shoulders.

Laser optics, conveniently built on the G36 assault rifle, provided the precision needed to fire one, 20-round magazine into a 50-meter target to conclude Vanguard Soldiers' final event.

After three days of shooting, Soldiers with 2-18th Infantry Battalion walked away with 30 gold, 21 silver and 70 bronze Schutzenschnur recipients.

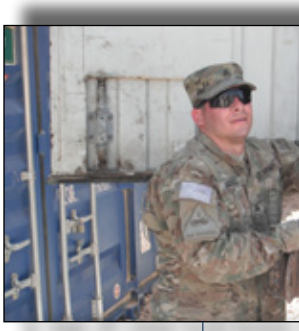
"The Soldiers loved this event. It was something new for our Soldiers to experience and brag about to their friends that they have a German proficiency badge that one can't get unless they come to Germany," said Sgt. 1st Class Jorge Fernandez, a Daily City, Calif., native, now a platoon sergeant with HHC, 2-18th Infantry Battalion.

Spc. George Holloman, a Hazleton, Pa., native, now a combat engineer with A Company, 2nd Battalion, 18th Infantry Regiment, 170th Infantry Brigade Combat Team, awaits ammunition from German Soldiers during Schutzenschnur, a German Army weapons qualification. More than 100 Vanguard Soldiers participated in the event in hopes of earning the coveted foreign badge.

1st Lt. Thomas Gohritz, a German liaison officer from 263rd Airborne Infantry Battalion, instructs Soldiers with Headquarters and Headquarters Company, 2nd Battalion, 18th Infantry Regiment, 170th Infantry Brigade Combat Team how to operate a German M3 machine gun, during Schutzenschnur, a German Army weapons qualification at Forward Operating Base Kunduz, Afghanistan.

Photo by Spc. Nathan Goodall

Soldiers with 40th Engineer Battalion go to a meeting with Afghan Uniformed Police at a police station in Dehdadi, Afghanistan.



Sgt. Vasquez with Command Security Detachment, Hea
Company, 170th Infantry Brigade Combat Team rehydrates
at Camp Spann, Afghanistan.

HHC 170TH HQ

1-84TH FA HQ

40TH EN HQ

24TH B

A Soldier with 1-84 Field Artillery Regiement sits in an armored truck.

470TH BN HQ

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

A Soldier with 4-70th Armor Regiment talks with villag

Photo by Spc. Trevor Morganflash
dquarters and Headquarters
during Operation Clean Sweep

Soldiers from 24th Brigade Support Battalion train on a .50-caliber machine gun.

Pfc. Battle with A Company, 2-18 Infantry Battalion treats a severe burn on a local boy in Wardak Village, Afghanistan May 9.

Pfc. White and Pfc. Griffin with B Company, 3-4 Infantry demonstrate urban operations tactics to their Toli.

ers.

1-84 raves the day

Story and photos by Spc. Nathan Goodall

170th IBCT Public Affairs

COMBAT OUTPOST QEYSAR -- In western Afghanistan, Soldiers put their training to the test. The high altitude mountains and strong winds aren't of the training grounds in Germany. There are no trainers telling them what to do. The mission of putting eyes in the sky falls solely in the hands of a few Soldiers.

Soldiers with A Battery, 1st Battalion, 84th Field Artillery Regiment, 170th Infantry Brigade Combat Team tested the capabilities of their most portable unmanned aerial vehicle here May 26.

"Clear throttle!" shouted Spc. James G. Johnston, an Oak Ridge, Tenn., native, now a fire directions control Soldier with A Battery.

"Throttle clear!" shouted Spc. Michael Rabacal, a Manila, Philippines native, now a signal support systems specialist with A Battery.

Johnston crouched atop ten feet of Hesko barriers, controlling the RQ-11B Raven's ground station. On the ground, Rabacal held the Raven, no bigger than a large toy airplane.

From the ground station, the operator can see everything. The Raven is equipped with a camera that gives Soldiers a bird's eye view of the area.

It can fly at altitudes of 10,000 feet above ground level at speeds up to 60 mph. Fair performance for a plane weighing 4.2 pounds, said Johnston.

Rabacal looked at Johnston and gave a thumbs up. Pre-flight checks were finished. It was time to fly.

The propeller on the Raven spun furiously. Rabacal launched it into the air. It soared about fifteen feet before it fell to the ground.

U.S. Army Spc. Michael Rabacal, a Manila, Philippines native, now a signal support systems specialist, and Spc. James G. Johnston, an Oak Ridge, Tenn., native, now a fire direction control specialist, both with A Battery, 1st Battalion, 84th Field Artillery Regiment, 170th Infantry Brigade Combat Team, prepare an RQ-11B Raven unmanned aerial vehicle for flight at Combat Outpost Qeysar, Afghanistan May 26.

That's okay. The Raven was designed to take a beating.

"There's no landing the Raven," said Johnston. "It's made to crash and fall apart."

Johnston said the way the Raven breaks down is one of its strongest benefits. It's difficult to break and can be assembled and disassembled easily for use and transport.

With little effort, the Soldiers put the Raven back together like a puzzle and placed it in the hands of Staff Sgt. Brian L. Clark, a Cleveland native, now the platoon sergeant with Headquarters Platoon, A Battery.

The team conducted pre-flight checks and Clark jarred to a sprint. He hurled the tiny plane like a quarterback throwing a football and it climbed the sky. The Raven stayed up. It was now in the hands of Johnston who piloted it by remote.

"It's highly capable for its size," said Johnston. "It's backpack mobile and can adapt to almost any mission."

Clark and Rabacal successfully launched the drone plane several times, letting Johnston test its capabilities.

"We got pretty far out and got to see a lot of the area with it," Rabacal said.

With eyes in the sky, A Battery can get a look at an area before sending in troops. By doing so, A Battery Soldiers get a better idea of their situation during missions, he added.

"[The Raven is] a great asset that can be used at the battery level when larger UAV coverage is not available," said Pfc. Kevin J. Larson, an Overland Park, Kan., native, now an intelligence analyst with Headquarters and Headquarters Battery, 1-84 Field Artillery Battalion.

In Larson's line of work, he frequently sees Soldiers operate the Raven or tools like it. He observed the A Battery Raven team through the day, and said their operating ability was, "likely to save many lives."

The Raven team ended their flight with new experience. With a successful test of their equipment, they packed up the Raven as capable and ready operators.

Thunder Soldiers make way for air

By 2nd Lt. Timothy O'Camb and Spc. April Spruill

1st Battalion, 84th Field Artillery Regiment

Medical providers from Provisional Reconstruction Team Meymaneh, led by U.S. Army Col. Mark Arturi, a nurse anesthesiologist with the team, paid a visit to the 1-84 Field Artillery Battalion aid station at Forward Operating Base Griffin April 26, to give medics with Headquarters and Headquarters Battery, 1-84 Field Artillery a class on airway management.

Airway management is the highest priority for clinical care. If there is no airway, one cannot breathe, resulting in the stoppage of circulation, and eventually all other vital body processes.

Getting oxygen to the lungs is the first step in almost all clinical treatments. In the "ABC's" of cardiopulmonary resuscitation, "A" is for airway.

The class reinforced skills the medics previously learned and provided new information concerning procedures and equipment used to manage a casualty's airway.

"I enjoyed the class," said Spc. Kristen Casarez, a combat medic with HHB. "Not only were we updated on the latest airway management techniques, but we also learned how to use new equipment that can easily be used on the line and in the aid station."

Arturi included a hands-on portion during the training, which involved a live demonstration of how to properly intubate a patient.

Intubation is the placement of a flexible plastic tube into the trachea, or windpipe, to maintain an open airway or to serve as a conduit through which to administer certain drugs. It is frequently performed on critically injured, ill or anesthetized patients to facilitate ventilation of the lungs, including mechanical ventilation, and to prevent the possibility of asphyxiation or airway obstruction. Spc. Carolyn LeBerthon, a combat medic with HHB, volunteered to be the guinea pig for the demonstration.

"How many people can say they got to see their own vocal cords?" she remarked after having a Glidescope (video laryngoscope) inserted into her throat.

Members with Provincial Reconstruction Team Meymaneh pose with Headquarters and Headqurters Battery, 1st Battalion, 84th Field Artillery Regiment, 170th Infantry Brigade Combat Team at Forard Operating Base Griffin, Afghanistan April 26.

Chaplain's Corner

Memorial Day, why its OK to hurt

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

Three months plus have passed since we as Task Force Bayonet left the comfort of our families and the Baumholder Community. Much has transpired, many defining moments, many precious moments we will never want to forget and some we wish we could forget but will never be able to. We have loved and we have lost. As I type this the 170th IBCT has lost three of its own. I remind myself there is a cost, and that the price for freedom is very expensive. Yet – that does not remove the pain.

Memorial Day has come and gone. It was a quite affair here in Regional Command North, with some battalions having organization days; a little time off from the regular grind where a little rest and relaxation was found and very much enjoyed.

Yet we all paused to remember what the day was truly about. We here in northern Afghanistan weren't preparing for shopping sprees for discounted mattresses, or TV's or whatever else the advertisers are pushing. We weren't out camping or barbecuing. We paused shortly and remembered where the day came from and what it really means and represents.

A little history: In April 1863, in Columbus, Miss., after decorating graves of her two sons who died representing their beloved southland, an elderly woman walked to two mounds of dirt at the corner of the cemetery to place memorial flowers there also. "What are you doing?" friends asked, "Those are the graves of two union soldiers." Softly that compassionate mother said, "I know. I also know that somewhere in the North, a mother or a young wife mourns for them as we do for ours."

"What I'm trying to say, is it's okay to feel the pain."

That loving deed set in motion our celebration which has become known as Memorial Day. We honor the war dead once a year, but their sacrifice is evident every single day of the year! We remembered and honored the memory of all those who have sacrificed their lives on the altar of freedom. Those sacrificed lives have not been given in vain! Because of their sacrifice, we are free today and have the right to assemble ourselves together and worship our God.

The issue with remembering our fallen is that we re-engage pain and sorrow. That is part of our duty as the military community. It is part of who we are; we

Photo by Sgt. Christopher Klutts

Chaplain (Maj.) Steve Dunn leads a prayer before a Memorial Day 5-kilometer run at Camp Mike Spann, Afghanistan May 30.

have pledged that "We Will Not Forget" This means we will NOT forget the pain – the cost – the sacrifice. This an honorable task, mantle we carry.

I believe in this generation we are in too much of a hurry to remove ourselves of pain. Not to sound macho – but feeling pain – experiencing pain is part of life. Feeling pain has the ability to remind us of the preciousness of life, the beauty that exists in every moment.

"Are you telling me Chaplain that I am supposed to find beauty in every moment? That sounds a little unrealistic and awful 'churchy' to me."

This is a perfect transition into the Word of the Day . - 1 Thessalonians 5:16-18 "Be joyful always; pray continually, give thanks in all circumstances for this is God's will for you in Christ Jesus."

Folks please hear me, being joyful, choosing joy - does not mean you have to be "happy" all the time. The shortest verse in the Bible is "Jesus wept," and He did so because a good friend of his had died.

Ecclesiastes 3:1, 2, & 4 says "There is a time for everything, and a season for every activity under heaven: a time to be born and a time to die ... a time to weep and a time to laugh a time to mourn and a time to dance.

What I'm try'n to say is its okay to feel the pain. The pain of life lost. The pain of physical, emotional and spiritual wounds and injuries, the pain of a hurting marriage, etc ... "Pray continually" does not mean I have to have my head bowed and whisper to myself 24 hours a day. You'll look kind of funny if you do and you might walk into the wrong latrine – "er sorry I was praying."

What this verse is saying to us is to continually communicate with God/Jesus. How can you have a relationship with someone if you don't talk with them? Let me ask you what is the worst part of an argument? It's the cold shoulder, break down or lack of communication right? Right? Lack of communication hurts all relationships (marriages + our relationship with God – communication is the key).

Give thanks in all circumstances. You may be asking yourself; "Be grateful my marriage hurts?!" Let me answer that question with a question of my own. The reason your marriage hurts is because it once had something it doesn't have right now, right? For some reason it is so easy for us to forget that we had "it" once. You fell in love once and it was goooood. If you are committed to your marriage (Marriage = Commitment) you can fall in love again.

Staff Sgt. Simon Williams, the brigade chaplain's assitants and Chaplain (Maj.) Steve Dunn pose after an Easter sunrise service at Camp Mike Spann, Afghanistan April 24.

Or you may be asking in light of Memorial Day - "Be grateful my friend/loved one, was wounded/killed?!" This is a very hard question to answer: Why do bad things happen to good people? I respond by saying, "We are not grateful they are gone or hurt, rather we are grateful for the mark they left on our lives, in our hearts and we are grateful for their sacrifice"

In my heart there are only 3 kinds of heroes: Those that keep the home fires burning (I Love you Holly, you are my hero!), those who are wounded in the performance of their duties, and those who will not be coming home with us, those who were killed in action. They and their families are the ultimate heroes.

Folks I leave you with this: Don't be afraid of the pain, there is a time to morn and weep, but that is followed with the time to laugh and dance.

We will be home soon, we will mourn and weep, and we will laugh and dance!

Until then - Much Love and Respect, Chaplain Steve Dunn

Spc. Trevor Morganflash with Command Security Detachment, Headquarters and Headquarters Company, 170th Infantry brigade Combat Team sweats it out on a hot day at Camp Spann, Afghanistan May 15.

Photo by Spc. Nathan Goodall

Be Cool Bayonet Brigade

Story by Kevin Glapion
Brigade Safety Manager

Warning - Extreme Heat Is Coming!

Wow! What a scorcher! You knew it was going to be a hot day but with this humidity it has to be 105 F plus outside. You start to feel lightheaded. It's probably because you haven't eaten much this morning. You can make it until lunch!

Time passes and your condition hasn't gotten any better - in fact it's worse! Your breathing has increased, you're sweating profusely, and your mouth is dry. Something's wrong! All you can see is black...what's happening...?

Heat Exhaustion! That is what's happening.

Heat exhaustion can occur when you are subjected to hot environments and fail to take in enough fluids, salts or both. And even worse, this can lead to a life threatening condition known as a heat stroke.

Sun stroke or heat stroke happens when the body's internal mechanism fails to regulate its core temperature. At this point, the body stops cooling itself through perspiration and can't get rid of excess heat. Unfortunately, the end result can be death if the body temperature isn't lowered immediately! So, especially if you work in hot environments, it's critical to recognize when you're suffering from a heat stress disorder.

SYMPTOMS OF HEAT STRESS DISORDERS:

Heat Cramps - Symptoms are painful spasms of the muscles. Heat cramps are caused when workers consume large quantities of water but fail to take in enough salt to replace the salt their body lost through sweating. Tired muscles are most susceptible to cramping.

Heat Exhaustion - Symptoms for this disorder are moist, clammy, pale skin; profuse sweating; extreme weakness or fatigue; dry mouth; dizziness; fast pulse; rapid breathing; muscle cramps and nausea.

Heat/Sun Stroke - Symptoms are a very high body temperature (104 F or higher); lack of sweat; mental confusion, delirium, or hallucinations; deep breathing and rapid pulse; hot, dry, red or mottled skin; and dilated pupils. Seek medical help at once for this condition.

TIPS FOR PREVENTION:

Drink Lots of Water/Liquids -Replenish the fluid that your body is losing through sweating. Not only water, but also critical electrolytes such as sodium, potassium and calcium are lost through sweating, so consider using electrolyte drinks to combat heat related disorders. Rip It, Red Bull, Monster and other boosters give you a false sense of hydration!

Education - Know the signs and symptoms of heat stress disorders and act quickly.

Photo by Spc. Nathan Goodall

Use Your Head - Do not ignore possible symptoms of heat stress disorders. If you feel very hot, dizzy, nauseous or if your muscles cramp, stop and cool off!

Safety is NO accident!!!

Soldiers vs. Sand Flies

By Capt. Stephen Harper
170th IBCT Brigade Surgeon

The summer months bring a host of environmental health risks. These risks run the spectrum from something common we might see in the United States or Germany, such as dehydration and heat exhaustion, to something rare and seldom encountered in industrialized nations. Here in Afghanistan, in addition to malaria which was discussed in the last newsletter, Soldiers have to protect themselves against leishmaniasis.

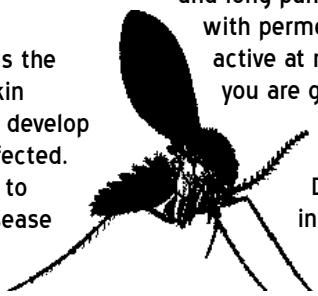
Leishmaniasis is a disease caused by the Leshmania parasite that is transmitted through the bite of a sand fly. The term leishmaniasis actually includes three diseases: cutaneous leishmaniasis, visceral leishmaniasis and mucocutaneous leishamaniasis.

Cutaneous leishmaniasis is the most common and causes skin ulcers. These ulcers typically develop several weeks after being infected. The ulcers require treatment to prevent the spread of the disease and disfiguring scars.

Visceral leishmaniasis is a more serious form of the disease that affects internal organs. Visceral leishmaniasis typically takes months to years to develop, with symptoms of fever and dysfunction of the infected organ.

There is a third form, mucocutaneous leishmaniasis, which is very rare and causes ulcers in the nose and oral mucosa, usually as a result of not treating cutaneous leishmaniasis.

The key to preventing leishmaniasis is to avoid being bitten by sand flies. The best prevention is wearing long sleeves and long pants at night, preferably treated with permetherin. Sand flies are most active at night from dusk to dawn. If you are going to be outside at night in shorts or short sleeves, an insect repellent like DEET is a necessity. Spending any significant amount of time outside when the sun goes down presents the most significant risk to contracting the disease.



Their bite is painless and they are very small, about a third the size of a mosquito, so many patients don't notice being bitten.

The unit we replaced had several confirmed cases of leishmaniasis, and there were a total of 20 cases of Service Members and DOD Civilians from Camp Mike Spann alone. Preventive medicine is working to control the sand fly population on our COP's and FOB's, but it is not 100 percent. If you are going to be outside at night, then it is imperative to follow the basic instructions above to decrease your risk of becoming ill.

The Bayonet News Team

170th IBCT Commander
Col. Patrick Matlock

170th IBCT Command Sergeant Major
Command Sgt. Maj. Michael Grinston

Public Affairs Officer
Capt. Royal Reff

Public Affairs NCOIC
Sgt. Christopher Klutts

Public Affairs NCO
Sgt. Jazz Burney

Photojournalist
Spc. Nathan Goodall

Official 170th IBCT Website
www.170infantry.army.mil

Bayonet Blog
170infantry.armylive.dodlive.mil

Bayonet Flickr
www.flickr.com/photos/170infantry

Bayonet News on DVIDS
www.dvidshub.net/170-IBCT

also

Follow us on Facebook

Please forward all submissions, suggestions and concerns to
Sgt. Christopher Klutts at
christopher.klutts@afghan.swa.army.mil

The Bayonet is an authorized publication for Department of Defense members. Contents of The Bayonet are not necessarily the views of, or endorsed by, the U.S. Government, or the Department of the Army.