



The Alamo



Volume 3, Issue 3

15 September 2006

Sep. 11 at Camp Alamo

On September 11, 2006 the TAG conducted a moment of silence formation in memory of September 11, 2001 and issued the Former Wartime Service – Shoulder Sleeve Insignia (FWS-SSI) to members of TAG V.

Five years ago extremists attacked America. One year ago the 41 BCT mobilized to LA in support of Hurricane Katrina. Today we remember our history while we stand in Afghanistan in support of the Global War On Terrorism, and just after learning of the first combat casualty sustained by the 41 BCT. The September 11 date will forever live in our minds.

After a moment of silence for each of the attacks, Command Sgt.



Maj. Foesch read the meaning of the FWS-SSI. In his remarks to the formation Col. Lyman said, “There are a lot of families and a lot of people who have heavy hearts today. My heart is not heavy because I know that they appreciate what we are doing, that we are making a difference. There are a lot of people proud of you. We will never forget those that have given their lives. This day will never be forgotten.” He then issued the first FWS-SSI to SGT Bullock.

Throughout the day many service members flew US flags at Camp Alamo in memory of the date. Each flag flown will have an accompanying certificate showing the date and certifying its significance.

Commander’s Corner

I have been in contact with my replacement from TAG VI, Col. Bruce Bennett from the South Carolina Army National Guard. Col. Bennett is the full time Deputy Chief of Staff for Operations. He is currently building his team and as soon as he has individuals identified we will make sure that you link up and begin the process of sharing information. Our goal is to ensure TAG VI has every thing they need to be successful. Start thinking now about items and information you can provide to make the transition seamless. We have some soldiers that are from TAG IV that will be heading home soon, Maj. Tukdarian, Sgt. 1st Class Catto, Master Sgt. O’Donnell and Sgt. 1st Class Kuiken so please be sure to thank them for their support and service. Their corporate knowledge has been invaluable and we will miss them.

We have lost three good soldiers from the Task Force and all three died due to hostile fire and not because of an error in judgment or lack of personal protective equipment. The last thing any

(Continued on page 8) Command Corner

CSM Forum



We continue to work hard to complete our mission, and I am proud of all of your hard work. We must remain focused on our mission and do everything we can to make the Afghanistan National Army self sufficient.

I would like to remind everybody that the Commander and I have an open door policy, and I would encourage you to use it if you feel the need. I would ask that as a courtesy you inform your chain of command prior to using the open door policy unless you do not feel comfortable talking to your chain of command about the issue.

All Soldiers need to be very familiar with General Order #1(a,b,c). If you don’t know the rules you could get into trouble. If you need a copy of the General Order contact your chain of command.

If you are having pay problems, you need to notify your chain of command and the S-1. Many of the pay problems are easily fixed, but some of them require more time to resolve. We can’t help you if you don’t tell us you are having a problem.

NCOERs for Oregon Soldiers are due based on the following schedule: E-9/E-8—1 Sep 06, E-7—1 Oct 06, E-6—1 Nov 06, E-5—1 Dec 06. There is a lot of work involved in doing a good NCOER. If you are a rater you owe it to your Soldier/Sailor/Airman to do the best you can on their NCOER (or similar evaluation form). You need to remember that somebody during your career did what they needed to do to take care of you. It is your time to do the same for your subordinates. If a Soldier/Sailor/Airman from another state, service or reserve component is on a different rating schedule than us the S-1 needs to know so they can document the NCOER tracker. The S-1 will need to know what day the NCOER is due.

4100s and E-4 assessments for Oregon Soldiers are due to J-1 NLT 10 Oct 06. I sent our IWQ results from Camp Shelby to Oregon so they will have the most current information. I also sent the NCOES “wish list” to J-3 so hopefully we will be able to get schools for you when we DEMOB.

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COMBAT ARMS AIT

BUILDING AND TRAINING A NEW ARMY

By Sgt. 1st Class Ronald Kuiken

One Officer and three NCOs from the 41ST Brigade Combat Team, Oregon Army National Guard, activated earlier this year for Operation Enduing Freedom



The Combat Arms team with some of their ANA counterparts.

in Afghanistan. 2nd Lt. Travis Ostrem, Kaaawa Oahu HI, Sgt. 1st Class Mike Potter, Roseburg OR, Sgt. Tobe Merrimon, Portland OR, and Sgt. J.P. Parsons, Sweethome OR, activated and then went to Camp Shelby, Mississippi for two months of intensive infantry training along with the 41st Brigade Combat Team (BCT).

At Camp Shelby they trained with other US Army, US Navy, and US Air Force personnel going to Afghanistan. After the two month train up they flew to Afghanistan and began a one year tour at Camp Alamo, Afghanistan. When they arrived they joined US Navy Master Chief Petty Officer Dave Connor, Miami

FL, Sgt 1st Class Ron Kuiken, Helena MT, and Staff Sgt. Friedman, Manchester MD, as part of the Training Assistance Group V Advanced Infantry Training-Combat Arms (AIT-CA) team.

The TAG V AIT-CA mentors Afghanistan National Army Instructors and ANA Soldier training. The primary function of the mentors of the CA section is to make sure that the material the ANA instructors teach is doctrinally sound and corresponds to training schedules developed 60-90 days out.

The CA section along with the ANA, developed skill level 1 infantry training which the ANA Soldiers need down range

to fight the Taliban and other anti-government forces in Afghanistan. The CA section and the ANA instructors focus on squad level training. Within AIT-CA, there are three jobs: infantry, mortar (82mm), and anti-tank (SPG-9). The ANA infantry instructors currently teach 40 blocks of instruction over a 30 day period of which 8 blocks are done during night operations and two are 82mm and SPG-9.

The team continuously updates the training lessons. They rewrite lesson plans to make the training more in line with what the ANA Soldiers need to be successful on their missions down range. The CA mentors noticed a great im-

provement in the quality of training the ANA Soldiers receive. The main goal for the CA team is to have ANA instructors take complete ownership of the training and be less dependant on the Coalition Forces.

Team Biographies

2nd Lt. Ostrem received his commission from Oregon State University in



2nd Lt. Travis Ostrem

August 2005. He was then mobilized for the Hurricane Katrina relief effort. In September 2005 he attended the Military Intelligence (MI) Officer Basic Course at Fort Huachuca, AZ. Though he is an MI officer he was an enlisted Infantryman in the 41st BCT. The 41st BCT selected him as the Officer in Charge (OIC) of the CA section.

Master Chief Petty Officer Connor joined the Navy 24 years ago and worked

See AIT (Continued on page 5)

MWR Up Coming Events

Religious Services

Protestant—1230 Every Friday at KMTC Conference Room
 Catholic—1330 Every third Friday at KMTC Conference Room
 Protestant—0900 Every Sun at Phoenix
 LDS—1500 Every Sun at Phoenix
 Catholic—1730 Every Sun at Phoenix

Movie Night

Mon and Thur.—1930 in the courtyard. (B-hut M2 in inclement weather). Direct movie requests to LT Heron.

Bazaar

Every other Thur.

ANA Graduates first Officer Candidate School

By 1st Sgt. Don Weber

The first class of the Afghan National Army (ANA) officers trained through Officer Candidate School (OCS) graduated on the 6th of September 2006. General Abdul Rahim Wardak of the ANA was the Inspecting Officer for the first OCS class. Lt. Gen. Karl Eikenberry US Army, Lt. Gen. Karimi ANA Army, Maj. Gen. Wilson British Army, Maj. Gen. Robert Durbin US Army, and Brig. Gen. Douglas Pritt US Army attended the ceremony. 55 new second lieutenants graduated. These new lieutenants are ready to take their positions as platoon commanders and staff officers throughout the ANA. After

one year of field experience six of the graduates will return to KMTC to become instructors in the OCS program.

British officers taught the OCS class so the graduation ceremony used a combination of military traditions from both the Afghan and British armies. Regimental Sergeant Major (WO1) Derbyshire developed the parade format. The graduating class marched on the parade field with the ANA Band under the direction of Capt. McGee, British Army. After posting the colors McGee gave an open ranks command and Wardak conducted an inspection of ranks while a British soldier played the bagpipes. Wardak then took the podium to deliver an inspirational speech and advised them they are a "commitment to the future."

Three officers received awards during the ceremony. 2nd Lt. Rhamatullah received an award for best physical fitness. The physical fitness test included a 1.5 mile run, sit-ups, press-ups (push-ups), log races, and an endurance race ruck march. 2nd Lt. Mohammad Dawood received an award for best weapon qualification. He scored 191 points on 10 match shoots with an AK 47. 2nd Lt. Amal received the award for

overall best candidate. The best candidate award is a subjective award based on instructor evaluation. Amal demonstrated experience, knowledge and confidence said McGee. He was previously a Non-commissioned Officer.

These officers are all "enthusiastic to



Minister Wardak inspects the class during graduation.

make change," said McGee. After a little experience they will be the best officers in the ANA. McGee further stated they have a keen loyalty to Afghanistan.

The OCS class is instructed by 38 personnel from the British Army and two from the British Royal Marines. The



Minister Wardak presents award to 2nd Lt. Amal for achieving honor graduate.

Afghanistan Minister of Defense requested an officer training program based on the Royal Military Academy Sandhurst model. The Sandhurst model has a world wide reputation for training officers who stand in a league of their own. The OCS mission is "to train professionally competent, well motivated officers,

who are loyal to the Government of Afghanistan, and can command soldiers both on and off operations."

The class was 23 weeks long and started with 132 students. On the 27th day 35 students dropped out. "These students did not have the military skills to complete the training program. The British used an improved selection process for class two. As a result class two started with 68 students but only 22 dropped at the 27 day point" said McGee.

The first four weeks of the OCS course consist of the Foundation Module. The candidates are inducted into the Army and learn the procedures necessary to complete the rest of the course. The next six weeks consist of a unit called the Squad Module. Here candidates learn to operate as a member and commander of, an infantry squad which is the smallest organizational unit in the army. Next candidates spend three weeks learning the basics of commanding and administration of an infantry platoon as part of a rifle company. Over the next six weeks candidates in OCS perfect their leadership and administrative skills fully preparing them to take command of their own platoon upon graduation.

During the final four weeks of the course candidates confirm their professional knowledge and skills during a real-world exercise. The exercise boosts the confidence of candidates and ensures their readiness to command soldiers on operations. The first OCS class linked up with a Dutch Army unit in northern Afghanistan for their real-world exercise. After an intelligence briefing, the candidates executed a cordon and search mission with the Dutch Army. As part of this mission the Dutch Army found an area previously used as an enemy arms cache and found a suspected Taliban member hiding in a coffin under a floor.

Camp Phoenix Dental Clinic

Offers exams, x-rays, emergency treatment and teeth cleaning every 6 months. Call for an appt.

DSN: 237-2206 Dental Asst is: SGT Colleen Koch (Cook)
BLDG: A2, South of the TMC (Collocated with the Optometrist Office, uses the same phone.)

A Short Run of Great Significance

By Maj. Laurent Frentz

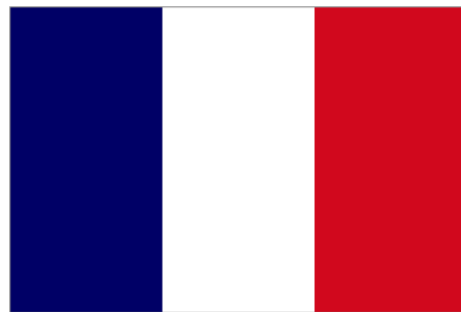


Major Frentz running with US soldiers during a memorial run on September 11, 2006.

Running is the basic physical training exercise in the French army. Young enlistees learn how to run as early as they learn how to shoot. In their garrisons or on overseas deployment French soldiers usually start or finish the day with what we call a footing. Once a week or once a month the commander himself leads the running of his battalion, split in different companies, each one having its own colour T-shirt. Even in Bosnia some years ago, armored vehicles used to recon tracks before the guys had their morning training session outside the compound.

The physical benefit of running is well-known and practicing it three times a week develops endurance like no other sport. But beyond the mere "burnt calories per hour" running fosters esprit **D e c o r p s a n d w i l l .**

When you see our French detachment leaving office around 4 PM you may think we are traveling back to Phoenix to enjoy a nap and wait for chow hall hour. You are wrong. We are simply going to



put on sneakers and head to the Gym to sweat on the treadmill.

When we learned that a 5- or 10-miles run was organized at Phoenix to commemorate the 5th anniversary of 9-11 events at 6 AM most of us registered. It was our way to express solidarity and grief for our US comrades by sweating with them on the 1/2 mile track. France was struck as early as 1995 by Islamist terrorists in Paris. Since 9/11, acts of terror directly attributable to radical Islamists extended to countries, both western (London and Madrid) and Muslim (Morocco, Egypt, Indonesia, and Turkey). That is why we are here.

Garrison Team

By Lt. Col. T. W. Smith, Garrison Commander and Senior Master Sgt. Rob Spaulding



Hello from Camp Alamo Afghanistan. The Garrison Command has seen many changes since our last newsletter. Brigadier General Pritt selected Colonel Bankhead to serve as the Director of the ANA Senior Command and Staff Course. Maj. Vosika and 1st. Sgt. Carlson also moved on to new assignments with the Training and Education Command in the TAG. From all of the officers and enlisted personnel that deployed to Afghanistan with Col. Bankhead, Maj. Vosika, and 1st. Sgt. Carlson we wish you success in your endeavors and safety in your travels.

It is my desire to highlight what your Soldiers, Airmen, and Sailors do here at KMTC and Camp Alamo. This month I want to start with the changes in the Facilities Engineer Office and Range Control and next month we will shine the light on another section and other personnel.

We are safe and staying extremely

busy. Each day brings new challenges and different problems to solve. Sometimes it is frustrating, but overall when the day is done I believe each and every person here will tell you that it is rewarding.

I believe it is safe to say that one of the things that is common to all of us here is that we miss our families. Without their support this mission would be much more difficult. Thank you for everything you do and for all you mean to us.



Lt. Col. T. W. Smith, Garrison Commander

Lt. Col. Tom Smith was selected to serve as the Garrison Commander/Mentor. Lt. Col. Smith served previously as the

Facilities Engineer Officer/Mentor. He is a member of the Missouri Army National Guard serving in the Active Guard Reserve program and is assigned to the Maneuver Support Center at Fort Leonard Wood, Missouri. He is married to Sandra and has two sons Matthew and Zachary.

Senior Master Sgt. Rob Spaulding is the new Garrison Sergeant Major/Mentor



Senior Master Sgt. Rob Spaulding, Garrison Sgt. Maj.

for the Training Assistance Group (TAG). Senior Master Sgt. Spaulding is a member of the United States Air Force

with 21 years of active duty serving in 49 states and 24 countries. Senior Master Sgt. Spaulding's military specialty is logistics and he has served previously with the Air Force Thunderbirds. He is married to Tech. Sgt. Denise Spaulding

Garrison Team (Continued on page 6)

AIT (Continued from page 2)

with Navy Basic Training units. When he is not with the Army in Afghanistan his home port is Florida where he works as a



Master Chief Petty Officer Dave Connor

Boatswain Mate in the Navy. His background and experience provide guidance and mentorship for the ANA leadership of AIT as well as his fellow team members in CA. He is the Non-Commissioned Officer in Charge of the CA section.

Sgt. 1st Class Potter is a Platoon Sergeant with Charlie Company 1-86 Infantry back in Southern Oregon. Sgt. 1st



Sgt. 1st Class Mike Potter

Class Potter was previously a member of the 82nd Airborne Division and 1-17 Cavalry. He participated in many missions in Central and South America and mobilized for the Hurricane Katrina relief effort in September 2005. He helps mentor senior ANA NCO Instructors on both teaching techniques and tactics in the CA section.

Sgt. 1st Class Kuiken a member of the Montana Army National Guard was part of the 53RD Infantry Brigade TAG IV which returned home in June. He mobilized in September 2005 and trained for



Sgt. 1st Class Ron Kuiken

OEF at Fort Carson, CO for six weeks. With Sgt. 1st Class Kuiken's help and guidance between TAG IV and TAG V the CA team always seems to be one step ahead of the game. He is due to return home in October.

Sgt. Merrimon activated and mobi-



Sgt. Tobe Merrimon

lized for Operation Iraqi Freedom in 2004-2005 and served proudly as a member of the 1st Cavalry Division. Back in the states he is a team leader with the 2-162 Infantry Battalion. Prior to volunteering for this mission he mobilized for the Hurricane Katrina relief effort in September 2005. He now serves as a mentor with the CA team.

Sgt. Parsons mobilized for Operation Iraqi Freedom in 2004-2005. He was in the same unit with Sgt. Merrimon in the 1st Cavalry Division. He also mobilized for the Hurricane Katrina relief effort.



Sgt J.P. Parsons

Sgt. Parsons worked security at the 2002 Winter Olympics in Salt Lake City. He has been a member of the Oregon Army National Guard for 10 years serving in Engineer and Cavalry units. He helps mentor junior ANA NCO instructors and is the CA team's weapons specialist.

Staff Sgt. Friedman is an Air Force medic from Wright-Patterson Air Force



Staff Sgt. Friedman

Base in Dayton Ohio. He joined the Air Force 8 years ago and is stationed overseas at RAF Lakenheath as a crew chief on F15E's. He is married and has two sons, Riley 5 years old and Garret 1 month old (born while he was at Camp Phoenix, Afghanistan). He is currently assigned to Combat Arms section as both a medic and a mentor for the ANA

Garrison Team (Continued from page 4)

and they have five children, Robert, Alyssa, Austin, Justin, and Delani, and



Lt. Cmdr. Kevin Bivens , Facilities Engineer Officer

one grandchild Sydney.

Lt. Cmdr. Kevin Bivens is the new Facilities Engineer Officer (FEO)/Mentor in the TAG. His previous assignment was the Range Control OIC/Mentor. Lt. Cmdr. Bivens is a member of the United States Naval Reserve and is the Com-



Lt. Col. Jim Grimm, Range Control.

manding Officer of the Reserve Support Unit Fleet Activity Yokosuka, Japan. He is a mechanical engineer with BASF in Houston, Texas. Lt. Cmdr. Bivens is married to April and they have three daughters, Josie, Sophie, and Elizabeth.

Lt. Col. Jim Grimm is the new Range Control OIC/Mentor and comes to the TAG from the 1st Brigade/205th Corps where he was the Team Chief for the 4th Kandak. He is the Operations Officer for the 110th Maneuver Enhancement Brigade (Combat Support) in the Missouri Army National Guard. On the civilian side Lt. Col. Grimm is the Business Manager for Children's Mercy Hospital Pharmacy in Kansas City, Missouri. Lt. Col. Grimm is married to Laurie and has two daughters Erin and Sarah.

Range Control

By Staff Sgt. Rader

We have had a very interesting month. Activities this month ranged from construction starting on range improvements and receiving new automated targetry to helping coordinate the first Combined Arms Live Fire Exercises and



Staff Sgt. Rader as "gunner" on recon to Range 6

Air Gunnery Exercises at KMTC in the post-Taliban era. We also conducted a recon of Range 6 near Bagram with officials from the Ministry of Defense as they look at the possibility of reopening the range due to the increased demand for ranges in the Kabul area.



Lt. Cdr. Bivens' last patrol of the ranges as the Range Control Mentor. He now is the Facilities Engineer Officer.



Work is nearing completion on the Dining Facility (DFAC) roof. This \$400,000 renovation is a much needed improvement and sets the stage for a cleaner and much nicer facility for the ANA Soldiers. Here employees of Blue Sky Construction Company, a locally owned company, prepare a section of the roof for repair.



Have you ever wondered where all of that electricity comes from? LCDR Bivens is seen here inspecting the KMTC power generation plant. This generator is just one part of the plants that keep everything here powered up and operational.



Have you ever wondered what the Facilities Engineer Officer does? LTC Smith is giving a hand to the local contractors with removing debris from the DFAC roof.

School Grand Opening Family Village Technical School

On the 24th of August the Family Village Technical School officially opened four new classrooms. Building the classrooms was a joint effort with the school, the Family Village community, Blue Sky Construction Company (a local contractor), the ANA, the US Army, and humanitarian assistance from Spirit of America organization in the United States.

Blue Sky Construction Company built the addition of three regular classrooms and a larger special science room. The Zalmay Afshar Construction Company built 69 desks and cabinets with sinks for the school.

“There are very intelligent students in these classes. Some of you will become doctors, engineers, teachers, and members of parliament. Your country, parents, and the army look forward to your future leadership,” said Brig. Gen Wardak KMTC commander. He finished his speech by having the students promise to learn their lessons.

After opening remarks the Head Master, Brig. Gen. Wardak, Col. Lyman, and the contractor cut the traditional ribbon. The students went into the classroom and



Brig. Gen. Wardak addresses the students of Family Village Technical School at the opening of the new classrooms.

got their first look at a microscope. Spirit of America provided 55 micro-



Col. Lyman shows student a sample slide for the microscope.



Engineer Mukhtar, Col. Lyman, the school Head Master and Brig. Gen. Wardak cut the opening ribbon.

scopes with sample slides. This is the first time these children looked at a magnified image of a hairline.

The school now has 125 students in classrooms designed for 48 students. There is more work needed to improve the level of education in Afghanistan.

New Medical Personnel Arrive

By Capt. Marylynn Bernard

Dr. Shir Afzal, a Lt. Col. in the Afghan National Army and Capt. Marylynn Bernard ARNP, USAF work together building the future in Afghanistan. Capt. Bernard mentors physicians at the Afghan Military Entry Processing Station



Capt. Marylynn Bernard and Lt. Col. Shir Afzal, ANA MD

(MEPS) located at Kabul Military Training Center. Her role is to provide guidance and expertise to help streamline the physical examination and initial vaccination process to new Afghan recruits.

Dr. Nabi Basiry, a Capt. in the Afghan National Army and Senior Airman Justin Owens, a USAF medic, work hand and hand to insure new recruits receive



Capt. Nabi Basiry, ANA MD and Senior Airman Justin Owens

first-rate health screening exams at the MEPS station at Kabul Military Training Center.

Senior Airman Schlosser, a medic in the USAF, mentors Afghan staff in preventive medicine by overseeing their dining facility health inspection. She also is a valuable asset at Kabul Military Training Center in training Afghan National Army medics learn necessary combat life saving skills.



Local National food service worker and Senior Airman Schlosser

Commanders Corner (Continued from page 1)

Commander wants to do is tell a spouse or mother that their son or daughter could have survived had they had the proper training or been wearing their personal protective gear. Please don't ever go outside the wire unless you are wearing all your gear and are ready for what ever the enemy throws at you. Finally, ask yourself every day, "what can I do today that will help the Afghan National Army at KMTC become self sufficient." Sometimes that may even mean failure. I truly believe there is nothing in life that I have done that I couldn't have done just a little bit better.

James R. Lyman
Col.
Commanding

CSM Forum (Continued from page 1)

As a reminder these are the NCOES requirements for promotion if you are a soldier. WLC for E-6, BNCOE (all phases) for E-7, ANCOE (all phases) for E-8. You also cannot be flagged for height/weight, or APFT failure to be considered for promotion.

Many Soldiers have taken the opportunity to complete correspondence courses while they are here. Did you know that if you are in the Army each five hours of correspondence course credit equals one promotion point? Did you also know that every three hours of correspondence course credit equals one retirement point? There are limits on how many points you can accrue for promotion and retirement, but in addition to improving your chance to get promoted and helping increase your retirement pay you are doing something to improve your knowledge.

Keep up the great work!

Robert Foesch
Command Sgt. Maj.

Training Assessment

By Lt. Col. James Brann

The TAG assessment team, led by Lt. Col. Brann flew to Herat to visit the 207th ANA Corp. They talked to leaders of three ANA Kandaks (Battalions), one Brigade and the 207th Corps staff. The main objective is to find out what works

and what we can modify in the training plan at KMTC. Soldiers live by tasks trained at KMTC. Some tasks are not used down range and the assessment team will make recommendations to modify training to meet the requirements. As a side note-it takes 1.5 hours by British C-130 to fly to Herat and 2.5 hours to get back by a German transport plane.

It's been 2.5 months since TAG V took charge of Camp Alamo and four months since the advance party arrived. I need to institute some mandatory time off. Most unit members have a low operations tempo on Fridays and many half days on Thursdays. The Convoy Section and S3 Section work most days. I appreciate both sections hard work, but my goal is to get them some time to recuperate as we have a long deployment. The S3 section is the operation hub, but the Convoy Section makes this place function on the road.

It is safer now for our dedicated Convoy Section who drives brand new up armored Hummers. This is a huge step up in safety from the Ford Rangers.

Register and Vote Responsibility has no boarders

By 1st Sgt. Curtis Watts

Gentlemen, I have downloaded the on-line Federal Post Card Application and the Voter's Assistance Guide for most of the states that people here on the Alamo are currently from.

Registering for absentee ballot is not difficult. However taking the time to filter through all of the information on the internet site can be somewhat overwhelming if you are busy.

Please let everyone know that I will be available to help anyone (including civilians) request an absentee ballot. I will be available to provide assistance at any time. I will be in the office on Friday mornings for anyone wanting help.

Health Tips

By Capt. Marylynn Bernard ARNP

With the recent terrorist attacks and general instability of this area, I thought it would be appropriate to start the Health Tips column on Post Traumatic Stress Disorder (PTSD). The following excerpt is from the American Academy of Fam-

ily Physicians, 2003.

What is PTSD?

PTSD is an illness that can happen after a traumatic event. The event may be caused by living in a military combat zone, serious car crash, natural disasters, etc. Everyone reacts to stressful situations differently and not everyone will develop PTSD. People who feel alone, or feel guilty that they survived a traumatic event when others did not may experience PTSD. Sometimes people develop feelings of anxiety that can last for months or years after a traumatic event.

What are the signs of PTSD?

Some symptoms of PTSD include vivid nightmares, flashbacks, bad memories, and inability to stop thinking about the traumatic event. Sometimes when people are reminded of the event they will become fearful and anxious. Some people will suffer from stomach ache or head ache when reminded of the event. Insomnia, irritability and decreased attention span may also occur.

What can you do about PTSD?

You may benefit from prescribed medication for depression or anxiety. Mental health counseling may also help. With assistance, PTSD can get better within a few months, although it may take longer with some people.

- *Try to establish consistent sleep habits
- *Try to lie down to sleep at the same time every night.
- *Try not to eat 2 hours prior to going to sleep
- *Get regular exercise and eat a balanced diet

There is mental health counseling available at Camp Phoenix, contact the Alamo TMC to help set up an appointment or to talk to a medic about your symptoms.

Training Assistance Group Newsletter

Tag
41st BCT
APO AE 09320

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