



# the ONE Hundredth



100th Missile Defense Brigade (GMD) Newsletter

April Issue Vol. 1.3

HHB  
Commander



CPT William  
Shanahan

COMMAND  
HHB  
SECTION

1SG Robert  
Cunningham



HHB  
1SG

I hope everyone is enjoying the early summer weather we've been having, interspersed with a little bit of "it's not summer yet" arctic blasts. This is Mother Nature's way of telling us to remain safe and vigilant during the transition to the next season. Just because you got sunburned one day doesn't mean you can't slide off the icy road the next day. This is Colorado, and it takes no time at all to transition to a different season. I urge all of you to think and be safe at all times.

These next few months will be busy, but that shouldn't come as a surprise to anyone. Between internal and external events, there is a lot on our plates. There is the SATB (5 April), the next iteration of Resiliency (12 April), the Space Symposium (16-19 April), the Hail & Farewell (20 April), and our APFT (26 April). And of course we can't forget our worldly neighbors in the North, who care not for our plans.



## Safety First:

Always remember the rules for driving on slick roads.

1. Don't follow too closely to drivers in front of you.
2. Slow down.
3. In case of a slide, don't yank the wheel. Steer slowly into your slide.
4. Stay Calm.



We are still looking for input from you, the Soldier, or your family. We would like some photos, suggestions, news, information, updates, etc. on topics you find interesting, or that would benefit others in the 100th Missile Defense BDE. Communication has always been a challenge, and with this Newsletter, we hope to bridge the gaps we've had in the past.

Stay alert, remain vigilant and be safe, always.

CPT William Shanahan



# S 1 SECTION

## EVENTS AND ANNOUNCEMENTS

**DEERS ID Card Update:** There has been a recent distribution of faulty cards throughout DEERS/Rapids sites, to include ours. To verify if you have a bad card, flip the card over and you will notice some numbers – either a 64 or a 72 with or without the word “Dual”. Either 64 or 72 represents a bad card. 128 and 144 is a good card. The card is also bad if only the word “Dual” is listed without any of the fore mentioned numbers. If this is the case, call and make an appointment with us and we will swap out your bad card for a good one.

**Birth Month Audits:** For those who were born in April, please call and schedule your BMA with us. Our remaining personnel include SFC Drumm, CPT Gansler, LTC Gary, and SSG Young.

**Note:** If your BMA is in either April or May and you have a faulty ID card, we will replace the card during your scheduled time at the BMA. Otherwise, call and make an appointment.

Congratulation to the following Soldiers on their promotions:

1. MAJ Robert Waddington was promoted on 2 March
2. CPT William Smith was promoted on 16 March
3. CPT Lynsey Yoder was promoted on 23 March
4. SFC Jared Rudd was promoted on 2 April

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-April is the Month of the Military Child. MWR will be offering activities for children at many of the facilities. Visit <http://bit.ly/AEGVbA>, like Fort Carson MWR on Facebook, or follow Fort Carson MWR on Twitter for detailed schedules and reminders.

-05 Apr- SGT's time 0800-1200

-08 Apr. - AAFES PATRIOT FAMILY CONTEST

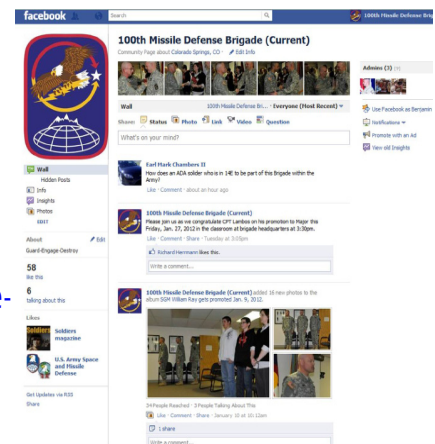
The Army & Air Force Exchange Service is sponsoring its "Patriot Family Peeps Diorama" contest, which gives military shoppers the opportunity to show their creative side and craft a patriotic scene using Peeps candy. Entrants must use a shoebox or comparable item of reasonable size to create a patriotic play, scene or event that inspires emotion. The winner will receive a \$1,000 Exchange gift card. Entries will be accepted through April 8. Complete entry rules and regulations can be found at the Patriot Peeps Diorama Contest 2012 webpage at: **APRIL IS MONTH OF THE MILITARY CHILD!**

-12 Apr- SGT's time 0800-1200 and 1300-1700 LG class room-Resiliancy Training mandatory for all Soldiers.

-16-18 Apr CLS class for select Soldiers

-19 April- SGT's time 0800-1200

Don't forget, we have a Facebook page with up-to-date information regarding the brigade! Log on to Facebook and go to <http://www.facebook.com/pages/100th-Missile-Defense-Brigade-Current/146321062051296> and hit 'LIKE' to follow.







## VOLUNTEERS NEEDED FOR SPARTAN RACE

The Colorado Spartan Military Sprint is quickly approaching and we are in need of great volunteers. This event is the first of its kind making it very unique to everyone involved.

**Who:** 150 Volunteers on Saturday May 5th and 150 Volunteers For May 6th. Total of 300 Volunteers.

**What:** Various positions needed to assist in execution of the Spartan Military Sprint.

**Where:** Iron horse park at Fort Carson.

**When:** May 5th: 6:30 am – 7:00 pm

with options of full day or half day Hours.

May 6th: 6:30 am- 4:30 pm with options for full day or half day hours.

**Why:** This is an exclusive event and your help will enable you to participate in the first ever Spartan Race on a military installation. You are also supporting the Soldiers and their Families here at Fort Carson. For your commitment you will receive one free race entry which includes a timing chip, t-shirt and medal, one free spectator pass, a T-shirt, a free meal and beverage, and an amazing experience to be part of the Spartan Family.

If this sounds like something you are interested in and able to do, please contact directly the volunteer coordinator for this event:

Megan Majerus  
megmajerus@gmail.com



## NOTES FROM THE S2...SECURITY CLEARANCES

If you have a security clearance, some of your responsibilities are:

a. You must familiarize themselves with pertinent security regulations that pertain to their assigned duties. Further, you must be aware of the standards of conduct required of persons holding positions of trust. In this connection, you must recognize and avoid the kind of personal behavior that would result in rendering you ineligible for continued assignment in a position of trust. In the final analysis, the ultimate responsibility for maintaining continued eligibility for a position of trust rests with you.

b. Moreover, since you have access to classified information you must report promptly to the Bde Security Manager/assistant Manager, 1LT Lewter or SSG Knight:

- (1) Any form of contact, intentional or otherwise, with a citizen of a designated country, (see AR 380-67, app H) unless occurring as a function of your official duties.
- (2) Attempts by representatives or citizens of designated countries to cultivate friendships or to place you under obligation.
- (3) Attempts by representatives or citizens of foreign countries to:



- (a) Cultivate a friendship to the extent of placing you under obligation that you would not normally be able to reciprocate, or by offering money payments or bribery to obtain information of actual or potential intelligence value.
- (b) Obtain information of actual or potential intelligence value through observation, collection of documents, or by personal contact.
- (c) Coerce by blackmail, by threats against or promises of assistance to relatives living under foreign control, especially those living in a designated country.

- (4) All personal foreign travel in advance.

For further information or guidance, refer to AR 380-67 and/or contact your Security Manager.



# Resiliency



In the January newsletter I mentioned the resilience skill Activating event-Thought-Consequence (ATC). This is the foundation for resilience training and develops the core competency of self-awareness.

This is based on the work of Albert Ellis and basically points out that we do not experience emotions and reactions as a direct result of activating events but how we interpret the activating event. An activating event (AE) is a trigger, a challenge, adversity, or a positive event. An AE can be broadly categorized as positive or negative and how it gets categorized is personal interpretation. Two people may experience a similar AE but categorize the event completely different. For instance, a situation where a spouse is ending the marriage, one may think “That @#! He/she can’t do this to me after all I have put into this relationship!” and another person may think, “Thank God, I’m free!” What kind of emotion and reaction would you expect from each thought pattern?

*“Anyone can get angry— that is easy— but to get angry with the right person, to the right extent, at the right time, for the right reason, and in the right way is no longer something easy that anyone can do.”*  
*—Aristotle*

When we look at an AE we want to be objective and identify the who, what, where, and when. In the above example the who is the respective people in relationship, the what is communication of intentions for ending the marriage, where is the place the communication occurred, and when is simply the date-time-group (DTG) the communication happened.

The thought is that unfiltered, “heat-of-the-moment” statement that reveals the interpretation of the event. Thoughts are broadly classified by type or “flavor.” It is the flavor of thought that drives the consequence. The consequence has two components emotions and reactions. Emotions are what are felt and the reaction is what is done. In our above example, can you detect the flavor of trespass in the first spouse? The thought-consequence connection to trespass is anger (emotion) and aggression (reaction). The second spouse had a thought flavor of positive future; the thought-consequence connection is hope (emotion) and energized (reaction), quite possibly displayed with a leap and a fist pump.

We can view our AEs with “glasses.” These glasses are patterns of thought flavors that are developed through interpretations of life experiences that develop into icebergs (more on this later) and may be accompanied with strong thinking trap patterns. Have you ever been around someone that seems angry most of the time? This person probably wears trespass glasses.

Get familiar with the thought-consequence connection chart (next page) and consider the following:

1. Do you frequent certain thought flavors more than others? Look for a pattern of thinking, particularly patterns that decrease performance.
2. We cannot control the AEs but we can control the thought about it. Is the thought accurate? (Refer back to January’s newsletter about Thinking Traps) Is this thought helping or harming me? What would I feel if I had a different thought?

Reflect a moment on Aristotle’s quote. We all have situations that we handle better than others. Recognizing patterns, slowing down to challenge the thought (avoid thinking traps), and understand how thoughts drive our emotions and reactions will develop our self-awareness and contribute significantly to self-regulation. Exercising the skill of ATC will increase performance, promote better relationships, and enhance mental toughness.

SFC Keith Byers  
 Trauma Support NCO, MRT



# SCHOOLS

S-3 schools will be sending out an email to each individual that has been trapped for a school in FY13. Attached to the email will be a screen capture of the dates of the particular school or schools chosen along with a blank schools request form that you can digitally fill out minus the signatures.

S-3 schools is requesting that you pick a date for the school you have been trapped for and fill out the schools request form. Be advised that the optimum dates to choose are from Oct. thru Jan. The idea is to take advantage of the available schools money before it runs out. Questions or concerns can be directed to either SGT Stone X3803 or SFC Loper X3804.

## Who's heading to school...

- SFC Michael Loper- ADA SLC -15 Apr- 12 May
- SFC Donald Reeder-ADA SLC -15 Apr- 12 May
- SPC David McCollum-Unit Armorer -23 Apr-04 May
- SSG Andrew Knight -14J10, 1 May-16 May 12
- MAJ Richard Michalski-Fiscal Law, 15 May-17 May
- SSG Steve Perez- DTMS User -21 May-17 May





# SPARTAN RACE



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BRAGGING RIGHTS

FREE MUD

T-SHIRT

## CINCO DE MAYO AFTERPARTY







# THE PHOTO WALL

