



The Protector News



A Rendezvous with Destiny

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The Brigade NCO and Soldier of the Year

NCO Induction Ceremony

Eagle Marksmanship Academy

The News Magazine of the 16th Military Police Brigade
March 2012



In This Edition of the Protector News

The Protector News is an official publication of the 16th Military Police Brigade.

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ON THE COVER:

Staff Sgt. Jonathan Miller, a squad leader for the 194th Military Police Company, 716th Military Police Battalion, and Spc. Michael Lauritzen, a wheeled mechanic, 511st Military Police Company, 716th Military Police Battalion, were named the brigade's NCO and Soldier of the Year.



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Protector 6

Colonel Chad McRee
Commander of the 16th Military Police Brigade

When is enough, enough?

I never thought I would be surprised with the misconduct of our Soldiers, because after so many years I thought I had seen it all. But I must confess, I am dumbfounded by the trends of misconduct and poor behavior demonstrated by some Soldiers, but more troublesome is the poor conduct attributed to some Soldiers of the 16th Military Police Brigade.

Few would argue, that those who wear the patch of the globe and arrow and represent this brigade have a reputation around the Army as the most disciplined, motivated, and highly competent military police organization in our Army. A reputation that has been established through decades of high standards, little tolerance for under achievement, and an organization known for its own internal defiance towards those that would tarnish our reputation and what this organization is supposed to stand for. We are the standard bearers for our Army, we are the disciplinary arm for the XVIII Airborne Corps, Forces Command, and for any element we are assigned to support, but yet we now are starting to appear equal with those we are chartered to correct.

Domestic violence, use of illegal substances, drunk driving, AWOL, disrespect, and behaviors by a few that threaten to damage this great organization's history, the legacy of personnel before us, our reputation, accolades, and our future distinction as the Army's premier military police organization. Just like the actions of a few at Abu Ghraib tarnished the reputation of our entire Military Police Corps, a few within our own ranks are coming dangerously close to tarnishing our reputation.

I have been asked before, what keeps me up late at night and it is this very topic that is most troubling to me, and it should be equally as troubling to you. Commanders come and go but many of you will remain in this Brigade for years to come. It should anger you, it should bother you and it should frustrate you that a few wayward Soldiers and leaders within our ranks are behaving in a manner that is inconsistent with our warrior ethos, our character as a military police organization and in a manner contrary to the very oath that each of us have taken.

I want each of you to become un-accepting of bad behavior, I want you to make on the spot corrections, I want you to counsel your Soldiers in writing, and I want each of you to apply professional pressure upon those in our ranks that are an embarrassment to our unit(s) and tell them to stop. Remind them that their behavior is inconsistent with our Army values and it is inconsistent with the high standards and high ideals of this brigade and our Army.

We have too many great Soldiers, great families, and great leaders doing superb work daily, we must be intolerant of those that overshadow the good deeds with stupid acts of indiscipline and a lack of consideration for others.

COL Chad McRee



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Command Sergeant Major Todd Spradling

Command Sergeant Major of the 16th Military Police Brigade

Happy St. Patrick's Day!

I hope spring is starting out well for you all. Things are moving very quickly at this end of the world but we are keeping our heads above water. Hopefully all is going well at your end.

I had not planned on talking about Comprehensive Soldier Fitness (CSF) except in passing for this newsletter but feel like I need to again. Two glaring things came up this month; I drew a perception that we still need work on understanding what CSF is about and more work on educating our folks on Training Management.

I do not want to go in great detail here about the benefits of Comprehensive Soldier Fitness. I do want each leader in this organization to understand the importance of it and want to ensure each of you can use this tool to help our Soldiers and families. That will require you to dig into it and make it your priority. It means you need to talk about it daily with Soldiers and families.

I will also not go into detail on Training Management in this forum either. I want each of our Soldiers to know that learning is a lifelong process and we grow people in the Army to understand training management. If we don't start with our junior leaders, they will be behind the power curve later when they are the senior leaders.

This month, spend some time learning something about each one of these areas. Have a good holiday and hopefully I will see each or many of you soon.

CSM Todd Spradling

16th Military Police Brigade "Whirling Vortex of Ecstatic Bliss"



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From the Chaplain

Lieutenant Colonel Doug Peterson
16th Military Police Brigade Chaplain

Marriage. The most difficult job in the world. How to make it work.

In our previous two meetings in this space we've been discussing why relatively few of us fully and deeply enjoy the marriage relationship. I don't need to tell you that day-to-day life in our line of work can be a very demanding and stressful environment. My encouragement has been to pause for introspection and invest in personal growth toward making your marriage experience even better. Working on your marriage will not only sweeten your home life but it will also make your life in the 16th Military Police Brigade a bit more pleasant and productive.

Sometimes on the battlefield we tragically sustain casualties not as a result of enemy action. Further investigation uncovers faulty intelligence or execution on the part of our own forces. We recoil at the idea that we have wounded or killed some of our own best and brightest by friendly fire.

The irony in marriage is that often our attacks on one another come by way of intentional "friendly fire." Have you noticed that the person to whom we should be the very closest to in life is the same one we are capable of hurting most deeply? Perhaps you have been the recipient of devastating domestic friendly fire. And certainly, unchecked, patterns of friendly fire can lead to the death of a relationship.



16th Military Police Brigade Chaplain
Lieutenant Colonel Douglas Peterson

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This month. . . **Dealing with Conflict** (part one).

Remember that there is no such thing as a perfect marriage. That notion ended the instant you became part of one. Every marriage has conflict in some form or other. The problem comes into play when we allow the old selfish human nature to kick in and have its way.

Have you ever been in situations where seemingly harmless conversations explode into great big, huge, blow-out fights? And the issue at hand was really nothing at all. Or, have you endured silent hostility in your home for perhaps days on end where you live under the same roof, and yet barely tolerate each other's presence? Has anyone been to the Korean Demilitarized Zone? Now that ain't a whole lot of fun, is it?

May I suggest three critical concepts that ought to govern our handling of conflict:

Your spouse is not your enemy. So often it's easy and automatic to take an adversarial approach. Most of us competitive types are not into losing arguments. Here's where we may be very adept at winning all the battles but in danger of losing the war. It's not me versus him, or me versus her. We need to remember that WE ARE ON THE SAME TEAM. Either we both win or we both lose.

You can break the cycle of destructive patterns of conflict. Just because things have been a certain way up to this point in your marriage does not mean that you have to continue that way. Don't be enslaved by your past. If two people are resolved to work together to break free and make changes in how they manage conflict, they can.

Look at conflict as an opportunity for personal growth. There's nothing like marriage that can bring out into the open in us otherwise-hidden, ugly attitudes and behavior. Now, we can either ignore those vile manifestations of our human nature, or we can identify them as projects to work on and grow through. For example, if my problem is succumbing to the control of anger, I can focus my efforts even now on rethinking the anatomy of anger and work rather to control it. [Anger management would be an appropriate separate discussion.] Friends, this process is by no means easy, pleasant, or natural. But often the best things in life and marriage come through making positive adjustments to who I am at my very core. Painful and humbling? Yes! Rewarding? Absolutely!

Next time we'll continue with the number one Rule of Engagement in conflict management.

March 2012 Significant Activities Calendar



Date	Time	Event
March 2012		
Mon., 12 Mar.	1700	561st FRG Meeting (716th)
Tues., 13 Mar.	0900-1200	Campbell Spouses – FRC (716th)
	1800	HHD, 503d Finance and Deployment Class
	1830	503d Spouses Coffee
Wed., 14 Mar.	1600	Eagle Remembrance (Fort Campbell)
	1630	XVIII Airborne Corps Right Arm Night
	1800	42nd FRG Meeting (503d)
	1800	716th BN Coffee
Thurs. 15 Mar.	0800	Fort Bragg MSC LDR Breakfast
	1800	101st Volunteer Recognition
	1800	194th FRG Meeting - Reintegration (716th)
	1800	561st FRG Meeting (716th)
	1900-2100	23rd FRG Meeting – Financial Readiness (91st) Fort Bragg Senior NCO Spouse Meeting (E-6 and above) – Casablanca/Anizo Acres Neighborhood Center
	2120-2130	Jump - Sicily
Fri-Mon., 16-18 Mar.		385th Training Holiday HHD, 503d Strong Bonds Marriage Retreat
Fri., 16 Mar.		91st Award Ceremony
		194th Change of Command (716th)
	1100-1130	Fort Bragg Arbor Day - Grove of Honor
	1300	HHC Safety/Award Ceremony
	1300	511th FRG Meeting – Dessert (91st)
Sat., 17 Mar.	0900-1200	St. Patrick's Day 16th Spouse Resiliency Academy Marathon MRT– 503d Classroom
Mon., 19 Mar.	1830	16th Care Team Training
Tues., 20 Mar.	0900	385th Family Readiness Showcase
	1730	HHD FRG Meeting (385th)
	1800	118th FRG Meeting (503d)
	1800	218th FRG Engagement Skill Training (716th)
Wed., 21 Mar.	1000	385th FRG/FCT Volunteer Orientation 385th Right Arm Night
	1730	551st FRG Hooligan EST and Potluck (716th)
	1800	21st FRG Meeting – Bowling Alley (503d)
	1800	139th FRG Meeting (385th)
	1800	163rd FRG Meeting and Bowling (716th) HHD, 91st FRG Meeting

March 2012

Significant Activities Calendar



Date	Time	Event
March 2012		
Thurs., 22 Mar.		91st Award Ceremony
	1130	Fort Bragg Women's History Observation
	1300	HHC Safety/Award Ceremony
	1500	101st Uncasing Ceremony
	1600	XVIII Airborne Corps Retirement Ceremony
	1800	108th FRG Meeting (503d)
Fri., 23 Mar.		543rd Change of Command (91st)
	1800	139th FRG Event (385th)
Fri-Sun, 23-25 Mar.		XVIII Airborne Corps Training Holiday 101st Training DONSA
Sat., 24 Mar.		Fort Bragg Operation Med Drop
Mon-Fri., 26-30 Mar.		FT Campbell Schools Spring Break
Mon., 26 Mar.		91st DONSA (CYSS, SAC, CYS closed for training) 503d Training Holiday 503d Save a Life (T)
Tues., 27 Mar.	0930	FT Stewart CLIF (385th) 194th Reintegration - Warrior Adv. Quest, Family classes (716th)
Wed., 28 Mar.	0005-0050 1000-1300 1645	Jump - Sicily Fort Bragg Senior Spouse Community Update 385th FRG Steering Committee Meeting 194th Reintegration - Warrior Adv. Quest, Family classes (716th)
Thurs., 29 Mar.	1330 1530 1800	3ID Retirement Ceremony 101st Retirement Ceremony HHD, 503d Resiliency Class 194th Reintegration - Warrior Adv. Quest, Family classes (716th)
Fri., 30 Mar.		91st Award Ceremony 503d Organization Day
	1300	HHC Safety/Award Ceremony
Fri-Sat., 30-31 Mar.		Vietnam Veteran Welcome Home Ceremony (Fort Bragg)
Sat., 31 Mar.	0900 0900 1000	Fort Bragg Family 5K Walk/Run USO of NC Annual run for the Troops HHC Eggstravaganza Rock Beyond Belief
	1100-1300	USO of NC Marriage Vow Renewal Ceremony
Sat-Sat., 31 Mar-14 April		HHD, 503d Block Leave

April 2012

Significant Activities Calendar



Date	Time	Event
April 2012		
Mon-Mon., 2-9 Apr.		Local Fort Drum area schools Spring Break
Mon-Wed., 2-4 Apr.		385th Organizational Week (T)
Mon., 2 Apr.	1330	385th Basketball Tourney 503d Newcomers Brief
Tues., 3 Apr.	1800	91st Prayer Breakfast 385th Softball Tourney & Crossfit Competition 549th FRG Meeting (385th)
Wed., 4 Apr.	0900 1015 1300 1700 1800	385th Newcomers Brief 385th Combat Spouse Competition Fort Campbell Information Exchange (716th) 101st Division Senior Spouse Meeting (716th) 101st Sustainment BDE Steering Committee Meeting (716th) 716th FRG Steering Committee Meeting 23rd FRG Fundraiser Event (91st) 546th FRG Meeting (385th) 163rd Easter Egg Hunt (716th)
Thurs., 5 Apr.	1030 1300 1430 1800	385th Awards Ceremony 503d Awards Ceremony HHC Safety/Award Ceremony 21st MP Company Easter Egg Hunt at Wilson Park (503d) HHD, 716th FRG Easter Craft
Fri-Mon., 6-9 Apr.		XVIII Airborne Corps Training Holiday
Fri., 6 Apr.	1800	91st Hail and Farewell 561st FRG Spring Party (716th)
Sun., 8 Apr.		Happy Easter
Mon-Fri, 9-13 Apr.		Fort Bragg, Cumberland County, and Harnett County Schools Spring Break
Tues., 10 Apr.	0800 0900-1200 1700 1800	Fort Bragg CSF MRT Breakfast Campbell Spouses - FRC 561st FRG - Company Area (716th) 503d Spouses Coffee
Wed., 11 Apr.	1600 1800	Eagle Remembrance Ceremony 42nd FRG Meeting (503d)

April 2012

Significant Activities Calendar



Date	Time	Event
April 2012		
Thurs. 12 Apr.		91st Awards Ceremony
		91st Newcomers Brief
	1530	XVIII Airborne Corps LPD (Sports USA)
		23rd Spouse Coffee (91st)
	1800	65th FRG Meeting (503d)
	1800	218th FRG Self Defense Class (716th)
	1830(T)	BDE FRG Steering Committee Meeting – VTC (HHC, BN CO & FRG LDR/Advisor)
	1830	Fort Bragg Senior NCO Spouse Meeting
Fri., 13 Apr.		91st DONSA
	0900	551st FRG Pooch PT (716th)
	1300	HHC Safety/Award Ceremony
Thurs-Mon., 13-30 Apr.		563rd Block Leave (91st)
Sat., 14 Apr.	0900	Fort Bragg Family 5K Walk/Run
Sun-Sat, 15-21 Apr.		National Volunteer Week
Mon-Fri, 16-20 Apr.		III Corps FSX FPC, Fort Leavenworth, KS
Mon., 16 Apr.	1600	XVIII Airborne Corps Retirement Ceremony
	1800	194th FRG Meeting (716th)
	1830 (T)	16th Care Team Meeting
Tues-Fri., 17-20 Apr.		Fort Bragg Human Dimension Event
Tues., 17 Apr.	1000	HHD, 503d Farewell Ceremony
	1500-1700	HHD, 503d FRG Pre-deployment Fair
	1700	HHD, 503d FRG Meeting with deployment information and updates
	1800	118th FRG Meeting – BN Classroom (503d)
		3ID Volunteer Recognition
		HHD, 385th ACS Brief
		101st Volunteer of the Year Award Dinner
Wed., 18 Apr.	1800	21st FRG Meeting with Social Media Class -BN Classroom (503d)
	1800	139th FRG Meeting (385th)
	1800	511th FRG Meeting/Bowling (91st)
Thurs., 19 Apr.	0800	Fort Bragg MSC LDR Breakfast
	1800	108th FRG Meeting – BN Classroom (503d)
		23rd FRG Event (91st)
	1800	551st Organization Day (716th)
	1800	218th FRG Self-Def (716th)

April—May 2012

Significant Activities Calendar



Date	Time	Event
April 2012		
Tues., 24 Apr.	0930 1800 1900 (T)	Fort Stewart CLIF (385th) HHC FRG Meeting 16th FRG Sponsored Training Event
Wed., 25 Apr.	1100-1300 1530 1800 1830 1830-2030	National Administrative Professional's Day Fort Bragg Senior Spouse Community Update 385th Right Arm Night 543rd Spouse Meeting 716th Volunteer Award Dinner 385th FRG Steering Committee Meeting 16th Spouse Resiliency Academy & Graduation - BN Classroom
Thurs., 26 Apr.	1330 1330	3ID Retirement Ceremony 101st Retirement Ceremony 23rd FRG Thanks Dinner (91st)
Fri., 27 Apr.	1300 1800	Arbor Day 91st Award Ceremony 551st Hooligan Challenge (716th) HHC Safety/Award Ceremony 293rd FRG Meeting
Fri-Sun., 27-29 Apr.		Fayetteville Dogwood Festival
Mon., 30 Apr.		218th Family Day (716th)
May 2012		
Mon-Tues, 1-2 May		AUSA Symposium
Tues., 1 May	1830	XVIII Airborne Corps Spouse Coffee
Wed., 2 May	0900 1015 1300 1700 1800	Fort Campbell Information Exchange (716th) 101st Division Senior Spouse Meeting (716th) 101st Sustainment BDE Steering Committee Meeting (716th) 716th FRG Leader Meeting 716th FRG Steering Committee Meeting
Thurs-Sat, 3-19 May		Fort Bragg Fair
Thurs., 3 May	1130-1300 1800	FBAOSC Luncheon HHD, 716th FRG Planning Meeting - USO
Fri., 4 May	1800	551st FRG Organ. Day (716th) 543rd FRG Meeting (91st)

May 2012 Significant Activities Calendar



Date	Time	Event
May 2012		
Sun-Fri., 6-11 May		
		III Corps Vicksburg Staff Ride
Tues., 8 May	0900-1200	Campbell Spouses
		511th FRG Meeting/Brunch (91st)
	1700	561st FRG Meeting – Company Area (716th)
		Foreign Jump
	1830	503d Spouses Coffee
Wed., 9 May	1730	503d FRG Steering Committee Meeting
	1830(T)	BDE FRG Steering Committee Meeting – VTC (CO Level FRG Ldrs)
Thur-Fri, 10-11 May		
		Fort Bragg Military Spouse Day Conference
Thur., 10 May		Spouse Day Conference
	1530	Corps LPD (Sports USA)
	1800	42nd FRG Meeting
	1800	65th FRG Meeting
		563rd FRG Meeting (91st)
	1830	Fort Bragg Senior NCO Spouse Meeting
Fri., 11 May		Military Spouse Appreciation Day
		551st Change of Command (716th)
Sat., 12 May	(T)	BDE Hail and Farewell
Sun., 13 May		Happy Mother's Day
Tues., 15 May	1800	118th FRG Meeting
Wed., 16 May	1130	06+ Spouse Luncheon
	1630	Right Arm Night
Thurs., 17 May	0800	MSC LDR Breakfast
	1800	108th FRG Meeting (503d)
		23rd FRG Meeting (91st)
		101st Volunteer Recognition Ceremony
Fri., 18 May	(T)	BDE Memorial
Fri-Sat, 18-19 May		
		Retiree Appreciation Days
Sat., 19 May	0900	Fort Bragg Family 5K Walk/Run
		21st FRG Meeting at Laser Tag
Mon-Fri, 21-24 May		
		Clean Sweep
Mon., 21 May	1830(T)	16th Care Team Meeting

May 2012

Significant Activities Calendar



Date	Time	Event
May 2012		
Wed., 23 May	1800	194th FRG Meeting – FRC (716th)
		HHD, 91st FRG Meeting
	1830	One of a Kind Coffee
Thurs., 24 May	1000	XVIII Airborne Corps Retirement Ceremony
	1700	218th FRG Family Day (716th)
	1800	HHD, 503d Deployment Safety Briefing
Fri-Mon, 25-28 May		XVIII Airborne Corps Memorial Day Training Holiday
Sun., 27 May		Coca-Cola 600
Mon., 28 May		Memorial Day
Wed., 30 May	1100-1300	Fort Bragg Senior Spouse Community Update
	1700	716th FRG Leaders Meeting
	1900 (T)	16th FRG sponsored Event (<i>FRG Leadership PD</i>)



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716th MP Bn. sweeps NCO and Soldier of the Year

The 16th Military Police Brigade named its Noncommissioned Officer and Soldier of the Year March 7, at Ft. Bragg after two days of competition.

Staff Sgt. Jonathan Miller, a squad leader for the 194th Military Police Company, 716th Military Police Battalion, and Spc. Michael Lauritzen, a wheeled mechanic, 511st Military Police Company, 716th Military Police Battalion, were named the brigade's NCO and Soldier of the Year.

Seven soldiers were nominated by their units after competition at each battalion within the 16th MP Bde.

"I set out to challenge myself with the boards," said Lauritzen.

The competition included a Physical Fitness Test, M4 range, urban navigation, and a board appearance. During the navigation portion of the competition the Soldiers were also required to perform different warrior tasks at some of the points along the course.

"To come here and compete is an honor but to win it's even more so of one," said Miller.

Both Miller and Lauritzen will move on to the XVIII Airborne Corps NCO and Soldier of the Year competition to be held April 1-5.

In addition the brigade named the officer of the quarter 2nd Lt. Kathryn Anthony, 91st Military Police Battalion, as Officer of the Quarter March 13. Anthony will go on to compete to be named the 16th MP Bde. Officer of the Year later this year.



Staff Sgt. Jonathan Miller, a squad leader for the 194th Military Police Company, 716th Military Police Battalion, and Spc. Michael Lauritzen, a wheeled mechanic, 511st Military Police Company, 716th Military Police Battalion, were named the brigade's NCO and Soldier of the Year.



2nd Lt. Kathryn Anthony, 91st Military Police Battalion, is named the brigade Officer of the Quarter and is awarded the Army Accommodation Medal March 13.



Guardian 6

Lieutenant Colonel Guenther Pearson
91st Military Police Battalion, Fort Drum, New York



As of this edition of “Guardian 6 Sends” we are a few short days away from switching our clocks and “springing ahead.” In fact, the weather wizards say that spring is right around the corner.

CSM Burton and I would like to use this edition to discuss a few points on comprehensive fitness; specifically the holistic aspect to wellness of our Soldiers and their families. As many of you know, the five pillars of comprehensive fitness are physical, social, family, emotional, and spiritual. Our former Chairman of the Joint Chiefs of Staff, Adm. Mullen, expanded on these five pillars in an article titled “On Total Force Fitness in War and Peace.” Total Force Fitness (TFF) is where mind and body become one. Further, TFF is a state where Soldiers, their families and the organization in which they serve are connected and thriving. TFF is really about balance.

While many in our formations have endured separations from loved ones and ongoing stress by living in environments with threats of danger, it is leader awareness and individual responsibility that shapes and reshapes healthy behaviors. Leader feedback and Leader reinforcement of positive behaviors equal success over the long haul. Conversely, negative behaviors such as substance abuse and psychophysical factors tear at the core of our resiliency both individual Soldier and families alike.

Our military environment, via command emphasis, offers us all the unique opportunity to influence the health of both individual Soldiers and their families in order to ensure health and readiness across our entire formation. Command emphasis must come through leader rhetoric and deeds whether that is focusing on prevention programs, wearing safety equipment or promoting help-seeking behaviors.

Enjoy the spring and Honor Above All!



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NCO Induction Ceremony

The “backbone” of the 91st Military Police Battalion increased as 19 Soldiers were formally inducted into the Noncommissioned Officer Corps during an NCO induction ceremony at the Fort Drum MPA.

Since, these young men and women show potential to be the leaders of tomorrow’s Army, their battalion recognized them as such among the “Guardian” family during the ceremony.

The tradition of the induction ceremony is a way for senior NCOs to welcome newly promoted Soldiers into the NCO Corps. The ceremony also instills a sense of pride and respect in the new NCOs and is a way to stress the significance of leading junior-enlisted Soldiers and the responsibility that is inherited by all who are part of the NCO Corps.

The quarterly event highlights those Soldiers who have been promoted to the rank of sergeant during the course of the current quarter in a traditional ceremony.

Guest speaker 1SG Vandertang shared his story about his experiences as an NCO. Vandertang also spoke about the importance of NCOs in today’s ranks and how recognizing these young men and women in such ceremonies is something that he was proud to be a part of.

“It was quite an honor and a privilege to be able to address the future of the Army; the NCO Corps,” said Vandertang. “The NCO has always been the backbone of the Army and these new NCOs will be following the heritage of those who preceded them. It is truly an honor and a privilege to be a part of this ceremony.”

After Vandertang’s speech, CSM David Burton, MSG Jeffrey Baker, SFC Eric Wills, 1SG Duncan, 1SG Terry Dunlap and 1SG Michael Hammond took their respective places and presented each inductee their NCO charge documentation, as well as an Induction Certificate.

Once the inductees were positioned at the front of the stage, the senior NCO’s in the battalion led the newly promoted NCOs in saying the Creed of the NCO.

“There is a great deal of significance and it is important that we take the time to recognize these newly promoted NCOs here today during this ceremony,” said MSG Baker. “It is a rite of passage for young Soldiers as they climb the ladder of success and progress as a leader in the Army. This is the first step in which they separate themselves from the junior-enlisted and accept the responsibility of being a leader.”

The ceremony closed with the singing of the Army Song and 19 new members of the NCO Corps standing tall and proud.

CSM Burton shared these thoughts during the reception: “These new NCOs represent the youth of America and reflect a bright future for the United States Army.”



Contributed Photo

CSM David Burton 91st MP BN, leads CPL Jonathan Smith, from the 563rd MP Co. in the signing of the NCO Charge.



Dragoon 6

Lieutenant Colonel Eugenia Guilmartin

385th Military Police Battalion, Fort Stewart, Georgia



Task Force Dragoon is now almost ten months into our tour in Kandahar. In preparation for the summer fight, our battlespace now includes the “gateway” district to the city, Sub District 9, controlled by the Champions of 561st MP CO. We continue to control the urban center of the city, Sub Districts 1 and 4, with the Workhorses of 58th MP CO. All of this makes up “Garrison Two.”

This month we honor the sacrifices of two of our Fort Stewart Military Police from the 549th MP Company, currently serving with the 716th MP Battalion in Regional Command (East): SGT T.J. Conrad and SGT Josh Born. We also send condolences to the 89th MP Brigade and 97th MP Battalion for the loss of SSG Jesse Grindey, who passed on of a non-combat medical condition at Combat Outpost Shurandam. These three leaders taught us remarkable lessons during their careers in the Military Police Corps. Their absence from our ranks is painful to their colleagues and friends. We want their Families to know we will do our best to honor their loved ones as we continue mission.

Afghan New Year, called Nowruz, begins around 20 March. One of the themes that has dominated 2012 is the power of information. In this dynamic environment, every day is different. Managing and operating in the information environment has been our primary task. Here are a few lessons that we have learned.



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385th Military Police Battalion

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#1 Information Moves Fast

The days of the military controlling the media in combat is history. Even though we are in a remote and dangerous province hours away from the capitol, the media has been able to beat 385th Forces to the scene at every recent bombing or attack. Within a half hour, Families in North Dakota can read online about the latest IED in Kandahar City and maybe see photos of 561st, 58th or 411th MP Co.s pulling security! These reporters and photographers are providing a public service and generally do their best to get the details correct. But their speed means that we need to be even faster providing our higher headquarters with “truth as we know it.”

We have also seen the proliferation in social media. Facebook is now the primary means of staying in touch for almost all of our Soldiers and families. Unfortunately good intentions often have unintended negative effects. I recently read a thread from Army colleagues on a USMA class website speculating about some deaths of field grade officers in Kabul. While their concerns were genuine, military families are all six degrees separated from each other. The potential is great for someone to find out life-changing news online rather than through official channels. We all need to personally commit to re-reading and reviewing every post



Photo by SGT Madelaine Moore



online to consider the consequences of hanging information publicly. We also need to train our Soldiers on the responsibilities of public service versus private conduct in the information environment

#2 Information Helps Operations

The demand for information, accurate and real-time, has changed the way that units do business. Tactical Operations Centers down to the Platoon Level now must have the smartest and most talented Soldiers manning the computers and radios, able to sift through conflicting bits of information. Some principles are unchanged for professional police: 1) the first story is almost always wrong, 2) curiosity seekers who have no “need to know” will always call the TOC at the worst time to get information, 3) the more serious the incident the more fog of war you have to deal with. Soldiers must be calm, accurate, precise, and polite but firm. They must be “air traffic controllers of information.” They must know the right questions to ask. They must follow their guts and run down hunches. They must be curious but cynical and not take information at face value. They must do the best they can to provide their commanders with the most accurate picture.

The Army has made great strides in loosening restrictions on who we can talk to as we coordinate operations. As a result, we have a free and open dialogue with Afghan police, Army, and civilian leaders which greatly help us respond to incidents with speed and precision. Not a day goes by that I am not talking to Afghan leaders about security in the city. Every day they are providing us with information that allows us to keep pressure on insurgents and terrorists. We get valuable information from everyone; private security personnel; private charities and organizations; linguists; local families; and shopkeepers. All of this gives us a tremendous advantage over the enemy.

#3 Information Has No Rank and No Borders

In 2012 we have all felt the effects of the Quran burnings in Bagram, the killings in Panjaway, and the desecration of enemy remains by service members. In all of these cases, an information firestorm led to retribution or threats of retribution on US forces. Every one of these incidents was sparked by individuals or small groups of Soldiers who were not thinking about the negative effect their actions would have on their own friends and colleagues if they became public. More than ever, we need to train all personnel to understand that anything that we do in combat may have national effects. This places a heavy burden on the shoulders of our young leaders. The good news: 99.99% of the time, we get it right.

While I was on R&R leave, I also learned a valuable lesson about information. My Family and friends are a bunch of news junkies. I hadn't realized how much they monitor the news for stories of Afghanistan and how the bad news dominates the news. I hadn't realized how much worry and concern every story caused them. This new year I will spend more time sharing the good news and also send word of the “normal” days rather than just assume that they know that everything is OK. Forward and rear elements should spend a great deal of time assisting their loved ones with interpreting and contextualizing stories so they know what this means to them. Do your Families know the difference between Kabul and Kandahar? Do they know the difference between Kandahar City and Kandahar Province?

Stars and Stripes and Army Times are still two of the most reliable and detailed sources of military information available. As an example, our loved ones can download maps with all FOB locations online to help understand our news.

http://www.stripes.com/polopoly_fs/1.118342.1313488090!/menu/standard/file/XSS_Afghan_Map_July2011.pdf

I will do my best this year to tell all the stories I can. There is a lot of good happening here and I want you to know all the fine things that our Soldiers and our Partners are doing. Happy Nowruz and have a safe Saint Patrick's Day!



A Tribute to the Fallen

On 23 February 2012, we lost two of the best Dragoons the world has ever known, SGT Conrad and SGT Born.

We miss you more than words can express, and we'll continue the mission, in honor of your memory. To the rest of the Dragoon Family, please keep their families in your prayers, and know that our mission continues. We continue to focus on training our Afghan partners, making sure they are prepared to take over security responsibility in the future.

By CPT Riddle commander of the 549th Military Police Company.



SGT Joshua Born



SGT T.J. Conrad



Enforcer 6

Lieutenant Colonel Terry Nihart

503rd Military Police Battalion (Airborne), Fort Bragg, North Carolina



Greetings from Fort Bragg, North Carolina. February was a month packed full of training and deployment preparation. Headquarters and Headquarters Detachment has been extremely busy conducting pre-deployment training in preparation for our upcoming deployment to Afghanistan. The 16th MP Brigade staff organized a first-class Mission Rehearsal Exercise (MRX) for the Battalion Staff which was incredibly realistic and well-planned. Our staff came away from that exercise with a much better understanding of our mission, staff processes, and each other. We identified areas that we were good at and others that needed some refinement and spent the rest of the month working on the lessons learned from the MRX. At the completion of the exercise, we hosted a social event for the staff and all of the personnel from our sister Battalions and the Brigade staff who worked hard to make the training possible. It was great to be able to have members of all of the Battalions under one roof for once.

HHD was not the only unit conducting challenging training and missions. The 65th MP Company and the 108th MP Company displayed the utmost professionalism every day on the front lines of Fort Bragg working law enforcement and Access Control Points. I have been told numerous times and have personally witnessed just how great of a job they have done for the Soldiers, Civilians, and Families of the Fort Bragg and surrounding communities. The 118th MP Co. (Abn.) and the 21st MP Co. (Abn.) were able to conduct Field Training Exercises that focused on team and squad certifications. They also completed tough and realistic Law Enforcement Situational Training Exercise (STX) Lanes and live fire shoot house training, along with numerous weapons qualification ranges. This equated too many long days, but the results of successful training are undeniable when you see Soldiers around the battalion area who are more confident and competent. That confidence and eagerness to train becomes contagious and before you know it, everyone is excited about coming to work and training hard. All of a sudden, the 16th MP Brigade patch that we wear on our left shoulder becomes a badge of honor that Soldiers are proud to be seen with because they know that it represents the best of the best. That is what this organization represents – not only here at Fort Bragg, but at Fort Stewart, Fort Campbell and Fort Drum as well.

Unfortunately, this month was a month of farewells also. Due to the pending HHD deployment, the 42nd Military Police Detachment was reassigned to the Brigade. The 42nd MP Det. is an incredible unit with one of the most difficult and highly visible missions in the Brigade and we were enormously proud to have them in the Battalion. We also had to bid farewell to our illustrious S-3, MAJ Mike Parsons and his lovely wife, Tanya. Mike and Tanya will be sorely missed, but will be able to share their energy and enthusiasm with the entire Brigade as he will be the new Brigade S-3. We had several changes in key leadership in



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Lt. Col. Terry Nihart, 503rd Military Police Battalion command, hands the 108th Military Police Company guidon to Capt. Matthew C. Smoose, the company's incoming commander, during a change of command ceremony held at Pope Gym Feb. 10. This act symbolizes Lt. Col. Nihart's confidence in Capt. Smoose's ability to lead the 108th MP co.



Enforcer 6

Lieutenant Colonel Terry Nihart

503rd Military Police Battalion (Airborne), Fort Bragg, North Carolina



February as well. MAJ Steve Devitt took the reigns as Battalion S-3. CPT Drew Stipp turned over command of the 108th MP Co. (AASLT) to CPT Matt Smoose.

The 108th MP Co. (AASLT) changed out NCO leadership as well when First Sergeant Scott Painter relinquished his duties to First Sergeant Jeff Romano. First Sergeant Ron Thornton turned responsibilities of the top NCO of the 118th MP Co. (Abn.) over to First Sergeant Chris Fessey. The names in this paragraph represent a ton of talent, both outgoing and incoming, and just another of the many reasons why I feel so blessed every day to have the opportunity to command this organization!

On a final note and late-breaking news, the HHD's deployment to Afghanistan has been cancelled. For anyone who has been in the Army for a little while, last minute changes are not unheard of. The Brigade Commander is allowing us to complete the scheduled training and go on block leave as many have already made travel arrangements, but there will be a number of changes in April to stand down the Rear Detachment and get us back to our normal configuration. We were all very excited to deploy to Afghanistan, but it is just as exciting to be here with our organic companies and, more importantly, our loved ones. Have a great month and always "hunt the good stuff!"

Airborne! All the Way!! Enforcers!



503rd Hero: Sgt. Stephen Fagan



Contributed Photo

Sgt Stephen Fagan monitors the speed of traffic with a radar gun.

Sgt Stephen Fagan is a hard working, dedicated member of the Traffic Accident Investigation section within of the 42nd Military Police Detachment.

Recently, Fagan coordinated to have law enforcement officers from across the local communities come out and support a large scale Diving Under the Influence checkpoint along North Carolina Highway 87. Officers from Harnett County, Cumberland County, Spring Lake, NC State Highway Patrol, and elements from Fort Bragg such as CID, MPI, DST, K9, and TAI all joined in the effort.

Sgt Fagan planned and executed the entire operation by contacting local law enforcement agencies and briefing his plan of action for the checkpoint. This would end up being the largest DUI checkpoint ever planned and executed in and around the Fort Bragg Community.

On Jan. 13, the checkpoint went operational at 11:00 p.m. Officers immediately began citing drivers for everything from expired registration, DUIs, open containers, and weapons. The checkpoint ran well into the early morning hours of Jan. 14.

At 12:40 a.m., a call came across the radio that a Spring Lake Police Department officer was in pursuit of a white vehicle heading north on 87 towards the CP. The vehicle crested the hill, followed by the Patrol Car and approached the CP. The driver slowed down but decided to begin hitting the Police Officers manning the CP. One Soldier had his foot run over while another Officer was struck by the vehicle when it swerved towards him. Taking immediate action, Sgt Fagan drew

his M9, chambered a round and engaged the vehicle along with several other Police Officers.

The car continued through the checkpoint and sped off into the night. Sgt Fagan got in his patrol car and was the first one to begin pursuing the suspect. Sgt Fagan radioed his situation to dispatch while expertly maneuvering his vehicle in front of the suspect, causing him to slow down and eventually stop.

Sgt Fagan dismounted, drew his weapon and proceeded to get the suspect out of the vehicle. After gaining positive control of one arm, Sgt Fagan noticed that the car was on fire. Quickly he removed the suspect from the vehicle by pulling him through the window; due to the door being damaged back at the CP.

Sgt Fagan then apprehended the suspect. Sgt Fagan's quick actions resulted in the prevention of further injuries to his fellow Law Enforcement Officers and the apprehension of the suspect without loss of life. Sgt Fagan sets the standard for all Military Policemen to emulate. We are proud to have him as part of the Protector Family!



Contributed Photo

Cars lined up at a large scale Diving Under the Influence checkpoint along North Carolina Highway 87. Officers from Harnett County, Cumberland County, Spring Lake, NC State Highway Patrol, and elements from Fort Bragg such as CID, MPI, DST, K9, and TAI all joined in the effort.



Peacekeeper 6

Lieutenant Colonel David Thompson
716th Military Police Battalion, Fort Campbell, Kentucky



Assalaam alaikum! Hello from the Task Force Peacekeeper headquarters at Camp Julien, Kabul, Afghanistan! For more than a month now, the Officers, NCOs, and Soldiers of HHD, 716th MP BN have been deeply engaged in the mentoring and advising mission with the leaders of the 202d Afghan Uniformed Police (AUP) Zone Headquarters (ZHQ), Shamshad. We are building rapport, improving systems, and making strides every day toward an effective and independent Afghan Police force.

As the Headquarters and Headquarters Detachment remains heavily engaged in its efforts, we are also working on transitioning four companies in and out of theater. On March 15th, the Outlaws of the 164th MP Co. relinquish their responsibilities around Bagram Airfield (BAF) to the Guardians of the 381st MP Co., an Indiana Army National Guard unit. Less than a month later, on April 1st, the 127th MP Co. Speed & Power transitions with their sister unit, the 110th MP Co. Hell Raisers, transferring responsibilities at four separate locations across Regional Command – East.

Back at home, Peacekeepers maintain the One of a Kind Standard. The 163rd MP Co. continues its excellence in training and installation support—two Eagle Enforcers demonstrated their outstanding level of physical fitness at the 101st Airborne Division (Air Assault) Command Sergeant Major's Iron Eagle competition. The Soldiers completed and met the success standard for the six-event challenge that consisted of bench press, wide-grip pull-ups, the military press, chin-ups, bar dips, and a three-mile run. Congratulations are also in order for SGT Tameka Williams, who was named honor graduate at the Supply Specialist Advanced Leaders Course at Fort Lee, Virginia.

As they prepare for the assumption of their upcoming Law Enforcement mission, the Warriors of the 194th MP Co. march forward with Green Cycle training, including M9 and M500 weapons ranges and individual and team assessments during Situational Training Exercise lanes. On March 16th, the 194th will welcome a new commander, CPT David Stanley, as it says goodbye to CPT Phil Mason after almost two years of dedicated leadership.

The 218th MP Co. Legionnaires continue to support the Fort Campbell Access Control Point mission while simultaneously providing two on-call casualty honor teams. The Legionnaires have also kept their skills sharp with Warrior Task Training, including Call for Fire, CLS training, Eagle Marksmanship training, and company-level driver's training.

The Hooligans of the 551st MP Co. drive forward as the tip of the Fort Campbell Law Enforcement spear as they work Red Cycle days, swing, and mid shifts. In addition to these duties, Hooligan Soldiers train on their Army Warrior Tasks and Battle Drills by conducting Primary Marksmanship Training and utilizing the Engagement Skills Trainer to master M9, M4, M203, M249, and M240B weapons systems.

Mission performance of the 561st MP Co. Champions has not missed a beat since CPT Tony Bowers took command on 29 February. The Champions maintain excellence at Camp Nathan Smith, Kandahar, Afghanistan as they say goodbye to outgoing commander, CPT Anthony Douglass.

Please keep the families of SGT Joshua Born and SGT Timothy Conrad in your thoughts. These One of a Kind brothers from the 549th MP Company and the 385th MP BN made the ultimate sacrifice. SGT Born and SGT Conrad are American heroes, and their families and loved ones are in our prayers. Your sacrifice is not forgotten!

Special thanks to the 716th MP BN Family Readiness Group for your tireless support and constant care! Last month we received Valentine's Day packages containing cards, cookies, and candy all organized by the wonderful HHD FRG. Last week, the spouses and Families of the FRG learned a little bit about



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sticking up for themselves while we're gone by participating in a self-defense class.

TF Peacekeeper is on point in the fight to help the Afghan Security Forces become independent of Coalition support. Though challenges lie ahead, the mighty 716th MP BN is poised to meet them head on, complete the mission, and come home! *Khub 'ast!* That's "good" in Dari! One of a Kind and Air Assault!



Eagle Marksmanship Academy

During the week of 27 February thru 2 March, leaders from the 218th Military Police Company, 716th Military Police Battalion, participated in the 101st Airborne Division's Eagle Marksmanship Academy (EMA). The course spanned five consecutive days and trained officers and NCOs to implement an effective unit marksmanship program and small arms ranges. The EMA instructors taught leaders from the 218th MP Company "Legionnaires" how to make their Soldiers confident, competent, and capable with their rifles through education, practice, qualification, and scenario-based advanced marksmanship.

The first day consisted of classroom instruction on the fundamentals of marksmanship, zeroing, target analysis, and equipment set-up in order to provide a solid foundation for the rest of the course. This phase

provided education on the M4 Carbine, several types of optics, and the ballistic characteristics of the 5.56 round.

Legionnaires learned about effective use of the Engagement Skills Trainer (EST) on the second day, as well as several other training aids and devices. They began to actively coach firers on grouping and zeroing the M4 Carbine. The Eagle Marksmanship Academy provided training aids from the Training Support Center (TSC) in order to demonstrate how to use these devices to facilitate marksmanship instruction.

The third day of the course focused on day and night known distance firing on a flat range. Coaches and firers grouped and zeroed their weapons, not only gaining confidence from firing at 100, 200, and 300 meters, but also learning about the ballistic characteristics of the bullet at those distances. The culminating event was a night fire exercise with steel targets. Being able to see and hear the round impacting the target built confidence and motivation.

On the fourth day, the EMA operated a flat range with known distance, unknown distance, barricade, and stress shooting scenarios. Legionnaires fired at steel targets from unknown distances and received instant feedback with every "ting" they heard. Soldiers then built upon what they had learned and implemented new firing techniques utilizing barricades. The day concluded with a team competition stress shoot. Two Soldiers moved in a buddy team as quickly as they could to four successive barricades, engaging a target at each one.

The final day of the course consisted of a zero and qualification range. Despite less-than-favorable conditions, including high winds nearing 25 miles per hour, every 218th MP Company Soldier qualified as a first-time "go," with a class average of 31 targets hit.

The leaders learned proven techniques to coach and mentor Soldiers using outcome-based marksmanship training. The 218th MP Co. plans to incorporate many elements of the EMA into the unit's marksmanship program, since they have been proven to increase Soldiers' first-time "go" rates and decrease ammunition expenditure on qualification ranges.



Contributed Photo

Soldier uses night vision optics during the night fire exercise.



The Importance of Logistics

From the Peacekeepers in Afghanistan

General George S. Patton once said "Gentlemen, the officer who doesn't know his communications and supply as well as his tactics is totally useless."

Since arriving in theater, the TF Peacekeeper ALOC has worked feverishly along two lines of effort; maintaining TF Peacekeeper sustainment operations and laying the foundations for logistic success with our Afghan partners. Each member of the Peacekeeper ALOC undertaking these two tasks devotes long hours and learns new functions to execute the mission to help set up Afghan National Security Forces sustainment. Transfer of mentoring responsibilities was seamless as CPT Mounce, 728th Military Police Battalion S-4 Officer in Charge, brought 1LT Threadgill, 716th Military Police Battalion S-4 Officer in Charge on board and delivered a solid campaign plan ready for TF Peacekeeper. Providing sound technical expertise, CW3 Morris and CW2 Goodlin have already begun improving upon Afghan Uniformed Police maintenance programs and property records. Most importantly the S-4 Noncommissioned Officer in Charge, SFC Jennings, anchors the section as she provides multiple funding sources for the unit and assumed six contracts which will enable the Headquarters to meet its mission set.

The mentoring of the Combat Service Support Kandak (CSS KDK) is the main effort for the logistics mentors. A kandak is an Afghan Battalion. The ALOC is busy mentoring thirteen officers of the CSS KDK staff. The CSS KDK is responsible for resupplying all Afghan National Police Forces within RC-East. These organizations include the Afghan Uniformed Police, Local Police, Border Police, Response Companies, and Prisons within the 202nd Zone. TF Peacekeeper assists in the planning and execution of the quarterly logistics conferences hosted by the 202nd Zone HQ in Kabul.

The CSS KDK owns a Transportation Company that distributes supplies throughout the Zone to eight provinces. Major end items distributed to the provinces include vehicles, weapons, and radios. The Transportation Company distributes general supplies and personal demand items such as cleaning supplies, hygiene items, uniforms, and uniform accessories. The company conducts these convoys free of Coalition oversight and demonstrates the ever-growing independence of the CSS Kandak in 202nd Zone.

CW3 Morris partners with the 202nd AUP Traffic Officer as a primary mentor to assist in drivers' training throughout the Zone. CW3 Morris works alongside his AUP counterpart to develop drivers training for patrolmen as well as female AUP. The course involves user-level maintenance training and defensive driving techniques. Chief Morris works diligently with SGT Clay on motor pool operations. They successfully stood up a fully operational maintenance bay and established contacts with all other coalition forces and supply points.

CW2 Goodlin expanded mentoring responsibilities to include the 202d Zone S-4, which consists of a twelve person staff and the Zone Headquarters dining facility (DFAC). The DFAC recently received storage boxes from mentors to properly store food and materials. TF Peacekeeper logistics mentors started mentoring the Zone Contracting Office and Facilities Office to assist the Afghan AUP in becoming self-sufficient and funding all sustainment projects. Projects include expanding the DFAC on the Headquarters property and expanding the motor pool area by purchasing land next-door to the Shamshad.

SFC Jennings, SGT Romero, and SGT Clay handle the TF Peacekeeper organizational unit requirements as day-to-day operations continue. SFC Jennings procured over \$25,000 in equipment to support the Headquarters' move to a new location. SGT Romero supports the HHD by conducting food resupply missions and ordering



CCS Kandak Commander inspects Transportation Co. convoy as it reaches Nangahar Province



Logistics continued



office supplies and other equipment necessary to continue the mission. SGT Romero handles the Mail Distribution for Camp Julien and Camp Dubs, which houses approximately 1,000 Coalition Soldiers. SGT Clay keeps the unit running as he conducts weekly checks on the vehicles when Peacekeepers conduct Command Maintenance. He ordered over \$250,000 in parts to keep the vehicles in the peak fighting condition. SGT Clay lends his support to other Coalition elements by conducting maintenance and ordering parts.

The most recent addition to the TF Peacekeeper logistics team is SGT Nelson, who is positioned in the LNO cell at Bagram Airfield (BAF). Assuming the responsibility as the contracting officer representative, SGT Nelson supervises contracts at that location and acts as the primary point of contact for staging equipment at BAF to push down to the main element of Peacekeepers in Kabul. SGT Nelson

assists SSG Rummer with the Reception, Staging, Onward Movement, and Integration (RSOI) of TF Peacekeeper Soldiers as they make their way into theater and to their assigned locations.

SFC Jennings and CW2 Goodlin recently travelled to Bagram Airfield to make contact with all the logistical support agencies and establish good working relationships with all of TF Peacekeeper's Coalition counterparts. SFC Jennings and CW2 Goodlin seize the opportunity at BAF to synchronize relief-in-place efforts with several companies trading places within the Task Force.

The logistics section works diligently on plans to better serve the Battalion Headquarters in its mission by properly equipping the staff. Plans include the expansion of a prepositioned supply room and bulk issue area close to the HQ as well as moving the motor pool maintenance bay from its current location at Camp Dubs down to Camp Julien. This involves coordination between the whole section and various agencies that will be required to establish this new working area. Upon completion of this project, TF Peacekeeper will have its maintenance facility built right alongside its current motor pool.

The past two months have been very busy for the TF Peacekeeper ALOC, and they have answered the call masterfully. Months of training and validation are paying off as the staff consistently adapts to new processes in minimal time to continue to provide support to TF Peacekeeper and its mission set.



Springtime Safety

Mr. Gary Ballew, 16th Military Police Brigade
Safety Manager

Spring seems to be here a little early this year. For most people and especially children, this means more outdoor activities (camping, bike riding, hiking, etc.). For parents, this means being extra vigilant to keep our children safe and healthy.

Since we will be outside, we may want to focus our attention on issues like allergies, insects, poison ivy, sun burns, and other "outdoor activities" that have the potential to cause problems.

An issue that is very common this time of year is the reappearance of allergies. Allergies commonly affect children and some adults. The springtime weather may cause sneezing, runny nose and watery eyes. It is recommended to learn techniques that will mitigate the effects of pollen, dust, mold, animals or other allergens that may disrupt outdoor fun.

We are all aware that insects are annoying and are an issue most of us experience while outside. Insect repellent may be a useful item to have on hand. Keep in mind, there are many safe and effective insect repellents that you can use to protect your children, including those that use DEET, citronella, or soybean oil. However, please remember to only use products that are approved for children, follow the manufacturer's instructions and wash off the insect repellents when you return indoors. Insect repellents can prevent stings and bites from mosquitoes, flies, and ticks. But when you choose insect repellents, please use them safely.

Also, while outdoors, please become familiar with your surroundings. This is especially important when you are near poison ivy. It is wise to become familiar with and be able to recognize poison ivy. If you can identify poison ivy, you will be able to avoid it. However, if your children play in the woods you may want to prepare a "poison ivy treatment plan". It may be a good idea to know what treatments are available, just in case your little one gets too close to poison ivy.

One more issue that may be a factor is the Sun. Practice "Sun Safety" to prevent over exposure. Simple things like using sunscreen, wearing long sleeves, a hat and sun glasses can help you avoid sun-related problems, such as overheating, sunburns and being temporarily blinded by the Sun.

Also, because the springtime generates numerous outdoor activities; below are several areas in which safety and awareness should be considered and practiced continuously:

- Motorcycle and ATV Safety
- Privately Owned Weapons
- Pedestrian Safety
- Travel / Vehicle Safety
- Boating / Water Safety
- Power Tool Use
- Eye / Hearing / Head Protection
- Gym / Sports / Hiking Safety
- Cooking (grill and stove)

For more information regarding springtime safety, please visit any of the following websites:

http://pediatrics.about.com/od/springsafety/Springtime_Safety_and_Health_Issues.htm

<http://www.cdc.gov/features/movingoutdoors/>

<http://whttp://rochester.injuryboard.com/defective-and-dangerous-products/spring-cleaning->

REMEMBER...EVERYONE IS A SAFETY OFFICER!

I truly appreciate all the sacrifices each of you make for OUR great Country! God bless you, your families and the United States of America!!!

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To send your story ideas and pictures to the 16th Military Police
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