



701st Brigade Support Battalion

Diligent Times

Volume 1, Issue 8

August 27-September 2 2012

SUPPORT FIRST!

Features:

- Sustainment Operations
- This Week in Pictures
- Featured Company: Bandits
- Chaplain's Corner

Release Point

701st Brigade Support Battalion Deployment Yearbook!

This is a 200 page, full-color, hard-cover yearbook! The price will be dependent on the number of sales. Current estimate (based on 200 sales) is \$25. Contact your Battalion or Company UPAR to secure a copy!

Production Timeline:

- All orders (name, company and number of books desired) must be in to your Company or Battalion UPAR or your Company FRG representative no later than **November 30th**
- By **December 1st** we will determine the final price of the book based on number of sales
- By **December 31st** please submit payment to your BN UPAR, Company UPAR or Company FRG leader (cash please)
- Final draft will be complete by the end of February so that we can include "coming home" pictures
- Books will be delivered to you at Ft. Riley by the end of Block Leave!

POC for the yearbook is CPT Michael Smith, michael.a.smith1@us.army.mil

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This Week in Photos



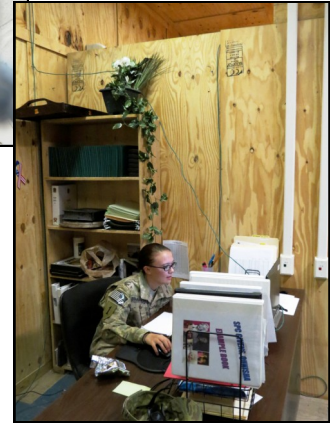
C Co Soldiers and members of the Forward Surgical Team operate on Afghan Soldier in the OR



A Co Soldiers retying their loads while on convoy



Bravo Company Soldier relax while on a mission to gauge weapons



PFC Brakefield works in the S-1 Shop

A Note from Behavioral Health By: CPT Coffman

Behavioral Health is often misunderstood and therefore is often spoken of as something mysterious or magic; sometimes even seen by Soldiers as a ticket home. Nothing could be further from the truth. As a Brigade Psychologist for Task Force Dragon my goal is to empower Soldiers to face their problems, educate them on how and why they are in their current predicament, and learn to change their thinking and behavior. Much to everyone's surprise, as a psychologist, I don't "coddle" Soldiers or ask them clichés such "how does that make you feel." I study the thinking and behavior of each Soldier and develop a specific plan for them to correct their maladaptive thinking and behavior which are causing or contributing to their current problem.

I see my mission as more preventative rather than reactive, at least this is my goal, especially while out on battlefield circulation. I have made many efforts to establish trust with leadership and Soldiers in our brigade so Soldiers will come see me as soon as problems arise rather than later. Since my approach is to attempt interventions as early as possible, I am attempting more unconventional methods of delivery or services. This includes things like speaking with Soldiers in the smoke pit, treating simple and common problems more like professional consultation rather than a patient-provider relationship.

It's not magic and it's not make believe— if you think you have or know someone with a legitimate behavioral or mental health concern, make an appointment to come see me! I do have a couch, but I won't make you lie on it. I will simply give you the tools to help you change unhealthy behavior and thinking.

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Condors

Chaplain's Corner



IS THE GLASS HALF EMPTY OR HALF FULL?
CH (CPT) GEORGE OKOTH

"... then make my joy complete by being like-minded, having the same love, being one in spirit and purpose." (Philippians 2:2)

A family had twin boys whose only resemblance to each other was their looks. If one decided he was too cold, then the other one was too hot. If one said the TV was too loud, then the other claimed the volume needed to be turned up. Opposite in every way, one was an eternal optimist, while the other one was a doom and gloom pessimist. Just to see what would happen, on the twin's birthday, their parents loaded the pessimist's room with every imaginable toy and game. In the other son's room they left nothing except a pile of horse manure.

That night the father passed by the pessimist's room and found him sitting amongst his new gifts crying bitterly. "What on earth is the matter," he asked his son? The son replied, "There are too many pieces to put together, I will always need more batteries to play anything, and my friends will break the toys if I let them play."

Passing the other son's room, he found his son dancing for joy in the middle of the manure pile. "What are you so happy about," he asked his son? The son replied, "There's got to be a pony in here somewhere!"

Is your outlook based on a half-empty glass, or a half-full glass? Look for the silver lining in the cloud; don't concentrate on the cloud itself. God is in the 'people business!' He wants us to be in a daily relationship with Him. I am grateful for that, aren't you?

Make it a great week.

DILIGENT SHEPERD



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Diligent Challenge

Cheer on your Soldiers in our new Battalion PT Competition!



DILIGENT CHALLENGE



Who: ANY and ALL 701st BSB SM

What:

-Gold: 300 Miles, 5000 Push-Ups, & 5000 Sit-ups

-Silver: 300 Miles & 5000 Push-ups

-Bronze: 300 Miles OR 5000 Push-ups OR 5000 Sit-ups



PRIZES Will Be Awarded for All SM that Complete the Diligent Challenge
Top Competitors for Each Category Will Receive Special Recognition

When: 01SEP12 to 01DEC12

Why: To encourage physical fitness, esprit de corps, and some friendly competition!

Contact Your Unit Representative to Sign Up NLT 31AUG12

HHC & A/CO POC: 1LT Kathryn Buckland

B/CO & C/CO POC: 1LT Joanna Moore



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