

# DIAMOND QUARTER



## *Back to Basics:* **100TH BSB NCOS TACKLE WEEK OF TRAINING**

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Vol. 1, Issue 4  
October, 2007

# Get your family ready now



**D**iamond Troopers I can not stress enough how important it is for you to start preparing your Soldiers and family members for any pending deployment.

As Soldiers we are beholden to the U.S. government to be ready to deploy and protect this great nation at a moment's notice.

Soldiers train every week in preparation for deployment; but when it comes to military matters, our spouses are less fortunate.

We have an obligation to get our loved ones prepared now with the necessary paperwork like Wills, Powers of Attorney, and Servicemembers' Group Life Insurance.

Troopers, we have a dynamic tool in the 75th Fires Brigade Family Readiness Group, which remains vigilant in the best interests of our loved ones here at home.

The FRG has highly qualified personnel working tirelessly to ensure family members are informed about the numerous activities and programs available for military spouses. The FRG needs your assistance in routinely getting your spouse to FRG meetings and supporting FRG events.

This is a welcomed change compared to what the military was like before the FRG.

Prior to the FRG, incoming Soldiers arrived to their units and were sometimes deployed in harms way within days. During that period of military history, there were few opportunities for spouses to meet the command, personnel — and,

more importantly — other military spouses within the unit.

Needless to say, there was a serious informational lapse; which caused a tremendous and unnecessary strain on family members while their loved ones were deployed.

The FRG was created to help our spouses navigate the myriad of paperwork within our military and, when road blocks present themselves, FRG personnel understand how to navigate the chain of command to assist in removing those road blocks.

The FRG is a win-win situation.

Diamond Troopers, I can not express enough the importance of preparing your spouses now for the future and how, by working with the FRG, we have a greater opportunity to achieve success.

**--SHOT OUT--**

**-----Col. Dominic E.  
Pompelia Jr.  
"Diamond Six"**

## DIAMOND CUTTER VOL 1, ISSUE 4

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**Cover Photo: Soldiers of the 100th Brigade Support Battalion train on the functions of the M-2, .50-caliber machine gun during training Sept 11, 2007. (Photo by Sgt. 1st Class Kelly McCargo, 75th FiB Public Affairs Office)**

# Discipline Best Explained



**D**iscipline is best explained by “always doing what is right even in the absence of other individuals.” If this is so, then military discipline is best explained as doing what is right even when an NCO or leader is not present.

So I ask myself why someone or some people are cleaning out their POVs in my parking lots rather than next to a trash can or dumpster?

Why do I hear about Soldiers—whether they are Diamond Soldiers or not—not wearing their uniforms properly once they get off post?

And more disturbing, why aren’t my NCOs

correcting these Soldiers?

We say the NCO and Soldiers creeds frequently (you better be!) but are we actually listening to ourselves and understanding what is being said?

NCOs and leaders, if you see someone out of uniform be it on or off post GET’em and educate them real quick about the Army Regulation for the Wear and Appearance of the Army Uniform (AR 670-1) and the Red Leg Standard.

People, the Army Combat Uniform is composed of an ACU coat and trousers, head gear, combat boots, black WOOL socks and a tan moisture-wicking undershirt.

The commander can prescribe changes to the uniform to compensate as per mission requirements—be it a patrol cap, Kevlar or Advanced Combat Helmet.

But notice how AR 670-1, Chapter 1, Paragraph 7 states: “The Army is a uniformed service where discipline is judged, in part, by the manner in which a Soldier wears a prescribed uniform, as well as by the individual’s personal appearance. Therefore, a neat and well-groomed appearance by ALL Soldiers is fundamental to the Army and contributes to building the pride and esprit essential to an effective military force. A vital ingredient of the Army’s strength and military effectiveness is the pride and self-discipline that American Soldiers bring to their Service through a conservative military image ... Soldiers must take pride in their appearance at all times, in or out of uniform, on and off duty.”

And Chapter 1, Paragraph 9 states that “Soldiers must project a military image that leaves NO DOUBT that they live by a common military standard and are responsible to military order and discipline.”

The military uniform doesn’t make just anyone a Soldier. If I put a uniform on a child and told him or her to prepare a team to assault a hill, they would run back and hug their momma’s leg.

The training and accomplishments of each Soldier makes him or her such and your uniform enhances that.

Each time you put on the military uniform you should have pride in your accomplishments and especially of those made by Soldiers before us! You should have pride in this country for fielding the best equipped and trained military in the world.

But when Soldiers run around off post out of uniform people don’t see our accomplishments, they see indiscipline and disregard for the prescribed military uniform—find them and fix them.

And if you see someone throwing garbage and cigarette butts anywhere other than a proper receptacle, get him or her so they can police my parking lots for a week.

--SHOT OVER--

-----Command Sgt. Maj.

Tony O. Smith

“Diamond Seven”

## Got something for us?

Do you know or have a story that you think would make a great 75th Fires Brigade news story?

Have you taken a photo of a 75th Fires Brigade Soldier in action or an event you would like to see published in the “Diamond Cutter”?

## We accept submissions!

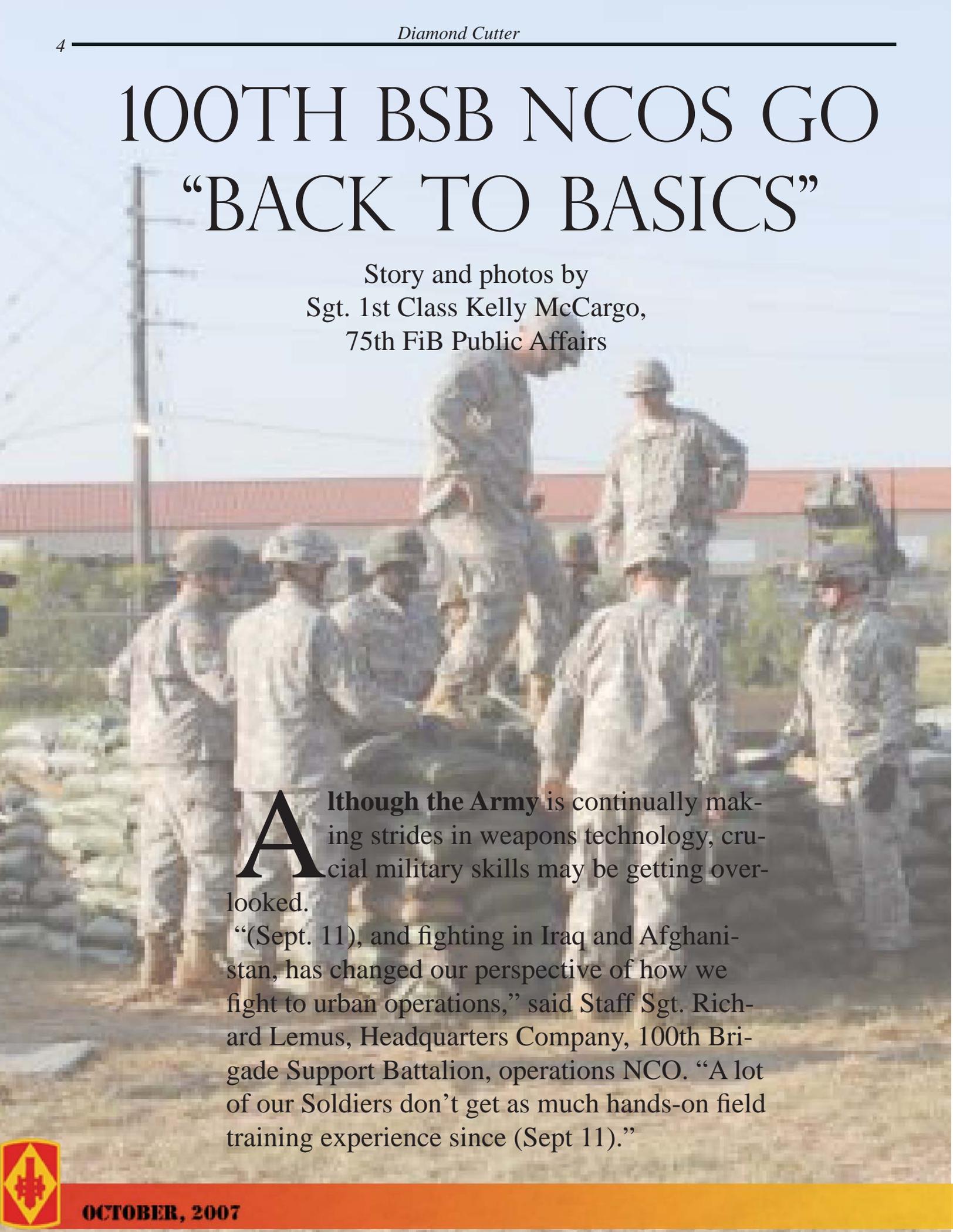
All submissions need to be emailed to Sgt. Joe Battle: [joe.battle@conus.army.mil](mailto:joe.battle@conus.army.mil)

Please keep story submissions to one page in length. Photographs for submissions need to be in focus and of a high resolution. The 75th Fires Brigade Public Affairs office cannot reproduce copyrighted material. Submissions may be edited to meet the standards outlined in the Associated Press Stylebook. Photos may be cropped to meet page size requirements. Full credit will be given to the author and/or photographer. For more information please contact the 75th Fires Brigade PAO at DSN: 442-8454



# 100TH BSB NCOS GO “BACK TO BASICS”

Story and photos by  
Sgt. 1st Class Kelly McCargo,  
75th FiB Public Affairs



**A**lthough the Army is continually making strides in weapons technology, crucial military skills may be getting overlooked.

“(Sept. 11), and fighting in Iraq and Afghanistan, has changed our perspective of how we fight to urban operations,” said Staff Sgt. Richard Lemus, Headquarters Company, 100th Brigade Support Battalion, operations NCO. “A lot of our Soldiers don’t get as much hands-on field training experience since (Sept 11).”



Many junior NCOs serving in the military today have joined the Army since 2004, well after combat operations in Iraq began. Military tactics have been shaped largely by fighting experiences within Iraqi cities. Iraqi deployments consist mostly of forward operating base operations, with the bulk of the FOBs' infrastructure established by civilian contractors before Soldiers arrive for their tour of duty.

To offset this reality, more than 65 100th Brigade Support Battalion noncommissioned officers went back to the "basics" Sept. 11-14 at Forward Operating Base Hamilton, Fort Sill, Okla., to train on basic military skills.

"During the last field exercise I noticed NCOs struggling to set up a tent. So I went over there to correct them. I found that the NCOs didn't know how to set up a tent. (Then) I asked 'why is the (entry control point) not established properly'—they said they never set up an ECP," said Command Sgt. Maj. Bryant Williams, 100th BSB, command sergeant major.

While he readily admits his NCOs are "highly-competent, battle-hardened veteran Soldiers," Williams realized that far too many of his NCOs were accustomed to the contractors doing the basic "military" security emplacements.

So he developed the week of training and selected several tasks designed to stimulate crucial military skills that have been overlooked.

During the training week, a subject matter expert with the appropriate Army field manual in hand ensured the tasks were followed to the letter—no matter how long it took.

"At least once a quarter, we need to get on the ground and do some training that we haven't done in a while," Lemus said. "We get all of the NCOs out here and train on the standards ... and they're allowed to do it as many times as it takes to ensure they have the correct standards."

On the first day of the training, the NCOs' tasks encompassed the basic necessities of establishing a tactical operations center.

NCOs dug a five-foot deep below-ground fighting position complete with overhead protection and also built an above-ground, sandbag-fortified fighting position. They worked together to erect a triple-layer concertina wire, or razor wire, perimeter fence reinforced with barbed wire. Once the operations structure was established the NCOs focused on operating a Single-Channel Ground-Air Radio System, and trained on using a Precision Light-Weight GPS Receiver to determine ground coordinates.

"We go off of our experience, but we have more experience out there, like our (command) sergeant major and senior NCOs', who tweak what we are doing and give us some good ideas on how we can do (our tasks) better," said Sgt. Samuel Solis, A Co., 100th BSB, water treatment specialist.

On the second day, the NCOs corrected their ECP procedures

and sharpened their weapons skills on the M2-.50 cal. heavy barrel machine gun, M16A2, M240B-7.62 mm medium machine gun, M249-5.56 mm light machine gun, and MK 19-40 mm grenade machine gun.

NCOs honed their skills with disassembling and reassembling each weapon, immediate action procedures, various firing stances and defensive positioning of the weapons in a combat setting.

One of the lessons Williams is trying to instill in his NCOs, is that the end state of every military task is to complete that task to the precise military standards. But far too often NCOs do not spend the prescribed amount of time on a task and as a result settle for a substandard substitution.

But he asks, if an NCO never meets that standard when should

he or she quit doing the task?

"You don't quit because you never met the standard; what you did was just change the condition, and that's why I had them working late into the night, until they did meet the standard," he said. "Ninety-five percent of them said 'yeah, I'm sweaty but now I know what right looks like.'"

And many of his sweaty NCOs agree.

"This was a great idea because now when we go out to the field we can teach our Soldiers how to do these things the 'right' way," said Sgt. Jeff Goldman, A Co., 100th BSB, water treatment specialist and squad leader.

Platoon sergeant Sgt. 1st Class Darrell Denson said the experience was invaluable.

"This is working out great today. I've seen a lot of camaraderie here, motivation and a great deal of teamwork," said Denson, A Co., 100th BSB, motor transport NCO. "It's something they are willing to do, it's something they want to do and it's something they want to learn."

While Williams is confident with the outcome of the training, he is already focusing on ways to improve it.

"I now feel that the NCOs in 100th BSB can now go to an urban environment and set up a fighting position to standard, they can establish an ECP correctly, establish a bunker ... ensuring the pickets in a triple strand concertina are set up to keep the enemy off of them" said Williams. "Next time I'm going to move them out into a training area and establish a whole perimeter, and have them practice placing weapons on different terrains."

Even though the Army is continually making strides in weapons technology, it has the potential to become all but useless without the skills to properly use it.

But many 100th BSB NCOs said they are more than ready to show their Soldiers what "right looks like."



NCOs from 100th BSB practice setting up a proper ECP during training, Sept 11.



*A Diamond in the "Rough":*

# Miss America visits Diamond Soldiers

Story and photos by  
Sgt. 1st Class Kelly McCargo

75th Fires Brigade PAO

Several Soldiers on break are lounging outside the 75th Fires Brigade headquarters basement entrance, 'smokin-n-jokin' as U.S. Soldiers on a Friday afternoon break usually do.

A non-descript maroon military van pulls into the command parking lot and a small, young blonde woman exits the van with several people in tow.

The Soldiers ogle a little with smiles on their faces, curious who the young woman is.

Without her trademark crown, one would hardly know that this slight woman was selected by a panel of esteemed judges to represent the Nations "highest ideals for beauty, grace and intelligence."

Miss America 2007 Lauren Nelson visited the 75th Fires "Diamond" Brigade Soldiers Sept 28 to discuss the effects military deployments are having on Soldiers and their families.

"I was born and raised right here in Lawton ... the military has always been near and dear to our family," she said. "It's very neat opportunity for me to be back and be able to see the post from a different viewpoint.

As part of her nationwide tour to promote internet safety awareness, Nelson made a "house-call" in her home town and decided to visit Fort Sill Soldiers Sept 26-28.

"I've been back here for about two days now and I've experienced a lot of things having talked with a lot of people ... it's a new viewpoint for me to get to talk about having seen it myself."

More than 26 Diamond Soldiers, spouses and family members participated in the group discussion about how deployments affect spouses and their children in different but equally critical ways.

"It's one of the greatest parts of my job to be able to thank you from the bottom of my heart," she said. "We appreciate and thank you for everything you do and the sacrifices you and your families make everyday."



(From right to left) Miss America 2007 Lauren Nelson, Col. Dominic Pompelia, 75th FiB commander and Elizabeth "Libby" Smith listen as Spc. Joan Vasquez, 1st Bn, 17th FAR, discusses how deployments affect his family.





Staff Sgt. Matthew T. Greene(right), fuel and water platoon, A Co., 100th Brigade Support Battalion demonstrates the capabilities of the Lightweight Water Purifier, or LWP, to Col. Dominic Pompelia(left), 75th Fires Brigade commander during a training exercise here Sept. 26, 2007.

# 100th BSB takes on fight for water

Story and photos by  
Sgt. Joe M. Battle

75th Fires Brigade PAO

American humorist and author Samuel Clemens once said, “whiskey is for drinking; water is for fighting over.”

However, for Soldiers of the “Water Dogs” fuel and water platoon, A. Co., 100th Brigade Support Battalion, the fight for water just got a little easier.

The 100th BSB has recently began training and using the Lightweight Water Purifier, a mobile water purification device capable of turning water from a natural source into drinkable water, said Staff Sgt. Samuel Solis, water treatment supervisor, A. Co., 100th BSB.

“The device, also known as

the LWP, is capable of turning 125 gallons of natural water into potable water in about an hour,” said Sgt. 1st Class Matthew T. Greene, fuel and water platoon, A Co., 100th BSB.

“Troops in Iraq cannot always depend on commercially produced bottled water in the field,” said Greene. “Sometimes, troops may have to survive on what is locally available and the LWP will help to make sure that natural water sources can provide safe drinking water.”

According to the LWP’s web site, the system uses a membrane filter capable of filtering out toxins in any source of water, including seawater, brackish, turbid and NBC-contaminated sources down to one micron, or 1/1,000 of a millimeter.

“The LWP, in the past, was

usually used by Special Forces teams and small units who were remotely located and unable to use large-scale water purifiers,” said Greene. “It was designed to be mobile and can be packed up quick if necessary.”

“We are also the first active duty unit on Fort Sill to field the LWP,” said Solis. “The water purification mission was usually a function of the National Guard until recently.”

During the recent training and fielding of the system, the commander and command sergeant major of the 75th Fires Brigade visited the LWP site and experienced first hand what the LWP is capable of with a tasting of the purified water.

“It’s wonderful,” said Command Sgt. Major Tony O. Smith, 75th FiB command sergeant

major. “It’s one more piece of the sustainment puzzle for the BSB! Water being the essence of life – we gotta have water!”



Command Sgt. Major Tony O. Smith, 75th FiB command sergeant major tries a sample of the purified water.





## Army continues advancement of understanding Post Traumatic Stress Disorders and Traumatic Brain Injury

by Army Public Affairs, Sept. 20, 2007

The Army is continually advancing its understanding of the scope of the complexities of PTSD/TBI to improve Soldier care.

Every Soldier should gain an understanding of Post Traumatic Stress Disorder (PTSD) and Traumatic Brain Injury (TBI) over the next three months, as a program of “chain teaching” will be carried out by unit leaders throughout the Army. Commanders will use a standardized script and supporting audio-visual products describing signs and symptoms of these conditions and reinforcing what Soldiers know about taking care of each other. There also will be a companion video oriented towards family members.

“Our Army is doing everything possible to come to grips with a very challenging and complex issue,” said Army Chief of Staff Gen. George W. Casey Jr. “The goal is to educate all Soldiers and leaders on PTSD and TBI so they can recognize, prevent and help Soldiers receive treatment for these debilitating physical and mental health issues, and remove the stigma associated with seeking care. Look, this is not just a medical problem, it is an Army problem, and we are going to do all we can to help our Soldiers.”

“We emphasize that every commander needs to be able to do an individual assessment of each Soldier. If a Soldier has an issue, that commander needs to be able to reach out and help that Soldier. Soldiers also need to be able to help each other” said Col. C. Elspeth Ritchie, psychiatry consultant to the Surgeon General of the Army.

All Soldiers in combat suffer stress, but most recover quickly. Those whose symptoms persist may have Post Traumatic Stress Disorder.

PTSD is a condition that often follows a terrifying physical or emotional event, causing the person who

survived the event to have persistent, frightening thoughts and memories, or flashbacks, of the ordeal. People with PTSD often feel chronically, emotionally numb.

Soldiers with PTSD may have three kinds of symptoms for weeks or months after the event is over and the individual is in a safe environment. These symptoms are re-experiencing the event over and over again; avoiding people, places or feelings that remind them of the event; and feeling keyed up or on-edge all the time. These symptoms may interfere with the ability to live their normal lives or do their jobs.

PTSD is treatable, especially if treatment begins early. Treatment options include medication and talking therapy. Most Soldiers diagnosed with PTSD are treated successfully and remain on active duty.

Mild Traumatic Brain Injuries (mTBI) may be commonly referred to as concussions or “getting your bell rung.” Unlike severe TBI in which there may be a penetrating head injury with an obvious wound, a mild TBI or concussion may have no physical signs. It may result from a hard blow or jolt to the head, or a blast exposure that causes the brain to be shaken within the skull. TBI may involve confusion, disorientation, or impaired consciousness, dysfunction of memory (amnesia), or loss of consciousness.

Most people with mild TBI recover fully, but recovery can take time. One purpose of the chain-teaching program is to equip Soldiers to recognize symptoms of these conditions in themselves or others so they can obtain treatment.

“It is important to remember, although you may not be struggling, your battle buddy may be. We know that combat and operational experiences will impact every Soldier differently,” says the script.



# 75TH FIRES BRIGADE FAMILY READINESS GROUP

## UPCOMING EVENTS

Oct. 19: Welcome Home! Reconnecting With Your  
Child class

Family Resource Center, 2 p.m. - 4 p.m.

Oct. 23: Deployment Survival

Family Resource Center, 6 p.m. - 7:30 p.m.



*"Better Opportunities for Single Soldiers"*

## Upcoming Events

*For more information, contact your  
Unit BOSS representatives*

November 17 -

**"Scion Slam" 3 on 3 Tournament,**  
@ the PX Parking Lot



A Comanche Nation Native American dancer parades in his ceremonial dress clothes during the 16th Annual Comanche Nation Fair at the Comanche Nation Complex Lawton, Okla. Sept 30. Photo by Sgt. 1st Class Kelly McCargo, 75th Fires Brigade PAO

