DAGGER DETAILS

SHARPEN THE EDGE

Due to intense optempo and circumstances beyond our control. This issue of the Dagger Details is incredibly late. We, the editing team, offer our sincerest apologies to you for this unfortunate delay. For this reason we will published a 2 Part Summer Edition issue.

Thank you so much for your understanding, our patience and for being our most dedicated audience.

We look forward to continuing to provide you with coverage on your loved ones and friends and are confident that we can deliver that in a timely manner.

Thank You!

Commander
COL Raymond L. Lamb

Command Sergeant Major
CSM Ricky W. Buchanan

Public Affairs OIC
1LT Patrick Fry

Public Affairs NCOIC
SSG Alyn-Michael MacLeod

Photojournalist
SGT Lisa M. Litchfield

Journalist
SGT Zachary Shumway

Summer Edition Part 1

The *DAGGER DETAILS* is an authorized unofficial Army newspaper published monthly under provisions of AR 360-1 . Views and opinions expressed are not necessarily those of the Department of the Army. Contributions from readers are solicited, but publication depends on judgment of the editor. No payment will be made for contributions. Submissions made by the 10th of the month will be added to the next issue. Any questions or comments email alyn-michael.macleod@usar.army.mil

Published by the Dagger Public Affairs Office, On Assignment at Fort Riley

Commanders Corner

As we, the Dagger Brigade, close on Fort Riley and set ourselves to begin a new training mission, each of you can be justifiably proud of your accomplishments. This brigade is on the cutting edge of the Army's transformation, and is setting new standards. We have accomplished a great deal, and though there are still many challenges to come, I wanted to take this opportunity and thank each of you for a job well done.

The Dagger Brigade was hand picked by senior Army leadership to execute the training mission at Fort Riley due to our demonstrated ability to develop confident, competent leaders and Soldiers for the theater of war. The Fort Riley Training Mission, as it is called, is now our responsibility. We will train and develop transition teams, 10 to 15 man teams composed of Active Duty and Reserve Component soldiers, who will embed with the Iraqi Army and Special Police Forces. They will coach, teach and mentor the Iraqi forces to become competent, enduring institutions, a critical element to stabilizing the country and the drawdown of US forces in Iraq.

During these last two months, the Dagger Brigade has been asked to sacrifice a great deal, at two installations, Fort Carson and Fort Riley. We have built the transition team training program from scratch, advised and guided the Fort Riley based 24th Infantry Division leadership in required training venue builds and upgrades, and simultaneously continued our exceptional JSTO training at Fort Carson. We have done this and more, and to a standard rarely seen.

Many of you have traveled the long, flat road between Fort Carson and Fort Riley, several of you numerous times, sometimes on short notice. I am proud to say that the professionalism and dedication of each Dagger Brigade soldier called upon to move out and execute enabled you to react, accomplish the mission, and drive on.

The long, hard hours that you have dedicated to building the FRTM are about to pay off. We will, within days, begin, once again, preparing soldiers for war. Always remember, the soldiers we train will be on the battlefield, many facing hostile fire, within weeks. It is our duty to ensure they receive only our best efforts. How we train them and the knowledge we impart could very well mean the difference between life and death. I know that each of you will do your utmost to ensure the transition team members come home safe.

We must also focus on safety to ensure Dagger Soldiers return home safe. All training we conduct will have a proper risk assessment, and each of you will adhere to safety procedures during training. Though the hours will be long and hard, we must remain vigilant to hazards. Watch out for your fellow soldiers, and step in if it looks stupid. One soldier injured due to safety violations is one too many

To the families of our Dagger Brigade, I express a deep, heartfelt thank you as well. Without your sacrifices, we could not execute the missions required of us. Your support is the backbone of this brigade. To the Soldiers of the Dagger Brigade: I urge each of you to take time off for your family, where possible, and recharge.

The training we conduct at Fort Riley will be innovative. We will change training according to lessons learned and ongoing events in theater. Remain flexible. Each of you will face many challenges in the coming months. Embrace the challenge and exceed expectations as you have done so many times.

God Bless and "Sharpen the Edge"

Dagger Brigade Deploys to Fort Riley

Article By SGT Zachary Shumway, 2nd Brigade, 91st Division Public Affairs Office

As the U.S. focus in the Global War on Terrorism (GWOT) shifts from counter-insurgency operations to building Iraqi and Afghan self-reliance, the requirement to build an increased number of well trained Transition Teams has increased significantly. The Army is dedicating one of its' premier training units, the 2nd Brigade, 91st Division, known as the "Dagger Brigade," to help build this capability at Fort Riley, Kansas.

This consolidated training center, known as the Fort Riley Training Mission (FRTM), is critical to Army's refinement and improvement of training techniques for personnel of the elite Military Transition Teams (TTs) who deploy to Iraq and Afghanistan to train their military and security forces.

The Dagger Brigade is located at Camp Funston during the training this year.

Until recently the Army has conducted Transition Team training utilizing several training brigades at various locations across the continental U.S. The requirement for a long term, sustainable, sourcing and training strategy for Transition Teams led to the consolidation and standardization of all Transition Team training at Fort Riley. In addition, the 1st Infantry Division is being reorganized and re-stationed to Fort Riley to conduct this training.

The Dagger Brigade was selected to provide an interim training capability at Fort Riley while the 1st ID re stations. The brigade will build the training model and teach, coach and mentor the first Transition Teams due to its' demonstrated ability to prepare Soldiers for the rigors of war.

"This mission is critical to shifting the fight to the Iraqi and Afghan military and security forces; we are proud to have been chosen to lead this mission," said Col. Raymond Lamb, the Dagger Brigade Commander. Since 2002, the brigade has successfully trained over 40,000 soldiers. The brigade's trainers are Active Army, Army Reserve and National Guard Soldiers, many with recent combat zone deployments.

"Our brigade conducts tough, repetitive, hands-on, realistic training that is theatre specific. This training produces leaders and Soldiers who are confident, competent and disciplined, with the skills, knowledge and abilities to survive in combat" Col Lamb said.

A key part of the TT training is the conduct of theatre specific immersion training. "Our goal during the deployment at Fort Riley is to replicate the conditions faced by Soldiers in Iraq. Soldiers will live in a Forward Operating Base, and interact with the local population. They will teach, coach and mentor Iraqi Security Forces, work and patrol in local towns and villages designated to imitate conditions in theatre. We want Soldiers to face theatre specific challenges for the first time in training, not in a combat zone," Col Lamb said.

Transition Team Training is realistic and theater specific. The Soldiers above is conducting a cordon and search of a urban cluster. Photo by SSG Alyn-Michael Macleod

The Transition Teams consist of 10 to 15 man elements from a variety of military backgrounds. The TTs are specialized trainers who embed with Iraqi Security Forces, therefore each Transition Team's composition is tai-

lored to the mission they are expected to perform in theatre.

There are roughly 200 Transition Teams in Iraq and another 75 in Afghanistan at any given time. Feedback from these Soldiers and Iraqi commanders drives the training of future forces preparing to deploy. "We are always updating our training doctrine with lessons learned from in country," Col. Lamb said.

In addition to training Transition Teams preparing for deployment, the Dagger Brigade will train cadre from two brigades of the 1st Infantry Division, which is moving to Fort Riley this summer. Upon completion of a right seat ride and certification program, The 1st Infantry Division will assume operational control of all Transition Team training.

Transition Teams are making a clear, significant impact in both Iraq and Afghanistan. In Iraq, TTs have trained 216,000 Iraqi Security Force members, including 125 battalions of military and special police forces; they have trained and mentored 82,000 Afghan Army and Security forces.

"We anticipate the FRTM will have a significant impact in the GWOT. The Fort Riley Training Mission is a great leap forward in helping the Iraqis and Afghan militaries become self-reliant." said Col Lamb.

2/91 Soldiers live on Camp Whiteside in Fort Riley. Photo by—SSG Alyn Macleod

Camp Whiteside has its own laundry facilities along with day-rooms for the "daggers" that are staying there—Photo by— SSG Alyn Macleod

YOUR GUIDE TO DEALING WITH DEPLOYMENT STRESS

While my husband, a Navy chaplain, was in Iraq with the Marines, I imagined hearing a knock at my door. I imagined uniformed Marines telling me that my husband was dead. I imagined the funeral. I did this regularly until my husband was safely home in my arms. I thought I was the only one with such a morbid imagi-nation, but Chaplain Jeffrey Watters described how he and other chaplains at Fort Bragg, N.C., had noticed a wave of grief sweeping through the spouses on the home front.

"They were exhibiting the same symptoms as those who are grieving over a loved one with a terminal illness," Watters says.

Not only did I not know it had a name - anticipatory grief- I didn't know there were techniques for coping with it.

To combat the many stresses of a wartime deployment, the Marine Corps and National Guard have begun to rely on training developed by Maj. Chad Storlie and the Magis Group, an education and training organization that teaches people how to self-manage their own stress. In one survey, 90 percent of the soldiers who'd received this training said they'd feel better if their family members could receive it, too.

Stress or trauma isn't just "in your head." When you imagine your spouse getting injured or killed in a war zone, your body responds as if it's really happening. Changes rush throughout your brain, body and nervous system. Glands release hormones; your heart beats faster; less blood flows to your arms and legs. Your bowels may act up; you may get heartburn or acid indigestion; you may find it hard to relax or sleep.

A few simple techniques can help you start getting your stress under control.

"Techniques like these help the soldiers and family members deal with stress in the moment as it's happening," Storlie says. "That wife's got a job, three kids - she doesn't need a lot of handouts on managing her time and taking care of herself. She needs some quick exercises she can do while she's at the park with the kids and can grab five minutes to sit on a bench."

TECHNIQUE 1 – BREATH CONTROL

"Aside from popping pills, breath control is the most direct route to regulating the nervous system," explains Elizabeth Hawkins, who heads up the Magis Group. "The conscious use of breath has the potential to bring immediate relief to depression and anxiety."

TAKE A DEEP BREATH

THEN EXHALE

Most of us use only the upper third of our lungs. When we're stressed, our breathing gets even shallower. Yet most of the capillaries are at the bottom, and capillaries take life-giving oxygen to the rest of the body. You need to clear out the stale air at the bottom of your lungs to increase the amount of healthy oxygen in your body.

To do this, take a deep breath. Then exhale. Toward the end, push all the air out of your lungs. Do this five times in a row. Then sit still and observe the changes in your body. Gradually increase the number of exhalations over time until you can do 10 in a row.

**** This article was republished from May/June 2006 Military Spouse Magazine***

TECHNIQUE NO. 2 – THOUGHT CONTROL

Controlling our thoughts requires us to take charge of our lives, to notice the news we watch and the gos-sip we share, to analyze what makes us feel depleted or uplifted.

You can learn this during deployment and then benefit from it your entire life," says the Magis Group's Stephen Robinson. "It takes a lifetime of practice."

To control your thoughts, first pay attention and notice the negative thought as it passes through your mind. Then, interrupt the pattern and replace the thought with something else. For example, if you find yourself imagining a roadside bomb blowing up near your spouse, consciously redirect your thoughts to something you have control over, something you enjoy.

Writing in a journal is a good way to learn how to notice thought patterns. Often, once you've written down your negative thoughts and worries, it feels like you've gotten them out of your system and can move on. Use your journal to practice writing the positive thoughts you'd like to focus on.

TECHNIQUE NO. 3 – CONNECTION CONTROL

I had always thought the military was my husband's job, not mine. So at first, I avoided getting involved in any spouse groups. During my husband's deployments to Afghanistan and Iraq, I often stayed with my family. There I was, trying to cope with such stresses as antici-patory grief, surrounded by civilians who loved me but didn't have a due. Sometimes I felt a little crazy.

But then another military wife admitted to me that sometimes she, too, imagined her husband's funeral. I realized I wasn't crazy - I was normal.

I began to find spouse get-togethers comforting and attended them whenever I could.

While her National Guard husband was deployed, Rebecca Wilkins actually took the initiative to invite other nearby spouses on regular outings. When she was feeling down, she'd call one of the other wives, and they'd be feeling the same. They assured each other, "It's just a natural reaction to an unreal situation."

Annie Cory learned to be choosy about the spouses she connected with. During one of her husband's deployments, she hung out with a wild crowd. The heavy drinking didn't help her depression. Next deployment, she made a point of spending time with spouses in her readiness group who were a little more grounded.

Another benefit to staying connected with your unit's readiness or support group is that if you have questions or need help, a senior spouse or one of the group's trained spouse volunteers can hook you up with services and support.

TECHNIQUE NO.4 – SPIRITUAL CONTROL

An active spiritual life is comforting, too. In her book *When Duty Calls: A Handbook for Families Facing Military Separation*, longtime military spouse Carol Vandesteeg provides practical guidance and resources for the entire deployment cycle. Along the way, she also stresses the importance of raking care of your spirituality.

"See separation as an opportunity to grow rather than focusing on the fact that your husband is deployed," Vandesteeg says in her book.

She suggests that every day your spouse is away, you find something you can do to improve yourself. Make time for meditation, prayer and books that feed your spiritual side. And don't forget to count your blessings.

**** This article was republished from May/June 2006 Military Spouse Magazine***

TECHNIQUE NO. 5 – JOB CONTROL

More than half of military spouses work outside the home. How you take control of your job during a deployment depends in large part on whether it adds to your stress or helps you cope with it. As many as 16 percent of female spouses with children either quit or cut back on their hours, according to a Department of Defense survey noted by military spouse Karen Pavlicin, author of the encyclopedic guide Surviving Deployment.

MORE THAN HALF OF MILITARY SPOUSES WORK OUTSIDE THE HOME

For busy professionals, Pavlicin suggests that you make the most of your time at work by increasing your productivity. Ironically, this means taking regular breaks. Get rid of minor irritations in your work envi-ronment, like a flickering fluorescent light or piles of clutter. Join professional associations to keep up with the latest in your field. And put up an "I love me" wall to remind you of your successes and to stay motivated.

Part 2 – Our Stressed-Out Relationships

Deployment stress not only affects our bodies, but it also affects our relationships. Army researchers recently found that among returning combat veterans, the percentage facing divorce had almost doubled, up from 9 percent to 15 percent. How we respond to stress can either undermine or strengthen our relationship.

John Moore, a licensed clinical professional coun-selor who counsels and teaches military spouses, has developed a four-step plan to strengthen your relation-ship. The plan zeroes in on what he sees as the two biggest problems during deployment: lack of contact and lack of routine.

Step 1 – Create and Follow a Prevention Plan

The goal of your prevention plan is to ensure that you and your service member maintain as much contact as possible, while at the same time reducing the disruptions, worry and helplessness in your life.

First, brainstorm the modes of communication that may be available. Phone, e-mail, instant messaging, Web cameras, snail mail - don't rule anything out.

Then step back and analyze your family to see if there's a problem that needs to be addressed before the deployment. Every relationship can use a checkup. For help sorting through the issues, your chaplain or community service center can hook you up with a marriage retreat or confidential counseling. For the most complete services, visit the installation's social work department.

Once the deployment starts, agree to let your service member make the first contact. He or she can report the best times and modes of communication after getting a handle on daily life "over there."

Set a time and date for each communication. Be realistic. It may be difficult for service members with unpredict-able mission schedules to stick to a regular meeting time online or on the phone.

Finally, remind yourself that schedules change and flexibility is a must. Moore has discovered that "it's more important to do the communication than to actually com-municate." At the end of an hour spent writing a letter or assembling a care package, you often feel as if you've spent some special time with your spouse.

Step 2 – Healthy Communications

When you make contact, make sure it's healthy con-tact. Worried about infidelity or money? Don't go there. Don't rehash old arguments. Don't share problems or bad news your service member can't do anything about.

But do tell the truth - if there are problems with the children that your service member needs to know about, don't sugarcoat it or be misleading. Between contact times, Moore's advice is to make a list of your needs. If you need to hear

**** This article was republished from May/June 2006 Military Spouse Magazine***

"I love you," say so; don't expect him to read your mind. Always share true feelings and expressions of love and commitment.

Finally, reaffirm your next communication session. It may be specific: "I'll write/call/e-mail you again tomor-row!" Or it may have to be vague. Either way, you'll both have some idea what to expect.

Step 3 – Establish Route

Stay involved with the same family commitments you had before the deployment. Keep attending your church or children's play groups.

Celebrate the holidays as they occur, especially when children are involved. Videotape holiday and birthday celebrations instead of postponing them. Set aside one day a week for a family event. You need each other now more than ever. And plan regular activities that strengthen the long-distance connection with your deployed service member.

Corporate trainer Elaine Dumler has gathered more than 100 ideas in I'm Already Home: Keeping Your Family Close When You're on TDY. My personal favorite: Flat Daddy. Military spouse Cindy Bruschwein had a waist-up photo of her deployed husband blown up to life size and mounted on foam board. Flat Daddy went everywhere she and their little girl went, smiling beside them in all their family photos. Looking at a snapshot of mom, child and Flat Daddy makes you laugh and cry at the same time - sort of like deployment.

Step 4 – Reassess Your Plan

Ask yourself the following questions:

- Is the plan working?
- What can be changed?
- What cannot be changed?

Look for new opportunities to improve your connection and your routine.

We often can't control the amount of stress that deployment throws at us. But we can control how we respond to it.

Helpful resources for spouses

Need help with everyday family issues?
Call **1-800-342-9647**
(24 hours, 7 days a week)
www.militaryonesource.com

Military OneSource

TRICARE

www.tricareonline.com/

Military HOMEFRONT

www.militaryhomefront.dod.mil/

1-361st Engineer Battalion welcomes new commander

Article By Dagger Task Force Public Affairs

The 1-361st Engineer Battalion "Redhawk," 2nd Brigade, 91st Division welcomed a new commander during a ceremony on May 22, 2006 at Camp Funston, Fort Riley, Kansas.

Lt. Col Eric J. Niksch addresses the audience at the 1-361th Change of Command ceremony. Photo by—SSG Alyn-Michael Macleod

Lt. Col. Eric J. Niksch assumed command of the battalion from Lt. Col John C. McClellan Jr.

Outgoing Commander Lt. Col. McClellan, whom has been selected as Professor of Military Science, Northeastern University, U.S. Army Cadet Command (ROTC), spoke of his time with the 2nd Brigade saying, "My two years as Redhawk-6 have been among the best of my career. I have learned a great deal from the tremendously professional non-commissioned officers that serve as the observer-controller – trainers - the backbone of the Dagger Brigade! It is the great people in this brigade and in the Redhawk battalion that I will remember."

Speaking briefly to his new command, Lt. Col. Niksch underscored the significance of his battalion's mission saying, "The mission this battalion will perform in the next few months is an important one, and one that I am proud to be a part of. Our mission is an important responsibility because the vital soldiers we train will go forward and train the Iraqi army. The better we do our jobs the better those teams can do theirs."

Lt. Col. Niksch was commissioned in the Army as a 2nd Lt. on May 14, 1988. He has served as a combat engineer Platoon Leader, assault and barrier Platoon Leader and Company Executive Officer for the 8th Mechanized Engineer Battalion, 1st Cavalry Division, Fort Hood, Texas. He was commander of the Headquarters and Service Company, 92nd Engineer Battalion (Heavy), Fort Stewart, Ga. Lt. Col. Niksch has served in a variety of staff positions during assignments to Korea, Kosovo, Germany and Italy. Additionally, he has served as an assistant professor of Military Science, and Company TAC Officer at The Citadel, Charleston, S.C.

Lt. Col. Niksch holds a Bachelors of Science degree from Eastern Illinois University, and a Masters of Business Administration from The Citadel-The Military College of South Carolina. His military education includes the Engineer Officer Basic Course, Armor Officer Advanced Course, M1A1 Tank Commander's Certification Course, Combined Arms Staff Services School, Operations Research/System Analysis Military Application Course and the Command and General Staff College.

Lt. Col. Niksch's is a recipient of the prestigious engineer award known as a de Fleury Medal (Bronze), a Bronze Star, a Meritorious Service Medal, an Army Commendation Medal, and an Army Achievement Medal. His campaign medals include a Southwest Asia Service Medal and a Kosovo Campaign Medal. He has been awarded the Foreign Service award, a Kuwait Liberation Medal and the Parachute Badge.

Lt. Col. Niksch and his wife, Tamera, have two children, Ella and Riland.

The 1-361st Engineer "Redhawk" battalion is a subordinate unit of the 2nd Brigade, 91st Division, Ft. Carson. The Redhawk battalion has been deployed to Fort Riley to help set up the Fort Riley Transition Team training mission. The Redhawk battalion's mission is to instruct Soldiers, Airmen and Naval Personnel how to train, advise and mentor the Iraqi and Afghan armed forces to ensure they are competent, confident and disciplined in combat and support operations.

1-361st Engineer Battalion Change of Command Photo Essay

Photos by—SSG Alyn-Michael Macleod

As the change of command begins SGM Mason passes the guideon to Lt Col John C. McClellan Jr.

Col. Raymond Lamb addresses the "WARHAWGS" Soldiers during the change of command ceremony

Lt. Col Eric J. Niksch shakes the hand of Lt. Col John C. McClellan Jr. during the ceremony.

1-361st Soldier Receives Distinguished Engineer Award

Article By Task force Dagger Pubic Affairs

The 1st Battalion, 361st Engineer Regiment, "Redhawk", presented one of the U.S. Army Corps of Engineers most valued awards during the Hail and Farewell ceremony at the Golf Club, Fort Carson, Colorado, on Thursday May 4th.

The Bronze de Fleury Medal was presented to Maj. Nathan Joseph, Executive Officer, 1-361st Engineer Battalion, 2nd Brigade, 91st Division, by Lt. Col. John McClellan, Commander, "Redhawk" Battalion.

The de Fleury Medal is awarded by the Corps of Engineers to honor those individuals who have provided significant contributions to the Engineer Regiment. Soldiers must have 10 years of service as an engineer and have served in more than one aspect of the Engineer Regiment to be eligible to receive the award. The award bears the name of the French engineer who fought for the U.S. Army in the Revolutionary War.

Maj. Joseph entered the Corps of Engineers in April 1987 as an Army Reserve Officer, where he was assigned to 808th Engineer Company (Pipeline), Houston, Texas. In 1989, he served first as the construction section leader and later as the executive officer for Headquarters and Headquarters Company 245th Engineer Battalion, Baton Rouge, Louisiana.

Maj. Joseph was the commander for C Company, 245th Engineer Battalion, Lafayette, Louisiana, from April 1990 to September 1991. He also commanded B Company, 588th Engineer Battalion, where he was in charge of relocating the entire unit from Fort Polk to Baton Rouge, LA.

Maj. Joseph completed the Engineer Officer Advanced Course in February 1993. In October 1993, he was selected to stand up and command the 285th Engineer Company. Maj. Joseph was entrusted with three commands over a 51 month span.

From September 1999 to April 2001, Maj. Joseph's assignments included: training developer for the Engineer Officer Basic Course at the U.S. Army Maneuver Support Center; engineer operations officer on 8th Army Staff, Camp Walker, Korea; plans officer for the Deputy Chief of Staff; and Engineer at the U.S. Army European Command and 7th Army, Germany.

In 2004, Maj. Joseph, then the executive officer for 44th Engineer Battalion, deployed from Korea to Ar Ramadi in support of Operation Iraqi Freedom.

Since June 2005, Maj. Joseph has been the executive officer of the 1-361st Engineer Battalion, 2nd Brigade, 91st Division. His battalion is actively engaged in training soldiers on Transition Teams for deployments to Iraq and Afghanistan.

Kansas Driving Under the Influence Laws

Article By SGT Zachary Shumway, 2nd Brigade, 91st Division Public Affairs Office

As the Dagger Brigade continues its deployment to Fort Riley it is important for Soldiers must recognize that the state of Kansas sports some of the toughest penalties for drinking and driving in the nation.

In Kansas, it is against the law to drive or attempt to operate a motor vehicle while having a blood or breathe alcohol concentration (BAC) of .08 or above.

Anyone choosing to ignore this law risks facing daunting consequences.

According to a state law passed in 1996, previous DUI convictions in other states, cities and counties shall count, for criminal history purposes, as an offense against you in Kansas. Persons with previous convictions may start with their second or third offense in Kansas. Sentencing under this law could lead to a 32 to 172 month prison term. All Driving while Under the Influence (DUI) convictions come with a court ordered attendance at drug and alcohol offense classes at the expender's expense.

The first DUI offense carries with it a fine of $500-$1,000, suspension of driving privileges for one month, imposition of driving restrictions for one year, a mandatory two day jail sentence or 100 hours of community service, and the possibility of a one year impoundment of the offender's vehicle.

A second offense increases the fine to $1,000-$1,500, 90 days to one year imprisonment, suspension of driving privileges for one year, restricted driving for an additional year, and the possibility of a one year impoundment of the offender's vehicle.

Penalties multiply exponentially beyond the second offense.

Soldiers cited for DUI violations face additional consequences which will negatively impact their career. The offending Soldier will lose all driving privileges on Federal installations, the Soldier's military driver's license will be revoked, the Soldier will be flagged for DUI, and a written letter of reprimand will be placed in the Soldier's records.

Drinking and driving is never acceptable. Drinking and driving is incompatible with your military service. If you are going to drink, plan ahead and use a designated driver.

weight	1 Drink				2 Drinks				3 Drinks				4 Drinks			
after hours >	4	3	2	1	4	3	2	1	4	3	2	1	4	3	2	1
100	-	-	-	.03	-	.02	.04	.06	.05	.07	.08	.10	.09	.10	.12	.13
120	-	-	-	.03	-	-	.03	.05	.03	.04	.06	.08	.06	.08	.09	.11
140	-	-	-	.02	-	-	.02	.05	.02	.03	.05	.07	.04	.06	.08	.09
160	-	-	-	.02	-	-	.02	.04	.01	.02	.04	.06	.03	.04	.06	.08
180	-	-	-	.01	-	-	.01	.04	-	.02	.03	.05	.02	.04	.05	.07
200	-	-	-	-	-	-	.01	.03	-	.01	.03	.05	.01	.03	.04	.06
220	-	-	-	-	-	-	-	.03	-	-	.01	.04	-	.01	.03	.06

(- = a trace of alcohol)

weight	5 Drinks				6 Drinks				7 Drinks				8 Drinks			
after hours >	4	3	2	1	4	3	2	1	4	3	2	1	4	3	2	1
100	.13	.14	.15	.17	.16	.18	.19	.21	.20	.22	.23	.25	.24	.25	.27	.28
120	.09	.11	.13	.14	.13	.14	.16	.17	.15	.17	.19	.20	.19	.20	.22	.23
140	.07	.09	.10	.12	.10	.12	.13	.15	.13	.14	.16	.17	.15	.17	.18	.20
160	.06	.07	.09	.10	.08	.09	.11	.13	.10	.12	.13	.15	.13	.14	.16	.17
180	.04	.06	.07	.09	.06	.08	.09	.11	.09	.10	.12	.13	.11	.12	.14	.15
200	.03	.04	.06	.08	.05	.07	.08	.10	.07	.09	.10	.12	.09	.10	.12	.13
220	.01	.03	.05	.07	.04	.06	.07	.09	.05	.07	.08	.11	.06	.08	.10	.12

1 Drink = 12 oz. beer, 5 oz. wine, 1.5 oz. shot of whiskey

This chart is only a guide and not sufficiently accurate to be consider legal evidence. The figures you calculate are averages. Individuals may vary somewhat in there personal alcohol tolerance. Food in stomach slows the rate of absorption.

Graphics by—SSG Alyn-Michael Macleod

Transition Team Soldiers Immerse in Language Training

Article By Task force Dagger Pubic Affairs

Military Transition Team Soldiers training at Fort Riley may now have an easier time conversing with Iraqi citizens and Security Forces thanks to the new language lab on Camp Funston.

Built in response to the training requirements for transition teams, the lab consists of 30 desktop computers, tactical language training software and native speaking instructors.

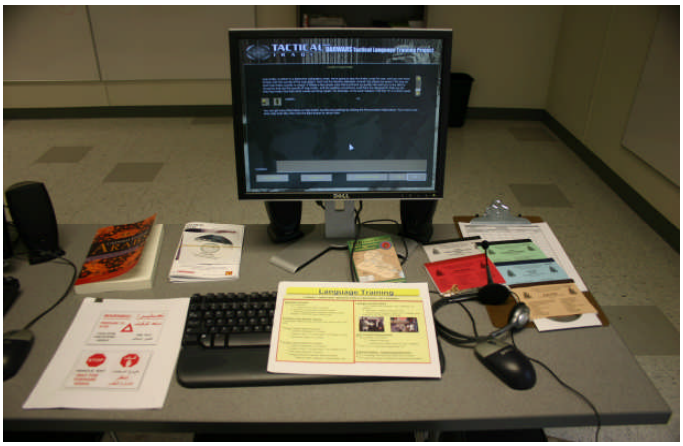
The language lab is the result of a joint effort between the 24th Infantry Division (Mechanized) Intelligence Office and the 2nd Brigade, 91st Division, who is responsible for the transition team training. According to brigade officials, the 91st worked closely with their 24th Infantry Division counterparts to procure equipment, validate requirements and tasks for the instructors and students participating in the language lab.

One objective of the language lab is to, "give all team members at least one hour of formal training using the Tactical Iraqi Language Trainer computer program, so they can learn to speak Arabic and be culturally tuned when working with the ISF," said Lt. Col. Kurt Schneider, training officer, 24th Infantry Division (Mechanized).

According to language lab staff, not only will this training help Soldiers work with the ISF but it should also assist them in becoming more comfortable when confronted with Iraqi civilians and culture.

"The intent is to give Soldiers familiarization [with language and cultural awareness]. That way when they go into cities they can interact with Iraqi civilians and key leaders of the ISF. It helps the Soldiers build a rapport with the Iraqis," Schneider said.

Transition team Soldiers are trained using a 60 day training model. Language immersion is an integral part of this model and Soldiers spend a minimum of one hour a day in the lab. The first day Soldiers receive four hours of formal language training which includes team leader time, formal training and review Schneider said.



MITT Soldiers are provided with a number of resources to assist them in learning the Iraqi language. Photo by—SSG Alyn-Michael Macleod

Soldiers receive language and cultural lessons from Arabic speaking instructors. Instructors for the language lab are certified by the Defense Language Institute, Presidio of Monterey, Calif. Instructors are required to demonstrate proficiency by undergoing a series of tests in English and Arabic before being considered for the assignment.

Two instructors, Tahir S. Tahir and George Rayes are Iraqi nationals who met these requirements. Both instructors have high levels of education and are eager to help with language training. "We want to give as much as we can to the students," Tahir said.

Because this program is new and exclusive to Fort Riley, previous Soldiers deployed to Iraq did not have the benefit of experiencing this training. Currently, this training is transition team exclusive and the language lab is only open to MiTT Soldiers although there are plans for future expansions. Schneider said eventually there will be a program that will teach the Afghan dialects of Dari and Pashtu for Soldiers who are deploying in support of Operation Enduring Freedom, and he anticipates that one day the lab will be available to all deploying Soldiers from Fort Riley.

According to Schneider, post-deployment interviews of Soldiers returning from Iraq have identified a desire

for further language and cultural awareness training. In response to this, two full days of cultural awareness has been implemented as part of this specialized training model. “Culture is very important so we teach them about medicine, religion, relationships, etc.,” Rayes said.

Language requirements for each transition team are tailored to address the specific mission it will perform in country. If the transition team is a medic team then the emphasis will be on medical terms, similarly, a team who works checkpoints will learn more terms relating to checkpoints, Schneider said.

At the end of the 60 days, Soldiers must be able to pass a language and cultural assessment. Schneider feels that upon training completion, Soldiers should have the skills to feel comfortable speaking some of the language when interacting with tribal leaders and ISF battalion and brigade commanders.

Upon completion of the Fort Riley language lab course Soldiers will receive a language smart card with words and phrases for quick reference, a tactical logistical training disk containing all the language lab training and a language survival kit that has an extended vocabulary.

DLI instructors held classes during training to supplement language and cultural awareness

Transition Team Training brings Iraq to Kansas

Article By Task force Dagger Public Affairs

The temperature soared to over one hundred degrees and the summer sun beat down on the earth scorching the villagers, the buildings, and the team of Soldiers patrolling on the nearby dirt road. The scene could have been taking place in Iraq rather than the simulated village of Al Hawaej at Fort Riley, Kan. and that is exactly the point of this exercise.

The simulated village of Al Hawaeji at Fort Riley helps provides MITT Soldiers with realistic training. Photo by—SSG Alyn-Michael Macleod

This Military Transition Team of Soldiers is patrolling the village and conducting building searches as part of the theater immersion training they are receiving from the 2nd Brigade, 91st Division (TSB) from Fort Carson, Colo. The 2nd Bde., 91st Div. (TSB) has been training groups of MiTT Soldiers since 1 June and will continue until 1st Brigade can take over and continue training more teams of Soldiers.

Capt. Cody Beck, 2nd Bde., 91st Div. (TSB), is the officer in charge of the exercise. "The main objective of the exercise is for the teams to understand moving in an urban environment, and entering and clearing a building with civilians and insurgents," said Beck.

Beck and his instructors have all served time in Iraq. "We've walked the patrols and dealt with the Iraqi Army as well as civilians on the battlefield," he said. "We try to create the most realistic training."

During this exercise, teams are required to conduct a patrol through the village and search all buildings. Once they enter a building the have to clear all rooms, stairways, hallways, floors and balconies.

"Most Iraqi houses have furniture, food and trash all over the place. What Soldiers need to understand is how all of that is going to affect their mission," said Beck. "It's going to affect entering the house and dealing with the civilians and insurgents. There is also a lot of small arms fire that comes from balconies because insurgents can see Soldiers coming up the roads," he said.

As the Soldiers enter the town they encounter contracted role players. These role-players help the Soldiers learn to deal not only with Iraqi civilians, but with insurgents as well. The team has the tough job of determining who is a threat and who is not.

According to Beck, "the toughest job for a Soldier is to be able to separate a combatant from a non-combatant. It's something you can't write a manual about." Beck added that these skills are developed using instinct and by continuous training and practice. It is important that you learn "how to deal with your civilians and insurgents using interpreters and questioning to be able to rout out the enemies," he said.

After clearing and securing the buildings and the village, the Soldiers conduct an after action review to discuss what they did well and what they need to work on.

One of the trainees, Sgt. Lewis, said, "It was a good experience and great training for any Soldier to go through. This as close as it is going to get to the real thing. The more and more we go over this the better and better we get. If this is what we have to do to get Soldiers home then I am willing to do this over and over again."

Maj. Carroll, transition team leader, said, "this is the most important thing we do out here." said "Building relationships with our Iraqi counterparts while in Iraq is the most important thing we are going to do. Running realistic training like this and running into Iraqi role players is key," he said.

Maj. Carroll was pleased with the accomplishments of his team following the village scenario. “Our interaction with the civilians on the battlefield is exactly where it should be,” he said.

Beck said the building clearing was the first step in collective training for the squads and teams working together as a cohesive unit.

The Soldiers will be able to put their team building skills to the test when they incorporate all blocks of their training into a three-day Mission Readiness Exercise at the conclusion of the training cycle.

Beck said this training “is just a small but important piece of a much bigger operation.”

Soldiers use urban clusters “villages” to practice the skills they have learned throughout there training cycle

Life at Fort Riley

Photos by SSG Alyn-Michael Macleod

Buffalo Soldier Memorial at Junction City, Kansas

From the interstate you can see the airstrip for Fort Riley along with there water tower

Junction City is rich with military pride in there town center they have a fallen Solider memorial

Locomotive 6072 was donated to Fort Riley by the Union Pacific Railroad in Feb 1958

KMAN 1350AM Radio Interview

Photos by SSG Alyn-Michael Macleod

LTC William Derrick introduces the Dagger Brigade to the areas surrounding Fort Riley with Cathy Dawes during this radio interview

1350AM

Combat Lifesaver Media Event

Photos by SSG Alyn Macleod

2-356 LSBn Medical Trainers hosted the first media event for 2/91st at Fort Riley.

NEXT ISSUE—MORE PHOTOS OF WHAT THE "DAGGERS" ARE DOING!