



# The Soul of the Lion



The AT Newsletter of the 133d

<http://www.me.ngb.army.mil/units/grizzly/default.htm>

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## From the Commander

By LTC David M. Duehring



On Sunday morning of the first week of AT 02, we stood together as a battalion for the first time in over 10 years. Many soldiers commented on their feelings of pride as a soldier, how great it felt to be an *Engineer*, and how amazed they were to see the magnitude of the battalion. It took many years and traveling over 3,000 miles to make it happen, but here we are in San Diego working together as a battalion. Getting here was no easy task. Much planning and coordination has gone on behind the scenes over the last several months to ensure our Engineers arrived safely and were integrated into their new environment. Please accept my congratulations for the outstanding performance this first week as leaders developed their missions, NCOs prepared their soldiers and conducted pre-execution checks, and as soldiers went about their duties with such a positive “can do” attitude. Getting started with Annual Training is always difficult as we shift gears from our civilian life to the high optempo of being an Engineer. I am extremely pleased in how fast the Engineers of the battalion have made this transition.

Due to the constraints placed upon us for feeding at the Naval base and not being permitted on the border after dark, we need to capitalize on the time available to train. We need to maintain a sense of urgency as we execute our missions while ensuring our Engineers take the time to identify safety hazards and take actions to eliminate or mitigate the hazards. As I stated to the staff and commanders, I am willing to accept risk in mission accomplishment but, I am not willing to accept risk when it comes to the safety of our Engineers in a training environment. Leaders need to maintain vigilance over their troops and ensure risk assessments are conducted prior to each days mission, when conditions change, or when the mission changes. Barring a couple minor incidents, the battalion has had a great safety record so far this AT. I challenge everyone to continue the trend so that we can return to Maine next week with all our Engineers in tact. Lets train hard and walk away from this Annual Training period with a sense of accomplishment and pride of belonging to the greatest Engineer battalion in the Army!



*Photo of the existing fence between the US and Mexico in the approximate location of our AT projects. Photo taken in Dec 01.*

**Company A, 133d, the “Alpha Gators”**



Well here it is --another AT and are we all California Dreamin’ or what?! Barring the usual deployment hiccups Alpha Company projects are in full swing and we’re tying rebar and pushing dirt like nobody’s business. We were the first company up and running, chomping at the bit ready to go since day one. Proving once again there’s a reason the alphabet begins A and not D, Z or K you know (not that *whiskeybet* doesn’t have a nice ring to it!)

We should all be proud of efforts out here in support of the California Counter Drug effort in keeping drugs off our countries streets and out of our children’s veins. We should also be fortunate that we’ve had an accident free deployment-with everyone arriving safely (not to mention with all their luggage too--no small feat given the reputation of our national air transit system) and a wonderful place to hang our hats. Thank you USN—compared to N. Berwick the last time the Battalion (-) deployed together, we’re in heaven (Charlie was out here enjoying the sun and missed out on all the dust).

Our initial equipment shortcomings notwithstanding the Spring Canyon Road and two box culvert projects are now tracking. Though none of them may reach a complete end state. Training is the name of the game out here and as long every soldier has the opportunity to receive the innovative and outstanding training that TF Grizzly has to provide. AT will be a success. It isn’t every year that we have the opportunity to train in our MOS’s out of state as a deployed battalion meeting the challenges of logistics

and a new environment and still getting the job done. We invite all the companies to visit our forward TOC to observe Alpha in action and see the new HOOAH standard in Tactical Operations Centers. If not we look forward to putting you all to task during the “Engineer Stakes” when Alpha will unleash its secret weapon. Remember: **MORE SWEAT IN TRAINING MEANS LESS BLOOD IN WAR—TO THE LAST MAN!!!! ALPHA COMPANY–OUT!!!**

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**HSC, 133d, the “HSC Hawks”**



Although it was a long flight, all HSC soldiers arrived in San Diego safely. One concept this AT was to provide our company minimal planning time upon receipt of any missions. Our operations ramped up and coordination has improved.

1LT Crawford and 1SG Conroy have been supporting the FAC. They have issued ID cards and are attempting to contact your families. If your family needs anything, please encourage them to contact the FAC. Also, the Commissary trip is upcoming this weekend for them to attend.

SFC Wilkinson, SSG Jones, SGT Prosser, SPC Coffin, and PFC Jipson have been running operations efficiently and effectively. The CTT crew has established their area of operations and is conducting training as we speak. It’s been a Hooyah project thus far and will culminate in the Engineer Stakes in just a few days. Let’s see if the other companies can keep up! Both Equipment platoon and Direct Support have had some unique training opportunities they’ve taken advantage of. Equipment Platoon has been operating commercially leased equipment that expands their knowledge in construction support. They have continued providing leadership opportunities to the junior soldiers. Ask

*(Continued from page 2)*

Private Forest and Private First Class Trask how it feels to control a platoon when you see them. DS has hooked up with a DS level maintenance facility with plenty of work to get dirty with. Kudos to them. First Line Leader Training was conducted for the SGT's and above. The training is meant to build their team and communication skills. When you see these leaders that had the training, ask them what it's about. They will have very positive comments about it.

Can you hear me now? Communications is key. If you haven't called your families, please do so to check on them and let hem know how you are. I found out that my wife had been to the emergency room and that my son has been keeping her up. Communication is also important through your chain of command. We'll give you the straight scoop, solve your issues, and answer your questions. Total Package!

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**Battalion Communications**

*By Captain Rolf Vonderheide*

Just when you thought it was safe to communicate.... You're still going to be finding yourself operating the Single Integrated Net Channel Ground Airborne Radio System (SINCGARS) radio for Common Task Testing. This will be a great opportunity for us to evaluate how effective each of the company comms sections have been this year in teaching you the ins and out of the SINCGARS radio. If you have any concerns that cannot be addressed at the company level, please bring them to Battalion.

SABERs!! Less knobs, less numbers, fewer of them! Thanks for your flexibility. Hopefully by the time you read this, we'll have 7 more! That doesn't mean you can talk

*Communications Section (Continued)*

more though. Thanks in advance for keeping it short and sweet.

Why did we bring the AN/PRC127 Radios? Good question. At this time the final disposition of the radios is still unknown. Best-case scenario at this time is that we will be allowed to use them on 2 channels, line of sight only. Better then nothing and just remember most of this is just out of our hands. Enjoy Yourselves!

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**Battalion Family Assistance Center**



The Battalion, along with support of Family Program Volunteers and the Maine Army National Guard Recruiting and Retention (R&R) Force, will run a Family Assistance Center (FAC), and Rear Detachment during the Battalion's Annual Training period. The FAC will conduct 24-hour operations providing one place for families to call to contact their soldiers in California. The FAC will also provide families with means of getting dependent Identification Cards or legal assistance and facilitate other services to include local Post Exchange (PX) or Commissary visits. This is a realistic and vital mission as, if the battalion deployed, the Rear Detachment would work closely with a state Family Assistance Center to ensure all families are kept informed in the event the 133 Engineer Battalion mobilized to a Theatre of War.



### **Battalion Operations**

*By Captain Lance Gilman*

The 133d Engineer Battalion has not deployed with all soldiers as a Battalion (all companies) in over a decade. The deployment to California is particularly dynamic from an operational standpoint because the battalion is supporting counter drug efforts along the United States-Mexico border as part of California's Innovative Readiness Training (IRT) program and Task Force Grizzly. Engineer projects are aggressive and challenging and include: a 6 mile road upgrade, culvert operations, as well as extensive vertical construction missions at the Navy Seal Land Navigation Range at La Posta, California.

Training highlights outside of construction missions include a Common Task Testing Course for all soldiers in the battalion at the Navy Seal Land Navigation site at La Posta, CA. All units will process through this training and participate in the Engineer Stakes (company competitions), where each company will select its best soldiers to compete against the other company teams for this year Chamberlain Stakes. The Land Navigation site at La Posta is extremely mountainous and will pose a significant challenge to our soldiers.

The Battalion Staff will conduct the Military Decision Making Process for the August tactical lane and the simulation exercise scheduled for September, as well as support all company operations. There is also a Leadership Reconnaissance mission scheduled during Annual Training to check out the mission scope for Company B next year for their deployment to TF Douglas, Arizona.

### **Company C, 133d, "Chargin' Charlie"**

*By Captain Richard Darveau*



Charlie Company deployed to San Diego without incident. Thanks go out to all the soldiers for their professionalism and positive attitudes. Our advance party took care of business and was ready to receive us when we arrived. Kudo's to the Full Time Staff for "Making things happen".

Project planning began Monday with platoons conducting initial recons of the project sites. It has taken a while to "learn the process" to obtain resources and materials, but earth began to move on Tuesday and life is good.

We are gearing up for our La Posta Common Task Training lane by platoons training in the evening. We also have our high speed Engineer Stakes team preparing to bring home the gold.

Morale is high. The weather is good and the food is too. Remember safety in all you do. Thanks for doing what you do. Start planning for our Saturday Morale Welfare and Recreation day. Let's enjoy what sunny San Diego has to offer.

"Essayons"

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### **Company C's Maintenance Section, the "Maintenance Animals"**

The Company C animals charge forward as projects begin to unfold. There was a lot of equipment to inspect and several parts to install. SFC Morin and SPC Cote did an excellent job on the advance and set the foundation for what looks to be a great AT. The Senior Noncommissioned

Officers, SSG Bellegarde, SGT Raymond, SGT Jon Robichaud, and SGT James Robichaud, will direct their soldiers on several project sites: Johnny Wolfe Creek supporting the vertical platoons, V-Ditch project supporting the Horizontal Platoon, as well as maintaining vehicles and performing motor pool duties. There were also times when we assisted SSG Blanks (Task Force Grizzly), at Sandia Yard. We will be sending a support team to Camp Morena to assist Direct Support. We look ahead at a challenging AT, knowing in our minds, that we will be helping our country and the security and future of our children.

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*PFC Joey Wing from Company C is training on a grader at their V ditch site*

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**Battalion S-4**

The S-4 shop of the 133d is maintaining their usual high standards of support to the Units. The Units themselves are also carrying on these high standards and supporting their troops to the highest capacity available.

SGT Murphy has decided to get a jump on the high speed Land Navigation course that he has lined up in support of the Units Common Task Training for 2002. Every soldier in the Battalion will have an opportunity to prove themselves on

*Battalion S-4 (Continued)*

this course. SGT Murphy decided to take his section out to Camp Morena a full day early to maximize his sections cohesiveness. It is this cohesiveness of the S-4 that makes them so well known amongst the battalion for their teamwork.

We are doing all we can to support your projects with the best equipment available, let us know your needs and we will do everything we can to support. S4.....Supporting Victory!

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**Chaplain's Corner**

*by Chaplain (Captain) Sivret*

Before we departed Maine for California, we were given a number of missions to accomplish while we are here supporting Task Force Grizzly. Within those missions we had some set goals to accomplish. Goals give direction to our lives. We need to know who we are and where we want to go. But the trip itself, the steps we travel, offer us daily satisfaction moment by moment, fulfillment, if we'd but realize it. Too often we keep our sights on the goal's completion, rather than the process, the day to day living that makes the completion possible.

How often do we think, "when I finish college, I'll feel stronger". Or "when I land that promotion, my troubles will be over." Or even "when I get the grade stakes in place my mission will be complete." Life will begin "when" or so it seems in our minds. And when this attitude controls our thinking, we pass up our opportunity to live altogether.

Looking back on the goals already completed in our lives, what so quickly follows the end of a job well done is a let down. And how sad that the hours, the days, the weeks, maybe even the months we toiled are gone, with little sense of all they could have meant.

Let us not forget that every moment of every day we can be God-centered and joyous. The goals we are striving toward will carry with it special gifts; it will offer the growing person within us an extra thrill, if we attended to the journey as much as its end.

## COMMAND SERGEANT MAJOR CORNER

*Command Sergeant Major Harry Dumont*

I want to begin with a quote: "Enthusiasm Begets Enthusiasm" How does this quote pertain to the Battalion? As soldiers enter this annual training period, anxiety sets in for most. Not knowing what lies ahead with the Battalion-size deployment to San Diego can bring about fear and confusion to many soldiers. Having the right frame of mind can dispel these fears quickly. Energy levels are high and must be funneled in the right direction. This energy must be transformed into enthusiasm as soldiers deploy to the project sites and perform the mission. A small amount of enthusiasm can be very contagious at the project sites. Other soldiers witness the enthusiasm and become enthusiastic themselves. A large amount of enthusiasm makes it very easy for leaders to lead. In turn, chances of performing the mission successfully are increased dramatically. Leaders must create an atmosphere in which enthusiasm can exist. I challenge the leaders to create this atmosphere.

I want to emphasize the existence of military courtesy during this deployment. All officers of all military branches will be saluted during the next two weeks. It is imperative that all enlisted soldiers become familiar with the rank structure of the Navy and Marine Corps. NAS Coronado and San Diego Naval Station contain many officers. Be proactive and recognize these officers with the proper military courtesy. The rank structures of these two branches are posted in several locations throughout the billeting area. If you still have questions, contact your company leadership for clarification. The Battalion's officers will be saluted both in garrison and at the various project sites. Respect for others goes both ways. Respect

for the officers will bring in return respect for you from the officers.

I will be conducting the annual Senior NCO Seminar on 15 May at the Coronado Club. All E-7's and above in the Battalion will be attending. Subject areas covered will enhance the ability of Senior NCO's to perform their leadership duties. I have directed the First Sergeants to request input from their Senior NCO's on what they need covered during the Seminar. This is your day, so let's get the most out of it. We will enjoy a relaxed atmosphere where we can lay our hair down and have honest interaction among us. I'm sure this day will be rewarding to all that attend. See you then!

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*Surveyors from HSC support the Johnny Wolf Creek project along the border.*

## The 133d is on the Web

*By WO1 Chris Merrill*

You can find information and photos concerning the projects and soldiers of the 133d Engineer Battalion by following the links from the 133d Engineer Battalion's Task Force Grizzly Homepage at:

<http://www.me.ngb.army.mil/Grizzly/default.htm>

From there you can find information about our Family Assistance Center as well as email your soldier by way of the 133d webmaster. Several families are using this service as a good way to keep in touch!

***"To The Last Man!"***

**The Passing of the Baton**

*By 1LT Mitchell Levine, Co B, 133d*

“The following is a tradition that predates any of our soldier’s memories. It is with the following squad ritual that engineers at Bravo Company come together for the “Passing of the Baton.”

The baton is made from the wood of a Maine yellow birch tree, this represents an engineer’s flexibility, to adapt to the constantly changing mission. The baton is 24 inches long, this represents the number of hours an engineer will work in a day. The baton is held by the guidon bearer while the squad members execute three engineer push-ups. The squad leader then retrieves the baton and presents it to the next squad. The baton is to be carried to the next formation. ENGINEERS! CLEAR THE WAY! ALL THE WAY! EVERY DAY!!!”

With these words tradition was reborn anew with the passing of the baton at Bravo Company. The soldiers of the company have brought a reminder of Maine 3000 miles from Saco to San Diego.

A yellow birch baton, 24 inches long, born of the earth at the Saco Armory, is a symbolic representation of our roots and our commitment to excellence. Each squad will have the opportunity to carve their mark on the baton as a testimonial to their efforts and commitment to give their best to Task Force Grizzly at AT 2002.

In a pre-dawn ceremony, the company commander rallied the soldiers of Bravo Company to the challenge of being an engineer. He called the officers together for the ceremonial engineer push ups and then passed the baton to the vertical construction platoon leader, who in turn passed it to the first squad leader and the soldiers of first squad.

The spirit of the engineer is embodied in the baton with the honor of carrying it and carving into it. Engineers take raw materials and create objects of strength, utility, and beauty. Each squad will have the opportunity to add to the baton and make it a symbol for all the soldiers’ experience. The Bravo Company baton embodies that which is best in us all.

**Bravo Defends Fortress America**

The fence stretches from horizon to horizon, two steel lines separate a 200 foot wide swath of no man’s land. The border of the United States needs to be defended and the soldiers of Bravo Company, 133<sup>rd</sup> Engineer Battalion (Combat)(Heavy) have come to do their part to help achieve victory in the “War on Drugs.” The fence and access roads are designed to help prevent the smuggling of illegal contraband into the United States of America.

The Horizontal Construction Platoon has been given the mission to provide the U.S. Border Patrol with better access roads to improve their ability to secure and defend the border. This is the second time here for many soldiers of the platoon. A significant amount has occurred in the intervening time, and the soldiers are eager to be a part of the continuing objectives of Task Force Grizzly.

The soldiers of Bravo company are using the engineer equipment from the task force, having left all of their own equipment back in Maine. “It runs,” was the assessment of the Bravo Company Maintenance Section Sergeant. A new piece of equipment being operated by the platoon is the CAT 613C self loading scraper. “They’re great, I love ‘em,” was the comment of one of the sergeants of the company.

The horizontal platoon is charging forward to success. They are motivated and dedicated, and love playing in the dirt!

### **Battalion Executive Officer**

*Major David W. Rodick*

Please take note of the following safety information on heat injuries.

**Heat cramps** are painful cramps of muscles, usually in the stomach, legs, and/or arms. They are caused by excessive amounts of salt loss. Body temperature is normal.

First-aid for heat cramps involves moving the individual to a cooler area and loosening his clothing. Have the individual drink a 0.5 percent salt solution of water (one canteen of water with ¼ teaspoon salt). If the cramps continue after drinking the salt solution, call for medical assistance.

**Heat exhaustion** is the most common form of heat injury. Symptoms include dizziness, rapid pulse, nausea, headache, profuse sweating, pale face, weakness, or collapse. Body temperature is normal or slightly elevated. Heat exhaustion and heat cramps may occur simultaneously.

First-aid is the same as one would administer for heat cramps, except that attempts should be made to cool the individual by pouring water over him, and then fanning to assist in evaporation. Also, have the individual drink plain water when he has muscle cramps. Elevating his legs also helps. If he does not respond to first-aid, call for medical assistance.

**Heat stroke or sunstroke is the most serious heat injury, and it is a life-threatening situation requiring immediate medical attention.** During a heat stroke, the body has completely lost its ability to regulate heat, and the individual's body temperature rises quickly to dangerous levels. An individual suffering a heat stroke may vomit, collapse, be confused, delirious or argumentative, or have headaches. The skin may be hot and the

body can no longer cool itself by dry, indicating that sweating has stopped, and There is an important difference between heat exhaustion and heat stroke, but it is not always seen. With heat stroke, the body temperature is 104 degrees or higher. **If you are not sure if it is heat exhaustion or heat stroke, assume it is the latter.**

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### **Battalion S-2**

*By Captain William Penrod*

So far things are going well for the 2 shop. We've been in touch with Base Security and the Border Patrol and have established those relationships. The shop is running smooth. We're currently working on mapping Battalion operations and getting ready for the CBS exercise and August Lanes. CTT was on Wednesday. We also have the opportunity to work with the Shore Patrol doing real world vehicle inspections. It should be a good experience for those who participate to see how things are done when handling a gate if we're ever called to duty.

It's an interesting situation to be in here on the Border. There's a mix of border concerns as well as Active Military Force Protection considerations – A real world environment!

The weather here could be a little sunnier but hopefully we'll get the Weather General to cooperate on our MWR days. For now it's good to keep us with no heat casualties. Stay tuned for more predictions.



*Soldiers from Company B work on a building in Campo, California.*

***“To The Last Man!”***

