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# THE EAGLE



Army Space Journal

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## Rising to the top



*Photo by Dottie White*

**Sgt. Maj. of the Army Raymond F. Chandler III, speaks to competitors and sponsors on the final day of the Army's 2012 Best Warrior Competition before the command sergeants major board Oct. 18. The U.S. Army Space and Missile Defense Command 2012 Noncommissioned Officer of the Year, Sgt. Brandon Kitchen, and Soldier of the Year, Sgt. Anthony Moore, competed in the annual event. For the 2012 Best Warrior Competition story, see Page 3.**



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# Ask, Care, Escort: Words that could change or save a life

Following the release of the July suicide figures, Army Vice Chief of Staff, Gen. Lloyd J. Austin III declared an Army-wide Suicide Stand Down for Sept. 27. The worldwide suicide prevention stand down focused on promoting good health, teammate involvement, risk reduction and resilience training.

This guest blog post is from Jason Kelly, who was medically retired in March 2009 for major depressive disorder and anxiety, which he developed while serving on active duty. He works for the Fort Meade Public Affairs Office as its emerging media manager and oversees Fort Meade's website and social media platform.

Check out his post below and let it serve as a reminder that it is a source of strength to ask for help.

*"How are you feeling?"*

*by Jason Kelly*

*I believe it is a question that probably saved my life. I thought the answer seemed obvious as I sat in my doctor's office at Reynolds Army Community Hospital at Fort Sill, Okla., but I was wrong. I arrived at Fort Sill in April 2008 for Basic Officer Leadership Course II as a newly commissioned second lieutenant from Youngstown State University in Youngstown, Ohio.*

*I was excited about what I had accomplished as a college student. I was looking forward to the challenges that I would face as an armor officer. Training progressed as expected, but I was carrying around more than just my rucksack and M-4. I began to experience both relationship and family problems. I tried to resolve them myself when I wasn't training.*

*The issues eventually took a toll on me and ate away at me. You could call it the perfect storm. I spent less free time with my friends there. I slept whenever I had an opportunity. I figured I just wasn't feeling well; I hadn't connected the dots yet.*

*I went to sick call where the doctors returned me to duty.*

*So, I continued training. At the same time, I felt like I was getting worse; I still felt uncomfortable. I cried whenever I secluded myself in my room. I tried to "man up" until one day when I was in the field. My chest tightened. I was short of breath. I felt out of control.*

*I blamed it on the stress of training under the hot Oklahoma sun. I kept it to myself – like I had been doing with my personal problems. When my platoon returned to the forward operating base, I finally said something, "I thought I was having a heart attack."*

*I returned to the hospital where I was diagnosed with a panic attack. Later, I followed-up with my doctor. That's when he asked me the question, "How are you feeling?"*

Read Jason's entire story on Ft. Meade's Official Blog at

<http://ftmeade.armylive.dodlive.mil/?p=1536>.

# SMDC's best finish competition

**Jason B. Cutshaw**  
**SMDC Public Affairs**

FORT LEE, Va. – As the final day of the 2012 Best Warrior competition wraps up, competitors from the U.S. Army Space and Missile Defense Command/Army Forces Strategic Command continue to strive for excellence.

Sgt. Brandon Kitchen and Sgt. Anthony Moore, US-ASMDC/ARSTRAT's Noncommissioned officer and Soldier of the Year competitors, ended the grueling four-day competition Oct. 18 as the Army's "Super Bowl" of competitions ended at Fort Lee, Va.

"Our Soldiers are doing great," said SMDC Command Sgt. Maj. Larry S. Turner. "I think our Soldiers

were prepared, trained and ready for this week. Like our competitors, I am anxious to get to the end, head to Washington, D.C., and hopefully hear the announcement that SMDC has won.

"Fort Lee has treated everyone with open arms," he added. "This year, this competition is a little bit different. It is a little more demanding and more focused mentally. Fort Lee has done a great job setting up the competition and helping change it up for the competitors."

The final day of the competition began with NCO and Soldier boards composed of Sgt. Maj. of the Army Raymond F. Chandler III and command sergeants major. **See Competition on page 4**



*Photo by Dottie White*

**Sgt. Brandon Kitchen (left), U.S. Army Space and Missile Defense Command/Army Forces Strategic Command's 2012 Noncommissioned Officer of the Year, and Sgt. Anthony Moore, USASMDC/ARTSTRAT's 2012 Soldier of the Year, use GPS systems to map out their points at the Night Urban Warfare Orienteering Course during the 2012 Best Warrior Competition Oct. 16 at Fort Lee, Va.**



Photo by Jason B. Cutshaw

**Sgt. Anthony Moore, U.S. Army Space and Missile Defense Command/Army Forces Strategic Command's Soldier of the Year, carries fully loaded ammunition cans Oct. 17 during an obstacle course at the 2012 Best Warrior Competition at Fort Lee, Va. The event was designed to simulate combat situations.**



Photo by Dottie White

**Sgt. Brandon Kitchen, U.S. Army Space and Missile Defense Command/Army Forces Strategic Command's 2012 Noncommissioned Officer of the Year, uses a map and protractor to plot his points at the Day Urban Warfare Orienteering Course during the 2012 Best Warrior Competition Oct. 16 at Fort Lee, Va.**

### Competition from page 3

for from various major Army commands. The board consisted of questions concerning the NCOs and Soldiers knowledge and military bearing.

“The board is always a mentally challenging and stressful event,” Moore said. “You always want to go in there and do your best. And no matter how many times you do it, it only takes one slip up, stutter, mistake or brain freeze to throw you off your game.

“I thought it was pretty cool to participate in a board at this level,” he added. “It was a good event.”

After the boards ended, the competitors were able to relax and enjoy themselves at the 2012 Best Warrior Competition closeout dinner. The Army’s best NCOs and Soldiers then got a chance to reflect on what they

had gone through and also how they can take what they have learned and use their newfound knowledge to educate and help train the warriors back in their units.

“This year, the competition is really going to help my career and my leadership skills,” Kitchen said. “Just like last year, I came here and I met a fantastic group of noncommissioned officers and Soldiers who I was able to learn a lot from. There are a lot of different groups here –Special Forces, drill sergeants, instructors – that provide a lot of input and will allow me to better train my Soldiers and be a better leader.

“So I think that is probably the biggest thing that I am going to take back to my unit is all the training I got from the events,” he added.

**View SMDC's photos at [www.flickr.com/armysmdc](http://www.flickr.com/armysmdc)**

# Soldier earns foreign badge of honor

**Sgt. Benjamin Crane**  
**100th Missile Defense Bde.**

**COLORADO SPRINGS, Colo.** – Drive and determination are good qualities to have as a Soldier. It is what motivates many military members every day.

Such is the case with 1st Lt. Michael Lacombe, who went above and beyond the call of duty to challenge himself.

Lacombe works in the Headquarters and Headquarters Battery of the 100th Missile Defense Brigade (Ground-Based Midcourse Defense) as the executive officer.

He recently competed for the German Armed Forces Proficiency Badge and successfully earned the gold badge. The highest color badge a Soldier can get.

The German Armed Forces Proficiency Badge is one of a few foreign badges recognized by the United States military and approved to be worn on the uniform; it is also among the most coveted awards.

The competition spans three days and requires participants to compete in several different challenges. The most basic challenges are running, jumping, swimming and ruck marching. Some events, like swimming, can take the place of one of the running categories.

On Lacombe's first day of the competition, he tested his strength and speed.

"We did the shot put where we used a 16-pound ball that we had to throw eight meters," said Lacombe. "There was also the high jump which was 54 inches that I had to clear and the 100-meter dash that I had to complete in less than 13.6 seconds for my age group."



*Photo by Sgt. Benjamin Crane*

**First Lt. Michael Lacombe, executive officer, Headquarters and Headquarters Battery, 100th Missile Defense Brigade (Ground-Based Midcourse Defense), swims the 100-meter during the competition for the German Armed Forces Proficiency Badge Oct. 2. Lacombe will be awarded his gold badge in a ceremony in November.**

On the second day of the competition, Lacombe participated in the 1,000-meter swim.

The competitors had 26 minutes to complete the event, and Lacombe completed it in less than 17 minutes; a time that even he did not expect.

"I was surprised with the results," said Lacombe. "Nobody's telling you if you are going fast or slow, so you just keep on kicking off the wall going back and forth. When I got out, they said 16 minutes 28 seconds and I knew the hard time was more than 26 minutes, so I was shocked."

The second day also covered the 9mm pistol qualifications. The competition was held inside a building on Fort Carson, Colo., where the competitors used the Engagement Skills Trainer (EST) 2000 to qualify.

On the last day the competitors

did a 12-km ruck march.

"We had to carry packs that weighed 33.1 pounds, for the march," said Lacombe. "We had to march 12 clicks in under one hour and twenty minutes."

Lacombe said he had to train well in advance so he would be comfortable competing.

"I did group physical training with the unit which helped me with the run," said Lacombe. "Swimming, I do all the time on my own, and the unit had qualifications last month with the 9mm so I was able to further sharpen my skill with that. Then for the ruck march, I hiked up Mount Shavano (the 17th highest peak in Colorado) with a lot of weight less than a month out from the competition and that was way tougher than the ruck march. I also rucked around my [apartment]

**See Badge on page 9**

# Deputy receives presidential-level award

**Carrie E. David**  
**SMDC Public Affairs**

**REDSTONE ARSENAL, Ala** – The U.S. Army Space and Missile Defense Command/Army Forces Strategic Command's deputy to the commander has been approved for the fiscal year 2012 Presidential Rank Award, Distinguished, an award that recognizes extraordinary long-term achievements among the nation's senior executive service and senior career employees.

Ronald E. Chronister is also among the only 1 percent of senior-level federal employees to achieve the Distinguished rank of the award.

"I was stunned and humbled when I found out about the award, but very honored," said Chronister, who joined the SES in 2005. "I am very appreciative of (retired) Maj. Gen. (James E.) Rogers for the nomination and Gen. (Dennis L.) Via and the Army Materiel Command for their support."

According to the Office of Per-



**Ronald E. Chronister**

sonnel Management website, recipients of the award are strong leaders, professionals, and scientists who achieve results and consistently demonstrate strength, integrity, industry and a relentless commitment to excellence in public service.

"I feel that receipt of this award is pure and simple recognition of the accomplishment of the (Aviation and Missile Command) workforce

and all they have done to support our Army, and I am proud of them for what they do and was proud to be their deputy," Chronister said. "It is also recognition of the support of my family, most notably my wife, Susan. Because of her demonstrated support to myself and our Army, this award belongs more to her than me."

Recipients are nominated by their agency heads, evaluated by boards composed of private citizens, and approved by the president. Even though Chronister was nominated by his former command, SMDC's commanding general recognizes his contributions.

"We are truly fortunate to have Mr. Chronister as a member of the SMDC/ARSTRAT team," said Lt. Gen. Richard P. Formica, SMDC commanding general.

In addition to a framed certificate signed by the president, recipients also receive a lump-sum cash award that is a percentage of their annual basic pay.

## Civilian Space Cadre

The Army's civilian workforce is a wealth of space and missile defense knowledge and experience. However, as with other technical subjects, the capabilities provided by space-related technologies is constantly changing.

To remain relevant and familiar with the changing dynamics of space, individuals must pursue a path of continuing education. The Army Space Personnel Development Office is dedicated to providing civilians with space-related professional development opportunities; ASPDO manages the Army's Order of Merit List for the Army Space Cadre Basic Course, Space 200 and Space 300.

Additionally, individuals achieving one of the following space professional levels are recognized with a space professional certificate and an Army space cadre pin:

Level 1: Completed the Army Space Cadre Basic Course (or equivalent) and worked in a space or missile defense position for at least one year.

Level 2: Completed Space 200 course and worked in a space or missile defense position for at least four years.

Level 3: Completed Space 300 course and worked in a space or missile defense position for at least seven years.

Personnel who earned the Space Badge while serving in uniform are grandfathered based on the appropriate badge level (basic, senior or master/command).

If you think you qualify as a civilian space professional or would like to be added to one of the professional development course OMLs, please contact Jim Schlichting at (719) 554-1905 or, [James.A.Schlichting.civ@mail.mil](mailto:James.A.Schlichting.civ@mail.mil).

## ARSST 16 early departure for deployment



*Photo by Staff Sgt. Martha Chavez*  
**COLORADO SPRINGS, Colo.**  
– Members from Army Space Support Team 16 get an early send off on the morning of Oct. 15 at the Colorado Springs Airport from 1st Space Battalion and 1st Space Brigade officials. The team, made up of U.S. Army Reservists from the battalion, is deploying in-theater. Their job is to provide space-based capabilities to the Warfighter on the ground. ARSST 16 replaces ARSST 11 who is scheduled to make their way home.

## Early run for 1st Space Brigade Soldiers

*Photo by DJ Montoya*  
**PETERSON AFB, Colo.**  
-- U.S. Army Space Soldiers from the 1st Space Brigade completed an early morning run on the outer boundaries of Peterson in the early morning hours of Oct. 12. They finished the 3.75-mile run in time to render honors during reveille. Afterwards Col. James Meisinger, commander of the 1st Space Brigade, congratulated the Soldiers on their performance.



## Army astronaut speaks to Soldiers, Family Members



Courtesy Photo

**Army Astronaut Col. Shane Kimbrough, left, NASA Detachment, U.S. Army Space and Missile Defense Command/Army Forces Strategic Command, visits with the command's Joint Tactical Ground Station unit Soldiers Oct. 16 at Kelley Barracks, Stuttgart, Germany. During his visit, Kimbrough spoke with Soldiers and Family Members about his journey into space and the future of the space program. Kimbrough also had the opportunity to visit with Regional Satellite Communications Support Center Soldiers and Families in Landstuhl, Germany.**

## Soldiers kick off Combined Federal Campaign



Photo by Sgt. Benjamin Crane

**Soldiers from Space and Missile Defense Command/Army Forces Strategic Command gathered at Peterson Air Force Base's Eagle Park to kick off the Combined Federal Campaign Oct. 19.**

## Operation Standdown volunteers help local veterans



Photo by Marco Morales

**Veteran Dennis Martin, of Huntsville, shakes hands with and thanks Lt. Gen. Richard P. Formica, commanding general, U.S. Army Space and Missile Defense Command/Army Forces Strategic Command, after the opening ceremony of the sixth Annual Operation Stand Down – Huntsville, Oct. 20 at the JayCees building on Airport Road. Martin has recently received assistance from the Veterans Administration and local Veterans Assistance organizations to improve his personal well-being.**

### Badge from page 5

building with about 15 kilograms (33 pounds) of water weight.”

So what motivates a Soldier to want to subject himself to this kind of discomfort, one may ask? Lacombe suggests that it may just be the right month to do it.

“The driving force behind this is just to stay motivated. That and with October having Oktoberfest and the German Armed Forces Badge, they

kind of go hand in hand. Plus it’s an extra award, and I didn’t have any foreign awards. So when I heard about this opportunity, I got the itch to compete.”

His advice to anyone whom may be interested is to, “Read through the criteria and do an analysis of your physical capabilities. It’s well worth it. If you plan on doing it, then do a little bit of prep training

and do plenty of running.”

Lacombe will receive his gold badge in a ceremony Nov. 14 at Fort Carson.

Anyone interested in competing for the GAFPB, whether in the Air Force or Army, National Guard or active duty, contact Chief Warrant Officer 4 David Douglas at (720) 250-1221 or e-mail [David.Douglas1@us.army.mil](mailto:David.Douglas1@us.army.mil).

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Deadline for comments and submissions for the Nov. 15 issue is Nov. 9.

Please submit to Jason Cutshaw at

[Jason.Cutshaw@us.army.mil](mailto:Jason.Cutshaw@us.army.mil).



# Command Surgeon's Corner

## Understanding West Nile Virus

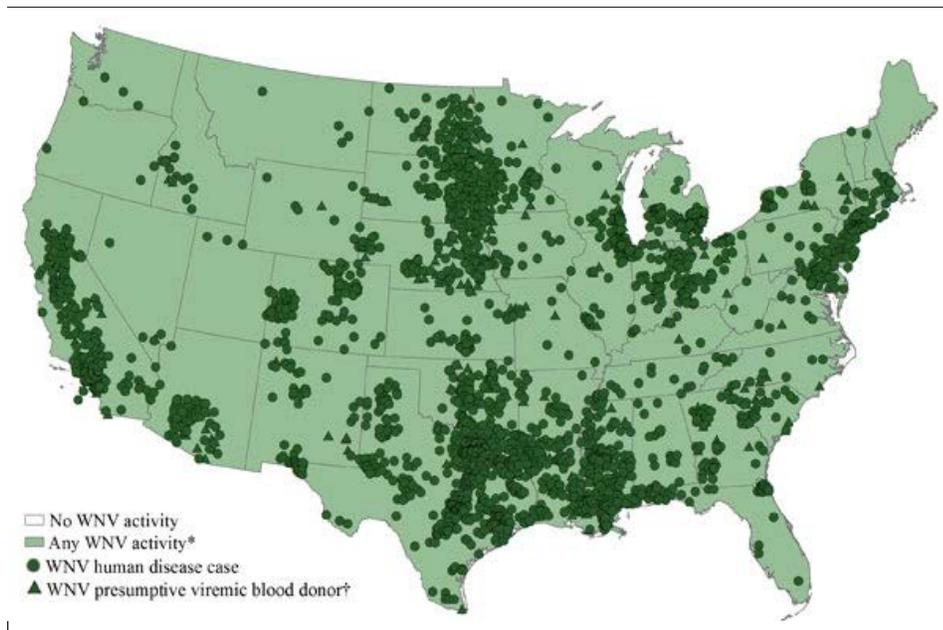
West Nile virus, or WNV, is a potentially serious illness. Experts believe WNV is established as a seasonal epidemic in North America that flares up in the summer and continues into the fall.

Most often, WNV is spread by the bite of an infected mosquito. Mosquitoes become infected when they feed on infected birds. Infected mosquitoes can then spread WNV to humans and other animals when they bite. WNV is not spread through casual contact such as touching or kissing a person with the virus.

People typically develop symptoms between three and 14 days after they are bitten by the infected mosquito. There is no specific treatment for WNV infection. In cases with milder symptoms, people experience symptoms such as fever and aches that pass on their own, although even healthy people have become sick for several weeks. In more severe cases, people usually need to go to the hospital where they can receive supportive treatment including intravenous fluids, help with breathing and nursing care.

Mild illness improves on its own, and people do not necessarily need to seek medical attention for this infection though they may choose to do so.

If you develop symptoms of severe WNV illness, such as unusually severe headaches or confusion, seek medical attention immediately. Severe WNV illness usually requires hospitalization. Pregnant women and nursing mothers are



encouraged to talk to their doctor if they develop symptoms that could be WNV.

Prevention measures consist of community-based mosquito control programs that are able to reduce vector populations, personal protection measures to reduce the likelihood of being bitten by infected mosquitoes, and the underlying surveillance programs that characterize spatial/temporal patterns in risk that allow health and vector control agencies to target their interventions and resources.

The easiest and best way to avoid WNV is to prevent mosquito bites.

- When you are outdoors, use insect repellent containing an active ingredient DEET, picaridin, oil of lemon eucalyptus. Follow the directions on the package.

- Many mosquitoes are most active at dusk and dawn. Be sure to

use insect repellent and wear long sleeves and pants at these times or consider staying indoors during these hours.

- Make sure you have good screens on your windows and doors to keep mosquitoes out.

- Get rid of mosquito breeding sites by emptying standing water from flower pots, buckets and barrels. Change the water in pet dishes and replace the water in bird baths weekly. Drill holes in tire swings so water drains out. Keep children's wading pools empty and on their sides when they are not being used.

**The Command Surgeon's Office  
will serve as your advocate.  
Please contact your local  
primary care manager for any  
health questions or concerns.  
USASMDC/ARSTRAT  
(256) 955-3612**

## Training content managers



*Photo by Carrie E. David*  
**Jonathan Long, military analyst with Army Operational Knowledge Management PropONENT, teaches content management specialists at the U.S. Army Space and Missile Defense Command/ Army Forces Strategic Command's Redstone Arsenal, Ala., headquarters about the fundamentals of knowledge management Oct. 17. Specialists in Colorado Springs, Colo., were trained September 18-20.**

## Graves retires after 35 years of service

*Photo by Carrie E. David*

**Johnetta Graves, U.S. Army Space and Missile Defense Command/Army Forces Strategic Command equal employment opportunity manager, left, gives and receives a heartfelt hug from one of many well-wishers following her retirement from federal civilian service in a ceremony at the command's Redstone Arsenal headquarters Oct. 25. Graves retires with 35 years of service.**



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