

# THE SEAHORSE STANDARD

OCTOBER 2012—DECEMBER 2012

## A MESSAGE FROM SEAHORSE 6



Soldiers, Families, and friends of the Seahorse Battalion,

Stacy and I both hope everyone enjoyed their holidays and are prepared to start the New Year. I would like to thank everyone again for their incredible support and dedication to the success of the Seahorse Battalion. My first six months in command has been awesome, and I am truly blessed to come to work each day with this incredibly talented group of Soldiers, NCOs, and Officers. This past quarter turned out to be extremely busy for the battalion as we conducted multiple training events in addition to a critical deployment in support of Hurricane Sandy Response and Recovery in New York City.

Our deployment in the wake of this natural disaster was historic for many reasons, but it also increased our unit's ability to respond and deploy under short notice. The Seahorse Battalion was responsible for over 600 Soldiers, Sailors, Airmen, and Marines from all across the nation. In the two plus weeks that we were on the ground, over 13 million gallons of water were displaced from flooded areas and 1300 tons of debris were removed. Most impressive was the fact that Seahorse Soldiers drove a variety of equipment from Fort Knox to New York City and back without a single accident or mechanical failure.

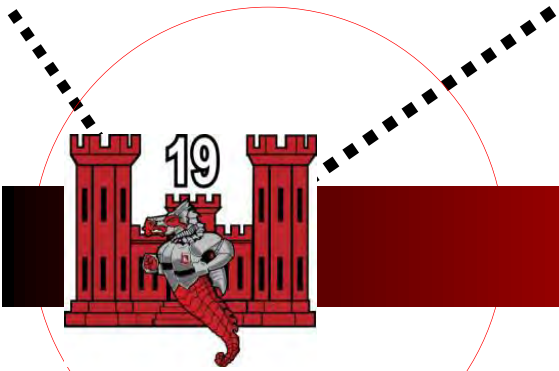
During the next quarter (January-March), each company has a multitude of training events scheduled which will focus on marksmanship and individual Soldier tasks. All of this training will lead up to Battalion level exercises during April and May to help prepare the Battalion for a deployment to the National Training Center at Fort Irwin, California in August. The next eight months are designed to better prepare the Battalion for our future deployment and any short term deployments such as Hurricane Sandy.

Our Battalion All-Ranks Ball was held on 15 February at the Horseshoe Casino. 19E Soldiers showed up in force for what turned out to be a fun and memorable event. Be sure to congratulate the newlyweds SPC Eli and Katherine Dilliplaine, who were married on the day of the ball. Congratulations are also in order for PFC Kristopher Cicchetto, who had the guts to propose to his new fiancé Molly Sykes during the ball. Way to go Deuce! I would also like to encourage everyone to continue following the battalion on Facebook. It is a great medium to keep up with the various activities in the battalion as well as other events on Fort Knox.

2013 is already starting off extremely well. While we have a busy year ahead of us, I am confident that together we will continue to do many great things. Stacy and I are honored to serve in this awesome organization with such incredible Soldiers and Family members.

**Bridle and Reins, Stand Tall!**

~Seahorse 6~



# Headquarters and Headquarters Company

Happy New Year Team Warrior!

Looking back into 2012, HHC had another very busy quarter. Warrior Soldiers started the quarter off as planned with a collection of ranges, select warrior tasks and battle drills training, and the Fall Festival. Then in November, Hurricane Sandy hit sections of the east coast with an unexpected ferocity. 39 HHC and 538<sup>th</sup> Soldiers were deployed in support of the Hurricane Sandy Relief Effort and each HHC Soldier, both deployed and on rear detachment, dedicated an immense amount of time and effort to ensuring that the Battalion's deployment was successful. Immediately following the relief effort, HHC supported the Battalion Seahorse Challenge. Warrior Leaders developed the team run event, the complex EST mission, and the wildly popular mystery event, and also supported two teams in the competition. The two Warrior teams represented HHC superbly with a 3<sup>rd</sup> and 5<sup>th</sup> place finish. In December, the Warrior FRG team hosted the HHC Holiday Party at MacDonald Elementary School. Warriors then welcomed the start of block leave and half day schedule with the Installation Run.

Next quarter promises to be just as busy as the last. With just under 200 training days to go until deployment, HHC will focus on weapons proficiency. Warriors have reflexive fire training, an urban paintball course, and a culminating live fire exercise to look forward to. The Warrior Team will be welcoming a new addition to the company as the 72<sup>nd</sup> Survey and Design Detachment is integrated into HHC. The Warrior FRG is planning events for the next quarter to include a baseball game in Louisville sometime in April. Keep up the good work Warriors!

### IMPORTANT DATES

- 15 Feb: BN Ball
- 15-18 Feb: President's Day Weekend
- 7 Mar: Payday Activities

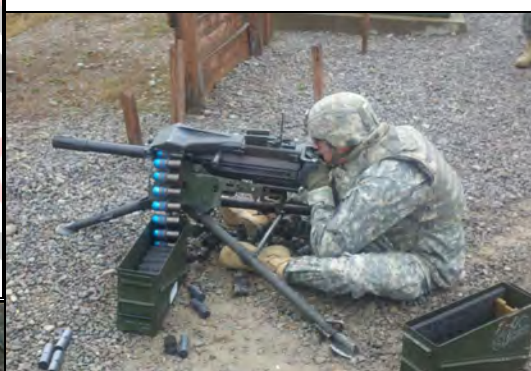


Above: Between the appearance of "Warrior 6" Pooh at the Fall Festival and the bouncy house at the Holiday Party, Warrior social events are quite entertaining.

### HHC Chain of Command

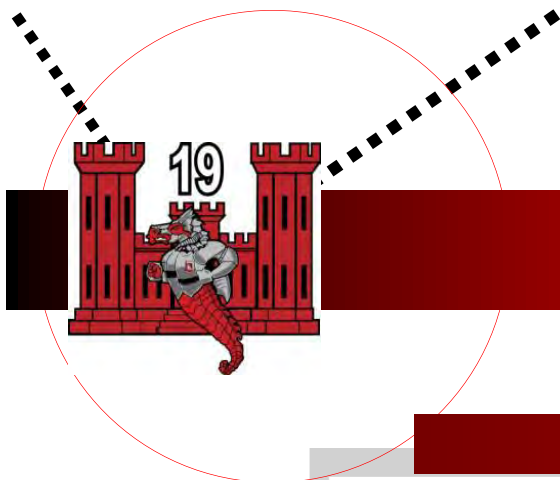
- Commander: CPT Dodd
- First Sergeant: 1SG Dunn
- Executive Officer: 1LT Dominique
- TOC PSG: SFC Gallegos
- ALOC PSG: SFC Leachman
- OPS PSG: SFC Begley
- Const SPT PL: 1LT King

Below left: Warriors complete the Seahorse Challenge Mystery Event!  
 Below Center: Warriors develop crew served weapons proficiency.  
 Below Right: Warrior Soldiers prepare for movement in support of the hurricane relief effort.



HHC played a significant role in bringing holiday cheer to families in need during the Santa Ruck.





## Forward Support Company

### FSC QUARTERLY UPDATE



#### Team Warhorse:

The beginning of a new year always leads us to reflect on the year that has passed. The Warhorse Family has trained hard, overcome many challenges, deployed within 96 hours, and successfully completed all of our missions during 2012. I am very proud of the work of our Soldiers, NCOs, Officers, volunteers, and Families during the past year. However, as we look forward to 2013, I know the Forward Support Company and Warhorse Families will have even larger missions and will accomplish even greater things.

Starting on January 1st, we only have 213 training days until we deploy. That means we have to increase our training to fully prepare our Soldiers and Families for this transition. The 19th

Engineer Battalion will deploy in the Fall, and we must make sure we are ready physically, mentally, and spiritually for the challenges ahead. In order to prepare everyone, the Company will be increasing its training intensity and the FRG will focus on deployment readiness.

The purpose of our FRG is to provide the knowledge and resources to build resilient families – not provide rescue. This month, we hosted CPT Hutchinson from JAG to talk about the variety and importance of a Power of Attorney. As the year progresses, we will host speakers for other important topics like financial readiness, tax preparation, DEERS, and Army Community Service. These services will help prepare and improve your endurance for the deployment.



Above: The FSC formation doing some extra PT for free.

Below: Distro Platoon getting after it in the field, only slowing down to pose for some pictures.



Additionally, 2013 brings several personnel changes to the company. We said farewell to 1SG Richard Alfsen who is now preparing for a summer deployment with 3/1 IBCT. We wish him luck in all of his future endeavors; his leadership and dedication will be missed. I am proud to welcome 1SG William Burger to the team. He brings with him over 20 years of experience, and we are lucky to have him.

Finally, I had been looking forward to our BN Ball on 15 February for quite some time and it did not disappoint. Battalion Balls are a part of Army tradition and are always a great time. This event provided a nice Valentine's getaway and was a great opportunity to reflect on the company's recent accomplishments. I hope everyone had a great time and enjoyed the ever-so-tasteful officer flash mob.

#### Chain of Command

**Commander: CPT Di Giovanni**

**First Sergeant: 1SG Burger**

**Executive Officer: 1LT Pargett**

**Operations SGT: SFC Brooks**

**Warhorse 16: 1LT Billings**

**Warhorse 17: SFC Sivelle**

**Warhorse 26: 1LT Tevaga**

**Warhorse 27: SSG Jackson**

**Warhorse 36: 1LT Pase**

**Warhorse 37: SSG Darden**



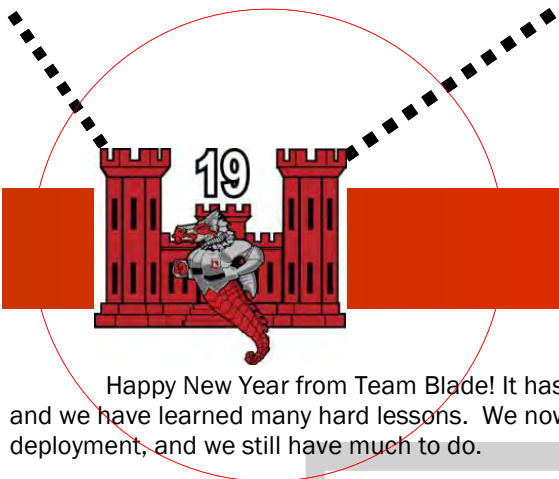
Above: The FSC's new mascot.

Below: The FSC conducts logistical missions during a field training exercise.



-Warhorse 6-





## TEAM BLADE

### 15th Engineer Company (Horizontal)

Happy New Year from Team Blade! It has certainly been an exciting first quarter of FY 2013, and we have learned many hard lessons. We now have less than 200 training days left until the deployment, and we still have much to do.

We began the first quarter with the Blade Company Field Exercise. During that training event in late October, each platoon conducted a combat patrol, constructed a helicopter landing zone (HLZ), and practiced various medical tasks related to the current disaster response mission. Upon return from the field, the 15th received word from Battalion to prepare to deploy for Super storm Sandy disaster response. I would like to take a moment to thank all the Soldiers of Team Blade for your around-the-clock work during that time, and I would like to tell all our families that I understand how difficult and uncertain that period of time was. Thank you for sticking it out with us.

#### Chain of Command

- Blade 6:** CPT Austin
- Blade 7:** 1SG Roberts
- Blade 5:** 1LT Skinner
- Blade 57:** SFC Steese
- Blade 16:** 2LT Adams
- Blade 17:** SSG Gilbert
- Blade 26:** 2LT Walker
- Blade 27:** SFC Whitford
- Blade 36:** 2LT Park
- Blade 37:** SFC Vernooy
- Blade 46:** CW2 Washington
- Blade 47:** SFC Tran



Above: A dozer breaks ground at the 2nd PLT Warehouse District Project.

I would also like to recognize 1st Platoon for their efforts during the 5th Special Forces Group Obstacle Course Project, which began in late-October and recently finished up. You all did a great job at Fort Campbell, and represented the 15th EN CO well. I'm proud of everyone who took part in that construction project, and MAJ Pabis and the 5th SFG truly appreciated your hard work.

I was glad to see such a great turn-out at our two most recent FRG events, the Thanksgiving Potluck and the Annual Holiday Party. A special thanks goes out to Ms. Jessica Gilbert and everyone else who was involved in making both of those events huge successes. Hopefully, all of the children enjoyed their gifts from Santa.

After returning from block leave and spending some much needed time with loved ones, 2nd Platoon went to work on the Warehouse District Project and 1st Platoon started building a PT Pit for 3/1 BCT. At the beginning of the New Year, 3rd Platoon deployed to Nogales, AZ in order to support Joint Task Force – North and the US Border Patrol mission by constructing a road. In February, the 19th Engineer Battalion hosted its Annual All-Ranks Ball to commemorate the organization and celebrate Army traditions.

Coming up this next quarter, we will continue to step up the training pace in preparation for the Platoon Certification Exercise, a potential NTC Rotation at Fort Irwin, CA, and the eventual deployment. During the second week of March, the company will be conducting a field training exercise in order to validate the company's combat-related deployable capabilities, so mark it on your calendar.

Thanks again to the entire Team Blade family for all of your support. I cannot tell you how proud I am of the Soldiers of this company, everything that they have accomplished, and everything that they will accomplish.

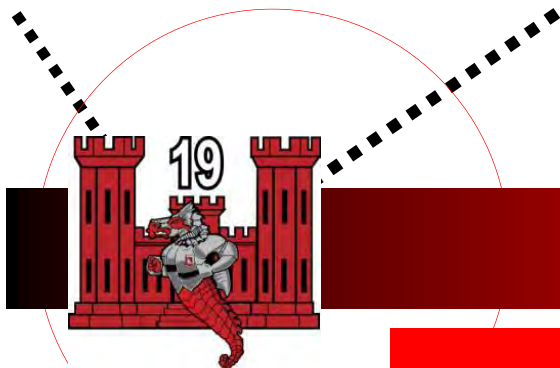
As always, Dig Deep!

~Blade Six~



3rd PLT loading equipment during the Superstorm Sandy Disaster Response preparation.





# 76th Engineer Company

## HAMMER 6

Soldiers, Families and friends of the 76<sup>th</sup>,

### Chain of Command

**Commander:** CPT Bandeff  
**First Sergeant:** 1SG Nelson  
**Executive Officer:** 1LT Walker  
**OPS NCO:** SFC Archilla

**1st PL:** 1LT Cavallo  
**1st PSG:** SFC Acker

**2nd PL:** 1LT King  
**2nd PSG:** SFC Brooks

**3rd PL:** 1LT Garcia  
**3rd PSG:** SFC Aguilar

**Maintenance PL:** 2LT Brincat  
**Motor Sergeant:** SSG Stepanoff

I hope you all had a relaxing and enjoyable Christmas and New Year with your family and friends. As we gear up for the next quarter's training and construction projects, it is good to remember the excitement and successes of the previous quarter.

Since our last newsletter, we have completed a company field exercise, a platoon deployment exercise, began reconstructing the battalion Class IV yard building, renovated the Ames Range storage facility, began constructing an obstacle course at Fort Campbell, sent Soldiers to welding classes in Elizabethtown, deployed for two and a half weeks to assist with Superstorm Sandy recovery efforts, and held a Christmas party at the Alpine Ice Arena in Louisville. I am always amazed to see what we can accomplish while fulfilling a myriad of other requirements at the same time.

I want to commend the Soldiers and leaders of the 76<sup>th</sup> for making the recovery efforts in New York such a success. The citizens of New York and the Nation continue to contact me and thank us for what you did. Without your help, caring attitude, and assistance, many people would still be struggling to overcome this tragedy.

In the coming quarter, we will be completing outstanding construction projects and transitioning to other combat focused training requirements. The next quarter will prove to be challenging and exciting as well.

Hammer Strength!  
CPT Wallace Bandeff



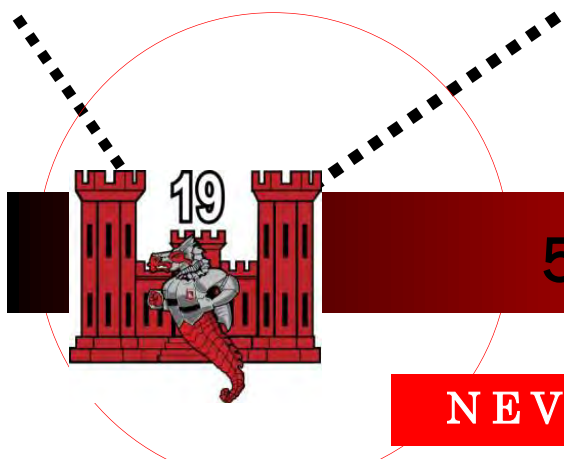
Above: The company field exercise focused on construction equipment certification, life saving aid skills, communication equipment, marksmanship skills, and land navigation at the individual and squad level.



Above: 2nd Platoon renovated a storage building at Ames Range. The renovation included a new roof, electrical work, and minor masonry upgrades



Top Left: 3rd PLT assembling a 30 x 120 foot steel frame structure.  
Top Right: 1st PLT executes a deployment exercise with air support.  
Bottom Left: Following Hurricane Sandy, the unit traveled over 62,105 miles, removed 3.3 million pound of debris, & exerted 4365 man hours.  
Bottom Right: Soldiers and Families enjoy the Company Christmas Party



# 502D Multi Role Bridge Company

**NEVER QUIT! STAY COMMITTED!**

2<sup>nd</sup> platoon after breaking the FLW Bailey Bridge record constructing it in 1 hour 18 minutes and 34 seconds. The previous record was 1 hour and 42 minutes.



<b>Team Bridge</b>
<b>Commander:</b> CPT Arthur Athens
<b>First Sergeant:</b> 1SG Robert Lake
<b>Executive Officer:</b> 1LT Dauz
<b>1st PLT:</b> 2LT Bonczek <b>1st PSG:</b> SFC Dailey
<b>2nd PLT:</b> 2LT Caddigan <b>2nd PSG:</b> SFC Rosa
<b>SPT PLT:</b> 2LT Smith <b>SPT PSG:</b> SFC Kramer

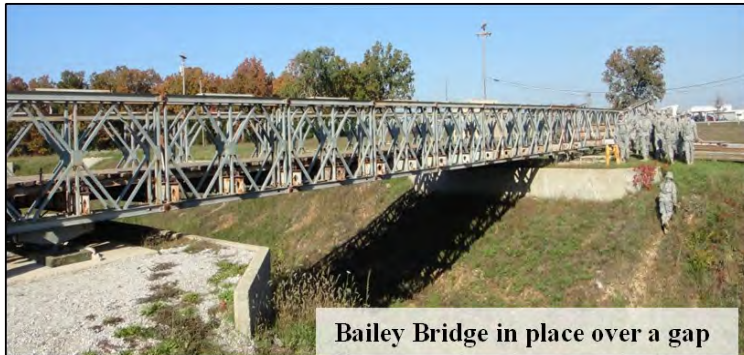
The Fall weather came quickly and we are now into the cold and crisp winter that Ft. Knox has to offer us. Regardless of the weather conditions, the 502D continues to train day in and day out to be ready to support any mission they are called upon to complete.

In October, the 502D conducted a Bridge Field Exercise at Ft. Leonard Wood, MO as we trained on our dry bridge capabilities. Soldiers were able to build the Medium Girder, Bailey bridge, and Maybe Johnson, which are only found at FLW. Motivation has never been higher as the 12C's got to train on their bread and butter mission that they signed up for when they enlisted. After we returned from FLW, we headed into our Counter-IED field exercise, where we trained on our warrior task and battle drills as well as mounted and dismounted security operations.

Hurricane Sandy was the top headline during the month of November and the 19E BN was sent to NY to help with the relief efforts. 502D sent SPC Spanopolas, SGT Spinler and SGT Bustillo with HHC/19E to provide medical and maintenance support during the mission. Once the Sandy relief mission was completed, the battalion transitioned to the Seahorse Challenge. 502D had five squads participate in the challenge and we took both 1st and 2nd place, with the other three squads finishing in the top ten.

After months of field exercises and late nights of training, it was time to get some well deserved rest and recuperation. December was a great month for the Soldiers and Families to take leave and enjoy the holiday season.

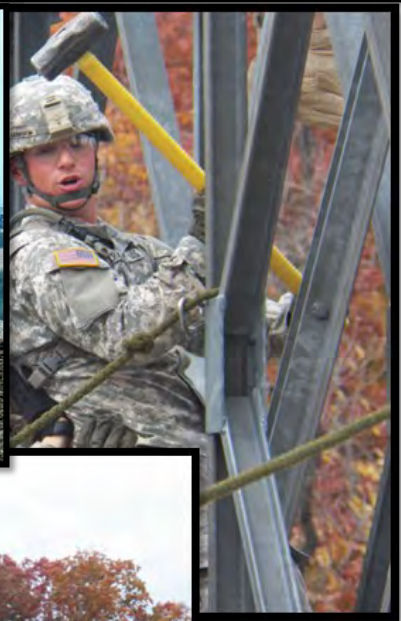
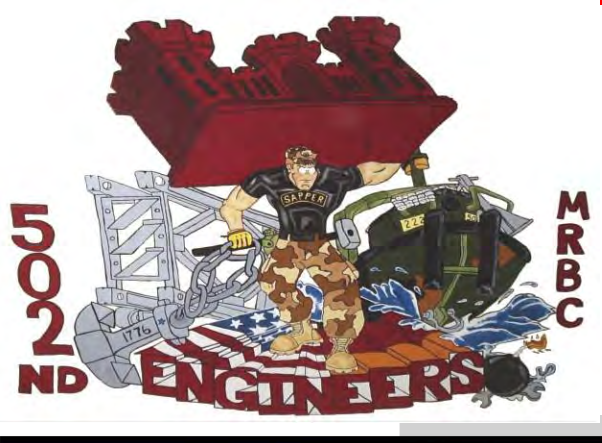
I look forward to the coming months as we conduct our highlighted training event Boat Live Fire and company FTX in April. Thank you again to all the families for their hard work and support of the 502D.



Bailey Bridge in place over a gap



# 502D Multi Role Bridge Company

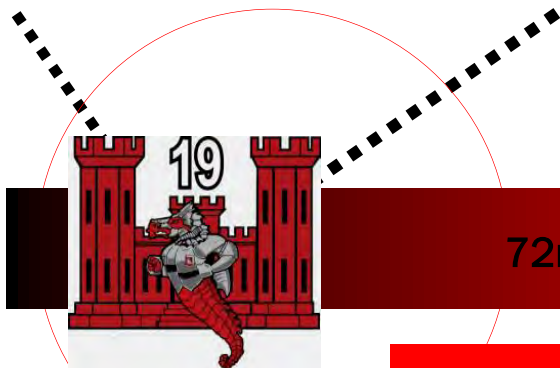




# 502D Multi Role Bridge Company

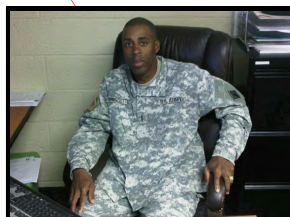






# 72nd Survey and Design Detachment (& 538th Det)

## LASER 6



**Command Team**  
CDR: CW2 Springette  
NCOIC: SFC Leigh

Index! The 72d Engineer Detachment started the fiscal year off great. We had Soldiers re-enlisting to serve their country proudly and to move on to bigger and better assignments. The detachment received some much needed equipment which greatly increased our efficiency during the 5th SFG project at Fort Campbell, KY. SGT Lewis and SPC Collins were tasked to provide survey support for the Superstorm Sandy disaster relief effort. They spent 11 days away from their families to support those who were less fortunate. While they were away, the FRG was busy coordinating a Thanksgiving Dinner hosted by SFC and Mrs. Leigh. Immediately following Turkey day, members from our detachment participated in the annual Seahorse Challenge, and ultimately placed fifth out of 15 teams. The unit also continued to support the 76<sup>th</sup> with their Class IV yard project and the 3-1 PT pit project to close out the quarter. A change of responsibility inventory was conducted to start the transition of the 72<sup>nd</sup> merging into HHC and the CMS section. The first of the new year marked a new beginning for the Detachment complete with new leadership. 1LT King and SFC Leigh will take command of the 72<sup>nd</sup> and 538<sup>th</sup> (AKA Domination Platoon) to support the Battalion's construction missions.



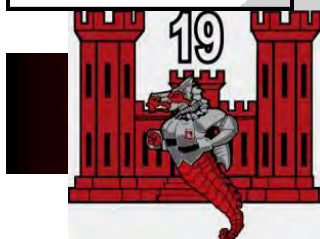
**Above: 72 DET Soldiers going above and beyond during the Seahorse Challenge Competition.**



**Above: Unit Inventories  
Below: Slump Test**



-Laser 6-



## BN Master Resiliency Trainer

For the first quarter resiliency training, we focused on Energy Management as a component of Performance Enhancement. The concept of Energy Management is based on enabling a Soldier's ability to regulate emotion and energy levels during stressful situations. It allows the Soldier to minimize the negative effects of stress and to maximize their performance. We also discussed how Soldiers must deliberately and relentlessly manage their thoughts, emotions, and physiology. These things affect the body's biochemistry, which in turn sets the conditions for healing and recovery. We can manage these and improve performance with tactical breathing and the ability to reinterpret situations as challenges and opportunities rather than threats.

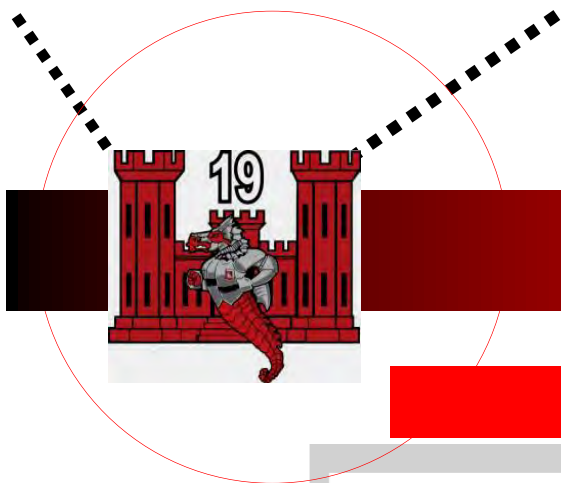
During the second quarter we will focus on the concept of Goal Setting by using a seven step process. This process will help our Soldiers define their goal/dream, know how far they are from achieving that goal, decide what they need to develop, make a plan for improvement, set and pursue short-term goals, commit themselves completely, and continually monitor their progress. By using this process our soldiers will understand the key points that underline setting effective goals and enable them to develop and commit to a personalized and systematic goal plan that will maximize their performance.

"All who have accomplished great things have had a great aim, have fixed their gaze on a goal which was high, one which sometimes seemed impossible. The key word is 'seemed'. Don't let the, 'impossible' illusion defeat you. And even if you do have a high aim remember, the greater danger for most of us isn't that our aim is too high and miss it, but that it is too low and we reach it. Give me a stock clerk with a goal and I'll give you a man who will make history. Give me a man with no goals and I'll give you a stock clerk. This one step – choosing a goal and sticking to it – changes everything."

-SSG Mercer- BN Master Resiliency Trainer-







## A Message from the Chaplain

CPT FUENTES

### Credit Card Debt and the Holidays

Did you know that according to *CardWeb.com*, Americans owed 696.7 billion dollars on credit card loans in 2004? That was the last good year before we entered the current financial downturn we're currently enduring. That was before the financial crisis, the housing bubble bust, before unemployment skyrocketed. In other words, during good times Americans owed almost 700 billion dollars. The Federal Reserve also reports that in 2005 consumers overspent their income and, for the first time since the Great Depression, had a negative personal saving rate of -0.5 percent. In 2006, according to Mary Hunt and her *Debt-Proof Living* website, multitudes of Christians curtailed church giving because of overspending.

However, the Bible does not specifically call borrowing money and going into debt a sin, but it does have some strong words for the practice. Proverbs 22:7 states that "the rich rule over the poor, and the borrower is slave to the lender." When we are in debt for more than we can afford to pay that is exactly what we become—a slave to the lender. Think about this, Julie L. Williams, chief counsel of the *Comptroller of the Currency* once said that "today the focus for lenders is not so much on consumer loans being repaid, but on the loans as a perpetual earning asset." You see, lenders are betting and banking on the fact that we will never pay our credit cards off. If Ms. Williams is correct then we are to become trapped by the agreement we have entered into.

How did this happen? Well, I think Dave Ramsey said it best. He said, "a whole bunch of us got all this stuff we really didn't want with money we really didn't have to impress people we really didn't like." We have been sold into this way of life by shrewd advertising that says we must "Live Richly (Citibank)" or "Have it Your Way (Burger King)" and you must "Obey Your Thirst (Sprite)" or that "Life takes Visa." Jonathan B. Cranin, executive vice president and deputy creative director of MasterCard's "Priceless" ads said that "one of the tricks in the credit card business is that people have an inherent guilt with spending, [so] what you want is to have people feel good about their purchases." Think about that. Then consider 2 Corinthians 11:13-15 which states that "for such people are false apostles, deceitful workers, masquerading as apostles of Christ. And no wonder, for Satan himself masquerades as an angel of light. It is not surprising, then, if his servants also masquerade as servants of righteousness. Their end will be what their actions deserve." Now, I am not trying to say that someone or something is evil but I do want to point out that the goal of some of these marketing campaigns are to fool you. They want to make you think that something bad or deceitful is good. The fact remains that if living with credit card debt, or loans such as school loans or second mortgages are keeping you from living at peace with your finances, from saving for the future, from tithing as you would like, then it's a bad thing. It is something that needs to be worked on.

Now, if Scripture tells us that if we have debt we are slaves to the lender, then being debt free is just the opposite. We are liberated. The truth is that getting our finances in order is a freedom. It is a freedom that God intends for all families. It is not about being rich; it is about having your spending and your debt under control. And as you get your finances in order, consider Luke 16:10 which states that "whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much." Therefore, go ahead and pray with me that God will provide you with the financial resources to cover your debts; but remember that you must take responsible steps to manage what you have now and manage it well. Need help? Come talk to me, your unit chaplain, seek help through ACS or your nearest financial adviser. Take advantage of courses such as Dave Ramsey's *Financial Peace University*. And most importantly as you prepare for the next holiday season and all the spending involved, plan well, manage well, and try your best not to enslave yourself to the lender.

