



## Headquarters Soldiers take training back to the basics

Story by *PFC TRISHA BETZ*  
*1/34th BCT Public Affairs*

**S**oldiers of 1st Brigade Combat Team, Headquarters and Headquarters Company, 1/34th Infantry Division participated in a hand grenade and claymore mine familiarization course at the Camp Ripley Grenade Range Aug. 6, 2010.

The familiarization course was done as training in preparation for a possible deployment.

Master Sgt. Paul Oakes also instructed the Soldiers on the range in individual movement teams and hand and arm signals for tactical positions in a squad, and squad movement.

If the unit deploys to Kuwait, some Soldiers may have convoy missions that cross into Iraq, said Sgt. Adam Chapin, a Forward Observer for HHC.

“This is information they need to know,” said Chapin.

For Soldiers just coming out of an Initial Entry Training (IET) environment it was a chance to refresh on recent blocks of instruction. For others, it was a chance to receive and demonstrate the basic warrior tasks learned long ago.

“I thought the training today was great! It was very similar to the stuff I learned in basic, but I liked it better,” said Pfc. David J. Krause, a

see *Mines*, page 2



Photo by Spec. Thomas Keeler

Sgt. 1st Class Robert Saffell conducts a demonstration for Soldiers during grenade training Aug. 6.

## Headlines

### National

President Obama Introduces New SCOTUS Justice Elena Kagan

### Local

City will be Minnesota model

### Sports

Twins Sign 1st Round Draft Pick

## Weather

Today August 7, 2010		HI: 81 Low: 67 Humidity Ave. 66% 50% Chance of rain
Tomorrow August 8, 2010		HI: 88 Low: 67 Humidity Ave. 78.5% Partly Cloudy

Weather provided by Weather Underground at [www.wunderground.com](http://www.wunderground.com)

# Minnesota elections are coming soon!



State Primary:  
August 10

State General  
Election:  
November 2

In order to vote for Minnesota's next Governor and other federal and state offices this year, you must submit an absentee

ballot application. Keep in mind, absentee ballots will only be sent to voters who have applied (or re-applied) since January 1, 2010.

Applying is easy. Simply go to: <https://minnesota.>

[overseasvotefoundation.org/overseas/home.htm](https://minnesota.overseasvotefoundation.org/overseas/home.htm)

and follow the step-by-step instructions to apply for your absentee ballot.

Voting is easy too since your ballot can be sent to you by email.

Vote and exercise the rights that you're fighting to protect!

## Been There, Done That

Chaplain's  
Corner

CH (CPT)  
Buddy Winn  
HQ 1-34 HBCT



Since he himself has gone through suffering and temptation, he is able to help us when we are tempted.

- Hebrews 2:17

Having been a prior service Soldier, I have dug fighting holes and painted rocks. I've jumped from aircraft, and rappelled from choppers. I've been a Forward Observer, Supply Sergeant, Howitzer Section Chief, Gunnery Sergeant, and Chaplain. The Army has taken me all over the globe, but I've always tried to learn from those who have gone before me. Christ has walked a mile in our boots. He came to earth as a man, endured hunger, sadness, pain, and even death. He knows what we're going through, even knows the numbers of hairs on our heads! The bible calls him our friend, our counselor, and a friend who sticks closer than a brother. His word tells us that if we seek Him, we will find Him.

Mines, from page 1



Photo by  
Sgt. Adam Chapin observes PFC John Struemke throw a grenade during grenade training Aug. 6.

Forward Observer for HHC. Krause said he retained more information from the instructors here at the company than his drill sergeants in basic training. "This was my first time holding a grenade since '92," said Sgt. 1st Class Donald Klick, legal NCO for the BCT.

"This company has a lot of new Soldiers that just came from basic training, so this stuff should be fresh in their minds. For others, this is a [warrior task] we all need to brush up on because it's a perishable skill," said Sgt. Chapin as he was waiting to take a group of BCT Soldiers into to the woodland part of the familiarization course.



With the recent high temperatures, and humidity to match, it is important to maintain your safety and health while training out in the field. The CDC has some important tips for staying safe.

- Drink more fluids (nonalcoholic), regardless of your activity level. Don't wait until you're thirsty to drink.
- When you exercise, drink two to four glasses of cool, fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat.
- Protect yourself from the sun by putting on sunscreen of SPF 15 or higher (the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels).

These, and other tips, can be found on [www.bt.cdc.gov](http://www.bt.cdc.gov)

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