

97th Military Police Battalion

DECEMBER 15TH, 2014

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Commander's Corner



LTC ALEXANDER MURRAY

As we continue the holiday season, this month we celebrate many different religious holidays. It is a time for family and friends to get together, exchange gifts, and have fun. As we move into our white cycle for training, some Soldiers will have the opportunity to have half day work schedules and time to take leave to spend time with family and friends. However, our Law Enforcement mission to the Fort Riley community will not stop and some Soldiers will continue to work throughout the holidays. We also celebrate the end of the year and the beginning of a new one. Jen and I would like to wish everyone a happy holiday and a happy new year!

As we continue into the winter months the weather will become colder and we will begin to see more snow and ice. This can cause hazardous driving conditions. Please ensure you have a plan before driving in bad weather. A few things to consider: take your time and leave early, ensure all windows are defrosted, check your tires for proper tread, and be a defensive driver.

Take time to enjoy the many holiday event opportunities on post during this month. Events like trees for troops which offers free Christmas trees for active duty Soldiers. Also, MWR hosts many holiday events for both single Soldiers and married couples. Keep posted by watching the Battalion Facebook page.

- Guardian 6

Battalion Command Sergeant Major



CSM KEVIN ROGERS

Hello team! I hope everyone had a wonderful Thanksgiving and was able to spend quality time with family and friends while enjoying a scrumptious meal. I was able to enjoy a wonderful meal with LTC Murray and his wife Jen.

Christmas is almost upon us and will be here before you know it. I hope every Soldier and his or her family is able to take much needed time off and able to enjoy the holidays. This is always a good time of the year to look back on the preceding 12 months and evaluate your milestones, in terms of personal and professional goals. If you exceeded your goals for 2014 great, you know have 2015 to achieve a complete set of new goals for you and your family. Whatever goal you set, I hope it is challenging enough to cause each of you to come out of your comfort zone. This is really the only way to grow. Just being satisfied with status quo will only yield mediocre results at best.

As we go through the holiday season, please remember to do your individual risk assessments when completing your plans. Remember failing to plan is planning to fail. Remember too that with all the other risk out there, adding alcohol to the mixture is a recipe for disaster. Our Soldiers are out everyday training, working law enforcement, QRF, deterrence and many other duties. I appreciate all your hard work. You deserve to take some time this off and just relax. When you do come back from leave and or pass, remember to come back "DEPLOYABLE". We are professional Soldiers.

- Guardian 7

97TH MILITARY POLICE BATTALION***HHD******CPT Wilson/ SFC Hernandez***

The past month has been a great one for the Enforcers! The detachment participated in the annual PIG Bowl, which was moved indoors to King Field House where the battalion played 5 on 5 basketball. The Soldiers of HHD enjoyed playing and watching company teams basketball during the PIG Bowl basketball tournament.

Mrs. Becky did an excellent job of facilitating this year's BN food drive. The Soldiers of HHD assisted in donating holiday food baskets for over 50 families from our battalion. Mrs. Becky, thank you for your selfless service and volunteerism to our organization!

We said farewell to CW2 Harris, SFC VanValkenburg, CPT Keil and CPT Shook. They all have greatly contributed to the overall unit mission and were essential to the continued success of the organization. The Enforcer family wishes them the best of luck in their next assignments and gratitude for their service to the battalion and their country.

Congratulations to 1LT Sonny Saleutogi on his recent and well deserved promotion to Captain. CPT Saleutogi was promoted by his wife, daughter, and mother in-law on November 26.

We rang in the holiday season by hosting our annual holiday FRG potluck. Soldiers and families brought a variety of Soldier's favorite holiday dishes for everyone to share. If you have any ideas, questions or suggestions involving our FRG or for volunteer opportunities, feel free to contact us at 97mphdfrg@gmail.com.



97TH MILITARY POLICE BATTALION***73rd MP DET******CPT Ducote / SFC Holmberg***

During the month of November, the 73rd and 523rd Military Police Detachments continue to stay busy as ever, here in the 97th Military Police Battalion! Congratulations to Military Working Dog Handler, SGT Zarate, for certifying his MWD, Santa. How fitting for the season. Certifications continue to be a vital requirement in order to continue to deploy or support the Fort Riley Community with narcotics and bomb detection. In December, the 523rd Military Working Dog Detachment is sending many more teams to certification. Wish our Soldiers good luck as they represent our Battalion in such an important task. Also, please join the rest of the Peacemaker family in wishing SSG Baumgarth, one of our Military Working Dog handlers, good luck on this upcoming from deployment. We have absolutely no doubt that he will continue to serve with honor and distinction throughout the next year. More to follow on his sending off ceremony.

Some other important and exciting highlights for the past month include SGT McKinney's reenlistment. We are fortunate to keep such a dedicated and committed NCO in the MP Corps. Congratulations, Warrior! Also, the 73rd MP Detachment conducted range operations, where each Soldier qualified on the M4 military assault rifle and M9 pistol.

As we enter the fall and holiday season, the Peacemakers continue to train hard, provide community support on and off duty, and accomplish their mission. They do a fantastic job. Take Charge and Through Peace Brings Honor!



97TH MILITARY POLICE BATTALION***116th MP CO******CPT Snider / 1SG Gonzalez***

The month of December started with the Roughnecks taking the law enforcement mission on Fort Riley. Along with the Soldiers working law enforcement, they also conducted two ranges where they fired M4, M9, and M500, and finished the month out by transition to a white cycle where Soldiers across the formation were able to take holiday leave.

At the beginning of the month the Soldiers conducted a M9 range to update their qualifications before starting the law enforcement mission. The entire company had an opportunity to shoot and through effective training and preparation, all the Roughnecks who shot were able to qualify. The Soldiers also conducted a M4 and M500 range this month. The Soldiers took time to qualify on these weapon systems in preparation for law enforcement patrols to start carrying these weapon systems in the patrol cars.

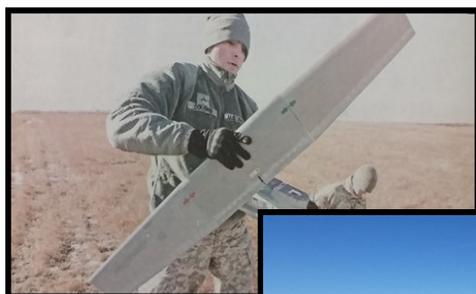
Other training the Soldiers conducted this month was the Law Enforcement Academy in order to be certified to work the road on Fort Riley and a 10 day course where a select few Soldiers learned how to operate the Raven surveillance drone.

Starting December 15th the 116th began its white cycle. During the white cycle the 97th MP Battalion shared law enforcement duties across the unit allowing Soldiers who wanted to take leave the ability to do so. Platoon Sergeants worked tirelessly on the schedule in order to accommodate Soldiers wishing to go on leave during the holidays.

During the end of November and beginning of December the Company saw the promotions of CPL Lopez, 2LT Zobel and 2LT Boone. The 116th wishes the best of luck to SSG Jackson and SGT Haskins as they PCS to Korea this month. The Company also said farewell to SPC Hurdle and SPC Carson who ETS out of the Army.

The Roughnecks will continue to provide law enforcement on Fort Riley for the next few months until the middle of February. Along with our duties we will continue to train and maintain our standards of excellence.

Rough and Ready!



97TH MILITARY POLICE BATTALION**287th MP CO****CPT Lammert / 1SG Girardot**

The 287th MP Company has undergone an intense period of transition during the past month. The Centurions wished farewell to our outgoing Commander, CPT Hamilton and his family as they transition to their next assignment in Ohio at Akron University ROTC. This transition included the welcoming of the incoming Commander CPT Lammert, who has been a member of the 97 MP BN serving as a Platoon Leader, Executive Officer of 300th, and DES Assistant Operations Officer. The 287 MP Company was able to end the month taking care of our own with the Battalion Thanksgiving Food Drive. Soldiers donated food and volunteered in making thanksgiving baskets for other Soldiers and families of the Battalion.

HQ's Platoon welcomed a new Platoon Sergeant, SSG Shoemaker. Sad to see him go, SGT Guevara has transitioned out of the unit and prepares to PCS to Korea. HQ would like to congratulate CPL Travis Darling and SPC Megan Amin on getting married the 20th of November. HQ would also like to congratulate SGT Justin and Christen Malcom for the birth of their baby girl Rachel Marie on 23 November 2014 at 0646. The new Centurion weighed 7lbs 14 oz.

1st Platoon said "see you later" to 1LT Fischbach as he moved just down the hall to serve as the Company Executive Officer. Just as he moved out, we welcomed 2LT Forbes (West Point graduate) into the Platoon as the new Platoon Leader. SFC Dow transitioned out of the Platoon Sergeant role and down the hall into the Company Operations. Assuming the responsibilities as Platoon Sergeant is SSG Fimpel, who has proven himself to be more than capable of the Platoon Sergeant role. 1st PLT would like to congratulate SPC and PFC Newman on their marriage 17 November 2014.

2nd Platoon Punishers welcomed SPC Dubbs, SPC Smallidge, PFC Plainbull, PFC Wiley, PFC Trujillo, and PV2 Verdoni to the Platoon. 2PLT would like to congratulate SGT Natasha, Kelly for representing the Company and winning the Battalion NCO of the Quarter board. During the board, Soldiers are tested on their military knowledge and expertise. Soldiers are drilled with questions about regulations, Soldiers tasks, and their ability to perform under pressure. 2PLT Soldiers, SGT Kelly, SGT Ortega, and PFC Kolyvagin, set the bar high scoring a 300 on their recent APFT. The Punishers, welcomed SPC Dubbs, SPC Smallidge, PFC Plainbull, PFC Wiley, PFC Trujillo, and PV2 Verdoni.

3rd Platoon Kaos welcomes a new Platoon Sergeant, SSG Coleman, to the Platoon. He is an experienced SSG that is excited for the challenge and motivated to continue on the tradition of excellence within the Platoon. Finally, the 3rd Platoon 'Kaos' enthusiastically welcome PFC Matos and PV2 Limon. 287th Military Police Company would also like to congratulate SPC Sadler and his wife on welcoming their baby girl Maddalyn into the world November 23 at 0049 weighing in at 5lbs 7oz.

With the company now at full strength, we are excited to welcome the newcomers to the Centurion family and begin the unit's next chapter. Striving for excellence and settling for no less, leadership and Soldiers alike are ready to hit the ground running. The month of December will be filled with weapons qualification and un-stabilized platform ranges along with much needed holiday block leave. With the law enforcement cycle complete, the Company will assume the QRF mission 15 December until 05 January. Immediately following the holidays, the Company will jump right into training in preparation for NTC in spring of 2015. Centurion 6 and 7 wish all of you the happiest of holidays.



97TH MILITARY POLICE BATTALION

*300th MP CO**CPT Hyatt / 1SG White*

We hope this newsletter finds all of our Wardawg Families and Soldiers doing well and enjoying this fine holiday season. This past November, the 300th MP Company continued to provide outstanding Law Enforcement support to the Soldiers and Families of the Big Red One. They worked tirelessly and professionally through both four-day weekends providing a safe and secure installation for the rest of the Division to enjoy. Their dedication and loyalty to their mission was exemplified by their professional work throughout the Thanksgiving holiday. As a token of appreciation our Soldiers were provided a full spread Thanksgiving meal complete with all of the fixings at the company headquarters. This allowed the MPs coming off of patrol and those preparing for patrol a chance to enjoy the traditional meal. Some of our MPs even had the added benefit of eating two meals. It was a good holiday season and I would like to thank all of those Families and Soldiers who donated food and monetary funds towards our Soldiers in need. Your gifts truly are a testament of your selfless service.

Our Wardawg MPs who are not busy patrolling the streets of Fort Riley stay busy training and preparing themselves for future evaluations concerning their ability to execute their combat operations role. These Soldiers trained on quartering party operations which consists of thoroughly securing a site for occupation by looking for chemical contaminants, unexploded ordinance, and anything else that may make the site hazardous to running operations. The Soldiers also conducted training on tactically entering and clearing buildings which helped to strengthen the bonds of camaraderie and trust between the Soldiers.

On November 21st, we had our most recent P.I.G. bowl competition with the rest of the Bn which included a basketball tournament. Your Wardawgs made it to the final round and lost the game by one basket to the 116th "Roughnecks." It was an emotional game and was exciting until the end. We will send out the invitations for the next game so you can help me cheer on our warriors as they battle to reclaim the trophy.

Our next newsletter will be delivered after the half-day schedule and training holidays for Christmas and New Year's. Please keep our Soldiers in mind as they will be continuing to provide Law and Order and police protection to the Families and Soldiers of Fort Riley as the rest of us are on vacation or enjoying our time off.

As always, if you have any questions or concerns regarding our FRG program, please feel free to contact either CPT Hyatt or our FRG Leader, Amanda Hawkins at 300frg@gmail.com.



97TH MILITARY POLICE BATTALION**977th MP CO****CPT Rovero / 1SG Jonas**

Happy Holidays from the Raider Nation! It doesn't show signs of stopping and the Company is moving full speed ahead into our field training cycle. Last month Soldiers attended Army Family Team Building classes that were offered by our FRG Leader Mrs. Kaila Baylie, trained on urban movement, caught up on our 350-1 training requirements and conducted our annual Company Thanksgiving Dinner. We thank everyone who attended and brought food to share. We had a great turnout and hope to continue to see a great turnout of family and friends in the future.

Coming back from the Thanksgiving holiday, we kicked off with a bang as Soldiers conducted Team Certifications. At the team level Soldiers went through lanes to demonstrate their proficiency in their individual tasks of shoot, move, communicate, and survive as a team. This training laid the foundation for collective training at the squad and platoon levels. They rolled into squad training the following week. Platoons deployed to the field to conduct Field Training Exercises in order to train for their upcoming squad certifications at the end of January beginning of February. They prepared for and executed night driver's training and convoy operations, as well as movement to contact. It was a chilly week but there was plenty of opportunity for development and mental toughness.

Starting on the 15th we're heading into the holiday cycle and the half day schedule. 977th will assume gates for the duration of the half day schedule, while people go on leave and we work on inventorying and cleaning up equipment. Soldiers will alternate between taking a knee and making mission happen. We sincerely hope that through the holidays whatever your plans, you are safe and have the opportunity to spend time with family and friends. If you're going out of town, pay attention to the weather both going and coming back we want you to return safely.

Following the holidays we will come back to resume training in preparation for the Company Field Training Exercise and Squad certifications at the end of January.

We here at the Raider Nation would like to wish our family and friends Happy Holidays and a Happy New Year! We look forward to what the New Year brings.

-Raiders-



97TH MILITARY POLICE BATTALION

JANUARY

SUN	MON	TUE	WED	THURS	FRI	SAT
FRSV: Mrs. Becky McDonnell rebecca.t.mcdonnell.vol@mail.mil or 785-239-8908 FRL: 1LT Mark Swisher mark.a.swisher6.mil@mail.mil or 785-239-3414				1 NEW YEARS DAY	2 DONSA	3 DONSA
4 DONSA	5	6	7	8	9	10
11	12	13	14	15	16 DONSA	17 DONSA
18 DONSA	19 MARTIN LUTHER KING JR. DAY	20	21	22	23	24
25	26	27	28	29	30	31

*Military Family Life Counselor**Don Manning***MANAGING STRESS DURING THE HOLIDAYS**

by

The Military and Family Life Counseling Program

HOLIDAY STRESS

The Holiday Season is a time of celebration frequently involving family traditions, get-togethers, triggering of happy childhood memories, and remembering the “good times”. For some however it can be a time of stress that triggers a sense of loss of family and togetherness, loneliness, and the missing of opportunities to participate in holiday routines.

Holiday stress can adversely affect a person emotionally, mentally, physically, and behaviorally. It’s important and helpful to recognize signs and symptoms of stress: Emotionally: Feeling out of control, nervousness, anxiety, sadness, depression, hopelessness, increased anger, and in extreme cases thoughts of suicide or death Mentally: Trouble thinking clearly, poor concentration, confusion, negative self-talk, forgetfulness, poor judgment Physically: Headaches, muscle tension, shortness of breath, fatigue, changes in appetite, changes in sleep patterns, upset stomach Behaviorally: Aggression, excessive use of alcohol or drugs, inability to start or complete projects, compulsive gambling or sex or internet use.

TIPS FOR AVOIDING AND MINIMIZING HOLIDAY STRESS

Practice self care, try relaxation exercises, meditation, read or listen to music, stay connected with family and friends, avoid “doom and gloom” attitude, pace yourself, forget about perfection, sleep and eat right, prioritize things you need to do, make a budget and stick to it, allow yourself to have your feelings, prepare yourself for the post-holiday letdown.

HOLIDAY STRESS AND CHILDREN

Children can also experience Holiday Stress but can be helped to cope with Holiday Stress by:

- Discussing holiday plans in advance and let children participate in decisions when possible
- Don’t over schedule
- Give children some “downtime”
- Make sure children get plenty of sleep
- Let children be honest about their feelings
- Don’t promise things you can’t produce
- Don’t try to compensate for an absent parent with extra gifts or toys
- Give children your time, attention and reassurance
- Uphold and maintain family traditions or create new ones with the child’s input

ASK FOR HELP

The Military and Family Life Counseling Program provides short-term, non-medical counseling to service members and their families at no cost. To learn more about available counseling services or to schedule a counseling appointment call 785-239-1883.

Chaplain's Crossing

There aren't too many people who do not look forward to holidays. It is always nice to know that there is a break in the near future. However, there are some people who truly focus on up-and-coming holidays with all their heart. These people count down to their next vacation and are committed to marking each day off on their calendar. Thanks to the over sharing nature of social media, there are even some who keep their friends updated daily with how many days until they head off on holidays!

All their spare change goes towards their holiday spending and all their spare time is spent trawling the Internet for activities they can engage in while they are away from work. A new vacation wardrobe is purchased and every conversation tends to find its way around to talking about the pending trip!

You may not go quite to this extreme, but I know that I certainly look forward to a break from work. I get excited by the anticipation of time away from alarms and deadlines. When I read in Psalm 9 that the writer gives thanks to the Lord with all his heart, it made me realize that it is easy for me to look forward to holidays with all my heart, but I don't always give thanks to God with all my heart. The anticipation I have for taking a break is easily more focused upon than looking forward to connecting and praising God.

Don't get me wrong, holidays are great, important and often well-needed, however, our God gives us purpose, loves us unconditionally, and fills a void that no grand holiday will even come close to fulfilling. The psalm is a challenge for me to be aware of how much my heart can yearn for things that fade away, therefore, I should focus my heart towards that which is eternal.

Guardian T-Shirt and Hat Sale



HATS: \$15.00
T-SHIRT: \$18.00

**Available to all Soldiers &
Family Members to purchase from
Ms. Becky:
RM # 111 at BN**

