



The Seahorse Standard

19th Engineer Battalion
Kandahar, Afghanistan

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"Bridle and Reins—Stand Tall!"



The Commander's Column



Friends and Family – this will be our last issue of the Battalion's Deployed Newsletter. I hope it's been informative and kept you connected with us. The work that the Soldiers and Leaders have accomplished here is truly astounding and there can be no mistake that it has definitely aided the maneuver units we support. I am very proud of what the unit has been able to achieve under such austere conditions.

This newsletter is probably the most important of the 11 we produced, and I will ask that all of you read it because it will have information on upcoming key events and highlight issues/problems that the battalion anticipates Soldiers and Families having post deployment. Studies have shown that Soldiers and Families will face some hard times 60-90 days after redeployment. This is statistically where the spike occurs with indiscipline, domestic violence, substance abuse, depression, financial problems and much more. My twenty years of experience and 3 deployments has only reinforced the fact that the pre-emptive measures we take now will not stop this spike of incidents, but will mitigate how high it will get. Here are the pre-emptive steps we are taking and if you get the chance to participate, I highly encourage it. Bolded are the events where Spouse/Family members can attend.

1. Pre-redeployment Soldier training in Afghanistan (9-10 April 10): Family Engagement, Communication, Reunion Reintegration, Sexual Assault and Response, Preventive Medicine, Substance Abuse.
2. Family **"Battle minds" training at Fort Knox Kentucky(1April10) contact the rear-detachment or your FRG for more information.**
3. BN Motorcycle Training (29 Apr): Post Motorcycle Training (4 May)
4. Soldier Reverse SRP (April 10): Behavior Health Screening, Medical and Dental Processing, Administrative (Finance, Personnel, Chaplain, ACS, JAG), Mandatory Briefings
5. Battalion Safety Standown (4 May) at FKKY (101 days of Summer): Barbecue and picnic safety, Heat injury prevention, Prevention of sports injuries, Red Cross boating and swimming safety, Sun safety and much more.
6. Battalion Welcome Home Connection (SEE THE FLYER IN THIS NEWSLETTER): from 26-27 May. Focus is on Single Soldiers, Couples and Families. Mandatory for Soldiers; Families highly encouraged attending. Classes include – communication, suicide awareness, PTSD, Battleminds, reunion training, finance and much more.
7. Battalion Welcome Home Ball at the Horseshoe Casino outside of Louisville (SEE THE FLYER IN THIS NEWSLETTER): 27 May.
8. Battalion Block Leave 28 May – 20 June.

Many of you may not experience the future issues that are identified above, however I am betting you will know someone who will. I still feel it is important that everyone attend the training because it will give you the tools to recognize someone else is having problems and you will know how to get them the help they need and deserve.



LTC Heath C. Roscoe
19th EN BN Commander



This is a great unit with a lot of camaraderie between its Soldiers and Family members, it's important that we begin now to take care of each other and prepare for the tough road ahead so we can all get through this spike successfully – meaning we don't lose any Soldiers or Family members and we get everyone the help they need to go on and be successful in their future endeavors.

BRIDLE AND REINS!!! SEAHORSE SIX



BC pins EOT award on Soldier from 655th

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Editor-in-Chief: CPT Ryan S. Knott





Commander's Corner

Families and Friends,

The Deuce is finally better than halfway through the deployment, and busier than ever. The Marjah mission continued for 1st platoon through the middle of March, as the bridging intensive environment made our expertise necessary to the success of the overall mission. 2nd platoon joined the fight as extra assistance in logistics and additional bridging expertise in the Marjah area to include additional recons and bridge inspections. The rafting mission in the Helmand has continued as well, and the Deuce has successfully crossed several hundred Marines and their vehicles across the Helmand river. When the river conditions are not optimal for the rafts, they spend their time assisting with other projects on the nearby FOB, proving how hardworking and versatile the Deuce Soldiers can be.

The bridging paradigm for theater has recently shifted, causing movement in bridge asset positioning across theater and the creation of a second bridge park with several tactical staging areas. This will allow the company to more effectively serve Afghanistan as a whole. Of course, the company is the spearheading this shift, and is currently spread to the four winds trying to put the new program into effect. By the end of April, the new plan will be implemented through the hard work of two bridge park management teams and several ad hoc pre-build crews, and will have occurred amid the several other upcoming missions that we're currently planning.

The company is doing amazing work and is setting up our replacements for assured success. The troops continue to receive accolades from the regional commands, the theater engineer, and CENTCOM due to their unyielding efforts, professionalism, commitment to mission accomplishment and dedication to leaving Afghanistan in a better position than when we got here. You can truly be proud of your Soldiers and the impact they are making.

Thanks for all your support, and see you soon.

-Bridge 6

Top Right: Soldiers of the Deuce training on the Rapidly Deployed Bridging System

Middle Right: Soldiers layout BII for inspection and inventory

Bottom Right: The soldiers of 655th have a cookout in celebration of the end of their deployment



Commander's Corner

The end is near. I look forward to our return. This will be the last installment from Team Blade. I would like to thank the men and women of Team Blade and the 15th Engineer Company for their hard work, dedication and positive attitude over the last 11 months. You have worked hard and represented the United States Army, yourself and your family well. We will soon say goodbye to 1st Platoon of the 76th Engineer Company. Thanks for all you did. Additionally, we will welcome back 1st and 2nd platoon. The transition of rejoining platoons with their home company will happen around 1 April. The arrival date to Knox has not been published. Please utilize the FRG and Battalion hot line for all the Welcome Home timelines and information. Also, we will spend the first three days at Knox conducting reintegration. Last time the battalion redeployed reintegration was seven days. During the reintegration period your Soldier will be required to work. If these classes fall over a weekend your Soldier will work. These classes are mandatory and beneficial. Have patience with the process. Final thanks to the company FRG and Rear Detachment. You folks have served the company well. This deployment went a lot smoother due to your efforts.

See Y'all Soon! Blade 6

What a ride the last 11 months have been. But the best ride is just around the corner and ends with us being reunited with our loved ones, back in the greatest country on earth. Your Soldiers have performed their mission in harsh conditions, with limited resources, and above expectations. Their spirit to fight and win has never faltered and has made me proud just to know and work along side of them. Their speed and diligence in knocking out their construction projects is only matched by their ability to pack and prepare everything for the return trip home.

We will lose an integral part (1st Platoon, 76th) of our team shortly so they can return to their parent company. They accomplished their construction mission well and will be missed by the 15th when they are gone. However, we will soon be joined by our 1st and 2nd platoons and have the original Team Blade back together.

Last, I would like to thank those of you back home that have made this deployment easier on all of us through your phenomenal support. The company FRG has performed superbly and helped countless Soldiers and their families make it through this deployment. Additionally, the families and friends of the 15th worked tirelessly to send care packages and provide that small slice of home that means so much to your Soldiers. Finally, thanks to our Rear-D team for your support with the video conferences, inventories, and preparing our single Soldiers billeting for their arrival.

Back before you know it!

Blade 7



Top: SPC Rancho and SPC Stanick. Are fixing the commanders HMMWV

Middle: SPC Mitchell is sorting the good nails from the bad nails on the project site.

Left: PV2 Strausser is inspecting the work of the hired local nationals that filled the sandbags.





Commander's Corner

Jungle Eater Families and Friends,

Thank you for your continued support throughout this deployment. The Soldiers in this company have worked very hard during this deployment and look forward to completing their mission and returning home. During this month each platoon finished working on their projects, cleaned and packed their equipment and personal gear, and prepared to redeploy. On 1 March 2010, we welcomed three new Soldiers to the NCO Corps (SGT Morales, SGT Collins, and SGT Smith.)

1st Platoon started and completed a 32'x120' TOC. This building will serve as tactical operations centers for four companies. 1st Platoon did an outstanding job as they erected over 65 trusses in one day. This enabled them to push forward and complete their project ahead of schedule.

2nd Platoon finished erecting tents floors for the living space area expansion. In order to assist the FOB Mayor and expedite the inevitable surge of troops, this platoon erected over the Harvest Falcon package in less than two weeks. Generally, this project takes over three weeks when contracted and costs the Military over three million dollars complete with contracted labor.

3rd Platoon completed their 32'x48' company TOC in less than ten days. This platoon was very excited to reunite with the company and to utilize their skills before we redeploy. Their dedication to mission success continues to positively impact the LSA expansion as we prepare FOB Ramrod for the troop surge.

2nd platoon, 15th EN CO continued to work on the LSA expansion. Also, they began construction on the UAS strip here at FOB Ramrod. This fine platoon has done an outstanding job supporting the resident unit at Ramrod as they continually provide support for recovery missions and Force Protection improvement in and around the FOB/ Mayward area.

Maintenance and Headquarters have been very busy this month as they prepared the company for redeployment. Maintenance worked hard to ensure that all of our equipment and vehicles were up and operational. Headquarters ensured that the company completed all required tasks for our redeployment.

We have developed into outstanding unit. We are proud of our accomplishments, where we have been and what we have done. We veterans of a foreign war stand tall and proud that we directly impacted and shaped the present and future of those we supported. Our achievements are noted and our mission is accomplished. We proudly served and now we look forward to reuniting with family and friends.

Jungle Eater 6—CPT Stolzoff



Top Right: SPC Panos and SPC Pham sheath ceiling

Far Right: SPC Lyles builds the railings on their 32x48

Right: SPC Douglas helps erect tents



Commander's Corner

Team Hammer Families,
HAPPY ST. PATRICK'S DAY!!!

Team Hammer Soldiers have had the opportunity to see some other parts of Afghanistan in the past couple months. March was no different. Team Hammer Soldiers are continuing to go out into harsh environments and makes places better for our fellow Soldiers.

1/15th is finishing up a lot of projects here on FOB Spin Boldak. They have been able to make FOB Spin Boldak a better place to live. They have been able to spread gravel on large portions of the FOB which has reduced the amount of dust and sand that is in the air. They're emplacing culverts throughout the FOB so that when it rains, next winter, there is some drainage established.

2/76th has been working on the Team Hammer supply tent. It is a 60x90 tent. It has been a large task since the directions for it weren't for that type of tent. No worries for 2nd PLT, they knocked it out moved all of our supplies in it in no time.

3/76th finished up the Battalion Aid Station they've been working on. This is a great addition to the FOB and will serve all Soldiers. Thank you very much 3rd PLT!!

Maintenance and Headquarters PLTs have done an outstanding job, throughout the deployment, keeping the company and its equipment running. Keep up the good work!

Only a little bit more time left to go and we will all be together again. We know it has been hard for you too and we thank you for the sacrifices that you have made while we've been gone. We will see you all soon. Stay safe and God Bless.

Hammer 6 — CPT Riesel



Above: LT Hudalla and SGT Wright after re-enlistment



Top Right: 1st PLT Soldiers taking a rest after stretching HESCOs

Bottom Right: Soldiers stretching HESCOs with heavy equipment.



Commander's Corner

We're almost there! The excitement is in the air and we are all looking forward to the big reunion. That being said, we are still pretty busy here on KAF. We still have a couple of construction mission going on and then there is the whole business of redeploying itself that needs taking care of. We are steadily going through it and it is rewarding work.

The 538th has been reunited after conducting split ops for a while. SGT Turner brought back his troops from Shindand and joined SSG Smith and the rest of the guys in time to complete a 16x32 C hut. Everyone is really enjoying the opportunity to do something a little different than working with concrete. They have truly shown the engineer spirit. The 538th has continuously done a great job.

PSD is still out on the road and they will probably stay that way for a bit as we complete all of our movements around the battlefield. 2LT Enriquez and crew have done an outstanding job and we can't wait to take them off the road for the last time. They have logged more miles on the road than any other platoon in the battalion and most importantly, they did it safely.

SFC Drayton didn't get the chance to ease back into work after leave, he was thrown right into the mix of getting us ready for home. We're glad he's back from R&R and the whole Operations section is doing great work with him and 1LT Disponett running things. SSG Dubose, SPC Barnes, and SPC Tsinnijinnie have done a truly outstanding job getting all of the supply transactions and paperwork squared away. As a commander, it's the supply folks that keep you from having to buy anything and they are doing a great job.

The Battalion ALOC folks have been burning the candle at both ends processing all the awards, orders, evaluations, and requests that always threaten to swamp a unit right as they return home. The S4 and S1 shops are keeping us ahead of the game and we are truly thankful that we have so many folks working so hard to keep us ahead of the game.

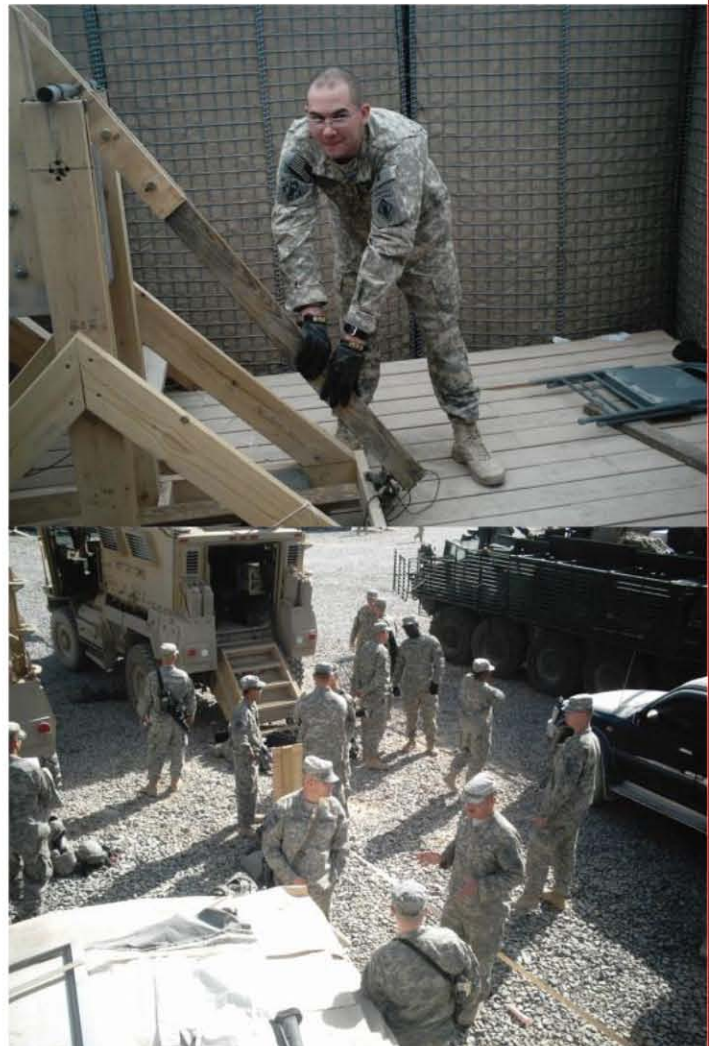
It's hard to believe that we've almost finished this deployment. We have been very fortunate during this past year. Once again a lot of our success is due to the support of the friends and family back home. We appreciate all that you do and can't wait to see you soon!

Warrior 6 — CPT Wittmeier

Right: 1LT Disponett prepares to test fire a trebuchet, HSC Operations constructed from scrap lumber

Bottom Right: PSD waiting for the final mission brief prior to hitting the road

Below: SSG Smith checking measurements at the cut station



Commander's Corner

Reinforcer Friends and Families:

This month we have been busy preparing for Redeployment! As the month comes to an end, we are slowing down on Maintenance Operations and speeding up on Redeployment tasks. We have been organizing all of our parts and equipment and cleaning and packing everything up to come home! SGT McTiernan has been busy helping out with packing and also going out in the wrecker with the Personal Security Detachment on their convoys. He has become very competent on the wrecker and is a great asset to the team! We want to thank all of our friends and family for all of the support you have shown us while we've been here. All of your letters, care packages and phone calls really mean a lot to us and we will never forget it! We look forward to seeing you soon!

Another eventful month has passed for the Distribution Platoon. The soldiers and NCO's were very busy sending out equipment and providing support for the Battalion. Earlier this month SPC Smith and PFC Smith assisted with the repositioning of 50 T-Walls. SGT Combs and SGT Heiman loaded a Dozer and a HMMWV for the 15th EN CO at FOB Price. Distro also just received a Containerized Housing Unit (CHU) that is in the process of being constructed that will be designated as the Junior Enlisted Break Room. SGT Ballard, SGT Combs, SGT Mitchell, and SPC Rondon have been putting the final touches on the JEER. We have continued sending out a variety of lumber and repair parts to surrounding FOBs in support of the companies. The Platoon has accomplished all missions that have been presented to them.

The Distribution Platoon welcomed back SGT Delgado, SPC Hughes, SPC Pozo, and PFC Kight from missions at surrounding FOB's. The soldiers have been running ECP's 24 hours a day 7 days a week determined not to miss one single truck. SGT Combs installed the ac/heater to the CHU to make it a complete project. Distro has also been busy rearranging the motor pool in order to make room for the Navy. The Platoon continues to supply other units with CLIV and CLIX repair parts enabling them to complete their remaining missions.

The Platoon continued to stay mission focused, but at the same time preparing all equipment and paperwork for redeployment. The Platoon's NCO's took time out of their schedules to teach soldiers how to properly operate pieces of equipment. SPC Rondon loaded his first Scraper and he did a great job. Distro has been in high gear supporting the Battalion for redeployment. We have been moving all of the containers, moving out equipment, and picking up CL IV. The fuelers are working on all of the HAZDEC paperwork for every generator in the Battalion. Everyone's hard work and dedication is truly appreciated.

Reinforcer 6 — 1LT Bosch

SPC's Hall, Kight and Shepard on Fence detail



SPC's Hall and Kannenberg working on Weapons



SPC Moseley pauses for photo while on Fence Detail



Commander's Corner

In opening, congratulations to SPC Evans on his promotion. Also, congratulations are in order to SGT Galbreth on his reenlistment for four years with one year stabilization.

This will be my last entry. You all will be seeing our smiling faces by the time the next entry is due. We are all extremely anxious to get back to a more sane reality. It's pretty exciting to say we'll see you all next month and we are all looking forward to it. SGT Petrus' team wrapped up their remaining missions and returned to KAF. We were just waiting on SPC Sanjurjo's crew at FOB Ramrod to get back here, but we are staying mission ready. SGT Galbreth and his team traveled to COP Wilson to give coordinates for corners on its expansion. We are just about finished with all the Detachment's inventories and will be 100% as soon as everyone returns. Our containers will be packed up and ready for shipping there after. Other than the inventories, we are constructing wooden boxes for our plotter (really big printer) and for the HSC Armorer's connex. Morale is hanging in there at a high level, but statistically can lower some the closer we get to redeployment. It's called short timers syndrome.

As always, everyone is doing a great job and I'm proud to be called the 72nd's Detachment Commander. So, see you next month.

Laser 6 — CW3 Johnson

Left: SGT Galbreth's reenlistment ceremony.

Far Left: PFC Garvey overlooks FOB Costel searching for his rodman to take his next shot.



Words from the Battle Desk

Dear Seahorse Family and Friends,

Things are slowly winding down here in Afghanistan as the battalion prepares for its journey home. First of all we would like to thank all of the Seahorse families and friends for their continued support throughout this deployment. Our time here is quickly coming to an end and we are all anxiously awaiting the day that we return to American soil and reunite with our loved ones. The weather here is starting to warm up quickly and we are all especially glad to be escaping before the heat really sets in. This month, we bid a fond farewell to the 655th as they redeployed back to Ft. McCoy to begin their demobilization process. We also welcomed their replacements, the 455th as they have recently arrived in Afghanistan. The ADVON party for the 864th has also arrived and we have started setting them up to take over as we prepare to head for the door.

It has been a long ride and the finish line is in sight. Be proud of your soldiers and all they have accomplished over these last 11 months. We are counting down the days with eager anticipation and can't wait to get home. See you soon.

CPT Ryan Knott



From left to right: 1LT Fenwick, SPC Goodnite, SFC Staton, CPT Meade, SPC Smith, and PFC Moore relax as they wait for the customs inspector to check their stuff.





19th EN BN Primary Staff

BN Executive Officer
MAJ Daniel Segura



BN Operations Officer
MAJ Joseph Lehman



BN Adjutant
ILT Brandi Caver



BN Intelligence Officer
CPT Megan Conrad



BN Logistics Officer
CPT Troy Miller



BN Signal Officer
ILT Thomas Lopez



Well everyone, we've come to the final month of our time of separation. We have fought the good fight and endured up to now, so I know we can ride out this last month with ease. Oh, who am I kidding! This last month is the hardest one, and it seems to creep by at an increasingly slow pace. We want to be home NOW; and you, our spouses and family, want us home NOW. We are marking off days of the calendar in anticipation. I know this because many of the Soldiers I meet and greet now have an accurate count of the number of days remaining. "Only 30 days left, Chaplain!" has been the usual response.

I can't believe that it's been nearly a whole year that we've been apart. So, what do we do in order to keep ourselves together these last few weeks. There are a few extremes I would advise that we all try to avoid while we patiently wait for the return. First, these last few weeks should be filled with open communication between Soldier, spouse and family; however, it is not the time to solve every conceived issue within the marriage and family. NOW IS NOT THAT TIME! Allow yourself to share feelings over the phone and encourage your Soldier to do the same. Try not to just repeat, "I miss you" or "I can't wait to see you." Tell the other person WHAT you miss about him or her and WHY you cannot wait to see him or her. Saying "I love you" is not enough to really show your love. Spell it out and avoid the fights.

Second, accept the fact that you both have changed, but DON'T turn that into a bad thing. We are always changing and always growing. In our marriages and families we have been apart for a year, and we have changed. This is a fact. Do not deny it or argue about it. As an alternative, make this change for the better. Don't get wrapped up in trying to get things "back to normal." Normal always changes and we ought to change along with it. Instead, get wrapped up in "...and they all lived Happily Ever After." Recognize change and grow with it.

Finally, the household has kept itself running like a well-oiled machine ...or perhaps like a 10-year-old used minivan (whichever analogy fits best). My point is, you the spouse have been making this happen while your significant other has been away. So where does the Soldier fit in to this new family? Allow yourself time to adjust. Talk about the best way he or she can insert back into the family rather than take over the family. Talk about the changes that have happened and make a plan to include him or her in way things already are. Remember communicating needs and wants while considering others is the best way to grow closer together.

Above all, allow yourself time to celebrate. Plan the reunion and make it a big deal that everyone is back together again. Take it easy, take it slow and I'll pray that God will speed up the days until our return.

See you Soon,
CH McDonald

Rear Detachment Commander's Corner — Alpha Company Gators

March is bringing us closer to crunch time; Families are making plans for loved ones, Fort Knox agencies are pouring out plans for RSRP, Alpha Gator Soldiers are working to prepare the battalion for our forward brothers' and sisters' return, and I am sitting down to write the Rear-Detachment's last newsletter article for The Seahorse Standard. But, "The brain is a wonderful organ; it starts working the moment you get up in the morning, and does not stop until you get into the office." (Robert Frost)

When I came in I meant to write something motivational and sensational as a last hurrah but my brain had other thoughts. Tuesday rolls around and I'm already a day late for the deadline so I shut my door, leaned back in a new office chair, stretched my arms, and noticed the desk was a mess. A viable toxic waste dump (don't tell LTC Roscoe)! It had to be cleaned right away so I could be in a comfortable working environment conducive to writing inspiring thoughts. 30 min later I am pleased with my work and I settle in to start the write up, then the phone rings. I have OCD, of course I answered it. 150 emails, 47 signed documents, 16 phone calls, 5 meetings and 2 days worth of brain lapses later I decided I better get cracking on this thing.

LONG STORY SHORT: Rear-det Soldiers are chomping at the bit to see their battle buddies again (and to possibly know there is an end to the barracks detail). Saying Families are eager for their Soldier's return is an understatement; they are two spasms shy of crazy and every day winds that wire tighter. Everyone is awaiting the 19th's grand return stateside; with every breath there is well wishing and with every thought there are prayers for a safe and speedy return. We will see you soon!

Gator 6 - CPT Amy Hutter



19th Engineer Battalion has a page on Facebook: www.facebook.com

Once you login to Facebook search “19th Engineer Battalion” and then “Become a Fan”

Friendly reminder to family and friends of redeploying soldiers. Returning soldiers cannot be picked up at the airport. Soldiers will be eagerly awaiting to be reunited with family and friends at the Welcome Home Ceremony at Sadowski Hall.

19TH EN BN CALENDAR OF EVENTS FOR MAY

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------|---------------|---------------------|--|--|---------------|-------------------------------|--------------------------------------|
| | Apr 25 | 26 | 27 | 28 | 29 | 30 | May 1 |
| Apr 25 - May 1 | | Reverse SRP | | | | 3 Day Weekend | |
| | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| May 2 - 8 | 3 Day Weekend | BN Motorcycle Safet | FRG Steering Commi Post Motorcycle Safe | | BN Safety Day | 4 Day Weekend | |
| | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| May 9 - 15 | 4 Day Weekend | | | | Uncase Colors | | 3 Day Weekend Memorial Dedication |
| | 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| May 16 - 22 | 3 Day Weekend | | | | BN BBQ | 3 Day Weekend Knox HS Grad | |
| | 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| May 23 - 29 | 3 Day Weekend | BN Golf Tourn | | Welcome Home Connection Knox School End | BN Ball | Block Leave 4 Day Weekend | |



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THE SEAHORSE STANDARD



655th pauses for photo following their end of tour awards presentation ceremony