

CHARLIE 106TH FINANCIAL



MANAGEMENT DETACHMENT

COBRA SIGNET

VOLUME 2 APRIL - AUGUST

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“I only regret that I have but one life to give for my country.”



CPT Khandoker Hossain
Commander

I am extremely proud of our Soldiers for their professionalism and endurance. We are in our fifth month of deployment now, and thus far, our Soldiers have represented us extremely well. I am quite confident that our Soldiers will continue to show the same strength of character until our mission is complete. To the families of our Soldiers, I would like to extend my appreciation to you for your outstanding support to your loved ones. Let me tell you this - morale is extremely high on this end even though we are missing you all. We will continue to press forward with our assigned mission and do everything in our capacity to keep everyone safe. May God bless you all!

(Please see Commander's article on "Combat Stress and Balance life" at page 7)



SFC Terry Anderson
Detachment Sergeant

Looking at where we are at now, compared to when we first hit ground, I can see improvements in all areas. Offices have been improved, procedures streamlined and standardized, and self development and professional growth is constant. You take personal responsibility for your individual mission and have created an environment of teamwork, ensuring your battle buddy's mission is accomplished as well. We will not fail at any task given to us, as long as we continue to work as a team. You have shown perseverance by taking civilian and military classes despite executing finance operations throughout RC-Capital. You have represented and won at numerous levels of NCO/Soldier Boards, Company, Battalion, Brigade, and at the theater finance level. You have received awards for volunteering, and outstanding performances. You have provided encouragement, motivation, and a competitive environment which fostered so many of your comrades to be promoted to Sergeant and Staff Sergeant. Continue to hit your fifty meter targets while acknowledging and planning for the three-hundred meter targets. We will not lose focus at this juncture nor will we let up on what we all set to accomplish while we are deployed. Let's keep learning, laughing, and growing together. Charlie Detachment, we are half way there, imagine what we still can accomplish. *Strive for Excellence!*

Chaplain's Corner

Giving Thanks when Receiving Grace

"Oh give thanks to the LORD, for he is good; for his steadfast love endures forever!" (1 Chronicles 16:34, ESV). We in the military have no problem doing what is asked of us no matter the difficulty or sacrifice the job entails. I truly believe this is the "selfless-service gene" woven into each Service Member's DNA. We are typically willing to do anything for someone else in order to meet a need. This is a wonderful picture of grace. However, we do have the difficulty of allowing others to do the same for us. We have the misconception that we are the ones who serve and no one should ever serve us. This is a wonderful picture of pride.

Three examples: When our soldiers deplane in Atlanta, there are sometimes small groups of people celebrating our return. Their gratitude is nice, but sometimes soldiers feel embarrassed. I have been out to eat and another table picked up the tab. Again, the same feeling. Or, I've been out to get some coffee, even here in Afghanistan, and the gentleman behind me paid for my drink! Same feeling. Then I'm reminded of 1 Chronicles - to give thanks. The inverse is true. Sometimes we need to allow others to give thanks for the service we give even when it feels embarrassing. The gratitude is not for the individual (me or you), but it is for the Service (for us all). Be gracious and receive the grace extended to you by people and God for this is an act of worship as well.



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Awards

AGCM

SPC Thomas Kimbrough (April 14, 2012)

SPC Edwin Ipili (May 19, 2012)

BOARD AWARD'S

SPC Anthony Alvarez (COA SOM May)

SPC Magela Ledo (COA SOM June)

SFC Anthony Cruz-Diaz (AAM 18th FMC SOY)

MOVSM'S

SPC Kevin Alvey

SPC Corey Ashley

SFC Anthony Cruz-Diaz

SFC Terry Anderson

PT COA'S

PFC Willy Cheruiyot SGT Alicia Davis

SPC Corey Ashley SFC Terry Anderson

SPC Sarah Lord SFC Anthony Cruz-Diaz

CPL Jennifer Ojeda 1LT David Ulrey



COBRA SIGNET

VOLUME 1



13 WEEKS FINANCIAL PEACE COURSE COA'S

SPC Maruf Akani

SGT Kenton Jolly

PERFORMANCE COA'S

SPC Thomas Kimbrough (Combined Special Task Force 10)

SPC Thomas Kimbrough (Phoenix Regional Contracting Command)

SPC Sarah Lord (British Royal Navy)

COINS

PFC John Thrift (Volunteer Firefighter of the Month)

PFC Hassan Williams (18th FMC Coin)

SPC Eirionna Cohen (NSE Command Coin)

SPC Eirionna Cohen (General Dempsey JCS Coin)

SPC Sarah Lord (10th STB Command Coin)

SGT Alicia Davis (NTM-A Inspector General)

SGT Ramona Herter (General Dempsey JCS Coin)

SGT Kenton Jolly (NSE Command Coin)



**Quarterly
Significant
Actions**



Reenlistments

SPC Eirionna Cohen

SPC Edween Ipili



Boards

SPC Anthony Alvarez won the May Soldier of the Month Board

SPC Magela Ledo won the June Soldier of the Month Board

SPC Sarah Lord won the 33rd FMCo, 10th STB, and 10th SBDE
Soldier of the Year Board's



Promotions

SPC Thomas Kimbrough (Sergeant)

CPL Jennifer Ojeda (Sergeant)

SPC Corey Ashley (Sergeant)



Combat Stress and Balancing Life



Creating balance between work life and personal life, and learning to enjoy both, is not easy in a combat environment. However, there are ways to achieve it. It takes planning and action. As continue to combat stress while remaining focused on mission requirements, I advise my Soldiers to follow my tips to maintain a balanced life:

(1) **Regular physical exercise:** Routine exercise does more than just help us stay fit; it acts as a great stress reliever too. To boost your energy level and your ability to concentrate, physical exercise has no alternative. It really gets you going and keeps you mentally and emotionally focused too.

(2) **Connection with family and friends:** Whatever people in our life who love and support us, let them! Make it a point to schedule time with your family and friends to talk to them. Regular communication with family and friends is another way to find renewal of your own energies.

(3) **Learning to accept and adapt change:** Change is a fact of life; and being a Soldier, work and life changes are common. Changes can be extremely stressful unless you learn to adjust to them. Take time to recover, refocus and regenerate during change such as, the deployment we are currently in.

(4) **Professional advancement:** Deployment opens up a great opportunity for professional advancement. You get more time to reassess yourself since you are away from home, so just decide how you want your life to look in forthcoming months or years and act accordingly. I have seen Soldiers waste their time on activities or people that add no value. You can make huge professional gain through deployment by reassessing yourself first and then acting on it.

By: CPT Khan Hossain

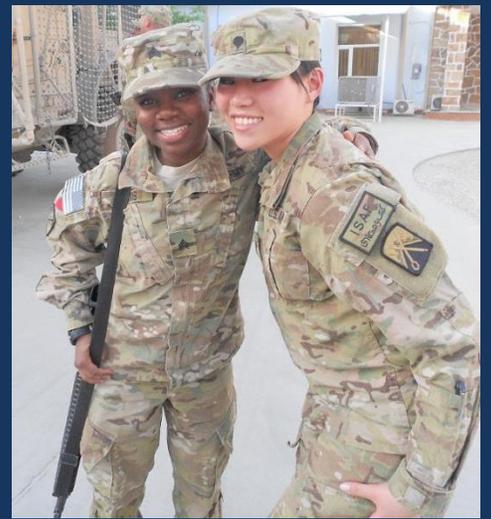
Poems from our own



ROCKS & SAND

I walk these grounds everyday and still my boots look the same
From my MCU tops to my patrol cap reads only my last name
In this desert where the heat is on, I travel through much danger
Only to get attacked by enemies we all call stranger
By the end of the day if I'm still alive, I've made it back to my bunk
But the place I live is not my home; I'm so tired of this junk!
The food is okay but could be better; it's all we have to eat
Have to make do until we're stateside where there is real meat
This journey has been a rough one and I'm glad I had the chance
To come to Afghanistan where there's nothing but rocks and
sand...

By: Eirionna Cohen



THE PASSION WITHIN

My heart burns within from the passion that explodes in me from time to time. Can anyone feel it? Can you hear it? The passion that sit still like a river in your soul, feel it, touch it, hear it beat within. The cry to know who you are and what you are made of. This passion is like the wind that the shaft drives away to give you peace and hope within, it is the passion of Christ that drives the passion within. Don't be afraid to feel the passion to cry out with a shout, for this passion heals, forgive, protect, love, comfort and hide your deepest fear. So embrace it with your whole heart and say yes to Jesus for he is the passion within.

By: Radia McKenzie

CHARLIE DET FITNESS CORNER



BY: SFC ANTHONY CRUZ-DIAZ

Another great quarter has passed and we are getting closer to go home, now I ask you... Have you reached your fitness goal? Have you achieved your golden standard? Last session we worked our chest and we learned how to perform correct squats...now it is time for ABS!

There are plenty of ABS routines and exercises. I will show you the best 10 exercises for your ABS.

CROSS BODY CRUNCH



1. Lie flat on your back and bend your knees about 60 degrees.
2. Keep your feet flat on the floor and place your hands loosely behind your head. This will be your starting position.
3. Now curl up and bring your right elbow and shoulder across your body while bring your left knee in toward your left shoulder at the same time. Reach with your elbow and try to touch your knee. Exhale as you perform this movement. **Tip: Try to bring your shoulder up towards your knee rather than just your elbow and remember that the key is to contract the abs as you perform the movement; not just to move the elbow.**
4. Now go back down to the starting position as you inhale and repeat with the left elbow and the right knee.
5. Continue alternating in this manner until all prescribed repetitions are done.

DECLINE CRUNCH



1. Secure your legs at the end of the decline bench and lie down.
2. Now place your hands lightly on either side of your head keeping your elbows in. **Tip:** Don't lock your fingers behind your head.
3. Secure your legs at the end of the decline bench and lie down.
4. Now place your hands lightly on either side of your head keeping your elbows in. **Tip:** Don't lock your fingers behind your head.
5. While pushing the small of your back down in the bench to better isolate your abdominal muscles, begin to roll your shoulders off it.
6. Continue to push down as hard as you can with your lower back as you contract your abdominals and exhale. Your shoulders should come up off the bench only about four inches, and your lower back should remain on the bench. At the top of the movement, contract your abdominals hard and keep the contraction for a second. **Tip: Focus on slow, controlled movement - don't cheat yourself by using momentum.**
7. After the one second contraction, begin to come down slowly again to the starting position as you inhale.
8. Repeat for the recommended amount of repetitions.

DECLINE REVERSE CRUNCH



1. Lie on your back on a decline bench and hold on to the top of the bench with both hands. Don't let your body slip down from this position.
2. Hold your legs parallel to the floor using your abs to hold them there while keeping your knees and feet together. **Tip: Your legs should be fully extended with a slight bend on the knee. This will be your starting position.**
3. While exhaling, move your legs towards the torso as you roll your pelvis backwards and you raise your hips off the bench. At the end of this movement your knees will be touching your chest.
4. Hold the contraction for a second and move your legs back to the starting position while inhaling.
5. Repeat for the recommended amount of repetitions.

JACK KNIFE SIT UP



1. Lie flat on the floor (or exercise mat) on your back with your arms extended straight back behind your head and your legs extended also. This will be your starting position.
2. As you exhale, bend at the waist while simultaneously raising your legs and arms to meet in a jackknife position. Tip: The legs should be extended and lifted at approximately a 35-45 degree angle from the floor and the arms should be extended and parallel to your legs. The upper torso should be off the floor.
3. While inhaling, lower your arms and legs back to the starting position.
4. Repeat for the recommended amount of repetitions.

Variation: If you are really advanced you could use a medicine ball for added resistance.

PLANK



1. Get into a prone position on the floor, supporting your weight on your toes and your forearms. Your arms are bent and directly below the shoulder.
2. Keep your body straight at all times, and hold this position as long as possible. To increase difficulty, an arm or leg can be raised.

Olympics

According to legend, the ancient Olympic Games were founded by Heracles (the Roman Hercules), a son of Zeus. Yet the first Olympic Games for which we still have written records were held in 776 BCE. At these Olympic Games, a naked runner, Coroebus, won the sole event at the Olympics, the stade - a run of approximately 192 meters. This made Coroebus the very first Olympic champion in history.

The ancient Olympic Games grew and continued to be played every four years for nearly 1200 years. In 393 CE, the Roman emperor Theodosius abolished the Games because of their pagan influences.

Approximately 1500 years later, a young Frenchman named Pierre de Coubertin began their revival. After examining the education of the German, British, and American children, Coubertin decided that it was exercise, more specifically sports, that made a well-rounded and vigorous person.

Coubertin's attempt to get France interested in sports was not met with enthusiasm. Still, Coubertin persisted. In 1890, he organized and founded a sports organization, Union des Sociétés Françaises de Sports Athlétiques (USFSA). Two years later, Coubertin first pitched his idea to revive the Olympic Games.

His speech did not inspire action. Though Coubertin was not the first to propose the revival of the Olympic Games, he was certainly the most well-connected and persistent of those to do so. Two years later, Coubertin organized a meeting with 79 delegates who represented nine countries. He gathered these delegates in an auditorium that was decorated by neoclassical murals and similar additional points of ambiance. At this meeting, Coubertin eloquently spoke of the revival of the Olympic Games. This time, Coubertin aroused interest.

The delegates at the conference voted unanimously for the Olympic Games. The delegates also decided to have Coubertin construct an international committee to organize the Games. This committee became the International Olympic Committee and Demetrios Vikelas from Greece was selected to be its first president. Athens was chosen as the location for the revival of the Olympic Games and the planning was begun.



SHOUT OUT TOOOOOO:



- *I would like to shout out to SSG Jackson, that you for hold down the fort in the rear and taking care of all of us and our families.*

Ramona Herter

- *I would like to send a shout out to all the new NCO's from C/106 FMCO and congratulate each one of them on their well deserved promotion. Another shout out/ congratulations to SPC Lord for winning her boards there was no doubt that she would smash the competition, KUDOS!*

Anthony Alvarez

- *Shout out to my loving daughter Asia Nicole daddy miss you and love you!!*

Hassan Williams

- *Shout out to my wonderful wife and son. I miss you guys and love you more than anything.*

Matthew Bailey

- *I want to give a shout out to my kids Ñequin, Lensy and Mikayla... I want you to know that Papi misses you soooo much and I love you with all my heart... GOD BLESS YOU ALWAYS!!!*

- *Congrats to all the awardees and the brand new SGT's... U rock... good job!!!*

Anthony Cruz Diaz



Contributors

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SPC Eirionna Cohen – Poems from Our Own

SPC Radia McKenzie - Poems from Our Own

SGT Jennifer Ojeda – History of the Olympics

SFC Anthony Cruz-Diaz – Fitness Corner