



SOUND OF LIBERTY



RAISING THE BAR

Above and Beyond is the New Normal by SPC Rich Gilberto

CAMP BUEHRING, KUWAIT - There are seven Army Values that every Soldier has memorized: Loyalty, Duty, Respect, Selfless-Service, Honor, Integrity, and Personal Courage. They remain ever-conscious of their actions to ensure they are living up to them. To uphold these values is to meet the standard.

In keeping with these values, Soldiers maintain their physical fitness, fulfilling a responsibility to

themselves and to their battle buddies. The minimum standard, according to the Army Physical Fitness Test (APFT) is 60 percent in each of three events: sit-ups, push-ups, and the 2-mile run. But truly upholding the Army Values means avoiding complacency and exceeding the standards wherever possible. With Soldiers competing in weightlifting competitions, running 5K races, and taking classes in spin, CrossFit, and yoga, the opportunities to exceed the standard are vast. The 101 is taking full advantage.

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FROM THE BATTALION COMMANDER



FROM THE BATTALION COMMAND SERGEANT MAJOR



Greetings to Soldiers, families, and friends of the 101 ESB. Hopefully this message finds you all in good health and enjoying your summer.

I would like to take a moment to wish CSM David Santiago a speedy recovery and quick return to full duty. Thanks to the team here for stepping up and taking on extra duties here to help cover down.

A special congratulations to the 18 Soldiers who have completed the Basic Leaders Course (BLC) here in Kuwait or Afghanistan. This 22 day course focuses on leadership and training skills necessary to lead in today's Army. For most this is the final requirement to pin on the rank of Sergeant. We have high expectations but know you are all up to the task!

Thanks to all the Family Readiness Group (FRG) volunteers and Family Programs for planning the Mid-Deployment Yellow Ribbon events this August in the Hudson Valley and Fort Hamilton. The FRG is only as strong as our volunteers; all are welcome to participate at a level they are comfortable with.

Respectfully,

Ian Seagriff
LTC, SC, NYARNG
Commander, 101st Expeditionary Signal Battalion



Soldier care - ensuring the mental and physical well-being of all Soldiers - is a priority of the Army and a responsibility of all levels of leadership. Upon having a medical emergency of my own, I experienced firsthand the amazing job the 101 has done in handling that responsibility.

Regrettably, this means the end of my time in Kuwait, but I will still work to support our Soldiers, families, and the mission in any way possible.

I have full trust and confidence in the abilities of SGM Peeler and those covering down to perform extra duties in my absence. I will be available to offer guidance and support along with CPT Kipp and SFC Horne in the rear detachment. They, along with the FRG team, have been doing excellent work as the conduit between our deployed Soldiers and their loved ones and I could not be happier with the work they've done so far.

To our Soldiers in the Middle East: I'm proud of what you have been able to accomplish so far. I am confident that with SGM Peeler the trend of exceeding the standard will continue through your return home from this deployment.

To our families: the success of our Soldiers is due in no small part to your love and support. Every letter, email, and phone call keeps us energized and motivated. Thank you for your continued support.

Sound Of Liberty!

David Santiago
CSM, NYARNG
Command Sergeant Major, 101st Expeditionary Signal Battalion



FROM THE BATTALION EXECUTIVE OFFICER



Hello everyone back home! To start off, just want you to know that your loved ones are safe. We are a little more than a third of the way through our deployment and our family of Soldiers have really started connecting and working as teams. The heat, dust, and high winds that consistently come through our area can put a damper on things, but overall I believe spirits are up throughout the Battalion. To keep things from getting stale, the units leaders have been doing a great job of rotating people in and out of the different missions we have going. It really gives people a chance to exercise their skills and show some initiative to their leaders. So a word of advice, please check with your Soldier before sending a care package! On a parting note, I want to give a shout out to Laraine Figliuolo, Family Readiness Support Assistant, who has been working closely with the Rear Detachment team to assist the families back home with problems while we are away. Thank you Laraine for your support!

Thank you,

Bernie A. Novoa
MAJ, SC, NYARNG
Executive Officer, 101st Expeditionary Signal Battalion

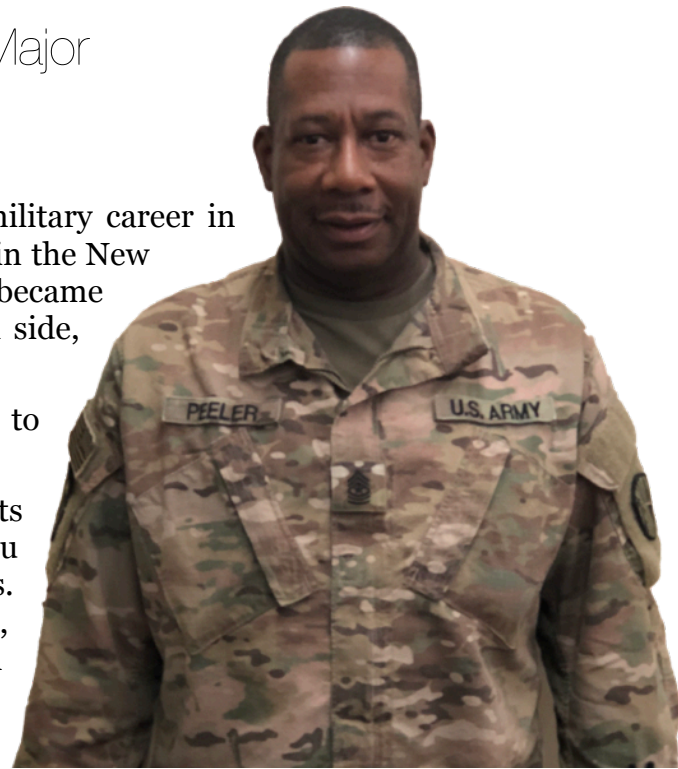
Meet the New Acting Command Sergeant Major

SGM David Peeler

A North Carolina native, Sergeant Major Peeler began his military career in 1977 with active duty as a 13B cannon crewman. He has been in the New York National Guard with the 101st ESB since 1981, where he became a 25Q Satellite Systems Operator-Maintainer. On the civilian side, he works in auto body repair.

This is his second deployment; his first was with the 101 to Kandahar Airfield in 2012.

When asked what sets the 101 apart from the active duty units stationed in Kuwait, he replied, "In the National Guard, you have so many different skillsets because they're M-day Soldiers. You have mechanics, lawyers, medics, engineers, plumbers, police officers, firemen. You have experience in the National Guard that you don't get in the regular Army."



UNIT MINISTRY TEAM

CHAPLAIN (MAJ) BRIAN PIDKAMINY - CPL BRENNAN DELANEY, CHAPLAIN'S ASSISTANT



Hello family and friends back at home. We are now a few months into this deployment and going full speed. Ministry here is going quite well with opportunities to preach to the entire base at the gospel service as well as the contemporary service on Sundays. This past weekend we had almost 200 folks show up for both those services combined. SGT Delaney has been promoted to the rank of SGT from CPL after he finished his Basic Leader Course (BLC).

We continue to be blessed with so many personal care items and snacks for everyone to enjoy at the CHAPEX within the Battalion headquarters. Without a doubt, I can say that we have the biggest and the best stuff available for our folks to come and take. Fortunately for us, we get a chance to see many faces each and every day with our folks coming in to visit and get some stuff from the CHAPEX.

I have been able to do some traveling to other countries in order to visit other people from our unit. This has been a great experience for me as I get to visit and talk with our family. We represent a positive and supportive team available for counsel, fellowship or just small talk for anyone who is willing.

We miss you all and appreciate your support from back home. We could not do all this without all of that support!

I want to leave you with this thought. When it comes to your faith and your spirituality...(James 1:2-5 (NKJV)) **Profiting from**

Trials - My brethren, count it all joy when you fall into various trials, ³ knowing that the testing of your faith produces patience. ⁴ But let patience have *its* perfect work, that you may be perfect and complete, lacking nothing. ⁵ If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him.

Sweat Equity



(Continued from page 1)

SPC Alexander Pandazis and CPT Elissa Ho are no strangers to weightlifting, and aren't afraid to put their strengths to the test. They compete regularly against other Soldiers and civilian contractors in weightlifting contests held by the MWR. In June, CPT Ho was the winner of the Buehring Squat Competition, squatting 230 lbs. SPC Pandazis took top prize in the Iron Cat Deadlift Competition with a weight of 605 lbs. Outside of these competitions, both can be found hitting the gym on a regular basis. While CrossFit is CPT Ho's choice, SPC Pandazis prefers the free weights.

Whether they're looking to improve their two-mile run times or for sheer enjoyment, the weekly 5K has become popular among the Soldiers of the 101st. It takes a lot of motivation to make it to the 0500 event, knowing that heat, dust, wind, and diesel fumes will add to the challenge of making it 3.1 miles. There is the occasional t-shirt, but the real factor that gets everyone to the starting line is the encouragement of fellow soldiers.

Every Sunday, CPT Torres-Hernandez and SFC Melissa Guckian head out for a 10-mile run in the early morning hours, often with others they've recruited to join them. The distance only makes up a quarter of what SFC Guckian runs in a week in addition to CrossFit with CPT Ho. LT Barry Kessler is another example of a great motivator; those who want to get a bike for his spin class need to show up at least 30 minutes early due to its popularity.

Soldiers are taking the initiative to better themselves and to motivate their battle buddies to do the same. In doing so, they ensure they will be ready for whatever challenges come their way, while still being able to hit the gym after they're done.

(above, from left) Sgts Laborde, Lowe, and Estacio approach the finish line of the Army Birthday 5K at Camp Buehring, 6/14/2018. (below, top row) LT (now Captain) Ho competes in four events of the Buehring Fitness Games, 8/5/2018, and (below, bottom row) completes the winning squat at the Buehring Squat Competition, 6/24/2018.



The MWR staff at Buehring and all of our out-sites are always putting on events - and they take lots of pictures! Soon you'll be able to find these photos at <http://nysignal.org/kuwait2018>





Striking A Pose

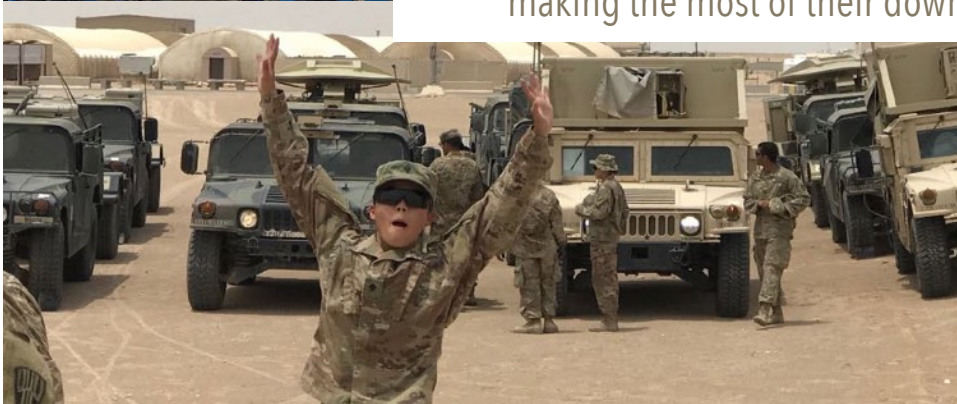
Photo submissions from the 101 show the variety of events that can happen on a "normal" day. Taking advantage of MWR trips, bingo prizes and certificate courses, Soldiers are making the most of their experiences and enjoying each other's company.

For more photos, events, and other updates, go to www.nysignal.org/kuwait2018





RELEASE THE HOUNDS
From the other side of the Hudson to the other side of the world, the Bravo Company Bulldogs work to maintain communications uptime while making the most of their downtime



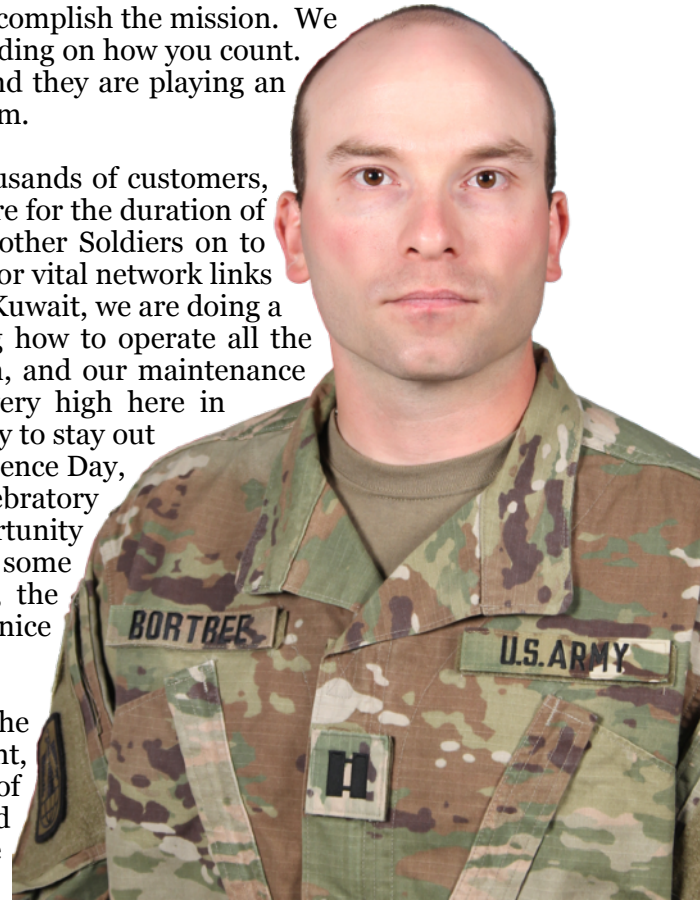


CPT Bradley Bortree, Commander

B Company is doing excellent work. Everyone is working hard to accomplish the mission. We are spread out across three countries in around ten locations, depending on how you count. The team leaders at all the sites are keeping their Soldiers busy, and they are playing an important role. Expectations are set high, and the Soldiers meet them.

In Afghanistan, the teams provide communications support to thousands of customers, including over 30 generals. In addition to the Soldiers assigned there for the duration of the deployment, we have also been able to find missions to send other Soldiers on to have a change of scenery from Kuwait. In Qatar, our Soldiers monitor vital network links to other sites and make sure any problems are resolved quickly. In Kuwait, we are doing a lot of training on our equipment. All signal Soldiers are learning how to operate all the different types of equipment, not just what they usually work with, and our maintenance teams are keeping everything functional. The temperature is very high here in Kuwait, and we enjoy training at night when we have the opportunity to stay out of the sun and the heat. It is not just all work though. On Independence Day, our company hosted a small barbecue, and there was even a celebratory event after dinner at the dining facility. We have also had the opportunity to get away from all the desert sand and go into Kuwait City on some Morale, Welfare, and Recreation (MWR) trips. Seeing the city, the water, the shops, the restaurants, and the other MWR sites is a nice break from day to day operations.

We have been fortunate to be able to send five Soldiers through the Basic Leader Course (BLC), resulting in two promotions to Sergeant, and are hoping to send more. Soldiers have also taken advantage of the certification courses available, such as Security+, to gain and refine their skillsets. I'm very proud of all the Soldiers in the company and am excited to see all the great things they accomplish.



1SG Javier Colon, First Sergeant

Here we are about four months into this deployment. For many, this is their first deployment and will probably be their most difficult. Bravo Company as a whole has had its ups and downs but the Bulldogs are still in the fight. Resiliency and the support of our loved ones will carry us through the finish line. I know that our Soldiers' time here will ultimately be a positive experience. They will go home smarter, more resilient, and better prepared. They will definitely grow from this experience and be able to use the tools and lessons learned in their daily lives once back at home. Those of us who are unemployed or underemployed will be able to use their newly-acquired technical skills and Veteran status to find better jobs back home and Soldiers with college-bound kids will be able to transfer their post 9-11 GI Bill to their child. This deployment will be over before you know it, BULLDOGS, and we've already gotten through the worst of it!

I'll close with this quote: "Give a man a fish, and you feed him for a day. Teach a man to fish, and you feed him for a lifetime."



Bravo at the Out-Sites



QATAR

SPC Jamel Lucas Places First In Swimming Event

BY SGT WILLIAM DUNN

CAMP AS SAYLIYA, QATAR - One of B Company's own, SPC Jamel Lucas was awarded a medal placing first in the 100 meter individual medley relay. This is his very first race at the pool in CAS, on only his second day there. Upon winning he grinned widely and exclaimed, "this is just the beginning."

SPC Lucas has been swimming since he was 10 years old, and spent most of his teenage and young adult years as a lifeguard. Initially before joining the NYARNG, he dreamed of being a Coast Guard rescue swimmer. He changed his mind soon after, deciding instead to adopt a secondary trade that would give him experience in the civilian workforce. These days he carries his passion for swimming on his sleeve, "You know the guy that signs up for all the swimming events? I'm that guy."



KABUL

Crucial Comms Support For Afghanistan

BY SGT JEANETTE GONZALEZ

NEW KABUL COMPOUND, AFGHANISTAN - Across the Greater Kabul Metropolitan Area (GKMA) a detachment from Bravo Company is dedicated to providing an array of battlefield communication and technology services to civilian and NATO forces from several nations. This team of signal soldiers supports eight separate and unique sites that house both military and other US Government agencies. Services provided include general help desk support, network operations, communications and transmission security, contractor oversight, project management, and operational support. The GKMA Detachment is an integral support component of Operation Resolute Support.



KANDAHAR

The Transformation Of SGT Torres

BY SGT JOSEPH BILLALBA

KANDAHAR AIRFIELD, AFGHANISTAN - The journey started out when SGT Orlando Torres changed his diet while in Fort Hood by reducing his carbs and sugar intake, initially transitioning to a maximum of 1800 calories a day. The plan required exercise twice a day with a morning run, weight lifting exercises and body sculpting with Crossfit at least six times per week. He improved his health stats by portraying a can-do attitude. With the guidance of SSG Alexander Rodriguez (who introduced SGT Torres to Crossfit), SGT Victor Nicotra, and myself he established and stuck with his challenging regimen. SGT Cuesta continuously kept his goals in perspective and SGT Torres did not give up. These are his results so far: he has lost 30 lbs; his waist shrunk from 37.5" to 34.5"; he passed his tape test and his BMI went from 27% to 20%.

Basic Leader Course

The only non-commissioned officer education course currently offered in our area of operation is the Basic Leader Course, a requirement for all Soldiers to advance to the rank of sergeant. Focusing on physical fitness, drill and ceremony, Army customs, and Soldier care, the course is meant to prepare new NCOs to be effective leaders for the future of the Army. The 101 wasted no time in filling all available openings with qualified candidates. Congratulations to the following Soldiers for completing the course:

SGT Aminu Abubakar
SPC Tavon Amaya
SPC Matthew Babcock
SPC Garth Brathwaite
SGT Patricia Brown
SGT Brennan Delaney
SGT Skipper Feist
SPC Wilson Fung
SPC Shamek Gibson

SGT Kristofer Lee
SPC Prem Nair
SPC Alexander Pandazis
SGT Sharon Rau
SGT Anindya Sarker
SGT Xavier Soto
SGT Deshawn Thomas
SPC Luis Torres
SPC Leon Woodstock

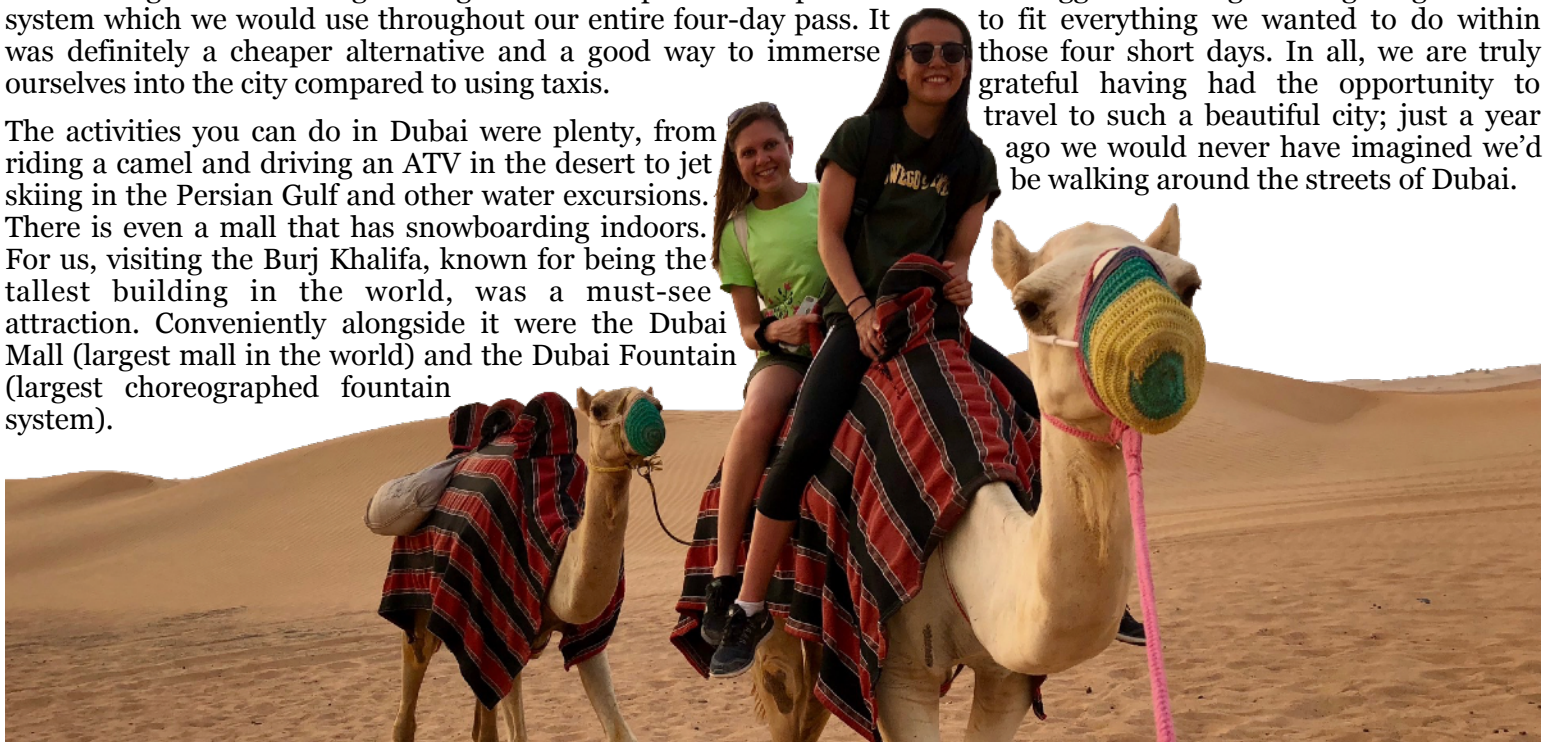


Liberty Pass: Dubai by SPCs Svetlana Fomina and Chanel Kung

After taking off from Kuwait International Airport without issue, it was only a couple hours before we would land in the famous city of Dubai. Upon arrival, the humidity and desert heat hit us first, but thankfully by this time we were already familiar with this weather in Kuwait. Together we managed to figure out their public transportation system which we would use throughout our entire four-day pass. It was definitely a cheaper alternative and a good way to immerse ourselves into the city compared to using taxis.

The activities you can do in Dubai were plenty, from riding a camel and driving an ATV in the desert to jet skiing in the Persian Gulf and other water excursions. There is even a mall that has snowboarding indoors. For us, visiting the Burj Khalifa, known for being the tallest building in the world, was a must-see attraction. Conveniently alongside it were the Dubai Mall (largest mall in the world) and the Dubai Fountain (largest choreographed fountain system).

Since we had been in the Middle East for a few months already, there wasn't much culture shock for us, especially given the amount of tourists walking around as well. The biggest challenge was figuring out how to fit everything we wanted to do within those four short days. In all, we are truly grateful having had the opportunity to travel to such a beautiful city; just a year ago we would never have imagined we'd be walking around the streets of Dubai.





The New York Adjutant General Visits The 101 In Kuwait

Major General Anthony German, The Adjutant General (TAG) of New York, is the highest-ranking military official in the New York National Guard. Part of the state government's executive branch, he serves as head of the New York State Division of Military and Naval Affairs, which includes the New York Army National Guard, New York Air National Guard, the New York Guard, and the New York Naval Militia.



Maj Gen German visited elements of the 101st Expeditionary Signal Battalion in Camps Arifjan and Buehring to get an up-close look at the progress of the mission in Kuwait and a gauge of the morale and welfare of his soldiers from New York. He was joined by BG Michel Natali (53rd Troop Command Commanding General) CCM Amy Giaquinto (New York National Guard's most Senior NCO), and CSM Corey Cush (53rd Troop Command Command Sergeant Major).

At a town hall in Buehring's gateway tent attended by the entire Battalion, Maj Gen German took the time to meet each Soldier with a handshake. The event focused on retention, ensuring that every Soldier feels they are receiving proper care. He asked questions to find any ways the state of New York could improve the mobilization process for units going forward.



Send a letter or package to a Soldier via USPS for the cost of shipping within the United States:

**[Rank] [Name]
[Company], 101st ESB
APO, AE 09330**

Want to send a quick gift? Green Beans coffee shops exist at almost every post. To send your Soldier a gift card, all you need is their personal email address. Just go to www.greenbeanscoffee.com and choose "Coffee Cards" to get started. The value of the cards will include an extra 10% credit!

HAPPY BIRTHDAY TO...

JUNE

SSG Antoine Lamaison	16
SPC Juan Bouret	17
SGT Victor Nicotra	18
PFC Shahriar Rahman	22
SPC Georgi Kalancha	24
SGT Donnell Laborde	24
SPC Christopher Lavin	25
SPC Nicholas Fabian	25
SGT Danny Silva	26
SPC Lawrence Totaro	27
SFC Melissa Guckian	28

JULY

SFC Fernando Regis	8
SPC Avery Uzzle	9
SPC Ahmed Yasin	10
SPC Michael Johnson	11
SPC Mohammed Miah	16
SPC Manuel Riverabaca	17
SPC Raymond Jones	18
SPC Nataly Burgos	18

SFC Joshua Carson	21
SPC Michael Shaw	22
SPC Ryan Murphy	23
SGT Joanna Gonzalez	24
SPC Allison Vickery	25
SGT Jason Elia	26
SPC Garth Brathwaite	29
SSG Fernando Aguilar	31
SPC Robert Houston	31
SPC Anthony Tatavitto	31

AUGUST

CPT Andrew Carter	1
PFC Michelle Smith	2
SPC David Padroncordova	3
CW2 Jose Ozuna	4
SGT Kristofer Lee	6
SGT Robert Arias	9
2LT John Chewens	9
SGT Julius Forde	9
SPC Joel Frias	12
CPL Hunter Marshall	14

SPC Chanel Kung	15
SGT Linton Howell	17
SPC Matthew Babcock	18
SPC Nile Perez	19
SPC Michael Bonifacio	20
SPC Robert Goins	21
SGT Pascal McDonald	22
SPC Yira Caceres	22
SGT Xavier Soto	23
SPC Leon Woodstock	23
SPC Jason Challenger	23
SGT Renato Barrera	24
SGT Juan Morel	25
SPC Kevin Chan	25
CPT Angelo Rosa	25
SPC Orlando Cabral	27
SSG Jose Bautista	27
SSG Cynthia Alberto	27
SFC Ernesto Velazquez	28
SSG Thomas Anagnos	29
SPC Nawang Palden	30
SPT Matthew White	31
SGT Carlos Torres	31

AWARDS



Army Commendation Medal

SSG Archana Chong (B Co)
MSG Patrick O'Neil (A Co)



Army Achievement Medal

SGT Omolade Adeleye (A Co)
SPC Tyrell Cook (HHC)
SGT Andrea Faye Estacio (HHC)
SPC Richard Gilberto (HHC)
SGT David Guckian (A Co)
Cerone Samuel (C Co)
1LT Adrian Tapia (HHC)

RECENT PROMOTIONS



CPT Elissa Ho (HHC)



1LT Albert Ames (HHC)
1LT Roberto Zavala (B Co)



SFC Yessenia Ochoa (C Co)



SGT Brennan Delaney (HHC)
SGT Skipper Feist (HHC)
SGT Kristofer Lee (HHC)
SGT Sharon Rau (HHC)
SGT Christopher Saintmire (B Co)
SGT Anindya Sarker (A Co)
SGT Deshawn Thomas (C Co)



CPL Christopher Cuccolo
CPL Ryan Roberts



SPC Juan Bouret (A Co)
SPC Daisha Dorsainvil (B Co)
SPC Robert Goins (B Co)
SPC Jonathan Mendez (C Co)
SPC Kadeem Muhammad (C Co)
SPC Alessandra Taormina (A Co)
SPC Jonathan Tipan (B Co)



PFC Omar Valdez (A Co)