

**NEWSLETTER
OCTOBER 2022
VOLUME 11 - NO. 10**

IN THIS ISSUE

- ◆ The 10th Annual Tanker Homecoming
- ◆ The Sleep Fix by Diane Macedo
- ◆ The Army Officer's Guide to Mentoring by Raymond A. Kimball
- ◆ Patton and the US Tank Corps Monument Update
- ◆ Battalion Information

Patton Battalion - USABOT is a chapter of the US Army Brotherhood of Tankers and is a 501(c)3 Non-Profit.

Patton Battalion - USABOT covers Illinois, Indiana, Kentucky & Tennessee.

The Blood and Guts Newsletter covers events and activities within our area and USABOT National.

EIN:
And registered with the state of Kentucky

Patton Battalion - USABOT

Total: 93 paid members

24 Lifetime Members

53 Annual Members

2 Associate Member

438 on Battalion Facebook Page

PATTON BATTALION - USABOT

ILLINOIS - INDIANA - KENTUCKY - TENNESSEE

The 10th Annual Tanker Homecoming has come and gone. The citizens of Gettysburg are probably getting things back in order after they left, LOL! But seriously, it looks like it was a great time had by all.

Homecoming is a really special thing. Its where the members can get together and hang out and share their time of service. One of the things we always talked about Homecoming is it is also a recruiting event. People come that have never been around the organization. This is where we shine. Battalions hosting the event put in huge effort to show people a good time in their area. Some areas offer more than others.

It has been mentioned that there needs to be tanks involved. Sometime that is harder than it seems. In order to connect with active soldiers you have to be in contact with on post Public Affairs and units on post have to have time available to allow for visitors. Not as easy as just showing up.

A perfect example of recruiting is at Homecoming the Guest Speaker COL Workman became a member. One of the tour guides at Gettysburg, David Donahue, is working to become a member. Two people that before Homecoming had no idea about us.

ATH List

- 1 - Ft Knox 2012
- 2 - Ft Knox 2013
- 3 - Ft Knox 2014
- 4 - Ft Benning 2015
- 5 - Ft Hood 2016
- 6 - Ft Riley 2017
- 7 - Ft Benning 2018
- 8 - Ft Bliss 2019
- 9 - Ft Carson 2021
- 10 - Gettysburg 2022

Be on the lookout for dates for the following ATH's

- 11 - Tucson 2023
- 12 - Ft Stewart 2024

Two good books I finished this month. The first one is something that seems to effect all of us that have served in the military, SLEEP!

The other book is something that we all have done and should continue to do, Mentoring!

KP Morris
Patton 6

**[HTTPS://DOUGHBOY.ORG](https://DOUGHBOY.ORG)
WWW.USABOT.ORG
[HTTPS://19SERIESCLOTHING.COM](https://19SERIESCLOTHING.COM)**

10th Annual Tanker Homecoming - 2022 - Gettysburg



10th Annual Tanker Homecoming Gettysburg, PA 2022

From Wednesday October 12 through Sunday October 16 the 10th Annual Tanker Homecoming was held at Gettysburg, PA. Over that period the tankers and tank mechanics of USABOT went to Antietam Battlefield, President Dwight D. Eisenhower Farm, and Gettysburg Battlefield with Camp Colt as part of the tour. The Retreat ceremony was held at the East Cavalry Field and the Dining In was held at the WWII American Experience Museum. I was not able to attend but based off the photos and comments it lived up to usual Homecoming experiences. Everyone had a great time and made new friends.

Here are some photos from the event.



Why cant I remember that guys name?



10th Annual Tanker Homecoming - 2022 - Gettysburg - Cont.



Above we the Park Ranger checking everyone's pockets after leaving the Eisenhower House. Just kidding! But seriously, that's probably what he was doing.

To the left we have tankers on a Civil War battlefield talking about where they would put their tank. If they were there in the Civil War.

Below we have a Master Gunner going over the finer points of the cannon in the Civil War. Actually this is the best part of Homecoming. The time hanging out with fellow tankers and wrenches. James Hessler is the Battlefield Guide in the blue jacket.

Lower left is guide David Donahue.



10th Annual Tanker Homecoming - 2022 - Gettysburg - Cont.



Now this is Homecoming, sitting in the rain drinking beer with Tankers. Just like old times.





What happens at Homecoming, stays at Homecoming.
Or so you hope.



David Donahue was one of the
tour guides at Gettysburg. He
was a former Armor officer. He
is looking to join USABOT
also!

10th Annual Tanker Homecoming - 2022 - Gettysburg - Cont.



COL Ryan K. Workman was the guest speaker at the 10th ATH Dining In.

Colonel Ryan K. Workman is a native of Evansville, Indiana. He graduated from the United States Military Academy in 2000 and was commissioned as an Armor Officer.

COL Workman's first assignment was to 4th Squadron, 7th Cavalry at Camp Garryowen, Korea where he served as a Scout Platoon Leader, Support Platoon Leader, and Troop Executive Officer. Following the Armor Captain's Career Course, he was assigned to 3rd Squadron, 2nd Armored Cavalry Regiment at Fort Polk, LA which later converted to 2nd Battalion, 30th Infantry. While there he served as an Assistant S3, Infantry Company Commander, and Battalion Operations Officer, and deployed to both Operation Enduring Freedom and Operation Iraqi Freedom. COL Workman then served as a Small Group Instructor at the Maneuver Captain's Career Course and as the Chief of Current Operations, Human Resources Command G-3, both at Fort Knox, KY. Following the Command and General Staff College

he was assigned to Korea where he served as a Division Plans Officer in the 2nd Infantry Division, the Squadron Operations Officer and Executive Officer in 4th Squadron, 7th Cavalry, and the Executive Officer for 1st Armored Brigade Combat Team, 2nd Infantry Division. He was then assigned to Combined Forces Command / United States Forces Korea CJ37 as the Training and Readiness Branch Chief and later as the Exercise Branch Chief. COL Workman commanded 6th Squadron, 8th Cavalry Regiment at Fort Stewart, GA from June 2018 to June 2020. Following squadron command, COL Workman returned to Korea and served as the Chief of Plans, and then as Director of the G35 Future Operations Directorate.

COL Workman's civilian education includes a Bachelor of Science in Civil Engineering from the United States Military Academy and a Masters of Arts in International Relations from Webster University. His military education includes the Armor Officer Basic Course, Armor Captain's Career Course, and Command and General Staff College.

COL Workman's awards and decorations include the Legion of Merit, Bronze Star Medal w/OLC, Defense Meritorious Service Medal, Meritorious Service Medal w/3OLC, Combat Action Badge and Air Assault Badge.

COL Workman has been married to his wife Jihwa for 19 years. They have a twelve year old daughter, Kara.

His speech covered the following topics.

The recent wars in the Ukraine and Nagorno-Karabakh have shown the continued relevance of armor and mechanized forces in future warfare. However, we must continue to invest in both new technology and tough, realistic, combined arms training to counter new threats.

The Army is re-organizing into a division-centric structure to better prepare for large scale combat operations. This re-organization has several impacts on the armor force, including the fielding of Mobile Protected Firepower Battalions in the Light and Joint Forcible Entry divisions, the development of Heavy and Penetration Divisions, and the fielding of Division Cavalry Squadrons in the Penetration Division.

Provided an update on modernization of the armor force, to include the fielding of the M1A2 SEPv3, M2A4 Bradley, and the Armored Multi-Purpose Vehicle (AMPV).

Concluded with his appreciation for what USABOT does to maintain the traditions and camaraderie of the Armor and Cavalry community.

COL Workman joined USABOT at the Dining In!!!



10th Annual Tanker Homecoming - 2022 - Gettysburg - Cont.

WWII American Experience Museum. For more information on the museum check them out on Facebook or on their website www.visitww2.com

They also have videos on YouTube.



WWII American Experience
3K followers • 109 following



WORLD WAR II
American Experience



Gregg R. Pomerleau, aka *The Blue Falcon*, was the battlefield guide for Antietam Battlefield. You can see in the photo above that Gregg is telling the members that there will be a police call of the battlefield because the Sergeant Major found a cigarette butt in his grass. Just look at their faces, LOL!

I am kidding as I am jealous I did not get to make it the Homecoming. I miss getting together for Homecoming. It is truly a magical event. There is probably no other time you will be around people that you connect with so easily. The night we had 200 tankers at the movie premiere for *Fury* I was truly taken back to my time in the movie theater in basic training. My wife was asking me if people are going to keep yelling comments through the whole movie. I simply said just sit and listen, there are people who are going to talk about this for years. And we do.

For those of us who can't make it to Homecoming we never really understand the odd comments or odd photos that the people there talk about with a giggle, smile or big laugh. It truly is what this organization is about. Why it was started and why it continues to grow.

If you have been on the fence or not sure you would fit in at Homecoming, don't let that stop you. You will probably find someone from your time and if not you may find your old drill sergeant! At the 2nd Homecoming we had a guy meet his old platoon leader who was sitting at the bar watching us unsure if he would fit in. He was blown away.

When we were planning the 3rd ATH we made a point to make the Homecoming something that we move around. After having three events at Ft Knox the reminiscing was over. We had people who said that they couldn't travel that far to be there. Plus in order for us to reach tankers and wrenches we needed to go where they are. It makes me very happy to see the Homecoming at different locations. The connections we have made at different bases. Hell we have even had a Retired Sergeant Major of the Army attend the event! We have had generals as guest speakers! So much more than we had ever thought possible. It just keeps getting better.

So if your battalion is looking at hosting the Homecoming get in there and volunteer to help with planning and running it. It takes a big team to pull this event off. Otherwise someone is going to be overloaded. Teamwork is what makes the event click.

People think that I was the one who pulled off two Homecomings, that is not true, Patton Battalion pulled off two Homecomings. I was just holding the chair and whip to keep the tigers at bay.



The Sleep Fix by Diane Macedo

The Sleep Fix by Diane Macedo

ISBN: 9780063040021

ISBN 10: 0063040026

Imprint: William Morrow

Publication: December 14, 2021

Trimsize: 6x9in

Pages: 384 pages

From renowned ABC News anchor/correspondent and former insomniac Diane Macedo, comes a practical, user-friendly guide to getting better sleep. *The Sleep Fix* flips the switch on common advice, illuminating the reporter's relentless search for how to get a good night's sleep and the surprising, scientific, and practical solutions she found along the way. Roughly thirty percent of the population is estimated to be living with insomnia, while many more unknowingly suffer from other sleep disorders. In *The Sleep Fix*, Macedo aims to change that with perspective-shifting research and easy-to-implement solutions based not just on science and experts, but also her own years-long struggle.

As an early-morning reporter and overnight news anchor, Macedo learned the hard way how valuable sleep is, and how it affects everything from our heart to our brain to our immune system. The longer Macedo struggled, the more her health deteriorated. Desperate, she tried standard sleep tip after standard sleep tip, but nothing worked - instead, it made her worse.

Finally, after developing a tolerance to sleeping pills, Macedo decided to attack the problem as a journalist, interviewing sleep experts from all over the world to get to the bottom of what really keeps us from sleeping—and the various ways to fix it. As Macedo explains, the solution to catching zzz's isn't as simple as giving up caffeine, or putting away your phone before bed. With her down-to-earth explanations and humor, she instead teaches us how to:

- Understand sleep biology
- Identify sleep obstacles
- Flag sleep myths and separate fact from fiction
- Try counterintuitive approaches
- Shift our mindset

Most importantly, Macedo — a busy, working mom — teaches us how to adjust and fit these solutions into our everyday lives. Offering expert wisdom, cutting-edge research, intimate sleep stories from public figures, and actionable advice, *The Sleep Fix* is the tell-it-like-it-is guide this sleep-deprived world has been waiting for.

<https://www.harpercollins.com/products/the-sleep-fix-diane-macedo?variant=39298810347554>

My Review

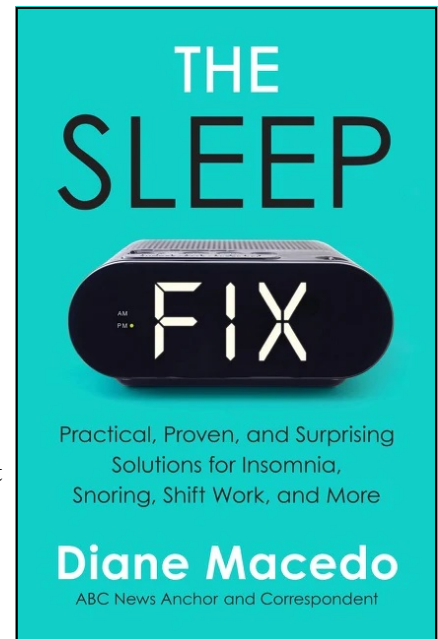
Before I started this book I made my usual post about the next book. I made the following statement. *Just finished this one and have been wanting to start on the next one since I first heard of it. Looking to see if the insomnia from military service can be fixed.* So after reading the opening I had found that I made a mistake. I did not know what the definition of insomnia was. So you must ensure you know the definition of insomnia and is this the issue that you have. There are many different sleep issues and it is important to know which one is the issue you have.

So I must correct myself. Having started the book I don't have insomnia. I don't have an issue falling asleep. As with most military folks I can sleep anywhere. Issues are I may sleep 1, or 2 hours and find myself awake. Wide awake, then after an hour I am going back to sleep.

Catnaps, times I can just close my eyes. Those all work to put me at rest.

Coffee, won't always keep me awake. Drink several cups and go right out.

I claim that military service, working 24hr days, operations that run around the clock. You would typically, in the field, on tanks be awake 16, 18, 20 and even 22 hour days.



The Sleep Fix by Diane Macedo - Cont.

At gunnery on tank ranges you may be asleep and awoken at some strange hour to do a night run. So there was always interruption in your sleep. This all started in basic with night watch. They start you out slow with just one hour of your sleep then.

So as time goes on and with rank comes more to do. Sleep? Not time.

I found that the more physically fit the better the ability to adapt to sleep loss. My wife and kids will beg differently now. But it was the difference with others I worked with.

I will usually get 4 to 5 hours a night. Not all at once. Sometimes I get more. Usually on the weekend and it depends. My mind knows when it 0500. And I am up every work day at 0500. Weekends it may be 0600 to 0700. But I am usually up later than on my week nights usually.

I account this sleep issue to training. Training myself to keep going. Working the long shift. In the Ice Storm of 2009 I believe I pulled some 32 hours straight at first.

So my night time interruptions I account to "it must be time to do something" from my past. Browse the FB, Twitter world, find something on TV, type down a thought on my phone, or search the web for something on my mind. And then back to sleep.

What I hate is when you fall asleep and instantly the alarm goes off and you have been asleep and it feels like no time has lapsed!!!!

I would also point out that I am fully aware and have no issue with my sleep. I have learned to accept it. With that said I have already learned a lot about sleep in the first 3 chapters. So many things I have heard from others and their sleep.

This book mentions many apps that can be used in figuring out your sleep issue. One was even done by the VA and DOD! But it did not get a good review in the book.

So there are so many things that effect sleep. These things are noise, light, food, temperature, the bed, the bedroom, clothing, issues of your health, such as sleep apnea and snoring, circadian cycle, routine, and your past. Each of these are topics in the book. Each one has an impact on your sleep.

I have never thought about many or most of these issues when it comes to sleep. As many of these were uncontrollable in the Army. Sleeping in an open bay barracks with 60 others who snored, got up, dropped gear, would turn on lights, and other things. Temperature, sleeping in the field is a crap shoot. I have slept in freezing weather while shaking from being cold. I have slept in tents in Georgia with sweat rolling off me while sleeping. Sleeping on a 3ft tall step ladder on the MPRC at Ft Campbell. Routine, the only time that happened was in basic training.

One thing that was mentioned in the book is noise. So they were talking about white noise needed for some people to sleep. Like a fan running, or a radio, and maybe a TV, something with a steady noise to block other things out. I laughed as I thought tinnitus! It is what many veterans have. We have our own white noise 24/7! For me there are times when I really notice it more than other times.

I found the book useful as it will help you find a solution for nearly all of these issues. Tips for trying to fix the issue or pointing you back to seeking a professional sleep therapist. And there is a section on what type of doctor to seek for your sleep issue also.

So the book mainly talks about the issue of insomnia and for a person in a set sleep schedule. So as I was talking to a friend, Mark, he works what I call a swing shift. He works four 12 hour nights, three days off, three 12 hour days, one day off, three 12 hour nights, three days off, four 12 hour days. Then done with 12 hour shifts for two weeks. Either a week of 8 hour days and a week off or two weeks off depending on your vacation. I've been there so long I generally get two weeks off about 10 times a year. This to me is like the worst sleep plan ever. I don't know how he does it but he has done for many years. But as we talked about the book he mentioned some of the same books mentioned. And he has tried about all of the things mentioned in the book.

For me I found the definition that I needed to hear on page 257. *"The brain is a pattern recognition machine. Feed it a pattern – a routine that brings you sleep – and it will recognize it" and help prepare you for sleep "even of other areas of life are erratic."* This was quoted from Dr. Michael Grandner. This is the answer I needed for sleep issue. And its not really an issue to me it's the issue that bugs my wife.

If you have an issue with sleep or even if your not sure if you have an issue I will highly recommend this book.

The Army Officer's Guide to Mentoring by Raymond A. Kimball

The Army Officer's Guide to Mentoring by Raymond Kimball
Center for Junior Officers (CARDOL)

Print length: 184 pages

Language: English

Publication date: September 19, 2015

Dimensions: 5.5 x 0.42 x 8.5 inches

ISBN-10: 0996821007

Description

Mentoring matters! It matters because it shapes both the present and future of our Army. It matters because at our core, we are social beings who need the company of one another to blossom. It matters because, as steel sharpens steel, so professionals become more lethal and capable when they can feed off one another. This book is all about the lived experience of mentoring for Army officers. Within these pages, you will read real stories by real officers talking about their mentoring experiences.

Author

Raymond A Kimball is a career Army officer with a passion for mentoring. He is a combat veteran with deployed tours on three continents. All of his proceeds from the sale of this book in any format go towards defraying publication costs or are donated to charity. The views expressed in this book are those of the author and do not reflect the official policy or position of the United States Military Academy, the Department of the Army, or the U.S. Government.

<https://juniorofficer.army.mil/the-guides-to-army-mentoring/>

Be sure to look for the link above to the website for the Center for Junior Officers and both of the books on mentoring. They have one for Officers and NCOs. You can request copies from the website.

My Review

My old commander when I was 1SG wanted me to write a book on counseling and mentoring. I looked into it and even thought about it. This book is a great look into what I would have put to paper.

The value of mentoring and counseling I learned from an officer. It was from a company commander who gave all the E-6s and E-7s and initial counseling. We all took counseling as bad things he changed our tune on that. Or at least he changed my mind on counseling.

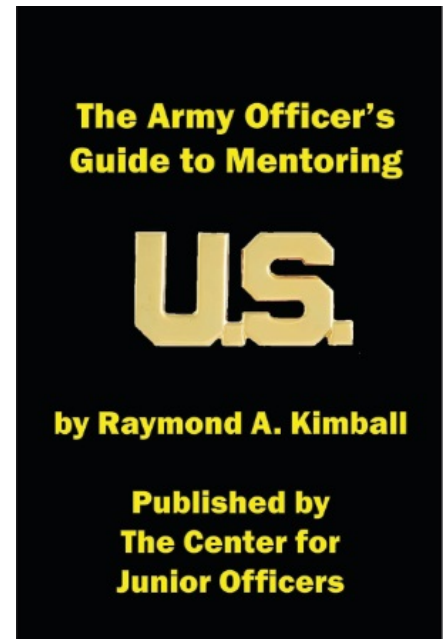
From that point on initial and quarterly counseling was something I focused on. Even as an M-day NCO at battalion and as the 1SG. Some of my initial counseling statements for new soldiers are still being used some 10 years after retirement.

So this book is broken down as Introduction, Mentoring 101, Coaching vs Mentoring, Career Functions, Psychosocial Functions, Role-Modeling, Mentoring Communication, Chain of Command Mentoring, Peer Mentoring, Cross-gender Mentoring, and Mentoring in other domains.

One of the first things I made a note of was in the Coaching vs Mentoring. The author claimed that these do not go hand in hand. Coaching is described as short term. Mentoring is Long term. I did not agree. They go hand in hand in the task of developing. Both have value that is applied in both short term and long term. Much like goals, they require a path and must be re-evaluated as you go.

There are so many valuable conversations in this book that show the ups and downs and the highs and lows of mentoring.

This book even covers things I did not think about. In the book he talks about e-mentoring. Using the modern technology to mentor. You may be asking what is this? Email, Facebook, and other sources to communicate other than face to face. Since the pandemic we have all seen how communication has changed.



Patton Monument Report for 2022

As of October 24, 2022, the Monument fund has \$26,416.00.

Total in Monument Account: \$26,416.00.

The Bourg Tee Shirts we have on hand. **(UPDATED)**

Large: Yellow - 2, **2XL:** Yellow - 2, Tan - 2, OD - 3, **3XL:** Yellow - 2, Tan - 2, OD - 1, **4XL:** Yellow - 1.

M4 Tee Shirt

Large: Tan - 1.

2XL: Tan - 1

New Mugs!!!

We now have the 15oz Red Ball Express mug and the new 15oz Treat'em Rough Mug!

Lapel Pins

We are looking at \$12 each for these.



Patton Battalion Funds / Memberships / Dues

The Patton Battalion, as of October 24, has 438 members on our battalion Facebook page. Out of those 451 members we are currently at 93 paid members. The Patton Battalion has \$0.16 in funds in the PayPal account. We have \$415.66 in the Patton Operating account. Battalions funds are \$416.51. There are no Monument funds in the Battalion account as of this time.

In order to be a paid member of the battalion you must be a paid member of USABOT National. Again, a paid first year membership of \$15.00 which gets you a free battalion patch. Since we now have the battalion patch in the larger size both in color and subdued you have a choice as to which one you want free with your paid membership.

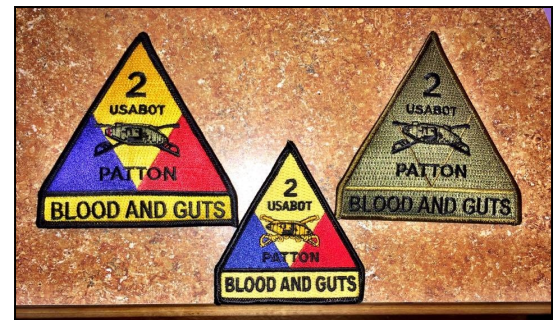
Both patches are also available for \$5 EA.

Your annual membership renewal will be \$10.00 every year after that. **Annual dues for the battalion are now due in June of each year!**

You can pay for your battalion membership through Paypal at: **pattonbattalion@outlook.com** or **patton.battalion@usabot.org**.

If you don't have a Paypal account you can send a check or Money Order to:

Patton Battalion - USABOT
1432 Flood Road
Shelbyville, KY 40065



ATTENTION

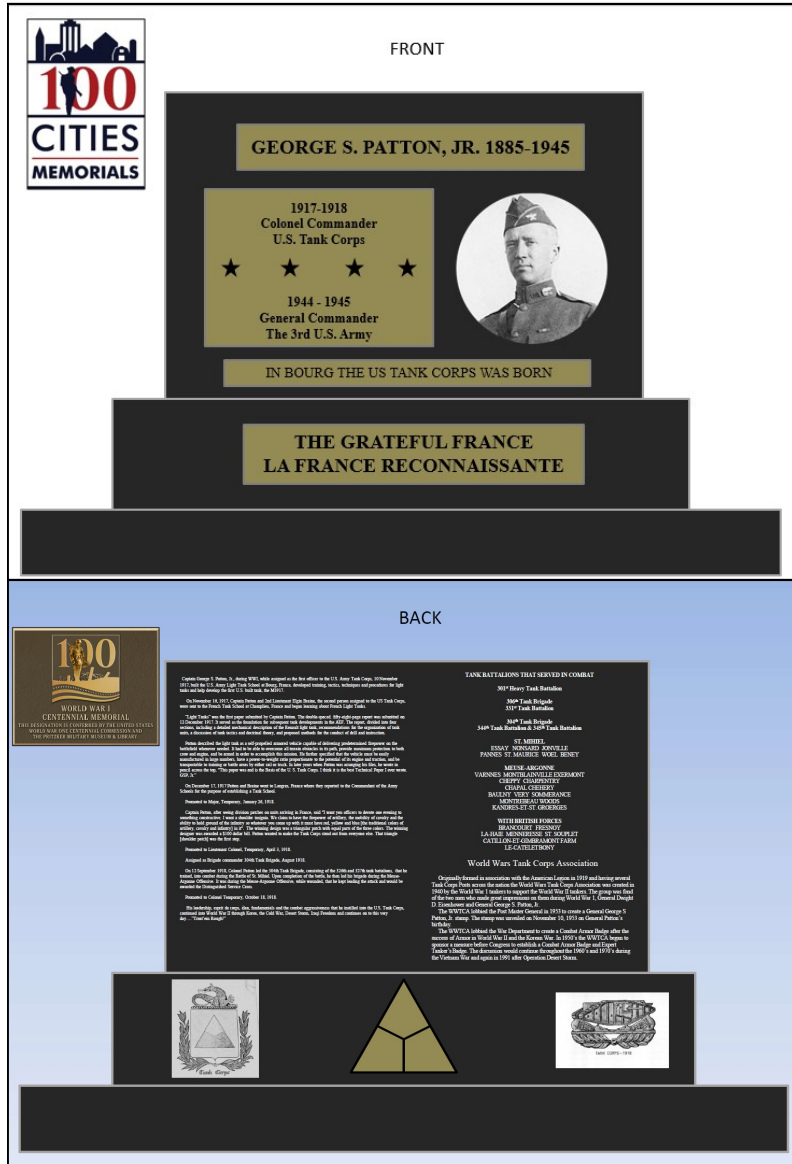
USABOT Memberships can be renewed and purchased By mail at

USABOT
68 West Marion ST
Doylestown, OH 44230

Make checks payable to USABOT
If at all possible try to go the USABOT Store Online and register there so that the G4 can track.

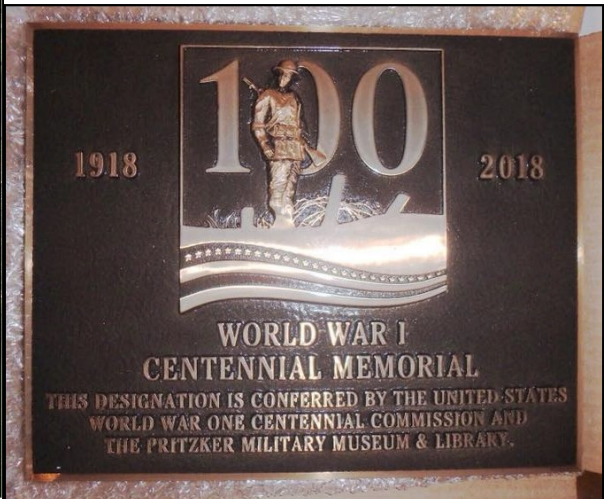
WWW.USABOT.ORG

Patton Joins the US Tank Corps Monument



The US Tank Corps shirts we still have few tees left!

<https://19seriesclothing.com/>





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Be sure to check us out on
Twitter @pattonbattalion



Exercise IronWolf is upcoming. In a few days, the main battle tanks of NATO enhanced Forward Presence Battlegroup Lithuania will demonstrate once again that we are able to defend @NATO allied territory against any threats. The German & Norway Leopards 2 are combat ready and ready for IronWolf! #StrongerTogether #WeAreNato

Coming up in the November Issue - More of the history of the Master Gunner Program.

Upcoming Events

US Cavalry & Armor Association Chapter Fort Knox - Stable Call monthly meeting, 3rd Thursday of every month, Location TBD - Fort Knox, KY.

Indiana Military Museum Schedule 2023

The Great War Event, April 1-2, 2023
WWII Event Spring - TBD
WWII Event Fall - TBD
Vietnam War Event - TBD

Eleventh Annual Tanker Homecoming - Tucson, AZ. Dates TBD.

Gainey Cup - Ft Benning, GA, 1-5 May 2023.

Operation Anvil - Battle for Southern France 1944- Phil Moore Park, Bowling Green, KY.

Patton and the US Tank Corps Monument - Fort Knox - **TBD**

