



STEEL SPIKE EXPRESS

ADSEQUOR - "TO ACHIEVE"



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"Steel Spike" Soldiers continue their numerous & varied missions throughout the Baghdad area. See photos of what they've been up to this month.



Fort Polk's HSC FRG enjoy a night of bowling with family and friends October 27th.
See more photos inside!

"Steel Spike" leaders enjoy a friendly game of charades during the October 25 Sapper Call at Camp Liberty, Iraq.
More photos inside!

46th Engineer Combat Battalion (Heavy)

Alpha Gators

"Steel Spike"

Bravo Beast

955 ENGINEER COMPANY Clydesdales



Commander's Observations



LTC Matthew Zajac
Battalion Commander
46th ECB (H)

Greetings Families and friends of the Steel Spike Battalion!

Another month of our deployment is complete and as we approach the six-month mark, I am proud to say that our Soldiers continue to amaze their fellow Soldiers and the leadership across Baghdad with the quality of their construction and their positive, can-do attitudes. Across all of the supporting functions within the Battalion our Soldiers also continue to excel, and our mechanics in particular amaze me with their ingenuity and dedication to keeping our equipment ready – as I recently experienced first-hand while “helping” them change a transmission on a dump truck.

October has turned to November and although there are not many trees here to identify the change to Fall, the dropping temperatures and the start of rains has brought a welcome relief from the heat of the summer. These changes have also brought their own challenges – slippery roads, slick surfaces on buildings and equipment, standing water, and the use of electrical equipment in wet conditions. As we move into the holiday season, we also see the appearance of lights and decorations. For all of us both here in Iraq and back home, I ask that we take the time to prevent accidents by recognizing these conditions and by remaining vigilant in protecting ourselves and each other.

The photo below shows the majority of the Battalion on Thanksgiving morning as we took a moment to reflect on the support of our Families back home and on our family of Soldiers here in Iraq. Our next issue of the Express will highlight the Thanksgiving activities enjoyed by our Soldiers and the great efforts of the Family Readiness Group leadership and volunteers to bring our Families together during the holidays. I am committed to ensuring that Families remain connected during the holidays, and am working with the FRG leaders and company command teams to provide multiple ways of sharing our experiences during the coming months.





CSM's View

Greetings from Baghdad,

Hope this newsletter finds everyone doing well and enjoying the fall weather. Iraq has finally cooled off but has also treated us to some rare autumn rain, which makes for some very annoying mud. The past month has again been very busy and productive for the Battalion. When you hear about how the security and living conditions are improving for the people of Baghdad, rest assured your Soldier is playing a key role in that accomplishment.

I want to congratulate SGT Daigrepoint and SPC Nyumbu both HSC Soldiers on their selection as NCO and Soldier of the Year for the Battalion. SPC Nyumbu was also promoted to Sergeant a few weeks after the winning the board. The Soldiers of the Battalion continue to amaze me with their motivation and cohesion and the way they attack every mission they are given. I want to always say thank you to all of the Battalions FRG volunteers and all of our Steel Spike family members for the support you provide us.

SPIKE 7



CSM Frank Thibodeau
BN CSM
46th ECB (H)

PA's/Chaplain's Corner

Insomnia

I have 3-4 soldiers in my office per week who complain of insomnia. Everyone wants a med to fix it but this is often not needed. In most cases the problem is poor sleeping habits.

Here are some tips to get a good night's rest:



CPT Troy Bidez
BN Physician's Assistant

Go to sleep and wake up at the same time every day. No daytime napping. Keep the noise down, do not watch TV or listen to music, and no PT too close to bedtime. Avoid caffeine or herbal stimulants such as supplements that promote weight loss. Avoid smoking or smokeless tobacco close to bedtime. Learn and practice relaxation techniques. If these things do not work, come to the BAS and we may try a medication for a short time.

"A cheerful look brings joy to the heart, and good news gives health to the bones." Proverbs 15:30 (NIV)

Good news for the 46th GT Improvement Class: Every student in the class raised their GT Score, and half of the class achieved 110 or higher!



CPT Jerry Wagner
BN Chaplain

I believe credit should be given to our dedicated students as well as our high speed instructors.

Both groups worked diligently, putting a great deal of time and effort into the program. They now share the excitement of good news.



HSC "SPARTANS"

Greetings Spartans FRG, family & friends,

I would like to take a moment to extend a warm "Happy Thanksgiving" to you all. The holiday season is quickly approaching us. The command team recognizes that these times can be hard and often trying for our Soldiers and their families. Being apart from your loved ones always presents a challenge from within. Your Soldiers miss you all dearly but without hesitation answered the call of our nation. They are truly making a difference in Iraq.

We all often wonder exactly what our impact will be in Iraq, once it's all said and done. Well, in keeping with the approaching holidays. I think a simple way of measuring our success would be through the prosperity and kindness of the Iraqi youth. We strive to see the day when the kids of Iraq are without needing simple things such as clean water, food, shoes, clothes, violence free streets and soccer balls. Yes, soccer balls! The children here are fascinated with the game of soccer. They often approach the Soldiers asking for soccer balls. The kids here are just like kids anywhere else. They have an imagination that allows them to find the good in just about any circumstance and they just simply want to play.

Our Soldiers' efforts today will play a major role in winning the hearts of generations to come. I would ask during this holiday season that we reflect back on the sacrifices that you all are making and how our (Soldiers and loved ones) unselfish acts will bring two worlds closer. Our willingness to make a difference will allow the Iraqi children the opportunity to play as our kids do. These same kids will grow into adults and they will remember the kindness, protection and support shown by our Soldiers and this is how our success will be measured. Once again Happy Holidays and thanks for all of your support!

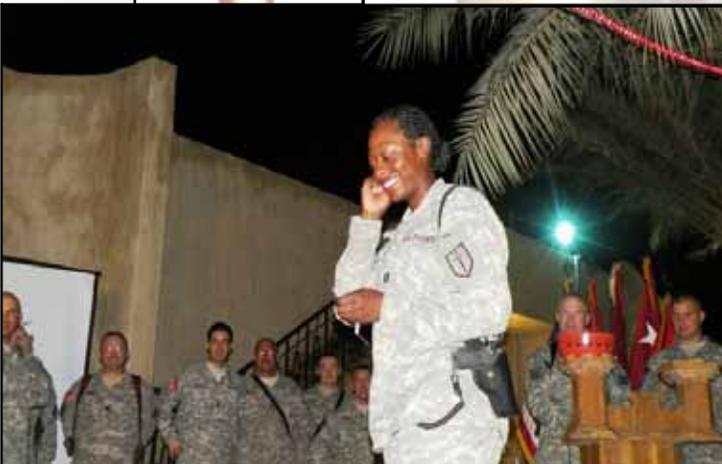


CPT Angela Smoot
HSC Commander
46th ECB (H)



1SG Steven Hall
HSC First Sergeant
46th ECB (H)

1SG Hall shows off his Horseshoe-playing skills at the HSC Halloween Party, October 30.



CPT Smoot acts out a clue to help her team win during the October 25 Sapper Call, at Camp Liberty.





MSG Fletcher fires up the grill at the HSC Halloween Party.



PFC Vermeulen, a medic, gives a class on the proper way to insert and use IVs during a Combat Lifesaver Class.



SSG Pankonin shows off her pigtailed at the Halloween Party.



SGT Arriola and PVT Sharper adjust an antennae on the roof of the BN HQ.



CPL Fulton organizes and sorts mail in the mail room in September.



CPT Landreth teaches Math during the GT Improvement class in October.



SPC Clay from the PSD team enjoys the grub at the HSC Halloween Party.



CPT Bidez is geared up for a convoy mission with A CO.



SPC Aragon takes a picture at the HSC Halloween Party.



ALPHA "GATORS"

Families and friends of the Gators,

Another month has passed and we are proud to report that the Gators are all doing very well. The pace of operations has remained steady but is no match for the motivation and skill of our great Soldiers. 1st PLT continues doing great things providing convoy and site security in the Baghdad area. 2nd PLT is continuing to construct living and working space on a camp in the area. This month they have focused their efforts on a new building which houses our partners from the Iraqi Army. EM PLT has stayed busy providing support to various units in the Baghdad area. Much of their recent efforts have been to help counter the wet ground conditions brought by rain showers.

This month as we enter the holiday season we have many things to be thankful for. First and foremost is the support we continue to receive from everyone on the home front. We can't say enough about how much we all appreciate what our Families and friends do for us while we serve in defense of our great nation.

We are also happy to report that we will have a chance to bring the Gator team together for thanksgiving. We will enjoy the opportunity to come together and share in some fun and fellowship as well as a bit of well deserved rest.

CPT Heenan and 1SG Roman



CPT Sean Heenan
A Co. Commander
46th ECB (H)



1SG David Roman
A Co. First Sergeant
46th ECB (H)



"Four words...sounds like..." CPT Heenan gives clues during a game of Charades at Sapper Call, 25 Oct.



1SG Roman & CPT Heenan present Driver 's & Mechanic's badges to SGT Peura, SPC Guevara, & SPC Barber, 28 OCT.



A well-coordinated effort by A CO Soldiers at H2 Building, 14 OCT.



1ST platoon provides security for Task Force Gold Spike, 4 November.



SFC English and other Soldiers show off their "Relay for Life" t-shirts, 9 Nov.



SPC Headley and SSG Zavala address the company after receiving AGCMs, 1 NOV.



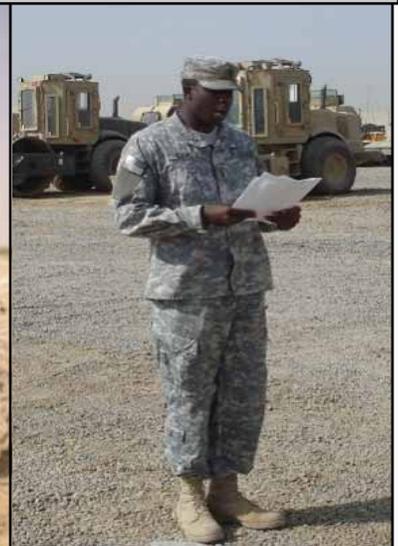
SPC Pritchett fixes a Grader at the A CO motor pool, 4 October.



Two A CO Task Force Gold Spike Soldiers take a knee during a mission.



EM Platoon uses a bucket loader to complete a mission, 25 August.



1LT Davis reads orders at the A CO motor pool, 19 Sept.



BRAVO "BEAST"

Hello Beast Families and friends,

I'm writing to inform you of the outstanding job our BEAST Soldiers are doing here in Baghdad, Iraq. November will make our sixth month deployed. This past month our Soldiers have continued to make a distinguishable name for themselves throughout our area of operation. Although they were extremely busy we did not forget our duty to vote. I'm proud to announce that 100% of our Soldiers voted this election.

I'm also pleased to inform you that the Bravo Company 46th EN BN Family Readiness Group FRG continues to flourish and grow in numbers. Don't forget to stop by our company website www.bravo46en.com for the latest and greatest. We are averaging over 800 visits to this site per month. The site is updated monthly with recent pictures and platoon activities for the month. Let me know if you have any suggestions christopher.o.beal@us.army.mil
Beast 6 Out!



CPT Christopher Beal
B Co. Commander
46th ECB (H)



1SG Gregory Williams
B Co. First Sergeant
46th ECB (H)



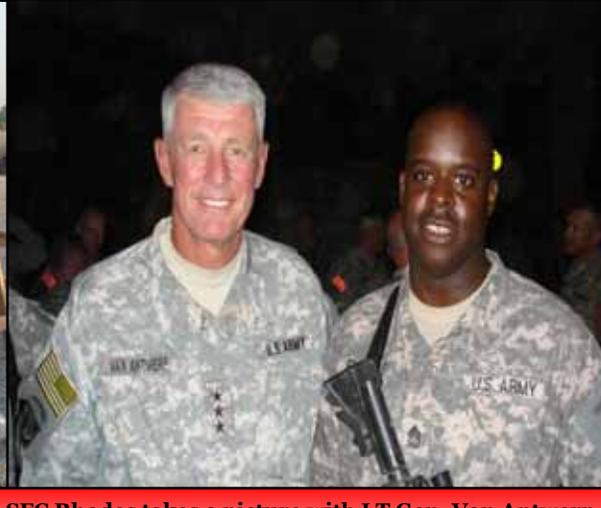
CPT Beal takes a photo inside a MRAP before heading out on a convoy mission.



HSC's 1SG Hall takes a photo at the Palace with 1SG Williams, October 13.



PV2 San Miguel saws wood to make guard towers.



SFC Rhodes takes a picture with LT Gen. Van Antwerp, Chief of Engineers & USACE Commander, at Sapper Call, 25 October.



PV2 Carr & SPC Richardson work on a MRAP at the motor pool.



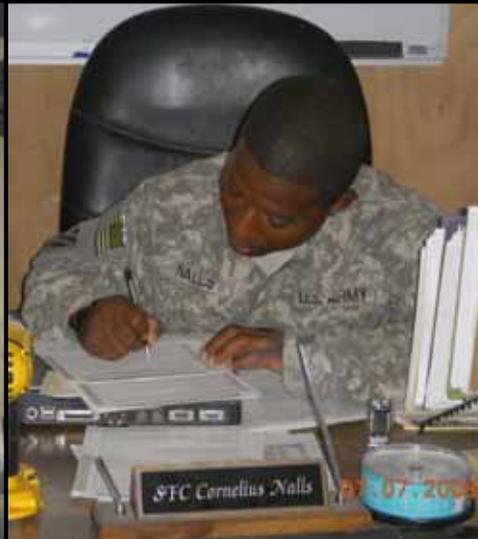
SPC Hayter double-checks trusses at a construction site in Baghdad.



LTC Zajac & CPT Beal congratulate B CO Army Achievement Medal winners & Army Physical Fitness Badge winners.



Task Force Gold's SSG Portes is ready to roll out on a mission.



SFC Nalls takes care of maintenance paperwork at the B CO motor pool.



SSG Peltier and SFC Alcorn take a picture with CSM Thibodeau at Istiqlaal.



955th EN CO "CLYDESDALES"

CPT Lauver:

Greetings to all our family and friends of the 955th Engineer Company! We are continuing to make progress in a variety of missions from installing sniper screen at smaller Forward Operating Bases to cleaning up along streets to make the area safer.

1st Platoon completed a project to create a helicopter landing pad on JSS Suj and install a septic tank on JSS Oubaidy; 2nd Platoon is working on Route Sanitation on several routes in the Victory Base Complex neighborhoods; and 3rd Platoon completed a project to emplace over 900 T-walls around an apartment complex, a mission that kept maintenance running 24-hours a day and all headquarters staff running support.

We are all excited about the upcoming holiday – locally, we will be playing football and enjoying turkey! We wish you a safe and great holiday!

SFC(P) Gibbs:

Hello to everyone at home! Thanksgiving is almost here, and we have a lot to be thankful for – family, friends, and comradeship!

The company will be participating in the Turkey Bowl, playing against the other engineer battalion here on Camp Liberty. Earlier this month, the company enjoyed a picnic in celebration of finishing the apartment complex mission, complete with burgers, chips, and volleyball.

We miss everyone at home and wish you all a safe Thanksgiving holiday. Eat some pumpkin pie for us!



CPT Crystal Lauver
955th EN Co.
Commander



1SG Matthew Gibbs
955th EN Co.
First Sergeant



1SG Gibbs feeds a hungry crowd at the 955 Company Picnic, 2 November.



CPT Lauver & SSG Smiley pose together at the 955 Halloween Party.



955 Soldiers enjoy a break and grilled grub at the 955 Company Picnic, 2 Nov.



Showing off spooky Halloween costumes at the 955 Halloween Party. Wait a minute! What is SFC Fraine dressed up as???



Soldiers play card games & have snacks in the Rail Room as a Halloween break.



955 Soldiers enjoy a relaxing Sunday afternoon during the Company Picnic, 2 Nov.



It's all smiles at the 955 Company Picnic as Soldiers relax & chill in the shade.



More spooky costumes...Wait a minute! She's just in PTs!

November 2008

SPOTLIGHT ON SUCCESS



A CO's 1LT Nelson RE-UPS
SPC Giboe, 6 November.



CPL Jason Whitehouse, B CO,
November "NCO of the Month."



SSG Knight is awarded an Army
Achievement Medal, 1 Sept.



PFC Ruhling is promoted to SPC
at Task Force Gold Spike
in Sept.



SPC Nicholas Basile, HSC,
November "Soldier of the Month."



A CO's SFC English pins
SGT Aviles during his promotion
2 October.



46th ECB (H) In the News...

Read news articles about "Steel Spike" Soldiers:

<http://www.afrocentriconline.com/phpBB2/viewtopic.php?p=1267674&sid=22fa08214338e953435e5fb3b4a5d284>

(46th ECB (H) makes tremendous upgrades to JSS Oubaidy)

http://www.dvidshub.net/?script=images/images_gallery.php&action=viewimage&fid=119161

(A Cajun Collision in Iraq)

<http://newsblaze.com/story/20081001125600zmil.nb/topstory.html>

(OK native tries out Iraq football Field)

http://www.dvidshub.net/?script=images/images_portfolio.php&poc=4681

(955 Engineers Clear the Way for safe patrols)



1LT Janeene Yarber
"Scoop Spike"
Public Affairs Officer

Watch Holiday video shout-outs at www.dvidshub.net. Click on "Holiday Greetings" & then your state.

To get your photos into next month's newsletter, email me: janeene.yarber@mnd-b.army.mil.



Steel Spike Birthdays & Fun

December

- 1—SFC NASH, SSG ORANGE, PFC MORRAQUIN, SPC FERRELL & PFC DEITRICK
- 2—SGT BABB, CPT BIDEZ, SPC CONASTER & SSG HILL
- 5—SPC KIRKLAND
- 6—SGT KENNEDY
- 7—SFC CAMPBELL, SGT ZUNIGARUIZ & SPC BURKE
- 8—SPC WEBB & SPC SALLAS
- 9—SGT FOLDS
- 10—SGT GIBBS
- 12—PFC PAINTER
- 13—SGT VAETH, SGT L'ITALIEN, PFC BUCKMEIER & SPC EADDY
- 14—PFC POLIPNICK & SPC STENSON
- 15—SPC SPARKS
- 16—SSG LAUWERS, SPC MCELREATH & SPC BURCH
- 17—SGT WILKERSON
- 18—PFC HEAVEN
- 21—SPC BEASLEY & PV2 WELCH
- 22—SSG SCHANTZ, SPC PETERS, SPC VELEZ & SPC ANDRIANO
- 23—SSG TAVAS & SFC ANDERSON
- 24—SPC BONILLA & SSG LOPEZ
- 26—SPC BORTELL & SPC KARNAP
- 27—SPC SHOULTS
- 28—SSG CALHOUN
- 29—SPC HIGDON & SPC FRITZ
- 30—SPC MILLER
- 31—SGT ERIKSEN & PFC DEEMS



SSG Jackson is surprised with birthday cake and pizza on her birthday, Sept 1st.



MSG Jackson & CPT Cowlin take time off from TF Gold Spike work to pose for a picture.



The "Sapper Singers" perform the Army Song & "Essayons" at Sapper Call, 25 October.

Welcome the Newest Members of the "Steel Spike" Family:

Aidan C. Russell

22 October

Hayden Michael Adkins

3 November



A Word from the FRG



Ashton, Breanna & Zacherie Willeford say:
"We love and miss you!"



The HSC FRG enjoys a night
of bowling at Fort Polk, October 27th.



HSC Family members enjoy a night
of bowling, Oct 27th.



Friends & Family gather at Fort Rucker to say goodbye to
late-deploying B Co Soldiers in October.



The Stinnett kids are dressed to impress
in their Halloween costumes.



HSC Family members enjoy a night
of bowling, Oct 27th.



November 2008

Steel Spike Express



Mrs. Taft, Mrs. Daigrepoint & Mrs. Shoemaker enjoy bowling, Oct 27.



Brotherly love: Lulani & Keoni Pollom



Katie Jo Mellquham says: "We miss you daddy."



Logan Fontenot & Kelly Stinnett: "This deployment is driving us looney."



Bryan Capra says: "Happy Thanksgiving Jane. Stay safe & I love you."



SSG Lacey comforts his wife before deploying in October.

Rear D / FRG Contact Info

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