

The WRANGLER

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Serving the 4th Sustainment Brigade during Operation Iraqi Freedom 08-10

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THREE CRUCIAL WEEKS FOR SUCCESS

Article by: Sgt. John D. Ortiz
4th Sustainment Brigade Public Affairs



A Soldier with 1-126 Cavalry Squadron loads a chain of 40mm rounds into a feed tray on a Armored Security Vehicle as part of the RIP/TOA training for the training 100th-442nd Infantry Battalion and 1-299 Cavalry Squadron. Courtesy Photo.

For some, teaching others can be a natural talent, and for others, teaching is easier said than done, however teaching lessons learned from a nine month deployment are crucial to the success of an incoming unit.

For both the 1-148th Infantry and the 1-126th Cavalry, this process of training their replacements the 1-299 Cavalry and 100-442 Infantry, respectfully, both of the 29th Infantry Brigade Combat Team of the Hawaii National Guard, began at the start of their deployment.

“Immediately following our transition with the unit we replaced, we completed an after action review and developed working groups to improve the transition process,” said Maj. Jeffrey Kinninger, Operation Officer for the 1-126th Cavalry Squadron. “Squadron leadership agreed the process could be improved to set the conditions for our replacement’s success.”

Transitioning a security force battalion is difficult under normal combat operations, however transitioning two escort battalions while maintaining a high level of support to convoys was a challenge leadership from both battalions faced head-on.

“The mission and training plan was definitely a

challenge,” said Maj. Daniel J. Long, Operations Officer for the 1-148th Infantry Battalion. “We have brilliant leaders that took charge of the individual training events and executed them.”

“Our Non-Commissioned Officers were given guidance to plan for additional training while maintaining the operational tempo,” said Kinninger. “They made recommendations on balancing the training for [our replacements] and maintaining mission loads to keep war fighters supplied.”

When both battalions transitioned into the 4th Sustainment Brigade, they underwent a similar process with units they replaced. However numerous changes were made in order to better prepare their replacements, the 100-442 Infantry and 1-299th Cavalry, which not only reflected improving conditions in Iraq but also adapted real world scenarios.

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Soldiers with the 1-126 CAV watch as a member of the 100th-442nd Infantry fires a mounted .50cal during a ASV familiarization range. Courtesy Photo.





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The WRANGLER

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4th Sustainment Brigade Commander
Col. Terence Hermans

4th Sustainment Brigade Command Sergeant Major
Command Sgt. Maj. Erik R. R. Frey

Chief, Public Affairs
Sgt. 1st Class Erick Ritterby

Operations Sergeant
Staff Sgt. Reginald Wright

Multimedia NCO/ Layout & Graphics
Sgt. Angiene L. Myers

Public Affairs NCO/ Editor
Sgt. John Ortiz



Wrangler Command Team Message



Colonel Terence Hermans

As the Wrangler Team approaches the holidays, we would like to take a few moments and recognize the outstanding performance Wranglers have been accomplishing over the past few months.

The 4th Sustainment Brigade is stacked with first teamers that continue to make great contributions in the support of Operation Iraqi Freedom

The 9th Financial Management Company is one such unit. As they begin their transition home, their accomplishments will always be remembered, if not by name, than definitely by the legacy they will leave.

The Vanguard Paymasters was the nail that closed the deal of establishing the first host-nation bank on U.S. military soil in the Central Command Area of Responsibility, providing a model for finance operations in both Iraq and Afghanistan.

Not to be outclassed by his unit, Staff Sgt. James Garlitz, earned the title of U.S. Army Central NCO of the Year and represented the three-star command and the Wranglers at the U.S. Forces Command NCO of the Year competition.

A company that wants to see what right looks like can look to the 9th Finance which has handled millions of U.S. dollars and

foreign currency without losing track of a single dollar bill throughout their 15-month deployment.

9th Finance's achievements are as monumental as those of the 1-126th Cavalry Squadron and the 1-148th Infantry Battalion.

These two units transitioned into the Wrangler formation shortly after the Wranglers took charge of the distribution mission. And since the beginning the units have exceeded all mission expectations as they protected and escorted combat logistics patrols throughout Kuwait and Iraq, bringing the spirit of the Michigan and Ohio rivalry to the fight.

The 1-126th Cavalry Squadron, based out of Michigan, accomplished more than 3,500 missions driving more than 2,400,000 miles in direct support of 4th Sustainment Brigade's CLPs.

Their convoy escort teams worked in both Kuwait and Iraq, escorting Army, Air Force, contractor and military personnel to their final destinations.

The Hunters accomplished a mission that was ever evolving from the time they put boots on ground to their Transfer of Authority. The success of their mission is a testament to the Soldiers, NCOs, and Officers of the Hunter Battalion.

They have produced a model which is consistent with the high standards of the Wrangler Brigade.

The 1-148th Infantry Battalion, based out of Ohio, created an atmosphere of professionalism while securing Wrangler combat logistics patrol throughout Iraq.

The Warrior battalion conducted more than 450 missions, driving more than 480,000 combined escort miles with



Command Sergeant Major Erik R. R. Frey

no losses from enemy action or vehicle accidents.

Their escort vehicles completed missions to 24 different Forward Operating Bases across the entire Iraqi Theater of Operation.

Missions for both battalions could last anywhere from 5 to 15 days depending on environmental conditions, and it is a testament to their discipline and motivation to drive through some of the most dangerous roads in the world.

1-126 Cavalry and 1-148 Infantry have set the standard for all security forces to match.

We would like to take this time to thank the Warrior's and Hunter's medics for their outstanding accomplishments and service. These outstanding medics were the backbone of Task Force Wrangler Medic, providing quality medical support to CLPs traveling into and throughout Iraq.

In parting, we would like to invite every Wrangler to personally thank the Vanguard Paymasters, Hunters, and Warriors who will be redeploying in the coming days, ushering a new era in the brigade.



No One Leaves Untested WRANGLER COMBATIVES

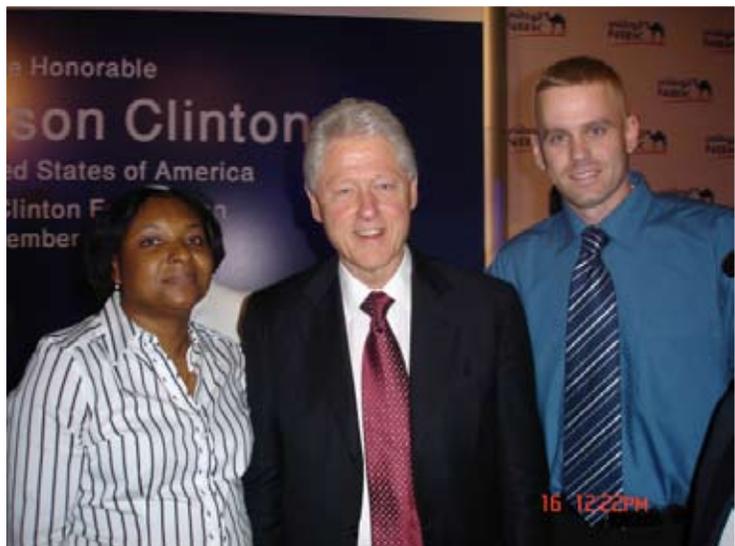
Meeting a former President

2nd Lt's Pinnock and Feehan represented 9TH FMCO at the National Bank of Kuwait's International Economic Symposium in Kuwait City on 16 November.

The audience consisted of Kuwaiti Ministry Officials, top executives from the National Bank of Kuwait, other Kuwaiti banks, and top corporate clients.

Former President Bill Clinton spoke at the annual international symposium. His focus was on the current global, economic and political developments.

Mr. Clinton spoke on what he believes needs to be done to fix the current financial crisis in the U.S. and globally. He spoke about the political situation in the Middle East and the direction he thinks the new U.S. President will take on this issue.



SUCCESS Continued from Front Page



Members of 1-148th Infantry Battalion feed Soldiers of the 1-299th Cavalry Squadron during a break between mounted training lanes. Courtesy Photo.

“The changes we implemented reflect the changing conditions on the ground in regards to enemy action. Because the [unit we replaced] had suffered numerous small-arms and IED attacks, it had assumed a more aggressive posture on the road,” said 1st Lt. Mark Grant, assistant Operations Officer for the 1-126 Cavalry.

“The end results were updated rules of engagement reflecting a desire to demonstrate good-faith and further cooperation while sharing the congested roads in Iraq,” said Grant.

“Our train up for this mission was not what we hoped for, and felt we could provide realistic training events for the 1-299 Cavalry,” said Long. “We experienced the same mobilization station and just built on their experience and

tailored a plan to validate the unit on individual and crew tasks prior to entering Iraq.”

Additional training supplemented what both the 1-299th Cavalry and 100th-422nd Infantry received at their mobilization station at Fort Hood, Texas.

“Based on what [the units] did or didn’t receive at Fort Hood, we tailored a plan to include use of flares, new escalation of force kits, [while training in an up-armored Humvee] in a combat scenario,” said Long.

The situational training exercise replicated as close as possible, the realism of multiple battle drills conducted on a combat logistic patrol.”

In training their replacements, both 1-126 Cavalry and 1-148 Infantry used numerous training

Calvary to work with a convoy commander and experience [the different vehicles],” said Long, adding it was the first time the unit received the opportunity to train as a convoy comprised of different vehicles.

A superior knowledge base is gained through experience, realizing what works and what doesn’t.

“The knowledge [our unit] gained was both instrumental in the success of our own tour and was beneficial in the training of our replacements,” said Grant, adding the unit that will replace them, the 100th-442nd, already has an operational mindset present due to their previous deployment in support of Operation Iraqi Freedom, “thus they have readily assimilated the task we



Members of the 100th-442nd Infantry receive an ASV familiarization class after downloading their gear at the Udari Range Complex. Courtesy Photo.

aides to give training a dose of reality.

Long stated his unit used heavy equipment transporters and Army tractor trailers from the transportation battalions within the brigade to give realistic value and feel to the training during situational training exercises.

“The training enabled the 1-299

are demonstrating to them.”

With the transition training complete, resulting in a successful battle hand-off, the 1-126th Cavalry and 1-148th Infantry no doubt have played an important role in the future success of the 100th-442 Infantry and the 1-299 Calvary.

Kininger states the indicator of success will be at the end of the Lava Brigade’s mission, adding if they complete more missions, drive more miles, while moving more equipment with fewer injuries and accidents; our job preparing them has been successful.



Members of the 100th-442nd Infantry Battalion receive a class on how to use the many benefits of Harris radios, the main radio the unit will use on convoys. Courtesy Photo.





An Increased Role in Combat

Article Courtesy of Echo Company, 237th BSB
1-148th Infantry Battalion



Sergeants Angela J. Williams and Ashley M. Ricketts, both of Echo Company, 237th BSB pose for a photo during the staging process prior to leaving on a convoy. Courtesy Photo.

The Army has seen many changes in the past 15 years, from new uniforms and clothing that protect the wearer from extreme conditions to overall operational procedures to accomplish any given mission.

Among many of those changes is the roll of the female Soldier in today's Army. In the past, until the dissolution of the Women's Army Core in 1978, females were restricted to purely administrative and medical support career fields.

Over the past 30 years, female participation in the military has spread throughout many fields. From cooks and medics, to military police and transportation, there would seem to be no area of expertise the new female Soldier has not contributed to.

All fields, except for the basic front-line infantry unit, which to this day still remains hollowed ground for the almighty male grunt, ground pounder or just plain old ass kicker.

There is of course always an exception to the rule, especially in the military that simply states if the right circumstances develop to their full measure, along with any Soldier being in the right place at the right time, things happen.

The circumstances were evident from the beginning. A shortage of gun trucks within the 1-148th Infantry Battalion to meet mission requirements. To support the mission, volunteers were asked to come forward to create additional gun truck crews from Echo Company, 237th Brigade Support Battalion to meet those requirements.

The result, Sgt. Angela J. Williams and Sgt. Ashley M. Ricketts stepped forward and volunteered, thus becoming part of the growing number of female Soldiers to serve under hostile fire conditions and each has their own unique history in the military.

Sgt. Ashley M. Ricketts is 23 years old with a little over six years of service in the Ohio Army National Guard. This is

her second deployment in support of OIF and so far this tour she has covered more than 7,000 miles in convoy patrols divided up among thirteen different missions.

In addition Sgt. Ricketts is also a qualified emergency medical technician from her civilian job making her a valuable asset on any given assignment outside the wire. Sgt. Ricketts plans to finish her paramedics training after her redeployment, followed by a career as

a fireman/paramedic in the Newark Fire Department in Ohio.

Her main reason for requesting gun truck duty was simply to visit other camps, see other parts of the country, as well as she rather shyly admits, to get out from behind her desk as the unit TAMMS clerk.

Sgt. Angela J. Williams is 35 years old with over seven years Active Duty experience and just joined the Ohio Army National Guard this year just in time for deployment.

Sgt. Williams has more than 3,000 miles, spread over four different missions while at the same time doing double duty as the motor pool shift leader, maintaining a 96% organizational readiness rating.

Sgt. Williams made it all too clear; she plans to be in uniform for quite some time to serve wherever duty calls. It's simply what she does.

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ROLE Continued from page 8

The question asked to both of these Soldiers to be on missions resulted in almost the same answer.

Simply put, there is no male or female when it comes to the mission. They are all Soldiers performing their duty, no more, no less. The bonds and friendship that arise are not based on gender but on the same grounds that have drawn Soldiers together in combat for centuries in all wars.

It is a bond that is formed from a friendship and deep trust when a Soldier's life is dependent on how well they all perform as a team. Such relationships during times of war among Soldiers have always managed out of necessity to overcome differences in religion, race or even politics.

It should be no surprise in this new age that the creation of such a bond can easily sweep aside such a small difference as gender.

Sgt. Ricketts and Sgt. Williams are just two of the many female Soldiers who are breaking new ground in the field of combat. Female Soldiers are performing their duties under hostile fire conditions in many other areas as well.

From transportation, military police, helicopter pilots to field medics, the female Soldier is successfully tossing aside old speculations of their abilities as well as where or how they should be allowed to perform them. For now the almighty Infantry is male dominated, but as each year in the military proves, things change.

I AM STRONG.

INTERVENE
When I recognize a threat to my fellow Soldiers, I will have the personal courage to **INTERVENE** and prevent Sexual Assault. I am a warrior and a member of a team. I will **INTERVENE**.

ACT
You are my brother, my sister, my fellow Soldier. It is my duty to stand up for you, no matter the time or place. I will take **ACTION**. I will do what's right. I will prevent Sexual Assault. I will **ACT**.

MOTIVATE
We are American Soldiers, **MOTIVATED** to engage and keep our fellow Soldiers safe. It is our mission to prevent Sexual Assault. As Soldiers, we are all **MOTIVATED** to take action. We are strongest ... together.

**I am strong.
I am ARMY STRONG.
And so are you.**

Loyalty Duty Respect Selfless Service Honor Integrity Personal Courage Loyalty Duty Respect Selfless Service Honor Integrity Personal Courage

The 100's Unique History

Article by: Spc. Nicholas Bell
1-126th Cavalry Squadron

In honor of the 100th Battalion, 442nd Infantry, Spc. Nicholas Bell from the 1st Squadron, 126th Cavalry Regiment S-2 section compiled a brief history so that everyone can “meet” the unit that will be replacing us, if only historically. I am sure that you are looking forward to hearing about them just as we are looking forward to meeting them in person.

The 100th Infantry Battalion was activated on June 12, 1942 with a force that accounted for over 1,400 soldiers. Most were second generation Japanese-Americans from Hawaii, known as Nisei, mixed with a few of Korean descent, and led by only a handful of Caucasian officers.

The Battalion was known as the One-Puka-Puka (Puka is Hawaiian for “hole”). Following the Pearl Harbor attacks, Hawaiian Military Governor Lt. Gen. Delos C. Emmons chose not to use his option of sending these Nisei back to the mainland for internment.

The 100th Battalion conducted pre-deployment training at Camp McCoy, Wis., and Camp Shelby, Miss. Gen. Dwight D. Eisenhower turned down the battalion but Gen. Mark Clark, the Fifth

Army commander, accepted.

The 100th Battalion’s first deployment was to Italy in August 1943.

Within the first eight weeks of combat, the Soldiers of the 100th IN BN earned six Distinguished Service Cross awards. These outstanding performances lead the War Department to seek out more Nisei volunteers. The 442nd Regimental Combat Team, activated Feb. 1, 1943 with a core of Nisei volunteers.

The 442nd RCT was sent to Italy to fight alongside the One-Puka-Puka and in May and June 1944, the battalion helped push the Germans back north of Rome, earning them the Presidential Unit Citation.

The 100th Battalion did not formally become part of the 442nd RCT until August 10, 1944. However the 442nd was then demobilized and deactivated in August of 1946, leaving their honors and traditions to the battalion.

Honors include one Medal of Honor awarded to Sadao Munemori, 52 Distinguished Service Crosses, 586 Silver Stars with 28 Oak Leaf Clusters, 4,000 Bronze Stars with 1,200 Oak

Leaf Clusters and 9,486 Purple Hearts earned them the nickname “Purple Heart Battalion.”

By their valiant efforts in the war, the 100th Battalion earned the respect of their peers theater-wide. Upon returning home, however, they did not receive the warm welcome they expected.

Their Families were still held behind barb-wire fences in internment camps and faced discrimination by Americans whose attitude had not changed toward the Japanese. Many of the returning veterans were denied service from local shops or had their homes vandalized and/or set on fire.

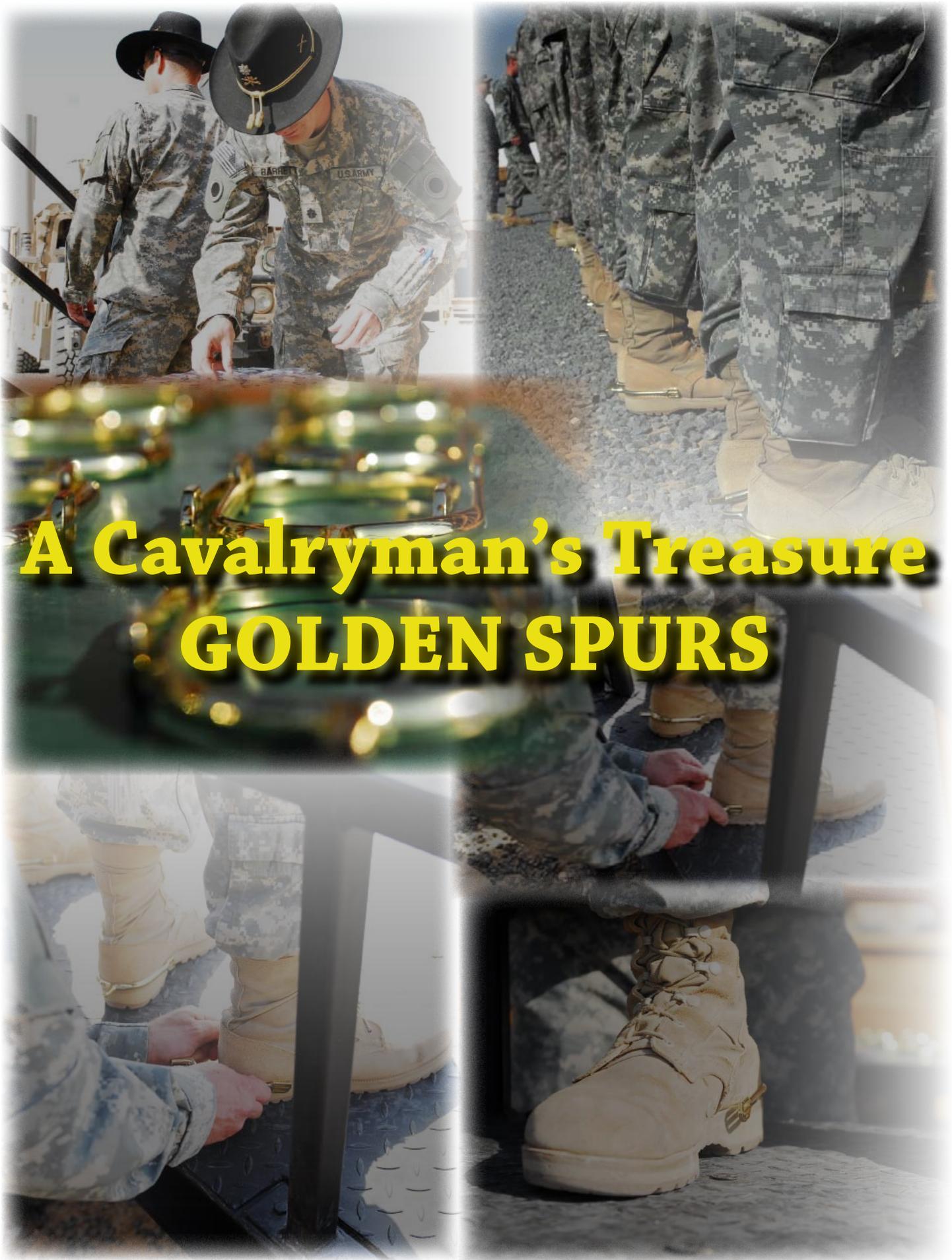
It wasn’t until fifty years later that the United States fully acknowledged the contributions of the Nisei Soldiers. On June 21, 2000, then President Bill Clinton awarded the Congressional Medal of Honor to 22 Asian-Americans, 20 of whom served in WWII with 100th BN or the 442nd RCT.

The 100th Battalion, 442nd Infantry is the only remaining combat arms unit in the Army Reserve. The unit is based in Fort Shafter, Honolulu, Hawaii, with units in Hawaii, American Samoa, Guam and Saipan.

Supporting the War Fight and Executing the Distribution Mission



‘Just Get it Done’



A Cavalryman's Treasure GOLDEN SPURS

9TH FMCO Transfers Authority

Article and Photos by: Sgt. John D. Ortiz
4th Sustainment Brigade Public Affairs



Maj. George P. Wilcha, the 27th FMCO Commander and 1st Sgt. Zetha A. West, the company first sergeant uncasing their colors during an unofficial Transfer of Authority Ceremony.

A sigh of relief was heard after the conclusion of the ceremony. It was a sigh that signaled the end of a deployment and a transition to return home to Family, friends, and for some, a sit-down restaurant, and for others, it was the start.

For those starting out, the 27th Financial Management Company from Whitestone, N.Y., will now provide Area Support Group-Kuwait's disbursing and military pay services for all Kuwaiti base camps, maintain bank accounts for official Army business with NBK, streamlines ATM business and resolves issues between the military and the bank.

For the 9th Financial Management Company, some months went faster than others, but in the end, a completion of a 15-month deployment is long enough to completely miss every holiday, birthday and special occasion with friends and

Family, and sometimes, it was long enough to miss two of them.

Yet the Vanguard Paymasters from



Maj. Brian Smith, and 1st Sgt. Albero Quan, the 9th FMCO commander and first sergeant roll their company guideon, casing their colors in preparation for redeployment.

Fort Lewis, Wash., took each day and every month in stride, focusing not on the events they missed at home, but on the events that would best benefit their fellow service members.

"It has been a long, challenging, and rewarding tour, but its time to go home,"

said Maj. Brian Smith, the 9th FMCO Commander.

"Prior planning facilitated everything for the past few months with the 27th Finance Company, we have been in constant communication and sent back information they needed such as base activities, MWR functions, and work information."

"The 27th has been extremely enthusiastic; they have stepped up, stepped in, and are ready to take over," said Smith.

"Since we found out who our replacements were, we've been in email contact with the 27th leadership and we continued to build on that throughout their mobilization at their home station with weekly teleconferences, so they knew what we were doing, and what they would fall into," said 1st Sgt. Alberto Quan, the 9th FMCO first sergeant.

"They were able to send an advance party to learn the major ropes before the rest of the company came," said Quan. "The disbursing officer-in-charge and the supply sergeant came and [the 9th] was able to take them and teach them the ropes so when the rest of the 27th came they were set up for success."

"Through the left seat/right seat transition, there were no major issues that we encountered, the training they received had them prepared to come in and take over right away," he said.

The 9th Finance always focused on the mission at hand, with that focus, the accomplishments of the medium-sized

GETTING HEALTHY ON DEPLOYMENT

Article By Staff Sgt. Aaron Jewll
1-148th Infantry Battalion

While enduring the hardships of deployment, many of our Soldiers are using their free time as a chance for physical self-improvement.

As a Soldier in the Army National Guard, the busy tempo of civilian life can make it difficult at times for you to integrate physical activity into your daily routine.

Soldiers in the Guard must juggle a job, drill weekends, Family, and for many, a full-time school schedule.

While mobilized, this responsibility has

shifted onto our Families and employers, but leaves us with a single responsibility of performing our war-time duties.

Being provided the facilities and resources to improve our health is a big help, however, we also need to help ourselves by making correct choices in the dining facility.

Heart disease is the leading killer of Americans, responsible for one death every 34 seconds in 2007. We can reduce our risk simply by reducing our intake of saturated fats, trans fats, and reducing body fat percentage to the Department of

Defense goal of 18 percent.

It can be difficult leaving the dining facility and walking past the plethora of cake and ice cream. However, as you are sitting there with your cheese cake telling yourself, "you deserve it," remember to repeat it when you're walking past the gym.

Several of the Soldiers in my company have also made the commitment to stop smoking before they return home to their Family. This along with making thoughtful choices at the dining facility will pay dividends down the road for your health and your APFT score.

TOA Continued from Page 12

company were the type much larger commands would dream to have.

Competition ran through the blood of the finance Soldiers, hosting one of the first team triathlons on Camp Arifjan, and sending more Soldiers than any other company within the 4th Sustainment Brigade to the Iron Wrangler Competition, earning a Gold Award in a competition that consisted of pull-ups, push-ups, sit-ups, dips and a two mile run.

Through all the competition, it was almost certain that a Soldier within the unit would set themselves apart from all the rest. That chance came after three rigorous days of competition challenging every aspect of training; Staff Sgt. James Garlitz, a member of C Detachment earned the title of Army Central NCO of the Year, and represented the three star command at the U.S. Forces Command NCO of the Year competition.

Their physical and mental endurance not withstanding, the company broke

through numerous political and military roadblocks to stand up the first host nation bank on military soil in the Central Command Area of Operations, providing a model for finance operations in both Iraq and Afghanistan.

Yet even with the most outstanding accomplishments, a deployed unit looks forward to returning back to their home station to be reacquainted their loved ones.

The 27th Financial Management Company is ready to make that happen.

"Its been a smooth transition, [9th FMCO] had a plan in place and everyone knew their mission," said Maj. George P. Wilcha, the 27th FMCO Commander. "Our Soldiers were very intense in wanting to learn the mission and the [9th FMCO's] Soldiers were very eager to teach us."

"They created a road map that gave us an idea of what to expect," said Wilcha. "They blazed the trail, and if we follow in their footsteps, we will have a



Maj. George P. Wilcha, the 27th FMCO Commander faces his colors as they are displayed for the first time in Kuwait.

good deployment."

"I'm sure it's bittersweet for the Soldiers of the Vanguard to see their guidon leaving after 15-months," he said, "but our Soldiers are anxious to see our guidon in command."





WELL

nd 1-148th Infantry

TASK FORCE WRANGLER MEDIC

Article and Photos by: Sgt. John D. Ortiz
4th Sustainment Brigade Public Affairs

The radio suddenly crackles to life, and confusion reigns supreme. There has been an accident, and the radio immediately calls for the medic. During the next few moments, which can seem like ages, the Humvee carrying the medic springs to action and delivers the medic to the scene. Awaiting the 'doc' is a scene of total destruction; a vehicle has overturned leaving broken glass scattered everywhere with twisted metal pieces arranged into a deadly metal sculpture.

This is a scene no medic wants to see, much less treat the individuals involved. Yet every medic is prepared both mentally and physically to treat the ill and injured of any catastrophe with care and diligence.

It was due to a command decision which allowed the medic to be riding in the convoy formation to be

able to treat the individuals involved in the accident. If the decision had not been made, who knows what would have happened.

It has been said the best ideas are the ones anyone can think of, but are often overlooked due to the simplicity of the answer.

This was the case of Task Force Wrangler Medic, a task force which was created to support combat logistical patrols traveling throughout Iraq delivering crucial supplies to the War Fighter.

When the 4th Sustainment Brigade took over the theater distribution mission, it brought to the table a very important and overlooked asset, a platoon of 18 medics which would be the core of a new task force, very few, if any, had seen the likes before.

As the 1-126 Cavalry Squadron and 1-148 Infantry Battalion conducted their own transfers of authority into the 4th

With convoys traveling on main supply routes throughout Iraq often attacked by small-arms fire, IEDs, or a combination of both; the absence of a medic was the wrong answer for the Col. Terence Hermans, the 4th Sustainment Brigade Commander.

“Colonel Hermans told me his plan to create a medical task force with all the medics prior to [the 4th Sustainment

Brigade] deployment, but I did not know how it would be structured or where the medics would come from,” said Capt. Alissa L. Byrne, the task force commander. “Once we arrived here, a month was spent planning the organizational structure and the role of the task force.”

In order to build medic support into convoys,

a decision was made to consolidate every medic across the 4th Sustainment Brigade formation and create Task Force Wrangler Medic, a task force charged with putting a medic on every combat logistical patrol that would be traveling into Iraq, running the brigade aid station, training and certifying members of the brigade to become combat life savers and to support unit-run firing ranges.

“[Master Sgt. Elva Marquez and I] worked really hard to create an environment of one team,” said Byrne.



Medics from 1-126th Cavalry Squadron and 1-148th Infantry Battalion sit after receiving their end-of-tour awards from the 4th Sustainment Brigade. The medics were consolidated into Task Force Wrangler Medic.

SB, they brought with them their own organic medical support, however it was evident early on, there were simply too many convoys and not enough medics to support them.

“On average there were five medics for every company, but every company has nine convoy escort teams,” said Spc. Ronald A. Thompson, a medic with Headquarters and Headquarters Company, 1-148 Infantry Battalion. “We would have had to pick and choose the convoys we went out on, because the company itself wouldn’t have enough medics to cover all the missions.”

MEDIC Continued from Page 16



Lt. Col. Kevin Stevens, the Brigade Troops Battalion Commander congratulates Spc. Tracy Jones as Capt. Alissa Byrne, the TFWM Commander, looks on.

“We had 52 medics from four different units and it was difficult getting everyone on the same page because some medics started supporting combat logistical patrols before the rest arrived, so we pulled all the medics in for a mission brief and introductions to the chain of command as we received them.”

“I was upset to tell the truth, I wanted to stay with my guys who I trained with and learned their tactics and basically just bonded with them for past three months,” said Thompson, a native of Kent, Ohio and member of the Ohio National Guard. “And then it all changed, we were told every medic would be uprooted from every company and put into one big company with medics.”

“We created an atmosphere of unity by conducting training and classes together and implemented policies that governed what was expected of the medics along with standardized protocols for everyone to follow,” said Master Sgt. Elva Marquez, the task force Non-Commissioned Officer-in-Charge.

Meeting the brigade commander’s intent for Task Force Wrangler Medic

needed flexibility and selfless service all across the board.

“We accomplished the goal for providing a medic for each combat logistic patrol going into northern Iraq,” said Marquez. “We had three occasions when all medics were maxed out, during those times, I went out to cover down on missions.”

“There were times when we almost didn’t make missions,” said Byrne. “But the medics were flexible and we turned them around quicker than the actual convoy escort teams, due to this, we never dropped a mission.”

With such a high mission load, the task force instituted a break system to provide medics a chance to unwind from the rigors of a mission cycle which could last up to 20 days due to weather and road conditions.

“We had a rotation system, so the medics would get a break from the road and work in the [4th Sustainment Brigade’s] aid station,” said Byrne.

Those medics on a break would

work in the brigade aid station to provide medical support to all members of the brigade 24/7.

“Working in the aid station was a learning experience,” said Sgt. Bryan J. Coffman, a medic with Alpha Company, 1-148th Infantry Battalion, from Macedonia, Ohio. “I was really happy being able to experience both sides of being a medic on the same deployment.”

“Out on the road it was trauma focused,” said Coffman, “but working in the aid station, I saw and treated common ailments and illnesses like knee sprains or pulled muscles.”

“There weren’t competing conflicts when it came to the aid station and the combat logistic patrol support,” said Byrne. “The conflict came from providing range support and combat life saver classes. When missions were high, we had to cancel both in order to support the convoys.”

Supporting the combat logistic patrols was the task force’s number one priority. Yet as with any directive, much more was accomplished.

The task force to date has supported more than 500 missions, along with certifying and recertifying more than 311 combat life savers, along with partnering and assisting the U.S. run burn clinic located at FOB Scania, Iraq.

With every mission, there comes a degree of unpredictability, for a medic that came to pass with the assistance of recovery of a downed coalition helicopter in Southern Iraq, and one medic receiving the Combat Action Badge.

“I was very upset, but looking back at it, it wasn’t that bad, I was able to go out with different units and see how they operated and learn each company’s unique tactics, techniques and procedures,” said Thompson. “It was definitely a learning experience.”

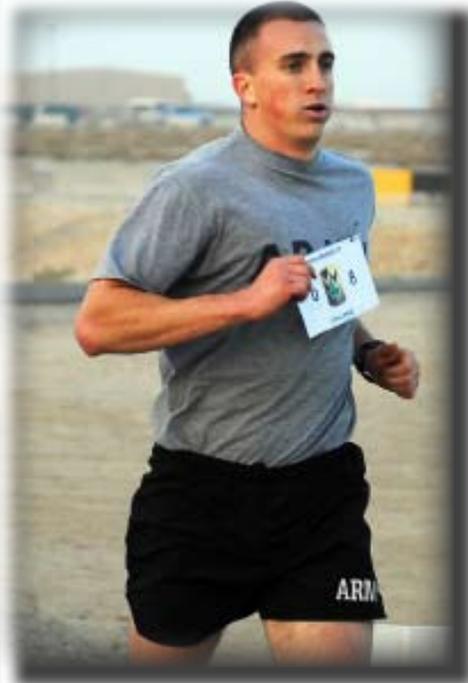
The Newest Iron Wranglers



(Left) Pfc. Bryce Lewis, a member of 97th HMOD, 6 Transportation Battalion, knocks out the last of the dips to qualify as an Iron Wrangler.



(Top) Spc. Peter Ebanks, part of the 9th Finance, BTB runs his last lap and into the Silver Award of the Iron Wrangler Competition.



(Top) Capt. Russell Destremps, part of HHD, 6th Transportation Battalion runs on his last lap on his way to a 12:46 two-mile run.



(Left) Pfc. Justin Cramer with Alpha Company, 1-148th Infantry takes off his jacket before the push-up event of the competition.



(Top) Spc. Justin Marchand, part of Alpha Company, 1-148th Infantry crunches his way through the sit-up portion of the competition.



(Left) Spc. Ryan Dereska, a gunner with Alpha Company, 1-148th Infantry Battalion gets ready to perform 84 push-ups in the competition.

Learning How to Fire a Flare

Article by: Sgt. John D. Ortiz
4th Sustainment Brigade Public Affairs



A member of the 1-299 Cavalry Squadron learns how to shoot a flare safely during flare familiarization and training during the battalions RIP/TOA process. Courtesy Photo.

Sitting in the open turret, manning the .50 cal. crew-served weapon, the Soldier constantly scans his sectors watching for anything out of the ordinary that can cause harm to the convoy he is charged to protect and escort throughout Iraq.

It can happen in a span of a few seconds, seconds which can seem like minutes or even hours.

It is during these precious few seconds that the Soldier turns to his escalation of force training he was taught during his RIP/TOA training received as part of theater-oriented training.

“A lot of Soldiers come into theater and don’t know how to shoot flares or even get the opportunity to do so,” said Sgt. Mark A. Kish, a member of Company C, 1-148th Infantry Battalion, and an instructor of the hands-on flare training.

Faced with conducting simultaneous transitions with their replacements from Hawaii; both the 1-148th Infantry and

1-126th Cavalry created a set standard in a 14-day training plan in which all incoming personnel were giving in-depth and realistic training to help convoy escort crews adjust to the fast pace of mission requirements.

“I like being on the road, but I don’t have a problem training our replacements,” said Spc. Kevin A. Dills, a gunner also with Company C, 1-148 Infantry. “With this training, we gave our replacements a head start toward understanding missions and given them a framework to build upon.”

“We get Soldiers out here and teach them the correct way to shoot off a flare safely and without burning down the vehicle,” said Kish.

“With an emphasis on safety, we have Soldiers shoot off flares outside of the vehicle and for the gunners, we get them into the turret and have them launch flares to mimic real-life situations,” he said.

“This helps a lot, this is my first deployment and the first time I’ve been in a turret as a gunner and first time having hands-on training with flares,” said PV2 Amren T. Kekahuna, heavy equipment operator and a first time gunner with the 1-299 Cavalry Squadron from Honolulu, Hawaii.

“I was a late deployer and really got pushed through the training at Fort Hood, but coming out here, and going through the training the infantry unit set up for us has really been beneficial to all of us,” said Kekahuna.

“We are more prepared because of it and have more situational awareness and know what to expect on the road,”

See FLARE Page 20



Members of the 1-299th Cavalry look on as a gunner learns how to shoot a flare from inside the turret of an uparmored Humvee. Courtesy Photo.

FLARE Continued from page 19

he said.

“I like the hands-on training, I’ve never done anything like this, so it’s a good thing to experience,” he said.

“With this training, it is definitely better than the last deployment,” said Sgt. Brent S. Ortiz, a combat engineer from Hilo, Hawaii, and a truck commander with the 1-299th Cavalry.

“This is more thorough, when we deployed last time to Iraq, we zeroed our weapons and jumped right into the fight,” said Ortiz.

“This time around, it’s good to have a build up to the missions, because the first hand knowledge we are receiving gives us a better feel of what to expect,” he said.

“This is a good familiarization and good for everyone to go through the training because it gives everyone a feel on how to do each others job just in case something happens,” he said.

“We are trying to give our replacements all the tools and supplies for success,” said Kish. “We want to give them our knowledge we acquired over the past couple of months so they start off on a better foot than we did.”



Sgt. Mark A. Kish, a member of Company C, 1-148th Infantry instructs members of the 1-299 Cavalry how to properly and safely shoot flares. Courtesy Photo.

“We just hope that we teach them to treat the flare as a weapon and learn how to deploy them properly and safely,” said Dills.

Joint Brother And Sisters Work Hand-In-Hand

Article by Spc. Luke Hall
1-148 Infantry Battalion

Many missions across the scope of the Iraq and Kuwait Theater require various MOSs and different branches to work hand in hand to get the job done. But nowhere is this relationship more vital than in the movement and coordination of logistics throughout the Theater of Operations.

For the men of Delta Company, 1-148 Infantry, working with many other logistical units is a matter of routine. The infantry company hailing from Sandusky, Ohio, is tasked with providing convoy escort teams in order to ensure the safe delivery of goods up and down the main supply routes to every major forward operating base north of Kuwait.

Together with the members of the 70th, 424th, Medium Truck Detachment Airmen,

and Soldiers of Delta Company have been responsible for moving everything from Post Exchange merchandise to ammunition in order to ensure that their brothers and sisters in arms up north are equipped for the fight. Despite the differences in MOSs and branches of service, many members of Delta Company relish the chance to work with the Airmen.

“The Air Force groups we have worked with have been exceptional,” said Spc. Matt Huber, a gunner for Delta Company’s third platoon. “Its not every day that Soldiers get the chance to work hand in hand with such professional groups of people to accomplish a mission.”

Speaking with the other members of Delta Company, many of them feel a great

sense of pride and surprise in working with the Air Force on such an important mission. Many of them never knew the Air Force conducted ground logistics operations within Iraq until this tour. Their reaction to working with the Air Force has been overwhelmingly favorable.

So as the call arrives from the north for more supplies, chances are that the Air Force and Army will answer that call together. The slogan for logistics is “Nothing happens until something moves,” and the Queen of Battle is a huge part of that extremely vital mission within the Iraqi Theater. The relationship between the men of Delta and the Airmen they protect north of the Kuwait border is a solid one, and one that will not soon be forgotten.

257th Transportation Company Works To Make A Difference

Article Courtesy of:
257th Transportation Company

Here at the 257th Transportation Company, we are pressing ahead with this year's Combined Federal Campaign-Overseas. This completely voluntary charity drive has given us the occasion to team together to meet the unit's twin CFC-O goals. Our first goal is to contact 100% of the unit giving them the informed opportunity to give with a follow-on unit goal to see a combined company pledge of \$6,000.

simply don't present themselves, so volunteer keypersons, like Sgt. Joseph Molnar from our maintenance platoon, meet those returning from their missions to get the word out and offer their assistance in understanding how the program works and filling out the pledge cards.

A second challenge stems from our being members of the U.S. Army

the 2008 campaign. For Sgt. Kenneth Loy, the unit armorer, he contributed to veterans causes because "as a Veteran, I want to take care of my own," he said. Staff Sgt. Lance Lynch, a 257 Trans. Co. Convoy Commander, pledged his contribution to the USO in gratitude for their past assistance to him and his family while traveling.

For Sgt. Chad Barber, the decision is even more personal. His support for ongoing kidney disease research was a tribute to his grandmother who was effected with the disease.

Capt. Alberto Pacheco, the 2nd Platoon, platoon leader, noted that that the \$1 a month minimum over the course of a year was equivalent to three of his "favorite iced lattes from the Camp Arifjan Starbucks."

Recognizing that a little given, in combination with thousands of other donors, will go a long way has motivated the Soldiers of the 257th.

The Army value of Selfless Service is routinely displayed by those serving in uniform and among those deployed here it is even more readily apparent, but for those looking to give just a little more the Combined Federal Campaign-Overseas is a fantastic chance. The opportunity to play a part in this tremendous charity drive presents some challenges, but those are easily overshadowed by the personal satisfaction that come from giving to a cause that truly will make a lifetime of difference.



Volunteer CFC Keyperson Sgt. Quincy McDaniels (left) shares CFC-O information with his platoon sergeant Sgt. 1st Class David Barrerra III (right). Photo Taken By: Sgt. Eric Weiss

Being an Army Reserve transportation unit presents some unique challenges. With Soldiers conducting Combat Logistics Patrols, throughout Iraq, our dedicated CFC-O keypersons quickly discovered that meeting the goal of "100% contacted" would be more easily said than done.

Chances to talk to the company as a whole or even a platoon all at once

Reserve. Due to issues in the pay system we are not afford the opportunity to contribute via payroll deduction. This means that contributions must be made by credit card or lump sum payment. While this might be perceived as an inconvenience so far it has not slowed us down.

The reasons to give to CFC-O are as varied as the charities represented in

A legacy Of Service

Article By Sgt. Brandon Bailey
1-148th Infantry Battalion

Spc. Dustin Long was born in Xenia which is located in southern Ohio. The 25-year old has been in the Ohio National Guard for two years and this is his first deployment.

Both Spc. Long's grandfather and father served in the United States Marine Corp, deploying in support of America's interests abroad, with his grandfather serving in World War II and his father in Vietnam. This deployment makes Spc. Long a third generation war veteran.

The Family's service to their country had a huge influence on Spc. Long's decision to join the National Guard. "They both served their country and I felt it was my turn," said Spc. Long.

When I asked what he enjoyed the most about serving he was prompt to say, "the camaraderie; I have met many good great friends that I have a lot in common with," said Spc. Long, whose MOS is a 11C, an Infantry Motarman.

However, on this deployment he is serving as a driver whose primary duty is to provide security to combat logistic patrols. It's very hard work and sometimes requires long hours on



Spc. Dustin Long poses alongside an uparmored Humvee at FOB Cedar II. Courtesy Photo.

the road, but Spc. Long is mentally and physically tough and excels at it.

"The hardest thing about my job is the long hours on the road. My battle buddies along with a lot of cold energy drinks help me out," he says. On his breaks from the road, Spc. Long spends a lot of his time talking with his new wife of a year, Jessie.

With time winding down on this

deployment, believe me when I say, he is not getting complacent with his duties. He is as focused as ever and keeps a checklist to help stay on track with things.

With less than a few days left on this deployment, Spc. Long is looking forward to getting back to his Family and job as a welder. This Soldier is one of the best. He has done his grandfather and father proud.

Submissions

The Wrangler wants to hear from you!

Do you want to highlight someone or something going on in your unit or section? Have a photo that you would like posted? Please send all submissions via email to Sgt. Myers at angienne.l.myers@kuwait.swa.army.mil. In the body of the email, please include the following: Full Name, Rank, Unit and Duty Position. Attach your submission as a Word Document and limit to 300 words. Submissions are subject to editing. For photo submissions, please include a caption describing the photo (Who, What, When, Where and Why).

PROUD TO BE A LEADER

Article by 1st Lt. Chris Turner
1-126th Cavalry Squadron



1st Lt. Chris Turner, a platoon leader with Alpha Company, STB poses with one of his Soldiers in the orderly room. Courtesy Photo.

Our replacements are here, and in a few days the process will begin to send the 1-126th Cavalry back home. For most of us the process started last January at Fort Hood, Texas where the weather was not so warm and the some of the days seemed quite long.

For others, this process was in the works for much longer. For me, a platoon leader with Alpha Company, Special Troops Battalion, this has been my first time opportunity out of Officer Basic Course to lead troops, learn, and grow in many ways I would have never expected.

This was my first deployment over here and like others in my position, our understanding came from cable news and combat veterans. During the unit's nine months here, we have always been prepared to fight if necessary, but this has, from our experience, been a mission requiring restraint.

As we traveled up and down the main supply routes, gunners had the job of minimizing interference with civilian traffic while also protecting the convoy. This is just one example of the flexibility required in this environment.

Soldiers also will continue to amaze me. Throughout some of the hottest weather, sandstorms, and mechanical issues on white sustainment trucks, they have completed missions only to turn right back around and do it again.

I have been in convoys when the visibility was reduced to the truck in front and I have experienced humidity that created rain inside the M1151 up-armored Humvee.

Despite it all, the missions have always been a success and our misery became the source of jokes. My best memories will be the chatter of the radios between vehicles on convoys.

I'm not a Cavalry Soldier, but I do understand the idea of "smelling the barn." Like everyone else I look forward to snow, grass, housework, Ohio State football, and even a beer.

I will take with me the experience of working with our Michigan brothers, the challenge of leading a platoon divided into separate convoy escort teams operating in Iraq, and a new focus on my method of leading when our unit returns to the one weekend a month model.

Post-Deployment Health

Reassessment Program is mandated by the Assistant Secretary of Defense for Health Affairs designed to identify and address health concerns, with specific emphasis on mental health, that have emerged since deployment.

The Army Post Deployment Health Reassessment Program is a part of the DOD's overall force health protection program. It extends the continuum of care for service members' deployment-related health concerns.

The PDHRA is a process designed to identify the deployment-related health concerns of all service members during the three- to six-month time period after their return from deployment and facilitate access to care.

The PDHRA provides education, screening, assessment and access to care for a wide variety of questions and concerns that service members may have about their health after they return from deployment.

Protecting the health of those who protect our country is an important mission. It is recognized that deployment may have an impact on your health and wellbeing. In an effort to identify and treat your deployment-related health concerns, the Post Deployment Health Reassessment or PDHRA, has been implemented.

The program provides education, screening, assessment and an opportunity to access care for a wide variety of questions and concerns you may have about your health after you return from deployment.

What Can The Post-Deployment Health Reassessment Do For Me?

While deployed, you were focused on the mission at hand. Now that you have returned home, it is time to focus on your life, your health, and your future. It is encouraged to take advantage of the healthcare and community services available to you through participation in the Post-Deployment Health Reassessment.

The PDHRA empowers each of you to take control of your health and provides you with the chance to address your deployment-related health concerns with a healthcare professional. By identifying your health and readjustment concerns early, you can resolve problems that could - if left unattended - negatively affect your deployment status, career, or life beyond service.

You should complete the Post-Deployment Health Reassessment three-to-six months after returning from deployment. If you are in a unit, your unit or commander will notify you when it's time to complete the reassessment. Selected service members may be notified through the internet or a direct mailing when it is time to complete the PDHRA.

How Does The PDHRA Process Work?

First, you will receive training to assist you in participating in the screening process, then you will complete a questionnaire that will gather your current demographic and health status information. Then, you will have an opportunity to discuss your deployment health concerns or questions with a healthcare provider. Together with the provider you can determine what additional services or referrals are needed.

Why Complete The PDHRA?

For Yourself:

The PDHRA empowers each of you to take control of your health. By identifying your health and readjustment concerns early, you can resolve problems that could - if left unattended - negatively affect your deployment status, career, or life beyond service.

For Your Family:

Your Family's peace of mind is an important part of your own well-being. Some Family members worry about how deployments can affect their loved one's health. When you complete the PDHRA, you can reassure them that any health concerns you have will receive professional attention.

For the Army:

Deployment-related health concerns and problems may appear subtly over time and go unnoticed, even among service leaders and fellow Soldiers. When you complete the PDHRA and answer candidly about your health status and concerns, the reassessment provides health care personnel with a comprehensive view of your health. A healthy Soldier is a ready Soldier - ready not only for deployment, but for life after deployment.

For the Future:

By completing the PDHRA you enable healthcare providers to initiate early medical care for your deployment health concerns. Early treatment can keep medical concerns from becoming chronic problems.