



Centurions Prepare for Real World Events

By 1st Lt. Leyla Law,
1st BSTB

CAMP BUEHRING, KUWAIT -In preparation for real world events on the battlefield, the Centurions are taking advantage of the many training opportunities available at Camp Buehring, Kuwait.



Above: Capt. Maria Chan, Bravo Company Commander, uses an electro-magnetic wand to search a mock suspect for explosives or other harmful devices. (Photo by Spc. Jodie Gollighugh)

Inside this issue:

<i>Shooting on the Move</i>	2
<i>Hurry up and KuWAIT</i>	2
<i>Brigade Commander's Comments</i>	3
<i>Stallions Prepare for Onward Movement</i>	4
<i>Q & A with CSM Norman</i>	5
<i>Women's History Month</i>	6
<i>1-7 Prepares to Survive, Dominate on the Battlefield</i>	7
<i>Lancers Lean Forward</i>	8
<i>Muleskinners arrive to Iraq</i>	9
<i>This HEAT can Save</i>	10
<i>Gearing for the Roads of Baghdad</i>	10
<i>Women in American Religion</i>	11
<i>Sudoku</i>	11
<i>Safety Steve's Corner</i>	12

The Soldiers of the Special Troops Battalion for 1st Brigade, have spent the last few days studying the operating procedures of an entry control point on a forward operating base and refining rifleman skills.

These training events have helped our senior NCOs refine their techniques, while giving our new Soldiers a chance to experience these events in a learning environment.

"I'm prepared to run an entry control

point. I never knew that searching a person was so difficult, but I did it. Now, I know I can do it in theater," said Cpl. Linda Kimbrell when asked what she thought about the training.

The Centurion family also celebrated the promotion of 2nd Lt. Jared Larpentuer, to 1st Lt. on Feb. 9, 2009.

1st Lt. Jared Larpentuer arrived at Fort Hood in November 2008 from Fort Benning, Ga. He quickly moved in and prepared to deploy with the rest of the Centurion family.

1st Lt. Larpentuer is the Task Force Iron Claw Platoon Leader in the Headquarters Company.

Leadership Blossoms in the Desert

By Sgt. Nathan Jones, 1st BCT PAO

CAMP, BUEHRING, KUWAIT- Lt. Aakar Brahmbhatt, a Chicago, Illinois, native with Company A, 1st Squadron of the 7th Cavalry Regiment, is trekking across a quiet village just outside of Camp Buehring, Kuwait.

He's unfamiliar with the location, the people and the environment, but he's been tasked to learn everything about it.

He's on a dismounted patrol through Al-Wahada, and even though he's never done this before, he's got more know-how than he can stuff in a duffle bag. He's got seasoned Non-Commissioned Officers.

"They're excellent," he says after the exercise, "Amazing and professional, their mentorship has definitely been what's gotten me here."

Lt. Brahmbhatt is the Company Fire Support Officer now, but someday he could be tasked with a platoon to lead through missions like the practice ones found on the dismounted infantry ranges here in Kuwait. He says if that were to happen, he definitely wants to bring in guys like San Diego, California born

Staff Sgt. Kevin Patterson and Staff Sgt. Jason Coward of Gallatin, Tennessee.

"He listens to his NCO's," Says Patterson, "And that's key to a fresh new lieutenant. That's how young leaders become great leaders."

Lt. Brahmbhatt demonstrated his reliance on the non-commissioned officers throughout the exercise as he led the soldiers through the town and assisted in uncovering a bomb factory, met the local police chief, and introduced themselves to the village mayor.

"He takes what we have to say and immediately puts it to work," Staff Sgt. Coward says, "That's trust, and it's going to take him places."

After the training, Lt. Brahmbhatt laughed about the triumphs and tribulations of his first patrol with the sergeants that led him through it.

He says he feels more confident now, but acknowledges he's still not finished learning from his enlisted mentors.

"It's going to be a wild ride," said Brahmbhatt of the next twelve months, chuckling as he placed his hand on Staff Sgt. Patterson's shoulder, "But at least I'm not alone."



A **Ask your buddy**

- Have the courage to ask the question, but stay calm
- Ask the question directly, e.g., Are you thinking of killing yourself?

C **Care for your buddy**

- Remove any means that could be used for self-injury
- Calmly control the situation; do not use force
- Actively listen to produce relief

E **Escort your buddy**

- Never leave your buddy alone
- Escort to the chain of command, a Chaplain, a behavioral health professional, or a primary care provider

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Shooting On The Move

By 2nd Lt. Josh Risher, 1-7 CAV



CAMP BEUHRING, KUWAIT— Urban patrols are a frequent occurrence for a scout, and as with any combat operation, rehearsal is key.

As part of preparation for patrolling in sector, Soldiers from 1-7 CAV, 1st Brigade Combat Team, 1st Cavalry Division, rehearse techniques specifically related to engaging the enemy.

Urban environment offer the potential for ambushes, requiring the Soldier to respond quickly and appropriately.

Close Quarters Marksmanship training gives them these techniques to ensure the enemy is engaged, friendly casualties are prevented, and unnecessary collateral damage is avoided.



Soldiers from HHT and B Troop, 1-7 CAV, engage targets during Close Quarters Marksmanship Training in Kuwait. The training focused on engaging during dismounted patrols and applying proper techniques to maximize effectiveness while minimizing friendly casualties and collateral damage. (photo by 2nd Lt. Josh Risher)

The training runs from muzzle awareness and proper stance to footwork and target acquisition. All these things are simple steps that will save the precious seconds necessary to successfully engage and defeat the enemy.

Hurry Up and KuWAIT!

By 2nd Lt. Jack Lingle, Jr., 1-82 FA

CAMP BUEHRING, KUWAIT - After two full days of travel and little sleep, the 1st Brigade of the 1st Cavalry Division has arrived at Camp Buehring, Kuwait on the way to a 12-month deployment in support of Operation Iraqi Freedom.

Camp Buehring is full of military and civilian personnel conducting training around the clock. As always, waiting is still a part of the training.

At Camp Buehring, simulated mortars, roadside and car bombs are part of the training rather than the day- to-day.

Burger King, Subway, Baskin Robbins, Starbucks, PX, and 3 MWR facilities are just a few of the amenities provided to troops training in Kuwait. Overall, life at Camp Buehring is not too bad.

This stop-over in Kuwait is a necessary step which involves the processes of reception, staging, training, onward movement, and integration.



El Paso, Texas native 2nd Lt Lily Sharp, Intelligence Analyst, 1-82 Field Artillery, enjoys a banana split during lunch Camp Buehring, Kuwait. (U.S. Army Photo by 2nd Lt. Jack Lingle, Jr.)

The reception phase begins when Soldiers arrive at Camp Buehring. I.D. cards are scanned into a database which records their arrival date and that they are in a combat zone – which triggers additional pay. It's the time when the clock officially begins ticking on their deployment.

The staging phase involves protocol such as ensuring Soldiers, vehicles, and weapon systems are ready for the movement into Iraq.

This process includes verification that final paperwork is done and Ironhorse Soldiers have all of their protective gear before moving forward into combat.

Within the training phase of their stay in Kuwait, the Soldiers attend classes on fratricide prevention, improvised explosive device awareness, and a number of weapon ranges to include a close-quarters marksmanship range.

The CQM range involves techniques for firing weapons while moving and gives the 1st Brigade Soldiers a realistic feel for the way they would most likely fight in Iraq.

Overall, Kuwait provides an excellent staging area for Soldiers to prepare for future missions in Iraq.

By supplying necessary equipment, training, and the ability to acclimate to the desert environment, Camp Buehring ensures Soldiers are



ready to face the challenges ahead of them in the upcoming months of their deployment.



From the desk COL Tobin Green *Ironhorse Brigade Combat Team Commander*



For those of us who have been here before, it is remarkable how much more activity and life there is in the city. It's encouraging. A year ago I would not have predicted so much progress in the MND-B and Baghdad Operational Command (BOC) joint area of responsibility.

Progress is happening, and I am excited that IH can play a part in supporting the GOI and enabling the ISF as part of the new Bilateral Security Agreement in the months ahead. I can envision tremendous possibilities for the future. But don't misread conditions either. Peace has not broken out in Baghdad yet. There are plenty of enemy out there who want to kill you. So while you are engaging the population in full partnership with your ISF counterpart, and carrying a message of ISF capability to the people, don't lose track of the security environment dynamics. Recently, there has been a discernable spike in violence, and it is not confined to just one sect or one belladiyat / security district. Everything we will accomplish with our Iraqi partners can only follow from a stable and safe environment. It really all traces back to security – and that is what we are here to ensure.

There is work to be done on partnership. Leaders know the right answer – and guidance is clear. The IH will partner fully and at every opportunity with our ISF team-mates in the IA, NP, and IP. We must demonstrate this commitment and reinforce the message quickly during the right-seat-ride and left-seat-ride period. We cannot wait until after TOA to signal our partnership emphasis to ISF counterparts, but remember your cultural and engagement training and do it in a professional manner.

Why does all the hard work, uncompromising standards, repetitive training, and attention to individual discipline in the Ironhorse BCT really matter? Well – perhaps an experience I had recently can help answer that question. As mentioned previously, Ironhorse units have yet to assume responsibility for our area yet. There are other units currently performing our future missions, and those units will soon redeploy or move to new locations. But the transition has not formerly started yet. On the night of 26 February, one of those units sent out a combined mounted and dismounted patrol for the purpose of disrupting enemy who has been attacking resupply convoys recently near JSS Ur. Unfortunately, the mounted element in that patrol encountered an IED. The explosion killed one Soldier and wounded two others. We cannot bring that Soldier back – he has made the greatest sacrifice for us and for the Iraqi people. It is a terrible loss for his unit, every member of MND-B, and especially for this young man's family. Our hearts go out to the loved ones affected by this tragedy.

But I want to talk about what happened immediately after the IED strike. First off, Soldiers in that patrol did not panic. When the sergeant who was commanding the vehicle gained his senses after the IED blast, he immediately grabbed his weapon and raced back to find his gunner and provide first aid, despite having received some shrapnel wounds himself. When that NCO discovered his gunner could not be helped, he found his driver (also WIA) and joined a dismounted element in the search for enemy in the area. Later, that NCO joined in the pursuit and capture of two local nationals seen running away from the blast. I cannot tell you whether those detained were associated with the attack, or if they simply appeared suspicious because of their behavior. But what stands out for me is how that non-commissioned officer stayed in the game and in the fight. He never surrendered the initiative. He never stopped caring for the welfare of his men. He performed under stress and adversity and personal injury with great courage and presence of mind. Members of the Ironhorse BCT – his example under fire is exactly why we train repeatedly to a high standard, and require discipline and proficiency from ourselves and each other – so that we can perform at the moment of truth. We should not be in fear of that trial – but rather believe in our team and team-mates because the investment we made in our preparation. Take the fight to the enemy.

IRONHORSE!

TEAM FIRST!

Tobin Green
COL, Cavalry
Ironhorse BCT Commander



Stallions get their "roll" on in the HEAT Trainer. (photo by 2nd Lt. Irwin Johnson)

Stallions Prepare for Onward Movement into Iraq

By 2nd Lt. Irwin Johnson, 2-8 CAV

CAMP BUEHRING, KUWAIT - In preparation for onward movement into the operating area of Iraq, the Stallions are taking advantage of the training exercises available at Camp Buehring.

The Soldiers of 2-8 CAV have spent the last two weeks sharpening their basic Soldier skills.

Training on the new equipment additions to their Stallion vehicles and refining rifleman skills has greatly increased Stallion readiness.

These training events have helped the Stallion team refine their techniques, while giving the new Soldiers a chance to experience these events in an environment conducive to learning.

such as H.E.A.T. systems, (HMMWV Egress Assistance Training) which after having participated in the training seems more than necessary.

Another class given was the IED Defeat training. Defense against them and the destruction they can cause is probably the most important training a Soldier has here.

"All of the training is extremely helpful for Soldiers who are on their first deployment," said Tibbitts, a Bethel, Conn. native, on his first deployment.

"I believe it has changed for the better. It is more realistic and hands on. For example, the H.E.A.T training. Last deployment we would only discuss rollover procedures," said Sgt. Stacey



ment, I knew exactly what I had to do and it was because of the three-day detailed training we had, which has only improved even more this deployment.

"Our first time deployers will be well educated and experienced when we leave Camp Buehring." Crowders, whose hometown is Grand Rapids, Mi. is on her second deployment.

"All of the training is extremely helpful for Soldiers who are on their first deployment."

Pegasus Priorities

Everybody hunts. Everybody fights.

- We exist to find the enemy, fix him, fight him—and finish him.
- We fight and win by, with, and through the Iraqis.
- Everybody comes home every time

First Team = Team First.

- Empower subordinates.
- We are Family: live, train, and fight as a team.
- No stupid actions or inactions because of "regulations" or "they".

Set the example.

- People matter most: face-to-face, in person.
- Say = do.
- Discipline always: mission, fellow Troopers, mount/weapons, self.



First Team!

DANIEL P. BOLGER
MG, USA
COMMANDING



Soldiers from 2-8 CAV practice firing and zeroing their weapons at the M16 and M4 Rifle Range. (photo by 1SG Carlos Lopez)

Pfc. Paul D. Tibbitts, called the training was realistic and organized. "We follow a routine schedule and train when we are not conducting our normal duties."

Training for those in the S3 shop, however, must be balanced between doing our jobs and finding adequate time to go to the range and the other mandatory classes

Crowder.

"For the first time, I actually got to experience a rollover in a simulator. It was not easy, but I now know how to egress from the HMMWV.

"The convoy lanes are a critical part of the training and the closest to the real thing. When my convoy was hit by an IED last deploy-

Below: Stallion soldiers moving into their sleeping tents at Camp Buehring, Kuwait. (photo by 2nd Lt. Irwin Johnson.





Q & A with CSM James Norman

Ironhorse BCT Command Sergeant Major

Q: Do we have to wear eyepro all the time?

A: Yes. Given the environment we find ourselves in, it is a must that we all wear eyepro at all times when outdoors. Anything can occur from a gust of wind carrying particulate matter, to an incoming mortar round. We must protect our vision.

Q: I've seen Soldiers in PT shorts and tan t-shirts, is this allowed?

A: According to the MNF-I Uniform standards this can be allowed with approval from the unit CDR as well as the wearing of unit or organizational t-shirts. In this particular case, the BDE CDR has not authorized the wearing of tan shirts with the PT uniform for Ironhorse Troopers.

Q: What can I wear if all my PTs are in the laundry?

A: You can always wear the duty uniform. Even when conducting PT. Just simply remove your blouse and keep your t-shirt tucked in with the sleeves down and continue to wear a belt with your trousers.

Q: Since we are in a combat zone, I'm not supposed to salute, right?

A: Saluting is the most basic form of respect between two service members and is a sign of discipline. When appropriate, all military personnel will exchange salutes. This includes saluting military officers of friendly nations.

Q: When can I wear my cool new boonie cap?

A: The boonie cap is worn at the discretion of the commander, normally between 1 Apr and 31 Oct.

Q: Is it true that I can wear anything in the living/sleeping area? Like my spongebob boxer shorts and my Iron Maiden t-shirt?

A: Inside your living space you can wear clothing as long as it is in good taste. But once you step out of your living area (CHU) you must be in a prescribed uniform.

Q: How many pouches am I supposed to have on my body armor? It gets so heavy.....

A: All personnel will wear at a minimum the IFAK case and enough pouches as required to carry a FULL basic load of ammunition for their assigned weapon. If that gets too heavy for you, you may want to consider doing more PT to build up your muscles.

Q: Is there an SOP location for the medical/aid pouch?

A: The IFAK is normally worn on the opposite firing side of the individual. However, each BN has latitude in this area, and most wear the IFAK on the left side of the body with a red cross affixed to the top cover.

Q: What else do I need to know about uniform standards?

A: The most common uniform violation that I have seen and made corrections on is in the wearing of the Army Aircrew Combat Uniform (A2CU). When wearing this uniform it specifically states in the MNF-I Uniform Standards that the trousers on this uniform will be bloused using the hook and loop fasteners. Yes, you must blouse that uniform.

Q: When am I going to start receiving mail?

A: Actually, by the time you read this published answer, you should be receiving mail. There is more to the process in mail delivery than just simply getting an address. To complete the process, you must also have trained and certified mail handlers to pick up and deliver the mail. Also, having vehicles to transport the mail from the APO to its final destination at the Soldier is paramount.



What are YOUR questions for CSM Norman?

Send them to brian.f.carlin@us.army.mil and next month CSM Norman will answer some more of your questions.

Soldiers need to know !

13 rules for Iraqi Security Points

1. The **Iraqi Commander is responsible** for his unit and volunteers in his area, in coordination with CF.
2. Check Points will be composed of IA, NP, Police and Volunteers.
3. IA, NP, Police and Volunteers **must wear official uniforms** and not wear a face mask.
4. **Volunteers** are under the command of the Commanding Officer.
5. Volunteers will only perform their duties **under the supervision** of the Commanding Officer.
6. **No banners or posters** which could incite violence. It is forbidden to join in activities or post banners which could jeopardize security. **Do not incite** citizens to participate in illegal activities.
7. Volunteers are allowed to have a place to **coordinate and follow** up with the Iraqi Forces and CF. However; this center will not be used to command and control the volunteers.
8. The **Commanding Officer** at check points will be either an Iraqi Army or former Iraqi Police.
9. The **volunteers will be commanded by a committee** made up of: the AO Commander, Intel Officer, CF Unit Commander, a representative from the Local Police, and a member of the city counsel. The committee will submit reports regarding the performance of volunteers and the area's security status.
10. The Iraqi Area Commander will notify the CF Brigade Commander about any volunteer that is **not in compliance** or when local citizens have filed complaints against him.
11. The BOC (Baghdad Operations Center) will quickly complete the tests for individuals that have signed contract with CF.
12. Recruiting efforts for volunteers must target **local citizens**. Volunteers must prove residency with legal documents.
13. All rules and regulations apply to all Areas of Operation **without exception**.

Quiz your buddy !



March is Womens History Month

Listed below are a few things women have done through history...

4000 B.C. According to Sumerian legend, the goddess Tiamet created the universe. **2700 B.C.** Merit Ptah was the earliest recorded female doctor. **2640 B.C.** Si Ling-shi, empress of China, is credited with developing the process for removing thread from the cocoon of the silk worm. **1570 B.C.** Queen Nefertari, known as "God's wife," helped rule Egypt with her husband, King Ahmose. She participated in temple rituals along with male priests and advised her husband on various building projects. After her husband's death, evidence indicates that she ruled with her son. **1490 B.C.** Queen Hatsheput rules in Egypt, claiming rights of pharaoh. **1360 B.C.** Queen Nefertiti rules in Egypt. **1200 B.C.** Fu Hao, woman warrior in China, leads military expeditions. **1180 B.C.** Spartan Queen Helen kidnapped by Paris. **1150 B.C.** Deborah leads Israel in victory over the invading Canaanites. **c.625 B.C.** Spartan women are the most independent of all in the ancient world; Sappho, Greek poetess, flourishes on the island of Lesbos. **51 B.C.** Cleopatra VII is queen of Egypt. **c.1000 A.D.** Japanese author Murasaki Shikibu writes *The Tale of Genji*, generally considered the world's first novel. **1137** Eleanor of Aquitaine inherited her father's lands, becoming one of the most influential women of the 12th century. **1138** Byzantine princess Anna Comnena, early woman historian, writes the *Alexiad*, a 15-volume historical work. **1157** Hojo Masako is an influential woman in medieval Japan. **1174** Eleanor of Aquitaine is an influential woman in twelfth century Europe. **1342** Chinese Empress Ma is born. **1429** Joan of Arc liberated Orleans, France, from English rule. She is burned at the stake in 1431. **1470** Queen Isabella creates a unified Spain. **1492** Queen Isabella approves the expedition to America led by Christopher Columbus; they land in the Bahamas. **c. 1503** Leonardo da Vinci painted the *Mona Lisa*. **1553** Queen Mary I tries to reestablish Roman Catholicism in England. **1558** Queen Elizabeth I took the throne in Britain. **1702** Queen Anne's War **1718** Mary Montagu introduced smallpox vaccine to England. **1762** Catherine the Great became ruler of Russia. **1792** Mary Wollstonecraft's *A Vindication of the Rights of Women* is published. **1837** Queen Victoria began ruling Great Britain. **1843** Sojourner Truth lectured about suffrage and abolition. **1848** The first "Woman's Rights Convention" was held in Seneca Falls, New York. **1854** Florence Nightingale introduced nursing innovations. Susan B. Anthony began her crusade for



women's rights. **1856** Sewing machine invented. **1871** Lucy Walker, an English mountaineer, is the first woman to successfully climb the Matterhorn in Switzerland. **1874** Sophia Jex-Blake establishes the London School of Medicine for Women. Women's Christian Temperance Union founded to fight alcohol abuse in the United States. **1879** Belva Ann Lockwood becomes the first woman lawyer to practice before the U.S. Supreme Court. **1881** American Red Cross is founded by Clara Barton. **1890** Louise Blanchard Bethune becomes the first woman elected to full membership in the American Institute of Architects. **1893** New Zealand becomes the first nation to grant women the right to vote. **1896** The first women's intercollegiate basketball game in the United States is held, with Stanford University defeating the University of California at Berkeley. **1902** Australian women get the right to vote in all federal elections. Vida Goldstein runs for the

1150 B.C. Deborah leads Israel in victory over the invading Canaanites.

senate there, becoming the first woman in the British Empire to run for a national office. **1903** Marie Curie is awarded Nobel Prize for Physics for discovery of radioactivity. **1909** Swedish writer Selma Lagerlöf is the first woman to receive the Nobel Prize for literature. **1911** Marie Curie is awarded second Nobel Prize for Chemistry for her discovery and isolation of pure radium. **1914** The Amateur Athletic Union in the United States allows women to register for swimming events for the first time. **1916** Margaret Sanger opens first birth control clinic. **1917** Russian Revolution; Soviet women get the vote. Maud Howe Elliott and Laura Howe Richards are the first women to win the Pulitzer Prize for biography. They share the award for their profile of their mother, entitled *Julia Ward Howe*. **1918** Canadian women get the vote. Hungarian feminist and pacifist Rosika Schwimmer becomes the world's first woman ambassador when she is appointed ambassador to Switzerland. **1920** With the passage of the Nineteenth Amendment to the U.S. Constitution, U.S. women get the vote. **1921** Lila Acheson Wallace is cofounder of the *Reader's Digest*. Edith Wharton wins the Pulitzer Prize for fiction. **1922** U.S.S.R. is established. Women's Amateur Athletic Association is founded. **1923** The first woman to receive the Pulitzer Prize for poetry is Edna St. Vincent Millay, for *The Ballad of the Harp-Weaver*. **1924** Nellie Tayloe Ross is elected first woman governor in U.S. (Wyoming). **1928** The first woman to swim the English Channel is U.S. swimmer Gertrude Ederle. Women compete for the first time in Olympic field events. U.S. Anthropologist Margaret Mead publishes *Coming of Age in Samoa*. **1930** World population reaches two billion. **1931** Margaret Sanger publishes *My Fight for Birth Control*. **1932** Amelia Earhart becomes the first woman to fly across the Atlantic alone. **1933** Frances Perkins becomes Secretary of Labor, the first woman cabinet member in U.S. history. **1945** Fashion magazine *Elle*

is founded. **1949** Communists establish People's Republic of China; women get the vote. **1950** In India, women over 21 years old get the right to vote. **1958** Swedish diplomat Agda Rössel is the first woman to head a permanent delegation to the United Nations. **1959** Shirley Muldowney began her professional drag racing career. **1963** Russian cosmonaut Valentina Tereshkova becomes first woman in space. **1966** National Organization for Women (NOW) is founded in the United States. Indira Gandhi becomes prime minister of India. **1969** Golda Meir becomes prime minister of Israel. **1976** World population reaches four billion. **1978** Janet Guthrie qualifies for the Indianapolis 500 for a second time and finished the race in 8th position. **1979** Margaret Thatcher elected first woman prime minister of Great Britain. **1981** Sandra Day O'Connor appointed first woman U.S. Supreme Court Justice. **1983** Ellen Taaffe Zwilich is the first woman to receive the Pulitzer Prize for Music. **1984** Geraldine Ferraro becomes first woman vice-presidential nominee of a major U.S. political party. Kathryn Sullivan is first U.S. woman astronaut to walk in space. **1986** Corazon Aquino elected president of Philippines. **1988** Benazir Bhutto sworn in as prime minister of Pakistan. **1990** Mary Robinson is elected President of Ireland. **1993** Kim Campbell is elected the first woman prime minister of Canada. Tansu Cillar is elected the first woman prime minister of Turkey. Janet Reno became U.S. attorney general. **1994** Executive Ann Marie Fudge is named head of Maxwell House, a unit of Kraft General Foods. May 26: President Clinton signs into law the Freedom of Access to Clinic Entrances Act (FACE). FACE makes it a crime to blockade or commit violence against reproductive health-care clinics. The Violence Against Women Act is passed, giving women a federal civil rights provision to combat gender-based violent crimes. It also authorizes the expenditure of \$1.6 billion dollars over a six-year period to curb violence against women. **1995** United Nations Fourth World Conference on Women is held in Beijing, China. Myrlie Evers-Williams is elected chairperson of the board of the National Association for the Advancement of Colored People (NAACP). A writer, activist and widow of slain civil rights leaders Medgar Evers, Williams wins by one vote. **1996** Polish poet Wislawa Szymborska is awarded the 1996 Nobel Prize for Literature. March — New data from the Census Bureau finds that women own one-third of all U.S. businesses, employing 26% of the nation's work force. Sgt. Heather Johnsen becomes the first woman to guard the Tomb of the Unknowns at Arlington National Cemetery in Virginia. **1997** Czech-born American diplomat Madeleine Albright is unanimously confirmed by the Senate and becomes the first female U.S. Secretary of State. Jody Williams, the American activist who helped found the International Campaign to Ban Landmines (ICBL), is awarded the 1997 Nobel Peace Prize. Janet Jagan, wife of Guyana's former president, the late Cheddi Jagan, is sworn in as Guyana's president in December. Ms. Foundation announced its list of the top women role models for today's girls. Topping the list was Secretary of State Madeleine Albright, the highest ranking woman ever to serve in the U.S. government. Ms.

See WOMEN page 7



1-7 Prepares to Survive, Dominate On the Battlefield

Soldiers benefit from additional practice.
By 2nd Lt. Josh Risher, 1-7 CAV

CAMP BEUHRING, KUWAIT—Garryowen Soldiers always know they can expect more training. After going through gunnery, a rotation at the National Training Center, another session of gunnery, and every other training event carried out on home station, most Soldiers felt confident in their skills and training. After only a couple of days in Kuwait, many were eager to move North into Iraq. Camp Beuhring proved to be an opportunity to brush up on those skills a little more.

Some training seemed like just checking the box. Weapons had to be re-zeroed. HEAT training was still on the agenda for the minority of the squadron's Soldiers who had not completed it on home station or at NTC. Other training was new for many, and if not exactly new for all, it was a good chance to brush up on perishable skills.

The training village alone had much to offer. Classes on COIN (Counter-Insurgency) and counter-IED training gave information which was beneficial to Soldier and leader alike. The MOUT site gave newly-arranged teams from the Squadron's seven scout platoons a chance to work together against an opposition that could fire back. Long-established teams also benefitted from the additional practice. Although the likelihood of coming up against an opposing force in such numbers is low, Garryowen's scouts, mortar men and fire-support teams will be ready.

And every Soldier who went through MSTC now knows the value of first aid on the battlefield. After practicing with simulated casualties—dummies attached to air and liquid pumps who would breathe and bleed until properly stabilized or “dead” — Garryowen Soldiers will be ready to give aid to self and others in a real world firefight.

In addition to basic first aid skills, training at MSTC included the use of tourniquets to stop arterial bleeding, sealing sucking chest wounds, and performing needle decompression to relieve collapsing lungs.

Headquarters Troop's maneuver platoon, the Outriders, serve as the Provisional Security Detachment (PSD). Their tasking is to protect the Squadron Commander and Command Sergeant Major. Out of the group, only two of the NCOs were part of the detachment during the squadron's last deployment, and

few other than the NCOs have deployed previously. They benefitted from the PSD-specific lane.

Over the past year, they have trained in security-related procedures. These include changing vehicles, coordinated evasive driving, and multiple live fire exercises. Most of the group had practiced together before, but this training afforded them an opportunity to practice dealing with a threat that is difficult to simulate elsewhere: dealing with aggressive drivers who try to enter their convoy. Trainers in an SUV repeatedly tried to enter the convoy, and sometimes stopped abruptly, forcing the Outriders to pass them without leaving the Principle, the person being protected, more vulnerable to attack.

Recent news that a battalion commander and three members of his PSD had been killed recently in Iraq helped drive this training home. Sergeant David Free, a native of Hull, Georgia, who was with the PSD for the last tour, said this was especially true for the newer Soldiers. “For a lot of the younger guys, this was a reality check,” he said. Others agreed that they took the training more seriously



Soldiers from the HHT, 1-7 CAV Scout platoon, engage targets during a live fire exercise for Personal Security Detachments at a range near Camp Buehring, Kuwait. This scenario required them to respond appropriately after being attack while the “principle” was attending an Iraqi Security Forces graduation. (photo by 2nd Lt. Josh Risher)

with the realization that it could happen to them.

While this training with the PSD was being conducted, other Soldiers received training on new equipment. For the first time many drivers became familiar with the new Mine-Resistant Ambush Protective (MRAP) truck. The truck offers superior protection against explosive devices, which currently produce the highest number of casualties against coalition forces in Iraq.

Many Garryowen Soldiers arrived in Kuwait feeling ready to roll North. All of the Soldiers now know that a little more training can go a long way.

WOMEN, from page 6

Foundation President Marie Wilson said that girls should strive to claim the presidency for women. Poet Lisel Mueller wins the 1997 Pulitzer Prize for Poetry. Martina Hingis of Switzerland wins the women's competition in the Australian Open. At 16, she is the youngest woman to win a grand-slam tennis tournament in 110 years. Anna Lelkes, a harpist, becomes the first official female member of the Vienna Philharmonic after the orchestra votes to end its all-male policy. U.S. Army Maj. Gen. Claudia Kennedy is promoted to lieutenant general, making her the first female

three-star general. Alexis Herman is confirmed by the U.S. Senate as Secretary of Labor. Pat Henry of Bloomington, Ill., becomes the first American woman to sail solo around the world. Twenty-two British women on a relay expedition reach the North Pole, the first all-female group to do so. The eight-team Women's National Basketball Association (WNBA) debuts. Mary McAleese becomes the second woman in a row to be elected President of Ireland. Bobbi McCaughey gives birth to septuplets in Iowa; the medical team that oversaw the pregnancy and delivery is headed by two female physicians. Jenny Shipley is sworn in as Prime Minister of New Zealand, the first

woman to occupy the post. 1998 Women's ice hockey teams compete for the first time at the 1998 Winter Olympics in Nagano, Japan. The U.S. Women's Hockey Team wins the gold medal. General Motors and Saturn Corp. officials announce that Cynthia M. Trudell will become Saturn's new president and the first woman to head a U.S. car company on January 1, 1999. The U.S. Senate confirms the appointment of Dr. Jane Henney as the new Commissioner of the Food and Drug Administration (FDA), making her the first woman to head the organization. Organizers an-

See WOMEN page 9



March 2009

National Women's History Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
Bike Week in Datona Beach Florida						
8 0200: set clock ahead 1 hour	9	10	11	12	13	14
15	16	17 St Patricks Day	18	19	20	21
National Poison Prevention Week						
22	23	24	25	26	27	28
29	30	31				

Lancer's Lean Forward

1LT Stanley Olszewski, 2-5 CAV

KUWAIT- From the moment they touched down in Kuwait, Soldiers of 2nd Battalion, 5th Cavalry, "LANCERS", have been completely focused on preparing for movement into Iraq.

Kuwait is a staging area for units moving into Iraq or Afghanistan, and it is here that the Lancers will conduct deployment training, receive and upgrade their equipment, and prepare the Battalion to move into its designated area of Iraq. This critical phase of the deployment process will ensure that all final preparations are complete and that the Lancers are ready to accomplish their mission in Iraq.

Training is one of the major reasons deployed units come to Kuwait before moving into Iraq, and the Lancers are no exception. From the moment they hit the ground, Soldiers attend classes, conduct small arms ranges, and train on their vehicles.

Every Soldier completes a specific set of training requirements before moving into Iraq. Each Soldier zeroes his or her personal weapon, completes the vehicle rollover evacuation trainer, attends a current situation brief, and receives a current IED threat briefing. This set of training requirements is mandated to ensure every Soldier is prepared to react to any adverse situation he or she could encounter while in Iraq.

Soldiers complete other exercises to help prepare them for situations they may encounter. Many Lancers completed the Majestic Medical Training Class, which is an ultra realistic first aid simulator that places Soldiers in a simulated battlefield environment and requires them to render aid to a SINE MAN mannequin. This mannequin is a cutting-edge medical tool that



simulates a real life casualty. Soldiers are required to apply all necessary bandages, tourniquets, and dressings to heal the mannequin's wounds while dressed in their full combat equipment.

"It was really good training," says Pfc. Roger Summey, of Michigan City, Indiana. "It really made me realize the importance of the CLS (Combat Life Saver) class I took back at Fort Hood. This class was more hands-on, and I applied the stuff I learned."

While the Soldiers receive advanced training, their equipment receives advanced upgrades to provide them with maximum protection for operating in Iraq. Every single combat vehicle brought from Fort Hood has received additional armor and all weapons have been tested and repaired if necessary. All M1A2 SEP Tanks and all M2/3 Bradley Fighting Vehicles receive Urban Sustainability Kits, and the M88 Armored Recovery Vehicles receive upgrades.

Every Soldier in the Battalion received the new Improved Outer Tactical Vest. The IOTV is the new and improved body armor, and is worn throughout training to ensure that it fits properly and provides maximum protection. These equipment upgrades will ensure that every Soldier has maximum protective measures working in their favor as they conduct operations in Iraq.

Preparation is a critical component of success for any operation. The time spent in Kuwait is the initial phase of the deployment, and it is the time to make the final preparations for the Lancers' mission in Iraq. By "leaning forward in the saddle," the officers, non-commissioned officers, and Soldiers of the Battalion have ensured that they will be ready to accomplish any mission they receive in Iraq. LANCERS!



Muleskinners arrive to Iraq

A message from Lt. Col Gregory Holmes

CAMP TAJI, Iraq- Greetings from Camp Taji, Iraq. The Soldiers of the Muleskinner Battalion are truly the best in America. Without hesitation, they will go anywhere, on any mission, and they will face the enemy and danger head on without hesitation.

As I take a minute to reflect back on our past journey, I am nothing short of amazed of what our Soldiers have accomplished.

As I walk around the battalion and train with Soldiers, I am always impressed by their enthusiasm and relative happiness. The Soldiers within the battalion executed every task with dignity, pride and grace to get to this point. Although many of them may not realize it yet, the profound impact that they are having on this unit is immeasurable.

After one week in Kuwait, our Soldiers have been impressive and it is absolutely truly amazing to see them in action.



SFC Earl Henson, Headquarters and Headquarters Company, 115th Brigade Support Battalion serves as a safety officer during a test fire range at Range 7A in Ft Sword, Kuwait. In this photo, he checks SPC Angela Lambirth's weapon to ensure that it is clear of ammunition. (photo by Cpt. Miranda Craig)

Each company is focused on training, and receiving equipment we shipped from Ft. Hood. Training has consisted of weapons, vehicle rollover, medical, and convoy training.

They have maximized their time in Kuwait which is a vital step to finalize preparation in order to begin operations. We are ready to support the brigade to optimize the Iraqi Security Forces/Government of Iraq improvements and continue to improve security, economy and civil capacity for the citizens of Baghdad.

As always, I will close by saying – I am proud of our Soldiers and give thanks to all of the Soldiers, families, and friends of the Muleskinner Battalion for making this the best unit in the Army.

We Improve Every Day...

PREPARED IN PEACE OR WAR! Muleskinners!

MS6



Highlander Soldiers of Headquarters and Headquarters Company, 115th Brigade Support Battalion, conduct close quarter marksmanship during a three day battalion field exercise at Range 7A in FOB Sword, Kuwait from 12-15 FEB 09. (photo by Cpt. Miranda Craig)

WOMEN, from page 7

nounce that a museum with a collection dedicated to the achievements of women will open in Dallas, Tex. in 2000. The all-woman music festival Lillith Fair grosses \$28.3 million, making it one of the most successful musical tours of the 1998 season. **1999** Shaikh Jabir As-Sabah, the Kuwaiti Amir, reinstates women's right to participate in the democratic process in Kuwait, where for many years only men had the right to participate in politics. **2000** Hillary Rodham Clinton is elected to the U.S. Senate representing New York, becoming the first First Lady to be elected to a political office. **2002** Halle Berry becomes the first African-American woman to win an Academy

Award for best female actress. **2003** Californian Nancy Pelosi becomes the first woman to serve as Democratic Minority Leader in the U.S. House of Representatives. **2004** The musician Pink (Alicia Moore) won a Grammy Award for best female rock vocal performance for "Trouble." **2005** In November of 2005, WNBA player Lisa Leslie married former Air Force basketball player Michael Lockwood in Maui. **2006** California Representative Nancy Pelosi became Speaker of the U.S. House of Representatives. In December, Sarah Palin was inaugurated as Alaska's first female governor. **2007** New York Senator Hillary Clinton announced her candidacy for President of the United States. British author J.K. Rowling finished writing the last Harry Potter book, *Harry*

Potter and the Deathly Hallows, in January. **2008** Alaska Governor Sarah Palin was chosen as the Republican vice presidential candidate to run alongside Senator John McCain. Michelle Obama was the prime-time speaker on the opening night of the Democratic National Convention. Lisa Leslie won a gold medal as a member of the U.S. women's basketball team at the 2008 Summer Olympics in Beijing, China. Maxine Hong Kingston received the Nation Book Award medal for "Distinguished Contribution to American Letters," by the National Book Foundation.

Source: GALE Cengage Learning
www.gale.cengage.com



Top: Murfreesboro, TN native PV2 Jason Failla, HHT, 1-7 CAV releases his seatbelt and prepares to exit the vehicle after experiencing a 180-degree rollover simulation during HEAT training. (Photo by 2nd Lt. Josh Risher)

This HEAT Can Save

1-7 CAV Soldiers receive training for event of vehicle rollover, water immersion.
By 2nd Lt. Josh Risher, 1-7 CAV

CAMP BEUHRING, KUWAIT—Everyone knows the temperatures in the middle East get pretty high. When temperatures reach the 130s during the day, the 90s feel cool at night. These kinds of temperatures can kill, but when HEAT Training is mentioned, it's not the weather, but the Iraqi terrain that comes to a Soldier's mind.

While it's not a land of rocky, cave-filled mountains like Afghanistan, Iraq certainly has its share of rugged terrain. HMMWVs are well-suited to it, but they have their limitations. This is especially true when they have added armor to protect crewmembers from sniper fire and IED blasts. The increased protection on the body, especially on the turret, gives the vehicle a much higher center of gravity, making it top heavy and more suscep-

tible to rollovers. This can be especially dangerous when operating around water, where the possibility of drowning after becoming trapped inside an inverted humvee becomes a reality.

To prevent injuries and death from accidents or rollovers, Garryowen Soldiers have been undergoing Humvee Egress Activity Training (HEAT). After viewing films detailing the importance of following safety measures, Soldiers get the opportunity to exit a vehicle after undergoing a 180 degree roll. Even though the rollover in a simulated vehicle takes place slowly and along a smooth axis, exiting an overturned humvee proves to be no easy feat. It is especially difficult for the gunner, whose position in the turret does not allow for a seat belt. During a rollover the gunner has to be secured by the other four crewmembers in the vehicle. If executed properly, rollover measures prevent injury and loss of life.

Gearing for the Roads of Baghdad

By Sgt. Nathan Jones, 1st BCT PAO

CAMP BUEHRING, KUWAIT -For many of the Soldiers in Headquarters Company, 115th Sustainment Battalion, 1st Brigade Combat Team, 1st Cavalry Division, a trip in a HMMWV usually means a ride to the range or the motor pool. That's not the case today.

"We're going to load up in our [vehicles] and drive through some pretty intense training," laughs Sgt. Justin Blair, "At least, that's what they tell me."

Sgt. Blair is one of the seasoned Non-Commissioned Officers in convoy training. He deployed with the 1st Brigade Combat Team to Iraq from 2006 to 2008 and is calling upon the knowledge gained during that rotation to help train up some of the Soldiers under his wing that are going to deploy for the first time. He's riding in the lead vehicle today, making his the first eyes on anything heading his unit's way. Under him are several young Soldiers who watch his every move.

"Some of them are excited to get out and do stuff like this," he says, "Especially the guys that get to man the .50 Cals on top. What's more im-

portant though is that they're learning, I'll make sure of that."

In the course, the troops are fine-tuned in the art of identifying possible Improvised Explosive Devices, calling in Explosive Ordnance Disposal units, ordering MEDEVAC support and how to deal with crowds.

"Some of it's basic stuff they've been taught before, now all they're doing is applying it in a tight situation," He says while walking to an After Action Review in-between training rotations, "Some things have changed a bit since I was here last, but the basic knowledge is all still applicable."



Sgt. Justin Blair (far right) directs a line of Headquarters Company, 115th BSB, Soldiers to test fire their weapons before loading into vehicles for some live fire convoy training. (Photo by Sgt. Nathan Jones)

During the several run-throughs, Sgt. Blair was quick to give guidance to the young Soldiers in the patrol.

"You doing okay back there?" He asks one of the Privates in the thickly armored vehicle, "Keep your eyes open for anything that doesn't sit right with you."

The group completed several runs of the course and during an After Action Review, they all were able to contribute what they thought went well and what they thought they could do better. Overall, though, the lane expert assured them they had all done very well.

The Soldiers of Headquarters Company, 115th Sustainment Battalion are now ready to tackle the mean streets of Baghdad. "Let's do this," says Sgt. Blair.



Spc. Philip Whaley of Lebanon, Missouri mans the .50 Cal machine gun while scanning for IEDs during live fire convoy through a training village at Camp Buehring, Kuwait. (Photo by Sgt. Nathan Jones)



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			8	3	1			5
			1			8	7	9
9			3	6	2			1
4		5			9	6		
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			5					4
5		7			4		2	

Below: Pfc. Bogard, Pfc. Rodriguez, Pfc. Martinez, Pfc. Anzures, Spec. Malsack and several Bronco Soldiers of Bravo Company, 115TH Brigade Support Battalion wait in line for manifest operations at Ironhorse Gym, on Feb. 2, 2009. These Soldiers are preparing for departure from Fort Hood and are en route to Camp Buehring, Kuwait for training prior their scheduled deployment to Iraq. (Photo by Capt. Miranda Craig)



SUDOKU Easy

*It's easy to play Sukoku!
Simply fill every column so they contain every number between 1 and 9.*

Don't go too fast! The game is easy to play but difficult to master!

Medium

Women in American Religion *Submitted by the Ironhorse Unit Ministry Team*

Even though it is only recently that women have been permitted to hold official roles in many religions, they have always been central to American religious life.

Unofficially, women have often been the primary carriers and creators of religious culture.

Religion has also been an arena for American women activists. Many abolitionists and other early social reformers were motivated in part by religious belief. Beginning in the 1800s, numerous Christian women, black and white, and Jewish women founded religious schools and aid organizations.

Many of the African-American women who helped power the civil-rights movement in the 1860s drew strength from their religions and organized through their churches.

Here are some notables in the history of women and American religion:

† First community of nuns in the 13 States: A Carmelite convent near Port Tobacco, Maryland, established by Mother Bernardina Matthews, in 1790.

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- † First woman rabbi: Sally Priesand, in 1972. She was ordained at Hebrew Union College in Cincinnati
- † First Episcopal bishop: Barbara Harris, in 1989. She was also among the first African-American women ordained as Episcopal priests.
- † Largest religious women's organization in the United States: The Relief Society (Church of Jesus Christ of Latter-Day Saints), founded in 1842. It is also one of the largest women's organizations in the world.
- † First Presiding Bishop of the Episcopal Church: Katharine Jefferts Schori, in 2006.

Hard

- † First woman minister in a recognized denomination: Antoinette (Brown) Blackwell, in 1853. She was ordained in the Congregational Church but later became a Unitarian.
- † First major religion founded by an American woman: The Church of Christ, Scientist, established by Mary Baker Eddy, in 1879.
- † First U.S. citizen to become a saint: Mother Maria Frances Cabrini (1850-1917), in 1946. She was born in Italy
- † First native-born American to become a saint: Elizabeth Ann Seton, in 1975. She had established the first American community of the Sisters of Charity, in Emmitsburg, Maryland, in 1809.

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1		4						9
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	9		8				2	
		7			1			
2		6			7	1		
9							6	



If Your Buddy is in Pain Help Your Buddy!



*You are a Warrior and a member of a team,
You will never leave a fallen comrade!*



SUICIDE AWARENESS

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1st Cavalry Division
Multi National Division—
Baghdad**

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Capt. Miranda Craig - 115 BSB

Safety Steve's Corner



上边为正确的和真正的CE标志(标记)

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下面为不正确的或假冒的CE标志(标记)
Below are mis-use or fake CE Conformity Marking



The key points to remember are:

1. Never buy or use a power strip that does not have CE certification molded into the plastic. If the CE is on a sticker it is a fake. Look at the logo above.
2. Never plug an appliance into any power strip. An appliance is anything that uses over 250 watts.
3. Never plug a power strip into another power strip.
4. Never plug an extension cord into a power strip.
5. Never plug a power transformer into a power strip or plug an extension cord into a transformer.
6. Always unwrap the power cords on all appliances. They will build up heat and catch on fire.
7. Add up the power that is used by all the appliances being plugged into a power strip, and then look at the rating on the back of the power strip to ensure you are not overloading it.

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