

The Mounted Rifleman

3d Armored Cavalry Regiment

November 2004



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Squadron Updates
Thanksgiving Safety
MWR Schedule



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On the Cover

1/3 Soldiers at Gunnery
Photo Taken By: PFC Walsh
(RHHT)



Editors

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*3d Cavalry Association
Membership Application page 25*

A Message From the 71st COL of the Regiment

In this time of Thanksgiving and with the approaching holidays, we have time to reflect upon the things that we value in life and the blessings we have received. I am thankful for soldiers who, in time of war, have volunteered to serve our nation and protect the freedoms we enjoy. I am thankful for sergeants who lead our soldiers and ensure that they possess the skills and ability to accomplish the mission under the toughest conditions. I am thankful for our warrant officers who sustain our combat power, take care of our troopers, and form the backbone of our aviation capability. I am thankful for our commissioned officers who are preparing themselves and our units for the challenges of operations in Iraq and who will lead our platoons, troops, and squadrons into combat. I am also thankful for our family members who share their soldiers' dedication to duty and without whom their soldiers' vital service to our nation would not be possible. I am thankful to be a member of this great team of teams, our Army's elite combat formation, the Regiment of Mounted Riflemen.



During the training we have conducted over the past months, our Regiment has laid the foundation for the highest level of combat readiness. It is time now to integrate new leaders and troopers into our team, reassess our strengths and weaknesses, revise our training strategy to sustain those strengths and address weaknesses, and ensure that all our vehicles and equipment are at the highest level of readiness. Because time is our most limited resource, we will have to sustain a high level of concurrent activity and plan all of our activities in detail to ensure that no time is wasted. Many of our troopers will attend specialized training in Arabic, emergency medical technician, combat lifesaver, sniper, close quarters marksmanship, information operations, and civil-military operations. It is important that troopers who attend that training spread the knowledge to make all of our teams more effective. We will receive some new gear and equipment in December as we prepare for deployment to the National Training Center in January. All troopers will receive classes on the current threats in Iraq and tactical countermeasures to those threats. Our staffs will continue detailed planning for Operation Iraqi Freedom and disseminate our appreciation of the situation to all of our troopers. We will continue to modify our training plans to ensure that we replicate the actual conditions in Iraq as closely as possible.

While the best way to take care of our troopers is to make sure that they possess the highest degree of competence and confidence in combat skills, the chain of command

and I am also determined to achieve balance and maximize opportunities for our soldiers to enjoy time off and time with families. While we will have to load some of our equipment to NTC between Christmas and New Years, we will maximize opportunities for soldiers and leaders involved in those activities to take leave prior to that time.

For those soldiers and families who are new to the Regiment, we welcome you and know that you will strengthen our team. You should know that you are joining one of our Army's elite combat formations. You will find service in the Regiment of Mounted Riflemen challenging, and rewarding. Please welcome our new troopers and family members. I encourage all spouses to participate in unit holiday activities and Family Readiness Group events to get to know the rest of the extended Brave Rifles family. Additionally, the Regiment would like to invite all new spouses to the Brave Rifles Family Welcome Seminar on 23 November at 1800 hours in the Veterans Chapel.

My best wishes to all Brave Rifles troopers and families for Thanksgiving. I trust that you will enjoy a well-deserved break and have the opportunity to give thanks for being in the company of heroes – troopers and families who understand the importance of their service in defense of our nation. We will conduct a mass reenlistment ceremony for troopers and families on 1 December at 1130 in the Fort Carson Special Events Center. I hope that many of you will have the opportunity to join us to honor those troopers who have recently reenlisted.

Brave Rifles!



A Message From The Regimental Command Sergeant Major

The Regiment is as busy as ever and we are performing well on all tasks. During this busy time we are receiving a lot of new troopers in the regiment. I ask all troopers and especially leaders of the regiment to ensure we welcome them and their families accordingly. The housing office has assured me that soldiers coming in now can almost get on-post housing immediately for senior NCOs and junior enlisted.

Our troopers are continuing to perform superbly. SGT Lindsay, from 66MI was selected as the Distinguished Honor graduate for PLDC. CPL Severance from E 2/3 won the Post soldier of the year and we have 10 NCOs who will be inducted into the prestigious Sergeant Audie Murphy Club soon.



Congratulations to all of those troopers performing at a high level and keep up the outstanding work.

The holiday seasons are coming upon us. Let's ensure we celebrate appropriately and take a minute to remember our fallen comrades and their families during these times. Come out and eat in our dining facilities on Thanksgiving Day. Our cooks are going all out with a grand feast, so please feel free to bring your family members down to the dining facility and let us all break bread together. Your chain of command will be serving you on this day so come on out and put them to work.

You are truly a force to contend with after observing your training, motivation, and dedication to successful mission accomplishment. The Vail Ski Resort recognizes this and is offering the Regiment a great deal at their resort from 12-17 Dec. See your CSM for more details. I want to thank the units who have given to Operation Project Santa. This event will truly help our troopers throughout the entire Post. The CFC season is also upon us so please give until it hurts. This is an organization that helps many soldiers and family members. I will close by saying that I am truly amazed at the accomplishments you make and the untiring efforts you display day in and day out.

Brave Rifles!

RCSM



RETENTION



Wishes to invite you to the Regimental Reenlistment Ceremony

Fort Carson's Special Event Center
1 December 2004
Starts promptly at 11:30

3d Armored Cavalry Regiment will be having a Regimental Reenlistment Ceremony at the Special Events Center. The ceremony will be an affirmation of the Oath of Reenlistment to recognize the Troopers and their family members for their continued service and dedication.

All Soldiers that reenlisted or reenlisting to stay with the 3d ACR through the deployment will be involved with the ceremony. Spouses are highly encouraged to attend, for they are the supporting factor of the family.

Please see your Career Counselor for more information.

REMINGTON/REGIMENT	SFC BAKER	526-3417
TIGER SQUADRON	SSG HENDERSON	524-1909
SABRE SQUADRON	SSG PARIS	524-1912
THUNDER SQUADRON	SSG JONES	526-8896
LONGKNIFE SQUADRON	SSG ROZINA	526-5554
MULESKINNER SQUADRON	SSG VICTOR	524-0161
RESERVE CAREER COUNSELOR	MSG HOSEY	524-0162



TIGER SQUADRON

SQUADRON UPDATE

By 1LT Scott Weaver

Range 143 18 OCT - With the onset of fall, Tiger Squadron increased the intensity of its training. The Combined Federal Campaign and the deadline for Absentee Ballot registration were added to the Squadron's eventful schedule. To exacerbate the chaotic training frenzy further, most of the Squadron's leadership had trips all over the nation for various conferences and educational opportunities.

This year's Combined Federal Campaign (CFC) kicked off in the special events center on September 30th. In attendance were a multitude of local charities, post leadership, and represented more than any other unit – Tiger Squadron with its full assembly of 1/3 – emblazoned, red and white guidons present. LTC Reilly has given full support to the campaign that will run until October 22nd. Incentives, beyond the obvious satisfaction of donating to a cause of your choice, have already been offered by each individual troop, battery, and company in order to raise money for these charitable organizations.

Due to Tiger Squadron gunnery conflicting with the dates of the campaign, post CFC officials have extended the drive in order for all soldiers to have an opportunity to donate. Each troop has designated officials that can assist all those wishing to contribute. Information can be found online at www.cfctoday.org.

When asked about Squadron staff's contributions to the gunnery exercise, CPT Craig T. Olson, Squadron Intelligence Officer, said, "It's really great how there is so much squadron level support. Even though the squadron staff is so taxed by filling OIC and Range Safety positions it allows the troops to concentrate on training." Some squadron personnel are projected to be in the field for 20 days in support of the 10 day

To be true to this year's CFC motto, "Every 1 Matters," Tiger Squadron intends to attain its goal of 100% participation. Tiger Squadron Commander, LTC Gregory Reilly, put it best in an address to the troops, "There are many less fortunate than us, let's make a difference!"

While most Americans watched the Presidential debates as the election nears, and prepared for Halloween, Tiger Squadron mounted up and ventured into the field. They conducted operations over the rugged and desolate Ft. Carson terrain stretching as far south as northern Pueblo. At the time of this report the Squadron was only mid-way through gunnery. In the next "Tiger Squadron Update" there will be a complete report on Tiger Squadron Gunnery.

Gunnery is the "Cav's" World Series. It is the ultimate test of a Cavalryman's skills. In the Cav trooper's schedule there are many peripheral tasks that must be accomplished to meet the demands of the unit and the Army. However, during Gunnery, the trooper is allowed to focus solely on his chosen profession – manipulating a tank or Bradley with the utmost lethality. The tanker is put through a series of ranges where he and the members of his crew work together to destroy targets that simulate enemy tanks and troops. The crews are evaluated by Tank Crew Evaluators (TCEs) who monitor the crews through video and radio. The exercise culminates in a live fire known as Cav Table XVIII.

gunnery plan for the troops. Gunnery will be concluded for the whole squadron on October 25.

Upon completion of gunnery, Tiger Squadron will move back to Ft. Carson proper for a short break. They will then return to the field for another exercise testing platoon level engagements. Following that exercise, the Squadron will have leave for Thanksgiving



Members of the Tiger Squadron cooking section (rumored to be the best in the regiment), cook some steaks on the northern Range 109. Pictured are: SGT Gibbons, SGT Dorey, SGT Pease, SPC Cooper, SPC Peck, SPC, Matthews, SPC Johnson, SPC Quiones, SPC Lamb.



Tank Crew Evaluators are essential in improving crew effectiveness at gunnery. Pictured here in the tower at Range 143 are SGT Braun, SSG Calle, and SGT Jaramillo.



SABRE SQUADRON

A Message From the Commander LTC Christopher M. Hickey

Greetings, Brave Rifles! The last time you heard from me, I was writing from the ranges of gunnery. Once again I find my self downrange at Fort Carson—this time at Camp Red Devil—but I'm happy to report that Sabre's training continues to be challenging, realistic, and beneficial to all our troopers.

Our most recent training events have been Rifles STX and Platoon STX, and every trooper has devoted the full measure of his ability and effort to these exercises. The result has been some of the best training I have seen in all my years in the Army. The S-3 shop, especially MAJ Wilwerding and CPT Blackburn, deserves great credit for the meticulous planning of these events. More importantly, however, the platoon level leadership in Sabre Squadron has been the real key to the success of our recent training. Our platoon leaders and platoon sergeants have spent the time and energy required to effectively implement Troop Leading Procedures. Their positive attitude and serious approach has set exactly the right tone for a great field training exercise. Because of this, I see the warrior ethos shining through in the words and actions of our troopers every day.

Additionally, our OPFOR has done a fantastic job creating highly realistic and relevant training conditions. The 43d CEC was very successful in planning and executing Sabre's Rifles STX lanes, providing everything from simulated IED's to civilians on the battlefield. Their contribution was invaluable to the success of that mission. Currently, all our Troops are rotating through as OPFOR during Platoon STX, and the quality of training conditions has remained consistently high. The ubiquitous dedication, energy, and excitement in Sabre

during the past month has created a palpable sense of accomplishment that can be felt on every level across the Squadron.

I would like to congratulate 1LT Todd Hertling of Rattler Troop for winning the James D. Jackson Junior Leadership Award. This is a prestigious award given out in Sabre Squadron quarterly to a deserving young officer who displays the characteristics of leadership, bravery, ingenuity, dedication to duty, and general excellence. Congratulations are also in order for SSG Christopher Allen, also of Rattler Troop, for being the first recipient of the SSG William T. Latham NCO Leadership Award. This award, named after a brave Sabre trooper who made the ultimate sacrifice for his country during Operation Iraqi Freedom, is also a quarterly award in 2nd Squadron, given to a deserving noncommissioned officer who shows initiative, displays outstanding technical and tactical competence, adheres to the NCO Creed, and exemplifies the spirit of "Be, Know, Do." Both these troopers provide an outstanding example of the Cavalry spirit.

On November 11th, we will observe Veterans' Day. This year, it will be especially meaningful to all of us who returned from Iraq last spring. In this time of war, I will be thinking of all our deployed troops on that day, and of all the men and women who have given their lives in the name of freedom. We will never forget those soldiers or their families, and we will always remember their sacrifice.

Sabre Ready. Ai-ee-yah!

SABER 6



THUNDER SQUADRON

A Message From the Commander Thunder 6

Over the course of the last couple of months Thunder Squadron has been steadily preparing for the upcoming deployment to Iraq. A large portion of this training has been concerned with training for dismounted operations in an urban environment. The culminating event for this training at the team/section level was Thunder Stakes, which took place from 13-18 September. Thunder Stakes consisted of 11 STX lanes that were negotiated on foot over a period of three days by teams of 6-8 troopers. The entire Squadron participated in the training as part of a Regimental requirement for redeployment to Iraq and was quite successful.

The lanes involved in the training exercise included the following: team PT test, reflexive marksmanship range, navigate a route, Joint route recon with Iraqi National Guard role players, establish TAA and conduct concurrent training, various action on contact lanes, interact with media on the battlefield, and the final event was to clear a building/detainee handling. This was a unique opportunity for the Thunder Troopers, many of whom are not even combat arms soldiers. It provided everyone with the chance to operate dismounted and to experience many of the things that they

will see and do in Iraq. For many of the soldiers this was the first time they had ever worked together in teams and performed these tasks in training, but all agreed that it was valuable.

As mentioned, the final event was to clear a building and combined many of the skills that they had utilized in the previous lanes, to include detainee operations. For this lane the teams were required to clear a building, detain enemy personnel, evaluate and treat friendly casualties, and to send the necessary reports to higher. For the tankers, scouts, and red-legs this was something that they did on a nearly daily basis in Iraq and have worked extensively on since our return from there. However, for the mechanics, cooks, staff, signal troopers, and many of the 66 MI Company personnel this was a new experience.

The troopers and the team leaders had to consider all of the many sub-tasks that comprise of clearing a building, forcing them to think on their feet. Often overlooked, but still essential tasks, were such things as sending reports to higher, UXO procedures, the 5 S's in handling detainees (especially silencing), and securing the building prior to clearing it.

The OPFOR consisted of two 66 MI CO troopers, SGT----- and SPC Moony, both of whom are Arabic linguists for the Regiment. They provided an extra level of realism by speaking in Arabic and dressing in authentic garb. Their actions were very similar to what we encountered previously and provided many problems for our non-Arabic speaking soldiers that they had to deal with.

When it came time for the remainder of the Arabic linguists of 66 MI CO to come

through the lane we improvised and added tactical questioning to the lane. This was the first time that they had done this in training and provided them with some great insights into the difficulties of conducting tactical questioning. Such things as security, the questions to ask, methods of recording the answers, and who would do the questioning were all identified as TTPs to establish. The OPFOR role players did an awesome job of simulating the difficulties that will be encountered and even received some bruises for their efforts (all non-intentional and well within the laws of war)

Thunder 6





LONGKNIFE SQUADRON

Longknife Update

Longknife Squadron focused on Aerial Gunnery the first couple of weeks in October. This was the first gunnery for the Squadron since coming back from OIF I and proved to be very beneficial training for all the new crews who have joined our team since our return. Aircraft weapons systems were fired and harmonized prior to starting actual scored tables. After all the bugs were worked out, the focus shifted to evaluating the new pilots and their ability to use the weapon systems. Last came Day/Night qualifications and the competition for "Top Gun". Our Top Gun crew for this year is 1LT Sarah Piro and CW2 Will Tomlinson of Outlaw Troop.

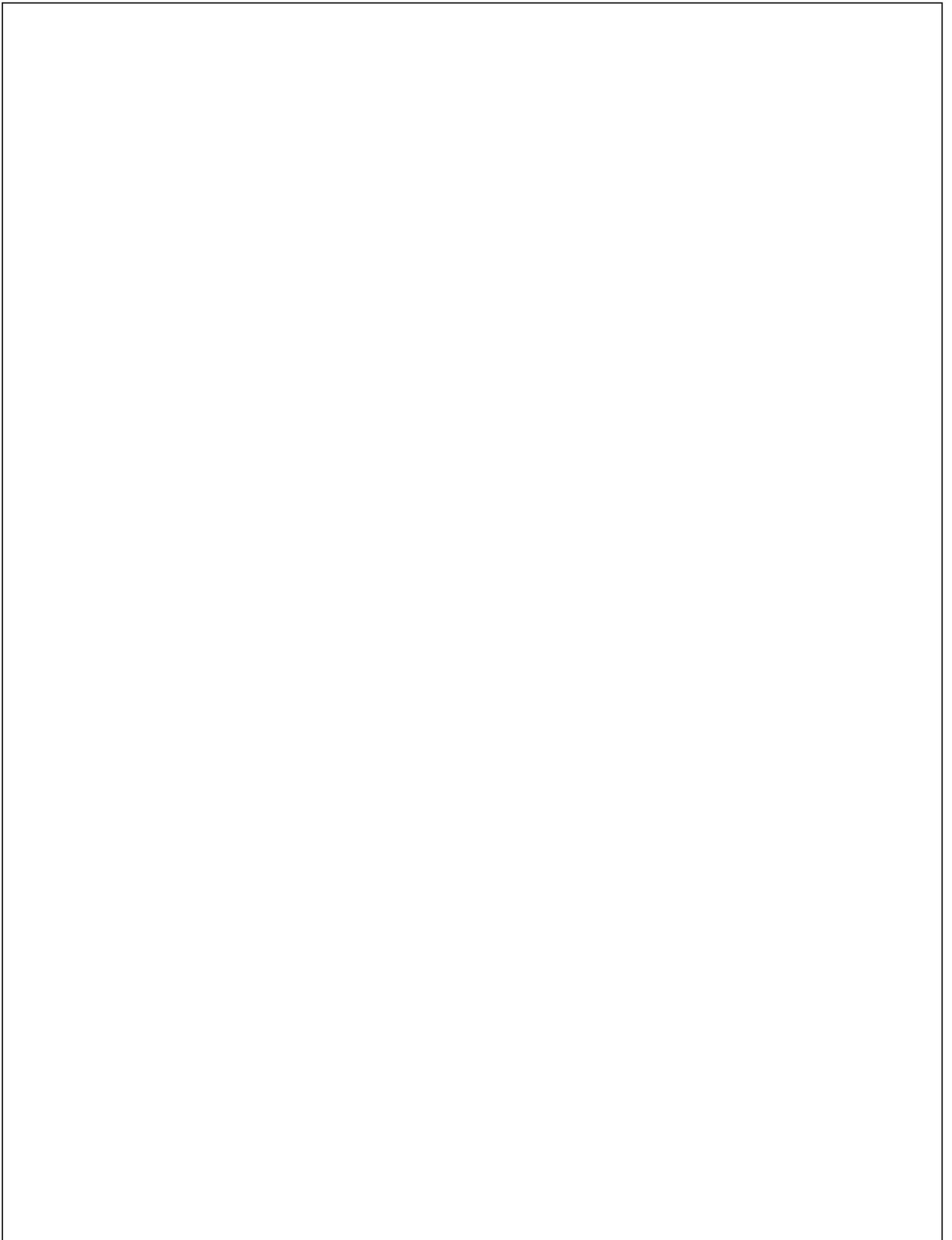
Nomad, Outlaw, Pegasus and Stetson were the troops executing aerial gunnery here at Fort Carson while our Renegade Troop completed gunnery during the same time window at Fort Hood, Texas...their first opportunity to fire gunnery on the Squadron's Longbow Apaches. The Scout Troops shot .50 cal, practice versions of the 10lbs Point Detonating Rocket and Multipurpose Submunition Rocket the Hellfire Trainer and the Air-to-air Stinger Trainer. Stetson shot .60 cal from the Door Gunner position. On the first day of live

fire, Stetson also practiced "Bambi Bucket" operations when one of the Scout crews started a rather large fire in the impact area. It took five passes of water drops to put it out. The aircrews were not the only ones to receive training during the gunnery. Troopers from HHT and Tomahawk stayed at the Forward Area Refueling Point 24 hours a day giving fuel and ammunition when needed. The two weeks of training went well and all the crews qualified.

The 571st Medical Company continues to get ready for their return to Iraq later this year. They conducted a week long FTX as part of their preparation for deployment.

The Longknife Squadron has transitioned into collective training and the next 6 weeks leading up to Thanksgiving will continue to be challenging.







SUPPORT SQUADRON

October Newsletter Article LTC Rich O'Connor

Hello and welcome from the Regimental Support Squadron. I write this letter fresh from our successful squadron FTX. Normally a Combat Service Support (CSS) unit will highlight the traditional Fix, Fuel, Arm, Man, Move and Sustain operations. This last deployment to Camp Red Devil proved the Muleskinners are not only masters of the CSS functions but LETHAL as well. For five days in October, Support Squadron replicated combat conditions and conducted a Combat Logistical Patrol (CLP)-Live Fire Exercise on Range 155 in order to gain competence and confidence in the skills necessary to operate in a combat theater of operations. Task organized as CLPs and led by Lieutenants and senior NCOs, many of the troopers in the squadron conducted this validation of leadership skills by fire much like a Table VIII. Much like our brother line squadrons, "Steel on Target" was the mission and the mission was accomplished.

The Muleskinners will also have a chance to demonstrate their soldier skills during our upcoming Muleskinners Stakes in Mid November. The intent is to validate the troopers on selected individual tasks such as Physical Fitness and First Aid in order to insure we are all prepared for war. We look forward to finding our top squad and building combat ready platoons and troops.

The Support Squadron will operate over long supply routes and along unsecured lines of communication. This emphasizes the importance of conducting mounted battle drills and the intense training that is conducted to prepare our troopers for our upcoming mission to Iraq.

The officers of the RSS will have the unique opportunity to examine history first hand at the Battle of Little Big Horn National Park. We will travel to Montana and Wyoming to study the 7th Cavalry's final operation and walk the ground of this historic place during the last week of October.

October also brings to mind the new fiscal year and along with it, the Combined Federal Campaign (CFC). Although final counts are not in, the Muleskinners have shared their collective good fortune by exceeding their CFC goal of \$20,000. Many Army families have directly benefited from the generosity of their fellow Soldiers and enjoyed a better future.

I want to thank all of the FRG leaders who have volunteered to champion the Family Readiness effort. Valerie and I have been to the troop level FRG meetings and want to let you know how much we appreciate the time and effort needed to organize meetings, activities and distribute information. We train daily to get the soldiers ready for deployment; the FRG is a tool designed to help your families be ready for deployment.

Finally, let me say what an honor it is to command the best support squadron in the

Army. It is great because of the superb Officers, NCOs and Troopers who are the most professional soldiers I have ever had the opportunity to serve with. I am reminded on a daily basis of the depth of commitment you have as Soldiers and Americans by the duty performance I see daily and the unseen support of family members and friends of which all make our service to the Nation worthwhile.

MULESKINNER 6





RHHT

A MESSAGE FROM THE COMMANDER CPT ROZELLE

I send Greetings to Remington Troop and its families. The toughest thing to do is to describe what a Regimental Headquarters and Headquarters Troop does. We are a total mixed bag that is the support backbone for the entire Regiment. We are made up of over 37 different MOSs, and are broken into 16 different sections. Just getting everyone together can be a real chore. RHHT is responsible for almost all the planning and coordination for everything that happens within the entire Regiment. Although we all have different specialties, we come together to accomplish missions and are working to build a better team.

Along with helping the Regiment prepare, Remington has been working hard to prepare ourselves to deploy as well. Our recovery efforts from Iraq took much more time than expected. The good news in this was that we were able to focus much more time on recovering individual pieces as they came in. With a good service plan and some well rested soldiers, we will be ready for our NTC Rotation in January. Although we haven't spent a lot of time in the field, our few short exercises have been combat-focused and successful. Our soldiers will go back much better trained for Iraq than we

were the last time. Each time we train, we are able to incorporate lessons learned from leaders who have previously been to Iraq. We are smarter about the country, the culture, and our mission.

One example of this kind of battle focused training was our participation in Brave Rifles Stakes (BRS). BRS was a chance for our soldiers to go out to the field and train on and react to situations that all soldiers may face in Iraq. It is sometimes hard to get our soldiers out of the office, but events like these really build teams and train soldiers. I think they mainly learned how sensitive their feet have become in the last six months.

Our field problem in November will be our final certification before deploying to the National Training Center. Although it is only four days, it will encompass all the tasks that we must perform as an RHHT on a daily basis in Iraq. We will then prepare for the deployment.

Enjoy your Thanksgiving weekend and celebrate the importance of family and friends.

Brave Rifles,

Remington 6



CHAPLAIN

WE ALL HAVE WHAT IT TAKES TO SUCCEED

Paul didn't stand a chance. That's what most people thought. A poor student, stupid, dyslexic, frequently expelled from school, and already several grades behind the kids with whom he started – yes, everyone seemed convinced that Paul Orfalea didn't stand a chance.

His mother believed in him. She believed in him even though the “experts” predicted his failure. “Maybe he can enroll in a trade school and learn to lay carpet,” one junior high school administrator pronounced. Paul's dad believed in him, too, even though the kids called him “Kinko,” because of his curly hair.

Finally came graduation day. Paul managed to graduate with a “D” average. Paul also went on to survive the University of Southern California, but showed the same lack of aptitude and promise. The destiny as a common laborer seemed inevitable for Paul “Kinko” Orfalea.

But Paul didn't lay carpet, or work as a truck driver, or slave as a garbage collector. In 1970, Paul started a small copy shop at an old hamburger stand. From that humble beginning, he turned a goofy nickname into an internationally known chain of stores. By the year 2000, Paul Orfalea, at the age of fifty-two, stepped down from his position as CEO of Kinko's. With a personal worth in excess of \$225

million, and with 865 stores and 23,000 employees in his portfolio, Paul “Kinko” Orfalea represents the power of encouraging parents and the refusal to accept defeat. Orfalea dismissed his dyslexia, saying, “God gave you an advantage, so work with your strengths.” We all have weaknesses. Don't focus on them. Focus on your strengths and use them, with God's help, to fulfill your destiny. Saint Paul declared: “I can do all things through Christ who strengthens me.” (Philippians 4:13)

(Caption for Rafting Photos)

1. (First photo) Soldiers of the 3rd ACR battle the rapids of the raging Arkansas River during the chaplain's Spiritual Fitness Training retreat on August 6, 2004. The chaplains of the regiment routinely conduct retreats and training events for both single soldiers and married couples. Contact your unit chaplain for information on such events.
2. (Sequence of photos) What's so spiritual about white water rafting? These 3rd ACR soldiers who participated in the chaplain's Spiritual Fitness Training retreat through the Royal Gorge on August 18, 2004, certainly can testify that rafting brought them closer to God.



SAFETY



TIPS FOR STAYING SAFE IN THE COLD

Prevent Problems



Limit exposure to cold, especially if it is windy or humid.



Be careful if you are older, overweight, have allergies, or poor circulation.



Be careful if you smoke or take medication.



Do not smoke or drink alcohol before going into the cold.

Wear Layers of Loose Dry Clothing



Cotton or wool under layers.



Waterproof top layer.



Be sure to cover your head, hands, feet and face.



Keep moving in the cold.



Dry or change wet clothing immediately.



Take breaks in warm areas.



Move to a warm area if you feel very cold or numb.



Drink warm non-alcoholic beverages.

Know the Symptoms of Frostbite



Feeling uncomfortably cold.



Feeling numb.



Skin blisters.



Feeling tingling, aching or brief pain.



Skin turning reddish or violet black.



Unconsciousness.



Know Symptoms of Hypothermia



Feeling cold



Slurred speech

Pain in extremities



Puffy face



Cool skin



Confusion



Apathy



Shivering



Drowsiness



Numbness and/or stiffness



Poor coordination



Slow or irregular beating of heart rate

Thanksgiving Safety



Overnight guest should be instructed on the fire escape plan and designated meeting place for your home. Have a fire extinguisher available no more than 10 feet from the stove, on the exit side of the room. Nearly 50 percent of all house fires across the nation start in the kitchen.



Make sure your cooking appliances are in good working order.



Start your holiday cooking with a clean stove and oven. Make sure any old grease or food spills are cleaned up to lessen the chance of a flare-up.



If the contents in a pot or pan catch fire, do not touch or try to move the pot or pan as you may spread the fire or burn yourself. Extinguish the flames with a metal lid or larger pot.



Never use water on a grease fire. Extinguish the flames with a metal lid or larger pot.



Use potholders to prevent burns. If you are burned, do not use ice, butter or other substance on the burn. Ice can damage the skin, and butter or other substances can trap the heat in. Instead, let the burn cool off under a steady stream of cool tap water and seek medical assistance if necessary.



A 2 ½ lb. class ABC multi-purpose extinguisher is recommended. Know how to use your fire extinguisher.
Start holiday cooking with a clean stove.



Keep the kitchen off-limits to young children and adults that are not helping with food preparations to lessen the possibility of kitchen mishaps.



When cooking, do not wear clothing with loose sleeves or dangling jewelry. The clothing can catch on fire and the jewelry can catch on pot handles, causing spills and burns.



Cook on the back burners when possible and turn pot handles in so they don't extend over the edge on the stove.



Never leave cooking unattended. If you must leave the kitchen while cooking, turn off the stove or have someone watch what is being cooked.



Keep Thanksgiving decorations and kitchen cutters away from the source of direct heat.



Candles are often part of holiday decorations. Candles should never be left burning when you are away from home, or after going to bed. Candles should be located where children will not be tempted to play with them, and where guests will not accidentally brush against them. The candle holder should be completely noncombustible and difficult to knock over. The candle should not have combustible decorations around them.

Cooking Turkey Safely

- Decide how much turkey you will need before you shop. Buy one pound per person or 1 1/2 pounds per person if you have hearty eaters or want ample leftovers.
- Buy and use a meat thermometer. Dark meat takes longer to cook so always insert the thermometer in the thickest part of the turkey thigh. It will register 180°F when the turkey is done.
- Wash hands, sinks, counters, utensils and platters thoroughly with soap and hot water before and after working with raw turkey.
- Remember to remove the giblet bag from inside the turkey.
- Allow the cooked turkey to sit for at least 20 minutes before carving. During this time juices will be redistributed and the turkey will be easier to carve.
- After the meal, cover and store leftovers in the refrigerator as soon as possible.
- Leftover turkey will keep in the refrigerator for 3 to 4 days.



3d ACR Museum

Facing Bouncing Betty

By Cecil J. "Chick" Karley

Luxembourg, November 1944, WWII. After the usual battle, we finally pushed the enemy across the river. The next town located on the other side of the river was Bershiem. "A" Troop was out posted at the right side of the town. Our outpost was on the corner of the street that led straight to the river. We could not patrol down that street without getting a burst of machine gun fire. Because of that, every night I would set up grenades on sticks on each side of the road. There was a wire on the grenade pins and the pins were pulled half way out. Every morning, another Trooper and I would take them down.

All that week before the 7th of November our night patrols were going on the other street, which took us around the block to the river. Now it was the night of November 7th, 1944, and our orders were to change our patrol route because the Germans, by now, probably knew our routine. So, our orders were to patrol along side the street about twenty feet in toward the open field, which would locate us between the street and the open field. We even changed our schedule to 19:00 hrs (7:00 PM) to start the patrol.

It was a dark November night with just a few light scattered raindrops falling. The Lieutenant took the lead with the first squad. Because thirty days before this night I had been promoted to Sergeant, I led the second squad. My Sergeant had set up a 50-caliber machine gun just off the road to cover for us in case we got into a firefight.

We got about half way to the river when someone up front must have hit a tripwire; it triggered the first mine. It blew up in the ground about twenty feet away, and though no one was hurt we could feel the tremendous concussion from the blast. The Lieutenant called me up to his position. His speech was slurred from the blast as he asked me what our next move should be. I said we had gotten this far, so we should do an about face and, without scuffing our feet, and try to step exactly as we had come in.

As I was walking back to my position, I heard a sound like a "shooph." It was Bouncing Betty bouncing up, but she did not explode five feet in the air as she was supposed to. Instead she was on the ground fizzling like a firecracker in the steady light rain, and looked as if she had burned out. My mind was racing now for quick seconds as I decided what to do next because Bouncing Betty was only fifteen feet away. After eliminating brief thoughts of whether to lie down or kneel and turn my back, I decided to face the bitch with anger because I knew that she would surely blow off the ground. I knelt down with my left knee facing her, my M-1 rifle butt sideways between my crotch. My shoulders and body huddled real close to the rifle, which had a rifle grenade mounted on it. Now with my head, I pressed my helmet against the rifle so as to deflect concussion and hopefully shrapnel. This all occurred in a matter of seconds as Bouncing Betty fizzled, totally, about three times before she finally blew up there on the ground.

I got back to my feet after about five seconds or so, feeling a little dazed, and feeling a little warm trickle down my left thigh. I thought shrapnel might have just grazed me. The men were all back on their feet now as I walked back to my position to lead the squads out when I hit another mine.

This one also blew up in the ground about two feet away from me, but the power of it blew me

off my feet. My gun flew forward out of my hands, my helmet flew off my head from the concussion of the blast, and in that moment I can remember hearing it hit the ground.

I lay on my back on the ground as another trooper, who was also hit from the same mine, landed right on top of me. I was swearing and crying as the light rain hit me in the face, I was in and out of consciousness, and with a weakened voice I called to my mother saying that I was all right, I'd be okay. I remember someone was saying that the Germans must have heard the mines going off and they were now hitting us with mortars. I lapsed into unconsciousness.

Sometime later, I was told that SGT Kennedy came and picked me and the other trooper up and got the rest out of the minefield. I was also told that both the Lieutenant and Corporal had been killed. SGT Kennedy received a field commission for getting us out of that minefield and he was promoted to Lieutenant.

The Trooper who had landed on top of me in the blast had a broken shoulder and a broken arm from the shrapnel wounds to his arms. As for me, I received multiple wounds on both legs, including broken femurs on both legs, fractured kneecaps, hip and pelvis on the left side. The inside area of my right knee was hit with a large piece of shrapnel creating a hole the size of a thumb, which would later require skin grafts to seal it. Another piece of shrapnel hit me in the gluteus medius, and yet another hit in the area of which I may not say, only that it is "classified." I still have two pieces of shrapnel above my left knee, one deep near the bone and nerve.

During all of this I was stabilized and wrapped like a mummy, then along with many others wounded men, loaded onto a C-47 Army plane and flown over the English Channel to a hospital in England.

After about a week, I found myself on an operating table under a big round operating light. The mummy wrap had been taken off and doctors with clamps and 4X4 bandages were cleaning the eight wounds on my left thigh, hip and also my right knee. They were also taking care of the "classified" area. As I lay there grimacing and quivering like an old time "T" Ford, there was a nurse holding my hands firmly over my shoulders and behind my head. There I was, stark naked, as the doctors were preparing me for a full body cast. I slowly looked back to see who was holding my hands, to see who she was. As she bent over me, our eyes met and I saw the most beautiful blue eyes I had ever seen so close. I just calmed down completely and I said to her, "You must be my angel," and then I felt something fall onto my forehead. She let my hands go and walked away sobbing, it was her tear that had fallen on my forehead, and she didn't know it. I never saw her again.

The doctors in England put me in a full body cast and one month later I was put on an all white hospital ship called the *IL de France*. After about eight days over the ocean, the ship pulled into Boston harbor. There, newspaper press reporters with all of their flash cameras took pictures of all the wounded as we were carried off the ship on our way to Camp Edwards Army Hospital.

I was at Camp Edwards Army Hospital for about a month and then I was transported to Staunton, VA Army Hospital. Through all of this I was still in a full body cast complete with a cross bar incorporated in the cast just about my ankles. Another month passed before they finally removed the body cast. Praise the Lord, what a relief that was!

That was the first time I was able to see the extent of all my wounds from both mines. When I knelt down on my left knee facing the Bouncing Betty, two pieces of shrapnel hit my left thigh straight on and one piece hit my hip directly. That means I was already leaking blood from the first three hits. Instinctively I got up and walked along side the patrol and that's when the

second mine blew up in the ground about two feet away. This caused my broken femurs and additional pieces in my left side of my thigh and the big piece in my left inside part of my right knee. Counting all my scars, there are a total of nine hits including the one in the “classified area.” I was lucky, thanks to the penicillin and blood plasma that was given to me, and to that guardian angel looking over me.

My parents got a telegram saying that I was killed in action. Then, within a few weeks they received another one that said I was seriously wounded. You can imagine the elation and relief they must have felt then. After seven months of physical therapy, learning to walk again, and medications including penicillin to prevent infections, I was finally discharged on May 5, 1945.

As Memorial Day is coming up and you hear a bugle sounding taps, you may see a veteran from any war saluting the flag. He may be teary-eyed or holding back tears the best he can, but know that he is crying on the inside. It doesn't make a difference which war he served in because all the military killing weapons of war don't really change much. He is not showing self-pity, he may be suffering from Post-Traumatic Stress Disorder (PTSD). PTSD causes flashbacks and memories of all his buddies who got killed in action. He has no control over this and it can blossom out anytime causing sensitivity, stress, anxiety, and depression.

Even though my experience in that minefield caused lasting scars, I have no regrets. I feel lucky that it happened the way it did because a few feet closer or further away and I could have lost a leg or even my life. All in all, I can look back on it as the greatest adventure of my life. We were trained to be soldiers in the 3d Cavalry Mechanized Reconnaissance unit and meet our enemy head on. Because of the bond between us as combat men and the camaraderie we shared, we were like family to each other. After all these years, I remember with pride and honor all the battles I survived through France and Luxembourg. I also remember my brave buddies who fought and died along side me.

My advice to this and future generations is to remember that, believe it or not, this Earth is paradise! God started us all out with a young healthy and flexible body, the best on this planet. It's practically indestructible, so why mess it up. Why not enjoy life to the fullest without additional hang-ups. Hey, It's only one lifetime around.





3d CAVALRY ASSOCIATION MEMBERSHIP APPLICATION



LAST NAME _____ FIRST NAME _____ MI: _____

RANK _____ PHONE#: (____) _____ - _____

EMAIL ADDRESS: _____

ADDRESS: _____

UNIT AFFILIATION (SQDN, OR SEP CO.) _____

TYPE OF MEMBERSHIP: ____ LIFETIME MEMBER \$20

____ OFFICER ANNUAL \$7

____ NCO ANNUAL \$5

____ ENLISTED ANNUAL \$3

____ CIVILLIAN ANNUAL \$7

SIGNATURE: _____ DATE _____

ASSOCIATION USE ONLY

DATE RECEIVED: _____

DATE PROCESSED: _____

MEMBER #: _____

DATE CARD ISSUED: _____

DATE CERTIFICATE ISSUED: _____

EXPIRATION DATE (ANNUAL): _____

FRG

What is the Family Readiness Group?

The Family Readiness Group is made up of volunteers- family members, spouses, children, parents, grandparents, retired Soldiers and interested community members, who volunteer their time and talents to support both Soldiers and their family members. Members of the Group have many options for volunteering. Some may spend a good bit of time at the unit, while others may almost never spend time there; but rather provide support via the telephone or computer.

The Group provides an avenue of mutual support and assistance, and a network of communication among the family members, the chain of command, and community resources. The communication networks purpose is to pass accurate and helpful information to families, and to act as a conduit to identify problems or needs to the Commander.

The FRG is geared toward helping family members prepare for imminent separation, cope during the separation, and to bond with other family members in the unit. It becomes a vital link between families, the soldiers and community agencies during mobilization and deployments.

FRG Organization

- The structure you choose for your group will depend upon your unit's needs, mission, desires, size, geographical distribution of its families, and personality.
- The FRG must be an organized activity if it is to function properly and be recognized by the Army.
- All job responsibilities must be covered by someone.
- Regardless of how an FRG is organized, much thought should go into the organization. The FRG should be a well-designed and carefully organized operation that is not dependent on one or two people for work accomplishment.

Why do we need a FRG?

The FRG can increase family knowledge of the unit's mission, the Soldiers, duties, the military way of life, and the benefits of military service.

It also provides information to the families regarding mobilization and what to expect from the Army during that time. The Family Readiness Group enhances the Army's outreach program and improves family feedback to the Army. All of this wrapped up together helps create the secure atmosphere of family-soldier-unit bonding that is critical to the modern Army and its families.

What is Mobilization?

Mobilization is the procedure by which the President of the United States can order a single Reserve Soldier, a group of Soldiers, a unit, or a group of units to Active Duty in the U.S. Army.

When this happens, the unit will be notified by its Higher Headquarters. The unit immediately notifies its Soldiers to report to a specified location at a specified time. Normally, at that time the Soldiers become part of the Active Army.

By being active in your units' Family Readiness Group, family members get to know each other and become secure in knowing they can work together to help each other. The mutual friendships made and the practice of working together will help get everyone through a lot of hard times.

Below are checklists for a Soldiers and their Family to utilize in preparation for mobilization



RESTAURANT REVIEW

The Stagecoach Experience

By: Caryn Baum

The Stagecoach Inn is a classic American restaurant rich in history, delicious in flavors and comfortable with western hospitality. The unique historic structure marks the entrance to downtown Manitou Springs. Two decks overlook a mountain stream. Four fireplaces warm cozy corners in the winter. Knotty pine paneling, changing local art, a pub- like bar and lounge and multi-level dining rooms create a special ambience.

The Stagecoach cuisine is based on classical American and continental preparations, sometimes with a western flair. Juicy choice center cut charbroiled steaks, succulent slow roasted prime rib, tantalizing trout, sublime salmon, incredible crab cakes, perfect pasta and poultry requires repeat visits. The Stagecoach is also famous for buffalo. Buffalo sampler, slow roasted buffalo with boysenberry sauce, buffalo pot roast, and buffalo pioneer pie, buffalo burger or buffalo sausage makes ordering one's meal a real dilemma.

Other unique signature dishes include Salmon Oscar, Santa Fe Steak, Bouillabaisse, London broil and Oscar Roulade with sauce foyot. All desserts, sauces and dressings are made on premises.

An affordable and extensive international wine list compliments any meal. The Stagecoach also features Colorado micro brews on draft, fresh fruit daiquiris and smoothies, and complete coffee, espresso, and cappuccino service. And now, we offer [Colorado Premium Vodka](#) created in the heart of the Colorado Rocky Mountains.

The service at the Stagecoach is professional and attentive and is the epitome of warm western hospitality. The Stagecoach is open every night for dinner, and is available for private parties and functions in the banquet rooms. Reservations are appreciated and you are always welcome at the Historic Stagecoach Inn.



Manitou Springs, Colorado

MWR

Veteran's Day Volksmarch	13-Nov-04	13-Nov-04	Spec Event Ctr	0800- 1500	Ms. Rudder/4-1388
Military Appreciation Week	15-Nov-04	19-Nov-04	Various Locations	TBD	Ms. Edinger/ 6-2151
Turkey Trot/Turkey Shoot	24-Nov-04	24-Nov-04	TBD	TBD	Ms. Rudder/4-1388
3D Awareness Month (Drunk Drugs & Driving)	1-Dec-04	31-Dec-04	Various Locations	TBD	Mr. Tafoya/6-2501
Holiday Village	2-Dec-04	4-Dec-04	Spec Event Ctr	TBD	Ms. Edinger/ 6-2151
Santa's in Town	9-Dec-04	9-Dec-04	ECC	1600- 1900	Mrs. Camp/ 576-6646
New Year's Eve Party	31-Dec-04	1-Jan-05	Xtremes	TBD	Mr. Greg Dutton/ 6- 7540
Sno-Fest	TBD Jan 05		ITR		Ms. Cobb/6-5366
Soccer Registration	TBD Jan 05	TBD Mar 05	Youth Center		Mr. Hollister/6-1233
Basketball/Cheer Season	22-Jan-05	12-Mar-05	Youth Center		Mr. Hollister/6-1233



