

RIFLEMAN



3d ARMORED CAVALRY REGIMENT

NOVEMBER/DECEMBER 2009



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THE MOUNTED RIFLEMAN

3d Armored Cavalry Regiment Magazine

73rd Regimental Commander:
Col. Reginald Allen

XVIIIth Regimental CSM:
Command Sgt. Maj.
Jonathan J. Hunt

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Col. Reginald Allen, 73rd Regimental Commander, and Command Sgt. Maj. Jonathan J. Hunt, in congratulating a group of Brave Rifle's at the Annual Fort Hood Combatives Tournament.

Features

- 05 3d ACR begins "Road to War"
- 08 CW5 completes long journey to top
- 09 Fort Hood Combatives Tournament
- 14 Bell County's 1st Soldier of the Year
- 15 From Soldier to Math Tudor
- 16 Photo Page: Boxing Competition
- 17 3d ACR wins Phoenix Award
- 27 Photo Page: Organizational Day

EVENTS



XVIIIth Regimental Command Sgt. Maj. join

ABOUT THIS ISSUE

This issue features stories on Brave Rifles training to perfect their mounted rifleman skills as they prepare for upcoming deployment slated for Fall 2010.

Also featured is 3d ACR's recent win of the 2009 Secretary of Defense Phoenix Award, and the units' participation in the annual Fort Hood combatives tournament.

3d ACR continues to work closely with the local community, volunteer to tutor local students, and improving a campground used by local organizations.

Many great things are happening across the Regiment and this issue portrays some of these events.

- **The Editor**

Columns

03 73rd Regimental Commander

04 XVIIIth Regimental Command Sgt. Maj.

07 Tiger 1st Squadron

11 Sabre 2nd Squadron

13 Thunder 3rd Squadron

19 Longknife 4th Squadron

21 Muleskinner Support Squadron

22 Chaplain's Column

23 Patton's Ghost Troops

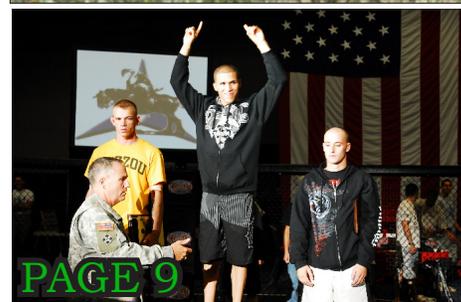
25 Winter & Holiday Safety Message

27 3d ACR FRG Updates

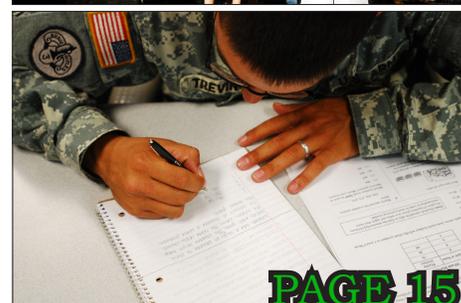
33 Tribute to Our Heroes



PAGE 5



PAGE 9

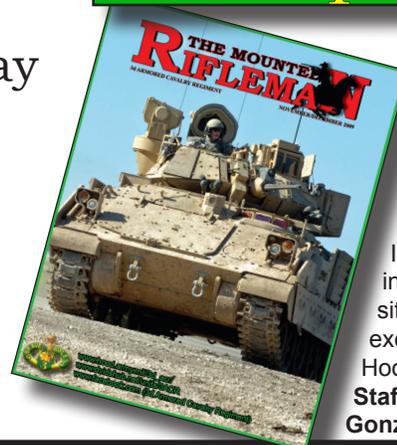


PAGE 15



PAGE 29

Coverpage



Crazyhorse troops conduct a mounted patrol at the base of a simulated Iraqi village during 3d ACR's situational training exercise at Fort Hood. (Photo by Staff Sgt. Adora Gonzalez)



73rd
Regimental
Commander

Col. Reginald Allen

I would like to begin by publicly voicing my pride and admiration for this Regiment and the entire Regimental Family. As we end what has been an extraordinary year for the Regiment I want to say "well done" to the troops and

their families. The Regiment's pace is quickly picking up and our troopers haven't missed a beat. Since April, we've accomplished so much, from winning at the combatives tournament and leading the Corps in boxing, and the Soldier of the Year competition to finally winning the Secretary of Defense Maintenance Award. We've made our mark at the Great Place and throughout the Army as the premier unit on Fort Hood and the best Brigade-sized organization in the United States Army. Continue to maintain your high standards and lead the way for others to follow.

Now that we are in what's called the TRAIN/READY phase of Army Force Generation or ARFORGEN, we've become deeply immersed in training with squadrons having successfully completed platoon and troop STX in preparation for deployment to the national training center next summer. Our training included some traditional reconnaissance and security tasks as well as counter-insurgency tasks including reacting to improvised explosive devices and snipers; and engaging with local

security forces and community leaders. This is the first real heavy duty home station training the Regiment as done since we deployed over two years ago.

As most of you already know the Regiment recently received deployment orders for the fall of 2010. This means troops and families can expect an increase in training events to ensure that we deploy giving every Trooper the best training possible. Additionally, the Department of the Army recently designated 3d ACR as one of six heavy Army brigades to convert to a striker brigade. We know that this will not occur until after our next deployment so we will continue to focus on getting ourselves prepared for the future we know, which is our pending deployment. The only near term impact of this future conversion announcement is that it will cause the loss of one of the key components of the Regiment— Longknife Squadron, 4/3d ACR, as striker BDEs are not authorized aviation. The timeline for reflagging 4/3 to become part of a new 16th Combat Aviation Brigade out of Alaska is to be determined but we believe this will occur in late spring of 2010 before our deployment.

Finally, regarding increased training, being married with two young children I completely understand the challenges families must deal with as we spend more time in the field. I implore you to spend quality time with your families this holiday season. I also strongly encourage families to engage their prospective family readiness groups. This is the time to start developing those relationships that may prove invaluable when the Regiment deploys. Thanks for your support and keep up the great work - and have a wonderful holiday season!

Brave Rifles!



Courtesy Photo

Col. Allen Reginald, 3d ACR commander, and wife Ingrid Reginald, pose with Gen. Ann E. Dunwoody, commanding general of the U.S. Army material command, and Command Sgt. Maj. Neil Ciotola, prior III Corps and Fort Hood Command Sgt. Maj., during the Women's Equality Day Luncheon.



Photo by Capt. Tia Winston


XVIIIth
 Regimental
 CSM
 Command Sgt. Maj.
 Jonathan J. Hunt

Soldiers from Tiger Squadron pose with the coveted Secretary of Defense Phoenix Award for excellence in maintenance, after being announced the winners against a worldwide group of DOD field level maintenance organizations.

I'd like to dedicate this article to Tiger Squadron's phenomenal maintenance team. On October 28th TIGER represented the Regiment with distinction as they accepted the coveted 2009 Secretary of Defense Maintenance Award in Phoenix, Arizona.

Tiger's maintenance team achieved this honor while deployed to Iraq's Tigris River

Valley during OIF 07-09. This unit holds a special place in my heart as I was the squadron command Sergeant Major during this deployment and saw firsthand their hard work and determination to complete the mission. They maintained an equipment fleet that was 75% percent larger than normally authorized: employed "repair forward and return-to-user" techniques, even though Regimental maintenance personnel were dispersed over 24,000 square kilometers; supported the newly fielded Mine

Resistant Ambush Protected (MRAP) vehicles and up armored HMMWVs, and provided Iraqi Army mechanics with more than 12, 000 hours of hands on maintenance training. These are just a few of the statistics that represent the tremendous job TIGER accomplished while deployed to Iraq.

The squadron successfully met these challenges with a can-do attitude by adopting various innovative techniques, such as cross-training maintenance technicians, adjusting MRAP operation and maintenance practices based on feedback from combat experience, and modifying standard operating procedures to facilitate mission accomplishment. The results of these efforts are captured in the squadron's 97 percent operational readiness rate for the entire 15 month rotation which was a remarkable achievement. TIGER Squadron's success exemplifies the Warrior Ethos and the Regimental spirit of excellence. Job well done!!!

Blood and Steel...



Soldiers from Tiger Squadron's maintenance team perform maintenance on equipment while deployed to Iraq.

3d ACR begins road to war



Photos by Staff Sgt. Adora Gonzalez

3d ACR Soldiers conduct a dismounted patrol through a simulated Iraqi city. This scenario is one of several the Cavalry Soldiers undergo during full-spectrum operational training.



Soldiers conduct Preventive Maintenance Checks and Services on their vehicles between simulated combat scenario training.



A Soldier with Crazy Horse, 1st Squadron, communicates over the radio during a field training exercise.

.....
By Staff Sgt. Adora Gonzalez
3d ACR, PAO
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3d Armored Cavalry Regiment recently kicked off full-spectrum operations training recently in preparation for their upcoming deployment slated for fall 2010.

“This is the first real heavy-duty home station training that the regiment has done since before they deployed, so that’s over two years ago,” Col. Reginald Allen, 3d ACR commander said.

“Every squadron’s out doing a portion of rebuilding the skills at the platoon level. The basic building blocks of any organization are the training of your platoons and how well they can master the basic blocking and tackling skills of a combat organization.”

The unit returned from Iraq in February and after reintegration, is ready to get back to work, undergoing a variety of training scenarios which encompass heavy combat operations at various skill levels.

“This training gets (Soldiers) thinking about what could I have done better. When you make them write out a letter to the family of the deceased it makes them think, ok, my planning is flawed, where can I fix it,” Capt. Ricky J. Myers, Crazy Horse Troop commander, 1st squadron, said.

“That’s when I expect that platoon leader, platoon sergeant, or vehicle commander to sit there and work on their (tactical standard operating procedures) work on their vehicle placement, work on their personnel placement.”

The combat oriented exercises range from Improvised Explosive Device training, to tank platoon maneuver warfare, how to react to sniper fire and ambushes, and key leader engagements, all set in place to test the abilities of the leaders and Soldiers on the ground.

“We’re at the crawl phase, I think in the months to come were going to start going into the walk phase where it’s going to become more difficult for these guys.” Myers said.

“That’s my task and purpose out here right now, to make sure that (the Soldier’s) training is to the standard and that they get something out of this without making it too difficult to overcome.”

Another challenge at the platoon level is ensuring all Soldiers get the most out of the simulated exercises, whether they are just arriving to the unit or have been with the regiment since the previous deployment.

“The training is good for the new guys because they haven’t seen or done this before and getting them trained now, keeps us ahead of the game.” Sgt. 1st Class Marcellous P. Powe, 3rd platoon leader, Supply and Transportation Troop, Regimental Support Squadron, said.

Aside from getting new Soldiers up to par with regimental standards, Powe explains why retraining previously deployed Soldiers is a must.

“They’re learning new (Tactics, Techniques and Procedures) so when they go back to Iraq they won’t be looking at the things the regiment did in the past and instead stay focused for the future,” he said.

As Army units pull out of Iraq, 3d ACR prepares to go in with the main mission of advising and assisting Iraqi forces.

“Now were at a point where we’re coaching, teaching and mentoring,” Allen explains. “(Iraqis) are leading and we’re kind of like observer controllers, were helping them get better and more professional.”

Although the focus across the regiment is being shifted toward this new approach, the squadrons will continue to maintain their ability to conduct combat operations.

With the regiment’s recent designation as one of six Army heavy brigades to convert to Stryker, the question as to whether or not this will delay the upcoming deployment or possibly re-shift training objectives is being raised.

Allen adamantly states that the current focus remains to take the regiment back to theatre and that the conversion into a Stryker element will most likely take place upon return from Iraq.

The current training is only the start of what the regiment will face as they adapt and overcome the challenges ahead. Whether 3d ACR converts to Stryker or is given the task of an assistance brigade one thing remains unchanged, and that’s the regiment’s history and stellar reputation.

“We’re talking about a unit that has a history

163 years old [with] multiple Medal of Honor winners, multiple campaigns, just a wonderful history,” Allen said.

“It’s something that we try to instill in our Soldiers so that they understand the legacy that they are a part of and all the blood and steel that have passed over these 163 years, that they are now charged to carry on.”

3d ACR Soldiers conduct a mounted patrol at the base of a simulated village. The training allows Soldiers a chance to engage the local populace while maintaining security.



TIGER

1ST SQUADRON

3D ARMORED CAVALRY REGIMENT



.....
By Lt. Col. David Athey
Tiger Commander

Tiger Squadron has been busy the past couple of months. As we say goodbye to the last large batch of Soldiers and families leaving our great formation, we have also said welcome to several new Soldiers and their families. To show that becoming a Tiger Soldier is not just joining a new unit, but also joining a new family, we planned a few events.

The first such event was the Tiger Family run held the morning of 20 August. Soldiers were encouraged to wear a jersey from their favorite team and to bring their loved ones, from their spouse to their children to their dogs.

The formation held strong that morning as the Squadron went for a one-mile run along Battalion Avenue (minus a few stragglers chasing their wild pets and/or children.)

Later that day Tiger Squadron held its very own Olympics at the Fort Hood Stadium. The units competed in several events from races, tanker bar throws, tug-of-war, to the major sports of football and softball.

While the teams competed, Soldiers and family members enjoyed a BBQ feast prepared by the great Soldiers of Roughrider



Photo by Staff Sgt. Adora Gonzalez

Soldiers with Crazy Horse Troop, Tiger Squadron, conduct a dismounted patrol during a simulated training exercise. The platoon level training was set to refine tactical skills and test their ability to complete various missions.

Troop. Throughout the day one could see the camaraderie building within the Squadron as we competed on the friendly fields of strife.

But the festivities did not stop there. The Squadron picnic was held on the very next day as a final hurrah for children to spend time with their parents before returning to school the next week.

The picnic was held at BLORA and highlights included a Moon Bouncer for the children, a huge cookout, and the Tiger Awards Ceremony for the Olympics held the previous day. Roughrider Troop was pumped as they won the Football and Softball

tournaments, but at the end of the day, Bandit Troop was the most victorious and walked away with the Commander's Cup.

As the school year begins, the children will increase their workload, and so will the Tiger Soldiers. We are currently receiving new pieces of equipment (Abrams tanks, Bradleys, and Paladins) and shortly thereafter will begin training on them.

I can assure you that our Soldiers will be kept busy and working hard, but at the same time will remain safe and be given as much time as possible to spend with their families.

TEETH OF THE REGIMENT!!

CW5 completes long journey to top



Photo by Sgt. John D. Ortiz

Newly-promoted CW5 Addison C. Allen stands with the 3rd Armored Cavalry Regimental Commander, Col. Reginald E. Allen, his mother and wife during his promotion ceremony.

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By Sgt. John D. Ortiz
4th Sust. Bde. PAO
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With Stetsons and a mixture of gold and silver spurs, members of the 3rd Armored Cavalry Regiment came together in a show of support of a rare occasion, a promotion to Chief Warrant Officer 5.

"It feels great, it has been a long journey of more than 29 years," said then Chief Warrant Officer 4 Addison C. Allen, a senior ordnance logistics officer, before his promotion ceremony. "It's the end of the ladder, it's not very often someone gets to achieve the full extent of their profession. You work hard your whole career trying to do all the right things to get to this point."

Allen who was born in 1959 in St. Thomas, part of the Virgin Islands, entered the military as a wheeled vehicle mechanic in 1980. After rising to the rank of sergeant 1st class, Allen decided to pursue a commission as an ordnance automotive specialist in the warrant officer career field in 1993. 16 years after being commissioned, he pinned on a rank only three percent of all warrant officers reach and is equal in stature to a command sergeants major and general officers; truly reaching the apex of a career Soldier. It was an honor for Col. Reginald E. Allen the 73rd Commander of the Regiment to stand in front of members of his unit and promote an individual to the highest rank in the warrant officer corps.

'Very few warrant officers achieve the grade of Chief Warrant Officer 5 in the U.S. Army, and truly

is an honor to even have a CW5 in the 3rd ACR," said Allen.

"In fact this event was so great that the Chief of Staff of the Army General George Casey was going to attend and promote Allen, as he was a former mentor of him during both their days at the 1st Armored Division," he said. "But General Casey was called to a meeting at the White House, and I will be doing the best I can to stand in for the Chief of Staff."

After pinning on the single blank vertical line, signifying the highest rank a Warrant

Officer can be, Allen brought his family to him to join in the celebration and thanked them for being his rock in all he did. After a few photos, he spoke of his long journey to the top

"I would like to thank everyone who came out on a training holiday for making this day a very special day for my family and me," said Allen. "My degree is in business administration, not public speaking so please bear with me."

"I extend my appreciation to all the Warrant Officers in attendance. Some of you have asked me what the CW5 board is looking for, and to be honest with you, I have no idea," said a smiling Allen.

"But I will tell you a couple of things that a person must have: impressive job performance, put forth a 100 percent effort, support the unit and commanders, don't allow your area of responsibility to become a weak link in your organization, always work towards self-improvement, and always take care of your Soldiers," he said.

Speaking previously, Allen said his goal now is to help grow, mentor and develop other Warrant Officers who are coming up through the ranks to achieve their full potential.

"I'm still enjoying my job and would like now to get to a position where I can influence new warrants, specifically at the Logistic University, Fort Lee, Va., because that's what it's all about now, developing new warrants and helping them become successful," he said.

For Chief Warrant Officer 4 Cornelius Harris, a member of the regimental support operations section, attending the promotion ceremony was all about showing support.

"There are very few chiefs that make it to the top, we all dream about it, but it doesn't happen often," said Harris. "But when one does make it to the top, a lot of chiefs come out and support the individual getting promoted. It is pretty rare."

Brave Rifles:



3rd Armored Cavalry Soldiers compete, and place, in the 2009 Fort Hood Army Combatives Tournament. (Photos by Spc. Opal Vaughn)

Dominate combatives tournament

.....
By Spc. Opal Vaughn
14th P.A.D.
.....

Once a year, Fort Hood hosts an event so epic that grown men and women voluntarily enter a cage with competitors so volatile there is a possibility any one of them may be carried back out on a stretcher.

The Fort Hood Army Combative Tournament not only spawns greater numbers of fighters from one year to the next, but it has also turned people beating the pulp out of each other into a spectator sport.

"Pleasure and pain go hand in hand," said Spc. Robert Texidor Jr., combat medic, Headquarters and Headquarters

Troop, 1st Squadron, 3d Armored Cavalry Regiment.

Texidor fought his way to win the first place championship in the Fly Weight, or 125 pounds and under weight class in the 2009 tournament.

"I like individual sports. When you lose, you can only blame yourself. When you win, you can only claim victory yourself."

This year, Soldiers from 3d ACR made up nearly half of the spectators and 40 of the fighters, seven of which made it to the finals or third place fights across various weight classes.

Texidor credits his championship victory to his experience in multiple arenas of one-on-one sports.

"I started wrestling when I was a junior in high school," he said. "I picked this up. It was fairly easy with the ju-jitsu

experience I also have. My brother is also a boxer – Golden Gloves boxing. He's an amateur boxer and he taught me some things."

Texidor's skill in these various outlets gave him the confidence it took to win, he said.

"In the beginning, I was expecting to win," Texidor said. "You can't go into somewhere and expect you're not going to win. You can't have that mindset."

Texidor still credits his competitors with the art of challenge.

"The last two competitors I had were very tough," he said. "Sgt. George, she was a female and she was probably the toughest. She was a very good competitor. Dean was also real tough. He packed a wallop with his punch."

Texidor said he was overwhelmed with the win, even though he expected it.

"I almost cried," he said. "I raised my brother and it felt good to give something back to him because he taught me some things. I was really excited."

Texidor wasn't the only 3d ACR Soldier who can partially credit his win in the finals of the tournament to his past experiences in the realms of self-defense and martial arts.

Maj. Adam Boyd, executive officer, Regimental Support Squadron, 3d ACR, took second place in the heavyweight or 205 pounds and up weight class championship fight.

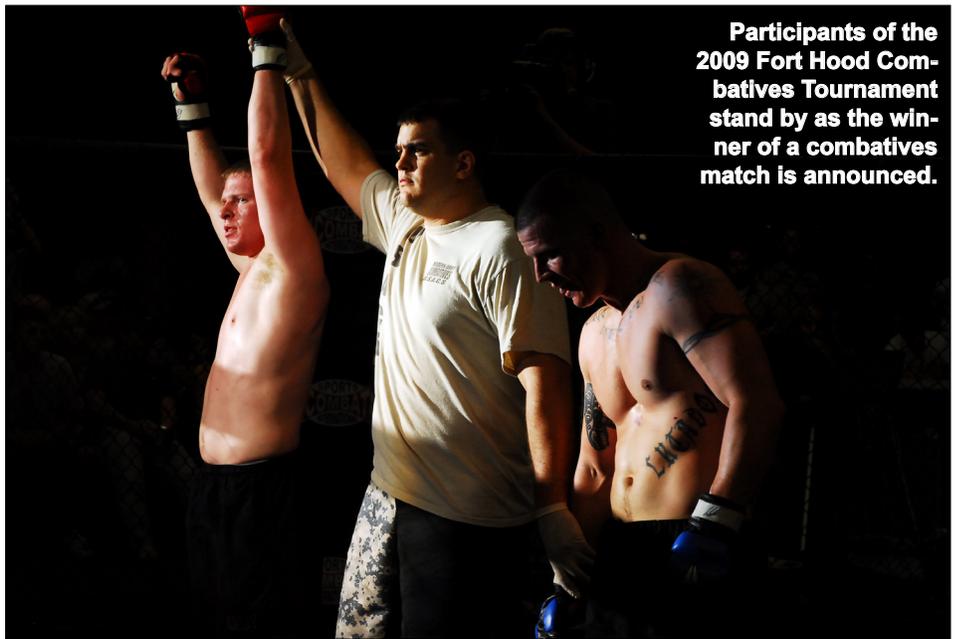
"For 31 years I've been doing judo, which is more of a grappling art, not so much a punching-and-kicking kind of art," Boyd explained.

Boyd's competitor, the heavyweight championship first place winner, maneuvered the win by backing Boyd into a corner and punching him repeatedly in the face, forcing a submission.

"He's a much better striker than I am and, certainly, he packed a little more of a punch," Boyd said with a freshly split-open eyebrow. "I can take one or two good punches before really going down, but he ground me down and he did what he needed to do. He did really well. I applaud him for it."

Boyd, while placing second in the heavyweight championship and also participating as the only field-grade officer in the tournament, also organized and drilled the 3d ACR team entered in the tournament.

"I was the one who gathered the team together," Boyd said. "I was the one who put them through the drills and I had a corps of other coaches and



Participants of the 209 Fort Hood Combatives Tournament stand by as the winner of a combatives match is announced.

helpers that were helping me run through their drills."

The drills proved to be effective when the 3d ACR team placed first overall in the entire tournament for being the team to score the most points.

"We had 40 competitors in this competition and out of those 40 competitors we had seven people in the semi-finals and about four waiting in the wings to see if they could take third place," said Boyd. "We all did well with what we had. Everybody else was just taught

from the get-go."

The team also walked away from the tournament with two third-place wins, three second place champions, one first place championship fighter and one first place championship fighter who is currently attached to the unit.

"The team? They did great," he said. "We only trained for three weeks to get ready for this tournament and all we did was focus on level-one type techniques, which are all ground-grappling," Boyd said.



Maj. Adam Boyd, executive officer, Regimental Support Squadron, 3d ACR, cradles the trophy after helping lead his team to the first place victory over all others in the 209 Fort Hood Army Combatives Tournament.



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By Lt. Col. Bryan Mullins
Sabre Commander
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Ten months into our return to The Great Place, the Troopers of Sabre Squadron are preparing themselves for their next mission with the same tenacity used to such success during the last deployment. With a constant flow of new Troopers arriving to be trained, the Squadron continues to move forward swiftly towards readiness for the next mission, where and whenever it may come.

Having completed individual level training in the early months

of our redeployment, the Troops, Company, and Battery have moved on to platoon and troop level training. This more dynamic and complex setting creates a new set of challenges for the leadership to overcome as they develop and solidify their teams. Over the last four weeks the Squadron has executed Platoon STX where the individual Platoons were given the opportunity to develop and refine their skills and build themselves into a cohesive unit. Capping off an almost month long period focused on track NET and collective simulation based training; each element spent approximately a week in the field away from families, begging to

create the bonds of camaraderie that will take them through the next battle we face. Many of the Troopers also made use of Fort Hood's improved Phantom Run IED training, where platoons were given the opportunity to detect and react to IEDs in a wide range of conditions. Over the last two weeks the Fire Support Element of Sabre has conducted an evaluation of their proficiency in a variety of tasks beginning with an APFT, moving on through written examinations, simulated Call for Fire, mounted vehicle operations, controlling Close Air Support, a twelve-mile road march, dismounted land navigation and OP operations.

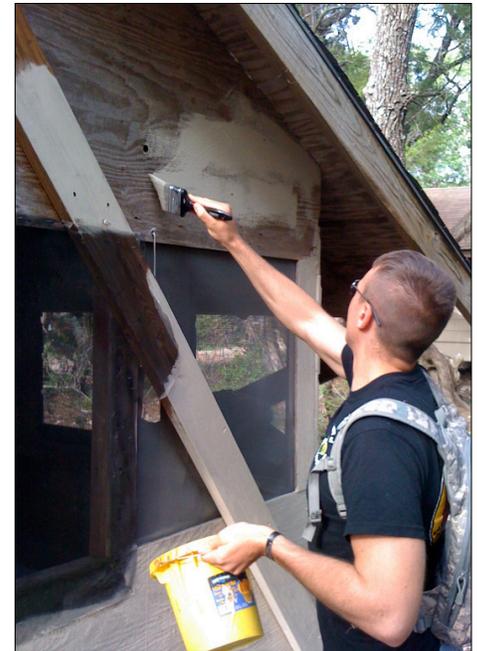


Courtesy Photos

Sabre Soldiers work diligently to paint and repair Camp Kachina during Volunteer Day.



Troopers use rocks they cleared to build a two-foot, rock wall along the entrance to the camp.



A Grim Troop Soldier paints weathered cabins at Camp Kachina.

“Troopers, keep leaning forward. Leaders, keep developing yourselves and your subordinates.”

Lt. Col Bryan Mullins

With support from Stetson Troop the FIST and COLT teams of 2nd Squadron were inserted by two UH-60 aircraft at 0400 and moved under the cover of darkness to occupy OPs in TA 13. Once complete, they moved on to execute a very difficult land navigation course, in which they performed excellently. Simultaneously to a very full schedule of training, the Troopers of Sabre have still found time, often on weekends, to support the local community through extensive volunteer work. Troopers from Grim and Eagle troops spent one Saturday at Camp Kachina near Belton Lake, helping the camp improve their grounds and prepare for the camping trips that will come over the next year.

Troopers painted cabins, cleared debris for a picnic area, and through their own ingenuity

used the rocks they cleared to build a two-foot high rock wall along the entrance to the camp. Camp Kachina is used primarily by the Girl Scouts of central Texas and gives them unique opportunities to enjoy numerous outdoor activities. Lion and Sapper are in the field executing Troop STX, developing their battle tracking systems, exercising their vehicles, and improving on their offensive and defensive postures against an opposing force. With the remaining Troops and Company due to move out and execute this demanding training, we look forward still further to the upcoming months as we progress farther up the mountain.

Troopers, keep leaning forward. Leaders, keep developing yourselves and your subordinates. Families, I thank you in advance for your continued support.



Sabre Soldiers participate in Volunteer Day by bettering Camp Kachina, used by the Girl Scouts of Central Texas and other organizations.

Together, I have the utmost confidence in our ability to excel and to exceed all standards.

SABRE READY!



A Sabre Soldier carries branches to a pile of unwanted brush during Volunteer Day at Camp Kachina. Sabre troops worked to clear the land of rocks, brush and trees to make the area safer and more enjoyable for visitors.

THUNDER

3RD SQUADRON

3D ARMORED CAVALRY REGIMENT

By Lt. Col. Scott Gerber
Thunder Commander

The week of 28 August 2009 Ironhawk Troop 3rd Squadron, 3d Armored Cavalry Regiment was the first unit in the United States Army to begin firing the new Heavy Brigade Combat Team Gunnery.

Ironhawk Troop sent Bradley and Tank crews to attempt to be the first crews to qualify. It took Ironhawk only two weeks to complete the training and fire.

With the many challenges of firing, Ironhawk Troop excelled, becoming the first unit to successfully qualify vehicles on the Gunnery.

During the first portion of the gunnery both Tanks and Bradley Fighting Vehicles fired HBCT Gunnery Table II – VI on the Fort Hood Blackwell Multi-use Range.

Once complete half of Ironhawk's vehicles went to Browns Creek Multi-Use Range to continue firing HBCT Gunnery Tables VI – X for a separate mission, while the remainder of Ironhawk's vehicles stayed at Blackwell in order to qualify.

This put a tremendous strain on personnel, however; Ironhawk Troop's No Slack attitude helped them successfully maintain and run two ranges without incident.

"We had a steep learning curve, tackling two HBCT gunneries simultaneously," Ironhawk Troop's Executive Officer, 2nd Lt. Josh



Courtesy Photo

Depicted is the first tank round, fired by Ironhawk Troop, on the new Heavy Brigade Combat Team Gunnery.

Scoggins said. "Our success as a Troop is directly attributed to our Leaders. Their ability to train with minimal time accompanied with a desire to succeed no matter what."

There were a total of seven vehicles firing the new HBCT Gunnery Tables in the Troop with three of them successfully qualifying.

Ironhawk Troop had one Bradley Crew fire distinguished. The crew consists of: Sgt. 1st Class Justin Bolyard, Sgt. Ryder, and Spc. Whitlock.

Also one Tank Crew fired Superior, the crew consists of: 2nd Lt. Smith, Sgt. Swain, Pfc. McGillivray, and Pfc. Havery.

"It was a great experience to be the first in the Army to qualify," Bolyard, Bradley Commander, said.

"With my crews help we were able fire Superior and it was outstanding to be able to do this

in the greatest unit in the Army, Ironhawk Troop 3/3 ACR."

Ironhawk Troop also had the privilege to conduct the government acceptance test of Brown's Creek Range utilizing some of the HBCT Gunnery Tables.

"Proofing Brown's Creek Range was exciting. We were able to complete multiple runs and get a lot of training in for these new Soldiers," Staff Sgt. Gary Pearson said. "This will be a valuable experience for when we finally get our shot at the new gunnery."

Ironhawk Troop will now go down in history as the first unit in the Army to qualify vehicles on the new HBCT Gunnery and set the standard for other units to strive for.

The entire two weeks the unit was on the range you could always hear the Ironhawk Soldiers scream NO SLACK as they would prepare to be the first to qualify.

3d ACR NCO named Bell County's 1st Soldier of the Year

Mr. Robert Pallay, Advocate, U.S. Army Wounded Warrior Program presents Staff Sgt. Michael Nashif with The Soldier of the Year Award from the Bell County Judge and Commissioner's Committee on People with Disabilities. Nashif was recognized for founding the Combat Warrior Crisis Network, a program that helps Soldiers reintegrate into the community after returning from deployment. (Photo by Sgt. Richard Sherba)



Photo by Sgt. Richard Sherba

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By Staff Sgt. Adora Gonzalez
3d ACR, PAO

The Bell County Judge and Commissioner's Committee on People with Disabilities, held an awards ceremony, Oct. 21, to honor those, whom despite their physical or mental challenges, strive to inspire others.

For the first time since the events conception, 29 years ago, the committee honored a Soldier.

Phil Washburn, committee chairman, said that honoring Soldiers is something that should have been implemented a long time ago. After learning of the great things Wounded Warriors are doing, Washburn said that recognizing Soldiers for their efforts is equally important.

Staff Sgt. Michael Nashif, Regional Headquarters and

Headquarters Troop, 3d Armored Cavalry Regiment, was the first recipient of the Bell County Soldier of the Year Award. He was honored for founding the Combat Warrior Crisis Network which allows servicemembers the opportunity to channel their issues in a positive way.

The program offers recreational activities such as fishing, veteran bicycle rides, professional sports games, 4x4 off roading, hunting and camping trips so that Soldiers can reintegrate back into the community by finding new hobbies and new friends.

"Just because a Soldier doesn't receive a purple heart doesn't mean they aren't wounded," he said. "I believe every Soldier is affected by deployments one way or another and needs an outlet."

Although the counseling and services the Army provides are

beneficial for Soldiers returning from deployment, Nashif felt that talking face-to-face with others has a greater impact.

From Alaska to Texas sponsors are signing up for the opportunity to meet with servicemembers and hear their experiences. In some areas whole communities are showing their support and jumping at the opportunity to get involved in the process.

"The problem isn't with the sponsorship it's with the participation," Nashif said. "Many Soldiers aren't aware of what's out there for them. Soldiers are always looking for somewhere to go or something to do; this program provides that for them, free of charge," he said.

For more information log onto: combatwarriorcrisisnetwork.org or www.takeasoldierfishing.com

From Soldier to math tutor



3d ACR Soldiers attend a refresher course held at the Soldier Development Center to brush up on their math skills in order to volunteer as math tutors for local schools, grades three through nine. (Photo by Spc. Opal Vaughn)

By Spc. Opal Vaughn
14th P.A.D.

Soldiers with 3d Armored Cavalry Regiment touch up their mathematic skills during a refresher course held at the Soldier Development Center, Sept. 1.

The two-day class is being held for volunteer math tutors participating in the Adopt a School Program and will teach Soldiers to tutor young students grades three through nine throughout the city of Killeen.

"I've volunteered on multiple occasions; fifth graders and mainly in Northern Virginia," Spc. Brian Parfitt, a petroleum supply specialist with Regimental Support Squadron, 3d Armored Cavalry Regiment said. "I just want to help these kids. Plus it's a precursor for college and

becoming a math teacher to middle and high school aged students. I'm good at something so I might as well use it to help the kids out."

As a group, Soldiers and Department of Defense civilians work together through test questions, obtain correct answers for responses and learn how to explain or illustrate solving a problem if a student has difficulty gaining the correct answer.

"I love math so much so I like to help the kids out. By tutoring the students it will give me an insight as to what to expect from the children, the teachers and schools preparation for the TAKS test," Spc. Elizabeth Rommel, RSS, 3d ACR stated.

"But I also feel I can be a role model for them. I use to tutor in high school and I also minored in primary education in college."

At any designated time, the instructor asks each group to

to share how they would tutor a student in solving a challenging math problem. But all of these techniques are used to teach Soldiers the necessary skills for being a good tutor.

"This program is to prepare Soldiers to go into the school districts of Killeen and teach young students varying in grades three through nine," said Tammy Remley, a General Education Diploma teacher for Central Texas College.

"It's a form of community service or outreach which supports the teachers in preparing students for the TAKS test."

The program is open to all service members and Department of Defense civilians as well.

"I've been very impressed with the hard work and dedication with this class," Remley said. "They will do great things for this community."

BOXING TOURNAMENT



Photos by Spc. Vaughn Opal

Boxing Referee, Ricky Webb, announces Sgt. Quadi Hudgins, 3d ACR as the winner of the boxing tournament bout during the 2009 Fort Hood Boxing Tournament.



Sgt. Quadi Hudgins, 3d ACR, poses with 1st Sgt. Arthur "Jack" Robinson and Capt. Tony Winston, Maintenance Troop, Regimental Support Squadron, 1st Sgt. and Commander, after winning his respective finals bout.



The Brave Rifles Soldiers represent 3d Armored Cavalry Regiment in the preliminaries of the 2009 Fort Hood Boxing Tournament.



Spc. Yesenia Pompa, 3d ACR, poses with Col. Reginald Allen, 73rd Regimental Commander and Command Sgt. Maj. Jonathan Hunt, XVIIIth Regimental Command Sgt. Maj. after winning her respective finals bout.

3d ACR wins DOD Phoenix Award



Photo by Capt. Tia Winston

Shown is The Phoenix Award, named after a mythical bird that is consumed in flames and then rises from its own ashes. Since maintenance organizations have the ability to bestow new and sustained order to older, malfunctioning, or damaged equipment and weapons systems, it is only fitting to name the award for superior maintenance after the phoenix. 3d ACR won the Secretary of Defense Award.

By Capt. Tia Winston
3d ACR, PAO Officer

1st Squadron, 3d Armored Cavalry Regiment took home the Phoenix Trophy at the 2009 Secretary of Defense Maintenance Awards Banquet Oct. 28, in Phoenix, Arizona.

Annually the Secretary of Defense recognizes excellence in maintenance by awarding the prestigious Phoenix and Robert T. Mason Awards. Six field level military maintenance organizations are chosen from active and reserve activities that perform unit, or field, level maintenance. One unit is singled out as the “best of the best” and is presented with the Phoenix Award at the annual Maintenance symposium and banquet.

Tiger Squadron was chosen as one of two large category winners from a competitive worldwide group of Department of Defense (DOD) field level maintenance organizations. The squadron was the lone Army unit among two Air Force, two Navy and one Marine Corps unit also in contention for the coveted award. The six finalists were selected by a team of senior maintenance leaders from across the military services and Office of the Secretary of Defense (OSD).

“This is the best recognition you could give to your Soldiers. There was a lot of work getting where we’re at, especially maintaining the programs that we had throughout the deployment, but it was all because of the NCO and the Soldiers we had out on the floor every day.” said, Chief Warrant



Soldiers from Tiger Squadron pose with the prestigious Secretary of Defense Phoenix Award for excellence in maintenance and distinguished guests after being announced the winners at the annual Maintenance symposium and banquet.



Tiger Squadron Troops cheer after being announced the winners of the prestigious Secretary of Defense Phoenix Award for excellence in maintenance, at the annual Maintenance symposium and banquet.

Officer Freddie Jackson, 1st Squadron, 3d ACR maintenance technician.

The four day symposium featured Military, DOD and industry leaders from around the world. Gen. Ann Dunwoody, U.S. Army Materiel Command's Commanding General, one of many key note speakers, said she was truly proud of the 3d ACR's 2009 win. She also said it's a competitive and tough award to win and as busy as we are it's easy to find reasons not to compete. The fact that 3d ACR competed while deployed shows the pride they take in what they do.

During her key note speech earlier in the day she addressed the logistical challenges DOD will face as we drawdown in Iraq. "We're in the mist of executing one of the most complex logistical movements of troops and materiel in our history," she said, "It will involve what I call PhD logistics".

"We have a strategy, we have a plan and together we'll get it done. It's no harder than herding cats". She then played a video clip from a television commercial with cowboys attempting to herd cats as the audience laughed.

"A responsible drawdown and reset, coupled with the buildup in Afghanistan, are testing us like never before, she said.

"The (military) community will have to cross talk like never before, cross talk within services, between services and with our partners in industry, because the cost of not doing so may put us at risk, she continued."

According to the symposium brochure the Phoenix Award is named after a mythical bird that is consumed in flames and then rises from its own ashes. Since maintenance organizations have the ability to bestow new sustained life to older, malfunctioning, or damaged

equipment and weapons systems, it is only fitting to name an award for superior maintenance after the phoenix.

The Symposium's exhibition hall is the highlight of the event with over 160 booths and military displays. Exhibitors included leading technology and maintenance providers from both the government and commercial sectors.

This year marks the Army's sixth win of the Phoenix Trophy of the 25 year old award. The 3d ACR brought the Trophy back to the great place where it will be displayed in the Regimental headquarters for one year.



Soldiers from Tiger Squadron perform maintenance on a Bradley while deployed to Iraq. Tiger Squadron was recently awarded the Secretary of Defense Maintenance Award after competing against a worldwide group of DOD field level maintenance organizations.

**4TH SQUADRON
3D ARMORED CAVALRY REGIMENT**

LONGKNIFE



Spectators watch as a Golden Knight lands at the Houston Texans stadium. Stetson Troop provided aviation support for the event.



Courtesy Photos

Stetson Troops watch as the Golden Knights jump out of a Blackhawk into the Houston Texas stadium. The Troop provided aviation assets for the parachute team's mission.



Longknife Troops participate in the Squadron's Organizational Day, Oct 17.



A Longknife troop gets a pie in the face during the Squadron's Organizational Day.



Soldiers from Stetson Troop pose with the Golden Knights, in front of a Blackhawk, while on a mission to support the parachute team as they landed into Houston Texans stadium.



.....
By Lt. Col. Dale Watson
Longknife Commander
.....

Fellow Troopers and families,
I cannot begin to tell you how proud I am of all the Troopers in the squadron. The professionalism, motivation, and work ethic of our Troopers is incredible and I am honored to lead this great team. These past two months have been extremely busy as you all know with back to school activities, a full training calendar, and a large personnel turnover in the unit. As expected, everyone came together as a team and made it all happen in a professional manner – the Cavalry Spirit is alive and well in our unit.

I want to highlight some of the great accomplishments in the squadron. Our number one focus has been aerial gunnery and the squadron has successfully completed AH-64 familiarization fires, Table VI validation fires, live Hellfire Missile shoot, Table VII/VIII qualification fires, and UH-60 door gunnery. Our aviators learned much about the performance of the aircraft and are ready to put steel on target if required. None of this would have been possible without the incredible team effort of our maintenance personnel, armament platoon, distribution

platoon, and countless other personnel that made this a safe event. Stetson Troop played a pivotal role in fighting fires by dropping tons of water on range fires allowing us to finish gunnery. Stetson Troop enjoyed supporting the female Golden Knights Parachute Team as they parachuted in the game ball over Reliant Stadium for the Texans & the 49rs game.

With the influx of new personnel, our Squadron Instructor Pilots have worked tirelessly to progress the new aviators and our “hats off” to their herculean efforts to safely train and prepare these aviators for future operations – job well done.

Our Unmanned Aerial Vehicle (UAV) platoons have finished reset and have started pilot training these past weeks. They will continue to support the Regiment during STX Lanes, gunnery, and other operations in the near future. The squadron staff has been extremely busy preparing for the upcoming JRTC rotation and spent a week at Ft. Polk conducting staff planning. JRTC in Jan is the major training event on the horizon and we are preparing our soldiers and equipment for deployment to Ft. Polk.

As busy as we are, we took time to enjoy an awesome day

with families at Blora. The Squadron Family Day included great food, games, tug-o-war, and pie in the face fund raising for the squadron. We had beautiful weather and everyone had a great time. 1SG Thomas made the most money for the Squadron in the pie contest.....not sure why. The Squadron is busy planning its Christmas Party for the Longknife families. Once again, we will come together in the holiday spirit and enjoy a day of food, drink, games, and events for the families and soldiers alike.

After a summer of transition and new arrivals, Longknife has come gelled into a close-knit team as seen by the outstanding achievements across the squadron. I continue to be impressed with the professionalism of the troopers and their “can do” attitude. The support from soldiers and family alike is inspiring and makes us the best Air Cavalry Squadron in the Army. I would like to say a special thanks to the FRG leaders, volunteers, and spouses in the unit. Your continued support of the Troopers and your dedication to this unit is the “glue” that holds us together. Thank you for your time and dedication. My best wishes to everyone as we enter the Holiday Season and stay safe. Brave Rifles!

MULESKINNER

SUPPORT SQUADRON

3D ARMORED CAVALRY REGIMENT

By Capt. Jason Goldstein
Muleskinner Squadron

The Muleskinner Squadron conducted Platoon STX Operations from 14 September 2009 to 25 September 2009. Execution of the field problem took place at the training area known as Phantom Run, off of North Nolan Road. The operation of this range was very closely coordinated with the Red Team of Fort Hood, who provided Improvised Explosive Device (IER) emplacement, and explosive ordinance handling classes to opposing forces (OPFOR) detached from Scalpel, Blacksmith, and Packhorse. Convoy Commanders were tested during Platoon STX to say the least, and were provided the stage to begin a reassessment of their gun truck crews, which they had previously certified. Phantom Run provided the platoon leaders an engagement

similar to that which they will see at the National Training Center. When approached from the crawl, walk, run technique to training, Muleskinner pushed their junior leaders to start running, and see how far they could get.

LTC Timothy Luedecking's , Muleskinner 6, intent for Platoon STX was to assess the abilities of the platoons to shoot, move and communicate through several scenarios, consisting of down vehicle aircraft recovery operations, RECON Chemical Ops, and Convoy Logistical Patrols.

The individual tasks assigned to TCs, Gunners, and Drivers as well as the tasks assigned to specific vehicle crews of M984s, M1088s, M1070s, M88s and FLAs were reviewed by the observer/controllers (OCs). The TCs, Gunners, Drivers, and specific vehicle crews were assessed by their purpose in the Convoys/Patrols, and how well they understood the mission, from

their Convoy Briefs given to them by their Convoy Commander. This simple concept of issuing a task and purpose to individuals is the driving force behind the ability to complete priorities of work before, during, and after a mission.

Over all the Platoon STX was a success for Support Squadron. We conducted several collective tasks of providing food service support, transporting personnel and cargo, performing ATP operations, performing recovery ops, treating unit casualties, and conducting search and survey ops.

The initial assessment of the Soldiers' of RSS abilities to shoot, move, and communicate, was completed. During Troop STX, and leading up to Squadron STX, the Regimental Support Squadron will continue to train vigorously as we progress down the road to war in preparation for the National Training Center and future deployment.



Courtesy Photos

Muleskinner Soldiers participate in a Joint COP, ECP construction mission with 43d Engineer Company.



Soldiers transport a patient for medical care during a simulated training exercise.



The Personal Security Detachment sets up perimeter security during a field training exercise.

The Army can be good for your marriage



Twelve Tiger couples met at Horseshoe Bay to learn how to improve their marriage.

Courtesy Photo

By (CH) 1st Lt. S.L. Beasley
Tiger Squadron

My marriage is living proof that the rigors of military life can make a marriage better.

Before entering the military my wife and I were attached at the hip to our friends and family in our hometown. We rarely had to depend on one another for anything. If I needed companionship, I would phone my hunting buddies and plan a hunt. If she needed support, she would get in her car and drive five blocks to her mother's home. We rarely solved our problems on our own and continually argued in circles. All of that changed four years ago when the military severed us from our hometown, shipping us hundreds of miles from home. Suddenly, we found ourselves relying on one another for companionship and support. Now we talk more and desire to resolve our

arguments quickly. We make the most of our time together, knowing that the next deployment is right around the corner.

I'm convinced most military couples can have the same marital success as my wife and I have had – if they are willing to exert some effort and learn how to make their marriage work.

Recently twelve couples from Tiger Squadron demonstrated such effort at the 3d ACR Strong Bonds Marriage Retreat at Horseshoe Bay Resort. They participated with other committed couples in a day retreat from Muleskinner and Longknife. I along with Chaplains Melendez and Eke taught valuable skills for successful military marriages.

Pfc. Paul Connor from Crazyhorse Troop admitted the retreat was "refreshing" for him and his wife Diana. He says, "There are things you can take for granted, Strong Bonds refreshed our memories and reminded us of the things we can do to make our marriage even better."

What is Strong Bonds?

Strong Bonds is a series of lessons within the PREP program (The Prevention and Relationship Program) designed to strengthen marriages. The Strong Bonds program is based on research conducted at the University of Denver at the Center for Marital and Family Studies. This research strongly suggests that couples can learn skills to increase their odds of success.

PATTON'S GHOST



TR



PS

By Staff Sgt. Adora Gonzalez
3d ACR, PAO

Members of the 3rd Cavalry Veterans group gathered in Detroit, Mi., recently to swap war stories for the last time.

After 62 annual reunions, the 3d Cavalry veterans prepared to close a chapter, as present day 3d Armored Cavalry Regiment Soldiers were there to witness the last gathering and continue the legacy.

"The thing that I really liked about [the reunion] was that there weren't just a lot of Cols and officers." Sgt. Christopher Gabriel, 3d ACR, Regimental Headquarters and Headquarters Troop Soldier, said of his initial expectations.

"There were a lot of privates and Sgt's that fought in World War II together, a mixture of different ranks and they all felt the same about each other."

The World War II Veterans known as Patton's Ghost troop, due to their ability to get behind enemy lines, fought for 11 months, across France and Germany until the spring of 1945, where they where they helped liberate prisoners of Ebensee, a Nazi Concentration Camp in Austria.

Zev Herel, a former prisoner attended the reunion for his fifth year to honor those responsible for liberating him and thousands of others several years ago.

At the end of the long, hard battle, the regiment returned with less than 60 percent of the troops they deployed with,

due to deaths and injuries. As a way to cope with their loses and share in their experiences the veterans held the first annual Ghost Troop reunion in 1947, in Rochester, N.Y. with over 400 veterans in attendance.

Throughout the years, however, the numbers have gotten smaller and smaller as many members are too elderly to travel or attend or are now deceased. At the most recent reunion held October 1-4 2009, only 24 total veterans registered.

"It was very knowledgeable, but also kind of sad to see the veterans in their old age," Gabriel, said.

Regardless of their elderly status every veteran, who was able, rose proudly clapping and



Photos by 1st Lt. Amy Taylor

Members of Patton's Ghost Troops, 3rd Cavalry Veterans Group, pose with Active Duty 3d Armored Cavalry Regiment Soldiers during the last annual reunion the Veterans would attend.

cheering as the new generation of 3d ACR Soldiers entered the reunion building.

"I was honored because when we arrived we were wearing our Stetsons and some of them were wearing their Stetsons and immediately recognized us as we entered," Gabriel said.

The veterans shared their experiences and were just as eager to hear of updates and current operations within 3d ACR.

"I learned a lot about the history of the 3d ACR, kind of where we all came from," he said. "I saw difficulties that they had in the past that have made it easier for us, but also we encountered problems now that they've never faced before."

1st Lt. Amy Taylor, 3d ACR Chemical Officer, whom also attended the final reunion, enjoyed hearing history from a personal perspective.

"It was great to talk to people who've fought in World War II and hear history from a person's first-hand experience, something you don't get to encounter very often," she said.

As the 3d ACR continues to make history, the accomplishments of former veterans will be remembered.

When asked if he and his Regiment are ready and able to fill the shoes of the veterans before him, Gabriel responds confidently, "Oh absolutely!"



The 3d ACR Color Guard salutes during the playing of the national anthem. The ceremony took place at the last 3rd Cavalry Veterans Group reunion.



A 3d ACR Soldier converses with members of the 3rd Cavalry Veterans group during an annual reunion held in Detroit, Mich.

Recently Deceased 3rd CAV Group Soldiers

- James Schovan 11/4/09 C Tr 3rd
- Miles W. Allen
- Samuel Fields 8/1/09
- Gerald Fishman 8/26/09 A Tr 43rd
- George Genung B Tr
- Christy Lanni 8/18/09 A Tr 43rd
- Curtis Larson A Tr 3rd
- James Loftus 8/09 C Tr 3rd
- Charles Samfilippo 1/11/08 Hdqtrs 3rd

Winter & Holiday Safety Message

By Mr. Pete Higgins
3d ACR, Safety Officer

The Winter Season in Central Texas, while providing numerous opportunities for extended weekend and holiday activities, also provides unique risks to Brave Rifle Soldiers and Family Members. The weather at this time of year is a season of extremes when one day can be sunny and warm while the next can be sub-zero and stormy. Ice and snow are common here given the temperature changes. Staying safe by identifying risks and implementing a combination of both new and proven risk management techniques as well as planning ahead will ensure you are able to enjoy

this Winter Holiday season safely.

Before doing anything else, take a bit of time to check around the old homefront. What is the condition of your heating unit? When was the last time that it was checked by a professional? While you are checking the heating unit, take a moment to look at your smoke detectors. When was the last time you changed the batteries? If you have gas, oil heat, a gas stove, or a fireplace it's also a good idea to check the condition of your carbon monoxide detector as well. Do you have a fire extinguisher? Be sure that you also check around inside and out for slip, trip, and fall hazards. Nothing ruins a holiday faster than a trip to the local ER.

During the Winter Holiday season many will be traveling to visit family and friends. Before getting on the road take a few moments to plan for your

GEAR UP!
FOR THE FIRE!

WHERE THERE'S SMOKE...

- Follow the directions on the package if you use man-made logs. Never break a man-made log apart to lighten the fire. Never close the damper with hot ashes in the fireplace and be sure the fire is out before retiring for the evening.
- Always use a sturdy screen when fireplaces are in use.
- Burn only wood. Paper or pine boughs can float out the chimney and ignite your roof or neighboring homes. Also, plastic, charcoal or Styrofoam can produce toxic gases!
- Make sure the fire is out before leaving the house on going to bed.

ARMY SAFE
FallWinter
NO TIME TO CHILL

ARMY SAFE IS ARMY STRONG
I BANG I BROTHERS I BROTHERS

GEAR UP!
FOR THE TURKEY!

DEEP FRIED!

- Keep the fryer in FULL VIEW while the burner is on.
- Place the fryer in an open area AWAY from all walls, fences or other structures.
- NEVER use N, ON or UNDER a garage, breezeway, carport, porch or any structure that can catch fire.
- Raise and lower food SLOWLY to reduce splatter and avoid burns.
- COVER burn sites when adding or removing food.
- Check the oil temperature frequently.
- If the oil begins to smoke, immediately turn off the gas supply.
- If a fire occurs, immediately call 911. DO NOT attempt to extinguish the fire with water.

ARMY SAFE
FallWinter
NO TIME TO CHILL

ARMY SAFE IS ARMY STRONG
I BANG I BROTHERS I BROTHERS

GEAR UP!
FOR COLD WEATHER

GETTIN' COLD FEET

Cold Weather clothing:

- Keep it Clean
- Avoid Overheating
- Wear it Loose and in Layers
- Keep it Dry

WATCH FOR EFFECTS TO THE SKIN, SUCH AS:

- SWOLLEN RED OR DARKENED
- PAIN, TENDERNES, HOT OR ITCHY
- NUMBNESS OR TINGLING
- BLEEDING OR BUBBLING
- GRAY, WAVY FEELING OR "WOODEN" TO THE TOUCH
- DIZZINESS, WEAKNESS OR BLURRED VISION
- VIGOROUS SHIVERING
- LACK OF COORDINATION AND IMPAIRED JUDGMENT
- PAINFUL, RED, WATERY OR GRITTY FEELING IN THE EYES (SNOW BLINDNESS)

ARMY SAFE
FallWinter
NO TIME TO CHILL

ARMY SAFE IS ARMY STRONG
I BANG I BROTHERS I BROTHERS



GEAR UP! SANTA IS WATCHIN' YOU!

ARMY SAFE
FALL WINTER
NO TIME TO CHILL

ARMY STRONG
U.S. ARMY FAMILY PLANNING & SAFETY CENTER
<https://safety.army.mil>
ARMY SAFE IS ARMY STRONG
A BAND OF BROTHERS & SISTERS

WATCH OUT!

- When you set up the tree, place it away from radiators, stoves or other sources of heat such as lighted candles.
- Watch for faulty wiring or light sets can energize the entire tree, causing a potentially deadly electrical shock or severe burn to individuals coming in contact with it.
- Also keep in mind that some decorative houseplants are poisonous. Keep plants such as holly and mistletoe out of the reach of small children and pets. Ingestion of these plants can be dangerous – possibly even fatal.

trip. What is the maintenance condition of your vehicle? Check the battery, tires and tire tread. Do you have no-freeze fluid in the window washer reservoir? How about the antifreeze? Have you had it checked to ensure that it will protect your engine to temperatures below freezing? Are you carrying some emergency equipment such as a blanket, flashlight and an ice scraper? Have you familiarized yourself with the planned route and checked the weather forecast? For some more fall and winter driving tips as well as to access the Army Travel Risk Planning System (TRiPs), visit <https://safety.army.mil> This program can assist you with the actual planning of your trip and provide tips on how to avoid some of the seasonal hazards.

Exposure to cold can lead to a variety of cold-weather related injuries and while cold weather makes many tasks more difficult it does not make them impossible. Individuals can work or play in the cold weather if they are properly prepared and understand basic measures to prevent cold weather injuries from occurring. Wear proper clothing, and dress in layers of loose clothing to allow better heat retention and allow you to adjust your attire

and prevent overheating and getting cold. Protect your feet -- keep them dry by changing socks and footwear! Protect your hands -- wearing gloves or mittens as needed! Protect your head, face and ears – cover exposed skin especially in the wind! Even if your children are only waiting for the bus or walking to school be sure that they are dressed for the expected weather, not just for the style!

Winter Holidays are often closely related to FOOD! Treat holiday food with respect. Preparing food takes a little planning during the hectic holiday season. Before purchasing your holiday treats, make room in your refrigerator. If you are combining food shopping with other holiday shopping, make the grocery store the last stop so food is not left sitting in your car while you are searching for other items. If you are going to prepare a fried turkey be aware of the special cautions for this southern delicacy. Some safety tips for this can be found at: <http://www.foodnetwork.com/videos/deep-fried-turkey/29726.html>

Being prepared can make your winter and Holiday season safe and relaxing. Be safe and ready for 2010!

3d ACR Family Readiness Group Updates



Courtesy Photos

Mrs. Grace Jackson, RHHT, is recognized by receiving the Hood Hero Award as the "Volunteer in Communities Individual."



Mrs. Kelly Countryman, HHT, RSS, receives the 3d ACR Volunteer of the Quarter Award, for her contributions to the families for the past last three years.



Mrs. Michelle Murdock, Sabre Squadron, is recognized by receiving the Hood Hero Award as the "Volunteer in Communities Team." Also awarded in the same category, but not pictured, is Mrs. Taylor Griffith, Sabre Squadron.

By Amanda Rosner

3d ACR, FRSA

Many things have been happening around 3d ACR for the families, from Trunk or Treat to the MY BIO event that was a huge success for the spouses. So many changes have been happening around the Regimental FRG's, from new FRG leaders to new FRSA's and we welcome one and all to the Brave Rifles family. The Regiment is working hard at recognizing all the wonderful volunteers that give so much of their time. We have been blessed with some really great ones and thank each and everyone that decides to give of their time and efforts to better the lives of soldiers and their families, not only with 3d ACR but throughout FT. Hood and the surrounding communities. We want to thank our 3d ACR Volunteer of the Quarter, Mrs Kelly Countryman for all her hard work and brilliant help she has given to the families for the last 3 years. 3d ACR was also honored to have 8 of our wonderful spouses attend the annual AUSA conference in Washington D.C. and all the positive changes they help make in the lives of all Army Spouses.

The past two months have seen Tiger Squadron working diligently to build up their FRG leadership to ensure that every T/C/B has trained volunteers. The squadron welcomed Mrs. Lori Wiggins as their new Family Readiness Support Assistant. In September the Soldiers and families of Tiger participated in the Regimental Organizational Day. Sporting events included soccer, flag football, tug-o-war and a triathlon event (swim, tire flip and run). Other activities included Sumo suits and a bounce house for the children. The Squadron displayed an Abrams Tank, Bradley Tank, and Paladin for the families of the Regiment to see up close. Currently the troops are training hard in the field so that they may enjoy the holidays with their families before gearing up for the next several months of training.

Sabre Squadron has been working hard at getting Key Callers trained and ready to assist in the upcoming deployment as well as welcoming new FRG leaders and getting them trained and ready. Recently holding training and working hand in hand to get the rosters up to date and families ready is a mission that they have set as a standard. Sabre Squadron would also like to recognize the amazing

team of volunteers within the Squadron and were acknowledged by receiving the HOOD HEROs Award for Volunteer in the Communities Team Award for Ms. Michelle Murdock and Ms. Taylor Griffith. Thank you to both of them for all their hard work at the recent Combatives Tournament and all the other great volunteers that stepped forward to help.

Thunder Squadron's FRG's are rolling ahead as our troops head in and out of the field. Since the last Rifleman, we have welcomed our new FRSA, Alexa Barth. Alexa, a military spouse who has been stationed at FT. Hood for the past few years, is a welcome and much appreciated addition to the Thunder team. We are blessed to have fabulous FRG leaders and volunteers who, along with their command teams, keep our monthly meetings running like a well oiled machine. A few of our FRG's still have treasurer positions available. Interested persons are encouraged to contact their FRG leader; we would love to have you! We are currently revamping our VFRG website and the Thunder Facebook page is a huge success with over 415 fans! Check us out on Facebook at <http://www.facebook.com/pages/3d-Squadron-3d-US-Cavalry-Regiment/110766553102> or register with VFRG at <https://www.armyfrg.org>.

Thunder Squadron recently held our Squadron "Trunk or Treat" on 23 October. The night brought out all manner of goblins, ghosts, superheroes and a howling good time to boot. Individual Troops and the Squadron shops each decorated their areas to create a roaming footprint of haunted houses and trick or treat venues. This Halloween is special for our Thunder families because it is the first Halloween since 2006 that our troopers have been able to be at home and trick or treat. Looking forward, the Thunder Squadron Christmas party will be held at Salado Tree Farm on 13 December.

Longknife Squadron has had several additions to its family over the past months. We now have several new Troop Commanders and FRG Leaders, an FRSA and a new Chaplain. Over the past two months the Longknife FRG has stayed busy with monthly Troop FRG meetings, Squadron FRG Meetings, CARE Team trainings, Fundraising events, Squadron Coffees, Longknife Family Day at BLORA (complete with Pie in the Face Auction) and Troop Halloween parties. We are currently working on Troop Thanksgiving gatherings and the Longknife Christmas party.

Our Family Day at BLORA pulled families and Troopers together with Troop vs. Troop Tug of War competition, 1SG Pie in the Face Auction and Dunk the Commander Booth not to mention the food



Col. Reginald Allen, 3d ACR commander, and Command Sgt. Maj. Jonathan Hunt, Regimental Command Sgt. Maj., pose with Paul Mitchell and other FRG representatives during the MY BIO event.

served up by our very own 1SGs and Commanders. We also had the opportunity to recognize and thank Troops and Troopers along with our August and September Volunteers of the Month, Michelle Clackler and Melody Pratt. It was a great day for Longknife to relax and have a little fun together as a Squadron.

Longknife wants to make sure that each Soldier (married or single) and every family member (engaged, spouse, child, sibling, parent or otherwise) feels welcome within the Longknife Family. Visit us online on AKO at <https://www.us.army.mil/suite/page/473281> and on Face book, search for Longknife Squadron.

Muleskinner Squadron Family Readiness Group recently welcomed their new FRSA, Tracie Mayshack to the Squadron and she has been working hard at getting the Squadron data added to a new program. Every soldier within the Squadron has gone through her doors in a effort to get the family data entered correctly and become better prepared for the upcoming year ahead. RSS now has FRG leaders in every T/C/B and welcome all their new volunteers with open arms. The troopers have been working hard at field exercises and families have had to have a lot of patience and understanding with the workload that these amazing soldiers have undergone recently and the FRG has been an integral part in helping ease their minds.

Remington Troop FRG recently welcomed their new FRG Leader, Amy Sumner and Mrs Pamela Allen as the new Funds Custodian. RHHT is looking forward to holding their Christmas Party on 13 December and making it a huge event for the soldiers and spouses in light of the upcoming deployment. Remington would also like to recognize Mrs. Grace Jackson as the recent recipient of the Hood Hero Award as the Volunteer in Communities Individual. Her effort to enhance the lives of everyone she meets is a something to be very proud of. Thank you!

The Regiment's FRG is working diligently to improve their programs and prepare.

Organizational DAY



Courtesy Photos

Children of 3d Armored Cavalry Regiment box during the units Organizational Day.



Soldiers with 3d ACR prepare for a competitive game of dodge ball.



During the units Organizational Day Soldiers are entertained by live music.



Soldiers participate in a game of volleyball during 3d ACR's Organizational Day. The game was one of many throughout the units event.



Building



Espirit de Corps





Brave Rifles!!

Tribute to Our Heroes

Lt. Col. Juanita L. Warman

55, of Havre De Grace, Md. She was assigned to the 1908th Medical Company, Independence, Mo.

Maj. Libardo Caraveo

52, of Woodbridge, Va. He was assigned to the 467th Medical Detachment, Madison, Wis.

Capt. John P. Gaffaney

54, of San Diego, Calif. He was assigned to the 1908th Medical Company, Independence, Mo.

Capt. Russell Seager

51, of Racine, Wis. He was assigned to the 467th Medical Company, Madison, Wis.

Staff Sgt. Justin Decrow

32, of Plymouth, Ind. He was assigned to the 16th Signal Company, 62nd Signal Battalion, 11th Signal Brigade, Fort Hood, Texas.

Sgt. Amy Krueger

29, of Kiel, Wis. She was assigned to the 467th Medical Company, Madison, Wis.

Spc. Jason Hunt

22, of Tillman, Okla. He was assigned to the 1st Brigade, 1st Cavalry Division, Fort Hood, Texas.

The following Soldiers and a civilian employee died Nov. 5 on Fort Hood of wounds suffered from small arms fire. Thier service and dedication to our country will not be forgotten :

Spc. Frederick Greene

29, of Mountain City, Tenn. He was assigned to the 510th Engineer Company, 20th Engineer Battalion, Fort Hood, Texas.

Pfc. Aaron Nemelka

19, of West Jordan, Utah. He was assigned to the 510th Engineer Company, 20th Engineer Battalion, Fort Hood, Texas.

Pfc. Michael Pearson

22, of Bolingbrook, Ill. He was assigned to the 510th Engineer Company, 20th Engineer Battalion, Fort Hood, Texas.

Spc. Kham Xiong

23, of St. Paul, Minn. He was assigned to the Forward Support Company, 20th Engineer Battalion, Fort Hood, Texas.

Pvt. Francheska Velez

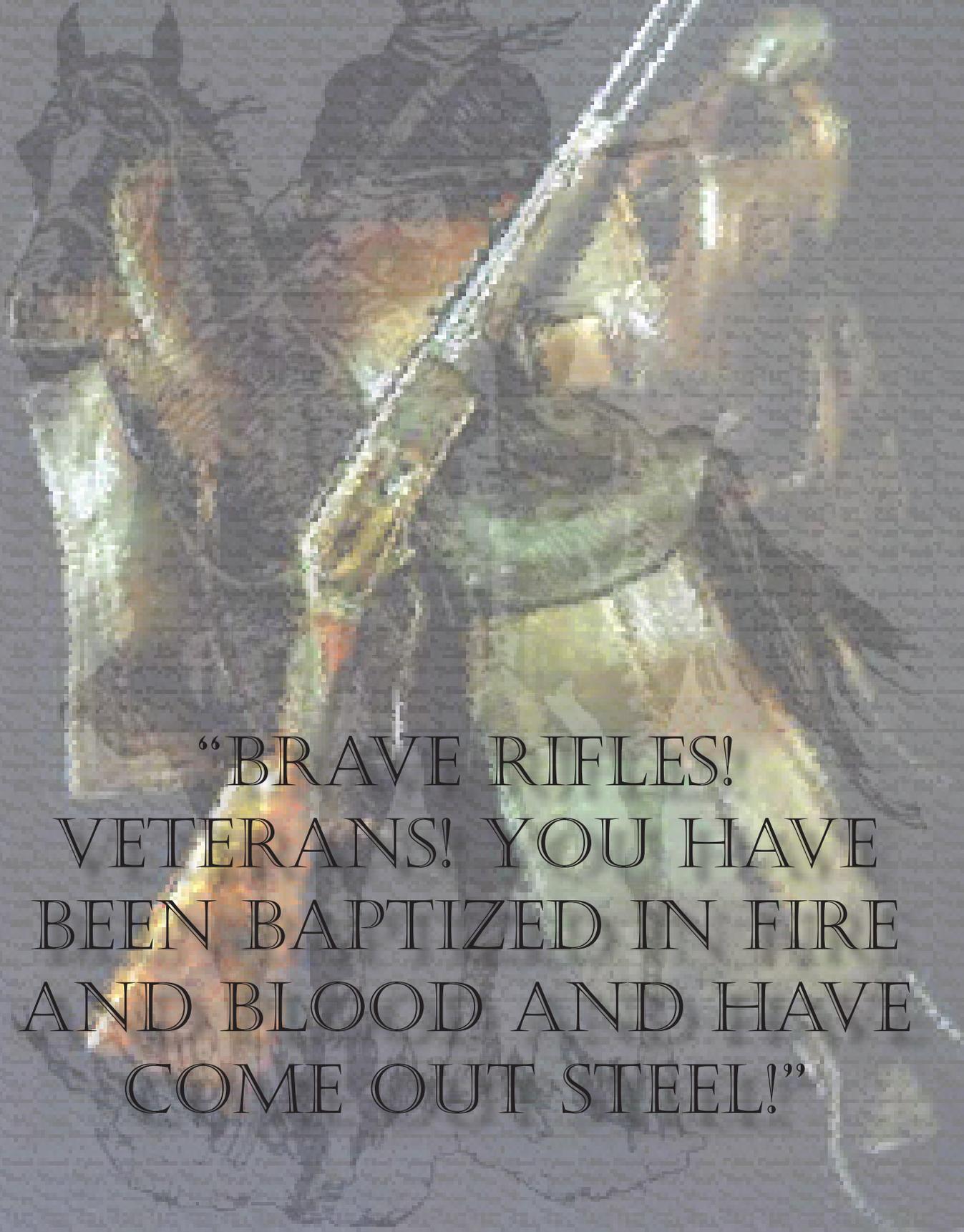
21, of Chicago, Ill. She was assigned to the 15th Combat Support Battalion, Fort Hood, Texas.

Chief Warrant Officer (Ret.)

Michael Cahill

of Cameron, Texas.

He was a civilian employee on Fort Hood.



“BRAVE RIFLES!
VETERANS! YOU HAVE
BEEN BAPTIZED IN FIRE
AND BLOOD AND HAVE
COME OUT STEEL!”