

# The GREYWOLF HOWL

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## Saber Soldier awarded the Purple Heart

**2nd Lt. Daniel Elmlad**  
**6th Sqdn., 9th Cav. Regt.**

On June 2, Spc. Christian Cowan, a combat medic with Apache Troop, 6th 'Saber' Squadron, 9th Cavalry Regiment, 2nd Advise and Assist Brigade, 1st Infantry Division, United States Division – Center, and a Van Buren, Ark. native, was awarded the Purple Heart at Camp Liberty, Iraq.

The Purple Heart is the oldest award that is still given to United States military personnel, and was first awarded by Gen. George Washington during the Revolutionary War. It is awarded

to any member of the Armed Forces of the United States who has been wounded, killed, or died after being wounded while serving in any action against an enemy of the United States.

On April 1, Cowan was wounded by sniper fire while he and his platoon set up traffic control points in a neighborhood on the outskirts of Baghdad, Iraq. The bullet fired by the sniper initially struck a ballistic protective plate in his body armor before it ricocheted and penetrated his right arm between the bicep and tricep muscles.

As a combat medic, Cowan is trained and prepared to treat Soldiers who sustain these injuries, but he is thankful for the Soldiers around him that helped when he became wounded.

"I am very thankful for Sgt. 1st Class Hanover, Pfc. Evans, Pfc. Goodnow, Pfc. Mitchell, and the rest of the platoon on that day because their quick actions of treating my wound and getting me back to the Combat Support Hospital helped saved my life. I am especially thankful for Pfc. Mitchell because he helped me apply



Photo by 2nd Lt. Daniel Elmlad  
 Brig. Gen. Paul LaCamera with Spc. Christian Cowan after awarding him with the Purple Heart.



Photo by 2nd Lt. Daniel Elmlad  
 Brig. Gen. Paul LaCamera awards Spc. Christian Cowan the Purple Heart.

the tourniquet to my arm to help stop the blood flow to the wound," said Cowan.

While he is thankful for the actions of his platoon on that day to save his life, he is even more thankful that he can stay in the fight with them on their current deployment in Iraq.

"I thank God that I am still alive and that I still have the ability to serve with my friends here in Iraq," said Cowan about how his injury has not slowed his ability to serve with his unit.

Saber Squadron recently finished its fourth month of

a twelve month deployment to Iraq. In these four months, Saber Squadron has partnered with the 4th Federal Police Division to provide essential training and assistance to the Iraqi Forces in Baghdad. In the final eight months, the squadron will play a pivotal role in providing security to southern Iraq as a part of the re-posturing of forces.

"I'm not ready to go home yet," said Cowan. "I want to be here with the rest of my unit to finish out this mission. I am not going to let this wound stop me."

# 3 BSTB hosts 'Helen meets Grace'

## 3rd Bde., Special Troops Bn.

It was a hot early Sunday morning when workout fanatics from 3rd Brigade Special Troops Battalion, 3rd Advise and Assist Brigade, 1st Cavalry Division met with fellow Soldiers from Task Force 3rd Bn., 8th Cav. Regt., 2nd Bn, 82nd Field Artillery Regt., and DoD civilians from 3rd AAB, 1st Cav. Div., for a fundraising workout to support breast cancer awareness.

The event was named 'Helen meets Grace' which consisted of two different workouts melded together in one gut-wrenching combination.

The workout began at 6:30 a.m. on May 29, with 12 motivated individuals. Once teams formed, they started the warm-ups. The warm-

ups consisted of loosening up the muscles and joints and practicing the different movements and techniques required for the workout.

"I don't do this!" cried out Lt. Col. Jack Vantress, the 3BSTB commander, as he reluctantly volunteered to team up with his Company A, executive officer, 1st Lt. Emery Baughan, for the upcoming Crossfit workout. Any workout can get your heart pumping. But Crossfit signature workouts can get your heart stammering before you even start.

Helen consists of three rounds. First a 400 meter run in which both partners run together, 21 kettlebell swings and 12 pull-ups. Partners can tag-team in and out of the kettlebell swings and/or pull-ups. Once all three rounds of Helen are complete, the teams immediately move on to Grace, consisting of 30 clean and jerks (lifting a weight above your head in a two step motion) as fast as possible between the two team



Photo by Warrant Officer John Jewell

Competitors of the 'Helen meets Grace' event, from Left to Right: Capt. Cassandra Elmore, Capt. Meghan Schrader, Maj. Daniel Blackmon, Capt. Javier Aguilera, 1st Lt. Emery Baughan, Lt. Col. Jack Vantress, Capt. Nicholas Rinaldi, Capt. Maria Ige, Staff Sgt. Aundre Henry, Capt. Derek Kamauchi, Mr. Kenneth Jacobs and 1st Lt. Ryan VanZandt.

members.

"That run sucked, and by the time you got to the clean and jerks you were dead on your feet trying to complete a complicated lift as fast as possible – it was awesome," said Capt. Nicholas Rinaldi of TF 3rd Bn., 8th Cav. Regt. Rinaldi is currently stationed at Contingency Operating Station Garry Owen, but was at Contingency Operating Base Adder for training.

'Barbells for Boobs' is a

non-profit fundraising event in support of Mammograms in Action. Their mission is to provide funding for qualified women and men who need screening and/or diagnostic procedures in the prevention of breast cancer.

The competitors formed a tight-knit group that had a great time working out while increasing breast cancer awareness.

The organizer of the event, Capt. Maria Ige of 3BSTB said, "It really gets people involved and there's a new way to get the support needed in the 'fight against breast cancer' community through a different avenue of approach. This program raises people's passion about spreading the awareness while simultaneously raising funds required for screening for those who cannot afford it on their own."



Photo by Warrant Officer John Jewell

Lt. Col. Jack Vantress performs a kettlebell swing during the 'Helen meets Grace' event.



Photo by Warrant Officer John Jewell

Competitors finish the 400 meter sprint during the 'Helen meets Grace' event.

# Friendship Hall opens in Muthanna

## Iraqi fine arts incorporated into infrastructure development project

**Spc. Sharla Lewis**  
**3rd AAB PAO, 1st Cav. Div.**

Infrastructure development in Iraq has been an ongoing process since the development of the provincial reconstruction teams.

The economic projects began with quick-fixes like food, medical assistance and school supplies.

Later, they moved to months-long contracts fulfilled by the government of Iraq like trash clean-up, roadway reconstruction and small business development initiatives.

The projects have finally graduated to the development of sustainable systems with minimal U.S. involvement like a weekly trash pickup program and brought the country from the ravages of war to the sunrise of economic success.

One part of this evolution is incorporating Iraq's art, music and theatrical

culture into these economic projects.

The Muthanna provincial government, the Muthanna Provincial Reconstruction Team (PRT), and partners in Task Force 2nd Battalion, 82nd Field Artillery Regiment, 3rd Advise and Assist Brigade, 1st Cavalry Division saw the grand opening of Friendship Hall in Samawah, Iraq, on May 28.

Friendship Hall is a 414-seat multipurpose civic center that will host cultural, artistic, educational, and other civil society events. Ground was broken for the project in October 2010. The inauguration coincided with the closure of the PRT, and showcased local artists, musicians, and others who have benefited from PRT-sponsored programs.

At the grand opening, people filed into the facility's main auditorium and settled into the theater-style seats. Mu-



Photo by Spc. Sharla Lewis

Ibrahim Mayali, the governor of Muthanna province, Iraq, signs for ownership of the Friendship Hall.

sicians tuned their instruments as news crews vied for the best views in the hall.

The ceremony started with speeches by those involved in the development of the facility.

"I am asking my brothers in the local government offices to come together," said Ibrahim Mayali, the governor of Muthanna province. "Our goal is to serve the province."

Later, musical and theatrical performances, a poetry reading, and an operetta by local children were featured. The ceremony concluded with the provincial government's recognition of PRT staff.

Those that attended said they were honored to be there.

"This is my third visit to Muthanna and I told the others that my happiest day in Iraq was my first visit to Muthanna," said Barbara Leaf, Team Leader of PRT Basrah. "This facility's real value will be as a venue for the open expression of the people."

As a finishing touch, Governor Mayali signed a document transferring the facility to the provincial government, signifying a shift in responsibility from the U.S. to Iraq.



Photo by Spc. Sharla Lewis

Muthanna Provincial Reconstruction deputy team leader Lt. Col. Carl A. Mahnken (second from left) receives an award at the grand opening of the Friendship Hall.

# Dark Knights host grand opening of MWR center

**1st Lt. Benjamin Hardy  
215th Bde. Support Bn.**

On May 15th, the Alpha Distribution Company “Dark Knights,” 215th Brigade Support Battalion, 3rd Advise and Assist Brigade, 1st Cavalry Division, hosted the grand opening of a new Morale, Welfare, and Recreation center.

The MWR center was built by ADC staff members from the mayor cell: Staff Sgt. Frantzy Mesadieu, noncommissioned officer in charge, Spc. Winsor Faulkner and Spc. Lionelle Jeronimo. The Mayor Cell team put countless hours of sweat and hard labor into the construction of the MWR center and also supervised the local nationals who contributed to the effort by painting, connecting electrical wires, and hauling furniture into the building.

1st Sgt. Jesus Seary was on hand to host the opening of the center. “I’m really proud of the hard work that Staff Sgt. Mesadieu and his Soldiers have put into the creation of this MWR center. I wanted to have a place where the Dark Knights could come to relax and socialize and the Mayor Cell team

delivered,” said Seary.

The center started out as an empty shell in need of major renovations. The first task was the replacement of portions of the flooring. With the floor completed, the center was painted from top to bottom before Soldiers brought in furniture and mounted televisions to the walls that would be used for the game consoles. A major project was the construction of stadium seating for the movie theater with the team using carpet to cover the seats.

Once a projector was located, the first movie was shown on May 20th.

Mesadieu supervised all aspects of the construction of the MWR center. “After I received the intent from the chain of command, it was just a matter of locating the correct resources and ensuring that the job was done to standard. The local nationals who assisted in the construction of this building were really helpful,” said Mesadieu.

1st Lt. Michael Escalera and 1st Lt. Michael Garland donated pizza for the grand opening ceremony. The MWR center was full of Dark Knight Soldiers who enjoyed the evening by playing games and interacting with each other.



Photo by 1st Lt. Benjamin Hardy

Cpl. Noe Felix takes his turn at serving during a ping pong game.

“This place is the bomb!” said Spc. Ashley Briseno, one of the many Soldiers in attendance.

Overall, the grand opening was successful and since then, the Dark Knight MWR center has been a great place for ADC Soldiers to congregate and enjoy each other’s company.



Photo by 1st Lt. Benjamin Hardy

Soldiers play a game of dominoes in the newly opened MWR center.



Photo by 1st Lt. Benjamin Hardy

Spc. Ashley Briseno (center) plays cards with Spc. Antoine Hunt (left) and Sgt. Pamela Jackson (right).



Photo by 1st Lt. Benjamin Hardy

Spc. Winsor Faulkner and Spc. Lionelle Jeronimo play a video game.



# Cycle of Tadreeb al Shamil closes

## Operation New Dawn counts successes

**Spc Aaron Crouch**  
**B Co., 1st Bn., 12th Cav. Regt.**

When the weather was close to its hottest and most Iraqis were seeking relief, the Soldiers of the 10th Iraqi Army Division were busy conducting the final field training exercise needed for them to graduate from a training cycle of Tadreeb al Shamil, or the all inclusive training.

The U.S. mission in Iraq is to train Iraqi Security Forces in preparation for the upcoming U.S. departure. The training at TaS teaches the men to fill the vacuum left by the U.S. forces departure.

The Iraqi Army sends a new battalion each month for training at TaS. Although the students change every month, the instructors remain the same.

Many agree that this continuity is valuable to the success of the training.

“TaS is successful, a true Iraqi success story. When we took over we were training the Iraqi Soldiers, now the Iraqi Cadre members are confident, competent subject matter experts. The 10th IA Div. now has the ability to both train and defend itself,” said Capt. Bryan Herzog, a native of Shrewsbury, Penn. and the commander of B Company, 1st Battalion, 12th Cavalry Regiment attached to Task Force 2nd Battalion,



Photo by Spc Aaron Crouch

Maj. William McGlothlin listens to the Tadreeb al Shamil training cadre as they explain the day's events.

82nd Field Artillery Regiment, 3rd Advise and Assist Brigade, 1st Cavalry Division.

The Soldiers of the Iraqi Army improve with each cycle and their desire and excitement for training combats complacency.

“They faced a hard month of training in which they improved their ability to defend the borders of their great nation,” said Capt. Christopher Haun, a member of Stability Transition Team Eagle and native of College Station, Texas. “The (IA Soldiers) of this battalion leave TaS with a fierce confidence in their country’s future and their ability to defend that future.”



Photo by Spc Aaron Crouch

Cpt. Bryan Herzog, Spc. Robert Richardson and Spc. Anthony Epps with the Iraqi Army Ceremonial Band who were on hand during a graduation ceremony at Al Tadreeb al Shamil.

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## Shocker Platoon makes most of time off from missions to build lasting friendships

**Cpt. Donald Hayfron**  
3rd Bn., 8th Cav. Regt.,

The Soldiers of Shocker Platoon, led by 1st Lt. Jeff Jennings and Sgt. 1st Class Dwain Winstead, are a combination of tankers and infantrymen from Blue Platoon, C Company, 3rd Battalion, 8th Cavalry Regiment, 3rd Advise and Assist Brigade, 1st Cavalry Division, and engineers from 3rd Plt., C Co., 3rd Brigade Special Troops Battalion.

Currently attached to Headquarters and Headquarters Co., as a battalion asset, the primary mission of Shocker Platoon is to conduct route clearance for vital battalion and company resupply operations.

Route clearance has been a new and exciting challenge for the Soldiers of Shocker Platoon, as it is not typically a tanker or infantry mission. Shortly after arriving in Kuwait, the platoon received its orders for the route clearance mission, and immediately began an intense training regimen that continued once they arrived in Iraq.



U.S. Army photo

A Soldier takes time out to pose with a group of children from the city of Amarah.

The training focused on the fundamentals of improvised explosive device combat, the capabilities of the new engineering vehicles (namely the Buffalo and Husky) and familiarization of current enemy TTPs (tactics, techniques and procedures). The training more than adequately prepared

the Soldiers to undertake the route clearance mission.

When they're not busy with work or out on missions, Shocker Platoon Soldiers enjoy taking advantage of the gym and the Morale, Welfare, and Recreation center at Contingency Operating Station Garry Owen. They hold a monthly barbeque, and play soccer on a regular basis.

The Soldiers have a great state-side support group with their families doing a great job of keeping them supplied with board games, card games, water guns, and even kites to help pass the time and feel a little closer to home.

Friendships that will last a lifetime have been forged between the members of Shocker Platoon. As the Soldiers continue through the deployment, they become more like a family every day. Carrying the colors forward as a united team, the platoon continues to accomplish its mission with the utmost professionalism, and the Soldiers continue to look after one another as battle buddies, until they all get back home to their loved ones.



U.S. Army photo

One of the Soldiers shows off his ball handling skills while playing soccer during a morning physical training session.



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## 1st Bn., 12th Cav. Reg.



Photo by 2nd Lt. Joseph Pedersen

Spc. Justin Hayslip conducts joint Quality Assurance Quality Checks (QAQC) to ensure vehicles are ready for their mission.

## E Forward Support Company sustains 1-12 Cavalry mission

### 2nd Lt. Joseph Pedersen 1st Bn., 12th Cav. Regt.

For nearly four months, E Forward Support Company, 1st Battalion, 12th Cavalry Regiment, 3rd Advise and Assist Brigade, 1st Cavalry Division have conducted sustainment operations in support of Operation New Dawn.

Memorial Day often marks the beginning of the summer vacation season. The heat that comes with it has brought a new challenge. "With the added heat, often times you have to pull the vehicle into the bay and let it cool down before you can begin working on it," said Sgt. 1st Class Lee Bolding, the maintenance control sergeant.

Soldiers have accepted the heat and have adjusted their physical fitness schedule. They are working longer days to accomplish the mission. Additionally, as it has become warmer, the requirements to sustain the mission have changed. Combat Logistic Patrols have been scheduled to ensure that Soldiers have the supplies they need to advise and assist Iraqi forces.

Despite the warm weather, FSC Soldiers remain motivated and focused on the mission at hand. The company continues to be flexible to the needs of 1st Bn., 12th Cav. Regt., and the overall requirements of the advise and assist mission.

