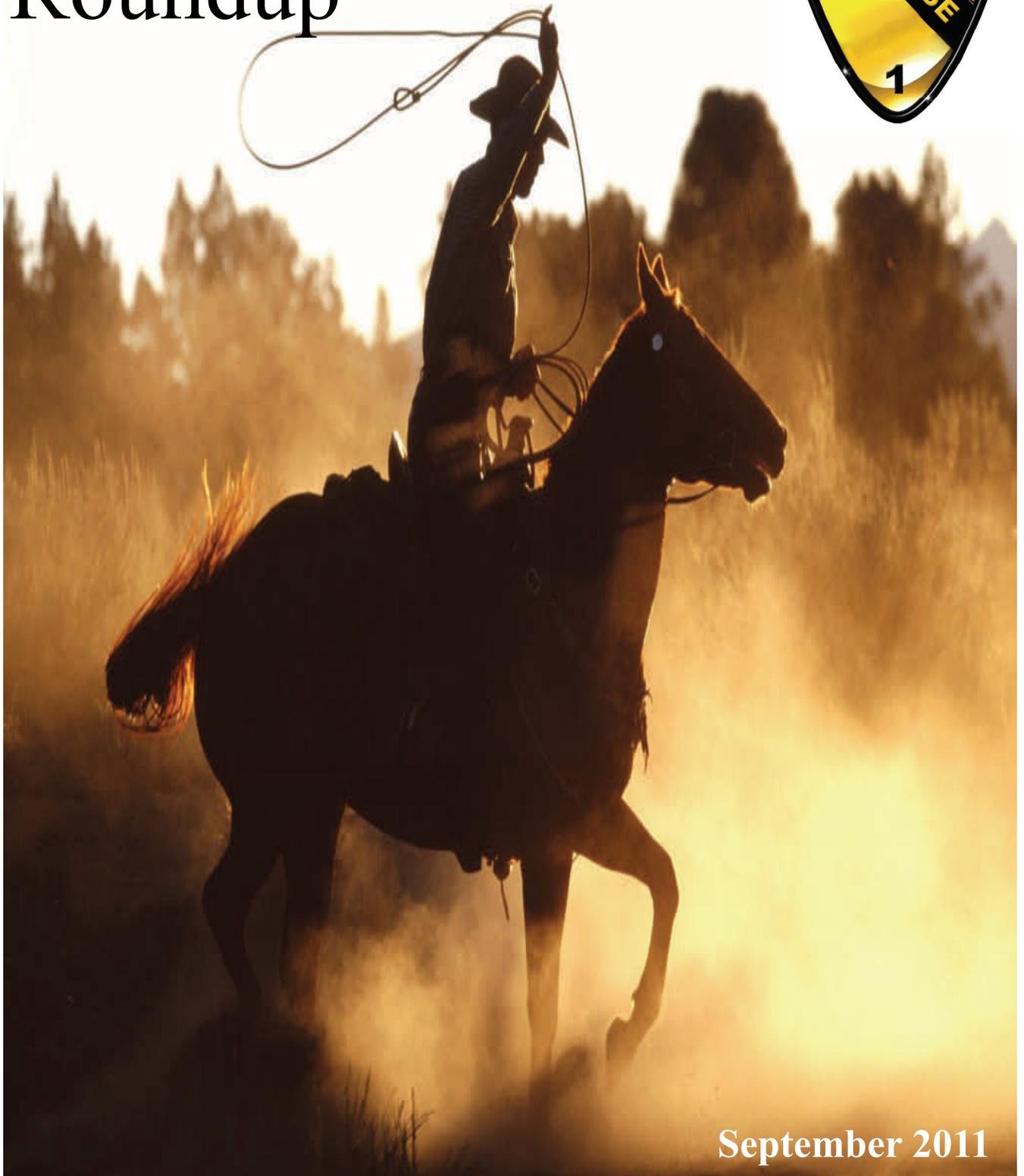


The Ironhorse Roundup



September 2011

Ironhorse 6 Corner



Hello Ironhorse family and friends!

This month's newsletter comes at a perfect time as I have some great news for the Brigade to share with you all.

Recently, the "big Army" decision-makers got together and determined the fate of the Brigade – we will close out our mission supporting Operation New Dawn in December and look forward to returning home while meeting our responsibilities to the Army to remain available through July 2012.

While this is exciting news, it is important to recognize that with this decision comes a significant amount of work. We still have a very essential mission to carry out that brings with it a strategic and logistical element that is unprecedented in United States' history. We also have a responsibility to leave Iraq better than we found it, and close out U.S. Forces' military operations in this country with respect to honor all those that fought here in the past 8 years.

As the deadline for the closure of our bases draws nearer, our living conditions will grow to become more austere. Unfortunately, this means that communication between Ironhorse Soldiers and our families will become more difficult as we reduce the available services to close out contracts and transport equipment. More than ever, our FRSA, Chris Robbins, and the Battalion/Squadron Family Readiness Groups will serve as the primary source of information regarding the Soldiers and the Brigade's redeployment. I also highly encourage everyone to refer to our Ironhorse BCT Brigade Facebook page and the Battalion/Squadron pages for updates on Ironhorse Soldiers.

While the mechanics of the redeployment are still being refined, CSM Lehr and I ask for your patience as the Brigade works through the details of flights and placing your Trooper on a specific flight on a specific schedule. Shortly, we will be able to announce initial redeployment windows and the anticipated schedule. As time goes on, the plan will get more specific and we will work to keep you all informed in conjunction with the FRGs.

Ironhorse 9 Corner

Hello from beautiful COS Kalsu!

The summer is now winding down in Iraq, and temperatures are finally dropping below the 100s which is better than the 115-125 degrees we got used to during the summer season! Unfortunately, those of you who are back at Fort Hood are enduring the heat as well, so I won't spin stories of the incredible heat our Soldiers have endured here!

I am always in awe of our fine Soldiers who continue to execute an extremely difficult mission-set with the patience of Job and the strength of Sampson. I am simply unable to articulate my pride and admiration for all you do, and all that you are every day. It does not matter what job you are doing, or what rank you are – you are the best of the best. You have proven this again and again, and there is no question that you have lived up to our motto, Ironhorse Never Quits!



Our redeployment is in the planning phase as I write this note. The Government of Iraq decided that they do not want to request for U.S. Forces to continue operating in Iraq beyond December, so we will be packing up and moving out over the next few months. We expect to have every Soldier in the Brigade home by mid-January at the latest. The Brigade is working to make our reunion with loved ones the best, safest, and most coordinated event ever. Be assured that we will be working as many reduced hour days as we can to allow parents to take children to school, and husbands and wives a chance to share a cup of coffee in the mornings. Not to mention, that most valued treasure for our single Soldiers – sleep-in time! The only days that will be longer are those that require medical and dental screenings, but this will only add up to a couple of days maximum. There are also many scheduled 3-day weekends on the training calendar. I look forward to this reintegration period as we reunite with our loved ones.

Finally, be safe. Not to belabor the Army's problems with post-deployment safety or bore you with statistics and details, but I will tell you that being safe is the single most important thing we can do when we come home. I think about safety each and every day, and I ask you to do the same during a very emotional period.

As always, I'm available to help you in any way I can. You can E-Mail me at lance.lehr@us.army.mil with questions or comments.

Ironhorse Never Quits!
CSM Lance Lehr
Ironhorse 9

COS Kalsu remembers 9/11

**By Sgt. John Couffer
1st Brigade Public Affairs**

COS KALSU, Iraq – Tears welled in the eyes, as emotions unsaid, overwhelmed many who attended, prayed, and remembered those who sacrificed everything.

In remembrance of those who gave of themselves for many, Soldiers assigned to Contingency Operating Station Kalsu held a memorial for the September 11th attacks, at the COS Chapel, here.

The Chapel was darkened within, lit only by fluorescent lights in the back of the Sanctuary. An American flag, haloed by a small amber glow, our emblem of strength and unity, glared with pride behind the pulpit. On either side of the flag, were video screens, depicting images of that day the enemy thought would bring us to our knees, but instead, made our country one.

In front of the pulpit, standing tall, were two white candles, symbolizing the Twin Towers. Their flames burned with the ferocity of enduring freedom. Alone, they conveyed unspoken words of the never ending memories of that day, of the brave New York Firefighters, the valiant New York Police Officers, and countless others who selflessly acted to aid others in need.

The events which transpired on that day forever changed the world, the lives of the families who lost loved ones, and will never be forgotten. For many, they can remember where they were when America was tested to the core.

Maj. David Stoner, the Chaplain for 1st Brigade (Ironhorse), 1st Cavalry Division, led the memorial.

Stoner spoke of that day, with memories of how the events had taken hold of everyone, everywhere he went. He said many tuned to the live-feed on television monitors, which gave a front-line view of unfolding acts of terrorism. He attested to the fact it seemed there was a renewed sense of Humanity and Country, even though the acts were malevolent.



Images of that day were shown in a slideshow format to the song “Where were you (when the world stopped turning)”, by the country artist, Alan Jackson. Soldiers watched and reacted in various ways to the photographs shown. Some Soldiers sat back in reverence, some had placed their hands on their chin; others closed their eyes to unspoken horrors, and others shed tears of pain.

During the memorial, prayers were offered for America, the families who have endured, and our military forces who continue to safeguard this nation.

Stoner said he reflects how, it was evident, the country became stronger, more unified; and how an effect of determination, resolution, and a greater state of patriotism overcame most.

Stoner attested to the fact, an act meant to cripple this nation, actually propelled it forward. An act of terrorism seemed to move others to be free and be victorious.

Stoner said, “for wherever there was a flat surface, so too was a sticker of an American flag.”

The memorial, a small fraction of what we can do to honor those on that day, was concluded with a candle lighting ceremony.

“They sought to extinguish the light of all America stands for,” said Stoner. “The lives that were lost are never forgotten nor were they in vain for they have helped change this world.”

COS KALSU, Iraq – Corpus Chirsti, Texas native, Staff Sgt. Adan Alfaro, a squad leader assigned to Headquarters and Headquarters Company, attached to 2nd Battalion, 5th Cavalry Regiment, 1st Brigade, 1st Cavalry Division, pulls security, in the village of Aneel, Sept. 5.



COS KALSU, Iraq – Charlotte, N.C., native Lt. Col. Jason Hayes, the commander of the 2nd Battalion, 5th Cavalry Regiment, 1st Brigade, 1st Cavalry Division, gives a child trail mix in the village of Aneel, Sept. 5.

Lancers visit nearby village

Photos by Spc. Bailey Jester



COS KALSU, Iraq – Boston native, 2nd Lt. Thomas O'Malley III, a platoon leader assigned to Headquarters and Headquarters Company, attached to 2nd Battalion, 5th Cavalry Regiment, 1st Brigade, 1st Cavalry Division, speaks with a villager from Aneel, Sept. 5.

2-5 Cavalry

COS KALSU, Iraq – Tampa Bay, Fla. native, Spc. Cody Little, a Company Intelligence Support Team Soldier, assigned to Headquarters and Headquarters Company, attached to 2nd Battalion, 5th Cavalry Regiment, 1st Brigade, 1st Cavalry Division, entertains a young boy from the village of Aneel, Sept. 5.



Centurions honor fallen by walking

Photos by Spc. Bailey Jester

COS KALSU, Iraq – Pfc. Currant (right), assigned to the 1st Brigade Special Troops Battalion, 1st Brigade, 1st Cavalry Division, signs in a participant for the Thunder Walk or Run, here, Sept. 9. Every mile walked represented a fallen person from the Sept. 11, 2001 attacks



The *Only* Special Troops Battalion

COS KALSU, Iraq – Master Sgt. Einstein Blaize, the brigade food service manager for the 1st Brigade, 1st Cavalry Division, begins his walk for the fallen person from the Twin Towers, on Sept. 11, 2001. Blaize participated in the Thunder Walk or Run, here, Sept. 9.

COS KALSU, Iraq – Bolingbrook, Ill., native, 1st Sgt. Jason Smith, first sergeant of Headquarters and Headquarters Company, 1st Brigade Special Troops Battalion, 1st Brigade, 1st Cavalry Division, provides a safety brief for the participants of the Thunder Walk or Run, here, Sept. 9. Every mile walked represented a fallen person from the attack on the Twin Towers on Sept. 11, 2001.



Eyes on

**By 2nd Lt. Seth Model
2-8 UPAR**

COS KALSU, Iraq – It's a meeting of leadership on a humid Iraqi summer day during Operation New Dawn, in Babil province, Iraq.

Commander of the 2nd Battalion, 8th Cavalry Regiment, 1st Brigade, 1st Cavalry Division, Lt. Col. Robert Rodriguez, meets at the Iraqi Police headquarters, behind closed doors.

Eyeing everyone is one sergeant, keen on the movements, gestures, and hands motioning all around him. This is the personal security officer of the commander, the guardian. His name is Sgt. Eric Stoodley.

The Wapwallopen, Pa. native, Sgt. Stoodley enlisted in the Army as an infantryman in April of 2005.

After finishing his training at Ft. Benning, Ga., Stoodley was assigned to Ft. Hood, Texas, as a Stallion.

Less than a year later, he was on a plane flying to Iraq for his first deployment during the surge of

2006-2008.

Stoodley deployed a second time in support of Operation Iraqi Freedom 09-10, where he was attached to the Air Cavalry Brigade, 1st Cavalry Division. There he gained valuable experience.

Stoodley is a modern jack-of-all trades.

He is currently working a variety of jobs to include, an infantry team leader, his company's master driver, a training room noncommissioned officer, a unit movement officer, and now a PSO.

Leadership knows they can count on him to get the job done as he is respected for his competence and professionalism.

When asked about Stoodley's selection for PSO, Rodriguez said, "He is the finest E-5 [sergeant] I have seen in 18 years. It's obvious he is skilled, professional, and polite."

Providing Rodriguez's safety while he travels, Stoodley has a lot of responsibility.

It takes a special person to transition from your typical infantryman to

lead a personal security detail.

"I pay attention to everyone around me, everything they do," said Stoodley.

Watching him in action, his focus on his surroundings, the people, the room they are in, and the cars in the background driving by.

Stoodley enjoys this task, as it is different from the typical infantry job.

"It's a challenge," Stoodley says, as there are a lot of factors involved that make the job far from easy.

"You can call it a family tradition," Stoodley reflects, when he mentions how he got there.

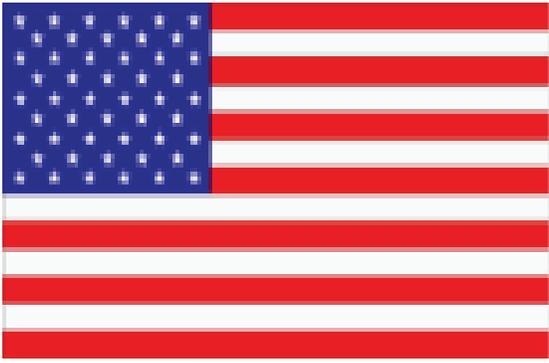
His grandfathers and great uncles were all veterans. He shared their calling to serve, and even more so as he is now responsible for protecting others.

In this hostile environment, with many more risks, anything can happen.

So you can imagine the caliber of Soldier a battalion commander selects.

8th IA commander expresses security needs

Photo by Sgt. Jennifer Dolsen



COS KALSU, Iraq – Copperas Cove, Texas native, Lt. Col. David Northridge (right), the deputy commanding officer for the 1st Brigade, 1st Cavalry Division, and Maj. Gen. Qais (left), the commander of the 8th Iraqi Army Division, discuss progress between the U.S. and 8th IA, at Diwaniyah, Sept. 6. Representatives of the Iraqi Highway Patrol and Iraqi Police also gave input as to what their concerns were and how to solve them.

Triple Canopy training relationship

Story by Capt. Victoria Nieto
115th BSB UPAR

On Sunday, 4 Sept. 2011, early in the morning, the Soldiers from the Muleskinner Battalion and the Triple Canopy Ugandan guards were out on Sage range waiting to go hot.

All were anxiously waiting to get on the range to test their new found skills on each others' weapon systems.

Company A, 115th Brigade Support Battalion, 1st Brigade, 1st Cavalry Division, brought their M240B machine guns, the Ugandans brought their RPK light-machine guns.

Prior to the range going hot, each group provided a familiarization class with the each others' weapon system. The Triple Canopy guards, which numbered 78, and 10 Soldiers from Alpha Company participated in a joint-range.

The range was organized and executed by 2nd Lt. Jason Mercado, a Quick Reaction Force platoon leader.

This was the first of a three part familiarization range that will take place over the course of the next two Sundays.

Triple Canopy, comprised primarily of Ugandan guards, is responsible for the internal security Contingency Operating Station Kalsu.

The Muleskinner battalion has reached out to them and has facilitated a partnership with the guards who help to keep the Soldiers and Civilians on the COS safe and secure.

Sgt. Robert West, a Fort Worth, Texas native, assigned Company A, 115th Brigade Support Battalion, 1st Brigade, 1st Cavalry Division, conducted a 45 minute block of primary marksman instruction on the M240B.

After the familiarization the Triple Canopy guards were put into a firing order by the range safety officer, Sgt. 1st Class Jeffrey Wilkes.



COS KALSU, Iraq – Triple Canopy guards fire the M240B machine gun during the live-fire training portion on Sage range, here, Sept. 5, 2011. The guards fire the weapons to increase their accuracy. (U.S. Army photo courtesy of Company A, 115th Brigade Support Battalion, 1st Brigade, 1st Cav. Div.

They were led onto the range where they fired over 25 rounds each. In the end, over 2000 rounds were fired.

The roles became reversed and the Muleskinners Soldiers received familiarization training on the RPK light machine gun. Each guard was led on the range and fired over 40 rounds.

Both groups truly enjoyed training together and learning new weapons systems even though neither group was accurate.

This was the first round of training in a three part training series that allowed Soldiers from the two cultures to come together and learn from one another.

“Both the [Alpha Company] and the Ugandan guards received excellent training and they really enjoyed the exchange of cultures,” said Mercado.

Over the course of the next two Sundays, more Muleskinner Soldiers will continue to partner with and cross-train with the guards.

This looks promising to be the beginning of a long training partnership between the two organizations.

Ironhorse meets with local IA commander

Photos by Sgt. Jennifer Dolsen



COS ECHO, Iraq – Illinois native, Col. Scott Efflandt (right), commander of the 1st Brigade, 1st Cavalry Division, discusses security concerns with Maj. Gen. Qais Khalaf Ruhaima al Muhamadawi (left), commander of the 8th Iraqi Army Division, here, Sept. 5, 2011. During their meeting, they discussed how they could be of help to one an-



Exercise sharpens Dragons' responsiveness

By Sgt. Gregory Snyder
1-82 FA UPAR

COS ECHO, Iraq - A mass casualty is defined as a large number of casualties produced in a relatively short period of time that exceed the available medical capabilities and resources.

The Task Force, 1st Battalion, 82nd Field Artillery Regiment, 1st Brigade, 1st Cavalry Division, conducted a mass casualty exercise here, the morning of Sept. 1.

The 2nd Battalion, 8th Cavalry Regiment, of the Ironhorse Brigade, participated in the event as well. Both Dragons and Stallions proved they could handle the most extreme situations that



COS Echo, Iraq - Medics assigned to Task Force 1st Battalion, 82nd Field Artillery Regiment, 1st Brigade, 1st Cavalry Division, evaluate and treat the casualties during the mass casualty exercise here Sept. 1.

could arise while deployed to Iraq.

To begin the exercise, the loud speakers sounded across the camp that 'incoming rounds' were headed to the base.

Accountability, emergency response and medical readiness are keys to ensuring there will be no hesitation among the soldiers.

Without difficulty, the mass casualty exercise played out for a few hours, testing all aspects of the base's response and readiness.

While the Base Defense Operations Center maintained accountability and tracked events, the Quick Response Force Teams jumped into action and medical personnel quickly and efficiently evaluated and treated numerous 'casualties'.

Participation by all units during this exercise helped make it realistic, and ultimately will help to save soldiers lives if the exercise should become a reality.

Thanks to careful planning by senior leaders, each and every moving part around Echo knew their role and did not hesitate to exe-



COS Echo, Iraq - Soldiers from Task Force 1st Battalion, 82nd Field Artillery Regiment, 1st Brigade, 1st Cavalry Division, litter carry a casualty into the medical treatment facility Sept. 1.

cute their mission.

"I'm particularly happy that everybody knew where to be and when to be there. The medics did an outstanding job getting casualties treated quickly," stated Command Sgt. Maj. Jim Cabrera, Sr. "It goes without saying that no one wants to see something like a mass casualty happen."

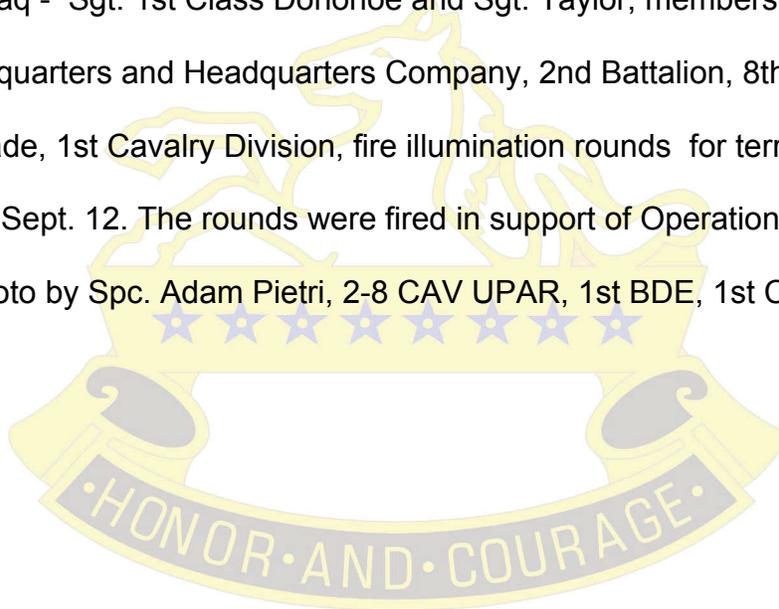
Attacks on bases occupied by U.S. Forces are still happening in Iraq, even during the final stages of Operation New Dawn.

However, should the situation arise, Task Force 1-82 FA, will be ready because of continued preparation and training.

Stallions light up the sky



COS ECHO, Iraq - Sgt. 1st Class Donohoe and Sgt. Taylor, members of the mortar platoon, Headquarters and Headquarters Company, 2nd Battalion, 8th Cavalry Regiment, 1st Brigade, 1st Cavalry Division, fire illumination rounds for terrain denial operations, here, Sept. 12. The rounds were fired in support of Operation New Dawn (U.S. Army Photo by Spc. Adam Pietri, 2-8 CAV UPAR, 1st BDE, 1st Cav. Div.)



Soldier returns to same place, different mission

**By Spc. Bailey Jester
1st BDE Public Affairs**

COS KALSU, Iraq – The contingency operating station known as COS Kalsu, has been called ‘home’ by about 15 units during Operation Iraqi Freedom and Operation New Dawn, but is now home to the 1st Brigade, 1st Cavalry Division.

Kalsu was established May 2003, by the 105th Military Police Company based in Buffalo, N.Y. It was named in honor of the Buffalo, Bills player Bob Kalsu, who was killed while serving in Vietnam.

Now, eight years later, one Ironhorse soldier has once again made Kalsu his home.

2nd Lt. Trey Smith, the medical officer for Headquarters and Headquarters Company, 2nd Battalion, 5th Cavalry Regiment, was here in support of OIF-two.

“It’s exciting to be part of the beginning and the end,” Smith said. He arrived in Kuwait January 2004, with the 13th Signal Battalion, 2nd Brigade Combat Team, 1st. Cavalry Division.

About a month later, they took a three-day convoy from Kuwait to Baghdad in order to begin conducting missions.

In 2004, Smith was deployed as an enlisted soldier with the job of a radio operator. He ran support and supply missions as the lead truck commander.

The brigade’s mission was to provide stability for the upcoming 2005 elections.

Now returning to Kalsu, with the Ironhorse Brigade, his new mission is to

transfer the authority to the Iraqi Security Forces.

Not only has Smith’s mission changed, but so have many other things.

Kalsu used to be a lot smaller. Smith said it is safe to say it was about a quarter of the size it is now. The roads were a lot worse and much more difficult to travel.

“I remember trying to get out of the gate and the roads were all muddy,” Smith chuckled and continued, “we had trouble getting out of our own gate.”

Living conditions have improved as well.

Compared to the two-man containerized housing units that soldiers are now accustomed too, they lived with multiple people in small tents known as general purpose tents.

The uniform has also changed. In 2004, the uniform was the Desert Combat Uniform and the Battle Dress Uniform flak jacket, or bulletproof vest.

Due to heightened chemical warfare concerns, soldiers were also required to keep their protective mask on them at all times.

Kalsu has added an AAFES Post Exchange, Bazaar, phone and internet access and Pizza hut to the station’s resources.

“To see the amount of build up and how much Kalsu has grown is exciting,” Smith said in awe.

“I feel as though I have gone full circle,” Smith concluded about his return to Kalsu.

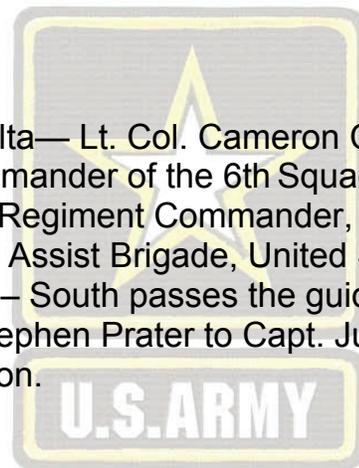
Comanche Change of Command

Photos by 2nd Lt Stuart White

COB Delta— Lt. Col. Cameron Cantlon (center), the commander of the 6th Squadron, 9th Cavalry Regiment, 3rd Advise and Assist Brigade, United States Division – South, stands between Capt. Stephen Prater (left), the outgoing Comanche Troop Commander, and Capt. Justin Thompson (right), the incoming Comanche Troop Commander.



COB Delta— Lt. Col. Cameron Cantlon, the Commander of the 6th Squadron, 9th Cavalry Regiment Commander, 3rd Advise and Assist Brigade, United States Division – South passes the guidon from Capt. Stephen Prater to Capt. Justin Thompson.



COB Delta— Having just received his first troop command, Capt. Justin Thompson cuts the cake with 1st Sgt. Kenneth Bach, Comanche 1st. Sgt., 6th Squadron, 9th Cavalry Regiment, 3rd Advise and Assist Brigade, United States Division - States.



Lancer Football

Photo by Sgt. Shane Smith



COS KALSU, Iraq—It's fun in the sun as Soldiers from the 2nd Battalion, 5th Cavalry Regiment, 1st Brigade, 1st Cavalry Division, participate in a flag football championship, here, Sept. 6. All of the soldiers put forth an amazing effort, but in the end Soldiers from Headquarters and Headquarters Company (The Replacements), 2-5 Cav. 1st BDE, 1st Cav. Div., emerged victorious.

Centurion patch ceremony



COS KALSU, Iraq – Soldiers of the 1st Battalion Special Troops Battalion, 1st Brigade, 1st Cavalry Division, bow their heads in prayer, prior to receiving their 1st Cavalry Division combat patch, during ceremony, here, Sept. 11. (U.S. Army photo by Spc. Krystal Curl, 1st Brigade Special Troops Battalion, 1st BDE UPAR)



Importance of nutrition and exercise during deployment

Story by Spc. Bailey Jester

1st Bde. Public Affairs
COS KALSU, Iraq – In today’s Army, thousands of Soldiers are deployed at any given time in support of Operation Enduring Freedom, Operation Iraqi Freedom and Operation New Dawn and like many other units throughout the U.S. military, the 1st Brigade, 1st Cavalry Division is not exempt from the busy rotation schedule.

While Ironhorse Soldiers are deployed, the importance of their nutrition and physical condition rises due to the physically demanding mission requirements of a Brigade Combat Team.

“Out here, Soldiers undergo significant physical and mental stressors, increasing the importance of what we put into our bodies,” said Odessa, Texas native, Maj. Olen Burns, M.D., the surgeon for the 2nd Battalion, 5th Cavalry Regiment, of the Ironhorse Brigade.

Burns suggested looking at the Mayo Clinic website to check the appropriate number of calories you should intake on a daily basis in order to achieve your weight goal.

The average amount that a Soldier should intake is 9 to 13 calories per pound of their body weight.

“If you are working under

high demands, you need to up your caloric intake,” Burns continued. “If you are working at a desk and need to maintain or lose weight, lower your intake.”

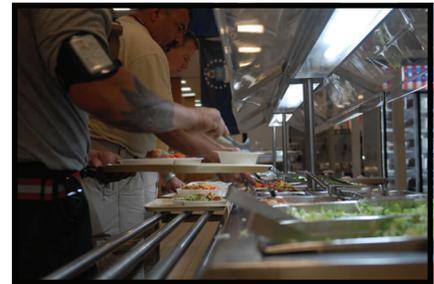
Not only is nutrition important to a deployed Soldier, but so is their physical upkeep.

Unfit and overweight Soldiers pose a risk for themselves and fellow Soldiers, and hinder the unit’s ability to accomplish a mission.

“A fit Soldier will be able to accomplish all reasonable challenges placed in front of them,” said Nashville, Tenn. native, Staff Sgt. Nicholas Andruilli, the Brigade Fires Sergeant assigned to 1st Brigade, 1st Cavalry Division. “They will be capable of conducting a variety of tasks such as patrols and manual labor, and are less likely to become a heat casualty.”

In a deployed environment, many Soldiers are what Burns calls a ‘warrior athlete,’ meaning a Soldier who wears their gear all day in the heat and operates at the level of an active athlete.

“Staying in shape is a per-



sonal responsibility and it should be done for yourself and the military,” stated Andruilli. “It is your duty as a Soldier to be motivated and have the highest level of fitness.”

With a gym that boasts plenty of weights, cardio machines and an aerobics room, there are many opportunities for Ironhorse Soldiers to maintain their physical fitness.

When unable to ‘hit’ the gym, there are other options available.

“Be creative and workout using items in your office,” Andruilli suggested. “You could do regular pushups, incline and decline pushups, military press, overhead arm claps and dips. You could even bring your sleeping pad to your office so you can work out your core.”

There are also several resources available for Ironhorse Soldiers to take advantage of in order to assess their health and fitness.

“It begins with the Soldier first,” Burns concluded.



Dragons perform patrols

Photos by Sgt. Jennifer Dolsen

COS ECHO, Iraq – Raleigh, N.C. native, 2nd Lt. James Doherty, a platoon leader assigned to Battery A, 1st Battalion, 82nd Field Artillery Regiment, 1st Brigade, 1st Cavalry Division, visits an Al Bu Hussein home, Sept. 8. The village has been without water for several months and can no longer grow food to sell at the local markets.



Dragons perform night missions



COS ECHO, Iraq – Sgt. Thomas Sprain, an artilleryman assigned to Battery A, 1st Battalion, 82nd Field Artillery Regiment, 1st Brigade, 1st Cavalry Division, pulls the lanyard of a Howitzer Paladin, here, Sept. 9. The shot was part of 5,000 rounds fired in fiscal year 2011.

Centaur 6 - STT Corner



By Lt. Col. John Faria STT Commander

I want to recognize and thank all the families for your continued support. The Stability Transition Team (STT) continues to build and foster relationships with our Iraqi counterparts to ensure a seamless transition as we prepare for the published departure date of US Forces from Iraq in accordance with the 2008 Iraqi Security Agreement.

It has been ten years since the Sept. 11th terrorist's attacks on our great nation; in addition to our Remembrance Ceremony, we conducted combat patch ceremonies on this anniversary to help maintain focus on what our country has asked us to do in Iraq. The STT Soldiers at Contingency Operating Station Echo conducted a joint ceremony at the 8th Iraqi Army Martyr Memorial. This ceremony witnessed our Iraqi counterparts placing the 1st Cavalry Division patch on our right sleeves.

COS Delta hosted an Army ten-miler shadow run, in addition to the September 11th Remembrance events. Several members of the STT participated in this event, with Maj. Navarro and Lt. Col. Schmalz finishing in the Top 5. The video of this event will be shown during the Annual Army ten-miler next month in Washington D.C.

Our teams continue to meet with Iraqi Se-

curity Forces (ISF) leaders to continue shaping the Brigade's Operational Environment (OE). The STT Soldiers remain flexible and adaptive to meet the requirements to support the Ironhorse Brigade. Recently, two of our teammates departed Iraq and immediately deployed to Afghanistan in support of the First Team Division Headquarters.

The Teams continue to advise and assist Iraqi Police and the Iraqi Army. As an example of these efforts the Brigade witnessed the last iteration of the Babil Iraqi Police Academy in which eight Iraqi Police Instructors were trained in investigation techniques. Throughout this month, teams have worked diligently to cement relationships with their respective Provincial Iraqi Police leadership and senior staff as well as the 8th Iraqi Army leadership resulting in increased partnerships.

In Diwanayah, the Iraqi Police advisors continued making excellent strides in building relationships with the Provincial Joint Coordination Center and the Police Headquarters. STT members were on hand to witness the grand opening of a new Iraqi Police Training Academy destined to maintain a steady flow of qualified policemen after our departure from Iraq.

I truly appreciate the sacrifice each and every family is making to support their Soldier.

Centaur Ironhorse Never Quits!

Dragons conduct patch ceremony

**By Sgt. Gregory Snyder
1-82 FA UPAR**

COS ECHO, Iraq - Task Force 1-82, held a deployment patch ceremony to recognize all of the Soldiers on their first deployment and Soldiers on their first tour with the 1st Cavalry Division, here.

On September 11th, 2011, the ten-year anniversary of the terror attacks against the United States, the 1st Battalion, 82nd Field Artillery Regiment honored those soldiers who according to Army regulation are now eligible to wear a deployment patch on the right sleeve of their uniform.

The shoulder sleeve insignia for former wartime service signifies that a soldier has participated in combat operations in a hostile environment.

The patch is commonly called the “combat patch”, and it is worn on the right shoulder of the uniform just below the American Flag to signify the unit served under the United States. It is awarded to soldiers who are deployed in combat zones for 30 days or more.

About 34 percent of the Army’s total force has never deployed to a combat zone; all the more reason that receiving this patch is a special occasion to Soldiers. This is a special event for many veteran Soldiers who have multiple deployments, and who take pride in placing the patch upon the shoulder of a Soldier who deployed for the first time.

“It is an awesome sight to see Soldiers who volunteered to support our nation receive recognition for their sacrifices,” said Sergeant 1st Class Richard Wright, the acting Opera-



COS ECHO, Iraq – Capt. Aaron Harless, the commander of Company G, Forward Support Company, attached to 115th Brigade Support Battalion, 1st Brigade, 1st Cavalry Division, patches a Soldier in his company, here, Sept. 11.

tions Sergeant Major for the Dragons battalion, and who is currently on his fourth deployment. “They should take great pride in wearing this patch.”

The ceremony is a time honored tradition usually taking place in the first few months after Soldiers have been deployed in theatre.

“There is a sense of validation after you receive your combat patch” said Sgt. Matthew Freeman, a medic assigned to Headquarter and Headquarters Battery, 1st Battalion, 82nd Field Artillery Regiments, 1st Brigade, 1st Cavalry Division, and who is on his first deployment.

After months of training and field exercises at Fort Hood, and the National Training Center, the deployment to Iraq, the combat patch ceremony validates the Soldiers’ readiness to accomplish the mission and demonstrates the Soldier’s commitment to our nation.

8th IA Commander visits Ironhorse



COS KALSU, Iraq – Col. Scott Efflandt (right), the commander of 1st Brigade, 1st Cavalry Division, speaks with Maj. Gen. Qais Khalaf Ruhaima al Muhamadai, the commander of the 8th Iraqi Army Division, here, Sept. 24. Qais and Efflandt discuss the lead role the Iraqi Army plays during as the withdrawal of US Forces and equipment continues as the end of the 2008 Iraqi Security Agreement nears.

Photos by Sgt. John Couffer



COS KALSU, Iraq – Col. Scott Efflandt (right), the commander of 1st Brigade, 1st Cavalry Division, shakes the hand of Maj. Gen. Qais Khalaf Ruhaima al Muhamadai, the commander of the 8th Iraqi Army Division, shortly after he arrives, here, Sept. 24. During Qais' visit, he spoke with Efflandt about the security in southern Iraq and a continued partnership with US Forces as the drawdown continues during Operation New Dawn, in accordance with the 2008 Iraqi Security Agreement.



Sheiks meet to discuss future of Iraq

By 1LT Kelly McManus
1st BDE, Public Affairs

AL KUT, Iraq – The sound of clicking prayer beads filled the room as nearly 60 sheiks from across Iraq gathered Thursday afternoon in the home of Emir Rabi'a Mohammad al-Habib al-Rabi'a, Prince of the Rabi'a Confederation.

Al-Rabi'a addressed the attendees, welcoming the sheiks and members of U.S. Forces to his home to discuss the future political and military situation in Iraq.

“The United States is the most powerful and most developed country in this world, and when they came to Iraq, we thought they would be able to change the Iraqis’ life and give us freedom and democracy,” stated al-Rabi'a, speaking from a prepared script. “After the U.S. in-

vaded Germany and Japan, they became one of the best and richest countries in the world. Why not Iraq?”

In turn, Maj. Gen. Bernard Champoux, commander of U.S. Forces in central and southern Iraq, spoke to the sheiks, encouraging them to use their influence to make Iraq a more stable and peaceful nation.

“Iraq is at a critical juncture on its path to democracy and tribes have and will continue to play a very important role in Iraq’s political future,” said Champoux. “Tribes have an enormous impact on economic enterprises and economic development in Iraq by supporting business start-up and development, assisting with security and stability, and fostering a climate that allows for effective foreign investment and international development in Iraq.”

Despite their realm of influence and direct connection with the Iraqi populace, the sheiks currently do not play a large role in the politics of Iraq,

“The council of sheiks believe that they can greatly improve the security situation in Iraq if the government allows them to engage the issues,” said Col. Scott Efflandt, commander of 1st Brigade, 1st Cavalry Division. “They are very aware of the needs of the Iraqi people, and their views on the provincial economy and security are valuable.”

The majority of Iraqis are

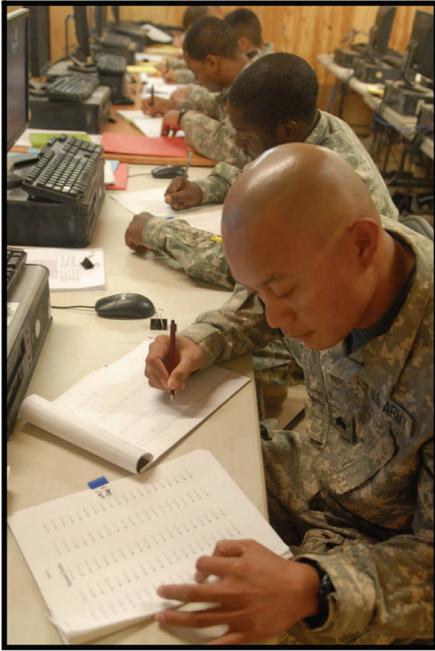


members of Arab tribes and often-times, Iraqis will feel a stronger allegiance to their tribe than the Government of Iraq, empowering the sheiks whom fulfill the role of tribal leaders.

Two members from the State Department were also in attendance to make initial introductions with the sheiks and further develop the productive relationship the Army established. Their presence shows that Dec. 31 does not mark an end point, but rather a transition of authority from military to civilian.

Efflandt expects to continue discussions with the sheiks to cement a long-term partnership beyond the departure of U.S. Forces from Iraq.





COS KALSU, Iraq – Soldiers assigned to the 1st Brigade Special Troops Battalion, 1st Brigade, 1st Cavalry Division, study hard and work hard, during a class, here, Sept. 20. These Soldiers are attending this class, during their personal time, to raise their General Technical; a score used by the Army that helps facilitate various administrative actions; like military occupational specialty changes and special training schools.

1st BSTB Soldiers raise their general technical scores while deployed

Photos by Spc. Krystal Curl

COS KALSU, Iraq – Soldiers assigned to the 1st Brigade Special Troops Battalion, 1st Brigade, 1st Cavalry Division, take thorough notes during a class, here, Sept. 20. These Soldiers are attending this class, during their personal time, to raise their General Technical, a score used by the Army that helps facilitate various administrative actions; like military occupational specialty changes and special training schools.

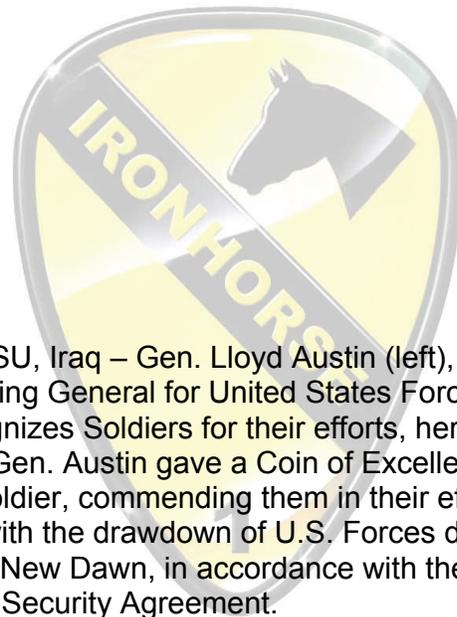


Gen. Austin visits Ironhorse

COS KALSU, Iraq – Gen. Lloyd Austin (left), the Commanding General for United States Forces – Iraq, arrives for a visit, here, Sept. 21. Gen. Austin came to COS Kalsu to visit senior leadership of 1st Brigade, 1st Cavalry Division for a briefing on current operational progress as the deadline set forth in the current Security Agreement draws near. He also took the opportunity to recognize Soldiers for their efforts in Operation New Dawn as the drawdown of U.S. Forces continue.



COS KALSU, Iraq – Gen. Lloyd Austin (left), the Commanding General for United States Forces – Iraq, recognizes Soldiers for their efforts, here, Sept. 21. Gen. Austin gave a Coin of Excellence to each Soldier, commending them in their efforts in aiding with the drawdown of U.S. Forces during Operation New Dawn, in accordance with the 2008 Iraqi Security Agreement.



LTG Helmick at COS Kalsu



Photos by Sgt. John Couffer

COS KALSU, Iraq – Lt. Gen. Frank Helmick (left), the deputy commanding general of operations, United States Forces – Iraq, recognizes Soldiers assigned to 1st Brigade, 1st Cavalry Division, here, Sept. 19. Helmick rewarded the Soldiers with a Coin of Excellence, commending their great efforts in support of Operation New Dawn.



COS KALSU, Iraq – Col. Scott Efflandt (right), the commander of 1st Brigade, 1st Cavalry Division, welcomes Lt. Gen. Frank Helmick, the deputy commanding officer of operations, United States Forces – Iraq, after landing, here, Sept. 19. Helmick visited with senior leadership and recognized Soldiers during his visit.

COS KALSU, Iraq – Lt. Gen. Frank Helmick (left), the deputy commanding general of operations, United States Forces – Iraq, looks on as Sgt. Maj. Robert Leimer, the sergeant major of operations for 1st Brigade, 1st Cavalry Division briefs him on current operations, here, Sept. 19.



MG Spoehr recognizes Soldiers

Photos by Sgt. John Couffer



COS KALSU, Iraq – Maj. Gen. Thomas Spoehr (left), the deputy commanding general for the United States Forces – Iraq, recognizes Soldiers for a job well done at the dining facility, here, Sept. 9. These Soldiers were chosen by their command for their efforts during their current deployment in support of Operation New Dawn.

COS KALSU, Iraq – Maj. Gen. Thomas Spoehr (left), the deputy commanding general for the United States Forces – Iraq, gives a coin to Staff Sgt. Robert Nehi (right), the noncommissioned officer in charge of medical supplies for the Troop Medical Clinic, assigned to Company C, 115th Brigade Special Troops Battalion, 1st Cavalry Division, here, Sept. 9. Nehi was recognized, along with fellow Soldiers, for efforts in medically aiding the personnel assigned to COS Kalsu.



COS KALSU, Iraq – Maj. Gen. Thomas Spoehr (left), the deputy commanding general of the United States Forces – Iraq, gives a coin to Staff Sgt. James Garrick (right), assigned to the 372nd Inter-Cargo Transfer Company, Logistic Task Force 189, here Sept. 9. Garrick was given a coin for his efforts in aiding fellow Soldiers in operating the Central Receiving and Shipping Point on COS Kalsu.

Muleskinner Lieutenant Warrior Challenge

**By Sgt. John Couffer
1st Brigade Public Affairs**

COS KALSU, Iraq – The sun had just begun to rise over the horizon as they marched, wearing all their gear, with purpose through dust-filled air. It was at this time that they may have already started to ask themselves why they had volunteered.

The 115th Brigade Support Battalion, 1st Brigade, 1st Cavalry Division, hosted an all-exclusive Lieutenant Warrior Challenge, here, Sep. 12.

The challenge was comprised of five volunteer officers; three first lieutenants and two second lieutenants.

“This challenge was a little more physical than what Soldiers go through,” said Lt Col. Jason Carrico, the commander of 115th Brigade Support Battalion. “The intent [of this challenge] was to test the officers a little more [than Soldiers] to give them a good understanding and flavor of what their Soldiers go through.”

This was a nine-hour, nonstop challenge consisting of various Soldier tasks. It included an Army Physical Fitness Test, Preventative Maintenance Checks and Services for Army vehicles, an obstacle course, a ruck-march, survival skills testing, and Army combatives.

“It felt great [to compete]. It identified our strengths and weaknesses throughout our battalion,” said 1st Lt. Nathan Miller, the executive officer for Company C, 115th Brigade Support Battalion, 1st Brigade, 1st Cavalry Division. “[Identifying those] shortcomings are going to make us better officers.”

When Miller’s leadership presented him with the opportunity to compete, Miller said he jumped at it and took it head on.

“[This challenge] definitely raised the bar on my morale,” Miller said.

Miller said the challenge pushed him hard, mentally and physically. He said he was glad to have support from the noncommissioned officers, first sergeants, and other key leadership and personnel who mentored him and his fellow officers through the course.



“I’m always up for a challenge. I’m always willing to do my part and to have a good time,” said Miller. “I might as well take advantage of these events when they come.”

Miller said this event helped unify the battalion and reinforce the camaraderie of the officers within it.

The challenge concluded with an Army Board hosted by the battalion commander, commander sergeant major, and first sergeants from the companies within the battalion, explained Lt. Col. Carrico.

“We had a great time,” Carrico concluded. “It’s always good to see your lieutenants get out and work as hard as your Soldiers. I was absolutely impressed with their performance, they had great motivation, good technical skills, [they] were outstanding.”

Lightning 7 goes to Delta

Photos by Sgt. John Couffer

COB DELTA, Iraq – Command Sgt. Maj. Ray Devens (left), the command sergeant major for United States Division - Central, speaks with Soldiers of the 6th Squadron, 9th Cavalry Regiment, attached to 1st Brigade, 1st Cavalry Division, here, Sept. 22. Devens visited with many Soldiers as they aid in the withdrawal of U.S. equipment and personnel assigned to the base, and to facilitate the transfer of ownership to the Iraqi government in accordance with the 2008 Iraqi Security Agreement.



COB DELTA, Iraq – Command Sgt. Maj. Ray Devens (left), the command sergeant major for United States Division – Central, speaks with Soldiers of the 6th Squadron, 9th Cavalry Regiment, attached to 1st Brigade, 1st Cavalry Division, here, Sept. 22. Devens speaks with the Soldiers to ascertain the stage of withdrawal of U.S. Forces and equipment on Contingency Operating Base Delta, as the end of the 2008 Iraqi Security Agreement draws near.

LIVE THE LEGEND!!



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QUITS!!**