

GREYWOLF ADVI

DISCIPLINE

3 ALTERNATIVES TO THE SAME OLD DFAC FOOD

Try These Great Recipes! P. 26

CSM VIMOTO VISITS GREYWOLF

215th Recognizes
Civilian Effort

8
CONTRACTORS
AWARDED FOR
SUPPORT ROLE
IN BASRAH

3-8 CAV
STT
HELPS
TRAIN
IRAQI
NCO
CORPS

P. 18

BLACKSMITH

Induction Ceremony

SGT VANCIL AND OTHERS

RECALL 9/11 ON TENTH
ANNIVERSARY

Mass Casualty Exercise

ADDER BRUSHES UP ON QUICK
RESPONSE PRACTICES

FALL 2011



A close-up photograph of a person's face, focusing on the right eye. The eye is a striking blue-green color. The skin is fair and has a natural glow. In the bottom left corner, a pair of dark, wrap-around sunglasses is overlaid on the image. The text "Thousands of people wear sunglasses as a fashion statement." is centered horizontally across the middle of the image.

Thousands of people wear sunglasses as a fashion statement.

I wear them to protect my eyes.

The GREYWOLF Brigade uniform policy reads, “All personnel are required to wear ballistic eyewear at all times when performing duties requiring IBA and helmets, both inside and outside FOBs and base camps. Only DoD approved ballistic eyewear may be worn.”

In 2004, Sgt. Leonardo Sumaran with 2nd Bn., 82nd Field Artillery Regiment was exposed to an improvised explosive device detonation and sustained shrapnel wounds over his entire face; except where his skin and eyes were protected by his eye protection.

Similarly in 2006, 1st Lt. Anthony Aguilar’s platoon was also the target of an IED detonation. Aguilar said that the blast was so strong that it forced his breath out of his body. After collecting himself, Aguilar realized that a fragment of metal from the explosion had embedded itself in his eye pro, saving his right eye.

When wearing your eye pro, you’re not only saving your eyesight, you’re upholding the standard.



**DISCIPLINED
VIGILANT
PROFESSIONAL
LIVE THE LEGEND**

GREYWOLF 6 SENDS:



Col. Douglas Crissman

GREYWOLF Soldiers, Families, and Friends,

Greetings one last time from Contingency Operating Base Adder where the GREYWOLF Brigade's Headquarters is beginning its final month of combat operations in support of OPERATION NEW DAWN. Temperatures have cooled down considerably

and we're now enjoying the best season in Iraq with temperatures in the 70/80s during the day and 50s at night. The Brigade continues to execute operations along multiple fronts as we continue to move towards the end of military operations in Iraq after nearly nine years of conflict.

Since the last edition of the GREYWOLF ADVISOR, we've seen the redeployment of nearly a third of the Brigade's Soldiers. TF 3-8 Cav and TF 6-9 Cav both completed their missions with professionalism, transitioned their respective bases to Iraqi Security Forces and passed through Kuwait on their way back to Fort Hood. Several hundred Soldiers from across the Brigade's remaining units have also returned to Fort Hood in order to establish key capabilities in advance of the rest of their unit's arrival. We've also made some conscious decisions to minimize our numbers here in Iraq in order to streamline our capability to only what we absolutely need in terms of Soldiers and



Photo by Staff Sgt. Chris Brindson

Soldiers from Comanche Troop, 6th Sqdn., 9th Cav. Regt., leave the convoy staging lanes at Contingency Operating Base Adder as they depart on the final leg of their trip to Kuwait.



Courtesy Photo

Members of the GREYWOLF Family Readiness Group await the arrival of Soldiers returning from Iraq at the 1st Cavalry Division's Cooper Field.

equipment in the final days and weeks. This early movement and our planned movements over the next few weeks should ensure the overwhelming majority of GREYWOLF Soldiers are home before Christmas.

During our continued circulation, CSM Kelley and I continue to be amazed with the volume, variety, and quality of work GREYWOLF is doing everywhere we look. While continuing to strengthen our Iraqi partners until the last day, we're also now fully engaged with getting Soldiers and equipment out of Iraq. We're also dedicating a significant effort towards setting the State Department up for success as we transition our base in Basrah to them. Each day, GREYWOLF Leaders across the formation balance the desire to remove capability (Soldiers and equipment) with the requirement to maintain an offensive, warrior mindset in everything we do.

Since my last writing, we've transitioned from a presence on 5 bases to only 2 – Contingency Operating Bases Adder and Basrah. We remain on schedule and these



Courtesy Photo

Soldiers from 1st Bn., 12th Cav. Regt., patrol a stretch of highway in Basrah Province used to transport U.S. Forces and equipment to Kuwait.

transition efforts were part of plans that have been under development for over a year.

With responsibility for security of the final 400 kms of highway into Kuwait, TF 2-82 FA has provided a secure movement corridor for thousands of vehicles and Soldiers in the past several months – with thousands more still to come. 3 BSTB continues to provide a variety of key capabilities in support of our mission from first-class security on COB Adder through their running of the Base Defense Operations Cell (BDOC), their provision of key intelligence and communication capability for the Brigade Headquarters, and their oversight of our route clearance and assured mobility operations with our Engineers. 215th BSB provides responsive, flexible support to across the breadth and depth of our challenging area of responsibility as they routinely provide innovative logistics solutions to complex problems.

Our Rear Detachment, Family Readiness Groups, and Family Readiness Support Assistants have done tremendous work throughout our deployment and have already welcomed the lead elements of the GREYWOLF Team home after a successful deployment. We know our success while deployed has been largely dependent on the selfless support and assistance they provide for our Families back home. As usual, we can't thank them enough for all they do and look forward to being "all one GREYWOLF Team" again very soon.

The Soldiers of the GREYWOLF Brigade have made countless contributions toward Iraqi self-sufficiency during this pivotal year in OPERATION NEW DAWN.



Courtesy Photo

Soldiers from TF 2-82 FA stop to hand out treats to Iraqi children during a security patrol.

The patience, compassion, discipline, and personal example of the GREYWOLF Soldier will be the last image Iraqis will have of a U.S. Soldier. On this fourth deployment to Iraq, the GREYWOLF Brigade continues their legacy of performance and professionalism ensuring we honor the sacrifices so many have made so that the Iraqi people could live a better life.

Thanks for all you do.

GREYWOLF 6

GREYWOLF: Disciplined... Vigilant... Professional.



Photo by Maj. Harold Hill

Soldiers from the brigade's personal security detachment lay out their excess personal gear for customs inspection prior to loading it into a connex headed to Fort Hood, Texas.

GREYWOLF 9 SENDS:



**Command Sgt. Maj.
Ronnie Kelley**

GREYWOLF Families and Friends,

Before I begin the final letter for the Advisor, I'd like to extend a job well done to each and every Soldier in the GREYWOLF formation for your exceptional hard work and dedication here. You are doing a great job and the colonel and I are proud to serve with you.

Thanks also to our Family Readiness Groups back home who have worked hard to keep our Families in tune with us here in theater.

As our rotation in southern Iraq closes, we can reflect on the time we have spent here with pride.

The brigade saw three Soldier/NCO of the Quarter, two Sgt. Audie Murphy Boards that welcomed 11 new members to the club and three Spur Rides. The GREYWOLF Deployed Digital Training Campus provided more than 1,000 Soldiers from throughout COB Adder with military and civilian training and education.

Our units conducted a variety of operations in support of our advise and assist mission here.

With 2,574 counter indirect fire and improvised explosive device patrols, 343 sustainment replenishment operations and combat logistic patrols, 133 key leader engagements, 952 route clearance patrols and 1,030 counter rocket assisted munitions missions, the brigade successfully disrupted enemy activity in each area it inhabited.

Because of the extent of your efforts and accomplish-



Courtesy Photo

Soldiers from 6th Sqdn., 9th Cav. Regt. renew their commitment to the U.S. Army during a re-enlistment ceremony.



Photo by Spc. Sharla Lewis

Newly promoted Soldiers from the 215th Bde. Support Bn. are inducted into the corps of noncommissioned officers during a ceremony held at Contingency Operating Base Adder, Iraq on the tenth anniversary of the Sept. 11th terrorist attacks on the United States.



Photo by Spc. April Stewart

1st Sgt. Torry Rice congratulates Sgt. Omar Estrada for earning the Army Commendation Medal for his performance during 3rd Bde. 1st Cav. Div.'s deployment to Iraq in support of Operation New Dawn.

ments, some of our units were able to leave their outlying sites and merge at larger bases. The hard work and dedication of the units involved with our base closures deserve recognition, as their final days there were a challenge. The Soldiers cleaned up parts they didn't need and closed up shipping containers while conserving shower water and living on a diet of Ready-to-Eat Meals.

As the final days of our mission in Iraq approached, comforts that we had become familiar with began to shut down. The Post Exchange closed followed by the dining facility, post office, Morale, Welfare and Recreation Center, gyms, laundry facility and Internet services.

As leaders, we understand what you went through. Usually, we conduct a relief in place but this time we experienced things a little differently because we were the final unit to leave the country.

Don't forget about our wounded warriors whose mis-



Photo by Staff Sgt. Chris Bridson

Soldiers from 6th Sqdn., 9th Cav. Regt. conduct PCC's and PCI's prior to departing Contingency Operating Base Adder, Iraq for the final leg of their convoy to Kuwait.



Photo by Sgt. Omar Estrada

Soldiers from 3rd Bn., 8th Cav. Regt. pay their final respects to fallen comrade, Pfc. Steven F. Shapiro.

sion has changed to healing and returning to the fight or continuing their legend in the civilian world. Visit them at their locations and ensure that they remain a part of the team.

90 days after we get back, Soldiers are going to start receiving their new assignment orders and the formation will change. Coach, teach and mentor the new personnel and remember that everyone has different experiences from different locations.

Our next big challenge is re-integrating into Fort Hood and back into day-to-day life with our families. Sometimes, this can be a challenge because our families have been doing things their own way for so long. Take advantage of the resources available to you if you come to any hurdles.

Finally, keep the Families of our fallen comrades in your thoughts as we re-integrate into life at Fort Hood. To our Gold Star Families – you will forever be a part of the GREYWOLF team.

Thank you for your loyalty and professionalism over the last eleven months. Each Soldier, Family member and supporter made this mission a success.

-GREYWOLF 9

In this Issue

On the Cover

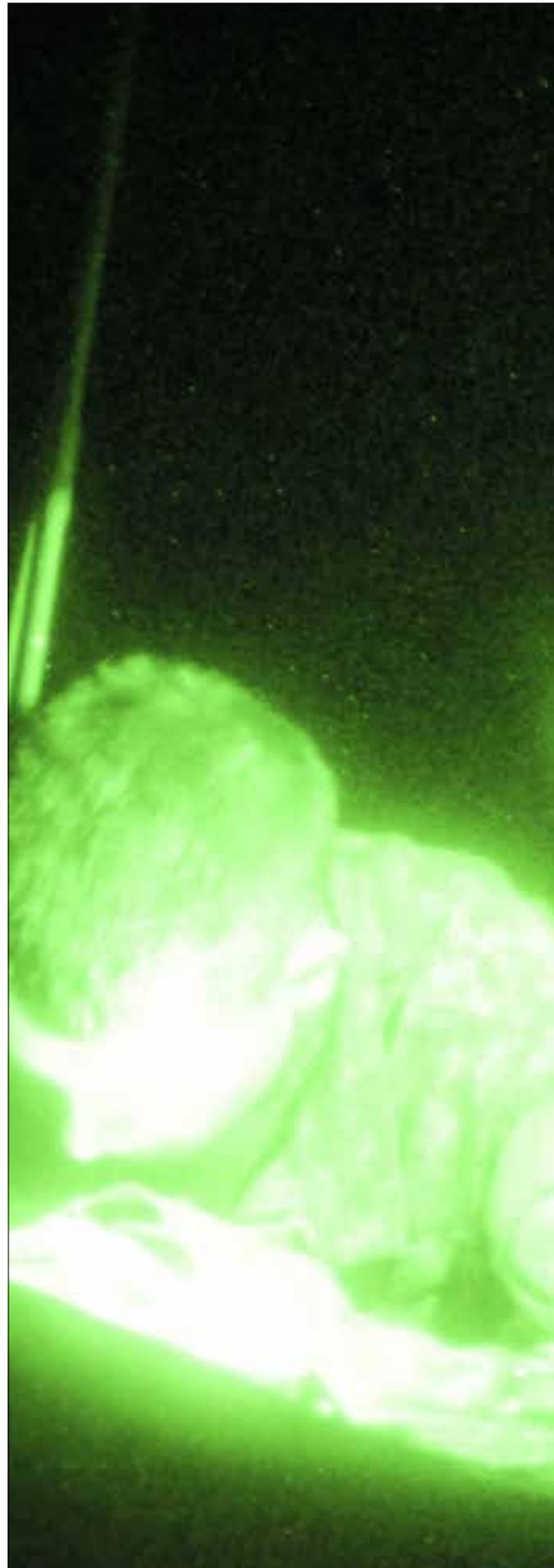
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Soldiers with 2nd Bn., 82nd Field Artillery Regt. prepare their assault packs for an all night Spur Ride recently. The event was only the second of it's kind for the battalion since their re-deployment from Baghdad in 2005.

COVER

**The strength
of the U.S.
Army grew
by more
than 100,000
personnel
in the years
following
9/11.
How fitting
then, to
induct the
patriots into
the NCO
Corps on
the tenth
anniversary
of the
attacks.**

By Spc. Sharla Lewis

In the wake of the attacks on the World Trade Center in New York City Sept. 11, 2001, Americans across the nation rose together, unified by the knowledge that sons, daughters, husbands and wives would soon be called from their homes, jobs or military bases to go to war.

Yellow, red, white and blue mixed with fall colors of orange and gold as families of deployed

service members proudly displayed yellow ribbons in their yards and flagpoles flying the Stars and Stripes appeared at business fronts.

Recruiting commands entered nearly 100,000 people from all lifestyles into the military in the following years, from high school students and individuals with prior military service, to patriots with an urge to stand up and fight and those who sought more meaning for their life.

Some of these Soldiers serve on Contingency Operating Base Adder, Iraq with the 215th Brigade Support Battalion, 3rd Advise and Assist Brigade, 1st Cavalry Division and passed under crossed sabers into the Corps of the Noncommissioned Officer at a ceremony on the tenth anniversary of 9/11.



Under Crossed Sabers

Sgt. Mitchell Pecoraro, with B Field Maintenance Company, 215th Brigade Support Battalion, waits to hear his name called before his induction into the NCO Corps.

S ARMY

Three such NCOs enlisted into the military because of an urge to stand up and defend the country they loved against the forces that attacked her so dismissively and memorialize those who lost their lives during the attacks in New York with their dedication to the service.

Sgt. Ralph Vancil, with C Medical Company, was a private first class in the Army on 9/11 and the statistics of death at Ground Zero and a decade of war haunt him.

“I turned on the news and never thought it would be something of that magnitude,” he said.

Vancil recalled that his family expressed concern for his safety at the realization that he would be going into combat. His uncle, a former military service member, showed cynicism towards Vancil’s calm demeanor.

“He asked me if I was scared and when I said no he replied, ‘Well you should be. America’s about to go to war, in a war we probably can’t win that we’ll be fighting for centuries,’” Vancil recalled.

Since then, Vancil has dedicated his life to the military. After working as a radio operator and maintainer for years, he opted to go to school to be a biomedical equipment specialist and said he wanted to give the Army all he had and knew he needed a different job to do that.

Vancil has kept the feelings surrounding 9/11 at the forefront of his mind and wrote a blog to remind his friends and family of the sacrifices of the 2,752 who were killed in the wake of the tragedy.

“This time of year always gets me choked up and when I found out the

induction ceremony was today, it really got me thinking,” he admitted.

To Vancil, the ceremony represents acceptance into a brotherhood of honor, commitment, integrity and responsibility to his Soldiers and chain of command.

“I want to serve for another eight years and this is kind of like a rite of passage,” he said. “We’re getting a handshake from our leadership that says, ‘Welcome to the Corps,’ and we’re fighting for the same things today that we were fighting 10 years ago.”

Life Books described the tragedy as “so stunning in its implications that the world would be turned upside down. In a way as pronounced and forceful as was December 7, 1941, the original ‘date which will live in infamy,’ this would bring about an



abrupt reversal, a complete realignment of attitudes, beliefs and expectations.”

That statement rang true for many with a connection to the military and an urge to defend their country.

Unlike Vancil, Sgt. Mitchell Pecoraro, a mechanic with B Field Maintenance Company and native of San Diego, wasn’t able to enlist until he was eligible at 17 years old in 2006. The product of a military family, he said his mom knew from the time he was playing with his “Army men” that he would join the military someday.

“Her brother deployed directly after the attacks, so she has always



supported me in the Army. My dad didn't start out as a supporter, but once he realized that I was doing what I knew I wanted to do, he jumped on the bandwagon too," Pecoraro said.

He said his uncle was an officer in the Army when the attacks happened.

"I remember when he came home on (mid-tour leave) and was talking about the war over there," he said. "He was really influential to my decision to enlist. Seeing my country

Far left: Spc. Angelica Reyes, from San Jose, Calif. recites the Soldier's Request; Right: 1st Sgt. Jesus Seary, with A Distribution Co., 215th Bde. Support Bn. explains the significance of the red candle after lighting it; Below: Command Sgt. Maj. Erik Frey, with 4th Sustainment Brigade delivers the key note address.





under attack and realizing that there were people outside the U.S. that wanted to hurt us really urged me to stand up and protect my country.”

Now a re-enlistment NCO for his company, he said he encourages young Soldiers that are undecided about their military career to take pride in their jobs. Pecoraro’s next duty station will be at a recruiting command in the U.S., and he says he can’t wait to start.

“I want to put the best people in the Army. I want to help anyone that has the same sense of pride that I have,” he said.

The decade of repercussions of the attacks reverberated close to home for many in the country.

Sgt. Stephanie Simms was in New York City after dropping a friend off at work when she heard on the radio, “The towers are hit! The towers are hit!”

Leaving her car on the freeway where traffic was at a halt, Simms walked back to her friend’s workplace. All around her was chaos, she said. She watched as people covered in dust fled Ground Zero and others raced towards the wreckage, trying to break through blockades to find their loved ones.

“I remember one woman screaming down the street that her husband was downtown,” she said.



Images of the fateful day depict expressions of shock and utter disbelief. They show executives assisting firefighters and police officers in hauling injured people from the debris and city blocks coated with inches of dust and wreckage.

Simms lost three friends in the attacks and said the need for answers enveloped her.

“How could we let this happen? I called my cousin at the Pentagon for



Left: Pecoraro, the youngest sergeant in the battalion, cuts the cake; Noncommissioned officers with 215th Bde. Support Bn. reaffirm the Oath of the Noncommissioned Officer at the ceremony.

answers, but he couldn’t tell me anything,” she said. “I wanted to know who was responsible.”

The White House’s immediate response to it’s nations cry for justice was heard on radios and televisions from sea to shining sea and brought comfort to those with questions like Simms’.

From the Oval Office Sept. 12, 2001, former President George W. Bush said, “These acts of mass murder were intended to frighten our nation into chaos and retreat, but they have failed.”

Feelings of anger and disappointment surged through Simms and in the following weeks, she fought the urge to enlist in the military, to make an impact on the outcome of the war and to continue the tradition of the patriarchs of her family. Her father encouraged her to wait until she had established herself more and the emotions blanketing New York had died down.

Though she waited for several years, Simms said she knew she would enlist ever since watching the

towers fall. Now a newly promoted sergeant, Simms is honored to be a part of the NCO Corps and wishes her father could have been here to see her walk under the sabers.

“I wish my dad was here. When I was up there, I was thinking of my father and how I’m continuing the tradition of our family,” Simms said. “The torch has been passed.”

Waiting to shake the hands of the leaders of her battalion, the memory of her friends’ deaths was at the forefront of her mind and her sense of responsibility and loyalty swelled.

“You already have a sense of pride when you first put on your uniform” Simms said, “but it’s different when you’ve taught a Soldier to do the right thing and they follow your example.”

“I’m honoring my friends and I’m so proud.”

Ten years after 9/11, the induction ceremony marked the rite of passage for more than 20 NCOs and the beginning of their responsibilities to their Soldiers and the thousands killed because of the attacks. As each troop heard their name and crossed over the threshold into the Corps, looks of accomplishment and determination stretched across their faces.

1st Lt. Michael Escalara



Civilians support the war effort

A Distribution Co., 215th Bde. Support Battalion awards civilians for hard work

With football season just around the corner, the Dark Knights of Alpha Distribution Company, 215th Brigade Support Battalion, 3rd Advise and Assist Brigade, 1st Cavalry Division took an opportunity to hand out awards to some hard working individuals for an aspect of war that is seldom recognized; the support of Department of Defense civilians and contractors.

If you turn on the news you are almost certain to hear about Soldiers that are deployed in support of the war on terrorism. You may even see pictures or video clips of troops getting off aircraft or going across the sands of Iraq and Afghanistan. Lost in the mass of combat fatigues are the plain-clothed individuals known as the DoD civilians and contractors who deploy along with service members.

On Contingency Operating Base Basrah, those same individuals work alongside the Dark Knight Soldiers in

the maintenance bays, Class I subsistence and Class IX repair parts yards in support of our deployed service members in the GREYWOLF operational environment.

“DoD civilians and contractors are an intricate part of the Dark Knight



family and a cornerstone that we base our daily operations on. We would not be successful without their hard work and dedication.” said Capt. Vernie Param, the ADC commander

and a native of Goose Creek, S.C.

They work and live in the same living conditions as the Soldiers, face the same challenges the Soldiers face on a daily basis, everything from the 130 degree temperature, long work days and months away from their loved ones.

The Dark Knights support extends beyond the borders of Iraq. They have received support from outside agencies located back in the United States. From care packages containing delicious foods, to personal hygiene items, and letters and CDs sent by local Girl Scouts, Soldier’s Angels and a plethora of other agencies doing their part to show service members that they are not forgotten.

“These items are small reminders of the tokens of support that we receive as Soldiers. This display of support is what we would like to pass along to the Iraqi Nation.” said Sgt. Jessica Brown

Sgt. Omar Estrada



GREYWOLF DDTC First in Army

Thanks to the support of the entire GREYWOLF Brigade and the hard work of Staff Sgt. Wesley P. Jackson, the noncommissioned officer in charge of the Deployed Digital Training Campus, 3rd Advise and Assist Brigade boasts the first fully operational DDTC in the Army.

During his tenure as the Army Chief of Staff, Gen. George W. Casey told the Army Training and Doctrine Command (TRADOC) that there was a need for Soldiers to be able to take classes and train while deployed, and give them the same education opportunities while deployed as they have at home.

DDTC is a portable digital network center that can be set up anywhere in the world where Soldiers are deployed that has satellite and land connectivity, just like an office network.

The training campus is a completely self-contained internet system with 20 laptops, internet and satellite accessibility. There is an antenna outside the building that connects to a satellite, which beams to Landstuhl, Germany, and then sends information

by fiber wire to TRADOC headquarters.

The system can also provide video tele-training and it is designed for Soldiers to conduct structured self-development courses, Advanced Leader



Course phase one common core, correspondence courses, Rosetta Stone and any other program in the Army e-Learning catalog or the Army management system.

Many devoted students enrolled in military online courses are taking advantage of this free program.

"I'm taking Advanced Leader Course phase one common core for professional development which is programed to actually take 60 hours

of class time," said Staff Sgt. Adrian Holler, assigned to A Company, 3rd Brigade Special Troops Battalion. "I'm also planning on taking structured self development courses later on this year," he said.

In addition to these benefits, Soldiers can log in and attend college level courses, since it has internet capabilities.

"I got with the education centers in Fort Hood, Kuwait and here (COB Adder), so now I am able to scan and email tuition assistance forms, financial aid requests, and enroll and drop memorandums," said Jackson, a native of Denton, Texas.

When Sgt. Maj. of the Army Raymond F. Chandler III paid a visit to the DDTC during his tour of Iraq in July, he was pleased to know that the GREYWOLF Brigade had the first operational DDTC in the U.S. Army.

Col. Douglas Crissman, commander of the brigade, invested time and resources into this program due to its importance. It took twenty hours a day for two months to get the program fully operational, and now Soldiers are reaping the benefits.

"This program is really good for the deployed Soldier. What Soldiers are lacking is promotion points and can never get promoted. They didn't have the capabilities to take classes, but now they do," Jackson said.

By 1st Lt. Richard Vogt

WARHORSE STT M O L D S IRAQI NCO CORPS

Team NCOIC plays vital role in partnership at Camp Sparrowhawk.

Sgt. 1st Class Jose Mortenson, noncommissioned officer in charge for Stability Transition Team, 3rd Battalion, 8th Cavalry Regiment has been a man on a mission. For the duration of his tour in support of Operation New Dawn, Mortenson, a native of Frankfurt, Mich., has held one of the most critical jobs during Warhorses deployment; readying the Iraqi Army's NCO Corps for the day when they will have to stand alone and weather the trials that are to come in this new chapter of Iraq's history.

The class is a balance of classroom-based instruction and practical exercise. Together, the group has conducted three riot control classes and four NCO classes. The course lasts one month, and then the Soldiers return to their brigades where they teach their peers the skills that they have learned. The classes take place at Camp Sparrowhawk, the 10th Iraqi Army Headquarters, just outside of the city of Amarah.

The course develops skills in the IA NCO Corps that enable each student to serve as a subject matter expert in training and leadership. Although many of the topics of instruction are basic skills, the course is not intended to only train these skills, but to enable the students to instruct, lead, and demonstrate proficiency in order to develop their leadership.

Topics covered include mounted recon and security, land navigation, first aid, weapons employment, M-16 rifle zero and qualification ranges, check-point operations, and battle drills.

The three instructors that have been with Mortenson from the beginning are Ahmjed, Mahmoud, and Ali.

Mortenson explained, "Over 95 percent of the class will be taught by those three instructors. We're there just over-watching, that's it. If the Iraqis get

a new piece of equipment they are unfamiliar with, these three Iraqis can grab that piece of equipment develop their own class and go teach it to anybody."

He'll be the first one to say that he doesn't deserve any praise. Instead, he shifts the focus on his Iraqi counterparts, three men, three warriors that have stood side-by-side with Mortenson testing, challenging, and pushing the IA NCO Corps to be something it hasn't been in the past.

"The big success is seeing that their NCOs are offered more chances for responsibility," said Mortenson. "That's the biggest success. Now they're starting to send their NCOs with officers to meetings, even the division sergeant major. They're starting to pair up with the division commander more like the U.S. military does, where they're actually seen together all the time."

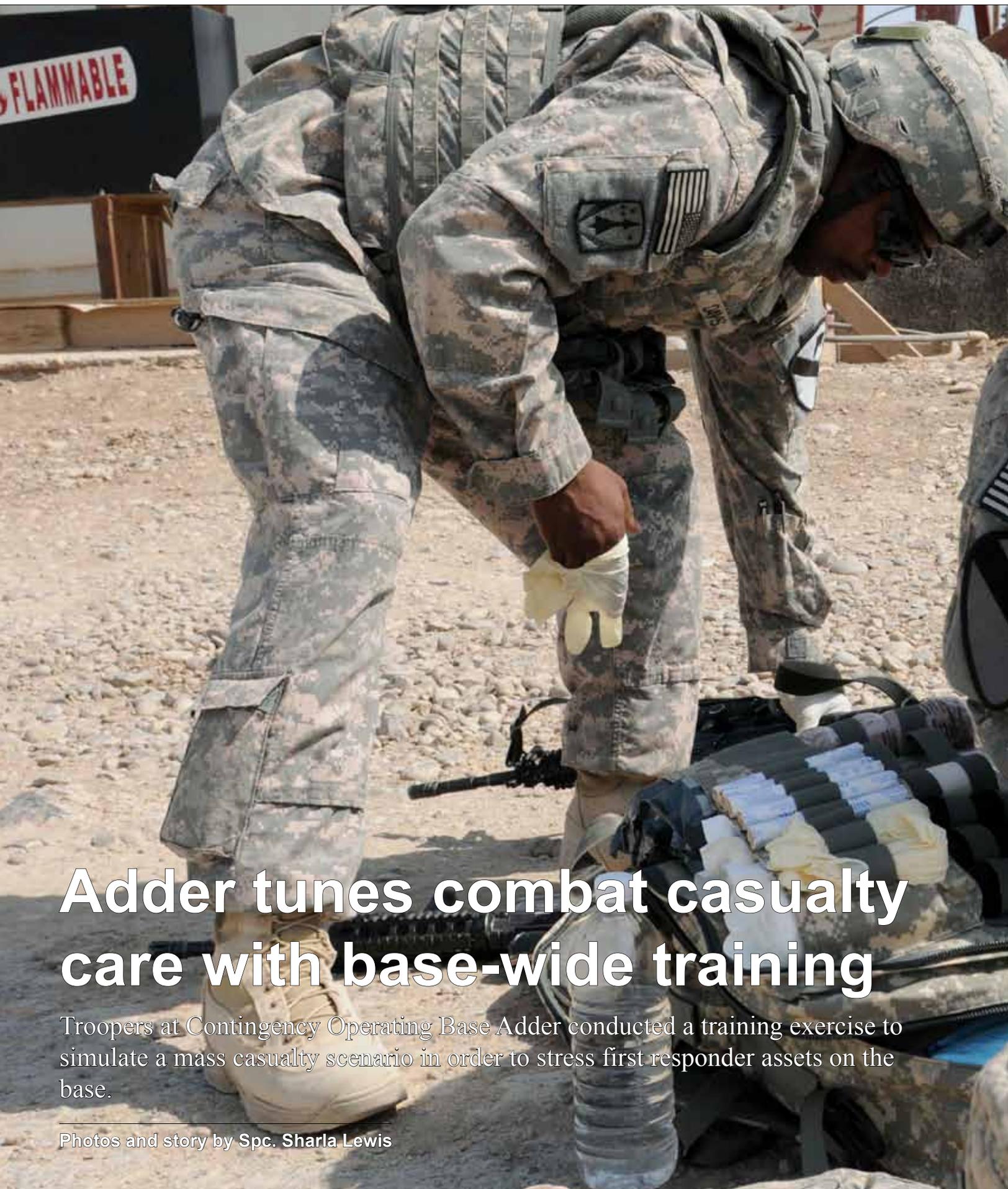
The focus of the partnerships is to ensure that Iraqis will continue using the methodology after the reposture of the United States forces.

"I know they can continue this without my supervision or the supervision of anybody. They can continue this on their own," said Mortenson. "As much instruction as possible is being taught by the Iraqi instructors."

One thing that stuck out for Mortenson was that the younger generation of Iraqis, are really quick to pick up on things, but cultural norms can inhibit these young leaders from getting opportunities to prove themselves.

"We learn from each other," Mortenson said. "You've got to judge each person as an individual. You've got to get to know the people. These three instructors I've been working with the whole time, we've actually developed a friendship."





Adder tunes combat casualty care with base-wide training

Troopers at Contingency Operating Base Adder conducted a training exercise to simulate a mass casualty scenario in order to stress first responder assets on the base.

Photos and story by Spc. Sharla Lewis





Even while deployed, military units conduct training to prepare for emergency scenarios they may face.

Sept. 5, units at Contingency Operating Base Adder participated in a mass casualty exercise to rehearse initial response and medical treatment techniques. The exercise simulated a rocket attack on the base that wounded several Soldiers near the dining facility.

Splayed on the ground, Soldiers in costumes with protruding intestines or amputated limbs and covered in “blood” yelled for assistance to the responders first on the scene.

Troops dismounted from vehicles and rushed to aid the wounded individuals and load them onto waiting trucks to be transported to the base’s combat support hospital for follow-on care or medical evacuation.

Scenarios like this one are familiar to the Soldiers of 3rd Advise and Assist Brigade, 1st Cavalry Division which is mid-way through its fourth deployment to Iraq in support of operations here.

The Soldiers that participated in the training said it was a good refresher opportunity.

“This way, when the real thing ac-



tually happens we will know what to do,” said Spc. Randall Jackson, with 34th Sapper Co. from Schofield Barracks, Ha., clad in an intestinal wound costume.

Though review for most troops, the exercise provided room for mistakes with the intent of preventing them in real-life scenarios.

“You train as you fight,” said Master Sgt. Willie Hairston, with Headquarters and Headquarters Battalion, 25th Infantry Division, who observed the training. “You mess it up here so you don’t mess it up later.”

Hairston said the scenario had a good setup with its scattered casualties and started out great but lost momentum as responders spent too long with the first few casualties they treated. Instead, he said, they should have applied quick fixes to multiple patients and loaded them onto vehicles to receive additional care at the hospital or aid stations.

Those who planned the training



Sgt. Sandra King, a medic with C Medical Co., 215th Bde. Support Bn. simulates the use of intravenous fluids at the exercise; Sgt. Marcus Horn and Kind transport a casualty to a waiting evacuation vehicle; Sgt. 1st Class Kevin Ross, kneeling, yells for assistance. Maj. Rachel Dawson, the brigade's surgeon, looks on; Pfc. Orthland Skeen applies gauze to a patient's wound. Those that participated said the exercise helped review familiar techniques.

said they intended it to stress the post-attack reconnaissance teams and reveal areas in need of improvement. PAR teams rove the base after an incident and are usually first at the scene to provide security and aid to casualties.

"This has been in the works for two months," said Maj. Rachel Dawson, the surgeon for the advise and assist brigade. "We can call it a success because now we're able to assess what our weaknesses are and what areas we need to work on."

At the conclusion of the exercise, Soldiers packed up their gear and headed back to their unit areas and medical officers huddled to chat



about the day's events. Dawson said meetings in the days following the scenario would review the training and focus on areas of improvement.

"Our battalions will hold quarterly drills within their areas and send their reports to me," she said. "We hope to have another base-wide drill to ensure the lessons learned are implemented."





Try This, Not That!

Tasty DFAC Recipes

Yes, the Army provides Soldiers with a wide variety of food options at the dining facility, but be honest. Raise your hand if you're tired of the same short order meal every day. That's why we developed these alternatives made from fresh ingredients and who'd-have-thought seasonings; to snap you out of your burger and fries rut. By the way, the photos on these pages were taken of real food from the dining facility at COB Adder. Yes, really.

Three fast, easy (and delicious!) meal alternatives made from ingredients at the dining facility with zero cooking needed.

Try This!

HONEY

Besides being fat and cholesterol free in comparison to maple syrup, honey is a significant source of vitamin C, vitamin B6, niacin and folate. Honey also contains flouride (yes, like in your toothpaste) and has about half as much sodium as maple syrup. Check out these other uses for honey:

- As a drizzle for desserts
- As a sweetener for your tea or coffee
- As a salad dressing with oil and vinegar

Oatmeal with Peanut Butter and Banana

Oatmeal has long earned its reputation as a healthy staple at the breakfast table, but oats alone are too boring on a regular basis. By adding a few grab-and-go ingredients, we've transformed this into a meal packed with healthy fats, sugar and a dash of potassium.

YOU'LL NEED

- A bowl of plain oatmeal from main breakfast line*
- 2 packets of honey*
- 2 bananas*
- 3 packets of peanut butter*
- 1 packet of salt*



HOW TO MAKE IT

- 1/ Mix peanut butter and honey into oatmeal.
- 2/ Slice banana over oats; mix. Add a half-packet of salt if too sweet. Enjoy with a hard boiled egg, two turkey sausage links and a glass of 100 percent orange juice.

*Time from ID card swipe
to dig-in? 9 min.*



Not That!

Pancakes with syrup, scrambled eggs and bacon

*Time from ID card swipe
to dig-in? 15 min.*



Try This!

Barbecue Chicken Sandwich



Tired of the same old burger and fries yet? We hear you. Our barbecue chicken sandwich earned five stars by more than one dining facility patron who tasted it here on COB Adder. Shredding the chicken takes some time, but the southern barbecue flavor is well worth the wait, especially if jalapenos are a daily staple like for us. With a nod to backyard grilling, this sandwich is no light lunch; it serves well as a full-on dinner entree.

YOU'LL NEED

- 2 grilled chicken breasts from the grill*
- 2 spoonfuls of chopped jalapeno peppers from salad bar*
- 5 packets of barbecue sauce*
- 2 hamburger buns*

HOW TO MAKE IT

- 1/** Shred chicken breasts into fine strips and cut jalapenos into smaller pieces. Combine.
- 2/** Add barbecue sauce and mix until chicken is well coated.
- 3/** Pile between two buns. Enjoy with a baked potato with cheese, broccoli with butter and grapefruit juice (trust us!).

This sandwich is best made with chicken breasts fresh from the kitchen as they tend to stiffen while waiting to be grilled. If they aren't serving chicken breast, a rotisserie chicken will do, just be sure it isn't too heavily sauced or seasoned.

Time from ID card swipe to dig-in? 12 min.



Not That!

Cheeseburger with mayonnaise and french fries

Time from ID card swipe to dig-in? 15 min.



Try This!

Or This!

The salt in the tuna and acid in the olives and lemon replace the need for seasonings, making a tasty addition to any dish. Try these other combinations, too.

- Over four spoonfuls of salad greens instead of pasta
- Replace the olive vinaigrette with celery, onion, cheddar cheese and mayonnaise
- Between two slices of wheat bread with mayonnaise, sliced tomato and swiss cheese

Tuna and Noodles with Olive Vinaigrette

Tuna and noodles is comfort food at it's finest moment, and by adding the vinaigrette, we've punched up the flavor to cuisine level. If you've got a few minutes, this meal's the way to go.

YOU'LL NEED

2 scoops of spaghetti noodles from pasta bar

2 spoonfuls of cold tuna from salad bar

3 spoonfuls of black olives

4 lemon wedges

2 squeezes of oil near tossed salads

black pepper to taste

1 extra dish for prep



HOW TO MAKE IT

1/ Squeeze juice from two lemons over olives. Cut the olives into tiny pieces, squeeze remaining lemons over olives, then smash olives into vinaigrette.
2/ Mix oil and pasta. Alternate mixing tuna and vinaigrette into pasta until well combined. If the flavor is too strong, add more pasta. Enjoy with cream cheese over fresh veggies and crackers and white grape juice. Makes one big or two small servings.

Time from ID card swipe to dig-in? 15 min.

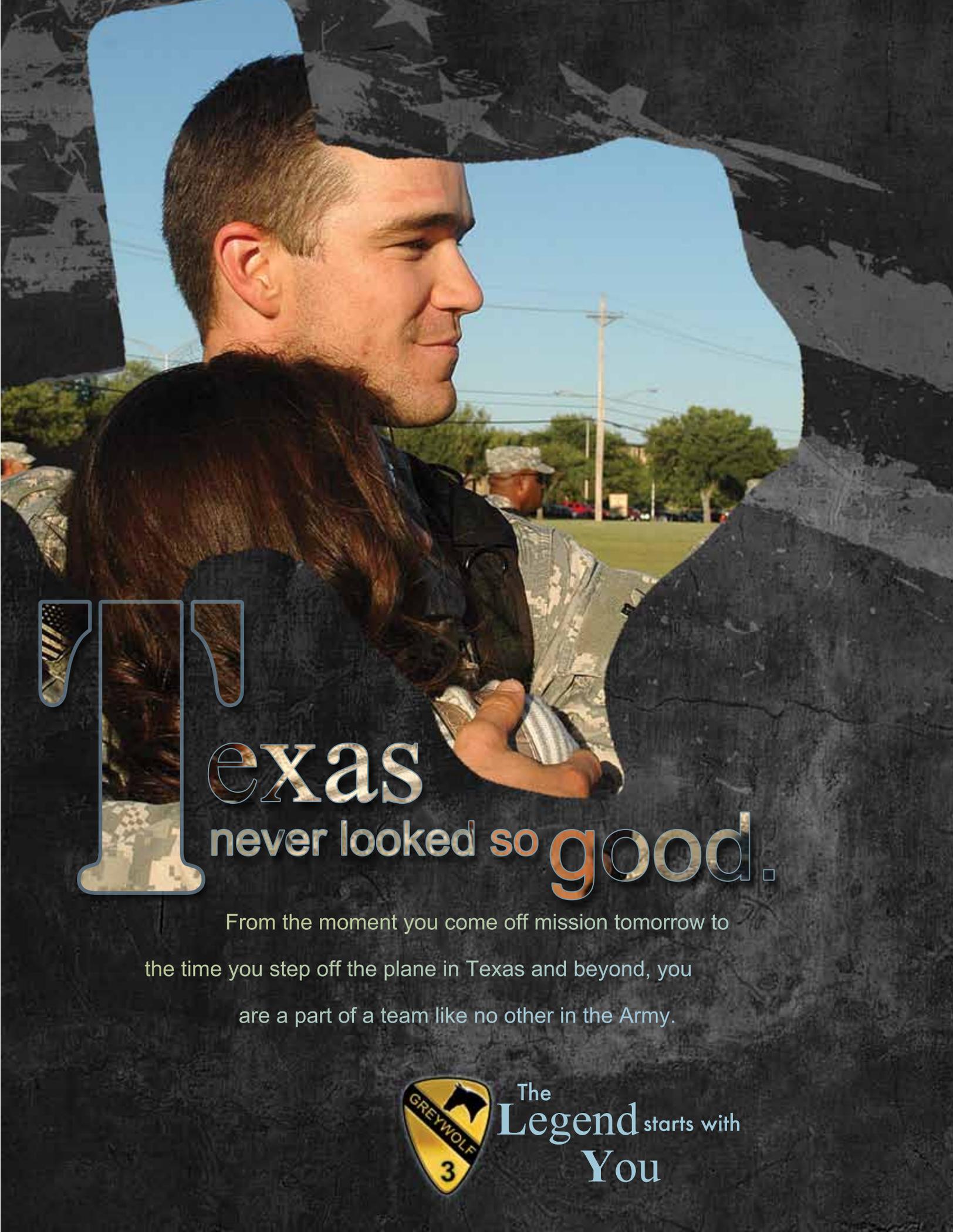


Not That!

**Tuna salad sandwich,
chips, soda**

Time from ID card swipe to dig-in? 25 min.





exas

never looked so good.

From the moment you come off mission tomorrow to the time you step off the plane in Texas and beyond, you are a part of a team like no other in the Army.



The Legend starts with You



CSM ISAIA VIMOTO



O AT GREYWOLF

FEPP S

In a first-ever visit to 3rd Advise and Assist Brigade, 1st Cavalry Division here in southern Iraq

Division Command Sgt. Maj. Isaia Vimoto conducted a tour of the brigade's areas of responsibility to build morale and familiarize himself with the troops and their mission here.

Vimoto took over the position of 1st Cav. Div. command sergeant major April 11, 2011, only four days before the division cased its colors in preparation for their year-long deployment to Afghanistan to take over Regional Command – East in support of Operation Enduring Freedom there.

Vimoto elected a 15-day block to tour Iraq and the four 1st Cavalry Division brigades here, starting north with 4th AAB, moving to central Iraq to visit 2nd AAB and arriving August 10 at Contingency Operating Base Adder, where the GREYWOLF Brigade headquarters is located.

While at COB Adder, Vimoto paid visits to the 3rd Brigade Special Troops Battalion and 215th Brigade Support Battalion. 3rd Bde. Special Troops Bn. commands COB Adder's base defense operations center and visitor control center, providing 24-

hour video surveillance and visitor screening for the base. Vimoto also saw 215th Bde. Support Bn.'s maintenance warehouse and aid station, the largest of both commanded by GREYWOLF troops in the brigade.

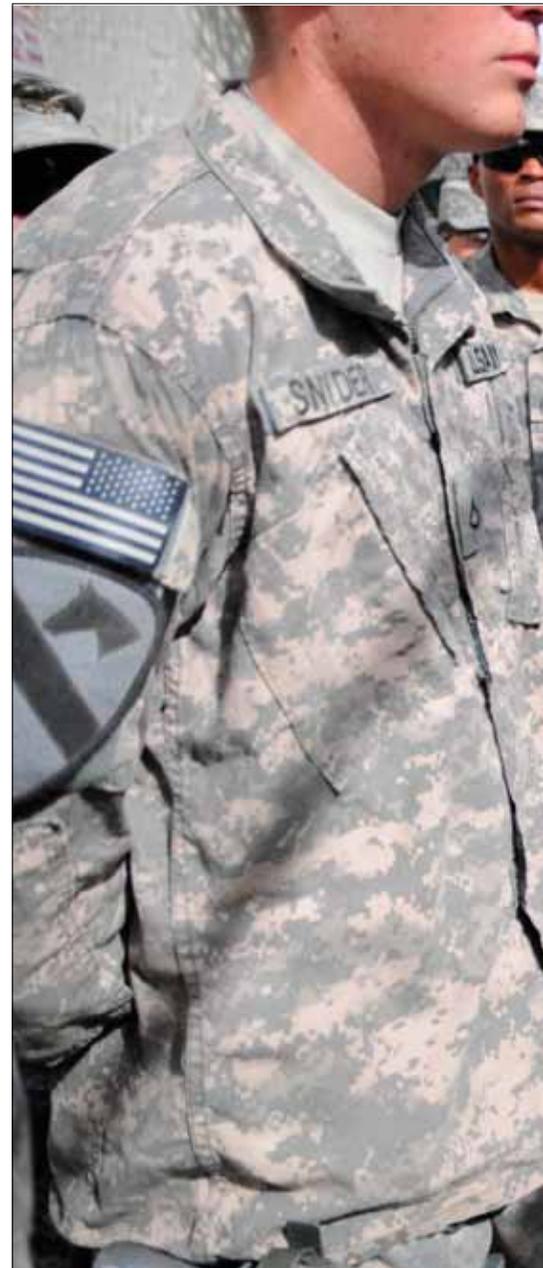
To conclude the day, Vimoto dined with Soldiers from throughout COB Adder and discussed their mission here.

In the second step of his tour of southern Iraq, Vimoto saw Contingency Operating Station Garry Owen August 11, near al Amarah, where 3rd Battalion, 8th Cavalry Regiment is located. There, he toured the small base, enjoying lunch and visiting with Soldiers in each of the battalion's six companies.

Vimoto learned during the visit that a Soldier in Company C, Sgt. Steven Talamantez, died July 11. Vimoto's son, Pfc. Timothy Vimoto, was killed in 2007 while serving in Afghanistan.

He spoke sympathetically to the company about the incident.

"What would he want from you?" he asked. "He would want you to get



back out there, wouldn't he? I know my son would have said, 'Don't worry about me, I'll be fine.'"

For a few moments, a leader with more than 30 years in the Army stepped away from his title of division command sergeant major and into the role of mentor and comrade.

Vimoto said later that talking with the Soldiers about their issues and sharing experiences with them was one of the reasons for his visits.

After his visit to COS Garry Owen, Vimoto flew to Contingency Operating Base Basrah to spend time with the Soldiers of 1st Battalion, 12th



Cavalry Regiment August 12.

Also located at COB Basrah is A Distribution Company, 215th Bde. Support Bn. The company is the main supplier of food and fuel to the area including outlying bases and conducts combat logistical patrols and sustainment replenishment operations daily to ensure no unit goes without mission-essential items.

Vimoto saw the unit's warehouses for food storage and maintenance parts as well as the fuel distribution site and met with the Soldiers that work there.

On Vimoto's third and final stop

Vimoto greets a Soldier with Co. B, 3rd Bn., 8th Cav. Regt.



Vimoto chats with Staff Sgt. Michael Witherow, with B Field Maintenance Co., 215th Bde. Support Bn. in his maintenance warehouse on COB Adder.



Sgt. 1st Class Dawnmarie White and Staff Sgt. Nicholas Ochs, both with Headquarters and Headquarters Co., 3rd Bde. Special Troops Bn. listen as Vimoto emphasizes the value of force protection in Iraq.



Vimoto tries out the United Through Reading room at COB Adder's Resiliency Center. 2nd Bn., 82nd Field Artillery Regt.'s Sgt. 1st Class Derek Bellamy looks on.



Vimoto jokes with a 3rd Bn., 8th Cav. Regt. Soldier at the gym at Contingency Operating Station Garry Owen during his visit there.

of his tour of the GREYWOLF units, he landed at Camp Delta, near al Kut, to visit the 6th Squadron, 9th Cavalry Regiment there.

While there, Vimoto saw a change of command at a ceremony August 12, conducted his morning workout with the squadron's first sergeants and sergeants major and ate breakfast with a collection of the unit's junior enlisted troopers.

At the breakfast, Vimoto talked to

the Soldiers about the 1st Cavalry Division mission in Afghanistan and the future of the division.

"In 2014, the division and all the brigades will deploy to Afghanistan as a unit," he said. "Until then, we'll be resetting and training for the mission there."

The 1st Cavalry Division deployed to Iraq three times between the years of 2004 and 2010, with some Soldiers deploying as many as six times since

initial phase of combat in Iraq in 2003.

Questions rose from the group about how the division would use the two-and-a-half year dwell time between the brigade's current deployment and their next one.

"Are we going to reset like we normally do?" one Soldier asked.

Vimoto said that because of the extended dwell time, the brigades would have the opportunity to do back-to-basics training and training to prepare



Vimoto stretches after PT at COB Adder.



Command Sgt. Maj. Darryl Gill, Vimoto and Sgt. 1st Class Espy Encalade, with 1st Bn., 12th Cav. Regt. move back to their vehicles after visiting with the Soldiers at the Basrah Operations Command.



Vimoto addresses troopers with 6th Sqdn., 9th Cav. Regt. over breakfast.

for the Afghanistan mission, but also to take a breath and re-connect with families and loved ones.

Having spent his entire career with light infantry units, most recently as the command sergeant major for First Army Division West at Fort Hood, Vimoto admitted that he is constantly learning about use of armored vehicles and assets.

At the conclusion of his tour, Vimoto said he was happy to see the di-

vision's Soldiers in action.

"The best part of my travels is being able to visit the troops and get out and see them in action," he said. "We're all doing the same thing and I think hearing from the division (command sergeant major) about the mission here really boosts morale."

In the wake of his visit, Soldiers' conversations rumbled about Vimoto's down-to-earth personality and interest in their jobs.

Senior enlisted leaders throughout the brigade said they were glad to expose their Soldiers to Vimoto's visit.

"I feel that it is a great opportunity for our Soldiers to have the chance to meet our enlisted leader," said 1st Sgt. John Buford, of C Medical Co., 215th Bde. Support Bn.

"It inspires Soldiers to know that he took the time to fly in from Afghanistan to address their needs and issues."

Master Sgt. Robert Madden



Retention News

The GREYWOLF retention NCOIC decodes this fiscal year's military personnel messages on reenlistment options.

Reenlistment options are only available, if otherwise qualified, to those Soldiers at the rank of specialist (E4) or above, who have a contractual ETS date on or before Sept. 30, 2012. As an exception, some fiscal year 2013 Soldiers will be allowed to reenlist.

Soldiers with an ETS date of Sept. 30, 2012 and sooner have until Jan. 31, 2012 to reenlist. Soldiers who do not reenlist before this date will no longer be eligible for reenlistment.

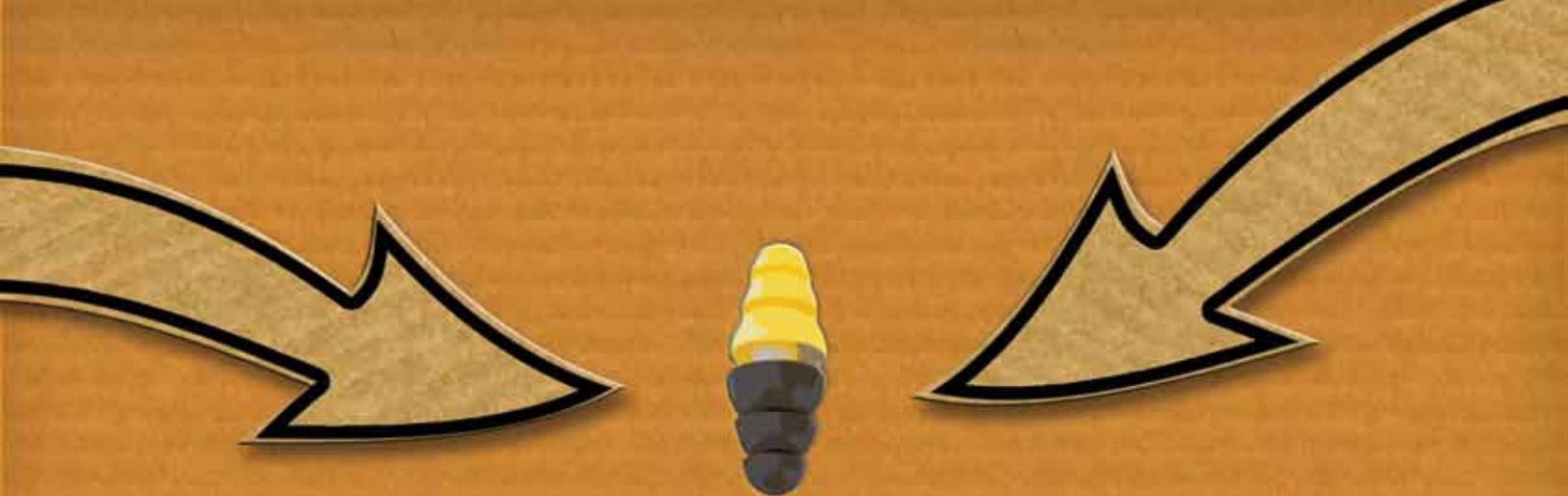
1. If the Soldier's ETS date is March 15, 2012, the Soldier must reenlist before Dec. 15, 2011, to avoid

their 90-day bar from reenlistment window. This example reflects when a Soldier must reenlist earlier than Jan. 31, 2012, due to the 90 day window.

2. If the Soldier's ETS date is July 15, 2012, the Soldier must reenlist no later than Jan. 31, 2012 before the end of Phase 1. This example reflects when the 90 day window does not apply because the Soldier enters the 90 window after Jan. 31, 2012.

Spc. Bruno Sicilia, Staff Sgt. Marcus Chandler, Sgt. Holly Hinton and Spc. Isela Clark proudly display their re-enlistment certificates after a mass re-enlistment ceremony Oct. 5.





“ HOW DOES EAR PRO
REALLY PREVENT
HEARING
LOSS IN VICTIMS
OF COMBAT BLASTS? ”



What? The Hearing Loss Association of America reports that noise-induced hearing loss is completely preventable, but not reversible without medical therapy. Wear your ear plugs. For more information, go to www.hearingloss.org.

Protect
your **Ears**



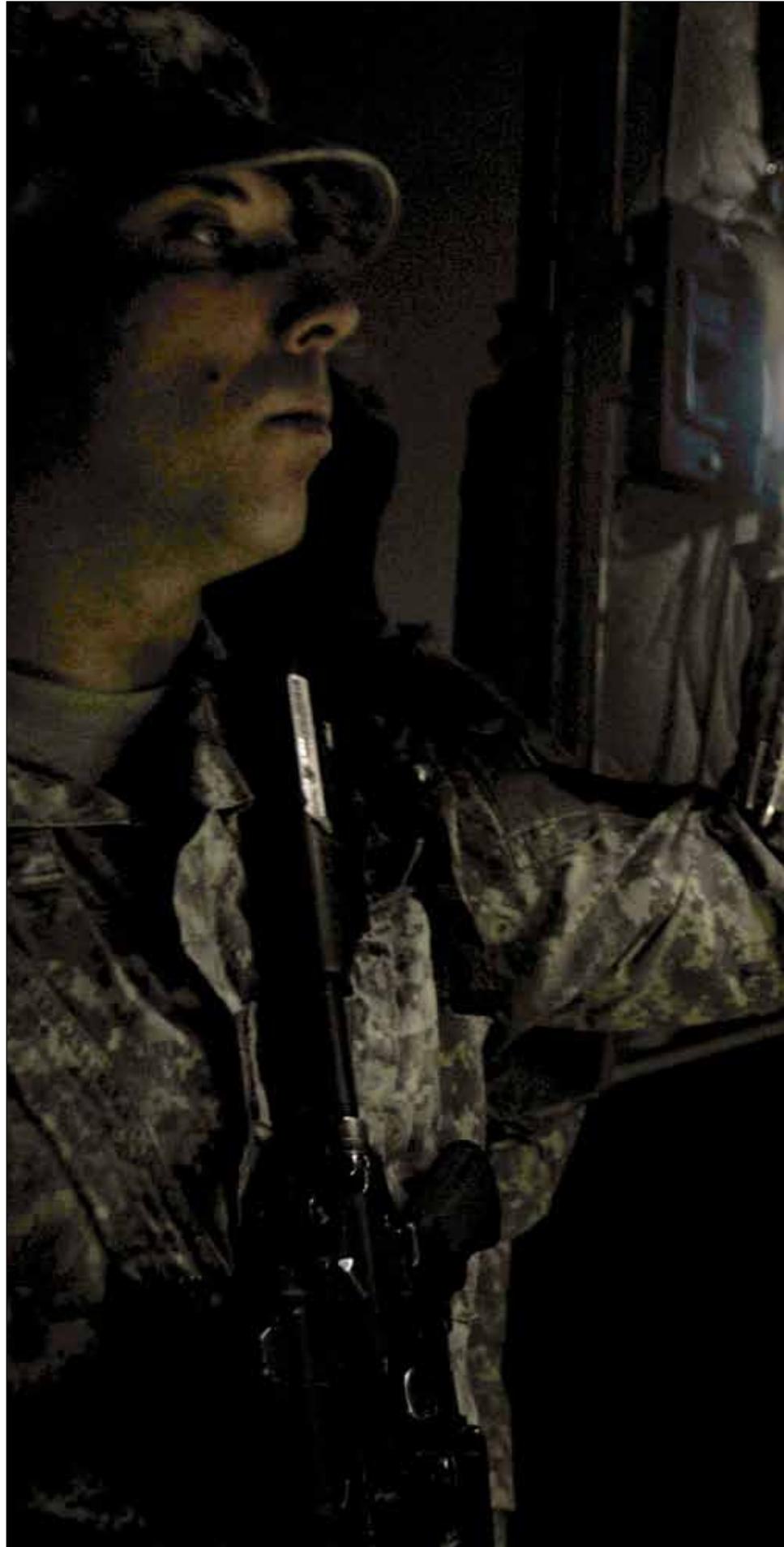
Steel Dragons Sweat for Spurs Spur ride pushes physical limits; fosters pride in the Order of the Spur

By Spc. Sharla Lewis

The tradition of “earning your spurs” began in the early years of the cavalry.

Assigned horses with shaved tails, new troopers were in need of extensive training, especially in the area of swordsmanship from atop a horse. Veteran cavalymen gave horses with shaved tails and their amateur riders, labeled “Shaved Tails,” extra space in which to operate and only allowed new troopers to don spurs after they proved their ability to perform with their horse and saber.

Today, the Order of the Spur is more a rite of passage by cavalry troopers than proof of horsemanship







and swordplay. Induction in the Order of the Spur occurs only after successfully completing a Spur Ride, which earns Soldiers silver spurs or for having served during combat as a member of a cavalry unit, which awards individuals gold spurs.

In the dead of night Sept. 9, teams of Soldiers with 2nd Battalion, 82nd Field Artillery Regiment and 215th Brigade Support Battalion road marched their way through obstacles, challenges and tests during a Spur Ride at Contingency Operating Base Adder, Iraq.

The challenge was not a competition between the teams, but more a rite of passage into the Order of the Spur, said Lt. Col. Robert Wright, the commander of the field artillery battalion.

“This is to continue the tradition

and give a team building effect,” he said.

Unlike past Spur Rides, the event was open to junior enlisted Soldiers, instead of just noncommissioned officers and officers. Many Soldiers worked hard to be eligible for the Spur Ride and showed appreciation to be able to participate.

“A handful of them had to really work to qualify to participate,” Wright said. “You know, had to raise their PT scores.”

Beginning in the early evening with a circuit obstacle course, troops continued through the night to perform combat casualty care, medical evacuation procedures, a land navigation course, identification and reaction to an improvised explosive device and marksmanship drills.

Each scenario tested the sixteen



Previous page: Sgt. Damien Richard, with A Btry., 2nd Bn., 82nd Field Artillery Regt. finds his azimuth; Clockwise from top left: Soldiers participate in casualty assistance exercise; Pfc. Grant Jones and Warrant Officer Sean Aikman find their next checkpoint on a map; Troops do sit-ups at the end of an circuit obstacle course.

four-man (and woman) teams against the elements and each other. Requiring strategy and execution, event administrators timed the teams for added pressure and motivation, but graded them on successful completion. With a minimum of two miles



between events, teams arrived at each station blistered and tired, but motivated to accomplish the tasks.

“My feet are killing me, but I’m going to push through,” Sgt. Jeffrey Merrick, with Battery A. “I’ll be alright.”

Senior leaders were pleased at the motivation level of the troopers involved. Wright said the best part was to witness the pride and determination on the faces of his Soldiers and he and Command Sgt. Maj. David Osborne recalled their feelings when

they earned their spurs.

“When we did ours,” he said, “we think it was on the same night and we can relate to these guys. It is good to see their sense of accomplishment and to watch them push through the pain to finish.”

GREYWOLF PUZZLES:

	10	18		20	4	18		20	7		19	24	11
9			13				15			23			
17			10				9			10			
		18			6				17	13			
			9			17						6	11
9	11			10	21								
12	1			15			14			14			
17	8	9	3	34			17	24		17			
			3							12			
		3	11	3		23			17			11	3
7				24								10	
			11							24			
9			16			13			12				
		20			22	14			20				
		23					18		16			18	
	11				9	12			10	18			6
15													
14				9			11				14		
24				17			19				9		

Scratch pad:

Kakuro

Welcome to the world of Kakuro! Based closely on crossword puzzles, the clues for the puzzle are the numbers in the gray squares. The clue number 17 above signifies that the two white answer squares *to its right* must be filled with numbers that equal 17. Similarly, the two digits *directly below* the clue number 9 must equal 9. Only the numbers 1 through 9 (no zeroes!) may be used in the white answer squares and no digit may be used more than once in a sequence. Clue numbers will always be to the left or above their answer squares; never below or to the right. Answer sequences read from top to bottom and from left to right.

Example above: Only one number combination equals 17; 8 + 9, so we know that these digits will go in the answer squares *to the right* of the clue number 17. In order to find what order they go in, we must fill the square *below* the clue number 9 by finding a number combination that uses either an 8 or a 9. Since we know from the rules above that we can't use zeroes, the only other option is the number 1 (1 + 8 = 9). Multiple numbers equal 9 (1 + 8, 2 + 7, 3 + 6, 4 + 5) but 8 and 9 are the only two digits that equal 17. Therefore, the 1 and 8 equal the clue number 9 and the 8 and 9 equal the clue number 17.

CRYPTOGRAM

BNRCFHU VNHZK KVDC KVNHTB YC YRWTB ZPCKWMDIIC, RAHVWHTDIIC,
 KZWNWVJDIIC, DTE ARTVDIIC UWV. NRARAYRN VH XRRZ HZRT MHAJTWMVDVWHT
 FWVP VPHKR MIHKR VH CHJ.

Cryptogram Clue: H equals O

Mystery Word

There is an eight-letter mystery word hidden in the diagram below. Can you find it in four minutes or less?

L	M	F	A	G	U	A	I
J	A	S	X	B	Q	V	B
Y	T	N	Y	A	N	P	L
Q	F	P	E	Z	M	J	A
A	U	O	G	I	E	O	U
Z	J	A	S	F	S	P	L
B	E	G	I	M	Q	X	Y
Z	X	O	P	G	A	N	T

My first letter appears only once in the diagram.

My second is the same as my fourth.

My third is the only consonant in a row of vowels.

My fourth is the fourth in a row that is in alphabetical order.

My fifth ends two separate rows.

My sixth appears once in every column.

My seventh is the intersect of the third row and third column.

My last letter appears only twice in the diagram.

Mystery Word: _____

TAKEOUTS

Cross out the 1st Cav. Div. insignia that are one square beneath a wolf, one square to the right of a Stetson, or directly between two Spurs (horizontally or vertically). How many insignia are left?

Chaplain (Maj.) Martin Kendrick



Our Sense of Personal Worth

Brigade chaplain shares views on love and acceptance

Kenneth Boa, in “That I May know God,” says that in addition to physical needs, we have a set of psychological needs that are related to our sense of personal worth:

Love and acceptance

Everyone needs the security that comes from feeling unconditionally loved and accepted by at least one other individual. A person is incomplete without a sense of belonging and a belief that someone genuinely cares that he or she exists. For many people this need is at best imperfectly met, and for others is almost completely unmet.

Direct and indirect rejection by parents, peers, and society leads to a sense of insecurity and to a feel-

ing that we must earn acceptance and love. That is why some people go to great lengths to pursue the approval of others.

Significance and identity

The belief that life has meaning is important to each of us. Rejection by others, whether direct or indirect, threatens our sense of personal worth and purpose for living. This creates strong feelings of inferiority and leads to the belief that living in the right neighborhood, driving the right car, wearing the right clothes, or having the right friends can provide a sense of identity and worth.

Competence and fulfillment

The belief that what we do makes a difference and that we accomplish

something worthwhile is very important. Rejection by others of what we do gives birth to a strong sense of inadequacy. That is why we often seek to validate our worth and find fulfillment through achievement and performance in one way or the other. It is especially strong as a motivating factor in the pursuit of career success. Carried far enough, efforts to find love and acceptance can lead to sensuality and immorality. Efforts to find significance and identity can lead to excessive competition and aggression.

It is easy to fall into the trap of believing that our deepest needs can be met in people, things, or circumstances. This, however, is not true. Ecclesiastes 3:11 says that God has set eternity in our hearts. This means that He alone can fill the voids in our lives. Real joy does not depend upon how we look, what we own, or how well we perform. It is the result of rightly relating ourselves to our Creator.

KAKURO

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

CRYPTOGRAM: GREYWOLF troops stay strong by being physically, emotionally, spiritually and mentally fit. Remember to keep open communication with those close to you. MYSTERY WORD: VIGILANT. TAKEOUTS: FOUR GREYWOLF insignia



GREYWOLF Soldier and Army teamwork: A partnership that was just meant to happen. Feeling the grit in your teeth puts a smile on your face. Down and dirty forever.





TEAMM



WORK.

**THIS IS
GREYWOLF.
THE ORIGINAL
SINCE
1917**



LIVE THE LEGEND