



**ADVISING, TRAINING AND ASSISTING
THE
IRAQI SECURITY FORCES**



ADVISE, TRAIN AND ASSIST

LONG KNIFE

NOVEMBER 2010

THE LONG KNIFE IS PUBLISHED IN THE INTEREST OF THE SOLDIERS, FAMILIES AND FRIENDS OF THE LONG KNIFE BRIGADE

ARRIVAL OF CAV TROOPS BRINGS NEW DAWN



LONG KNIFE NEWS

- 4** LONG KNIFE SOLDIERS UNCASE COLORS
- 6** USD-N NORTH COMMANDER COACHES THUNDER HORSE
- 7** GHOST TROOPER FINDS FAMILY
- 8** MPs DEMONSTRATE K-9 TRAINING
- 10** THE DOC IS IN
- 11** 4TH BDE TROOPS RUN ARMY 10-MILER
- 12** HEAD HUNTERS MOVE NORTH
- 14** BLACK DRAGONS ASSIST IN NINEWA
- 15** CHAPLAIN'S CORNER

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CONTENTS



Staff Sgt. Rodolfo Servin, a forward observer assigned to the 1st Squadron, 9th Cavalry Regiment, 4th Advise and Assist Brigade, 1st Cavalry Division, talks an Iraqi Army Soldier through the steps of “calling for fire”, while he scans the field for possible enemy targets during a practical training exercise Oct. 30. Long Knife photo By Spc. Terence Ewings

Long Knife Soldiers uncase colors, assume authority

**Story and photos by Pfc. Angel Washington
Long Knife PAO**



COS MAREZ, Iraq – After being in Iraq for nearly a month, the 4th Advise and Assist Brigade, 1st Cavalry Division, officially uncased its colors and took part in a transfer of authority ceremony, Oct. 18.

The ceremony officially recognizes the “Long Knife” brigade assuming authority for advising, assisting, and training Iraqi counterparts in Ninewa Province and Mosul.

Accepting responsibility for the mission from the 2nd Advise and Assist Brigade, 3rd Infantry Division, Long Knife Soldiers will now be working directly with their Iraqi counterparts in support of Operation New Dawn.

“It (the transfer of authority or TOA) gives us a chance to thank the ‘Spartan’ brigade for the hard work done over the last year and a chance for us to show our Iraqi counterparts we’re here to continue to assist them with their security training,” said Lt Col. Paul Reese, Deputy Commanding Officer.

In their role as an AAB, Soldiers of the 4th AAB, 1st Cav. Div, will conduct combined patrols, assist at checkpoints and train the ISF, who are in the lead for all operations.

4 Check out the brigade facebook page at <http://www.facebook.com/LongKnife.4thBCT.1stCavDiv>

“The focus of our effort is to advise, train, and assist Iraqi Security Forces marking what will amount to be the twilight of our efforts over the last seven years,” said Col. Brian Winski, commander of the 4th AAB.

Each commander spoke during the ceremony with the commander of the redeploying Spartan brigade, Col. Charles Sexton, welcoming the Long Knife brigade and wishing them luck on their journey to helping Iraq achieve independence. The commander of the incoming 4th AAB, 1st Cav. Div., Col. Winski, thanked Spartan brigade Soldiers for their assistance during this transition phase.

Col. Winski also spoke about what the unit is prepared to do as they settle in to Northern Iraq, giving their Iraqi counterparts all the help they need to be successful at securing Ninewa Province once the mission of the Long Knife brigade has concluded.

Today’s transfer of authority ceremony takes place on the Long Knife brigade’s fifth birthday. The brigade was officially created five years ago today, and this is its third deployment to Iraq since its inception. 🇺🇸

US-D North Commander coaches Thunder Horse

By Pfc. Angel Washington
Long Knife PAO

FOB WARRIOR, Iraq —Soldiers assigned to the 2nd Battalion, 12th Cavalry Regiment, 4th Advise and Assist Brigade, 1st Cavalry Division gathered together Oct. 7 to receive guidance before assuming authority Oct. 11.

In a packed gym, Maj. Gen. Anthony Cucolo, the US Division North Commander, spoke on things the incoming unit should expect to help better prepare themselves for a year of advise, train, and assist to their Iraqi counterparts.

“The key thing you have to keep in mind with your operation is demographic complexity,” said Cucolo. “There is much diversity amongst the land; we have Sunni, Shiites, and Kurds all in one area.”

Besides giving guidance on the diversity amongst the land, Cucolo also spoke on the unit’s

main mission- Operation New Dawn. “We are here to help Iraqi people solve Iraqi problems with Iraq’s system.”

With the drawdown of American forces, the number of Iraqi forces has grown to over 100,000-aiding in the improvement of Iraq and progression of its people.

“We’re coming near the end of our stay here in Iraq,” said Sgt. Alexander Torres, a tank systems maintainer from Lorain, Ohio, “they want to learn and defend their country; it’s just going to take a little bit of effort from us to train them.”

New Soldiers on their first deployment took the information they heard and gained motivation for their current mission on hand.

“His words got me motivated,” said Pvt. Jesse Goldman, an infantryman from Columbus, Ga. “It’s good to know what is happening in the area before we take over with the IA (Iraqi Army) and to see a little bit of what we will be dealing with.”

Deja Vu



On 22 October 2010, SSG Larry Finefield (1-9 CAV), originally from Janesville, WI, reenlisted for 6 more years of service to the United States Army. It seemed like just yesterday COL Brian Winski reenlisted SSG Finefield. COL Winski administered the oath of reenlistment to SSG Finefield during his last reenlistment back in March 2006. COL Winski stated that SSG Finefield was an example for all other Soldiers and NCOs to follow and he exhibits all of the qualities and attributes of a true professional.

Infantryman finds family in Long Knife



Pfc. Sam Forsyth, an infantryman assigned to the 2nd Battalion, 7th Cavalry Regiment, 4th Brigade Combat Team, 1st Cavalry Division, prepares his tactical vehicle for departure from COS Marez to Joint Security Station India Oct. 13.

By Spc. Terence Ewings
Long Knife PAO

COS MAREZ, Iraq—Climbing the chain of command and becoming a leader is a challenging task for officer and enlisted Soldiers alike, but for Pfc. Sam Forsyth it’s an adventure worth making a career.

Forsyth is an infantryman, assigned to the 2nd Battalion, 7th Cavalry Regiment, 4th Advise and Assist Brigade, 1st Cavalry Division. The 19 year old Rosemount, Minn., native joined the military in February 2010, and is currently deployed with the battalion’s mortar platoon in support of Operation New Dawn.

“I’ve always wanted to join the military, and be part of the infantry,” said Forsyth. “I feel like I’m part of a family here and I’m trying to make this a career.”

After completing high school and attending some college, Forsyth joined the U.S. Army and now is working with his fellow troops on the brigade’s new mission; to advise, train and assist the Iraqi Security Forces.

Forsyth is one of the four new troops in the 16-man “Thunder” mortar platoon. As a new Soldier on the team, he is one of the new eager recruits working up the chain of command to become one of the unit’s

experienced leaders and mortar men.

“This platoon is really close, being around all these experienced guys who’ve deployed to Iraq and Afghanistan helps us (the new Soldiers) get through everything,” said Forsyth.

Sgt. Christopher Alcala, Forsyth’s section sergeant and one of the most experience leaders in the mortar platoon, believes in training his troops to be young leaders the day they step into the unit.

“Forsyth’s thirst for knowledge and willingness to do new things make him an outstanding Soldier,” said Alcala, a native of Victoria, Texas.

Before the new recruits have the opportunity to prove themselves as dismount mortar men they must, serve time as a driver and gunner. These positions help familiarize the troops with their future positions in the platoon, while working with veteran leaders to develop more skills.

“We came here prepared to do a mission; advise, train and assist the Iraqi Security Forces,” said 1st Lt. David Kim, the mortar platoon leader.

The 2nd Battalion, 7th Cavalry Regiment troops will be supporting the 4th AAB “Long Knife” by assuming responsibility of Joint Security Station India. 🇮🇳



MILITARY POLICE DETACHMENT DEMONSTRATES K-9 TRAINING TO ISF

STORY AND PHOTOS BY SPC. DAVID K. STRAYER
109TH MOBILE PUBLIC AFFAIRS DETACHMENT PAO

COS MAREZ, Iraq – Members of the 89th Military Police Brigade attached to the 4th Advise and Assist Brigade, 1st Cavalry Division, demonstrated some of the dog training that will be imparted to Iraqi Security Forces as part of the Long Knife Brigade’s advise, train, assist mission in support of Operation New Dawn, Oct. 22 near Mosul, Iraq.

The training demonstration was geared more towards allowing the dogs, in this case a Belgian Malinois named Titan, a Staff Sgt. in the 89th MP Brigade, to practice some of the different security, bite, and guard techniques that they are routinely employed to use.

Capt. Mark Hardy, assistant logistics officer for 4-1 AAB, volunteered to get into the ‘bite-suit’ that the dog handlers use for training when the dogs will actually be given the command to implement force.

“I wasn’t too sure what to expect,” said Hardy. “It was very exciting! I was actually surprised with how quickly the dog was able to gain control of me and put me onto the ground.”

Aside from allowing the dogs a chance to practice their techniques, the training demonstrated some of the techniques the MPs will be imparting to the Iraqi Security Forces in the area.

“We are responsible for advising and training the Iraqi Security Forces in the area on how to set up a force protection perimeter, conduct gate checks, conduct large scale health and welfare inspections, and perform counter-insurgency operations such as bomb detection,” said Sgt. Shane Kanady, a member of the 89th MP Brigade.

Both the handlers and the dogs are extremely disciplined and proficient at their job, and the bond that they share is unique.

“The dogs are always given a rank that is one pay-grade above their handlers, so technically, Titan is the boss of this partnership,” Kanady said in jest.

The role that these dogs play in the mission of the MPs is absolutely crucial to the accomplishment of their mission and to the success of the ISF as well. After working and training with the MPs, the local ISF will have the ability to utilize dogs in a large scope of missions and daily tasks. They will be used by ISF to conduct cordon and search missions, find weapons and explosives caches, and run checkpoints. The training the ISF will receive from 4th AAB’s MPs on dog handling will ultimately allow the ISF to conduct security operations more efficiently and keep the local population safer. 🇮🇶



The Doc is In

By Capt. Syrus Kardouni
Long Knife Physical Therapist

The 4th Brigade Physical Therapy team has been seeing an increase in ankle and knee sprains during our first month here at COS Marez.

Most soldiers have attributed this to running or simply walking on the rocky and unstable terrain out here. Injuries will happen to us all, but there is a way to lessen the likelihood with proper conditioning.

When maintaining balance, our first line of defense is at the ankle. In order to protect the stability of the ankle joint we rely on our joint proprioceptors (nerves that tell us how our joints are positioned), ligaments on both sides of the ankle, and the muscles that cross the joint.

We cannot improve the strength or tension of our ligaments, but we can increase the strength of the muscles around the ankle and also improve reaction time through conditioning. Here are some simple exercises to improve one's ankle stability.

BODY WEIGHT SINGLE LEG DEAD-LIFT:

1. Start in the upright position. Choose a leg to stand on.
2. Slowly lean forward until your body is parallel with the floor (you may bend the stance leg slightly).
3. Once parallel with the floor, slowly raise self back to the upright position without placing the other leg on the floor.
4. Slowly repeat 10-12 repetitions. Perform 3 sets.



SINGLE LEG HEEL-RAISES:

1. Start by choosing a foot to stand on (do not use hands for balance in order to get the best results).
2. Slowly raise the stance leg's heel off the ground and hold for 2-3 seconds.
3. Slowly lower heel back to the ground. Perform 3 sets of 10-12 repetitions for each leg. Add light to moderately weighted dumbbells for more of a challenge.



STEP DOWNS:

1. Start by standing on a 4-6 inch step and choose a foot to place 6-12 inches in front of the body.
2. Slowly bend the stance leg until you tap the other foot's heel on the ground or just prior to this.
3. Slowly raise self back to starting position and repeat. Perform 3 sets of 10 for each leg.



There are other exercises out there to improve balance and stability, so feel free to Google them. The Physical Therapy clinic at the 27th BSB TMC also offers a circuit class for such exercises on Tues. and Thur. from 1330-1430. Walk-ins are also accepted for evaluations and exercise prescription if you are a chronic ankle sprainer. 🛡️

Long Knife brigade takes part in Army Ten-Miler

By Pfc. Angel Washington
Long Knife PAO

COS Marez, Iraq —The 4th Advise and Assist Brigade, 1st Cavalry Division, hosted a shadow run of the 2010 Army Ten-Miler held in Washington, D.C. Oct. 24.

Before the sun came up, Soldiers and civilians stretched their muscles and warmed up to prepare for the route ahead.

Lt. Col. Chris Dziubek, the civil affairs planning team chief, attached to the 4th AAB, 1st Cav. Div., coordinated the event, giving Soldiers and civilians a chance to be a part of the Army's traditional run.

"I've run the big Army Ten-Miler four times in D.C., and the last four years I've been deployed," said Dziubek, a native of Tilito, Ohio. "I wanted the opportunity to participate from afar in the event I love."

Seventy three people ran in the COS Marez Army Ten-Miler, Soldiers built morale and everyone encouraged each other to ensure all those who started would finish.

With the support and encouragement, Dziubek wanted to bring the runners a link from the states.

Andrew Towne, a Department of Defense employee from Grand Forks, N.D., came around the

last corner, just past an hour, pushing harder as people cheered him on. Finishing in a time of 1:06:34, Towne crossed the line first, 10 miles down, but his spirit-up.

"I wanted to take part in one of the Army's great traditions," Towne said. "It's great being in northern Iraq this sunny morning realizing our mission, just like this race, involves hard work and endurance."

Each runner took their own pace. Occasionally, an arm would reach out for water and a flushed face would highlight the sweat that poured out from their efforts. But as each lap passed, runners continued on.

"I like running," said Spc. Rachele Halaska, a medic with 27th Brigade Support Battalion, 4th AAB, 1st Cav. Div. "It (the Army Ten-Miler) gave me the opportunity to run a long distance with a group of people which is a little more motivating."

While deployed in support of Operation New Dawn, the race, a personal challenge for some, allowed everyone to come together to be a part of something bigger than themselves.

"I ran because I wanted to see if I could do it," said Staff Sgt. Sean Coyle, platoon sergeant for the brigade's personal security detail. "My body hurts, but I feel good," said the San Jose, Calif. native. 🛡️



Left: Soldiers assigned to the 4th Advise and Assist Brigade, 1st Cavalry Division, Department of Defense employees and civilians begin running the Army Ten-Miler Oct. 24. Soldiers in the Long Knife brigade are currently deployed in support of Operation New Dawn but had the chance to participate in the annual Army tradition.

Right: Staff Sgt. Sean Coyle, platoon sergeant of the personal security detail 4th Advise and Assist Brigade, 1st Cavalry Division, runs in the Army Ten-Miler Oct. 24.

Black Dragons assist in Ninewa water project



Soldiers assigned to the 5th Battalion, 82nd Field Artillery, work alongside the Iraqi Army in providing security and support to the Ninewa Reconstruction Cell Oct. 20. Soldiers went out to help assess the Al Aden Water Network project in an effort to help rebuild the neighborhood's infrastructure.

**By Pfc. Angel Washington
Long Knife PAO**

COS MAREZ, Iraq—Soldiers assigned to the 5th Battalion, 82nd Field Artillery, 4th Advise and Assist Brigade, 1st Cavalry Division, provided security and assistance to the Ninewa Reconstruction Cell Oct. 20 as they inspected the Al Aden Water Network.

Led by the Iraqi Army, Soldiers ensured the safety of all personnel during the mission to oversee the project. The project provides fresh water to the people living in the Al Aden neighborhood of Mosul.

With the NRC providing the essentials for the project, 5-82 Cav. Soldiers added protection so they could complete the project and check its progress over an extended period of time.

“They (NRC) don’t have the support to get down here and that’s where we come along,” said Sgt. Ader Villalta, a field artilleryman from Reseda, Ca. “By supporting them, we’re supporting the Iraqi people.”

Once the water project is completed, it will be turned over to Iraqi city workers, en-

abling them to become independent and take over what U.S. forces and other civilians have started.

“It’s about seeing that they can do the job, and in return, it lets us know we’ve done our job well,” said Villalta.

While the NRC examined the conditions of the water project, Soldiers worked alongside the Iraqi Army, giving them pointers on basic soldier skills and insight on the current problems at hand with the project.

“It’s a vision of the future,” said Pfc. Marshall Munden, a combat medic in the unit. “We’re teaching them ways to be more proficient with their military and police and we’re giving them a new dawn. We’re helping them to rebuild so they can sustain their country,” said the Virginia Beach, Va., native.

Soldiers will work closely with the NRC and the Provincial Reconstruction Team while deployed to assist with the development of the infrastructure for people living in the Ninewa Province, and 5-82 FA will assist the Iraqi Army in ensuring they have the security necessary to make that happen. 🛡️

Chaplain’s Corner



Chaplain (Maj.) Mike Patterson

In May, 1953, two men became the first in history to climb Mt. Everest; Edmund Hillary, a New Zealand beekeeper and explorer, and his Sherpa guide from Nepal, Tenzing Norgay. They reached the summit together and attained instant international fame.

On the way down from the 29,000-foot peak, Hillary slipped and started to fall. He would almost certainly have fallen to his death, but Tenzing Norgay immediately dug in his ice-axe and braced the rope linking them together, saving Hillary’s life.

At the bottom the international press made a huge fuss over the Sherpa guide’s heroic action. Through it all Tenzing Norgay remained very calm, very professional, very uncarried away by it all. To all the shouted questions, he had one simple answer: “Mountain climbers always help each other.” Just as mountain climbers help each other, we, in the Long Knife Brigade must help each other.

I believe there are three crucial elements in a TEAM. Without these essential parts and players, true team cohesion is unattainable.

The first essential element is “HELP.” In the 2001 NFL Draft, the Atlanta Falcons selected a sophomore quarterback who placed third in the Heisman Trophy balloting. He was young, inexperienced, talented, enthusiastic and very motivated. Because of his inexperience, the Falcons relied on the veteran, Chris Chandler, to guide him and help him become a successful NFL quarterback. Of course there were some major difficulties with the maturity and values in this young quarterback named Michael Vick, but that didn’t stop Chandler from leading. Those of us

who are more experienced must step on the field and lead appropriately in order for those less experienced to succeed. In an interview following Vick’s return to the NFL, he credited Chandler for where he is today.

A second definite of TEAM is perspective. To be more pointed ... “personal perspective.” We have all heard the cliché, “There is no “I” in team.” Clichés are clichés because more than likely they are true. A functional team gives us a picture of its members striving for one another ... not for self. As you work within this Long Knife team, make sure our personal perspective is not centered on ourselves but on our battle buddies; assistance where needed, encouragement always and support of all we work with.

The third non-negotiable aspect when it comes to TEAM is “burden sharing.” One hot day, Herman Trueblood, returning from a swim in the ocean, saw a man and his two sons trying to push their disabled car up a hill. Trueblood heard two voices. One said, “There is an opportunity for service; you ought to help them push.” The other protested, “That’s none of your business. You’ll all hot and dirty. Let them handle their own affair.” He yielded to his better impulse by putting his shoulder to the task. The car moved and kept moving. A simple thing happened which Trueblood never forgot, the man stuck out his dirty hand and said “I am very glad that you came along. You had just enough strength, added to ours, to make the thing go.” Trueblood said years have passed since then and I can still hear that man saying, ‘You had just enough strength, added to ours, to make the thing go,’ “ There are many Soldiers struggling to get some heavy load over the hill, and you probably have ‘just enough strength, added to theirs, to make the thing go.’

Help, Personal Perspective and Burden Sharing ... all essential for our Long Knife TEAM. 🛡️



Lt. Col. Robert Magee, commander of the 5th Battalion, 82nd Airborne Division, and Command Sgt. Maj. Cassandra Redd uncase the battalion's colors during the transfer of authority ceremony, Oct. 12. Spc. Terence Ewings, 4th AAR, 1st Cav. Div. Public Affairs



Lieutenant Col. Joseph Holland, commander of 2-12 Cav. Regt., 4th AAB, 1st Cav. Div., uncases his unit's colors Oct. 11 with Command Sgt. Maj. William Mayrior in Kirkuk, Iraq. Pfc. Angel Washington, 4th AAB, 1st Cav. Div. Public Affairs



Lt. Col. Eric Land (left), commander of the 4th Brigade Special Troops Battalion, 4th Advise and Assist Brigade, 1st Cavalry Division, and Command Sgt. Maj. Cassandra Redd uncase the battalion colors during the unit's transfer of authority ceremony, Oct. 10. Spc. Terence Ewings, 4th AAR, 1st Cav. Div. Public Affairs



Lt. Col. John Cushing (left) and CSM Duane Detweiler of 1-9 Cav. uncase their battalion colors during the unit's transfer of authority ceremony.



Lt. Col. Andy Boston, commander of the 2nd Battalion, 7th Cavalry Regiment, 4th Advise and Assist Brigade, 1st Cavalry Division, stands before his newly uncased battalion colors during the unit's transfer of authority ceremony.