

THE MOUNTED RIFLEMAN



3d ARMORED CAVALRY REGIMENT

MAY-JULY 2010



The 3d Armored Cavalry
Regiment bids a tearful
farewell to Longknife
Squadron.



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THE MOUNTED RIFLEMAN

3d Armored Cavalry Regiment Magazine

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Visit the 3d ACR online at:
www.hood.army.mil/3d_acr
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Spc. Djeens Brun, a 3rd Squadron, 3rd Armored Cavalry Regiment combat medic, administers a procedure to a patient as part of his training at the U.S. Army National Training Center at Fort Irwin, Calif., May 19. Brun and other medics practice their medic skills between treating patients at the 3-3 ACR aid station. (Army photo by Pfc. Jennifer Brun, 3-3 ACR Detachment)

Features

- 09 "Lucky 16"
- 11 FOB Mayor stays busy
- 17 Thunder Squadron Medics
- 29 Happy Birthday, 3d ACR
- 32 Walmart & BAE Systems
- 34 Photo Page: Regimental Ball

EVENTS



practice I.V. to a sergeant on his team and other Soldiers find time to sharpen their Spradlin, 16th Mobile Public Affairs

ABOUT THIS ISSUE

The Brave Rifles, since coming home from the National Training Center are preparing to leave for our deployment to Iraq. But before the long deployment, we were able to enjoy several events with our families including Christmas in July and Organizational Day. These two events could not have been successful without the generous support of the local community.

Sadly, a part of the Regiment left the family, as Longknife was redesignated to 1-229 CAB under 16 CAB. They will be sorely missed.

This is the last issue of the Rifleman before our deployment, but we will continue to publish it from Iraq to ensure everyone can stay informed of the great things our Troopers are doing.

- **The Editor**

Columns

- 04 73rd Regimental Commander
- 06 XVIIIth Regimental Command Sgt. Maj.
- 10 **Remington**
Headquarters Troop
- 12 **Tiger**
1st Squadron
- 14 **Sabre**
2nd Squadron
- 16 **Thunder**
3rd Squadron
- 18 **Longknife**
4th Squadron
- 20 **Muleskinner**
Support Squadron
- 22 **Stabilization Transition Teams**
- 23 Chaplain
- 24 Did You Know?
- 26 Family Readiness Group
- 27 Safety



PAGE 15



PAGE 30



PAGE 08

Coverpage



Longknife Squadron Apache helicopter



73d
Regimental
Commander

Col. Reginald Allen



Brave Rifles, Troopers and honored Family and Friends, I want you to know how proud I am of your Troopers' performance over the last few months, and particularly the last few weeks prior to our deployment. I am humbled by the perseverance and dedication shown by our troopers as they fought through the toughest combat scenario given to any unit at the National Training Center and emerged

not only victorious but much better prepared for our upcoming mission in Iraq. Additionally, in this period the Regiment has faced and overcome challenges under which other units would falter, like a very short window between NTC and deployment, dealing with serious and late adjustments to our deployment (force caps), and the associated challenges both forward and for our Rear detachment. Of note is the magnificent performance of our Squadrons as we worked very hard to accomplish all the necessary requirements to deploy in the short period prior to block leave – in short, no other unit could have done so much, so quickly, to so high a standard – period. Our Regiment remains strong and focused as we finalize our preparations to depart.

Since our last publication we have celebrated and highlighted our heritage as a Regiment. We have trained hard and spent countless hours preparing for success and ensuring that our Troopers are fully prepared for what they will face overseas. We have hosted and participated in several events to demonstrate our devotion to our fellow Soldiers and our families and to honor them in our own way. We will also continue to honor our

long-standing Cavalry traditions throughout our deployment both here at Fort Hood and in Iraq.

One of those traditions relates to knowing our storied history and our 3d Cavalry Museum is a great place to understand our history. We continue to update and improve the museum to better celebrate the Regiment's great history. New displays are being established and several historic vehicles have been emplaced around the Regimental headquarters to demonstrate our devotion to our organizational history and heritage. In the near future, we will upgrade our buildings adjacent to the museum with temporary displays and a multimedia history center. Another tradition we hold to is celebrating our Regimental Birthday. This year we celebrated our 164th birthday on May 19th, while deployed to NTC; additionally, our Rear Detachment hosted a birthday gathering at Fort Hood. Another long standing tradition is "The Lucky 16," where, anytime two or more Cavalry Regiments are in the same place, we conduct a gathering called "The Lucky 16" (2, 3, and 11 ACRs). At NTC, we trained with the 11th ACR and took the opportunity to gather on June 7th, and celebrate our

Commanders and Command Sergeants Major of the Regiment at Painted Rock at NTC on June 7, 2010



cavalry heritage with members of the 2nd and 11th Cavalry Regiments as we commemorated our unique role as members of the Army's three historic Cavalry Regiments.

Our training tempo has been very high over the past few months as the Regimental leadership participated in the Leader Training Program at NTC in April. Leadership at every level had the opportunity to receive specialized training on Iraqi culture during the Leader Development and Education for Sustained Peace Program also in April. We also welcomed in 43 new Field Grade Officers to the Regiment who will serve as our Stabilization Transition Teams (STTs) leaders and staff during our deployment. These officers jumped right into specialized training on partnering, advising, and assisting Iraqi Security Forces here at Fort Hood before NTC. As you all know, we deployed to NTC from May into June. Because of their experiences at NTC and all the other great training our Troopers have received, I am confident that our Troopers will exceed all expectations during our Iraq deployment.

While conducting training, we have also taken the time to honor

our Families and fellow Soldiers. Our Family Readiness Group Leader Appreciation dinner was well attended and we were able to demonstrate our thanks to those who lead our FRGs, while reinforcing our commitment to the Families of the Regiment. We participated in the Ride to Recovery on April 9th, in which wounded Soldiers from across the Army rode bicycles through our Regimental area at Fort Hood, demonstrating our dedication to our fellow Soldiers who have been wounded while in service to our country. We arranged and organized a Christmas in July event on July 10th, where nearly 600 bicycles donated by our corporate sponsor BAE Systems with help from Wal-Mart were distributed to children of the Regimental Family. We did this because we know many Troopers will be deployed over the holiday season, some for the third time in four years with the Regiment.

You have all had the opportunity to read our Deployment messages on the Regimental Web Page. Some of the highlights of these messages are that our mission remains the same; we will serve our nation by advising and assisting Iraqis to secure their own interests. The

U. S. presence in Iraq is scaling back, meaning that there will be a larger number remaining in the Rear Detachment that may be called forward as conditions evolve. Your Leadership and Troopers will work to disseminate as much information as possible regarding unit deployments as soon as it is available.

Finally, this is a very trying and busy time for your Regiment, our Troopers and Families are certainly strained. I hope all will take advantage of the block leave and really enjoy it. I stress the importance of the FRGs and FRSAs to help Families and Troopers access all the programs both within the Regiment, on Fort Hood, and in the Army in general that are available to help. Everything from connecting you with any support you may need, to keeping you informed, financial management help, help with children, to coping strategies for the difficulties of deployment, whatever they may be – ask for help if needed. Please stay positive, stay involved, stay informed, stay safe, and stay motivated. God bless you all.

Brave Rifles!



On July 20, 2010, Troopers of the Regiment stand ready for the last Regimental run before deployment.



 **XVIIIth**
RCSM 
Command Sgt. Maj.
Jonathan J. Hunt

Troopers and Families of the Regiment, I want to say first of all that in the last few months we have accomplished a lot under stressful conditions and short time frames and we ought to be proud of that. Our largest achievement in that time has been our deployment to NTC. We moved the entire Regiment and its equipment across the nation and conducted a month of tough training that honed our skills as a Cavalry Regiment. That training was invaluable at a time when our mission in Iraq will have such a drastically different focus than prior deployments. I am confident that we are fully trained and ready to execute our mission.

During recent weeks we have also seen the Regiment enjoy our Christmas in July celebration as well as some great organizational days and

family events. On behalf of our Regimental family I would like to extend a tremendous thanks to Greg Zito and Michael Brown of BAE Systems of Austin, Richard Donnel and Robert Sykes of the Killeen and Copperas Cove Walmart stores, the Harker Heights Chamber of Commerce, and the Association of the United States Army, without whom these events would not have been possible. We push ourselves and our Troopers to achieve great things, and our efforts show through the relationships we build with our partners and supporters.

I would also like to encourage our Troopers and their Families to join the 3d U.S. Cavalry Association and our Regimental Facebook page. The Association does a lot to support our Troopers both at home and while deployed, and our Facebook page will continue to provide great insight

into the missions and training your Troopers are involved in every day.

I want to congratulate 1SG Kim Bradshaw, 1SG Zeneido Gonzalez, and 1SG Antonio Lopez on their selections to attend the United States Army Sergeants Major Academy class 62. These dedicated and professional non-commissioned officers are truly the backbone of the NCO corps and a fine representation of the Regiment.

We are also saying goodbye to LTC Cameron Cantlon and SGM Sam Upchurch. Both men had long and distinguished careers in our ranks and were recognized for their contributions to the Regiment in an award ceremony at Albee Hall. LTC Cantlon was awarded the Meritorious Service Medal as a Permanent Change of Station award, and SGM Upchurch was awarded the Legion of Merit and the Order



CSM Hunt briefs the Regiment's 1SG's on deployment considerations and Trooper readiness as well as the importance of supporting the units' Cav Assn. and FRG.

of Saint George as he retired from the Army. Their leadership presence in the Regiment will be missed.

Finally, as we prepare to move forward into our deployment to Iraq we will be afforded some time off on block leave. We need to enjoy the time we have with friends and Family but be aware of our Soldiers and their readiness. Negative incidents tend to go on the rise immediately prior to a deployment. Incidents involving alcohol, illegal drugs, and domestic violence are major contributors to the reduction of our forces before deployment. I challenge all of you to ensure that this does not become an issue for yourselves or any Trooper you serve along side. We face a challenging mission in Iraq, and it will take the presence of every Trooper to be successful in the end.

Brave Rifles!!



SGM Sam Upchurch is awarded the Legion of Merit in a ceremony at Albee Hall July 20, 2010. SGM Upchurch served as the Regimental Operations Sergeant Major and will now retire from active service.



The RCSM meets with BG Richard P. Mustion, the Adjutant General of the Army, at the Theodore Roosevelt Dining Facility and discusses the readiness process for troop deployments July 16, 2010.

The 3d Cavalry Association does a lot to support our Troopers both at home and while deployed, and our Facebook page will continue to provide great insight into the missions and training your Troopers are involved in every day.



LTC Dale Watson, commander of Longknife Squadron, and CSM Kevin Rubio case the squadron colors.

Into the Sunset

A short farewell to Longknife Squadron

by CPT Aaron Doft
3d ACR Public Affairs Officer

4th Squadron, Longknife, of the 3d Armored Cavalry Regiment was redesignated 1st Battalion, 229th Combat Aviation Brigade, Tigersharks, July 21, 2010 on Sadowski Field at Fort Hood. Longknife began its history with the Regiment as a combat aviation section in 1961. They redeployed with the Regiment to Ft. Lewis, Washington in 1968 and continued to serve in their role as aviation support. From 1985 they were designated the 3d Combat Aviation Squadron (Provisional) until 1988 when they were officially activated as 4th Squadron, 3d Armored Cavalry Regiment.

In 1991, the Squadron deployed to Saudi Arabia in support of Operation Desert Storm where they decisively engaged the enemy and supported the move

of the Regiment over 750 km in 72 hours. After Coalition Forces' victory in Desert Storm, the Squadron redeployed to Ft. Bliss, Texas in March, 1991.

During Operation Iraqi Freedom III in 2005, the squadron served the Regiment with distinction. Quicksilver Troop was renamed Quickstrike and served as the Regiment's light reconnaissance troop with air-mobile capability.

Longknife Squadron was inactivated during the Regiment's move to Ft. Hood, Texas in the summer of 2006, leaving portions of Longknife Squadron at Fort Carson, CO. Upon the Regiment's arrival at Fort Hood, the 1st Squadron, 1st Aviation Regiment (located at Fort Hood, fielding the AH-64D Longbow) was reflagged as 4th Squadron, 3d ACR, changing Longknife's makeup and increasing the lethality of the Regiment.

The squadron was as an integral component of the



LTC Dale Watson, commander of 1/229, and CSM Kevin Rubio unfurl their new colors.

Regiment's combined arms team and has stood ready for worldwide deployment in support of the Regiment of Mounted Riflemen. The 4/3 Squadron colors will remain with the Regimental museum until they are reactivated in late 2011.



Soldiers of Tomahawk Troop, 4/3 ACR, pass Albee Hall at the end of what will be the last Regimental Run they participate in July 20, 2010. A Longknife UH-60 Blackhawk helicopter hovers in the background while taking aerial photos of the formation.

Lucky 16 Celebration

The Lucky 16 is about camaraderie, esprit de corps and cavalry panache. The goal is to create a professional officer and NCO corps throughout the cavalry regiments and to challenge one another to greater heights. Cavalry leads as the tip of the spear.

To maintain the edge, a tradition began 20 years ago in Nuremburg, Germany. On the border of Germany along the "Iron Curtain," the 2d and 11th Cavalry Regiments began a close working relationship resulting in the "Lucky 13."

They trained together, conducted exercises and squadron missions and often confronted each other in REFORGER exercises. Lucky 13 conferences were about war and war fighting, and included seminars on fielding new systems, maneuver techniques and training. When the 3d ACR joined the 2d and 11th in the General Defense Plan of Europe, the regiments became known as the "Lucky 16."

Whenever two or three of the regiments are in the same location the "Lucky 16" convenes. Facing new challenges, the "Lucky 16" are poised to lead, train and maintain the Army of the Future.



REMINOTN

HEADQUARTERS TROOP, 3d ARMORED CAVALRY REGIMENT



By Cpt. Reinaldo Rivera
Remington Commander

The last several months have been full of activities for the Troopers of Remington. From National Training Center activities to Pre-Deployment tasks, the Troopers excelled in providing the support and Command and Control functions for the Regiment at large. All of this happened as the Troop saw a flux of incoming personnel, turning in equipment, and key personnel changes. As the time for NTC drew closer, all sections were decisively engaged in producing orders, tackling the complex issues related to the movement of thousands of Soldiers and their equipment to California as well as finalizing training on battle command systems and cultural issues.

Remington would not have succeeded without the efforts of the Soldiers listed here, which represent the Troop: Remington's unit movement officers; Staff Sgt. Buehler, Staff Sgt. Gomez, and Sgt. Salazar performed admirably as a team. They ensured that all of RHHT's property flowed into the area of operation quickly and accurately. They continue to do so as we prepare for the



Members of the Dining Facility, Regimental Headquarters and Headquarters Troop, 3d ACR prepare steaks for Troopers at the National Training Center.

deployment to Iraq. The dining facility has not missed a step providing an extensive variety of nourishment to our hungry Troopers. They did so under challenging conditions both in garrison and at NTC. Troopers like Spc. Thomas and Pfc. Reed ensured that no Soldier missed a great meal. The personal security detachment also shined, keeping our Regimental leadership safe while also serving as the muscle for RHHT. Sgt. Criscitello and Pvt. Bradley have also set the standards high for their professionalism and work ethic. These Soldiers are just a few examples of why RHHT has been able to achieve any task given. We will continue to recognize our Troopers in upcoming articles.

Remington also saw the establishment of the Troop's Rear Detachment. Commanded

by Cpt. Benjamin Lazo, the Rear Detachment will maintain a home presence here for administrative purposes as well as ensuring that the rest of our Soldiers remain in a high state of readiness as they wait for the call forward to the theatre of operations.

Recently, we also bade farewell to a great commander. Cpt. Dawn Brooks, Remington 6 since May 2009, relinquished command on 12 July 2010. She left an unmatched legacy of excellence and concern for the Soldiers and families of Remington.

Finally, I would like to thank the Troopers and Families of Remington for their support and understanding during these final days of turbulence as we prepare to deploy. The sacrifices shared by all of us will ensure our success in the near future.

Brave Rifles!

Mayor stays busy, handles forward operating base daily issues

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By Sgt. Roger RyDell Daniels
16th Mobile Public Affairs
Detachment
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While walking around Forward Operating Base Warrior, on the National Training Center at Fort Irwin, Calif., Master Sgt. Kevin Robinson stops to answer his cell phone – it tends to ring often throughout the day.

After answering the phone, the person on the other end informs him a group of Soldiers are arriving at the FOB, which is nestled in the middle of the California desert base.

"I'm on the other side of the FOB," he tells the caller. The caller informs him the Soldiers would be arriving in about 15 minutes.

"OK, I'll be there," he said; then he hangs up and calls one of his Soldiers. "Print me out my speech and one of those new chapel schedules."

He then hustles across the FOB to brief the incoming Soldiers, about 300 from two National Guard units from Michigan and Illinois.

The briefing is part of his job as FOB Mayor.

As FOB Mayor, Robinson is responsible for maintaining

everyday situations on the FOB while supervising a crew of 125 Soldiers. Robinson and the Soldiers make up the FOB's white cell.

The white cell's daily tasks include keeping the FOB clean by picking up trash, cleaning the five restrooms at least twice a day, guarding several FOB buildings, manning the ammunition supply point and maintaining 87 generators.

Robinson, a Louisville, Ky., native, was one of the first Soldiers to arrive on the FOB May 4. An advance party followed him on May 8, and the bulk of the regiment arrived May 13-18.

"This is a 24-hour deal," Robinson said about maintaining the FOB.

Robinson, the chemical, biological, radiological and nuclear noncommissioned officer in charge for Regimental Headquarters and Headquarters Troop, 3rd ACR, starts his day by waking up at 4:30 a.m., and heading to gym around 5 a.m. His day ends between 11 p.m. and 1 a.m.

He holds a formation at 7 a.m., meets with his NCOs at 1 p.m. and 6:30 p.m., attends a meeting at 5 p.m. and holds a close-out formation at 7 p.m.

Between the meetings, he walks the entire FOB at least four times. He looks for trash, walks through the sleep tents and spot checks the generators and the water stations.

"The longer you are in a place, (the more) you should

improve that place," he said.

While the workday ends for most of his Soldiers after the 7 p.m. formation, Robinson's day continues. He tries to meet with the regimental command sergeant major and to perform other final wrap-ups before heading to sleep.

Before joining the 3rd ACR in January, Robinson spent 30 months as a first sergeant and held the position of battalion command sergeant major at Fort Leonard Wood, Mo. He also spent three years as a drill sergeant.

At the FOB, the scope of his duties extends beyond maintaining the FOB. Instead of having someone drive 15 Soldiers to a driver's training class, he drove them himself.

"Call me when the class is over, and we'll come and get you," he told the Soldiers before heading back to the FOB. "Since I missed breakfast, I'm going to stop and get some coffee, but don't tell my wife. She'll want me to eat something."

Spc. Rashaud White, Howitzer Battery, 3rd Squadron, 3rd ACR, an orderly room clerk in the white cell agrees.

"He says, 'don't let the job define who you are; you define who you are,'" said White, a Memphis, Tenn., native. "He's one of the best NCOs I ever worked for. He listens and cares about Soldiers. He's the best at what he does."

TIGER

1ST SQUADRON

3D ARMORED CAVALRY REGIMENT



deployment I want to assure our families that we will give your soldier more time at home. There are several extended weekends planned and, unless directed by me, your soldier will be off by 1730 and 1530 on Thursdays. However, in order to preserve our block leave period it may be necessary for soldiers to work longer hours during the week. Our block leave period starts on July 26th and ends August 13th.

Command Sgt. Maj. and I commend our troopers who volunteered their time to tutor students at our adopted school, Harker Heights Elementary. They put in a total of 1,700 hours of their time to help students improve their grades. Their efforts paid huge dividends with increased test scores. Our partnership with HH Elementary has proven to be valuable training in preparation for the civil capacity mission we will have in Iraq.

We had a terrific time and turn out at our Squadron Ball at the Austin, Texas Hilton. Over 1,100 soldiers and significant others attended as did a number of special guests. We want to especially thank Command Sgt. Maj.(R) Joe Gainey (our distinguish guest speaker), Harker Heights Mayor Mullins and wife Candy, Austin Police Chief Art

By Lt. Col. David Athey
Tiger Commander

Preparing Tiger Squadron For Iraq Leaves Little Room for Error

There are some things in this life that require much passion and a dogged ability to get it right – the first time.

Command Sgt. Maj. and I want our Tiger families to know that we are serious about taking care of Tiger families and training the Squadron's men and women for the upcoming deployment -- both leave little room for error.

We recently published the Tiger Squadron Family Deployment Handbook. This handbook is packed with valuable information on how to contact the Rear Detachment Commander, contact information for unit Family Readiness Group Leaders, contact information about Army support agencies. It also includes information about how to make a Red Cross message, as well as a myriad of other important deployment preparation tools. If you haven't received your copy, stop by building #9410 next to Squadron Headquarters and see our FRSA or HHC CDR or 1SG.

Also, as we march closer to



An M1-A2 Abrams Tank (Systems Enhancement Package) from Apache Troop advances during a training exercise.

Acevedo and of course The 73d Col. Allen and wife Ingrid Allen for supporting the Squadron and blessing us with your presence.

University of Florida Head Football Coach, Urban Meyer said after winning a tough game, "I have yet to be in a game where luck was involved. Well-prepared players make plays. I have yet to be in a game where the most prepared team didn't win." I'm confident Tiger Squadron is prepared to step into history and come home victors. Unstabilized Gunnery training honed our troopers' war fighting skills while the good men and women of the Austin Police Department trained us in crime scene investigation, forensics, sniper training and processing evidence. Our National Training Center rotation further prepared us for the stability and support operations we will be conducting in Iraq. Upon our return from NTC we continued our training with Dallas Police S.W.A.T. to continue our preparation for the upcoming mission working with Iraqi Security Forces. Command

Sgt. Maj. and I are fully confident that we are leading some of the finest, toughest, smartest Troopers this country has to offer. Our promise to them and their

families is that we will lead with the utmost of cavalry passion and we will be persistent in getting it right – the first time.



Apache Troopers at the National Training Center stand ready in the unit motor pool during an exercise. Soldiers are expected to react to attacks and complex situations at all times.



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 By Lt. Col. J. Bryan Mullins
 Sabre Commander

Sabre Squadron draws closer each day to our coming deployment to Iraq, and with that the Troopers of the squadron have been very busy preparing with a schedule that seems like putting Niagra Falls into a bucket. Thanks to the steadfast support provided to our Troopers by their equally great families, we have been able to prepare ourselves with few distractions. One of the key training events over the last few months, and no doubt the one

which required the most support from families, was the squadron's deployment to the NTC.

The Squadron worked tirelessly deploying equipment, containers, and finally the troopers to Fort Irwin, Calif. Once on ground in mid June the Troopers were welcomed by unseasonably cool weather and immediately set to work off loading vehicles, downloading and repacking containers, and preparing themselves for two weeks in the field. During this first week of reception, staging, onward-movement, and integration, the Troopers received two hot meals a day (plus whatever they could buy off the gut truck), lived in foam lined

air conditioned tents, and slept on the luxurious Army cots. In addition to preparing equipment for the field, many Soldiers were involved in a number of classes and training on everything from Raven UAVs to route clearance vehicles. As the squadron moved out to the training area Eagle Troop was pulled to go and support Thunder, and over the course of the next two weeks they would work for Thunder, Tiger, and Muleskiner. Their ability to adapt and morph into what was needed as well as their ability to accomplish any mission was clearly evident in the broad spectrum of tasks given to them. The rest of the squadron settled into their mission with Fox Troop securing the border to prevent smuggling of weapons and personnel, Heavy Company supporting the Provincial Reconstruction team, Lion Battery partnering with the Iraqi Army and leading the counter-fire mission, Sapper Company went off to support the Regt. by running route clearance and working with EOD to help fight the IED threat, and Grim Troop moving in to the town of al Jaffe where they partnered with the Iraqi Police and diligently went to work taking down the



insurgent network within the city. Rattler troop had one of the most difficult and hectic missions. Their missions included running the DFAC, manning the quick response force, running multiple daily missions to pick up and drop off supplies for Grim and Fox, and running the day to day operations of FOB Denver. The two weeks in the field consisted of 6 days of squadron training exercises and 9 days of Full Spectrum Operations. The first 6 days were focused on getting Soldiers in the mindset required and giving them the opportunity to establish how they were going to execute the missions that would be required of them. Leaders would be involved in engagements with local Iraqis, subordinates would pull security and learn that their observations could contribute to the success of the team, and all would become more cohesive as a unit. All of the missions executed during the two weeks were done with partnered Iraqi Army or Iraqi Police. This was a point emphasized throughout the exercise to ensure the squadrons preparation for Iraq and the advise and assist role that Sabre will be filling. During the 9 days of Full Spectrum Operations, Sabre Squadron destroyed 3 mortar teams, found 5 caches, killed more than 40 insurgents, and captured many of the top terrorist cell leaders within the Area of Responsibility, while executing 2 major out of sector missions in support of the Regt. mission. After returning to Ft. Irwin, the Squadron rapidly but safely packed and moved back to Ft. Hood.

Upon returning to Ft.

Hood the Troopers of Sabre jumped headlong into pre-deployment events in many cases simultaneous to resetting and recovering from the NTC. Vehicles were received, cleaned, serviced, and loaded for deployment. The Troopers themselves went through the Soldier Readiness Process where they received vaccinations, medical screenings, financial briefs, and many other events to ensure they are prepared for the deployment. After continuing to work tireless hours for months on end, the Troopers will soon be given a much needed and well

deserved break as the squadron takes block leave next month.

As the families and their Troopers relax over the break, I ask that you continue to mentally prepare yourself for the coming deployment. I have complete confidence that Sabre will move out and serve their country with the honor and distinction that has become a cornerstone of this great Squadron.

SABRE READY!



THUNDER

3d SQUADRON

3d ARMORED CAVALRY REGIMENT

By Lt. Col. Scott Gerber
Thunder Commander

Friends, families and troopers of Thunder Squadron, as our time here closes out, I wanted to take a moment and say thank you and let the families know what all your troopers have accomplished over the last few months.

When we last updated you, the Squadron had just finished a wildly successful gunnery – winning all but one of the gunnery awards. From there, we moved out to the National Training Center where the troopers of Thunder Squadron covered about half the NTC and half of the towns. In an area normally covered by two battalions, your troopers excelled and received the highest marks from the NTC trainers. In the end, we emerged having done well against the enemy and all of us feeling confident that we are ready to move forward to Iraq.

Right after NTC, Maj. James and I had the opportunity to go forward to our operational area in Southern Iraq. While I will skip some of the details, I will tell you Iraq is an exciting place. As a



nation, they have made massive strides. Our mission now is assisting their security forces and our brothers in the Department of State to prepare the nation for our departure. While the pace is not as frenetic as it was once before, every trooper is busy, they have a meaningful mission and our operating bases have good facilities.

Upon our return, we were notified that the drawdown of U.S. Forces would cause us to only deploy part of the Squadron initially. While none of us likes leaving Ironhawk as a late deploying troop, it is a mark of progress and Ironhawk is the right team to leave back here to train and be ready to come forward.

As I close this note out, we stand on the brink of deployment. Troopers in the Squadron need

to remain prepared to deploy when called. For troopers back here, we will endeavor to give the maximum advanced warning before anyone is called forward, but Boots and Saddles has sounded and we again head overseas, so all must be ready.

Finally, allow me to thank the troopers for their outstanding, hard work and the families for your limitless patience and support of our troopers. I would ask the families to stay tied in – make sure your FRG knows how to contact you, make sure your trooper has given us the correct information for the IRIS Messaging System and, if you are part of FaceBook, please become a fan of our site (3d Squadron 3d U.S. Cavalry.)

Brave Rifles!

NCOs set the bar for the “Thunder” squadron medics

• • • • •
By Pfc. Jennifer Spradlin
16th Mobile Public Affairs
Detachment
• • • • •

With more than 17 years as an Army medic and a prior deployment to Iraq, Sgt. 1st Class Randy King, 3rd “Thunder” Squadron, 3rd Armored Cavalry Regiment, still preaches the importance of training and leadership to his Soldiers.

His personal motto, “You can’t teach what you don’t know. You can’t lead where you won’t go,” is the standard set for the medics of the 3rd Sqdn., 3rd ACR, during their rotation at the U.S. Army National Training Center at Fort Irwin, Calif., and their subsequent deployment to Iraq.

The NTC mission for the 3-3 ACR combat medics is two-fold - a responsibility to care and treat the real-world injuries of their Soldiers and to participate in a simulated exercise that mirrors their mission in Iraq.

King said that NTC would be the biggest test yet for many of his Soldiers and that his expectations are high.

“Out of 28 Soldiers, 26 are brand new to the military,” said King, an Albany, Ga., native. “I told them that they need to put in 110 percent, because what they get out of this will directly carry

over to Iraq.”

In the week prior to the start of the main exercise, his Soldiers have run the squadron aid station where the most common ailments have been allergies, ankle sprains and dehydration.

“Soldiers have to drink water,” said Sgt. Sabrina Watts, a 3-3 ACR medic with two previous deployments to Iraq. “We constantly brief Soldiers to drink water, but even though it’s repetitive, it’s so important. If Soldiers aren’t drinking enough water, they could die.”

Watts has been in the Army for eight years and is an Ashville, N.C., native. She began her career in logistics and supply but said that a fear of needles and a desire to help Soldiers pushed her to change jobs. The change has been a positive one for Watts, whose goal is to become a licensed practical nurse.

“I’m proud to be a medic and I’m proud to be in the 3rd ACR because they have done great things, and I know they will do great things when they deploy to Iraq,” said Watts. This is the first NTC rotation for Watts and also the first opportunity for her to lead and train junior Soldiers in a large-scale training environment.

Between patients, Watts encourages her Soldiers to practice their key medic skills, such as starting an I.V. or putting on a tourniquet, and brainstorm possible scenarios they could encounter during NTC and in

Iraq.

“I’ve learned a lot about professionalism from my NCOs (noncommissioned officers),” said Pfc. Adrian Avalos, a San Diego native. He said that an additional advantage to being at the squadron aid station was working with real patients and developing his bedside manner.

“I was afraid to handle patients at first because I was still learning the right questions to ask and how to interact with them,” said Avalos. But with every Soldier treated, his confidence and comfort level increases.

Of his mission in Iraq, Avalos said, “I want to help as many people as I can and come back home safely.”

During the main exercise, the focus for the medics will be reacting to mass casualty producing situations and treating Soldiers who may have sustained a mild traumatic brain injury from a vehicle rollover or improvised explosive device. MTBI is one of the most common battlefield injuries, and awareness and treatment of MTBI is a priority across the Department of Defense.

“We realize that Soldiers are sometimes afraid to get help because they are afraid to be called cowards or malingerers, but we aren’t here to judge them, we’re here to treat them,” said Watts. “If they have an injury, we will fix it and if we can’t fix it, we’ll send them to someone who can.”

LONGKNIFE

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

The Soldiers of Longknife have had an incredibly busy couple of months with two Combat Training Center Rotations and not surprisingly, the troopers performed remarkably. In April, Longknife went to JRTC in support of 1-4 HBCT out of Ft. Carson. Two weeks later Longknife deployed to NTC with the Regiment.

During the JRTC rotations, the Trainer/Mentors decided to ramp up the level of the training, since 4/3 had just completed a January rotation. As expected, the troopers took the challenge and performed even higher than the TMs expectations. One of the major highlights of the rotation was bringing the mess section. Renegade's mess section provided hot lunch and mid-night meals, which was greatly appreciated by all the troops. Not only were the meals better than the contracted breakfast and dinner, they did it with a smile. Another major highlight was my first flight at the controls of a UH-60 Blackhawk. I even conducted a sling load mission of 1500 lbs of ammunition to a forward operating base.

NTC was a different

environment for the Squadron, but without missing a beat the troopers adapted to the new environment and showed the NTC Observer/Controllers the high caliber of troopers the Squadron has. Nomad troop was the only AH-64D troop that went to NTC, but they provided 24-hr coverage for the entire Regiment without missing a mission and provided graduate level air-ground integration. Stetson and Tomahawk troop conducted intense DART training in an extremely dusty environment. Both troops have been credited by the NTC O/Cs has the first unit to ever sling the UH-1 aircraft and actually fly them around NTC. The S4 section, Squadron and troop UMOs worked on a very short time line to get troopers and equip from JRTC to Ft. Hood and then to NTC. They had two weeks to recover the equipment from JRTC and rail load it to NTC without any loss or damage.

From 13 July to 23 July, the squadron conducted five Changes of Command: Stetson troop from Cpt. Ron Brown to Cpt. Delvin Goode; HHT from Cpt. Doug Lindsay to Cpt. Anne Maniscalco; Renegade troop from Cpt. Sean McBride to Cpt. Ron Brown; Nomad troop from Cpt. Adam Heppe to Cpt. Doug Lindsay; and Outlaw

troop from Cpt. Paul Fugere to Cpt. Ben Cohen. Three of the outgoing commanders will be leaving the squadron. Cpt. McBride and Cpt. Heppe will be heading overseas to Hawaii and Germany, respectfully. Cpt. Fugere is transferring to Division West here at Ft. Hood.

The quarter ends on a sad note. This will be the last article from Longknife Squadron. Effective 21 July 2010, 4th Squadron will no longer be part of the 3d ACR. The unit will be reflagging to 1st BN 229th Aviation Regt. and at a date not yet determined will move to Ft. Lewis, Washington.

Lastly, Longknife would like to say farewell and God speed to the troopers of 3d ACR. We know your deployment to Iraq will be another successful entry into the 3d ACRs long distinguished history.

Thank you Longknife
for your great service
to the Regiment.

You will be missed!





.....
By Cpt. Jason Goldstein
Muleskinner Squadron
.....

Training to Save a Life

In the profession of arms, practice makes perfect, whether that means turning screwdrivers daily as a vehicle mechanic or scraping plaque off someone's teeth as a dental technician. For the Soldiers in Medical Troop, practicing for perfection translates into rehearsing life-saving skills on animals prior to using those abilities on real human lives on the battlefield.

"The BCT3 training course was extremely hands-on and the best training I've had since AIT. The run lanes are intense and very informative, the instructors are very knowledgeable and very well versed in every class" said PFC Robb, Shelby from Ambulance Platoon, Medical Troop.

As they have prepared for deployment, Medical Troop received several opportunities to build upon what they learned during Advanced Individual

Training, including classroom and on-hand instruction and three separate field training exercises. These training events allowed each of its 19 personnel to practice reacting to injuries, mass casualty scenarios, and daily sick call, all of which they will encounter while in Iraq. During many of these events, simulated casualties were moulaged with make-up and bandages then transported to the Level II aid station, where Medics and providers triaged and treated their injuries.

However, the culminating training experience for Medics in Medical Troop and across the Regiment occurs not in the field but in a normal classroom setting. Live tissue training, otherwise known as Brigade Combat Tactical Trauma Training (BCT3), is a week-long event allowing Medics to practice life-saving techniques on real animals. (Due to the sensitive nature of the training, it is held at an undisclosed location.)

"This is my third experience with BCT3 and I have not been disappointed. The intensity and level of training the medics receive from BCT3 will without

a doubt save lives in Iraq," says Cpt. Rich Demarais, the Med Troop Commander.

After a few days of classroom instruction, Soldiers are led into a room where they are presented with injured animals. Working in teams, it is the job of these Medics to treat their respective animal for injuries (and any subsequent reactions) and to keep it alive as long as possible. Ultimately, live tissue training allows Soldiers to see how their reactions to trauma affect a living creature. For many, this is also the first time they practice their skills outside of training aids and mannequins.

"BCT3 training is the best hands-on training a medic can get without actually working on a live patient. It brings all the medical training together in a nutshell" said Cpl. Whitley, Jennifer from Treatment Platoon, Medical Troop.

The ultimate goal of live tissue training is to allow Soldiers to gain more confidence in themselves, and to deploy knowing that, despite real-life trauma, they will be able to react admirably to save a life.

UAV pilots maintain situational awareness above battlefield

.....
By Sgt. Richard Andrade
16th Mobile Public Affairs
.....

Unmanned aerial vehicle (UAV) pilots maintain an “eye-in-the-sky” view providing real-time surveillance high above the battlefield in order to keep Soldiers safe from unexpected enemy attacks at the U.S. Army National Training Center.

Before putting Soldiers in harm’s way, military UAVs perform aerial reconnaissance, be it night or day. At night the UAV uses night-vision to find the point of origin of any attack, some even carry out attack missions. UAVs have many uses including safely scanning a large area and providing accurate information on potential enemies.

The ground data terminal antenna receives intelligence between the ground control station and the UAV up to 125 kilometers away. The GCS is where the pilots drive the UAVs and is located near the tactical operations center (TOC) providing vitally important real-time video.

“My Soldiers and I provide a ‘bird’s eye’ view situational awareness for the soldiers on the ground,” said Staff Sgt. Thomas Tichy, 66th Military Intelligence Company, 3rd Squadron, 3rd Armored Cavalry Regiment. The 3rd ACR is stationed at Fort Hood, Texas.

“We provide valuable intelligence to our regimental TOC,” he said. “They decide what to do with

our intelligence and put it into action.”

Pvt. Aaron Grumm, also of the 66th MI Co., said his mission at NTC is to provide reconnaissance using a wide array of tactical UAVs. The aerial vehicles cover a larger area than regular ground units would cover in the same amount of time.

“If for example, a Soldier would be lost, we would help find them,” said Grumm, “We can search from above covering a larger area faster than a ground team.” “From high above the ground they can spot someone about to bury an improvised explosive device, or people who are engaging our ground forces,” Tichy said.

Tichy said some of the UAV operators in his company have combat experience using their real-time UAV feed to coordinate with Apache and Kiowa helicopter fire teams to engage anti-coalition forces.

Sgt. Joshua Peterson, also of the 66th MI Co., said his team has direct communication with the TOC and consequently his team is called upon the second there is mortar, artillery fire, or indirect fire directed towards coalition forces.

The vehicle uses a pneumatic launcher upon take-off and is recovered using an arresting hook and cable system similar to the ones used on aircraft carriers. At the conclusion of a mission, once the UAV lands, proper maintenance is conducted to prepare it for any future missions.

Peterson suggests that UAVs are a valuable asset that helps save lives in the combat zone.

“UAVs are the future of warfare,” Peterson said. “Hopefully there will be a time when we can actually go into war without sending any personnel.”



A Shadow UAV is propelled from its launcher to conduct reconnaissance during a training mission.

Stabilization Transition Team



.....
By Lt. Col. Doug Aydelott
STT Commander
.....

It was a busy and exciting quarter for the STT. Building 10045 is a buzzing place. Officers continue to report to the Regiment, and we're now almost up to strength with 37 officers. As we've grown, we've integrated into the Regiment. We're now working hand in hand with Tiger, Sabre, Thunder, and Muleskinner, as well as Remington and the Regimental staff.

Training has been non-stop as we prepare to assume our role at the tip of the spear during the upcoming deployment. It all started with Security Force Assistance training where we trained to advise our Iraqi counterparts by the Army's experts from the 162nd BDE. The training consisted of cultural awareness, advising foreign security forces, and Arabic language. The STT has also been training all across the US and Iraq; personnel deployed to

El Paso to train with the US Border Patrol, Washington D.C. to train with the State Department, the NTC to help lay the ground work for the NTC rotation, and Iraq to meet with the STTs we'll replace in theater. There is also training forecasted with law enforcement agencies in July to prepare us to work with the Iraqi Police. The learning curve has been high as we prepare for this important mission.

The STT was an important part of the recent NTC rotation as the Regiment and each Squadron developed TTPs and SOPs to integrate and fully maximize the capabilities that the STT will bring to the Regiment. The mission is new to all of us, and the Regiment made a lot of headway at every level from platoon on up. We may not have always gotten it right in the Mohave Desert, but we learned a lot of lessons that we can apply in the Iraqi desert during the deployment.

Preparation for deployment is on going in earnest. Automation and countless pieces of other equipment were received, inventoried, and loaded in

connexes. Bags and tuff boxes are packed and loaded in connexes. The STT completed the SRC process with the Regiment and are ready to deploy. The days have been longer than normal just as they have been for everyone in the Regiment, but this will allow us fully take advantage of block leave to spend time with our families before we deploy.

It hasn't been all work and no play for the STT. Not only did most of us attend the Regimental Ball, but many were able to bring our wives to attend as well. All of the Squadrons we're integrated with have taken us into their fold by inviting us to their hail and farewells and other social functions. We really appreciate all of the Regiment's efforts to make us feel like part of the team, and we look forward to every opportunity to don our Stetsons.

Our preparation is just about complete, and the STT is looking forward to being an integral part of the Army's last Armored Cavalry Regiment's only deployment. BRAVE RIFLES!!!

Chaplain's Column

.....
By Maj. C. Wayne Brittian
Regimental Chaplain
.....

Change Your Perspective

In the Book "Forgive to Live" Dr. Dick Tibbits writes, "It would be nice if you could simply erase your story and be rid of it. Unfortunately, deep hurts do not disappear that easily. Forgetting the unpleasant event is not even an option, for it just can't be done. As psychiatrist Thomas Szasz put it, the stupid neither forgive nor forget; the naive forgive and forget; the wise forgive but do not forget." The goal of forgiveness is to remember in a different way. Forgiveness challenges you to change the way you think and to minimize the distortions that warp your view of reality. In short, what you have been telling yourself is not only inaccurate, but it is causing you to act and think in ways that sabotage your own growth and well-being.

Today I would challenge you with a story about your perspective on life. "One day the Devil was contemplating going out of business, and he decided to sell all his tools to whoever would pay the price. On the night of the "fire sale, all his

favorite tools were attractively displayed. Malice, Hate, Jealousy, Greed, Lust and Deceit were among them. To the side, though, lay a harmless wedge-shaped tool that seemed far more worn than the rest. Yet it was the most expensive. Someone asked the Devil, "What's that?" (Pointing to the wedge-shaped tool). "It's priced to high." The Devil answered, "That's Discouragement." "But why is it priced so much higher than all the rest," the onlooker persisted. "Because," replied the Devil, "With that tool I can pierce the strongest man's defenses, pry open his heart, and destroy his will to live, when I couldn't even get near him with any of the others. Once Discouragement gets inside, I can let all the other tools do their work. Remember, we

probably experience some form of discouragement every day. How we handle this emotion determines whether we survive or fall on life's battleground. In the Scriptures the psalmist asked himself, "Why are you downcast, O my soul; why are you so disturbed within me? Put your hope in God, for I shall yet praise him, my Savior and my God" (Psalms 42:5). You see all of us have to deal with censure, discouragement, adversity and numerous other challenges in life, but the question is whether our perspective is conducive to the changes that we need to make in order to enjoy the life we have been given.

What Is Your Perspective?



Regimental Chaplain Maj. C. Wayne Brittian leads fellow troopers in a prayer before the Memorial Day dinner while at the National Training Center, Fort Irwin, California. Photo by Pfc. Adam Hefner

DID YOU KNOW???



The US Cavalry

From 1865 to 1890, the Plains Cavalry protected American settlers, railroaders, wagon trains, businesses, gold seekers and others from Indian attacks. Robert W. Marlin describes the life that they led.

The Plains Cavalry

The US Cavalry existed in various forms from 1775 to 1942. For all practical purposes this service ended during World War II when General Jonathan Wainwright surrendered his saber to the commander of Japanese forces at Corregidor. The cavalry I am about to describe is the one that existed from 1865 to 1890 and was informally known as the Plains Cavalry. Formed at the end of the Civil War in 1865, the Plains Cavalry was charged with protecting American settlers,

railroaders, wagon trains, businesses, gold seekers and others from Indian attacks. The Plains Cavalry was meant to operate primarily on the western frontiers of the expanding nation. At that time almost anything west of the Mississippi River was considered the frontier.

In order to combat the "Indian problem," four additional regiments were added to the existing six. The 9th and 10th regiments consisted of black soldiers with white officers leading their ranks. These regiments later achieved fame as the "Buffalo Soldiers," a name given to them by Indians. Filling the enlisted ranks was another story. Most of the men who had served during the war were finished with fighting and returned to their families. Non-commissioned officers who had served as officers in the

Confederate Army filled part of the void. A number of years passed before ex-confederate officers were allowed to serve in the cavalry as commissioned officers. Some of the more adventurous men with Civil War service also filled the non-commissioned ranks of the new regiments.

Where They Came From

It was extremely difficult to recruit men for this difficult, hazardous and sometimes fatal duty. In some ways, the Plains Cavalry was America's version of the French Foreign Legion. Like the Foreign Legion, the cavalry became a place to simply disappear. Most cavalry units operated outside the borders of the states and provided a new start in life with few questions asked. Early on, many of those enlisting in the cavalry had arrest warrants outstanding for them.

3d U.S. CAVALRY ASSOCIATION

.....
By Sgt. 1st Class Daniel H. Sellers
President, 3d U.S. Cavalry Association
.....

It has been a wonderful and busy start for the 3d U.S. Cavalry Association with new members joining weekly from all the current Troopers, Retirees and family members, Association is growing fast and strong. We are also growing busy with activities and events and looking forward to doing more in the near future and to support the Regiment's departure for Operation "New Dawn" in Iraq while providing for those staying back handling the home mission, new Troopers and families here at Fort Hood and across the Nation.

In July the Association hit the ground running with a raffle for Lucky 16 poker table donated by the 3d U.S. Cavalry Association. The raffle was a great success. Proceeds from the raffle went to the Regiment and Squadron FRGs. The Association also donated \$10,000 towards the Regimental Ball as well as purchased for \$4,000 new historically accurate 1846 uniforms to be used

by the Regimental Color Guard and for special functions throughout the upcoming years.

Thank you to the employees of BAE Systems and their generous donation of \$28,000 and to the local Wal-Mart stores for all their support during Christmas in July. With all the volunteers that came to set up, assemble and clean up we had a great success and the Children of the Regiment received a wonderful early gift of a new bicycle. 587 bikes and helmets were distributed to children of the Regiment.

On July 21, thanks to a grant from the Herzstein Foundation out of Houston Texas, the 3d U.S. Cavalry Association was able to present every Troop, Company and Battery Family Readiness Group a check for \$750. This money will greatly help the FRGs during the deployment to hold activities and functions for the families and Soldiers of the Regiment

Starting in May with work continuing through August the additions to the Regiment's Museum and gift shop have been underway. With donations of materials coming from local VFWs and work being done by volunteers of

the Regiment and the Association, costs have been kept to a minimum allow more support to go to other activities. Come out and see the hard work and stop in the gift shop. Any suggestions or ideas to make it better are welcomed. New Gift Shop hours are Mon-Sat 0900-1600, closed Sun-Mon and holidays.

The Officers of your Association can be reached at www.braverifles.org.

BRAVE RIFLES!



Photo by Staff Sgt. Garrett Ralston

A poker table donated by the 3d U.S. Cavalry Association is raffled July 20, 2010. The 3d U.S. Cavalry Association honors those who serve and have served and preserves the units history and traditions.

3d ACR Family Readiness Group Updates

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By Amanda Rosener
3d ACR, FRSA
.....

Regimental Family Readiness Groups

Tiger Squadron FRGs have been busy preparing for deployment. The Squadron held the first of two predeployment Town Halls on June 30th. Child, Youth and School Services provided a briefing on the free deployment childcare hours and other benefits they offer. Housing, Legal, Military Family Life Consultant, Tricare and the Resiliency Campus were available at information tables. Bandit Troop provided a food-drink booth at this year's Freedom Fest, raising enough money to cover the costs of their Family Organizational Troop event at Camp Triumph in Copperas Cove. Each troop/company/battery provided a BBQ and events for their individual Troop for the Organizational Day with Apache going to Belton Lake Outdoor Recreational Area and Roughrider having a bounce house behind their Company location.

The Squadron also had an Extended Families Briefing in the morning of the Organizational Day during which Lt. Col. Athey and Command Sgt. Maj. Taylor answered the questions of extended families of Tiger Soldiers. Tiger will have its

second predeployment Town Hall on Monday, July 19th which will include a briefing by DFAS on the deployment dollars. Additional services will be present at information booths to answer questions. These services will include CYSS, Skies, DFAS, Financial Readiness, American Red Cross, and Military/Army OneSource. Each T/C/B has at least one more FRG Meeting planned for before the deployment flights start in August. The Squadron is also busily passing out "I Love You" pillows provided by the Embroiderers' Guild of America and the American Needlepoint Guild for each child in the Squadron thanks to the organizational efforts of Mrs. Rebecca Hamilton, the mother of 1LT Hamilton. Tiger Squadron would like to thank all the families for their support and strength as we prepare for this deployment.

Sabre Squadron Family Readiness Groups enjoyed much success over the last several months, from regular FRG meetings to fund raising events. Sabre families work hard at having fun! Hosting regular FRG meetings and helping families learn how best to prepare for the coming year ahead has been on the forefront of most minds. Sabre will host their own Town Hall to better assist families and prepare the minds and spirits for the challenges we are facing as military families in a deployment cycle.

Thunder Families have been steadily at work building a

comprehensive family readiness program and hosting a variety of events. Pre-deployment briefings for the soldiers and family members have been a very helpful event to assist all in preparing for the upcoming deployment. An array of agencies stepped up to inform and teach the Troopers and Families about the necessary steps to take prior to deployment. As with any deployment, this takes preparation and these events help to educate all. If you would like more information or a deployment packet, please contact Alexa Barth, at 286-6617.

The Longknife volunteers have been busy. Julie Wankelman, who has served as the Regimental Layette Program Coordinator for over a year was recognized as a Ft Hood Volunteer of the Year Merit. Julie does so much not only for the Squadron but for the Regiment as well. Ms. Starline Nunely, one of our military Moms, was presented with a Ft Hood Certificate of Appreciation for founding the Military Working Dogs Cooling Vest Project which provides working dogs in Iraq and Afghanistan with eye protection, ear protection and foot protection for the harsh environment they work in order to keep our Soldiers safe. You can find out more about that project online at www.supportmilitaryworkingdogs.org. With all of the JRTC and NTC rotations, our spouses have still found time to volunteer, help each other and enjoy the

fun Squadron coffees. The May coffee was a huge hit and while we are taking a summer break, we hope to have another coffee before school starts again.

Muleskinner Squadron hosted a Spouses Meet and Greet Night with great success. This night gave spouses the opportunity to mingle and create friendships. The Family Readiness Group welcomed a few new members that night as well. Muleskinner Squadron hosted Unit CARE Team training in May, which gave us eight new CARE Team members. The CARE Team currently has 14 volunteers and are grateful that so many have stepped up to support this important mission. Bullwhip Family Readiness Group held a pie in the face fundraiser which helped their FRG gain \$560.00. The Muleskinners utilized the eArmy Family Messaging System in order to notify Families that their Soldier was flying home from NTC. While there are a few

kinks to work out, this was a great tool in ensuring family members were aware of when their service member would arrive home. Muleskinner Squadron is also in the process of preparing for our pre-deployment briefs that will be held in July. The Family Readiness Group took part in stuffing 800 pre-deployment tote bags for the upcoming brief. Each family member will receive a bag of great information to help and assist them throughout the upcoming deployment.

Volunteers throughout Remington Troop have been steadily signing up to assist the Troop over the last few month, we now have Volunteers filling the majority of the positions. We are still looking for CARE Team members as well as a few more key callers. Ms. Pamela Allen, the current FRG Leader, and Casey Lazo the Co-Leader, have been hard at work reorganizing the paperwork and fundraising events. RHHT recently held a

bake sale and raised enough funds to support the majority of events scheduled for this year, thanks to the Volunteers and to the Troopers who donated their time and funds! Ms. Allen was also recognized as the Volunteer of the month for post at the Fort Hood Community Services Council meeting in April. Congratulations Pamela, and thank you! The Troop now has a very comprehensive newsletter with multiple links and in-depth information covering a variety of areas, if you would like to contact the FRG please call 254-286-6729 for more information or email rhht_frg@yahoo.com or you can visit the Troop on the FACEBOOK site at <http://www.facebook.com/#!/pages/RHHT-FRG-3d-ACR/119366284743303?ref=ts> or search RHHT FRG 3d ACR.

We look forward to hearing from you and helping you become part of the Brave Rifles Family!

Army Family Team Building Classes

- Volunteer Management Information System
- Budgeting
- Counseling
- Tax Help Info

Too much more to list!

Check it out! Don't forget to follow the Regiment on Facebook for up-to-date info on what is going on in the Regiment as well as the surrounding area!

JOIN THE



3d U.S. CAVALRY ASSOCIATION

CONTINUE TO SERVE BY JOINING THE FRATERNAL ORDER OF THE REGIMENT OF MOUNTED RIFLEMAN. PRESERVE AND SHARE OUR HISTORY, HONOR THOSE COMRADES IN ARMS WHO HAVE SERVED, SUPPORT THE SOLDIERS AND FAMILIES OF THE REGIMENT, SUPPORT THE 3d ACR MUSEUM.

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- 3d ACR sticker
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- Membership Certificate



www.braverifles.org

Membership is open to any member or former member of the Regiment, Spouses, and Friends of the Regiment.



AER is a private nonprofit organization incorporated in 1942 by the Secretary of War and the Army Chief of Staff. AER's sole mission is to help soldiers and their dependents.

AER is the Army's own emergency financial assistance organization and is dedicated to "Helping the Army Take Care of Its Own". AER provides commanders a valuable asset in accomplishing their basic command responsibility for the morale and welfare of soldiers.

AER funds are made available to commanders having AER Sections to provide emergency financial assistance to soldiers - active & retired - and their dependents when there is a valid need.

AER funds made available to commanders are not limited and are constrained only by the requirement of valid need.

For these reasons, the AER assistance program is conducted within the Army structure by major commanders and their installation/organization commanders through AER sections and other related organizations.

www.aerhq.org

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OUR MISSION

AUSA represents every American Soldier by:

- Being the voice for all components of America's Army
- Fostering public support of the Army's role in national security
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3rd ACR celebrates 164 years of service



Soldiers from the 3rd Armored Cavalry Regiment grill and decorate for their 164th birthday celebration at the U.S. Army National Training Center at Fort Irwin, Calif., May 19. (Photo by Spc. Joshua Jackson, 3rd Armored Cavalry Regiment)

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Story by Spc. Jonathan W. Thomas
16th Public Affairs Detachment
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The 3rd Armored Cavalry Regiment commemorated its 164th birthday May 19 by honoring its history and momentous achievements with a celebration at the U.S. Army National Training Center at Fort Irwin, Calif.

The 3rd ACR has been a part of the U.S. Army since 1846, when Congress organized the unit as the Regiment of Mounted Riflemen.

"I want all of our Soldiers to have a feel for the legacy and history of the formation that they are a part of," said Col. Reginald Allen, 3rd ACR commander.

The regiment has defended and supported the nation during a majority of the country's wars since the Mexican-American War, and continues to serve the United States as they prepare for their fourth Operation Iraqi Freedom deployment. The regiment will deploy late 2010.

With the regiment's rich history, it may not be surprising to most that there is a great amount of pride among 3rd ACR troops.

"I'm the luckiest colonel in the Army," Allen said. "I feel honored

everyday, [this is] best job in the Army bar none."

As the celebration came to an end, many Soldiers looked toward the future of the 3rd ACR with pride and optimism.

"We want to leave a legacy that on our fourth deployment [to Iraq] the regiment continues to serve the nation honorably, that we went to Iraq and supported our Iraqi counterparts and helped them improve," Allen said. "When we leave, there's a big 'X' in the win column for the United States of America; and the [3rd ACR helped]."

Personal Deployment

Safety Message



.....
By Mr. Pete Higgins
3d ACR, Safety Officer
.....

Here we go again.....
Fort Hood to Kuwait then on to Iraq the Brave Rifles are on the move again. During all of this travel and preparations I would like to pass along some tips to help you to arrive safety and prepared for what we are all about to be doing.

By the time most of you read this many of us will be well into our preparation for departure from Fort Hood Texas with a final destination in Iraq. Before going you went through a large variety of training events and testing sessions to make sure that you are fit and informed for this deployment. Like you I well remember the "joy" of receiving more shots, getting blood tests and the weird graphics during the ANAM test. All of this as well as many classes was part of what

we had to do to be prepared for success during our soon to begin deployment. Now for some tips and information that will help you along in getting there safely.

If you have not gone before you have yet to experience the long relaxing flight there. Some tips to help you travel in a bit more comfort with fewer headaches. Hydration, have you ever flown a great distance only to arrive with a wicked headache? Did you ever think it might feel like you were dehydrated? Well it might not be hot and humid like Texas, or Hot and Dry like Iraq, but did you know that the air in an airliner is much drier? Being at high altitude reduces the moisture content of the air we breathe while traveling making you dehydrate just that much

faster. This is one reason the flight crew seems to be offering an endless supply of "alcohol free beverages." Be sure to drink plenty of water or juices and avoid the caffeine and sodas. Also to avoid leg cramps, get up and move around occasionally as well as whenever we stop and land. Besides avoiding leg cramps this can prevent blood clots from forming which can and has caused fatalities!

Once we arrive at Camp Buehring (pronounced "boring") and later once we move up north in Iraq we will all get to enjoy the comforts this part of the world has offer, primarily Hot, dust, hot and more dust! Just as we all do here at Fort Hood, continue to drink lots of water. Always obtain your water from an approved



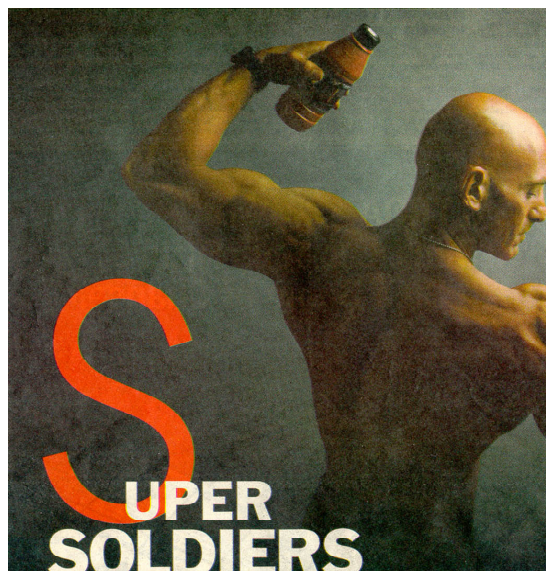
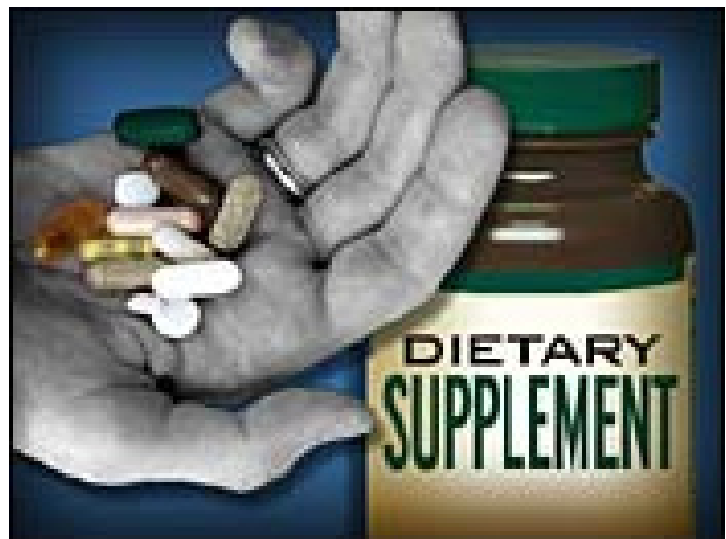
source! Drink plenty of water, your body needs it. Again as has been mentioned before, avoid caffeine, and sodas. If you are taking prescription medication check to see if you have sunlight restrictions or need to increase your water intake rate. If by chance you are taking weight loss or muscle building supplements please refrain from their use as it can cause a multitude of issues in the heat and dry environment with Dehydration being just the first. For more protection from the sun use sunscreen and wear your boonie hat if uniform conditions permit. When possible try to stay in shaded areas during the hottest part of the days. Whether going to training, the DFAC or to the other facilities, always remember to use the buddy system. Keep an eye on your buddy and they should be doing likewise this will go a great deal toward keeping you safe and out of trouble in more ways that you can imagine.

Living accommodations, whether you live in a DRASH, C-Hut, CHU, GP-Tiny or whatever there are a few things that you should stay aware of that can help keep you safe. The first I will address is FIRE SAFETY; most loss of living quarters in country is due to electrical fires. If you have electricity for either light, AC or appliances when you go out, turn them off. Most electrical fires in country occur in living quarters or office areas when no one is there. Before plugging in everything you own or have purchased check the voltage. Most electrical service in country is 220 volt not the 120 volt that you are accustomed to. Also check the max amperage load.

The AVERAGE circuit is set up for a maximum of 20 AMPS! An easy way to determine the amp load for what you plug in is to add up the total wattage/divide it by the voltage giving you the Amp rating. Example :(Coffee Pot: 3750 watts divide by 220 volts = 17 total Amps) don't forget that if you add more items to the circuit to include them as well. You do not want to burn up your temporary home and all of your possessions! Next would be general safety in and around the home, slips, trips and falls account for half of the injuries in country! Most occur near living quarters! Clean up pick up and

police up around where you are living. Inside your quarters keep it neat and orderly, if you need to get out in a hurry you do not need to be tripping over you or your "CHU Mate's" junk. Once outside, what is the shortest way to the nearest bunker? Is it full of trash or is someone using it for a POL / Ammo Point? Lastly, outside keep it cleaned up as well. Snakes, scorpions, and animals all love our trash but not necessarily us. Pick it up and put it in its place.

Pete Higgins
Regimental Safety



Thank you Walmart

Your generous donation of food and beverages allowed us to have very successful organizational days at the Squadron level. Troopers, Families and friends were able to revel in unit camaraderie and enjoy great meals because of your amazing support.



Thank you BAE Systems

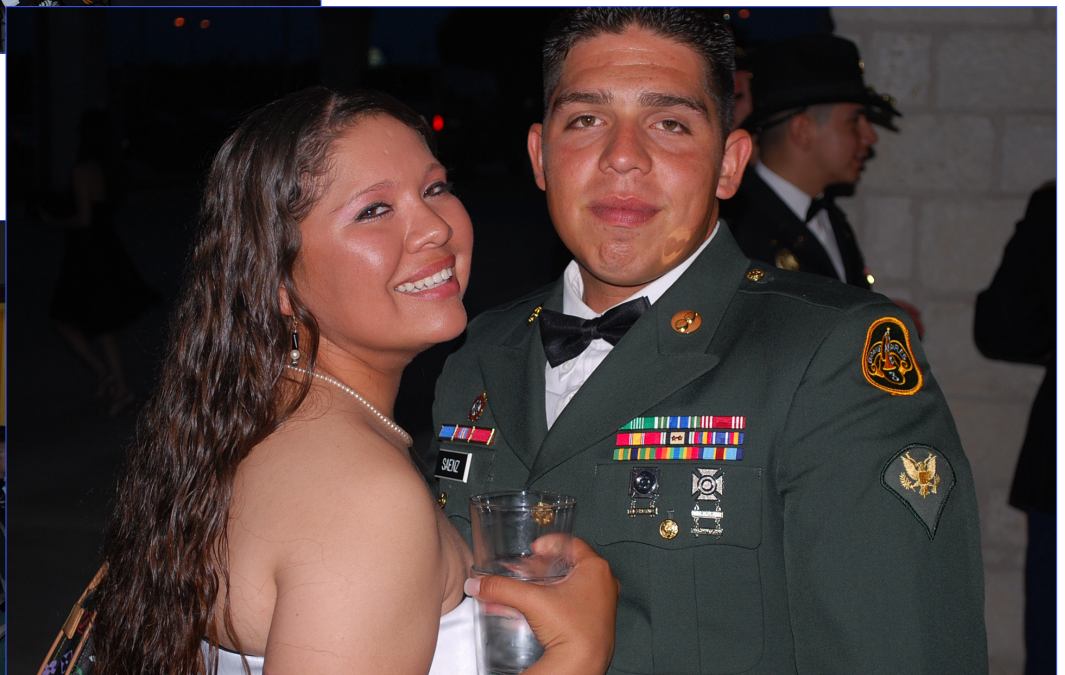
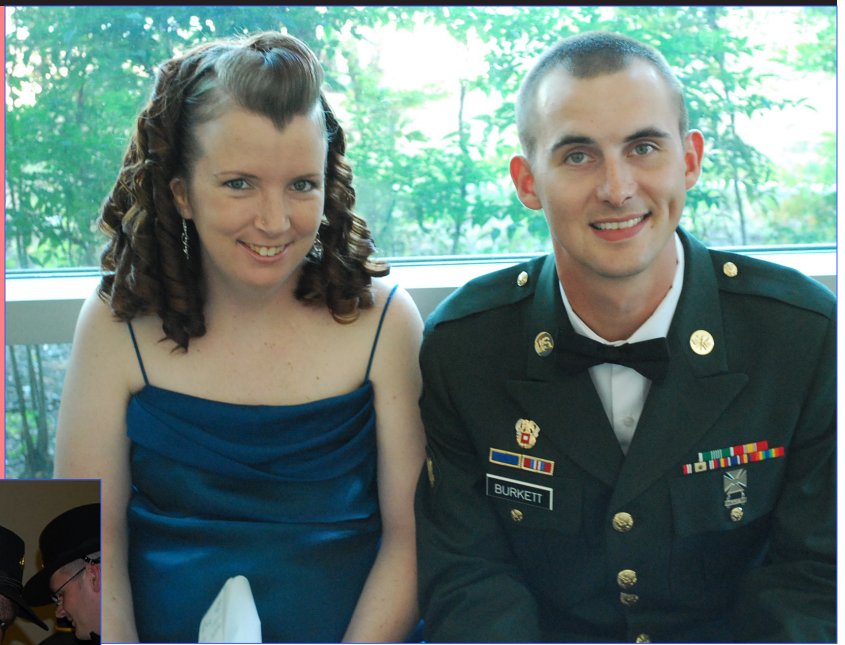


BAE Systems donated almost 600 bicycles to the 3d Armored Cavalry Regiment's children. The bikes were distributed during the Christmas in July celebration at Abrams Physical Fitness Center held July 10, 2010.



Regimental Ball





BRAVE RIFLES! VETERANS!



**YOU HAVE BEEN BAPTIZED IN
BLOOD AND FIRE
AND HAVE COME OUT STEEL**