

ATTACK - LOBOS - SPEARHEAD

1ST AIR CAVALRY BRIGADE

WARRIOR



GUNS - COLD STEEL - WARLORDS

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A memorial service was held for Spc. Ryan McDermot at the 73rd Street Chapel Jan. 15. He was a UH-60 Blackhawk helicopter repairer with C Co., 2nd Bn. "Lobos."



Chief Warrant Officer 2 Penny Johnson, an electronic warfare technician with Headquarters and Headquarters Company, 1st Air Cavalry Brigade, 1st Cavalry Division, poses for a photo at Hood Army Airfield, Fort Hood, Texas, Jan. 29. Johnson is actively using her past experiences of dealing with physical and emotional abuse in a relationship to help others in the local community who are undergoing the same struggles.

1st Air Cav warrant officer puts others before self, volunteers to better community

Story by: SGT Christopher Calvert
1st Air Cav. Bde. PAO

FORT HOOD, Texas – Being a Soldier and a single mother of two, some might say she has her work cut out for her.

But one warrant officer in the 1st Air Cavalry Brigade hasn't let this stop her from volunteering her time to organizations in Virginia and Texas for the better part of the last decade.

Chief Warrant Officer 2 Penny Johnson, an electronic warfare technician with Headquarters and Headquarters Company, 1st Air Cav. Bde., 1st Cavalry Division, has consistently volunteered her time twice a week to sexual assault and domestic violence shelters, child development centers, and family advocacy programs since 2008.

"I feel like I'm giving back to the community to those who need it the most," said the Victoria, Va., native. "It's

all about helping someone other than just yourself."

Johnson enlisted in the military as a watercraft operator in 2005. During this time, she advanced from the rank of private to staff sergeant in five years.

However, the road to entering the military was not without challenges.

"I got married when I was 18," Johnson said. "Shortly after, I became pregnant, and my husband began being abusive."

Despite the harassment, Johnson was able to break away from the abusive relationship and use her experiences as a way to help others enduring similar struggles.

"It's a great feeling to be able to be there for people who are in the same situation I was in," Johnson said. "Just knowing there's a place for women and children to go to in similar situations makes volunteering especially meaningful. It makes me think what I went through was worth it."

In 2010, she became a marine deck officer, all the while continuing to volunteer her time to read, create arts and crafts, and bake desserts with children once a week at the local child development center in Virginia.

Johnson also sat in on anger management classes as part of the Family Advocacy Program, helping to provide a first-hand viewpoint based on her experiences dealing with resentment, she said.

"The children were always excited to see me at the CDC, and I was just as excited to see them," Johnson said. "I also enjoyed sitting in on the anger management classes, because I felt I had something to give, a way to help, as I have been in the same shoes. It's great being able to contribute to making someone else's life better by using the things I've learned."

Shortly after arriving to Fort Hood in April 2013, Johnson became a sexual harassment/assault response and prevention officer for the brigade and immediately began researching local shelters where she could volunteer.

She even spearheaded the brigade's Make a Difference Day in October 2013, during which Johnson and about 40 Soldiers helped clean and maintain a local sexual assault and domestic vio-

lence shelter in Killeen, Texas.

"The event was a huge success," Johnson said. "We worked together that day and performed yard work, moved furniture, cleaned windows, and many individuals donated used goods to help the families living there. I was impressed so many people showed up, and the shelter is better now because of it."

Sgt. 1st Class Mariel Morgan, the 1st Air Cav. Bde. career counselor with HHC, participated in the Make a Difference Day event, and volunteers her time to the Texas Humane Heroes animal shelter in Killeen on a weekly basis.

Being a fellow volunteer, Morgan said she knows the drive it takes to consistently spend hours on the weekends helping those who are in a bad way.

"I think what Miss Johnson does is awesome," said Morgan, a Caguas, Puerto Rico, native. "She's a single parent, an officer, and a SHARP, yet she still finds time to volunteer and give back."

Morgan said local community organizations could benefit from more volunteers chipping in their free time and commended the Soldiers and Family members who go out of their way to better others' lives.

"Some organizations make it on a daily basis because of volunteers like Miss Johnson and me, and they could always use more help," Morgan said. "Everything we do ultimately makes a difference."

Johnson said the years of volunteer service have helped define her as a mother and Soldier, and she looks forward to continually helping the local community, one family at a time.

"Volunteering has become part of who I am," Johnson said. "I will continue doing my part, and I won't be stopping any time soon."





Maj. Ronnie Holmes (left), a Blackwell, Okla., native and physician assistant for the 1st Air Cavalry Brigade, 1st Cavalry Division, is inducted into the Order of Military Medical Merit as Sandra Townsend, Fort Hood ombudsman and retired command sergeant major from the U.S. Army Medical Command, presents him with the Order's medalion here at Troop Medical Clinic 12 at Hood Army Airfield at Fort Hood, Texas, Jan. 8.

1st Air Cav physician assistant receives top honor

*Story by: SGT Christopher Calvert
1st Air Cav. Bde. PAO*

FORT HOOD, Texas – More than 23 years of enlisted and commissioned service to the Army Medical Department culminated in a single moment for the 1st Air Cavalry Brigade's physician assistant.

Maj. Ronnie Holmes of the 1st Air Cav. Bde., 1st Cavalry Division was inducted into the Order of Military Medical Merit here at Troop Medical Clinic 12, Hood Army Airfield, Jan. 8.

For him, those years of medical service were not in anticipation of receiving awards or accolades, but instead, taking care of the Army's most precious resource: Soldiers.

"It's not about me; it's about teamwork," said the Blackwell, Okla., native. "It's about what you as a member of a team can do to help a Soldier on the battlefield."

The Order is private organi-

zation founded in April 1982 by the U.S. Army Health Services to recognize excellence and promote fellowship and esprit de corps among Army medical personnel.

Membership denotes distinguished service in the top 10 percent of the field, and recognizes those individuals who have clearly demonstrated the highest standards of integrity and moral character, displayed an outstanding degree of professional competence, served in the medical sector for a minimum of 10 years with selflessness, and have made a sustained contribution to the betterment of Army medicine, according to the Army Medical Department.

"I'm honored and humbled to be inducted," Holmes said. "When you redeploy and a Soldier who you helped on the battlefield tells you thanks for what you did, that's good stuff. Everything we do is a team effort."

Holmes served for 14 years as

an enlisted health care specialist, where he distinguished himself quickly and was selected to be an instructor at the Army Medical Department Noncommissioned Officer Academy due to his leadership skills and experience as an aidman, senior medic, and battalion medical sergeant.

At the academy, he mentored hundreds of NCOs, developed the first military operations in urban terrain training (MOUT) exercise for Army Medical Basic Noncommissioned Officer Course students, and played a key role in the development and implementation of their distance-learning program, said Maj. Massimo Federico, brigade surgeon.

"He truly exemplifies what it means to be a warrior, leader, and a health care practitioner," said Federico, a Woburn, Mass., native. "As a sergeant, he was recognized for his actions during a multiple car accident scene on a Kansas highway. As a staff sergeant, he was recognized for successfully resuscitating an 8-year-old drowning victim. No one deserves this more than him."





Air Cav battalions come together to execute Operation Gun Rescue over Belton Lake, May 8.



A UH-60 Blackhawk from 3-227th 'Spearhead' assists in Air Assault training at Fort Hood, Sept. 26.



Harvey Owen (left), presents Chief Warrant Officer 2 Michael Hughes, 4th Attack Reconnaissance Battalion, "Guns Attack," 227th Aviation Regiment, 1st ACB, 1st Cavalry Division, the Meritorious Service Award at the Killeen Civic and Conference Center in Killeen, Texas, Dec. 19, for the lifesaving measures Hughes took to save his life on Nov. 9.

KFD recognizes 1st Air Cav Apache pilot's life-saving efforts

Story by: SGT Christopher Calvert
1st Air Cav. Bde. PAO

Killeen, Texas – Of the nearly 383,000 people who go into out-of-hospital cardiac arrest each year, less than 8 percent end up surviving.

Due to the quick actions of one AH-64D Apache Pilot with the 1st Air Cavalry Brigade, a local Killeen, Texas, man was fortunate enough to join that 8 percent.

The Killeen Fire Department awarded Chief Warrant Officer 2 Michael Hughes with the 4th Attack Reconnaissance Battalion, "Guns Attack," 227th Aviation Regiment, 1st ACB, 1st Cavalry Division, the Meritorious Service Award at the Killeen Civic and Conference Center in Killeen, Texas, Dec. 19, for the lifesaving measures he took to save a fellow Texas citizen last month.

The KFD Meritorious Service Award is presented to private citizens who, through active interest, concern, and effort, contribute to or assist the department in such a manner that distinguishes them and significantly benefits the department.

Hughes was driving back to Killeen, Nov. 9, after moving his mother-in-law from New Jersey to Texas, when he, his wife, and his 12-year-old son stopped at a local self-storage facility to return their U-Haul truck.

The manager of the facility, Harvey

Owen, began inspecting the trailer and finalizing paperwork.

Mid-inspection, he began to stagger.

"When he walked back in the fenced area of the facility, he started to stumble," said Hughes, a West Melbourne, Fla., native. "I assumed he tripped on a rock, but then he stumbled again and fell face-down after attempting to catch himself on a golf cart. I immediately ran to him to make sure he was alright."

Hughes rolled Owen onto his side and asked him if he was ok; Owen told him to give him a minute. About a minute later, Owen took a turn for the worse.

"I tried to keep him talking and responsive, but he started breathing heavily, and after a short time, he started to turn blue," Hughes explained. "I told my wife to call 911, and I checked for a pulse. His pulse was faint, if any, so I tilted his head back and started rescue breathing."

Hughes' son ran across the street to alert a state trooper who was parked nearby, and his wife, instructed by the 911 operator, directed her husband to commence CPR.

"I got no response while rescue breathing, so I began performing CPR, and after about three cycles of chest compressions [compressing the chest at least 2 inches with the heels of one's hands], he began breathing on his own," Hughes said. "Shortly after, the paramedics arrived, and I was properly relieved."

After being relieved, paramedics informed Hughes that if he hadn't performed CPR, Owen wouldn't have survived.

Owen was rushed to the hospital in Temple, Texas, and was released weeks later after receiving lifesaving surgeries to remove blockages from his heart. He is healthy enough now to attend the KFD banquet and even presented Hughes the award.

"The main reward for me is just seeing he is OK," Hughes said. "During the ordeal, the one thing on my mind was to get him breathing. I can't say I didn't panic at first, but then my training kicked in. I'm just glad he came out of this whole deal OK. Anyone would have done what I did. I was just in the right place at the right time."

Owen's son, Brodie Owen, has taken care of his father in Austin, Texas, since the ordeal took place and has watched his father's health increase dramatically since being discharged from the hospital.

"My 67-year-old dad is doing tremendously well now," said Owen. "He was having symptoms for the last six months, but he was too stubborn to tell me or his doctors during his checkups. Doctors now say that within six months, he will feel better than he has for the last five years."

Now living just miles from his father, the younger Owen has convinced him to retire and enjoy the fruits of his labor.

"I'm glad someone like Michael was there who had the training, desire, and ability to use the training and snap into action," Owen said. "If Michael wouldn't have jumped into action and performed CPR right then, I would have been burying my dad."



Spc. Jose Perez Perez, an AH-64 attack helicopter repairer with Co. A, 4-227th, reenlists at Camp Buehring, Kuwait, Jan. 17.



Soldiers with 1-227th say their last goodbyes before deploying to the CENTCOM theater of operations.





Spc. Brandon Wolf, a Kingston, Okla., native and health care specialist with Headquarters and Headquarters Company, 1st Air Cavalry Brigade, 1st Cavalry Division, prepares a needle to administer intravenous fluid to a Soldier at Troop Medical Clinic 12 at Hood Army Airfield, Fort Hood, Texas, Nov. 12.

Air Cav Native American medic continues family traditions of hard work

Story by: SGT Christopher Calvert
1st Air Cav. Bde. PAO

FORT HOOD, Texas – American Indians enrolled as members or citizens of a U.S. federally recognized tribe have the opportunity to apply and compete for unique scholarships, grants and waived tuition to seek higher education.

For one Native American Soldier with the 1st Air Cav, serving his country after graduating high school was the choice meant for him.

Spc. Brandon Wolf, a health care specialist with Headquarters and Headquarters Company, 1st Air Cavalry Brigade, 1st Cavalry Division, is an American Indian Soldier serving in today's military.

"I could have gone to college for free," said Wolf, a Kingston, Okla., native. "That wasn't for me. Hard work's for me."

Native American Heritage Month begins each year on November 1st to

celebrate and recognize the accomplishments of the country's original inhabitants.

American Indians have a distinguished legacy in the Army. Thousands served in the armed forces from the early days of the Revolutionary War, with the Lewis and Clark expedition, as scouts with the U.S. Cavalry, and as code talkers in World War II.

Being of Chickasaw and Choctaw decent, Wolf grew up in southern Oklahoma alongside eight siblings and was taught the value of hard work at an early age from his blue-collar dad and no-nonsense mother, he said.

"Hard work has always been something my family has taken pride in," said the humble and soft-spoken Wolf. "I remember my dad coming in at midnight with about an inch of roofing tar stuck to his boots. As soon as I could, I was up there on the roof too."

Wolf traces his family's lineage back to Chickasaw chiefs, who first settled in Oklahoma around Cheyenne territory before the first white settlers arrived in North America. As far back as he can remember, making a living through hard work has been a staple in his family.

Between his father Gene and mother Eva, the Wolf family grew up roofing, running a slaughterhouse, welding, and performing a slew of other occupations involving tough manual labor.

Even with today's modern conveniences, Wolf still carries on Native American traditions instilled in him from the time he was a child.

"I still hunt with a bow and noodle (hand fishing) for catfish with my brothers," Wolf said. "I took my cousin hand fishing (catching fish out of the water without a rod or net) for his first time down at the Red River recently, and he pulled out a 45-pounder. It's an amazing feeling to keep these traditions alive."

Wolf learned to ride a horse, with and without a saddle, at age 11. Following Native American traditions, he and his brothers tamed a wild horse, known proverbially as "breaking a horse."

He and his brothers still routinely play stick ball – a game similar to lacrosse, but with smaller sticks and a field goal post used for scoring instead

of netted goals.

In their down time, they attend bi-annual powwows where they celebrate their heritage by dancing throughout the night, as well as educating younger tribe members on customs and news regarding the tribe.

With a rich bloodline of American Indian heritage, the Family has also had members serve in various branches of the Armed Forces.

Wolf's paternal grandfather, David Wolf, served with the 29th Antisubmarine unit as part of the Army Air Corps, where he piloted a B29 Superfortress during his two terms of service.

His uncle, Lynn Wolf, was a military policeman stationed in Germany, and was hand-selected to carry President Eisenhower's casket in Sherman, Texas, during Wolf's tenure in the service before retiring.

It was a no-brainer for Wolf to volunteer to enlist during a time of conflict, considering his family's storied legacy of service

"Although my grandfather died shortly after I was born, my father told me stories of him and his service all the time," Wolf said. "I always looked up to him, and I respected him and my uncle's choice to serve."

Wolf decided to join the Army in 2011 in order to better himself while providing aid to Soldiers around him.

"I chose to be a medic, because I wanted to help people," said Wolf. "It's pretty rough training, but I knew I could do anything I set my mind to."

Wolf provides healthcare on a daily basis to Soldiers at Troop Medical Clinic 12, at Hood Army Airfield here. He said his parents could not be any more supportive.

"They're extremely proud," Wolf said. "They have a lot of hope for me and my siblings, although my mom did ask me how come I didn't choose the Air Force."





So live your life that the fear of death can never enter your heart. Trouble no one about their religion; respect others in their view, and demand that they respect yours. Love your life, perfect your life, beautify all things in your life. Seek to make your life long and its purpose in the service of your people. Prepare a noble death song for the day when you go over the great divide.

Always give a word or a sign of salute when meeting or passing a friend, even a stranger, when in a lonely place. Show respect to all people and grovel to none.

When you arise in the morning give thanks for the food and for the joy of living. If you see no reason for giving thanks, the fault lies only in yourself. Abuse no one and no thing, for abuse turns the wise ones to fools and robs the spirit of its vision.

When it comes your time to die, be not like those whose hearts are filled with the fear of death, so that when their time comes they weep and pray for a little more time to live their lives over again in a different way. Sing your death song and die like a hero going home.

~ Chief Tecumseh