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SPC Holmes of Rattler Troop sites in his M4 at a zeroing range.



PFC Hernandez, SPC Smith, SPC Fox, and PFC Williams from Fox Troop pose for a picture.



Greetings from COL Allen



With over 180 days passed in our deployment, we are "over the hump," so to speak, but much work remains ahead of us. I can't begin to express my pride in the fantastic work all of your Mounted Riflemen are doing here in southern Iraq. Through the efforts of our Troopers at all levels, the Regiment is distinguishing itself in true Cavalry fashion in Iraq. We are exceeding adjacent brigade level units in many areas, including projects undertaken to assist local Iraqi communities across our five provinces. These projects help the Iraqi people, government, and security forces and give us leverage and access to allow us to improve the situation in the northern five provinces of southern Iraq. Leaders at all levels are engaging daily with their Iraqi partners in meaningful ways in order to support the Iraqi Army, the Iraqi Police, and the Department of Border enforcement in providing security for the Iraqi people. All of this is happening amid a safety record that far exceeds any other unit in Iraq – period. The accomplishments of the Brave Rifles to date are nothing short of remarkable.

No less remarkable is the daily "mission" undertaken by the other part of our team, the Brave Rifles Families. Many of you have sacrificed through multiple deployments with the Regiment or other previous units across the Army. While many thoughts and prayers extend to our Troopers here in Iraq, it is the brave daily effort of our Families that fill the hearts and minds of those deployed. You are the foundation for everything we do. Thank you for standing by us, halfway around the world, and committing daily to

sacrifice while we serve.

We've been able to celebrate two huge milestones recently with the opening of the 3d ACR Resiliency Center and the opening of a portion of Contingency Operating Site Kalsu to our Iraqi Army brothers. The 3d ACR Resiliency Center came about through the tireless efforts of our Regimental Chaplain, Regimental Surgeon, Regimental Headquarters and Headquarters Troop Command team and many others, and it indicates the heart of our leaders and staff to place the needs of the Soldier first. This facility will include areas for relaxation away from the stresses of daily missions and a room that will allow for private online counseling sessions between Soldiers and Families, facilitated by counselors. We also celebrated the official opening of a portion of our base at Kalsu to a battalion of the 8th Iraqi Army Division. Tiger Squadron put on a great ceremony that provided a fitting commemoration of the last base in the Regiment's five provinces to welcome Iraqi Security Forces. The partnership that we share with our Iraqi counterparts helps improve the safety and security of our Soldiers and the Iraqi citizens surrounding our bases. Additionally, we will soon begin a major training program with the Iraqi Army unlike anything done here before – Operation Eagles Rising (8th Iraqi Army Division, our partner division, is called the Eagles). More to follow on that in the next update.

As Mounted Riflemen, we have a tradition that can be summarized in one word—Excellence. The Troopers of this Regiment continue to honor those traditions as we persevere in our mission in Iraq. To the Soldiers and Families of this proud unit, I say, "Thank you, and keep up the great work. We are halfway there." Brave Rifles!

Greetings from CSM Hunt

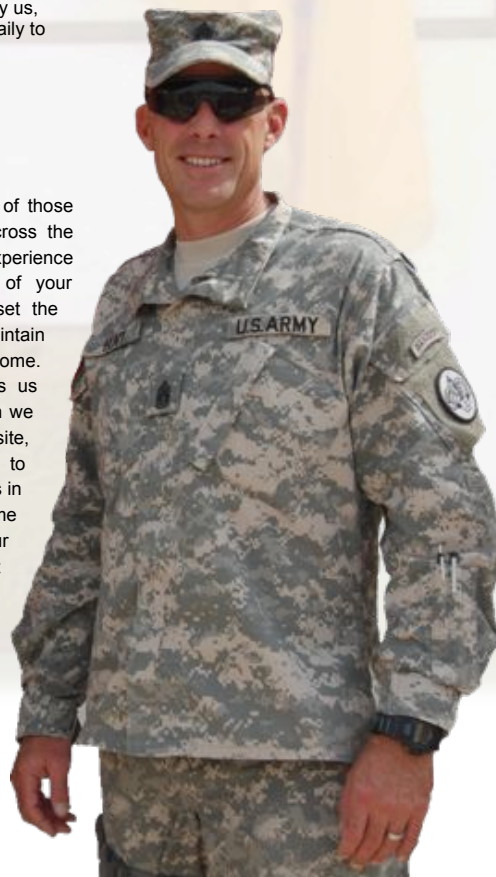
Troopers and Families of the Regiment, your receipt of this newsletter means another successful month for the Brave Rifles team has passed. We are a handful of months from completing our mission here, and we are constantly establishing new relationships with our Iraqi partners, while growing and developing on those we began with. We have many goals still yet to accomplish and we will.

During the month of February, we have seen many small civil projects completed and some major ones like that of the 2/31 Iraqi Army compound opening on Kalsu, the Babil History Museum, and the Rifles Resiliency center. These projects are the result of the dedication and professionalism of our Troopers. As we conduct our missions here, we need to be mindful of safety at all times and ensure we execute every task by our standard, the Brave Rifle standard. I expect my NCOs to enforce this at all levels and ensure that we keep our Troopers safe. This will ensure the ultimate success of our mission. NCO's need to be fully engaged with the health and welfare of their Troopers at all times. Our Troopers are the mechanism of our collective success and are therefore invaluable to our team.

I would like to congratulate all of those promoted in the senior NCO category across the Regiment. I charge you to apply your experience and leadership to ensure the success of your subordinates. They will look to you to set the example they will live by. We all must maintain communication with our loved ones at home. They are the support network that keeps us motivated and concentrated on the mission we all have to do. We also have our Website, Facebook and YouTube accounts, set up to inform them about our mission and progress in Iraq. Ask your friends and family to become fans of our Facebook site and to check our YouTube and Website for a look at what their Trooper is doing.

www.facebook.com/3dacr
www.youtube.com/3darmcavreg

BRAVE RIFLES!!!

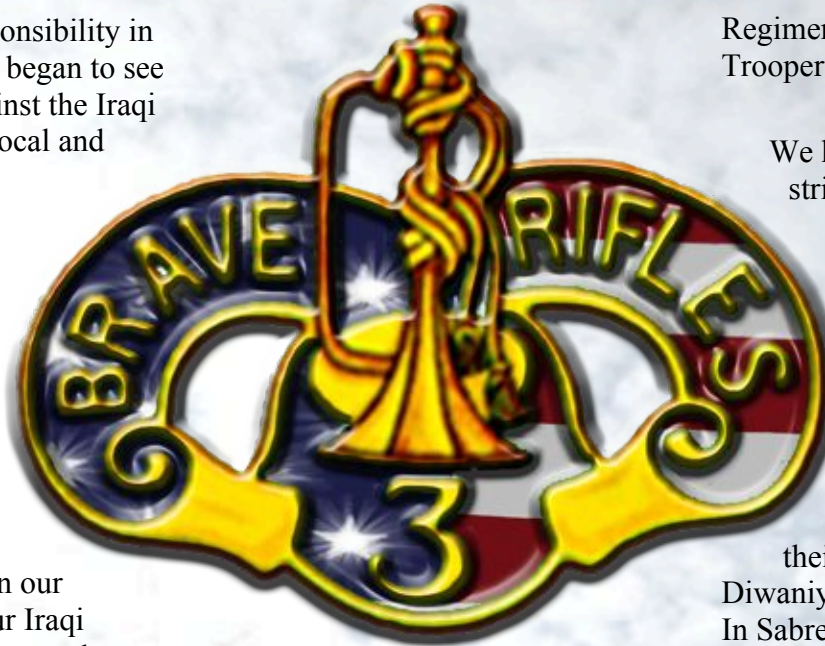


Operation New Dawn

Update

In our area of responsibility in Iraq this month, we began to see citizens protest against the Iraqi government at the local and national levels. Consistent with the drawdown of the U.S. military presence in Iraq, our policy was to advise and train and let Iraqis handle this internal political matter. We continue to maintain our relationship with our Iraqi partners, both military and civilian and continue to work with the PRT to help move the country toward a more productive and transparent government, which we believe will help calm some of the unrest in this region.

The Regiment was the host for two conferences in mid-February. At Contingency Operating Base Delta, we coordinated the Wasit Senior Leader Intelligence Conference, which was a success. Both the 3rd Region Department of Border Enforcement and the Zurbatiyah Point of Entry leadership participated in a curriculum where we trained 30 Iraqi officers and enlisted personnel on various topics to help them gather intelligence



more effectively in their roles in securing Wasit Province. We also organized the Babil Security Conference, where we likewise worked with security leaders in the areas surrounding Contingency Operating Site Kalsu in order to foster better coordination of security efforts among different Iraqi organizations in Babil.

The first company from the 31st Iraqi Army Brigade moved onto COS Kalsu recently, with more Soldiers to arrive on the IA compound in the coming days. This will greatly assist our Tiger Squadron in coordinating with their partner organization in our advise, train and assist mission. We also welcomed Ironhawk as they joined up with Thunder Squadron at COS Echo this month, rounding out the

Regiment's complement of Troopers here in Iraq.

We have been making great strides as well in training the Iraqis to use modern technological investigative techniques and effective crowd control measures. Thunder Squadron is achieving significant positive results from their efforts to train the Diwaniyah Anti-terrorism Unit. In Sabre Squadron's operational environment, Iraqi Police training in forensics and basic skills has graduated over 20 personnel while Sabre's Civilian Police Assistance team conducted training at the ZPOE, the largest pedestrian border post in Iraq, on crowd control techniques.

Each new day poses a distinct problem set, but the Brave Rifles continue to meet every challenge with honor and success. Troopers at all levels are showing their commitment to the Iraqi people and the mission at hand as every day brings us closer to redeploying with our hearts full of pride and our heads held high.

Q: What additional pay does a Soldier receive when he or she is deployed?

A: The Department of Defense allocates additional pay to deployed Soldiers in the below categories.

Family Separation Allowance (FSA)

Soldiers separated from family members for more than 30 days are entitled to FSA. Entitlement stops if Soldier returns to home station for 30 days or more. Dual military members without dependents are entitled if the couple resided together before being separated and are deployed to different locations. Entitlement appears on the Leave and Earnings Statement (LES) as "FSH." Current rate is \$250.00 per month (\$8.33 per day). Entitlement authorization begins on the day of departure from home station and ends the day prior to return to home station.

Hardship Duty Pay (HDP)

All deployed Soldiers may receive between \$50-\$150 per month, depending on the deployed location. Current rate for Iraq theater of operations is \$100 per month. Soldier must perform official duties in designated locations for more than 30 consecutive days. HDP entitlement begins on the day of arrival into the designated area and ends on the date of departure. HDP is prorated and paid at a daily rate for partial months. This entitlement shows as "HDP" on your LES.

Hostile Fire Pay/Imminent Danger Pay (HFP/IDP)

Soldiers performing official duties in a designated hostile fire area are entitled to HFP. Current rate is \$225 per month. This entitlement will appear on your LES as "HFP/IDP." A Soldier serving one day of a month in the HFP area is entitled to the entire month's pay.

Combat Zone Tax Exclusion (CZTE)

Soldiers serving in a designated combat zone or in a designated HFP area supporting a combat zone are exempt from payment of federal and state income taxes on Basic Pay, Hardship Duty Pay, and Hostile Fire Pay. Exemption for officers is limited to the amount of the Sergeant Major of the Army's base pay plus HFP. The last published limits for 2010 were \$7386.30 plus \$225. Enlisted Soldiers' exemption is not limited. Leave earned in a combat zone is also tax free. When Soldiers take CZTE leave after departing the combat zone, the associated income during the leave period is not taxable, and the tax withholding is reimbursed (either by a tax adjustment on the LES or reducing gross income reported if the leave is not taken in the same year as it was earned). First leave used after departure of combat zone is CZTE leave.

A Note for Soldiers and Families

As you can see, the deployment offers significant benefits in financial entitlements. What better opportunity to save a portion of this money for the future of your Family. The Army offers numerous ways to help you save.

Look for information the Thrift Savings Plan in next month's AI-EE-YAH!!!

Promotions

PV2 Brenneman,
Jason

PV2 Estes,
Chadwick

PV2 Marrasqin,
Victor

PFC Abernathy,
Stephen

PFC Ashcraft,
Brandon

PFC Fatnani, Pranav

PFC Helmer, Cody

PFC Leak, Dalton

PFC Miller, Daniel

PFC Montes, Eulogio

PFC Olson, Andrew

PFC Perez-Pantaleon,
Elvis

PFC Petersen, Travis

PFC Scott, Matthew

PFC Sweat, Aaron

PFC Welborn, Jeremy

PFC Yeauger, Daron

SPC Aery, Brian

SPC Badey, William

SPC Bates, Matthew

SPC Collins, Stephen

SPC Delavega, John

SPC Dellerman, Dustin

SPC Fenton, Kimberly

SPC Gilliam, James

SPC Glover Donya

SPC Gregorio, John

SPC Hefner, Adam

SPC Hinderer, Kelly

SPC Jaquez, Antony

SPC Jones, Tyler

SPC Kahla, Priscilla

SPC Kirkpatrick, Joshua

SPC Ledesma, Marcos

SPC Lomboy, John

SPC London, Allistair

SGT Ammon, Noel

SGT Campbell, Michael

SGT Dye, Matthew

SGT Huffman, Albert

SGT Johnson, Joshua

SGT McCanney, Omar

SGT Slease, Brian

SGT Swindell, Brandon

SGT Valentine, Donald

SSG Bradley, Darren

SSG Garcia, Daniel

SSG Graham, Walter

SSG Hawkins, Xeomar

SSG Perez, Michael

SSG Rowell, Matthew

SSG Staggs, Justin

SSG Zizelman,
Richard

SFC Baines, Twanna

SFC Jones, Leon

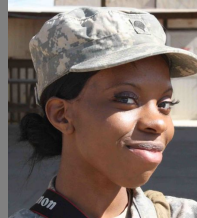
SFC Milam, Justin



What does being a Cavalry Trooper mean to you?

"I like how the Cavalry maintains its traditions throughout time."

SGT Ebony Banks, RHHT



"It's not about living up to standards it's about being the standard."

SPC Brittany Douglas, RSS

"It is a unit where camaraderie is more prevalent than any other unit Army-wide, because we are such a tight knit organization."

CW4 Victor Powell,
Thunder Squadron



Tiger

A New Iraqi Army Compound

In February and March, Tiger Squadron had the privilege of participating in a historic event at COS Kalsu. On the 5th of February the Iraqi Army officially took possession of the 2nd Battalion, 31st Iraqi Army Brigade compound, and for the first time, we welcomed elements of the Iraqi Security Forces to permanently live on our base. Since that date the Squadron has been assisting the Iraqi Battalion with moving equipment and improving their compound.

This first step in turning over the whole COS to the Iraqi Army would not have been possible without the tireless efforts and teamwork of a number of units from across the Squadron. As the 2nd Battalion's counterpart unit, Bandit Troop received the Iraqi unit's requests for

support and ensured all assets were coordinated in order to meet their transportation, construction, and supply needs. Bandit Troop was there every step of the way making sure the move went off without a hitch. The 43d Combat Engineer Company contributed countless man hours and expertise, found only in their unique unit, to the project. From the start the Sappers were an integral part of this move; responsible for building the perimeter fence of the compound, grading and building a brand new access road, completing two brand new entry control points, positioning and hooking up electricity for the battalion officers' living quarters, and constructing the Iraqi Army's kitchen. HHT's support platoon provided heavy lift transportation assets on multiple occasions to help move the Iraqi Battalion's equipment from their old home to their new compound.

None of this would have been possible without the tireless efforts of the Squadron's Iraqi Army Stability Transition Team. LTC Jackson and MAJ Keel ensured that the 2-31 IA Battalion received required support from their parent Brigade to enable

the move while working directly with LTC Hameed (2-31 IA XO) and the Regimental S4 to ensure the transfer inventory was accurate and signed on time. Finally, the Squadron Staff planned and executed a first class signing ceremony attended by members of the Iraqi press and media which officially turned over the base to Iraqi Army control. Development and transfer of the 2-31 IA Battalion Compound was a true team effort from start to finish, and for Tiger Squadron it marks the beginning of a process that will result in the return of two more compounds to Iraqi control and ultimately serves to display our commitment to the final withdrawal of U.S. Troops in less than one year.



Sabre

Beer for Breakfast

Three in the morning is a strange time. First, you have the people who are naturally awake at this time, who seem to be wired differently. They seem to thrive on some strange energy that is only present at night, spending late hours finding things to do when the rest of the world around them sleeps. Second, you have the people who would not normally be awake at these unusual times, but for one reason or another have been compelled to mingle with the night people. These unusual encounters can be witnessed across America in places like Austin's 6th Street. One such encounter occurred recently at COB Delta with Sabre Squadron.

On February 6th at 3 p.m., many of the Families and friends of Troopers in Sabre were at home, setting up party trays with snacks, ordering pizza, grilling burgers and hot dogs, and (most key to this story) putting their beer on ice, all in preparation for the Super Bowl. Meanwhile in Iraq it was midnight, the night shift was quietly working away while the day shift napped

before heading to the dining facility. Three short hours later, several from both sides would meet. In a much appreciated effort to give the deployed Soldiers, Sailors, Airmen, and Marines in Iraq a taste of home, it was decided that on this most American "holiday" they would all be given the opportunity to drink two beers while watching the game. The DFAC personnel did their best to recreate a true Super Bowl party with hot wings, pizza, burgers, and more.

It was here that the day people and the night people met. The day people came in with the glassy-eyed expression of a person whose body woke before their mind, seemingly confused on why exactly they were not still in bed. The night people had already arrived laughing, joking and keeping a watchful eye on the cooler of beer as if it might grow legs or vanish suddenly. The beer began to flow, and it took little time for the day people to realize why they were awake. Some sat quietly and enjoyed their beer, while others exaggerated the effects of their beers

trying their best to connect to the night people's source of energy.

As drinks were finished, the crowd slowly began to fade. In fact, except for a few devout fans, most of the Troopers there probably could not tell you much about the game. It wouldn't be until the replay at a more "sensible" time that they would actually watch the game. For those deployed to COB Delta, Super Bowl XLV won't be remembered for the game, but instead for having a few hours to sit with their Sabre Family and enjoy a small piece of home.



Thunder

On January 17, soldiers from Maddog Company conducted a mission vital to the future success of Iraq's economy and agriculture. Maddog troopers escorted PRT officials past the small town of Abu Sukhayr along the Euphrates River to a group of three buildings which comprise the Rice Agricultural Research Center of Mishkab. Upon arrival, Maddog troopers dismounted and provided security for Mr. Daryl Veat of the PRT as he met with the director of the research center.

Mr. Veal and the director talked primarily about areas in which the PRT could meet the financial needs of the Rice Research Center. The biggest issue which they discussed, and which made this meeting so important, was funding for a new breed of rice. Mr. Veal hopes to provide the research center with a hybrid species of Japanese rice seed which requires less than 25% as much water as the species currently found in Iraq, while doubling crop yield. Research for these plants would be done using new facilities and laboratories by agricultural scientists and students at the University of Kufa working through a cooperative education program between the university and the research center. If their combined research supports the use of these hybrid rice plants, they will be marketed to farmers throughout Iraq.

The spread of this species of plants to Iraq would help solve some long-standing environmental, agricultural, and economic problems. Historically,

Iraqis have farmed small plots of land for thousands of years, using flood irrigation techniques with water from the Tigris and Euphrates Rivers. This method of irrigation provides plenty of water for crops in otherwise non-arable areas. However, when water is flooded into the fields, it eventually drains back into the rivers, carrying with it salt and other minerals. Not only does this deplete the farmland of valuable nutrients, but it renders the rivers so alkaline that it causes damage to the surrounding plant and animal life. A breed of rice that requires less water could enable Iraqi farmers to use more efficient irrigation techniques.

Economically, introducing this new crop could provide more grain at a lower cost to the impoverished population centers of Iraq, improving quality of life across the country. "This could completely revolutionize the way rice is grown in Iraq," Mr. Veal said emphatically of the potential for the project. "It feels good knowing

we are helping Iraqis create a more economical life for themselves before we eventually leave for good," remarked 1LT Matthew Maxcy, Platoon Leader for 2nd PLT, Maddog Company.

Overall, the day's work resulted in a positive outcome for all involved. Approval for the CERP Project for the Rice Research Center in Mishkab appears favorable at this point, and the effects of such a program could vastly improve the quality of life in southern Iraq.



RSS

If you're looking for a snapshot of the drawdown here in Iraq, you'd be hard pressed to find a better spot than Contingency Operating Station (COS) Kalsu. The Support Squadron of the 3d Armored Cavalry Regiment, based out of Fort Hood, TX, has the lead on clearing out excess equipment from the remote base, with much of the ground-level work being done by their Supply & Transportation Troop, better known throughout the Regiment as "Packhorse"

The Packhorse Troopers are involved in the drawdown, officially known as RDoF, for Responsible Drawdown of Forces, in multiple ways. It starts at the troop level, turning in excess supplies. "I do a lot of looking around, thinking to myself, 'Do I need that?', and if not, it's getting turned in," says the troop commander, Captain Eric Shockley. "We're constantly finding stockpiles of supplies and parts that have been misplaced or forgotten over the years. There's a strong sense of 'But I might need that,' but I tell my Soldiers that unless they feel like staying here, we need to turn in all this excess."

The Troop also has a part in that process beyond its own storerooms. Sergeant First Class John Kirby, Platoon Sergeant for the

Troop's Supply Platoon, is in charge of receiving and processing all the excess on the base. "We find all kinds of things," he said. "Last time [in the fall] when we did this we found containers with computers, monitors, all that." Sergeant First Class Kirby and a support team from the 36th Infantry Division spent about a week and a half on each of the Regiment's bases, processing thousands of items for shipment south to Kuwait.

On a recent mission to one of those bases, the Troop was responsible for another part of the drawdown, conducting a backhaul of several vehicles so that they can be shipped south. "This is a big convoy," said Sergeant First Class Marcellous Powe, Platoon Sergeant for the Troop's Petroleum Platoon. On this mission he was serving as the Convoy Commander. "We have 49 trucks on this trip. We're going to be stretched out pretty far, but luckily we're traveling at night, [so there] should be less traffic." The Troop, in conjunction with its sister unit, "Blacksmith," conducted several of these missions throughout February.

"I know this wasn't the mission last time," said Captain Shockley, referring to his



Sergeant Moses Garcia and Specialist Roberto Delaviera supervise the loading of vehicles during a recent backhaul mission in southern Iraq.

previous deployment. "But I think it's good. The Regimental Commander has talked several times about how the job we're doing now, bringing about an orderly close to the war, is our way of ensuring that all the sacrifices made since 2003 aren't in vain. I think that means a lot to the folks back home, and that's good enough for me."

FRG Events

Finance Classes Offered at Fort Hood

To register for any of the following Finance Classes, please call (254) 287-8979.

Banking:

Discover the differences in banking institutions. This class places emphasis on records keeping and personal organization of finances. Class: Every Tuesday 0930-1130

Budget/Debt Management:

This class teaches how to create an accurate budget/spending plan that you can stick to and that meets your need; plus information and strategies for managing personal debt; how to escape its clutches and improve your credit score. Class: Every Tuesdays 1330-1530 and the 4th Thursday of each month 0930-1130 at the Resiliency Campus

Credit Booster:

Learn how to read and understand your credit report; how a credit score is determined and how you can improve your score. Learn how to correct errors found on your credit report which can reflect on your credit score. Also, you will learn how to understand the calculation of finance charges and how to lower your interest rate. Class: First Thursday of each month 0930-1130 and Second Thursday of each month 1300-1500 at the Resiliency Campus

Understanding Insurance:

Students will learn the basics of understanding insurance. The instructor will discuss the different reasons for purchasing insurance (life, auto, home and renter's).

Class: First Thursday of each month 1300-1500 at the Resiliency Campus

Savings & Investing:

This class provides an overview of all types of saving and investment products; this class covers the basic information needed to understand how savings plans and different types of investments work. The topics covered include IRA's, 401K's, TSP, 529 plans and money market accounts.

Class: Second Thursday of each month 0930-1130 and Fourth Thursday of each month 1300-1500 at the Resiliency Campus

Consumer Affairs and Identity Theft:

The goal of this class is to help the soldier and their families make smart consumer decisions and how to avoid problems in our increasingly complex marketplace. Subjects include purchasing a car and auto repairs; dispelling myths and avoiding scams; telemarketing, internet and mail fraud schemes; consumer laws and many other topics. Information is provided on how to resolve disputes effectively and what role local, state and federal agencies play in protecting customers. Class: Third Thursday of each month 0930-1130 at the Resiliency Campus

Home Buying 101:

Buying your first home can be overwhelming. You will learn home buying terms such as down payment, mortgage, escrow, financing, home inspection, survey, property taxes, fees, titles, insurance and legal responsibilities. Class: Third Thursday of each month 1300-1500 at the Resiliency Campus

Dave Ramsey's Financial Peace University:

This is a 13 week course that is presented on Thursday evenings 1830-2030. The next series of classes begins March 10, 2011. The class topics include: super saving, relating with money, cash flow planning, dumping debt, credit sharks in suits, buyer beware, clause and effect, mutual funds, tuition, real estate and more.

Need to Contact your Command Financial Specialist (CFS)? Need help with your budget and getting things in order? Contact 3d ACR NCOIC, SFC BELL, SHERISE sherise.bell@us.army.mil 254-553-0069 for a current CFS roster for your unit.

CARE Team Training

Casualty Response (CARE) Teams are a huge asset to 3d ACR in the event of a casualty. After the official notifications have been made, these trained groups of volunteers go to the home and help the affected family in several ways. Care Team training provides tools to volunteers who are willing to provide short term care and support to families of deceased or critically injured Troopers or Family members. Volunteers offer in home assistance with meals, telephone and gift logs, cards and condolences, and emotional support. A Care Team usually consists of 2-3 volunteers at a time that rotate after several hours. It is important that we have several volunteers of our rosters so that we can ensure proper rotation (and rest) of those that are giving their time to assist their fellow Brave Rifles Spouses during a very difficult time. There are many roles that Care Team members can take on. We encourage all who are interested to take Care Team training so that they can be better educated as to what each of these roles encompasses and decide how you can best be of assistance in the event that you are called upon to serve as a Care Team member.

CARE TEAM TRAINING

ACS offers a day and an evening class each month.

March 9, 2011 5:30-8:30pm at Oveta Culp Hobby SFRC

March 23, 2011 9:00am-2:30pm at Oveta Culp Hobby SFRC

April 6th, 2011 5:30-8:30pm

April 27th, 2011 9:00am-2:30pm

Call 254-288-2794 to register. Please provide a copy of your certificate to your FRSA so that you can be added to the Care Team Roster. We want to ensure we are on track with all of our wonderful Volunteers.

M W R E V E N T S

Echo Track and Field Event

Schedule

March 4 & 5, 2011

Day One, March 4

50 Yard Sprint

Tire Relay

100 Yard Sprint

High Jump

220 Yard Run

Day Two, March 5

Sand Bag Toss

440 Yard Run

Long Jump

One Mile Run

Obstacle Course

4 x 100 Relay

Rules

1. All teams will consist of 15 participants.
2. All teams ***must compete*** in every event or will be disqualified from competition.
3. Pre-sign ups are required in order to compete and must be finalized ***no later than two days*** prior to the first day of competition, no sign ups, no compete, comprehend?
4. Substitutions will be allowed, but substitute ***must be*** a member of the original 15 member pre-sign up squad.
5. ***No changes to the original 15 man roster will be allowed*** within one day of the start of competition.
6. Each military team may have a non competing team captain of a rank of E-7 or below only. Civilian teams may also have a non competing team captain.
7. Rank of E-8 or above may assist in putting together the military teams, but are prohibited from coaching during the two days of competition.
8. Strict adherence to these rules is mandatory; ***any violation of the rules*** will result in disqualification from the rest of the games



Kalsu Recreation Center March 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 R&B/Hip Hop
Old School Night	3 Texas Hold-em	4 B-Boy Night	5 Ping Pong	6 8 Ball Tournament	7 Reggae Night	8 R&B/Hip Hop
Old School Night	10 Texas Hold-em	11 B-Boy Night	12 Ping Pong	13 9 Ball Tournament	14 Reggae Night	15 R&B/Hip Hop
Old School Night	17 Texas Hold-em	18 B-Boy Night	19 Ping Pong	20 8 Ball Tournament	21 Reggae Night	22 R&B/Hip Hop
Old School Night	24 Texas Hold-em	25 B-Boy Night	26 Ping Pong	27 9 Ball Tournament	28 Reggae Night	29 Salsa Night
Old School Night						30 R&B/Hip Hop

All events start at 2000 unless otherwise noted







Camp Echo G-6 March

SUN	MON	TUE	WED	THR	FRI	SAT
1 MARCH MADNESS Brackets		2 YOGA	3 Contest	4 Reggae	5 Salsa	
6 Chess	7 Poker	8 YOGA	9 Contest	10 P	11 Video Game Tournament	12 Reggae Salsa
13 Flag Football	14 Poker	15 YOGA	16 Contest	17 P	18 Reggae	19 Salsa
20 5K Run	21 Poker	22 YOGA	23 Bench Press	24 P	25 Reggae	26 Salsa
27 Poker	28 Poker	29 YOGA	30 Push Up	31 L	Reggae Spades Every Wed Night	Salsa Abc Class Every M-W-F @ 2000

Military functions have priority, events subject to change

Staying fit through deployment

By SSG Mark Albright

BABIL, Iraq- Soldiers often set goals to achieve while deployed, finishing college, learning to play an instrument or, one of the most popular, getting in better shape.

Often, Soldiers have hectic schedules during deployment and find



Spc. David Bostick, Maintenance Troop, Regimental Support Squadron, 3rd Armored Cavalry Regiment lifts weights in the First String Gym. The gym is housed in the RSS motorpool and is designed to allow Soldiers to have access to workout equipment to meet fitness goals while continuing their mission.

it hard to schedule time to go to the gym. Often, when they do find the time, the gym is full of other Soldiers working for the same goal.

Soldiers with the Maintenance Troop, Regimental Support Squadron, 3rd Armored Cavalry Regiment, have an alternative to hectic schedules and gym over-crowding – starting their own gym. The “First String Gym” started with one piece of gym equipment and has developed into a functional workout facility in the RSS motorpool.

“At First String Gym we promote healthy and safe workout and eating habits with good nutrition. That’s why we are able to see the best results,” said Staff Sgt. Hector Martyr, a noncommissioned officer in Maintenance Troop, originally from the Caribbean island of St. Lucia.

“Here we don’t care how much you can lift. We care that you are doing it correctly

and that you see the results,” said Cpl. Kenneth Messenger, also from Maintenance Troop and a native of Oshkosh, Wis.

The main focuses of gym patrons are getting in shape or maintaining desired fitness levels. First String was started with both in mind.

“First String Gym started in a primitive stage with unconventional and unorthodox methods of keeping fit, due to work constraints and scheduling,” said Martyr.

“We didn’t have time to conduct [organized] physical training. So we figured out a way to do it on our own,” said Messenger.

Martyr and his fellow Soldiers found their first piece of equipment during the cleaning up of their motorpool. This led to the discovery of other workout equipment in their area.

“Our night crew approached a group of Soldiers and asked if we could use a Bow-Flex that was sitting in their bay at the time. We were then sent to a container that had some dumbbells,” said Martyr.

In addition, welders in the unit fabricated a weight bench and the gym’s

Staff Sgt. Hector Martyr, Maintenance Troop, Regimental Support Squadron, 3rd Armored Cavalry Regiment, lifts weights in the First String Gym. The gym was started to facilitate Soldier’s workout goals while working hectic hours during deployment.



Cpl. Kenneth Messenger, Maintenance Troop, Regimental Support Squadron, 3rd Armored Cavalry Regiment conducts dips in the First String Gym. Messenger uses the gym to stay physically fit during his unit’s deployment to Iraq.

founders received sponsorship from Master Sgt. John Dowd, the head noncommissioned officer for the 3d ACR supply section and a resident fitness expert on the base. Dowd, a native of Burgaw, N.C., also advised the team on safety and proper usage of the weights.

“Master Sergeant Dowd was the biggest help,” said Martyr. “His interest in us and willingness to help us get more equipment has set us up for success.”

First String has grown in size and equipment, and its patrons are in the process of creating a motivational t-shirt. The gym even has its own Facebook page, designed to allow family members to follow along with their Soldier’s fitness progress.

