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Bug!



Fox Troop Soldiers assist Iraqi Soldiers before training April 25, 2011.

An Iraqi Soldier waits in a defensive position during training April 25, 2011.



Greetings from COL Allen

"Good evening. Tonight, I can report to the American people and to the world that the United States has conducted an operation that killed Osama bin Laden, the leader of al Qaeda, and a terrorist who's responsible for the murder of thousands of innocent men, women, and children." I woke up this morning to hear our Commander-in-Chief speaking these historic words on live television. The spontaneous celebrations that erupted in cities across the country showed just how long America has been waiting for such news.

There are certain times in life when your mind takes record of where you were when you witnessed history in the making, when something within you says, "Remember this." Every generation has their own examples, from the famous moon

landing of 1969, to the tearing down of the Berlin Wall in November 1989, to

SSG Quadi Hudgins, 1LT Omar Vazquez PFC Antonio Stiggins, and SPC Robert Friese. We stand in honor of these brothers in the wake of their deaths just as they stood with us so valiantly in life.

In addition to these deaths, 26 Troopers were injured by these attacks. After tragic losses and vicious attacks such as these, the question becomes, "How do we respond and continue accomplishing our mission?" As I visit with Brave Rifles across southern Iraq, I see each of them living out the answer to this question.

From the most senior leaders to our most junior Soldiers, the Regiment of Mounted Riflemen is pressing on, committed to completing the mission and defending our Troopers. It is through such perseverance that we honor the sacrifices of our fallen friends and all of the Soldiers and Families who have sacrificed for the cause of freedom in Iraq since 2003.

You should know that these attacks will not go unanswered. We have already developed targets and changed our patrolling methods in order to find and kill the enemy who attacks us. The first eight months of the deployment were challenging, but with only one combat casualty. Now the enemy has changed that, and they do not yet know that they have "awakened a sleeping giant," to use a phrase from a different war. But they will.

To put things in perspective, I'd like to finish as I began, with the words of our Commander-in-Chief that adequately grasp the complexity of our task and the reasons behind every sacrifice. "That is the story of our history, whether it's the pursuit of prosperity for our people or the struggle for equality for all our citizens; our commitment to stand up for our values abroad and our sacrifices to make the world a safer place."

the inauguration of the first black President of the United States on January 20, 2009. Personally, I will always remember where I was when I heard of the death of Osama bin Laden, the archenemy of America and the architect of the attacks of 9/11. I was proudly leading some of the bravest, most formidable Troopers the world has ever known—the Regiment of Mounted Riflemen—in the historic mission of Operation New Dawn.

The President went on to say, "The cause of securing our country is not complete," and our Troopers and Families know this full well. The Brave Rifles are still here in Iraq, still committed to finishing the mission here with honor, dignity, respect, and success. We are accomplishing tremendous victories on a daily basis through the dedicated efforts of our Soldiers. This success does not come easy. April was a difficult month. We lost five of our warriors in attacks against our Soldiers and bases in southern Iraq. Along with the Troopers of this Regiment, I extend my deepest sympathy to the Families of SSG Christian Garcia,



Greetings from CSM Hunt

Troopers and Families of the Regiment, as we begin the month of May, we look back on April and we must first acknowledge the brave sacrifices of the five Troopers we lost in support of Operation New Dawn. These Soldiers should be remembered as the true heroes that they were. My condolences go out to their Families and friends in this time of grief.

As we enter the last 90 days of the deployment, we have learned the United States has killed Osama bin Laden. Our brothers-in-arms accomplished a mission 10 years in the making, the capture or death of this enemy of the free world. There is cause for Americans to celebrate, but we need to remember our mission here in Iraq. As we move forward with the task at hand, we are in the process of continuing our Advise and Assist mission with our Iraqi counterparts. Iraqi Soldiers have received professional training from the Soldiers of the Regiment throughout our operational environment, and we will continue to provide this same great training as we begin our redeployment process.



Redeployment is coming in the next couple of months, and we need to continue to stay in touch with our Families and keep them informed without jeopardizing operational security.

The lives of our Troopers are too precious to endanger them by compromising sensitive information. To the families and Friends of the Regiment, thank you for your support to the Troopers. Your love and support is greatly appreciated. Upon our return, we look forward to the opportunity to return that support to you.

I want to congratulate those who worked hard to make the Arrowhead Stakes Soldier Competition a success. 3d ACR hosted this great event, and our Soldiers rose to the top of the group of competitors from across United States Division-South. Brave Rifles!!

Finally, I would like to congratulate the senior noncommissioned officers promoted this last month. Congratulations on your advancement in the NCO Corps.



Arrowhead Stakes Winners

NCO

1st Place

SSG Pacheco, Nixon
3rd Squadron, 3d ACR

2nd Place

SSG Haynes, David
RSS, 3d ACR

3rd Place

SSG Barron-Zamora, Luis
DSTB 36th ID

Soldier

1st Place

SPC Coble, Matthew
RSS, 3d ACR

2nd Place

SPC Christian, Jesse
66th MI, 3d ACR

3rd Place

SPC Burdin, D'Andre
B Co. 63rd ESB

Operation New Dawn

Update

April was a difficult month as the Regiment lost five Troopers in insurgent attacks across our operational environment in southern Iraq. We are united in our grief over the loss of these great Soldiers and are renewed in our steadfastness to stand against terrorism and finish the course in Iraq. Memorial services for each of these brave men drew crowds of fellow Soldiers and friends in honor of their ultimate sacrifices for freedom's cause. It has been amazing to see the resiliency displayed across the Regiment during this tough time.

In response to these attacks, we have continued and increased our force protection efforts with a broad and immediate series of actions focused on improving the security of our Soldiers and bases and bringing to justice the individuals responsible. We also continue to take the fight to the enemy, using every tool at our disposal. Importantly, we do this within the framework of developing the Iraqi Security Forces. We will continue to emphasize to local security forces, the Government of Iraq and the general population that they must take definite and forceful steps to ensure security in the northern provinces of southern Iraq.

Amid challenging circumstances, the Regiment's efforts are meeting with significant success, and the Soldiers of this Regiment are displaying the hallmark qualities of the Cavalry: adaptability and flexibility. This mission is anything but conventional, but the Brave Rifles have responded in Cavalry-style with creative problem-solving and unrelenting determination to succeed. This was exemplified in one recent success in Babil Province. On Feb. 7, four individuals were observed by aerial surveillance attempting to



plant a roadside bomb along a main highway. Through coordinated efforts with Iraqi Security Forces and Iraqi Highway Patrol, the Regiment enabled the capture of these four individuals. In order to ensure these and other terrorists were justly punished for their crimes, the Regiment stood up a prosecution task force to assist in building evidence-based cases against terrorists operating across the northern provinces. Just days ago, these same four terrorists were convicted of their crimes and sentenced to 15 years each in jail. Do to the tireless work of the squadrons and Regimental staff and our strong partnership with the ISF, we are seeing increasing success in curbing terrorism and strengthening the justice system in our provinces. There are three other cases across the provinces where terrorists are being tried for their crimes against U.S. Forces and six other cases where investigative teams from the Regiment are working hard toward trials in the Iraqi court system.

Training of the Regiment's ISF partners continued across the Regiment this past month. The main effort of the Regiment is our major

training initiative in Wasit Province, Eagles Rising. The second iteration of Eagles Rising began the second week of April with individual training. The Iraqi training center cadre was in the lead for this portion of Eagles Rising. Stability Transition Team members at Eagles Rising strongly believe that ISF are getting stronger and more competent as the days progress. This leads STT members to believe that ISF can conduct successful training cycles with

little or no U.S. involvement. We have completed Operation Rifles Salvation, which was a mission designed to assist our Iraqi partners in responding to demonstrations and protests throughout our area as well as conducting heightened security in and around our bases. The month passed with few protests in our area, all of which remained peaceful.

As April progressed, preparations for Easter began. Care packages full of jelly beans, Peeps, and chocolate bunnies were a common sight around the Regiment. Chapels across the Regiment planned special Easter services including a sunrise Easter service on COS Kalsu.

With our tour in its ninth month, we have worked diligently to prepare for our upcoming redeployment. Our planning staff has been instrumental in the synchronization of future base closure efforts, civil infrastructure project completions, and preparation for the last scheduled transfer of authority in our provinces. Each Squadron has likewise made great progress in its preparations for redeployment back to Fort Hood. The Regiment is currently on track for a smooth and successful transition out of Iraq.



The Exceptional Family Member Program



The Exceptional Family Member Program (EFMP) is a mandatory enrollment program that works with other military and civilian agencies to provide comprehensive and coordinated community support, housing, educational, medical, and personnel services to Families with special needs. Soldiers on active duty enroll in the program when they have a Family member with a physical, emotional, developmental, or intellectual disorder requiring specialized services so their needs can be considered in the military personnel assignment process.

Family members must be screened and enrolled, if eligible, when the Soldier is on assignment instructions to an OCONUS area for which command sponsorship/Family member travel is authorized, and the Soldier elects to serve the accompanied tour. This screening consists of medical records review for all Family members, and developmental screening for all children 72 months of age and younger.

Soldiers are responsible for keeping their EFMP enrollment current as exceptional Family member (EFM) conditions change or at least every three years, whichever comes first.

What is the EFMP?

The EFMP is a mandatory enrollment program that works with other military and civilian agencies to provide comprehensive and coordinated community support, housing, educational, medical, and personnel services to Families with special needs.

What is an EFM?

An EFM is a Family member (child or adult) with any physical, emotional, developmental, or intellectual disorder that requires special treatment, therapy, education, training, or counseling.

Who must enroll in the program?

a. The following Soldiers with EFMs (children and adults) will enroll in the EFMP.

1) Active Army.

2) U.S. Army Reserve (USAR) Soldiers in the USAR Active Guard Reserve (AGR) Program. Mobilized and deployed Soldiers are not eligible for enrollment in EFMP.

3) Army National Guard AGR personnel serving under authority of Title 10, United States Code and Title 32, United States Code.

b. Department of the Army civilian employees do not enroll in the program. However, they must identify dependent children with special education and medically related service needs and Family members with medical needs each time they process for an assignment to a location outside the United States where Family member travel is authorized at Government expense.

How does a Soldier enroll in the program?

The Soldier contacts the nearest Army medical treatment facility EFMP point of contact to begin the assessment process and obtain the enrollment forms. Once the forms are completed, they are forwarded to the appropriate regional medical command for coding. The regional medical command enrolls eligible Active Army Soldiers in EFMP. They notify Army National Guard and Reserve personnel agencies of eligible AGR Soldiers who then enroll them in the program.

For more info contact your installation EFMP manager in Army Community Service (ACS) or go to:
www.hoodmwr.com/acs/efmp.html.

Promotions



SPC Bailey, William T.

SPC Banuelos, Phillip

SPC Decoteau, Jordan

SPC Kaleta, David

SPC Pitts, Frankie

SPC Richards, Evin

SGT Coble, Matthew

SGT Karr, Jacob

SGT Newcomb, Charles

SSG Williams, Ronny

SFC Bonhomme, Sharoder



How do you stay fit while deployed?



"MSG Dowds' 'Body by Dowd' and eating right."

WO1 Overton

"Through homemade 'First String Gym'."

SSG Martyr



"A lot of running. I like when they do marathons and 10K runs."

SPC Bean



Tiger

Stress shoot competition tests cavalry Soldier's skills

Story by 1st Lt. Daniel M. McKeegan



BABIL PROVINCE, Iraq – Since the 1st Squadron, 3d Armored Cavalry Regiment arrived in Iraq in September, the unit has continually trained to keep its combat edge. The squadron held the first in a series of competitions March 18, all of which are designed to find out who is the best shooter in the unit.

The competition used a timed course where the participants ran approximately three-quarters of a mile while wearing full body armor, navigating a

wire obstacle, and finally completing a standard qualification with their M4 carbines. More than 100 Soldiers volunteered to test themselves on the challenging course.

Ten heats, each with 10 competitors, contended for top honors. Soldiers were awarded points for elapsed time and accuracy. Each participant was ranked in the order they finished, from the start of the heat, until they successfully cleared their weapon after shooting. Additionally, the Soldiers earned points for their proficiency in basic rifle marksmanship, based upon a judge's score of how many rounds hit targets on the target lane.

The training tested the Soldiers capability to complete basic combat functions under stress.

"All of the Soldiers performed admirably in the execution of the Stress Shoot Competition," said 1st Lt. Alexander Cole, the officer in charge of the event. "It is important to exercise the ability to engage and destroy the enemy in a realistic training environment."

Additionally, the troops, companies, and battery that make up 1st Squadron also competed against each other, with the top three soldiers' points

from each division combining to show which unit was best in the Squadron.

The competition ended with the 43rd Combat Engineer Company, "Spartans," winning first place, with second and third going to Bandit Troop and Roughrider Troop.

First place among individual participants went to Cpl. David Rawls from Roughrider Troop in the optical sights division and Pfc. Michael Collins from Sapper Company for the iron sight division.

Second and third place went to Staff Sgt. Joseph Garcia of Dragon Troop and Spc. Eric Johnson of King Battery in the optical sights division and to Spc. Adam Gaskill of Sapper Company and Pfc. Salvatore Anania of Apache Troop in the iron sights division.

One of the day's champions described the event as fun, but challenging. "I am looking forward to the future competitions," said Rawls.



Sabre

A force growing stronger

Story and photos by Staff Sgt. Garrett Ralston

AN NUMANIYAH TRAINING BASE, Iraq – Members of the 3rd Battalion, 32nd Brigade, 8th Iraqi Army Division completed three weeks of training on southern Iraq's An Numaniyah Training Base Apr. 27.

The 3rd Battalion is the second Iraqi unit to complete training as a part of "Eagles Rising," a comprehensive training program developed by the 3rd Armored Cavalry Regiment to enhance the combat capabilities of the Iraqi Soldiers.

Since Eagles Rising began in March, members of the 3rd ACR have worked closely with both the Iraqi training cadre and the Iraqi Soldiers to ensure they are prepared, not only to conduct their security mission, but also to maintain current internal training needs.

"The original focus was simply to develop the Iraqi Army's attack and defend operations," said Lt. Col. Terry Hodgson, the Iraqi Security Forces cell chief with the 3rd ACR Stability and Transition Team, and a native of Orangeburg, S.C. "For several years their focus has been on fixed site security. They haven't spent much time on traditional tactics."

During two training rotations the Iraqi cadre have worked with platoon and company level

Soldiers on a wide variety of skill sets. The culmination of the most recent class was a large exercise that would test the Iraqi Soldiers on much of what they had learned.

A force on force battle between Iraqis and 3rd ACR Soldiers lasted nearly two hours. The Iraqi Soldiers defended their positions from the enemy Soldiers while artillery simulators, smoke grenades and star cluster flares provided extra effects. The Iraqi Soldiers prevailed, with only 13 casualties when the dust settled.

The cadre also focused on training the Iraqi Soldiers on basic force protection exercises that will increase their resiliency in their daily operations.

"During the second iteration, assistance on the Iraqi Army's internal security was requested [by IA leadership]," said Hodgson. "Iraqi Soldiers face many dangers every day during their operations."

As the phases continue Iraqi cadre plan to add force protection training to the regular attack and defend exercises they are conducting now.

"It has been a long time since my men have trained on Soldier tasks," said a commander of the 32nd Brigade. "We are now sharper on using terrain and our weapon systems. We are now ready to take our positions and serve our country."

Iraqi leaders believe with each new class, their men continue to take hold of the training and are leading from within their own ranks.

"I think the center will now be better prepared to execute full spectrum operations training," said Hodgson. "We have also instilled in the junior officers that some great training can be conducted right at their home stations without massive resourcing. That's an important idea that I hope the Soldiers and leaders will take away from this training."



Thunder

Regulators model 'train and assist' mission

Story and Photos by Staff Sgt. Mark Albright
3rd Armored Cavalry Regiment Public Affairs

DIWANIYA, Iraq - As Operation New Dawn comes to an end this year in Iraq, the legacy of U.S. Forces in the country is very important. The Soldiers of 3rd Armored Cavalry Regiment are contributing to that legacy through the training of Iraqi Security Forces and assistance to the Iraqi people.

Soldiers with Regulator Battery, 3rd Squadron, 3rd Armored Cavalry Regiment, modeled this important mission during two separate events in Qadisiyah province recently.

In a training exercise March 22 at Contingency Operating Site Echo, the Regulators trained 8th Iraqi Army Soldiers on how to fight and maneuver as a team.

The training consisted of mounted patrol teams securing a training facility with a team of eight men. The IA Soldiers established security around the training site and then moved in to clear the area of any threats.

"From the first and second time I was out here, it was more of the officers that would do the hands-on [training]. This time the noncommissioned officers are more hands-on with the Soldiers," said Sgt. 1st Class Matthew Bevington, a Regulator Battery platoon sergeant and Howard, Ohio native. "Their NCO corps is getting stronger." This is Bevington's third tour to Iraq.

The training the unit conducts provides IA Soldiers with the knowledge required to conduct security operations in defense of Iraq.

"I like coming here to watch how they train. Then we get to throw in our two cents to show them how we do it," said Pfc. James Bulice, a medic with Regulator Battery and a native of Cabot, Ark.

The other side of the unit's mission is assistance to the Iraqi people. The Regulators traveled to a local town in Qadisiyah province March 23 to hand out school supplies, including pens pencils, crayons and paper, to grade school children.

"This particular drop was the second we have done there, and the kids really need the supplies. We had over six boxes of supplies that were donated from different groups in the United States," said Spc. Christopher Oltremari, a field artilleryman with the Regulators and a native of Houston, Texas.

The children were guided by their teachers to the central part of the school and waited in line to receive the supplies. Many of the Soldiers helped hand out the supplies to the children.

Soldiers of the Regulators perform their daily mission with the knowledge that each day's efforts will have a lasting impact

on the country for decades to come.

"I think this is great. This is the future of Iraq, and this is our last chance to make a difference before we leave the country," said Oltremari. "This is a good mission. We are out there doing good things and making a difference for young people."

Both the training and the humanitarian assistance mission demonstrated by Regulator battery during these events are part of a larger U.S. effort to provide Iraq with the tools the country needs to move ahead in security and civil capacity. Through the efforts of Soldiers like the Regulators, the legacy of U.S. military assistance to Iraq continues as the planned Dec. 31 withdrawal of troops approaches.



RSS

Prevention Is Cheaper Than Correction

Story by 1LT Menchie C. Diaz

BABIL, Iraq- Everyday we enjoy the privilege of having a hot meal, warm shower and clean laundry. But, little did we know the unsung heroes who make our living much more sufficient while out here in theater. Additionally, not many of us are familiar with their job and the hard work they do to prevent diseases and non-battle injuries (DNBIs).

"The overall mission of Preventive Medicine is to prevent and reduce DNBIs. In order to maintain this mission we touch upon different areas which include public health inspections, water quality analysis, food preparation, pest/vector control, industrial hygiene, solid waste (trash), hazardous waste and general hygiene," said CPT Bobbi Snowden who is originally from Alexander, Virginia, the Environmental Science Officer from MED Troop, Regimental Support Squadron, 3d Armored Cavalry Regiment.

CPT Snowden and SGT Scott R. Fowle, the Regimental Preventive Medicine NCOIC, have been actively engaged in educating and implementing proper standards throughout 3rd ACR's area of operation regarding proper water quality analysis, food sanitation and rodent and vector control.

According to Fowle, within the first six months of deployment, the field sanitation teams trained within the 3rd ACR increased from 30 percent to over 100 percent. The requirement is one NCO and one junior Soldier per Troop, Company and Battery throughout

the regiment.

"Once a month we aim to go out to COS Echo, Patrol Base Endeavor, Patrol Base Hamiyah, and Patrol Base Husiniyah. We also have oversight of COB Delta, Patrol Base Shocker and JSS Numaniyah," said Fowle from Saratoga, New York.

"We deal with a lot of hygiene issues, water and air quality analysis, and sampling of the soil to identify and mitigate any hazards that could potentially harm the populous," added Fowle.

Furthermore, between CPT Snowden and SGT Fowle, training has been a passion that they have embraced on a routine basis. They even coordinated a class with the assistance of Apache Troop to educate the Iraqi Army in regards to Preventive Medicine.

"Our goal when we got to Iraq was to share our Preventive Medicine knowledge with the local population in order to pass the torch to the local community before we leave Iraq--We are happy about this opportunity," said Snowden.

As redeployment approaches, both CPT Snowden and SGT Fowle, along with the Mayor Cell and local national workers, have encountered a bigger mission.

"The biggest challenge that we've had recently is ensuring that the mounds of trash, which have accumulated in the southern side of COS KALSU, gets cleaned up properly and to standard," said

Snowden.

With five months suspense and a hope for a better future, the Preventive Medicine staff have a lot to look forward to. Currently, they have converted the old scrap metal yard into a ground breaking recycling center. The center not only helps to salvage items, but it also helps to organize those items in one consolidated area.

"Bottom line is, we want to leave Iraq better than it was when we got here," said Snowden.



FRG Events

The Courses of Clear Creek
Battalion Avenue at Clear Creek Road, bldg 52381
Phone: (254) 287-4130

Fort Hood's own country club is located off of Clear Creek Road, easily accessible and open to the public. The premiere, 27-hole championship golf course offers all of the amenities of a private country club, with none of the membership fees.



Belton Lake Outdoor Recreation Area
Phone: (254) 287-2523/8303

Get back in the saddle at BLORA Ranch! Whether you are an experienced horseman or a beginner we offer trail rides for you.

Sportsmen's Center
Building 1937, Rod and Gun Loop
53rd Street and North Avenue
Phone: (254) 532-4552

The Sportsmen's Center encourages and furthers the interest in hunting, fishing, and other outdoor recreation activities. The facility is devoted to the conservation and presentation of wildlife, their habitats and environment; the sports of hunting, fishing and archery; and the recreational use of guns for skeet, trap or other target shooting.



Building 2337, 761st Tank Battalion and 62nd Street
Phone: (254) 287-0343

The Apache Arts & Crafts Center is a state-of-the-art facility for all your artistic ambitions, be they fashioning a treasure box in the wood shop or creating a ceramic masterpiece.

FRG Roll Up

Family Readiness Groups across the Regiment are working to find ways to connect and stay active as the deployment is nearing the end. From Easter Egg Hunts and potlucks to family fun days and skating parties, Families are reaching out to get through this together. Some FRGs are already working on Welcome Home Banners and barracks room goodie baskets. If you would like to get involved, then reach out to your FRG and lend a hand. Every volunteer is highly appreciated!

We will host our next Town Hall on 10 May at Club Hood; this will be your opportunity to ask questions of the Command on the redeployment process and from a variety of vendors ranging from American Red Cross, ACS, Military OneSource, MFLC, Chaplain, CYSS and much more. If you have a question you would like addressed, please send it to Amanda.rosener@us.army.mil. We hope to be able to offer it via the web again so that remote families will be able to view the event live, it has been a great success so far for families geographically separated.

The Regiment will be hosting our Spouses Spur Ride on 6 May. So get ready for your chance to earn your spurs. We want to see you come out and have a great time. The day will start off at the Warrior Skills Training Center off of 53rd and South Range Road; sign in starts at 8 a.m. PT will follow shortly after that at 8:30 a.m., and we will split into 3 separate groups to go to the Tank and Weapons Simulators as well as the Land Navigation portion. The "O" course will be a lunchtime special for the spouses; this is your chance to earn your spurs in a fun environment. Cost is \$20.00, which will include your T-Shirt, spurs, barbeque lunch and you will receive a certificate upon completion. The event ends at 2:30 p.m. so that you can go pick up your children and bring them back for a wonderful barbeque at 3:30pm. Limited Registration packets are still being taken. Email Amanda.rosener@conus.army.mil for a copy of the registration form and waiver and for location of drop-off. We can't wait to see you there!

Here's what's been going on in Tiger Squadron: We are hosting our regular FRG meetings, VTCs with the Soldiers downrange, Easter egg hunts and picnics coordinated for this weekend and re-integration trainings scheduled for May/June time frame. The spouses really enjoyed the Denim and Diamonds event Saturday night and are looking forward to the spur ride!

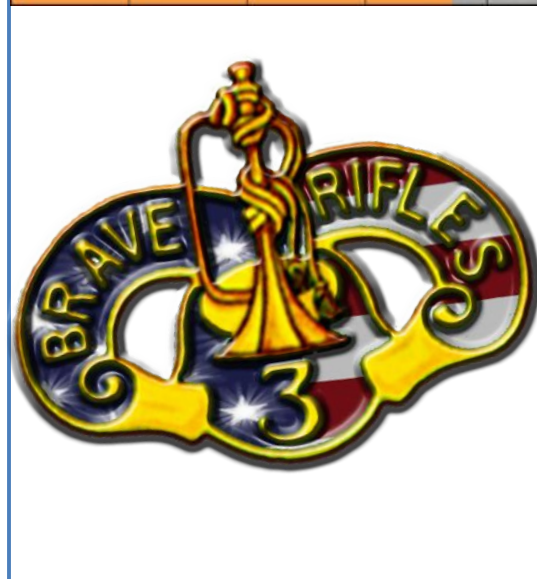
Sabre Squadron has been busy the last month with numerous family activities. In addition to our Troop, Company, and Battery FRG meetings and events, we ran a family Easter Egg Hunt and Easter Party on the 16th of April. Sabre also had a relaxing evening of fun and camaraderie centered on a Las Vegas Girls Night Out called Denim and Diamonds. The ladies enjoyed a night of poker and blackjack with the Rear Detachment leadership playing dealers and waiters for the evening. Heavy and Eagle Troop ran unit fundraisers during March and April to help raise funds for FRG and family events for the Squadron. The Squadron has also been busy raising funds and gathering donations for Operation Barracks Homecoming, our Squadron event to help welcome back the Soldiers. It is always encouraging to prepare for the unit's homecoming, and as we enter the final quarter of the deployment, the families are busy but ecstatic to be planning homecoming activities. Lastly, the families of Sabre have been busy getting ready for the Spouses' Spur Ride in May and are hoping to make a great showing at the event and take home the Trophy for numerous events. This looks to be a great time for the Families to get to experience a small taste of what Cavalry life is all about. Welcome to our new FRSA, Belinda Edwards. If you need to contact her, drop her a line at Belinda.edwards@us.army.mil

Thunder Squadron had their Easter Egg Hunt on 10 April at the 3rd ACR Museum with a wonderful turnout from the Thunder Families; the Easter bunny was a big hit with the children. A huge thank you goes out to all the volunteers that helped stuff the eggs! The children had a blast searching for all the wonderful treats. May 21 Thunder Squadron is hosting their monthly FRG meeting/function at the Skating Rink on Fort Hood for all Families to come out and join in the fun. We look forward to having fun with all the Families. Thunder is working hard to keep the families active and engaged as the deployment is on the last leg. We still have a few months to go and are looking for volunteers to help with the homecoming preparations. If you need more info, contact Joni.schildman@us.army.mil

Muleskinner families have been busy participating in some of the fun events held across the Regiment. The Denim and Diamonds event was a huge success and a fabulous chance to get out and have fun together. The spouses took the opportunity to laugh and kick up their heels during this much needed break. Quite a few families have signed up for the Spouses' Spur Ride and are looking forward to making their mark as a premiere team of Muleskinner Spouses! As always, we want to thank our wonderful volunteers for helping to make RSS FRG a huge success. Tracie would be more than happy to get you involved in volunteer opportunities. Tracie.mayshack@us.army.mil

Remington Troop Family Readiness Group went to the skating rink April 1st. We had a great time skating (and falling). Thank you to all that came to this fun event. There was an instructor during the first hour teaching kids safety while skating and how to skate. We had a high turnout of families who came and had a wonderful time. Quite a few of our spouses had a fabulous time at the Denim and Diamonds night held on 16 April. The night was a blast for all who came out. Next month, June 11th, we are having a potluck cookout at Harker Heights Carl Levin Park. We will enjoy eating, prizes, and making homecoming signs for our Troopers! If you would like to get more information, don't hesitate to contact our FRG Leader, Casey Lazo at rhht_frg@yahoo.com.

Kalsu Recreation Center May 2011						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Old School Night	2 Texas Hold'em	3 Happy Birthday Ping Pong	4 Ping Pong	5 8 Ball Tournament Reggae Night	6 Salsa Night	7 R&B/Hip Hop
8 Old School Night	9 Texas Hold'em	10 Movie Night	11 Ping Pong	12 9 Ball Tournament Reggae Night	13 Salsa Night	14 R&B/Hip Hop
15 Old School Night	16 Texas Hold'em	17 Ping Pong	18 Ping Pong	19 8 Ball Tournament Reggae Night	20 Salsa Night	21 R&B/Hip Hop
22 Old School Night	23 Texas Hold'em	24 Movie Night	25 Ping Pong	26 9 Ball Tournament Reggae Night	27 Salsa Night	28 R&B/Hip Hop
29 Old School Night	30 Texas Hold'em	31				



May 2011 MWR Camp Echo						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Volleyball	2 Salsa	3 Yoga	4 Ping Pong	5 Tennis	6 Salsa	7 Salsa
8 3 on 3 Basketball	9 Salsa	10 Yoga	11 Ping Pong	12 Tennis	13 Salsa	14 Salsa
15 Flag Football	16 Salsa	17 Yoga	18 Ping Pong	19 Tennis	20 Salsa	21 Salsa
22 Salsa	23 Salsa	24 Yoga	25 Ping Pong	26 Tennis	27 Salsa	28 Salsa
29 Salsa	30 Salsa	31 Yoga				Also Games Every 16-00-00 @ 2000

SUN	MON	TUE	WED	THUR	FRI	SAT
1 DARTS @8PM	2 SINGLES BOWLING	3 WII BOWLING COMPETITION	4 TEXAS HOLD'EM POKER EVERY WED @2000	5 DOUBLES PING PONG EVERY THURSDAY @2000	6 SINGLES POOL	7 SINGLES POOL
8 Mother's Day	9 SINGLES BOWLING	10 WII BOWLING COMPETITION	11 TEXAS HOLD'EM POKER EVERY WED @2000	12 DOUBLES PING PONG EVERY THURSDAY @2000	13 SINGLES POOL	14 SINGLES POOL
15 2000 DOMINOS	16 PING PONG EVERY MONDAY @2000	17 WII BOWLING COMPETITION	18 TEXAS HOLD'EM POKER EVERY WED @2000	19 DOUBLES PING PONG EVERY THURSDAY @2000	20 SINGLES POOL	21 SINGLES POOL
22 8PM Board Game Night	23 PING PONG EVERY MONDAY @2000	24 WII BOWLING COMPETITION	25 TEXAS HOLD'EM POKER EVERY WED @2000	26 DOUBLES PING PONG EVERY THURSDAY @2000	27 SINGLES POOL	28 SINGLES POOL
29 2000 UNO	30 MEMORIAL DAY	31 EVERY TUESDAY				



Cavalry's elite

Spur ride tests fortitude of 3rd ACR Soldiers

Story and photos by Staff Sgt. Garrett Ralston

BABIL, Iraq – The average deployed Soldier will find themselves in situations where they are required to push their mental and physical limits. Some Soldiers choose to reach for a point beyond that limit.

Soldiers of the Regimental Support Squadron, 3rd Armored Cavalry Regiment, serving on Contingency Operating Site Kalsu, recently had the opportunity to join their brothers and sisters in the highly coveted “Order of the Spur,” pushing themselves and their comrades during a traditional Cavalry “Spur Ride.”

Lt. Col. Timothy Luedecking, commander of RSS, said the purpose of the event was to bring the squadron together, promote friendly competition, and motivate Troopers to enhance their familiarity with basic combat functions.

A Spur Ride typically incorporates a series of stations where Soldiers will

team ability to make decisions and execute tasks under physical and mental stress.

Throughout the day, teams were tested on their radio and communications skills, weapon familiarity that included blindfolded reassembly and functions checks, a Humvee pull, and a chemical awareness site.

At each station, teams who failed to meet the standard were afforded the chance to “buy back” their mistakes with group exercises.

“Having to do PT with all our gear and mask on was really tough,” said 1st Lt. Sarah A. Barron of the squadron’s support operations shop, and a Fairmont, W.V., native. “It’s been a lot of fun and our teamwork is what’s getting us through.”

A complex medical skills lane required Troopers to successfully move under simulated fire, assess and transport casualties, and maintain accountability of their team and all its equipment. A sound system provided

half, they will have to low crawl underneath another obstacle where they encounter indirect fire, while still keeping control of the wounded.”

Each station saw exhausted and muddled Soldiers struggling to keep calm and motivated while being pushed harder by each of the instructors.

“This challenge keeps the history of the Cavalry alive and promotes team cohesion too,” said Pla. “At each site the teams really have to come together in order to complete their tasks successfully.”

Pla said most of the candidates were performing tasks that are not required of them on a daily basis and this helps to sharpen those specific skills.

As the sun began to set on COS Kalsu, the teams gathered on the deck of the Support Squadron’s headquarters for their spur certificates. The official ceremony marked the Soldiers’ entrance into a time-honored legacy they will forever remain a part.

have to think and work as a team in order to pass to the next obstacle and once completed, “earn their spurs.”

Several teams of eight to 10 candidates began the grueling gauntlet around 5:00 a.m. After receiving a set of briefings, and personnel accountability, the teams set out to their respective test sites.

The first of six sites required Troopers to take a written exam based on Cavalry knowledge and basic Soldier skill level tasks. The remaining stations were designed to assess individual and

realistic combat sounds and the lane was strewn with casualties slathered in fake blood and gory makeup.

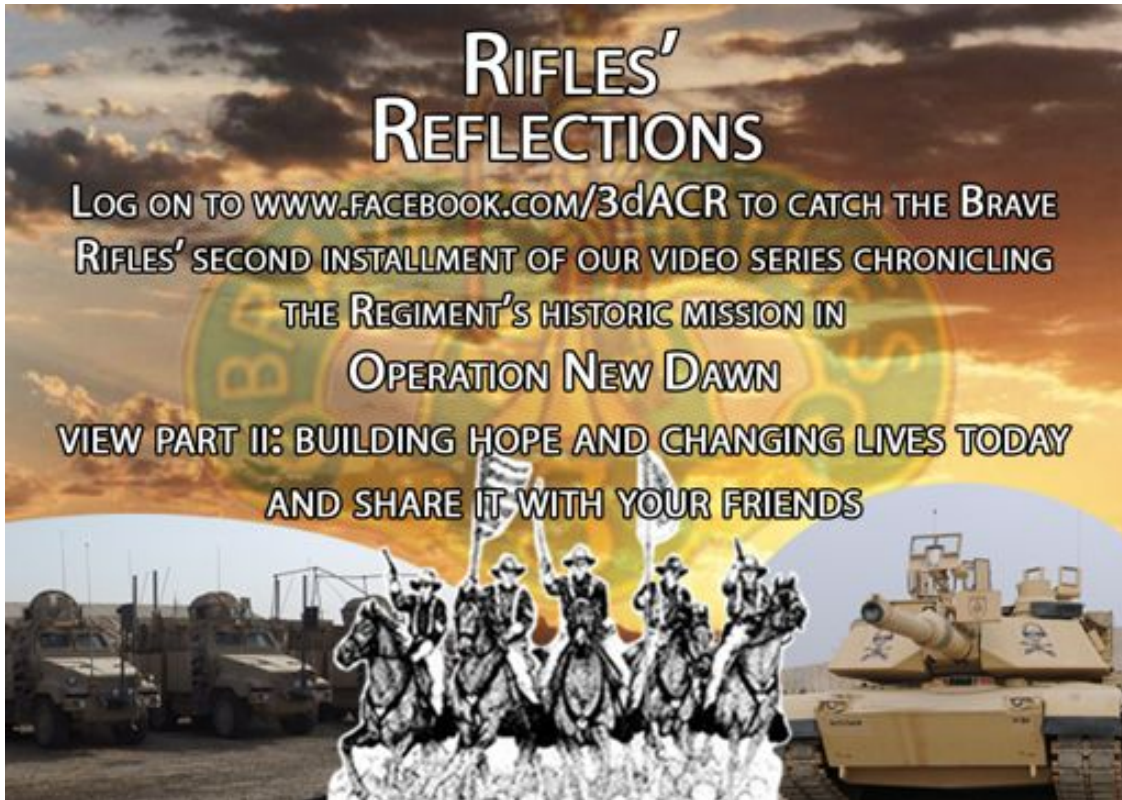
“Soldiers at this location have to be able to maintain cover, treat their casualties, and keep moving toward the transport site,” said Sgt. 1st Class Ileanette Pla, Medical Troop first sergeant, originally from Mineola, N.Y. “After they negotiate the first



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