



the RED BULL EXPRESS

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September 11, 2011 marks ten years since the deadliest terrorist attack of our great Nation. The men and women of the United States armed forces honor the 9/11 generation by remembering those fallen citizens who have made the great sacrifice. We pay tribute to those lost on 9/11; honor those who now have made the ultimate sacrifice in the defense and safety of our US borders. Since 9/11, over 3 million troops have been deployed to Iraq, Afghanistan and Kuwait in support of Operation Iraqi Freedom, Operation Enduring Freedom and Operation New Dawn.

This also notes a very special time to the Brigade Special Troops Battalion who have the privilege of honoring this day by flying the National flag for anyone who requests it. Soldiers, sailors, airmen, marines, guardians and civilians who are stationed here in Camp Arifjan, Kuwait can fly flags for any occasion. Those who request a flag to be flown, fly them honoring fallen or fellow comrades to express their appreciation of their service. The human resources section of the Camp Command Cell (CCC) is responsible for filling the daily requests of flag flying and accompany each flag with a certificate signed by the Brigade Special Troops Battalion, 1st Brigade Combat Team's Commander Lt. Col. Gary Mundfrom and Cmd. Sgt. Maj. Bruce Stowe. To date, since the Brigade Special Troops Battalion's arrival to Camp Arifjan, Kuwait, the Camp Command Cell has flown 167 flags and 35 flags just on September 11th 2011. The Brigade Special Troops Battalion will bring home a gratifying experience of being stationed overseas during a somber and emotional day, however, serving this day on its 10th anniversary is truly honorable.



Capt. Amber Manke and Sgt. Joshua Vang fold a flag in the Camp Command Cell to prepare for a Soldier

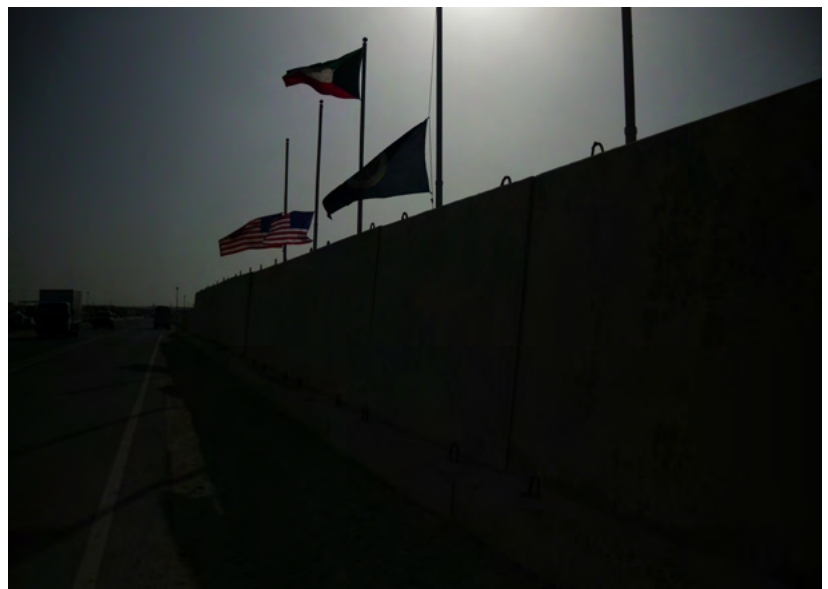


Camp Arifjan hosted a Weekend of Service and Remembrance with activities to include a 5K Run/Walk and a Service of Remembrance to those fallen.



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FRONT PAGE: Flags flown at half staff in the Brigade Special Troops Battalion Camp Command Cell headquarters. Story and photos by Sgt. 1st Class Brittany Thingvold, 1/34th BSTB UPAR

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THE RED BULL EXPRESS

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34th Red Bull Infantry Division
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2nd Battalion, 135th Infantry
1st Battalion, 180th Cavalry

With every edition of the Stars and Stripes, the news seems to get worse: Economy in Shambles, Record Unemployment, Recession Looming, Flooding, Wildfires, Housing Market in Freefall, Unrest in the Middle East. How do you deal with the stress, the worry, the anxiety, the uncertainty?

My faith tradition informs me that adhering to Biblical teachings is the equivalent of building the “house” of my life on a firm foundation, so it will weather the storms. Soldiers who exhibit healthy Spiritual behavior have core values and rules to live by, live a life of integrity and are grounded in those beliefs.

In the midst of persistent conflict and high operational tempo, are you in this deployment experience for the long haul, or are you just getting by? Spiritually fit Soldiers seek to engage in regular practices which bring meaning and purpose to their lives. This includes regular church or Mass attendance, or meeting with soldiers of like faith or beliefs on a recurring basis for sacred rites, ordinances, or disciplines. Warriors who succeed in this area invest in establishing supportive and objective relationships – battle buddies who will be honest and provide a “compass check” in times of struggle or discouragement.

When you have hope as a result of intentional spiritual fitness, your confident expectation will allow you to weather the storms and be an encouragement to those around you.

HOOAH! FOR HYDRATION

Proper Hydration, MAJ Jerry Gunn (Registered and Licensed Dietitian), 134 BSB Support Operations Officer

The greater demand on sweating in hot environments can substantially increase a soldier’s daily fluid requirements. Thanks to new research we now understand more on how our bodies process fluids and other nutrients while we’re working up a sweat. Electrolytes and other nutrients play important roles in regulating fluid in the body. They help determine how much fluid enters our cells and how much remains in the blood. According to the Institute of Medicine of the National Academies, women should consume 91 ounces a day, and men need 125 ounces—a good deal more than the 64 ounces (eight cups) recommended. Thankfully we don’t have to consume that much water.

Studies on soldiers working in the desert demonstrated that the majority of daily fluid intake occurs at mealtime through a variety of sources, including food and liquids other than water. Approximately 45 to 50 percent of daily water intake comes from drinking fluids, about 35 percent from eating food and the rest from metabolism. Vegetables and fruits are the most hydrating (e.g., lettuce is 95 percent water). But we also get a lot from meats, juice, milk and even caffeinated beverages.

Caffeine is a known diuretic, which means it increases urine production and has a dehydrating effect. However, caffeinated beverages provide fluids just like any other beverage. A slightly greater percentage of the caffeinated fluid may be urinated, but



it’s still providing water. In fact, people who are used to drinking caffeinated beverages get accustomed to the caffeine and don’t urinate more fluid than they consume.

Sports drinks are designed to be taken during exercise that lasts for more than an hour. They contain a little sugar to fuel the muscles and the brain, as well as a little sodium to enhance fluid absorption and retention. Because a sports drink contains dissolved minerals (key electrolytes such as sodium, calcium, magnesium, potassium, and phosphate) and carbohydrates, they are absorbed into the bloodstream more quickly than water, which has fewer or no dissolved particles. That’s why sports drinks do a better job than water of helping the body maintain an optimal fluid balance. Water is fine for short (less than an hour) activities of easy to moderate intensity in which you don’t sweat a lot. But in any kind of performance where sweat losses are substantial, and especially in warm weather, use a sports drink.

The main objective of hydration remains the same: improved and maintain performance and optimal health. The new rule is drink according to thirst. Thirst is a signal that your body would like more fluid. Studies have shown that a state of slight dehydration does not harm performance or health. Aim for keeping thirst at bay. Respond to your thirst right away with small amounts of cooled water or other fluid, but don’t allow your thirst to build to the point that you’re forced to guzzle down a full bottle at one time. Drinking too much water can result in water intoxication (hyponatremia) a potentially fatal condition.



Chaplain (MAJ) Buddy Winn and Staff Sgt. Bradley Novacek with a marble plaque presented to HQ 34ID in COB Basra, Iraq during their deployment in 2010. the 1/34th BCT Unit Ministry Team will return it to Minnesota next year when they redeploy.

From the Red Bull Safety Office

Maj. Joshua Simer



As we finish RIP/TOA, remember:
We're taking over from a bunch of zeroes*



* Zero fatalities * Zero class A/B accidents * Zero Rollovers * Zero Heat Injuries



We can be zeroes, too. Work on it.
Congratulations to the 197th Fires Brigade on a job well done!
UNCLASSIFIED/FOUO

7th Brigade Combat Team

Don't wreck
yourself
while on
deployment.



SHARE THE ROAD...

DRIVE WITH CAUTION



2-135 D. Co. Seeking Final Validation

1st Lt. Dustin Rockow

Minnesota National Guard soldiers from Delta Company, 2-135 Infantry Regiment of Albert Lea, Minnesota are getting validated--again.

Soldiers in the Army National Guard and the Army Reserve are not full-time soldiers so the Army requires them to prove that they can accomplish their deployment missions through a process called validation.

At its most basic level, validation is designed to see if Guard/Reserve soldiers can perform to the same level as their active counterparts.



Sgt. 1st Class Jeff Dahlen from Albert Lea, Minn. provides command and control of his platoon's security force during validation training in Kuwait. Delta Company of Albert Lea, MN will be the first company in the Mankato, Minn. based 2-135 Infantry Regiment to be validated.

Delta Company proved at their mobilization site of Fort McCoy, Wisc. that they were more than ready but are now doing validation again in northern Kuwait to prove that they can meet the challenge of being a reaction force.

The unit's senior enlisted soldier, 1st Sgt. Matthew Price of Farmington, Minn. explains the role of a reaction force company. "Basically it means you are ready to conduct any mission, any time, on short notice."

To become a certified reaction force company, the soldiers and leaders of Delta Company have to demonstrate proficiency in several tasks. Most recently the company was tested on conducting a strong-point defense in an urban environment.

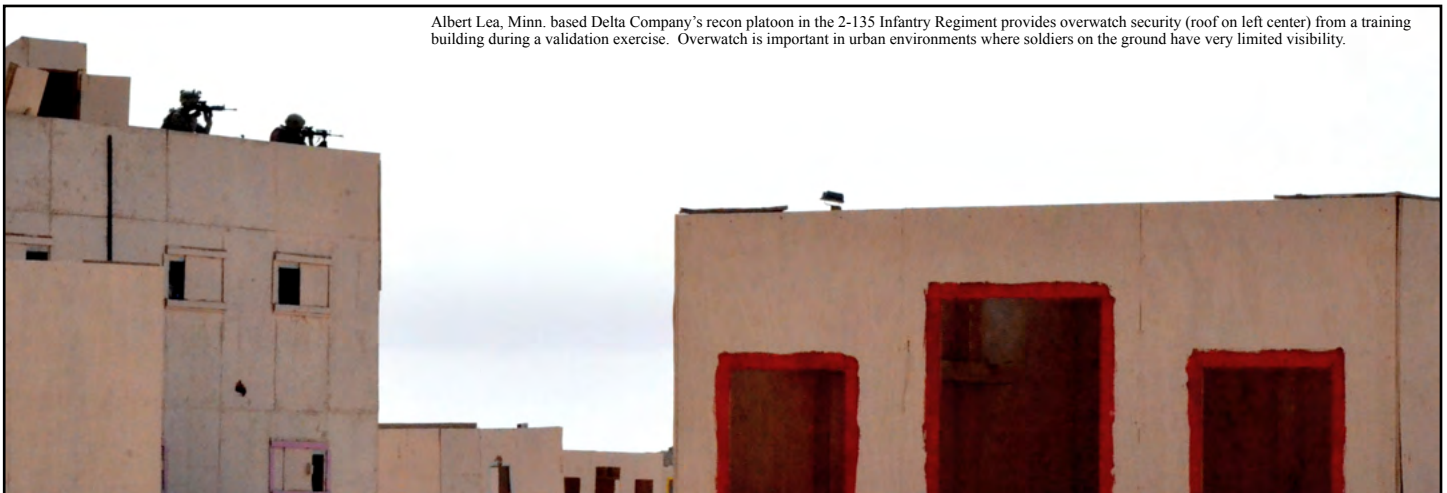
Military Professional Resources, Inc. (MPRI) was responsible for testing Delta Company's training. The contractors of MPRI used their combat experience and the resources provided at the site to create a realistic training environment starting from receiving the mission to supervising and refining it.

Prior to the operation Delta Company moved to a Forward Operating Base (FOB) where the final planning process and rehearsals took place. At the FOB, MPRI provided Delta company leadership with simulated intelligence, maps, and graphics to guide the planning process and to see if they could handle their role of turning facts into a successful mission. After a plan was finalized and disseminated, the platoons conducted rehearsals for the upcoming mission.

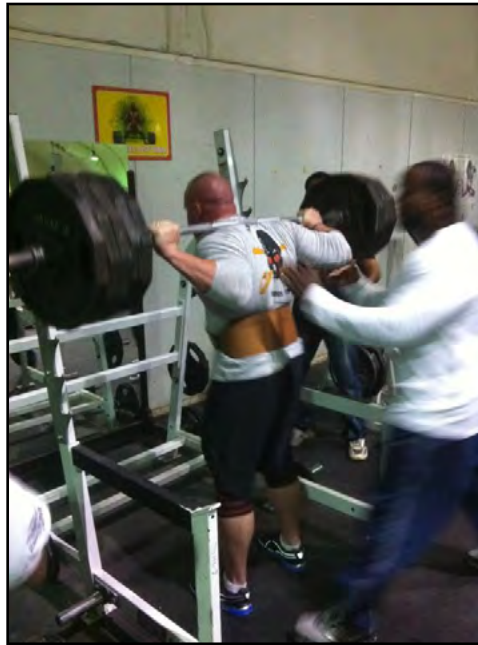
An old Army saying states that no plan survives first contact with the enemy. This was certainly the case for Delta Company's validation.

Pvt. 1st Class Forrest Thompson of New Brighton, Minnesota explains, "MPRI threw a lot of stuff at us which at times created confusion on the battlefield but we came together as a company and got the job done."

Delta Company still has more tests to become a validated reaction force but the soldiers can be proud of another training requirement met.



Albert Lea, Minn. based Delta Company's recon platoon in the 2-135 Infantry Regiment provides overwatch security (roof on left center) from a training building during a validation exercise. Overwatch is important in urban environments where soldiers on the ground have very limited visibility.



Crazy Troop's Supply Sergeant, SSG Brandon "Hulk" Crotteau, as he took on the challenge of the Camp Buehring MWR Squat competition. Staff Sgt 'Hulk' Crotteau stepped up to the rack and kept adding weight until no other challengers remained.

Staff Sgt. Crotteau ended the night as the the competition's victor, taking home the gold medal awarded by the MWR staff.

"It was a good night, I felt strong. I could have put up more weight." Crotteau said. "That was the most weight I have put up since a recent leg injury, so it was good to go heavy. I'll be putting up more next time."



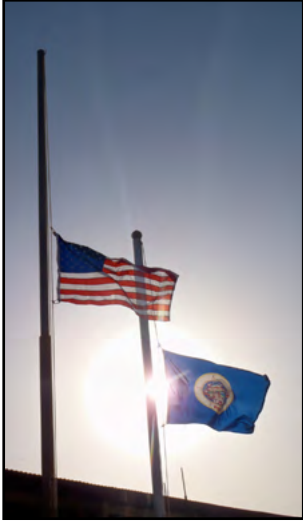
Adapting and Overcoming



Soldiers make unpre-ferred living conditions a little bit better by adapting to tent living. Now all the soldiers have moved into hard buildings and a area of camp they can call home

Combat Patch Ceremony on Sept 11th, 2011

1st Lt. Mike Lovas



Soldiers have one extra item to transfer to a new uniform when doing laundry, their combat patch. Soldiers from the 1st Combined Arms Battalion, 194th Armor (1-194 CAB) "*Battling Bastards*" were awarded their Shoulder-Sleeve Insignia of Former War-Time Service on September 11, 2011. This insignia, commonly called the 'combat patch', officially designates them as combat veterans and shows they have served in an area designated as a combat zone.

Patriot's Day was chosen to honor and remember the events that transpired ten years ago when the peaceful innocence of an American morning was shattered by terrorist attacks. By choosing this day it also recognized the accomplishments and contributions the Minnesota National Guard has made over these last ten years. Lt. Col. Brian Melton, commander of the "Bastards" said, "The enemy began this fight at a time and place of their choosing. As Soldiers, we were told we would end the fight at a time and place of our choosing, and here in Kuwait and Iraq, Minnesotans have been entrusted with doing just that. As President Bush stated emphatically days after the September 11th attacks, "the people who knocked these buildings down will hear all of us soon." Over these last ten years, Minnesotans have stepped up and answered their nation's call to arms, proudly ensuring that those responsible have in fact heard our voices.

During the ceremony the history of the combat patch was read while Soldiers received their patches. Soldiers who

had just been awarded a combat patch for the first time were seen looking at their right shoulder and smiling, proud to finally have a patch. They will now wear a Red Bull patch on both shoulders, a double shot of Red Bull as many have already called it. For the Soldiers newly inducted into the ranks of combat veterans, the pride showed vividly in being able to say they too have taken a turn guarding and protecting freedom in the face of the enemy's best attempts to destroy it.



Some Soldiers who received their patch were only in grade school when the attacks took place. Ten years later they stand in the desert sands of Kuwait remembering what took place that fateful day. For other Soldiers this is one of many patches they have earned over the last ten years. But no matter which group Soldiers fall into, the accomplishments this patch

signifies are based on the hard work and dedication. As of July 31, 2011, the Department of Defense reported a total armed forces strength of 1,476,651 Soldiers, Sailors, Marines, Airmen and Coast Guardsmen. The US Census Bureau estimates the current population of the US to be 312,235,246. This is a estimated .47% of the total US population currently defends the freedom for the rest.

When their nation came asking "Whom shall I send?" these Bastards put aside their civilian lives, left their families and answered, "I will go, send me."

Running for Remembrance on 9/11

1st Lt. Sean Carstensen

Hundreds of servicemen and women from the U.S. Army, U.S. Navy, U.S. Coastguard, and Canadian Army lined the street on the morning of Sept. 11, 2011 here at Camp Patriot, Kuwait in preparation for the five kilometer (5K) remembrance run. The run was coordinated by the Morale, Welfare, and Recreation (MWR) office in honor of the thousands that lost their lives on that fateful day ten years ago.

Runs are a regular occurrence here at Camp Patriot, but this one had a special significance. Every service member that participated was directly affected by the events that transpired ten years ago. The orders that sent them here for their various missions all relate back to that day.

Throughout the days leading up to the tenth anniversary, and all through the day, conversations recalling the exact details of what was happening when the news hit could be overheard around camp.

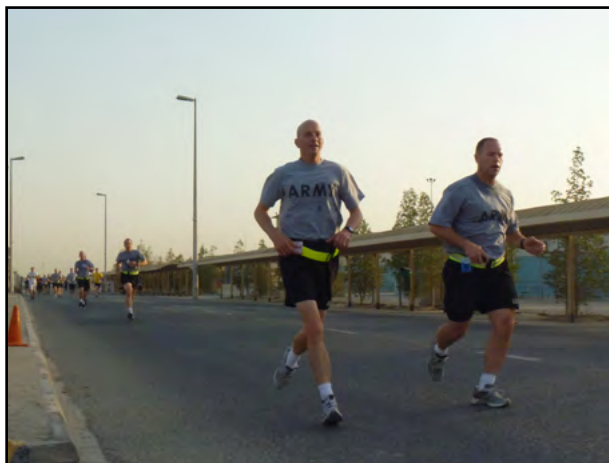
"I was in training up at Camp Ripley (Minnesota) for Operation Care Giver, a State Active Duty call up which had National Guard Members stepping in to care for patients while state workers went on strike. I will never forget walking into the snack bar at the end of that day. There were National Guard and law enforcement there glued to the television, not saying a word, all wishing we could do something," 1st Sgt. George Jensen, B Battery, 1st Bn, 125th FA, said.

The men and women serving today span a wide range of age and experience. Some of the youngest troops were just 8 years old when the attacks happened. Some of the most experienced had served during the Gulf War in the early 90s.

All of those here today are serving together for one common goal—to complete the mission and return home safely.



The U.S. Flag flies on the morning of September 11, 2011 here at Camp Patriot, Kuwait. The t-shirt that was given to participants of the 9/11 remembrance run at Camp Patriot, Kuwait. Hundreds of servicemen and women from the Army, Navy, Coast Guard and Canadian Army lined up at 0600 on the morning of September 11, 2011 to run a 5K on the 10th anniversary of the attacks on the U.S.



(Photo Left) 1st Lt. Kirk Weber, HHB, 1st Bn, 125th FA, and Maj. Dean Stulz, HHB, 1st Bn, 125th FA, run during the 9/11 remembrance 5K on Sept. 11, 2011 at Camp Patriot, Kuwait. (Photo Right) 1st Sgt. Robert Newman(left), A Btry, 1st Bn, 125th FA, runs during the 9/11 remembrance run on the morning of September 11, 2011 here at Camp Patriot,



Projects: Zone 6

1st Lt. Mark Griebel

The Projects section of Zone 6 is responsible for any area upgrades that units who live here wish to perform. The process can be time consuming and the work detailed, but the end result is a better quality of life for the Soldiers, Sailors, Airmen, and Marines who are stationed here.

The Projects section is the go between for tenant units and the Directorate of Public Works (DPW). The units have an idea on how to improve their buildings or grounds, and DPW authorizes the ideas and executes the task. The Projects office acts as a clearinghouse that these proposals go through so that there is an initial quality control aspect. DPW is very busy, and without initial scrubbing from the Projects personnel, they would be even busier.

Projects vary in size and scope. "I deal with units and personnel that want to improve their areas" says Sgt. Ryan Marshik, Projects Sergeant. "Some [projects] that I have seen have been as simple as a request for gravel to fill a hole in a parking lot because it is a safety issue." Other projects are challenging, says Sgt. Marshik, such as "[...] needing new electrical lines buried underground to power a building or work area in order for a welder to operate properly." Despite the variety of projects that come through the door of the Projects Office, each one is handled in a professional and courteous manner. Each project brings with it new and different challenges and requirements.

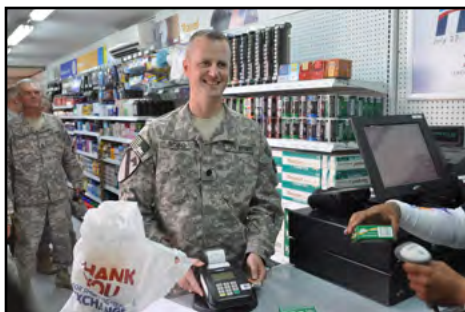
Many of the projects that are submitted deal with safety. While there has been a force in Zone 6 for many years, there are still ways to improve safety and soldier welfare. With each completed project, the living conditions on Arifjan increase, and the soldiers who live and work here find themselves in a better environment.



(top) A group of local contractors work to place a latrine trailer in a better location. (middle) A group of local contractors work to place the drainage tank for a latrine trailer that will be moved to this location. Moving the trailer enables it to serve more Soldiers in Zone 6. (bottom left) Sgt. Ryan Marshik (left) and a Zone 6 Soldier take measurements and discuss possibilities of a sunshade project for a tenant unit. (bottom right) Sgt. 1st Class Kurt Hinxman (left) and Sgt. Ryan Marshik (right) observe the moving of a latrine trailer to better serve Soldier needs.

Candy, Cookies, T-Shirts and more!

Capt. Sara Behr



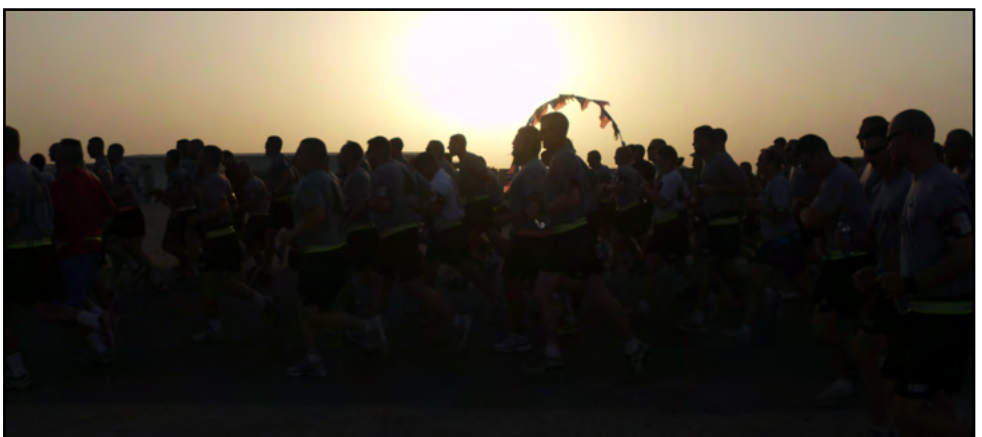
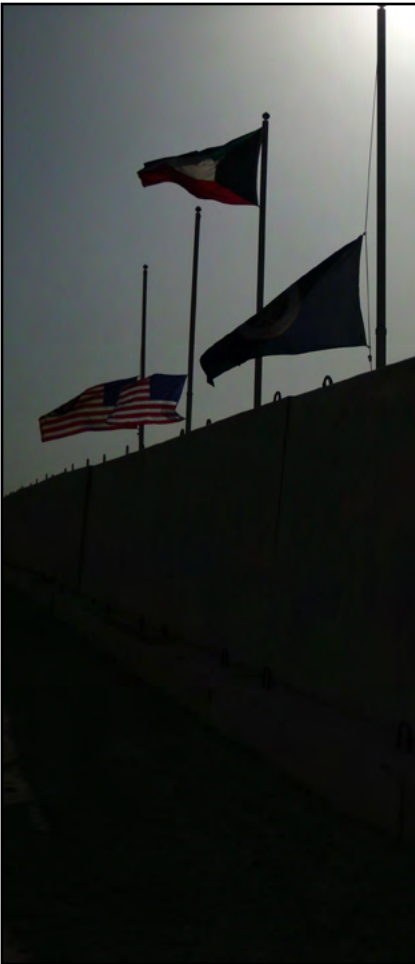
On July 28th the 134 Brigade Support Battalion (134 BSB) Command Cell celebrated the Grand Opening of the new MFE (Mobile Food Exchange) on Camp Virginia. Camp Commander Lt. Col. Brian Bobo and Army Air Force Exchange Service (AAFES) General Manager Barbara Travis cut the ribbon signifying the opening of the MFE.

The new facility was the product of a six month plan started in February 2011. The prior Command Cell, the 1-103rd Field Artillery, recognized the need for another facility that would support the influx of Soldiers at Camp Virginia during the withdrawal phase from Iraq.

1st Sgt. Gary McCann of Head Quarters Company, 134 BSB said, "I think this is a big win for Camp Virginia. We have Soldiers moving through this camp at all hours of the day. Allowing them 24/7 access to the wide variety of products from AAFES such as a toothbrush, soap, or even a cold drink boosts morale of the Soldiers."

New MFE (Mobile Food Exchange) on Camp Virginia, Kuwait







Have a Photo?

Help us tell the story of the Soldiers of the 1st Brigade
Combat Team, 34th Infantry Division to everyone!

If you have a 'hooah!' photo that shows your unit
please send it to Lynette.R.Hoke@us.army.mil





A BIG *THANK YOU*
TO EVERYONE WHO MADE
MARK ALBERT & CHRIS HANSEN'S
DEPLOYMENT WITH THE
1/34th BCT A SUCCESS!!

Please visit www.KSTP.com to take a
look at the stories they covered
during their deployment here.