



the

# RED BULL EXPRESS

VOL 2, NO. 1

Jan 1st, 2012

## 2-135 IN Trains with Kuwait National Guard

A new chapter of Operation New Dawn offers a cultural experience for some soldiers from Charlie Company, 2nd Battalion, 135 Infantry, 1st Brigade Combat Team, 34th Infantry Division "Red Bulls" whom participated in a joint training live fire exercise hosted by soldiers in the 2nd Mechanized Battalion, Kuwait National Guard at Udairi Range, Dec. 21.



"The outcome looked really good-I didn't see any hiccups," said Cpl. John Richter, a Truck commander during the exercise for Charlie Company, 2-135 INF.

One infantry platoon and a mortar section from 2-135 INF was provided to offer their experience to soldiers from 2nd Mechanized Battalion, Kuwait National Guard during the 3 days prior to the event.

During the exercise 2-135 INF reenacted retreating on the battlefield while the 2nd Mechanized Battalion set-up and ambushed the enemy threats which ultimately lead in eliminating the enemy element.

The exercise was performed at such a notable standard Richter commented, "in all honesty this was the highlight of my deployment so far—there was a lot of moving parts and events we aren't able to do back home on stateside training."

All soldiers executed a polished demonstration of tactical operations with flawless machine gunnery and artillery on the range, however, this did not come easily.

"The days leading up to this were long, but all the hard work paid off in the end," said Richter a Winona, Minn., native.

Throughout the event key leaders from both the Minnesota and Kuwait National Guard observed the event on an elevated platform. While examining the well rehearsed script, previous military backgrounds were exchanged.

"As the United States Army we've had significant experience in Iraq and Afghanistan over the last ten years, so we can share our lessons learned, our expertise with some of these other countries including Kuwait because they have not had the exposure we've had," said Maj. Mike Pazdernik, 1/34 BCT training officer.

Soldiers from 2-135 INF participates in a live fire exercise with the Kuwait National Guard on December 21st, 2011.

The Kuwait National Guard employs several interpreters and American contractors to help facilitate their training. They were amongst the soldiers during the entire exercise to assist in bridging the language barrier.

"It's one experience to train your soldiers with that common culture, common language to train them on a task; when you're trying to explain that through an interpreter, when you're to work with someone who has a much different background to try to get the same point across it really reinforces what our soldiers know because they really have to know and understand it to communicate it effectively across that language barrier through an interpreter," said Pazdernik.

After the live fire exercise, 2-135 INF was invited to share an authentic Kuwaiti meal with the 2nd Mechanized Battalion.

Pazdernik added, "At the individual soldier level this is a cultural experience that you can't replicate anywhere else—it's that opportunity to work with someone that has a much different background."

The leaders of 2nd Mechanized Battalion extended another invitation to have 1/34th BCT come back and potentially provide a whole company of soldiers from the 2-135 when another Kuwait National Guard unit has reached the same point in their series of training programs.

"This is a critical part of our ability to help the countries in the this region, including Kuwait, to be better postured and better capable of providing for their own defense as we move forward; our end state here is basically to work ourselves out of a job—it's to allow these militaries to progress to a point where they're capable of policing their own, defending their own," said Pazdernik.

# TABLE OF CONTENTS

<i>Commanders Corner</i> <i>Col Eric Kerska</i>	3
<i>Red Bull Justice</i> <i>1/34th BCT JAG Section</i>	4
<i>2-135 IN UPAR, 1LT Dustin Rockow</i> <i>D Co Drives Draw Down</i>	5
<i>1-94 CAV UPAR, SPC Mathew Schlueter</i> <i>Lights Out, Scouts Out</i>	6
<i>1-194 CAB UPAR, CPL Zach Mangas</i> <i>Headquarters, Unsung Warriors</i>	7
<i>1-125 FA UPAR,</i> <i>Operation Patriot Endeavor</i>	9
<i>BSTB UPAR, SGT Lindsay Mackie</i> <i>Camp AJ Uniform Program</i>	10
<i>134 BSB UPAR, 1LT Eric Cameron</i> <i>Red Bulls: Reloaded</i>	11
<i>1-160th FA UPAR</i> <i>Path to Health and Fitness</i>	12
<i>1-180th CAV UPARS</i> <i>Hero WOD / Oklahoma Honor</i>	13
<i>112 MP UPAR, SPC Ashley Upton</i> <i>Combined Forces</i>	14
<i>BullsEye</i> <i>Photo Stories</i>	15



2-135 INF participates in a live fire exercise with the Kuwait National Guard on December 21st, 2011.

**1st BCT can be followed on:**



[www.facebook.com/MinnesotaRedBulls](http://www.facebook.com/MinnesotaRedBulls)



[www.twitter.com/MnRedBulls](http://www.twitter.com/MnRedBulls)



[www.youtube.com/MinnesotaRedBulls](http://www.youtube.com/MinnesotaRedBulls)

## THE RED BULL EXPRESS

1st Brigade Combat Team  
34th Red Bull Infantry Division  
Public Affairs Office

Commanding Officer Command Sergeant Major  
COL Eric D Kerska Command Sgt. Maj. Paul Herr

### Editorial Staff

1st BCT Public Affairs Officer:  
Maj. Paul Rickert

NCOIC:  
Staff Sgt. Lynette Hoke

Staff:  
Spc. Trisha Betz  
Spc. Bob Brown  
Pfc. Linsey Williams  
**1/34th BCT UPARs**

### Contributing Units

1st Battalion, 125th Field Artillery  
134th Brigade Support Battalion  
1/34th Brigade Special Troops Battalion  
1st Combined Arms Battalion, 194th Armor  
1st Squadron, 94th Cavalry  
2nd Battalion, 135th Infantry  
1st Battalion, 180th Cavalry  
1st Battalion, 160th Field Artillery  
112 Military Police



# From the 1/34th BCT Commander...

**“I am so proud to be a part of this brigade and encourage all of you to look out for each other as we start our final 120 days deployed.”**

2011 has been a challenging year for the Brigade, but it has been a good one in so many ways. It is hard for all of us to be away from home and nobody wants to finish this up more than I. I am so proud of what this brigade has accomplished and even more proud of the professionalism demonstrated by all of you each and every day. The war in Iraq is over. Your hard work and dedication is what made that possible. The convoy escort mission is behind us and I will never forget how I felt the moment that ended at 0703 hours on the 18<sup>th</sup> of December. You travelled more than 2 million miles, faced numerous IEDs and got us out of Iraq ahead of schedule. The draw down was supposed to take 120 days. They gave us just 76 days to do it and you did it in 54. We were able to add 1-180<sup>th</sup> and 2-135<sup>th</sup> to the effort in stride, which allowed the Army to make good on the President's promise. I don't know of any other brigade who could have accomplished what you did without serious injury. No matter what your job is, or whether or not you ever stepped foot in Iraq, all of you share a part of this success story. Truly, your accomplishments are historic.



We now face 2012 and a new year of challenges for the brigade and for each of us personally. The mission ahead will continue to be difficult and there are long days ahead of us all. For most, the mission will not feel too different than before, but for the convoy units you will face new challenges. We will build a lethal capability for the Army here in the Middle East. We will build on established relationships with our allies, while developing new ones throughout the region. We will begin to start putting the brigade back together as it was designed to be and concentrate on training to be a heavy brigade again. We have many great training opportunities that will posture us for success in the years ahead.

We all need to spend some time improving ourselves personally. We need to get ready for life after the deployment. Start thinking about what is next for you and work to get ready for it. If you don't have a job waiting for you, use this time to prepare yourself to get one. Work with your chain of command to access the numerous resources available. Sit down and write a resume or find a school that will help you build a skill in a sought after field. Think about what is next for you. This deployment need not define you—plan for the future, so you can take advantage of the opportunities ahead.

I am so proud to be a part of this brigade and encourage all of you to look out for each other as we start our final 120 days deployed. Getting out of Iraq without a serious injury did not happen by accident—that happened because leaders at all levels did their jobs and everyone looked out for each other. I need every one of you to help me get all of us home safe. If we stay determined and do the hard right, we can get everyone home safe. We can do this!



**Soldiers display the brigade colors for the last convoy from the Red Bulls to cross the border from Iraq into Kuwait on Dec. 18th, 2011.**

**A New Dawn ends with the start of new day for Iraq. 1/34th BCT Caimen vehicles cross the border for the last time.**

The **Red Bull Justice** Newsletter is published by the 1/34 HBCT Legal Section. This newsletter contains a summary of Uniform Code of Military Justice (UCMJ) actions resolved during the period 1 October 2011 through 30 November 2011. This publication does not contain matters resolved by administrative action, such as administrative letters of reprimand and administrative separations, unless the administrative action was a component of the final disposition of the UCMJ action.

**Courts-Martial** – 2 Soldiers were charged and found guilty of misconduct at Summary Courts-Martial proceedings.

A Staff Sergeant, hold-over from 197<sup>th</sup> FiB, was found guilty at a Summary Court-Martial for accessory after the fact, failure to obey a lawful order (General Order Number 1b), making a false official statement, and conduct prejudicial to good order and discipline. The Soldier used his position as a NCO to hide quantities of “Spice” for another Soldier to prevent discovery during inspections; the Soldier also possessed and used quantities of “Spice” for his own purposes; and the Soldier made false statements to investigating officials to deceive and impede their investigation. The Soldier was sentenced to reduction to Sergeant (E5) and forfeiture of \$1484.00. Further, the Soldier was later administratively separated for commission of a serious offense.

A Private First Class, hold-over from 197<sup>th</sup> FiB, was found guilty at a Summary Court-Martial for failure to obey a lawful order (General Order Number 1b), and conduct prejudicial to good order and discipline, by wrongfully possessing and using quantities of “Spice”. The Soldier was sentenced to reduction to Private (E1). Further, the Soldier was later administratively separated for commission of a serious offense.

**Nonjudicial Punishment** – 10 Soldiers were charged, found guilty of misconduct and punished pursuant to Article 15 of the UCMJ between 1 October 2011 and 30 November 2011. Of the 10 punitive actions, 8 were Field Grade and 2 were Company Grade.

A Specialist from 1-180 CAV was found guilty at a Field Grade Article 15 hearing for dereliction of duty. The Soldier failed to properly secure sensitive items assigned to him as was his duty. The Soldier was sentenced to reduction to Private First-Class (which was suspended) and 30 days extra duty.

A Specialist from 1-125 FA was found guilty at a Field Grade Article 15 hearing for wrongful use of a controlled substance. The Soldier failed a urinalysis while at Fort McCoy, WI showing that the Soldier had wrongfully used Methamphetamines. The Soldier was sentenced to reduction to Private First-Class, forfeiture of \$919.00 and 45 days extra duty.

A Specialist from 1-94 CAV was found guilty at a Field Grade Article 15 hearing for wrongful use of a controlled substance. The Soldier failed a urinalysis while at Fort McCoy, WI showing that the Soldier had wrongfully used marijuana (THC). The Soldier was sentenced to reduction to Private First-Class and forfeiture of \$919.00.

A Staff Sergeant from 1-94 CAV was found guilty at a Company Grade Article 15 hearing for disrespect toward a commissioned officer and larceny. The Soldier was disrespectful to a Lieutenant while at Fort McCoy, WI. The Soldier was also found to have stolen a cooler from another Soldier at Camp Buehring, Kuwait. The Soldier was sentenced to forfeiture of \$150.00 and 5 days extra duty.

A Specialist from 1-180 CAV was found guilty at a Field Grade Article 15 hearing for larceny. The Soldier was caught shoplifting approximately \$49 worth of merchandise from the PX at Camp Buehring, Kuwait. The Soldier was sentenced to reduction to Private (E2) and 45 days extra duty.

A Private First-Class from 1-180<sup>th</sup> CAV was found guilty at a Field Grade Article 15 hearing for failing to go, at the time prescribed, to his place of duty and failure to obey a lawful order. The Soldier failed to report on time for his daily duties at his prescribed duty location on numerous occasions. The soldier also failed to follow a lawful order, issued by a superior NCO, to

perform individual PT. The Soldier was sentenced to reduction to Private (E2) (which was suspended) and 14 days of extra duty.

A Specialist from 1-160<sup>th</sup> FA was found guilty at a Company Grade Article 15 hearing for negligent discharge of a firearm. The Soldier negligently discharged his M4 into a clearing barrel at the Camp Virginia, Kuwait ECP. The Soldier was sentenced to forfeiture of \$477.00.

A Private (E2) from 1-180<sup>th</sup> CAV was found guilty at a Field Grade Article 15 for failure to obey a lawful order. The Soldier violated General Order Number 1B by intentionally inhaling (commonly known as “huffing”) some amount of compressed air. The Soldier was sentenced to reduction to Private (E1) and 45 days of extra duty.

A Private First-Class from 1-180<sup>th</sup> CAV was found guilty at a Field Grade Article 15 for failure to obey a lawful order. The Soldier violated General Order Number 1B by intentionally inhaling (commonly known as “huffing”) some amount of compressed air. The Soldier was sentenced to reduction to Private (E2) and 45 days of extra duty.

A Specialist from 1-180<sup>th</sup> CAV was found guilty at a Field Grade Article 15 for dereliction of duty and failure to obey a lawful order. The Soldier was derelict in the performance of his duties in that negligently failed to secure his M-4, as it was his duty to do so. The Soldier also violated General Order Number 1B by intentionally inhaling (commonly known as “huffing”) some amount of compressed air. The Soldier was sentenced to reduction to Private (E2) and 45 days of extra duty.



# Delta Drives the Draw Down

By 1<sup>st</sup> Lt. Dustin Rockow

Soldiers of Delta Company 2-135 Infantry from Albert Lea, Minn., have had an eventful 2011. Delta Company was to be deployed to Camp Buehring, Kuwait to serve in a supporting role for troops passing through on their way in and out of theater. However, through a series of mission changes, Delta Company and other soldiers of 2-135 Infantry ended up being some of the last U.S. forces to leave Iraq.

Delta Company began their mobilization training in June 2011 at Fort McCoy, Wisc. with a mission to deploy to Camp Buehring, Kuwait and do numerous jobs on and around post. The company would be in charge of distributing the water deliveries to the post, operating the chow halls, keeping the generators fueled, and helping staff K-Crossing, a border checkpoint between Iraq and Kuwait.

During the Cumulative Training Event, or CTE at Fort McCoy when units are supposed to demonstrate their proficiency at their upcoming mission, Delta Company received a change of mission. They were tasked with being an Area Reaction Force or ARF within Kuwait and escorting Explosive Ordnance Disposal (EOD) teams to destroy old ammunition and explosives.

Delta Company soldiers adapted to the last minute change and prepared for their departure to Kuwait. Upon arriving in Kuwait in late July, Delta Company hit the ground running with their newly assigned mission.

The winds of change soon blew again and Delta Company was ordered into Iraq for the first time in early October to provide Convoy Security Teams or CSTs. Spc. Jeremy Grund of Mankato, Minn., said it felt good to be able to use the training he'd learned over the past few years.

"We were anxious to get up there and start doing our part," Grund said.

Delta Company cleared the southernmost roads in Iraq ahead of convoys traveling in and out of the country. In late October, 1<sup>st</sup> platoon and some Headquarters personnel of Delta Company caught a flight to Baghdad to assist in the closure of Victory Base Camp (VBC).



Soldiers of Delta Company 2<sup>nd</sup> Battalion, 135<sup>th</sup> Infantry Regiment prepare to leave Camp Adder, Iraq.

Upon arrival, Glenville, Minn. native Cpl. Ben Weller's first impression of VBC was heavily influenced by the incredibly muddy conditions, his first thought "this is going to suck!" Morale improved though as he and others discovered the many luxuries VBC had to offer including iced coffee at the chow hall.

While 1<sup>st</sup> Platoon's trip to VBC lasted a brief 10 days, a few Headquarters personnel led by 1<sup>st</sup> Sgt. Matthew Price of Farmington, Minn., waited at VBC for the development of yet another mission change. Delta Company was ordered to provide route security around Baghdad and on main supply routes heading north and south to further help facilitate the U.S. draw down in Iraq.

The first to head north was 4<sup>th</sup> platoon in early November. Not far behind was 2<sup>nd</sup> platoon. Across Iraq U.S. Forces were rapidly closing bases and shipping equipment south. 2<sup>nd</sup> and 4<sup>th</sup> platoons helped clear routes around the capital while 1<sup>st</sup> and 3<sup>rd</sup> platoons prepared their newly fielded Mine Resistant Ambush protected or MRAP vehicles at Camp Buehring.

Shortly before Thanksgiving the entire company moved to Camp Adder, Iraq. Like other bases across the country, the once vast Camp Adder was rapidly shutting down. The soldiers of Delta

Company were fortunate enough to be reunited in time for the final meal at the base chow hall.

Missions from Camp Adder focused not only on route security, but primarily on preventing civilian tractor trailers from being hijacked. The hijacking threat developed after criminal elements within Iraq discovered that long lines of trucks carrying equipment were often under-protected and susceptible to attack.

This way of thinking changed after Delta Company arrived with its fleet highly intimidating MRAPs. Delta Company left Camp Adder in early December and returned to running CST missions from Camp Buehring until the final U.S. Forces crossed the border of Kuwait.

During the final days of the war, the efforts of Delta Company, 2-135 Infantry and everyone who contributed to the liberation of the Iraqi people were recognized by the Commander-in-Chief:

"They [soldiers] will cross the border out of Iraq with their heads held high. One of the most extraordinary chapters in the history of the American military will come to an end. Iraq's future will be in the hands of its people. America's war in Iraq will be over," President Obama, 14 December 2011.

# Lights Out, Scouts Out

Story and Photos by Spc. Mathew Schlueter

In single file line the last Convoy Escort Team (CET) of 1<sup>st</sup> Squadron, 94<sup>th</sup> Cavalry returned to Camp Buehring, Kuwait on Dec 18th, 2011. Mine Resistant Ambush Protect (MRAP) vehicles kicked up dust into the air as they came bellowing up to the entrance of the motor pool. Soldiers of 1-94 CAV rendered salutes to their returning comrades honoring the last our soldiers returning from Iraq.

It was a very joyful occasion as the MRAPs pulled up in two single file lines in the motor pool. Soldiers of the CET stepped out of their vehicles to fellow soldiers congratulating them on a job well done and most of all celebrating of the close of a war that has lasted almost nine years.

The Squadron Commander Lt. Col. Eddie Frizell whom accompanied Able Troop on the CAV's final mission stepped down from the MRAP he was riding in and started shaking every soldiers hand who was a part of this historical occasion.

"We turned the lights out in Iraq," said Lt. Col. Eddie Frizell Commander of the 1<sup>st</sup> Squadron, 94<sup>th</sup> Cavalry, referring to the long haul convoy mission in support of the draw down in Iraq.

1<sup>st</sup> Squadron, 94<sup>th</sup> Cavalry traveled over a million miles, more than any other unit in the 1st Brigade Combat Team, 34<sup>th</sup> Infantry Division "Red Bulls". Escorting convoys of equipment and soldiers out of Iraq was the primary mission, but the Squadron also provided route security for the convoys.

Lt. Col. Frizell told soldiers standing round him in formation, "Doing this mission our Squadron traveled over a million miles, we spent long night and days on the road, and most important we brought everyone out of Iraq safe."

Leaving Iraq means the end of the war, but does not mean the



**LTC Eddie Frizell commander of 1st Squadron, 94<sup>th</sup> Cavalry congratulates soldiers from Able Troop on completing the Cavalry's final mission in Iraq.**

1-94 CAV's mission is over. The CAV will still be stationed Camp Buehring, Kuwait for the foreseeable future to continue training and be prepared to go wherever the Army needs them.



**Able Troop rolls into Camp Buehring, Kuwait after their last mission of the Iraq War on Dec. 18 at 8 a.m..**



# Headquarters Platoon, the Unsung Heroes

By Cpl. Zachary Mangas

Since the dawn of war, providing logistics and support to the men and women on the battlefield has not been an easy feat. Advances in technology have greatly aided in the process of supporting and supplying forward deployed troops, yet one thing has not changed, the need for a Headquarters Platoon that is dedicated to the mission and able to sustain unit readiness during steady-state operations.

It has been reported, "It takes seven non-combat support Soldiers for a single combat Soldier to maneuver on today's battlefield and participate in the fight." If that statement is true, the nineteen Soldiers in Headquarters Platoon have brilliantly supported the 117 Soldiers that make up the nine convoy escort teams (CETs) in Company C, 1st Combined Arms Battalion, 194th Armor (Co C, 1-194 CAB).

When this Sauk Centre-based unit "Crazyhorse," arrived in Kuwait in late July of 2011, they instantly rolled into their assigned mission of convoy escort security – assisting in ensuring supplies and equipment are transferred safely in and out of Iraq. This mission set required 86 percent of the Company's Soldiers to support the CET mission of safeguarding logistical convoys – enabling the U.S. to fulfill its agreement of withdrawing all

troops from Iraq by December 31, 2011. This task could not have happened without a highly motivated and multi-functional Headquarters Platoon.

The Headquarters Platoon is made up of a variety of Soldiers, each with a unique skill set that ensures mission success. The five primary functions of this Platoon are: mission guidance and support from the tactical operations center (TOC), vehicle repair and truck maintenance, unit armorer (weapons repair), supply, administration and production control.

Each functional area is demanding and requires Headquarters Soldiers to remain flexible and on standby at any given time 24-hours a day, seven days a week.

"These Soldiers have been putting in countless hours for the betterment of this Company and the convoy escort team mission," said Capt. John M. Hobot, Inver Grove Heights, Commander of

Crazyhorse. "Whether it's been administrative duties, maintenance on the trucks or battle tracking the CETs on the roads of Iraq – they have done an outstanding job and we would be combat ineffective without the Headquarters Platoon. Sometimes the CET mission overshadows what these individuals accomplish back here in Kuwait and none of our success could be achieved without each and every one of these Soldiers. There is an abundant amount of detail that goes on behind the scenes while conducting a mission, from start to finish."

A ton of detail indeed – before a convoy escort



Staff Sgt. Russell A. Mulholland, Brainerd, Minn., Company C, 1<sup>st</sup> Combined Arms Battalion, 194<sup>th</sup> Armor, 1<sup>st</sup> Brigade Combat Team, 34<sup>th</sup> Infantry Division, views the schedule of trucks to be serviced inside the maintenance tent at Camp Virginia November 18, 2011. Mulholland is the lead mechanic for his Company and has serviced more than 400 gun trucks since his arrival in Kuwait in July 2011 to assist with the draw down of U.S. forces.

team can be sent out on the road, they must be assigned a mission by the team who operates in the tactical operations center.

"When a CET mission is allocated to our Company from Battalion, within about 30 minutes we have a CET assigned based on our mission rotation schedule and within 24 hours we are fully engaged in the planning preparation that goes into a CET mission," said TOC specialist Spc. Michelle L. Cheney of St. Stephen, Minn. "A lot goes on after the initial receipt of a mission, but a very important aspect of our job is monitoring and tracking the missions using a type of technology that allows us to view and stay in touch with our CETs called the Blue Force Tracker (a global positioning tool that allows the commander to keep command and control of the unit). So far we have captured the movement control data of 21 million gallons of fuel, 9,148 semi-truck loads of logistical supplies traveling 312,186 miles. We have been extremely busy but it is now starting to slow down here in December."

Another important aspect of keeping Crazyhorse rolling out on the roads is the maintenance on the trucks, close to 50 trucks to be exact. Traveling over 300,000 miles on the roads of Iraq causes wear and tear on the armored beasts called Caiman MRAPs (mine resistant ambush protected), which Crazyhorse uses to provide convoy escort security. It is no simple task.



Spc. Charles Gerads, Melrose, Minn., of Company C, 1<sup>st</sup> Combined Arms Battalion, 194<sup>th</sup> Armor, 1<sup>st</sup> Brigade Combat Team, 34<sup>th</sup> Infantry Division, retrieves a tool from the workbench inside the maintenance tent at Camp Virginia to complete a job on a Caiman Mine Resistant Ambush Protected (MRAP) gun truck. He and his Company have been located in Kuwait since July 2011, assisting in providing convoy escort security during the final phase of the draw down of American forces in Iraq.



The maintenance tent at Camp Virginia where Soldiers from Headquarters Platoon, Company C, 1<sup>st</sup> Combined Arms Battalion, 194<sup>th</sup> Armor, 1<sup>st</sup> Brigade Combat Team, 34<sup>th</sup> Infantry Division, work on the Caiman Mine Resistant Ambush Protected (MRAP) gun trucks during the final phase of the draw down of American forces in Iraq.

"We've serviced 400 trucks since we took over our duties here at Camp Virginia," said Staff Sgt. Russell A. Mulholland of Brainerd, Minn., maintenance support team (MST) chief and lead mechanic for Crazyhorse. "Each truck is checked for faults before it is sent out on the road. They are also inspected before and after every mission and serviced every 6,000 miles. Our mechanic team has put in ten hour days over the past four months to ensure the trucks are in the best condition possible."

The Crazyhorse MST has helped save Soldiers lives through an aggressive Caiman MRAP conversion process ensuring 15 additional armor kit upgrades were completed on their fleet. The MST's attention to detail and leadership provided Soldiers with the very best armor protection against the imminent Iraq threat of explosively formed penetrators (EFPs) and improved explosive devices (IEDs).

To keep maintenance on the trucks flowing smoothly, it is key to have parts and equipment on hand and available at a minutes notice.

"When the Soldiers come to turn in a truck after a mission, I receive a list of issues that need to be checked out," said Spc. Sarah A. Imdieke of Sauk Centre, Minn., Crazyhorse production controller. "This means a work order needs to be created. After the mechanics discover what the problem is they will come tell me what parts they need. I check to see if we have the parts available, if we don't have them on-hand then I place an order. So far I've placed over 250 orders since we've arrived. It's a big responsibility and I enjoy knowing my work here at Camp Virginia is making a difference for the Soldiers out on the road and for

everyone back home."

Another integral part of the operation Headquarters Platoon has is maintaining the supplies of the entire Company.

"Like a doctor, we are on call everyday so we can support the convoy escort mission," said Staff Sgt. Ryan T. Hegreberg, non-commissioned officer in-charge of Crazyhorse supply. Hegreberg, who hails from Willmar, Minn. played a vital role in command supply discipline. To date, Crazyhorse has turned in \$6.1 million in supplies and equipment that was not being used or has simply been found tucked in a random connex here at Camp Virginia.

"There are 138 Soldiers in our Company. This means there is a lot of clothing, equipment and supplies that need to be disbursed and we have to track it all," said Hegreberg. "Not only that, but each time a CET goes out on mission we are there to assist in handing out weapons and ammo from the vault. The process keeps us busy but it's a challenge we have undertaken. I have two other Soldiers, Spc. Baker and Sgt. Okland, who support me in making sure we complete our mission – they do a fantastic job. Sgt. Okland for example has repaired more than 70 weapons systems in just four short months, enough said on his dedication to mission."

Staff Sgt. Hegreberg is not the only Soldier with a tracking list Administrative duties and keeping track of who has accomplished the required training courses is a task perfected by Sgt. Kaisone Ithivongkham. He has not been with the Company very long but if you ask SGT Ithivongkham for a first, middle, last name or even a birthday of a Soldier in Crazyhorse there is a good

chance he could tell you off the top of his head.

"Crazyhorse has a certain amount of training and courses they have to complete to stay up-to-date on current procedures and tactics used on the battle field," said Sgt. Kaisone Ithivongkham, Baxter, Minn. "It's my job to track their progress and act as a safeguard to the personal information we have on Soldiers. Another key aspect of my role is acting as chief mail clerk for the Company – the Soldiers have been receiving a lot of support from back home. I know they all are looking forward to returning back to their loved ones."

Sgt. Ithivongkham is not one to brag, but his Commander likes bringing up his accomplishments.

"Sgt. Ithivongkham (aka Sgt. Itchy) exceeded expectations in understanding the needs of his deployment team that holds 24 different military occupational specialty (MOS) skill sets. Sgt. Itchy supervised the successful administration and processing of nine basic allowance for housing (BAH) adjustments, two assignment incentive pay (AIP) fixes, 44 hazardous duty pay (HDP) corrections, 53 non-commissioned officer evaluation reports (NCOERs), 33 enlisted promotion system (EPS) packets and 17 Soldier extensions totaling more than \$150,000 in bonus pay outs. The sum total of his oversight to these and other important Soldier issues is critical to the morale of our unit and is evident in our reenlistment success," said Capt. Hobot.

Headquarters Platoon is guided with leadership by its Executive Officer - 2nd Lt. Joseph P. Blaker and Platoon Sergeant - Sgt. 1st Class Joseph E. Cheney and veterans of the first Company deployment to Iraq during Operation Iraqi Freedom - Capt. John M. Hobot and 1st Sgt. Timothy P. Flahave.

As the Crazyhorse convoy escort security mission comes to an end, the unit training plan for the next few months will focus not only on honing specific military occupational skill (MOS) sets that are perishable, but will polish other essential leadership skills that get neglected in a steady state of war.



# Operation Patriot Endeavor

Story and Photo by 1st Lt. Sean Carstensen



During the holidays, a deployment can be especially hard on Soldiers and their families. Some Soldiers are lucky enough to go home on their two-week leave, but others must rely on phone calls, internet, and care packages to connect with home and spread the holiday cheer.

In the beginning of December, an unexpected influx of care packages began to arrive here at Camp Patriot, Kuwait. Best Buy Inc., headquartered in the Twin Cities, gathered and sent more than 3,000 care packages to Minnesota National Guard Soldiers from the 1<sup>st</sup> Brigade Combat Team, 34<sup>th</sup> Infantry Division “Red Bulls” stationed in Kuwait. The packages included digital cameras, movies, video games, candy, and other small gifts.

Sgt. Jose Carreon, chaplain’s assistant, 1st Bn, 125th FA, began distributing the gifts on Dec. 8. Chief Warrant Officer Michael Pickar, force protection officer, 1st Bn, 125th FA, assisted with the distribution on Dec. 9.

“My favorite items were the headphones and the camera because I didn’t have a camera,” said Cpl. Kale Riley of Mankato, MN, base defense liaison team member, HHB, 1st Bn, 125th FA, “Thanks [Best Buy] for supporting the troops.”

A letter included in the packages read as follows:

***“Dear Soldier,***

***It’s hard to know what to say, or how to thank individuals like yourself who performs such great service for us, our families and our country. All of us at Best Buy are so proud of you, of your courage, and of your determination to fight for our freedoms...***

***...This care package is our way of saying thank you and letting you know that every day we remember the sacrifices that are being made by you on our behalf, so that we can remain free and safe from those who would wish to do us harm. Know that your dedication and support are greatly appreciated...***

***You are in our hearts and minds always,***

***Your Friends at Best Buy”***

Over the past few days, Camp Patriot has been abuzz with Soldiers of the 1<sup>st</sup> Bn, 125<sup>th</sup> FA comparing the specific items included in their individual care packages. A big “thank you” goes out to Best Buy from all of the Soldiers of the 1<sup>st</sup> Bn, 125<sup>th</sup> FA.

# Camp Arifjan Uniform Program is a Great Success

By: Sgt. Lindsay L. Mackie

Cpl. Horace Roach, Supply Specialist, B Troop 1/150<sup>th</sup> from the West Virginia National Guard, has been running the Uniform Collection Program for Zone 6 at Camp Arifjan, Kuwait since August. Cpl. Roach is attached to 1<sup>st</sup> Brigade Special Troops Battalion, 34<sup>th</sup> Infantry Division which is based in Bloomington, Minn. The 1/34<sup>th</sup> BSTB are deployed in Camp Arifjan, Kuwait as the Camp Command Cell in Zone 6 in support of Operation New Dawn.

Cpl. Roach recently received a coin from Brig. Gen. Jonathan Ives from the 364<sup>th</sup> Expeditionary Sustainment Command Group for his hard work and dedication to the uniform program. Receiving a coin in this manner is a great honor for soldiers and sets those that receive the coin apart from others.

The Uniform Collection Program starts with soldiers discarding uniforms and boots in collection boxes that are placed throughout Zone 6. Cpl. Roach collect the uniforms twice a week and taking them to tent A-25 where he sorts them according to branch of service and size. Uniforms and boots that are no longer fit to be worn are packed up and taken to the Defense Reutilization and Marketing Office to be redistributed or destroyed.

Many of the items collected by the 1/34 BSTB are able to be re-used. Some are brand new with the tags still on them. When soldiers return home from a deployment they typically like to pack light and send as little home as possible. Instead of throwing the uniforms away, soldiers will dispose of them. The Uniform Collection Program allows soldiers to dispose of unwanted or unserviceable uniforms without violating policy and simply throwing them away.

Soldiers in Zone 6 can come to the uniform tent A-25 to get uniforms if they need them. Cpl. Roach refers to tent A-25 as a “free thrift store.” If a soldier’s size is not available, the 1/34<sup>th</sup> BSTB keeps a detailed waiting list of the items needed and can contact the soldier when the uniform becomes available. The Uniform Collection Program in Zone 6 has saved more than \$660,000 by redistributing uniforms that would have been thrown away.



Cpl. Horace Roach, 1<sup>st</sup> Brigade Special Troops Battalion, 34<sup>th</sup> Infantry Division, Camp Arifjan, Kuwait. Cpl. Roach organizes new and used discarded uniforms that are to be redistributed to soldiers that need them. Soldiers can visit tent A-12 in Camp Arifjan, Zone 6 for uniform items. Cpl. Roach recently received a coin from Brig. Gen. Jonathan Ives from the 364<sup>th</sup> Esc. Command Group for his hard work and dedication to the uniform program. Cpl. Roach is from Long Branch, NJ and is attached to the 1/34<sup>th</sup> BSTB from B Troop 1/150<sup>th</sup> which is based in West Virginia.





# Soldier Feature

Story and Photos by 1st Lt. Eric Cameron



1st Lt Jolene Carlson from Belle Plaine, Minn. demonstrates the use of Bag Valve Mask (BVM) to her class. Carlson deployed with the 134 BSB, Minnesota National Guard to Camp Virginia, Kuwait in July as part of Operation New Dawn. Carlson is volunteering her time to give a first responder course to soldiers at Camp Virginia.

Virginia. The Emergency Medical Responder (EMR) course prepares the EMR student to provide emergency prehospital assessment and care for patients of all ages with a variety of medical conditions and traumatic injuries. Areas of study include an introduction to emergency medical services systems, roles and responsibilities of EMRs, anatomy and physiology, medical emergencies, trauma, and special considerations for working in the prehospital setting.

After completion of the ten week course, EMR students will be certified first responders for the state of Minnesota. Completing the course also opens the opportunity to take the national exam and become certified as a nationwide first responder. Carlson has 35 students attending the first responder class, 12 of which are 134<sup>th</sup> BSB Soldiers.

1<sup>st</sup> Lt. Carlson's efforts are appreciated and are a great example of a National Guard member using civilian experience to better educate and prepare our armed forces.

A work week for a National Guard Soldier on deployment is often very demanding. Unlike their civilian jobs back home, there is no such thing as working five days a week for forty hours. A Soldier will often work seven days a week and every holiday. That's why when 1<sup>st</sup> Lt. Jolene Carlson volunteers her down time to teach a First Responder course, it shows a deep commitment and self-sacrifice.

Carlson is from Belle Plaine, Minn., and deployed with the Minnesota National Guard to Camp Virginia, Kuwait, in early July. Carlson is the Morale, Welfare, and Recreation Officer at Camp Virginia. Some of her duties include overseeing events and activities for camp personnel. Carlson works in a close partnership with AAFES and entertainment to ensure Soldiers are offered an array of activities to ease their demanding work schedule.

Carlson works as a science and medical careers high school teacher in her civilian career. She has also worked as an EMT for fifteen years after becoming a first responder through an opportunity as a high school student. Carlson values the importance of these classes as a stepping stone into the medical field and notes that her first responder class sparked her interest to include a medical slant to her teaching career.

Carlson decided to offer a first responder class to all Soldiers who are permanent party at Camp



Staff Sgt Dean Christenson from Spring Valley, Minnesota, the Battalion Medical Non commissioned Officer In Charge with HHC 1-194 Combined Arms Battalion, demonstrates the use of a nasopharyngeal airway. Christenson is assisting 1st Lt. Jolene Carlson with the first responder course she is giving at Camp Virginia, Kuwait.

## G 700: PATH TO HEALTH AND FITNESS

*“If you do what you’ve always done, you’ll get what you’ve always got” Mark Twain*

At the beginning of mobilization, G Company commander, CPT Christopher Ribera, informed his soldiers that physical fitness was a top priority. He knew G Company had to be in optimal physical condition to survive and be prepared for the challenges ahead. There are many aspects to preparing for war however; if your mind and body are not ready, then any other training is not as effective. Therefore, G Company executed a physical training program to get in shape and meet the Army’s physical fitness standards. At first, soldiers trained to meet the standards but then along the way something began to happen. One by one, G Company soldiers began passing the Army Physical Fitness Test (APFT). They began losing weight, exceeding the Army physical fitness standards and feeling good about themselves. It became personal. According to CPT Ribera, *“G Company has made significant improvement in our overall fitness. You get what you put into it. Our soldiers are living healthy, have more energy and work performance has improved”*. CPT Ribera has challenged G Company to **“Fitness 300”**. Fitness 300 is a challenge to not only achieve a 300 score on the APFT but to beat CPT Ribera in the overall APFT score. The Army sets the score of 300 as an excellence rating for the physical fitness program. CPT Ribera states *“Everyone can achieve this standard of excellence”*. SSG Stephen Streaker, COR NCOIC, has accepted CPT Ribera’s challenge. When asked if SSG Streaker will beat him on the APFT, CPT Ribera’s response is *“Not a chance!”*

G Company’s top NCO, 1SG John Lewis couldn’t be more proud of his company’s physical fitness accomplishments. At the start of mobilization, G Company’s APFT pass rate was 36%. Since then G Company’s pass rate has improved to 74% and is steadily improving. *“It gives me hope that by the end of deployment we will have an 80% or better APFT pass rate”* according to 1SG Lewis. *“Soldiers have not wasted their time in making the standards and I am quite proud of everyone’s efforts. NCO’s have stepped up to monitor and help every soldier meet the standard”*

The following are quotes and comments from G Company soldiers on their health and fitness:

**SSG Stephen Streaker** – *“My goal is to beat CPT Ribera on the Fitness 300 challenge! YES! I will beat CPT Ribera!”* SSG Streaker has a daily rigorous workout plan that has helped him stay right on CPT Ribera’s heels.

**SGT William Goodhart** – *“I’m in the best shape of my life!”* SGT Goodhart makes it a point to workout everyday; sometimes up to two and three times a day. His fitness commitment has helped him to lose more than 22 lbs.

**PFC Traci Melrose** – *“This time last year my knees hurt badly. Since I’ve lost so much weight, my knees don’t hurt anymore and I’m in better shape than I have been in the last three years. My goal is to be at my basic training fitness level”*. PFC Melrose has committed to a diet and exercise routine which has helped her to go from 54% to 34% body fat. She is now able to do 30 minutes on the elliptical machine without stopping and she passed her APFT! The last time she passed her APFT was in 2008.

**SPC Clyde Burger** – *“I’m so proud that I passed the APFT! I have tons of energy and everyone has noticed the difference and gives me compliments. I’m proud of myself!”* The last time SPC Burger passed his APFT was in 2008. Since mobilization, SPC Burger shaved more than 7 minutes off his run time and has lost 38 lbs! Countless hours in the gym, a rigorous cardio program and a proper diet has helped SPC Burger to achieve his health and fitness goals. Most inspiring is that SPC Burger began leading his section’s physical fitness program and began helping his fellow G Company soldiers develop their own fitness program.

We are very proud of these soldiers for their health and fitness accomplishments however they are just the tip of the iceberg of G Company soldiers who have committed themselves to improve their overall health and fitness. Congratulations G 700 for a job well done!





By Spc. Philip Smart, Troop C 1st Squadron 180th Cavalry Regiment

When you step into the 1-180<sup>th</sup> conference room in Kuwait, proudly displayed on the wall are the photos of fallen soldiers of the 45<sup>th</sup> Infantry Brigade Combat Team who have died serving their country in Afghanistan this year. Among them is Sergeant Bret Isenhower, formerly of C Troop 1-180<sup>th</sup>, who was killed in action on September 9<sup>th</sup> of this year. After much deliberation it was decided that the best way for C Troop to honor him would be with a hero's workout.

The CrossFit Hero Workout Of the Day (WOD) is a grueling workout dedicated to Sgt. Isenhower, consisting of as many reps as possible of 9 hang squat cleans, 9 shoulder to overhead presses, and 11 box jumps for 26 straight minutes. This WOD was designed and led by C Troop's 1st platoon sergeant, SFC Fincham.

Among those who attended were Command Sergeant Major Miller, and SGT Isenhower's former Troop and Squadron Commanders, Captain Mark Caudillo and Lieutenant Colonel Chomosh.

"Isenhower would appreciate the work out, he was always pushing his fellow soldiers to stay fit," said Staff Sergeant Harrison, Isenhower's former team leader. "Going into this deployment I knew there was a chance that some of us wouldn't come back, you just never expect that it would be someone you knew... that you served with."

Sgt. Isenhower led a life dedicated to the service of the nation and his community, serving as a volunteer firefighter with the Seminole Fire Department and as a 911 dispatcher for Seminole County. Sergeant Isenhower is remembered by those who knew him as a great man and a true American hero, who touched the lives of so many with his dedication to helping others.



#### **Oklahoma Honor: The Flag of COS Kalsu, By CPT James Robertson**

Bob Kalsu was considered an American hero even before he lost his life in the Vietnam War. Now, almost 40 years later, the 180<sup>th</sup> Cavalry had the privilege of contributing to the US Army's attempts to honor him.

Kalsu is best known for his being an All-American Tackle for the University of Oklahoma football team as well as being an eighth-round draft pick of the professional football team, the Buffalo "Bills" in 1968. After his first year as a professional football player, he was named as the American Football League's "Rookie of the year." On top of his new professional football career, he had a young family, including a young daughter and a new baby on the way. He had everything going for him.

But that same year, Uncle Sam came calling. While going to school at OU, Kalsu had been a member of the Reserve Officer Training Corps, the Army organization that trains college students to become officers. After completing the program, he was not selected for active duty and was allowed to sign with the Buffalo Bills. Following the 1968 season, he entered the Army to fulfill his service obligation, and was commissioned as a second lieutenant. After training as an artillery officer at Fort Sill, Oklahoma, he was assigned to the famous 101<sup>st</sup> Airborne Division, and soon found himself deployed to the A Shau Valley, one of the most deadly areas in Vietnam. On July 21, 1970, his unit came under enemy mortar fire and as a result, Bob Kalsu was killed in action. His family was presented with a posthumous Purple Heart medal.

The US Army again honored Kalsu in 2005. A unit from the New York Army National Guard, stationed in Buffalo, New York, established a forward operating base, or FOB, in southern Iraq



Chaplain (CPT) Josh Byrd carries the Chaplain Corps' flag while conducting a road march with CPT Mark Caudillo and his Troop. Caudillo's C Troop is training to prepare for the upcoming Expert Infantry Badge test.

during Operation Iraqi Freedom. They named the base "FOB Kalsu." Since then, the base has been a hub for operations in the region, even more so in the closing days of the Iraq War in the past few months.

The final unit to occupy the base was the 1<sup>st</sup> Brigade of the 1<sup>st</sup> Cavalry Division, who were charged with closing the base down. After lowering the American flag for the last time, the brigade's deputy commander Lieutenant Colonel David Northridge presented it to Major Andrew Ballenger, the executive officer of the 1<sup>st</sup> Squadron, 180<sup>th</sup> Cavalry Regiment, a unit of the Oklahoma Army National Guard, so that they would have the honor of presenting the flag to Lieutenant Kalsu's daughter. Ballenger, himself a graduate of the University of Oklahoma, said "This is a way I can help show gratitude to the Kalsu family - who themselves sacrificed and who are heroes in their own right. This is only a very small token of appreciation to someone whom every American citizen owes a great debt."

# “COMBINED FORCES IN SEARCH OF...”

By Spc. Ashley C. Upton, 113<sup>th</sup> Military Police Company

This day marks a huge milestone in the already great working relationship between the United States Army and the Kuwaiti Border Security. The Kuwaiti Border Security received training on how to search a vehicle for explosive devices or prohibited items at an installation access control point by soldiers from 113<sup>th</sup> Military Police Company.

“The purpose of this training is to create a well-trained force to maintain Khabari Crossing without assistance from United States soldiers as needed,” said Cpt. Neal T. Rockhold, Commander for the 113<sup>th</sup> Military Police Company. Other people involved in different aspects of the necessary training to ensure knowledge retention included The Base Defense Liason Team which taught undercarriage camera classes and conducted Random Anti-Terrorism Measure (RAM) Procedures.



Cpt. Rockhold (center), 113<sup>th</sup> MP Commander, stands with Kuwaiti Border Security soldiers who participated in the joint training exercise.

The 113<sup>th</sup> Military Police Company took the lead role in teaching the access control point procedures, referencing the Standard Operating Procedure (SOP) as outlined in Chapter 3 of the 31B (Military Police) Skill Level Task Handbook. Staff Sgt. Larry D. Primeaux II, 4<sup>th</sup> Platoon Sergeant, and Sgt. Michael C. Franks, 2<sup>nd</sup> Squad Leader, 4<sup>th</sup> Platoon, instructed the Kuwaiti Border Security on the proper procedures of how to search a vehicle. “This was a great opportunity to train together which in the end prepares the Kuwaiti Border Security to defend themselves in the long run,” said Ssg. Primeaux.

After the initial training, practical exercises were conducted at the South Entry Control Point at Khabari Crossing. During the practical exercises Ssg. Primeaux and Sgt. Franks planted a simulated explosive device. The Kuwaiti Border Security searched a vehicle, reacted to a found explosive device and followed the proper procedures on how to react to a device exploding. They also applied the proper procedures to evaluating a casualty by using the knowledge they were taught on the Improved First Aid Kit (IFAK) in previous training.



(Left) Kuwaiti Border Security participant in a practical exercise on vehicle searches during a joint training event with the 113<sup>th</sup> Military Police Company (Middle) Cpt. Rockhold, 113<sup>th</sup> Military Police Company Commander, gives the initial brief of the joint training event held between the 113<sup>th</sup> MP Company and the Kuwaiti Border Security stationed at Khabari Crossing. (Right) Kuwaiti Border Security participants apply first aid to a soldier who is simulating an injury during a mock attack.





# Photo Stories



Units Pictured Above: 1-194 CAB, 2-135 IN and 112 MP.

For more stories, photos and information about all the Soldiers of the 1st Brigade Combat Team, 34th Infantry Division currently deployed to Kuwait visit [facebook.com/MinnesotaRedBulls](https://facebook.com/MinnesotaRedBulls) or [dvidshub.net/units/1-34BCI](http://dvidshub.net/units/1-34BCI)

To submit photos, email [Lynette.R.Hoke@us.army.mil](mailto:Lynette.R.Hoke@us.army.mil)

