

TEAMWORK is the foundation of the Big Red One. I shall never fail my team, for I maintain the standard. My conduct and self-discipline set the example for others to follow.

HONOR is what I stand for – an American Soldier on duty for my country. My loyalty is intense. I display care for my fellow Soldiers and my chain-of-command through courage, respect, integrity and compassion.

> I have learned to ENDURE, to thrive in adversity. The harsh reality of combat gives me the enthusiasm for realistic training. I am physically and mentally strong to meet the demanding situations my unit encounters.

We are one in the Big Red One. Our **BROTHERHOOD**

gives us strength to fight on to any objective and accomplish the mission as our veterans have done before us. I live the legacy of my division.

NESS is my priority. To be ready for any mission, anytime, anywhere. My business is first-class training and living high standards of care and equipment, weaponry and tactical and technical competence.

Duty First

My **ORGANIZATION** is my strength. The BRO is bigger than any one individual. It gives me purpose, self-confidence, competitive spirit, intestinal fortitude and the desire to fight with all my heart.

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Cover: Four Soldiers rappel from a UH-60 Black Hawk Sept. 24 as Soldiers on the ground act as belaymen, a safety precaution used to ensure those descending don't fall.

(Photo by Jordan Chapman **Duty First!)**



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Commanding General Danger 6

Change

Maj. Gen. Vincent Brooks

It was a long 12 months, but our 2nd Brigade "Daggers" are finally home. I hope you had a chance to welcome these brave warriors back from combat and congratulate them on a

valiant effort in the name of protecting and preserving freedom for the Iraqi people and allowing them to take back control of their own nation's security.

To all of our Daggers, welcome home and a job well done! Now that you've completed your mission successfully in Iraq, it's time to focus on a new mission - one that we as Soldiers should focus on constantly. That mission is resiliency - physically, mentally, emotionally and spiritually. As Soldiers, we must be able to handle day in and day out the rigors that come with everyday life, and also the challenges that can come with serving in today's Army.

Resiliency is one of those characteristics that can come naturally. But it's also something you can, and should develop. It's easy to get caught up in the hustle and bustle and high tempo. Work can very easily consume your life, if you let it.

If we allow our jobs to completely consume our lives, before too long, our productivity begins to actually decrease. We get burnt out, don't want to come into work in the morning, find ourselves unable to focus and take care of business. It can also affect us at home. We may argue with our spouse, get short with our kids or even our hobbies or things we enjoy begin to feel like chores. When these things happen – you're losing fitness.

We may be Soldiers 24-7, but that doesn't mean we work 24-7. Our bodies, our spirits and our emotions, not to mention our social connections and our families cannot handle that. This is why we need to take time to recharge, to focus on our own physical, emotional and spiritual health so that we can do our jobs right and enjoy our friends and Families.

So, how do we do that? How do we make sure that we are resilient and fit in all of these areas? Well, you might think the physical part is easy. We're in the Army, we do PT every morning. But you have to make sure that you're challenging yourself every day. Don't just go through the motions and settle for the status quo. Make sure you're constantly pushing yourself to get to that next level.

Physical resilience is more than just exercise. It means taking

care of your body. Eating right. Drinking right. Doing things that are healthy. We need to make sure we're taking care of our bodies because it's the only one you are going to have!

How about spiritual resilience? Spiritual resilience is something that ties into both our physical and our mental being, and as such, it's extremely important. Being spiritually resilient allows us to achieve a sense of peace and balance in our lives.

However you choose to practice – or not practice – it's important to make time to focus on your inner being and a power much greater than us, whether you do that by attending Mass every week, studying on your own, getting some insight from a chaplain or simply kneeling down to pray with your kids each night to reflect and be thankful for what God has given you. Be sure that you're creating time in your

schedule to focus on your own spiritual resiliency.

Being emotionally resilient is probably the most important facet of resiliency for us to focus on. If we are not emotionally resilient, we can't properly function, whether that's at work or at home. It brings me back to the first point I made about not letting work consume your life. You have to take time to focus on you and keep your mind sharp, or you'll start to notice that you're less effective.

Each of us has our own way of taking a "mental vacation," of clearing our heads and just taking some time to get away from things. When we do those things - when we work on building our emotional resiliency – we come away refreshed and renewed, able to focus again and be truly efficient.

If we take the time to focus on these things – being physically, spiritually, emotionally, socially and family resilient – it makes us not only better Soldiers, but better people, who are able to take both the good and the bad in stride.

Duty First!

Command Sergeant Major Danger 7

Air Assault Soldiers Showcase Strength

Division Command Sgt. Maj. Jim Champagne

After enduring two weeks of grueling training which pushed their minds and bodies to the limit, 143 Soldiers earned the coveted Air Assault Badge at the end of September.

The course began with an early run and obstacle course required to seal the Soldier's entrance into the course. From there, Soldiers trained in slingloading, rappelling and combat assault. They graduated the course after completing a 12-mile ruck march in full battle rattle.

With each new task Soldiers in the Air Assault course completed, they pushed themselves and demonstrated to the best of their abilities the stanza of the Soldier's creed to be disciplined and mentally and physically tough.

The Soldiers, from many 1st Infantry Division units, survived some of the toughest 10 days in the Army and earned themselves

bragging rights as Air Assault Soldiers and demonstrated the Big Red One motto of 'no mission too difficult, no sacrifice too great, Duty First!'



It was also the first time Fort Riley was able, with the help of a mobile training team from Fort Benning, Ga., to host the Air Assault course. Doing so allowed Soldiers to stay closer to home and near to their Families.

The fact that Fort Riley is able to host a course such as this demonstrates the priority we place on providing our Soldiers quality training opportunities that will better our Soldiers and our fighting force.

Hosting the course also allowed the Soldiers who participated from Fort Riley the opportunity to spend precious moments of down time at their homes and with their Family. It is only with a Family's support that Soldiers are able to give their all to their mission.

Congratulations to the 143 Soldiers who earned their wings. You give

yourselves, your units and your division reason to be proud of you!

Now...get after it!



ST BDE

IST BRIGADE GETS NEW MISSION

By **Sgt. Scott Kim**1st HBCT Public Affairs

Change is something that all Soldiers experience in the military but rarely on the scale that occurred Sept. 22 at Fort Riley's Custer Hill Parade Field as 1st Brigade, 1st Infantry Division, was transformed into the 1st Heavy Brigade Combat Team, facing a new mission.

From November 2006 to September 2009, 1st HBCT had been training transition teams made up of Soldiers, Airmen and Sailors to advise security forces in Iraq and Afghanistan in various combat skills. However, after three years of teaching, 1st HBCT has been turned back into a combat unit ready to train and deploy to a war zone.

"What we're doing now is changing this organization

back into a combat unit which will be prepared to go to Iraq or Afghanistan and engage the enemy," said Col. Eric Wesley, commander of the newly remissioned 1st HBCT.

Under the watchful eyes of the Soldiers in the brigade, more than 16,000 military personnel and 1,300 teams were trained in everything from intelligence to medical operations before the Army decided to shift the mission over to Fort Polk, La.

While transitioning from a training unit back into a combat brigade has its own unique set of problems, Wesley stated that the Soldiers in the unit were able to overcome the obstacles in order to get the job and are now eager to undertake this new mission.

"The overlapping missions tended to pull a little bit on our resources, but I think we've been able to finish strong with training



1 HBCT PAO/Kim

A ceremonial cannon is fired at the beginning of the remissioning ceremony for the 1st Heavy Brigade Combat Team.

the TTs and are now prepared to accelerate right into the training associated with a heavy brigade combat team," Wesley said.

Some of the benefits of training others for battle are that the lessons being taught have an impact with both the teachers and the students as they can become integrated and used by both.

"Having been training those teams that embed with foreign security forces for the last three years has created a culture within the brigade that understands those tactics and techniques that we will use ourselves when we are called upon to deploy," Wesley said.

The new mission of 1st HBCT also affects local communities as the number of Soldiers within the brigade will jump from 800 to 3,500.

"This will have a significant economic and social impact for both Junction City and Manhattan as we continue to grow, but I believe that the strong connections we have in the community will help make this transition smooth for all of us," Wesley said.

Both Soldiers and their leaders are now looking to the future of the brigade and the mission they have been entrusted with.

"I think what you'll see is a spring in the step for every Soldier here and the reason I say that is not because they didn't have a love for their prior mission, but every Soldier that comes into an organization like this, he seeks the essence of the role of that Soldier," Wesley said. "That means being able to train and deploy in order to defend this country."

"And now going through this transition these Soldiers will be at the leading edge of that ability and that capacity, so they're looking forward to coming back online with the rest of the division," he added.



Maj. Gen. Vincent Brooks, commander of the 1st Infantry Division and Fort Riley, hands Col. Eric Wesley, commander of the 1st Heavy Brigade Combat Team, the Army Superior Unit Award during the Remissioning Ceremony Sep. 23 at Fort Riley. The ceremony marked the brigade's change of mission from training transition teams back into a combat unit ready to train and deploy.

CAB

Pilots Assist in Air Assault Training

higher efficiency in the cockpit.

By Jordan Chapman Duty First! Magazine

Behind the scenes work and countless hours of preparation culminated into 10 days of hard work, adrenaline and fun for 13 Air Assault Instructors from the Warrior Training Center out of Fort Benning, Ga., and ultimately 143 graduated Air Assault students from Fort Riley and surrounding states. However, without the UH-60 Black Hawk helicopters to provide rappel lifts 90 feet above the ground, all of that preparation would have been for naught.

Though the course was held Sept. 15 to 25, the work for Combat Aviation Brigade pilots began Sept. 14.

Flying into a field just north of the confidence course on Custer Hill, Air Assault instructors were surprised to see the new UH-60M model in use at Fort Riley and were eager to help pilots receive certification that morning for rappelling activities.

Soldiers, too, were excited to see the two Black Hawks coming over the trees Sept. 17 for local orientation flights, Sept. 20 for sling load training and Sept. 24 for test day rappels.

"The rappelling, that's what everyone likes to come to the school for," said Air Assault Instructor Sgt. 1st Class Brian McCarthy, which could clearly be seen as Soldiers finished up any kind of hands-on training dealing with the helicopter, ahead of their own rappel out its side door during the last day of the

While the Soldiers had their own goals and excitement to look forward to, the pilots controlling the aircraft were simply happy to assist in Fort Riley's first-ever Air Assault course.

"It's good to be involved and it's nice to be a part of Fort Riley's history," said Chief Warrant Officer 2 Jaime Heuirre, Jr., of the 3rd Assault Helicopter Battalion, 1st Aviation Regiment.

"It's a good opportunity for these Soldiers and the school that we can compliment it with this newer aircraft," said Chief Warrant Officer 2 Rob Ness also of 3rd AHB, 1st Avn. Regt., explaining the new "M" model would make the training more efficient because it makes the pilot's job easier when compared to the older UH-60L.

"The (L) model had all pressure gauges and older avionics that required a higher work load on the pilot. The (M) model is digitized ... and ideally should lesson the work load of the

"There is a coupled feature on this new aircraft so that the aircraft will hold itself at a hover by itself," he said, explaining that while the aircraft is hovering the pilot's attention can focus on many different areas at once.

pilot," he said, citing the automatic hover as one example of a

Both Ness and Heuirre were quick to say, however, that

each of the pilots can still hover manually, and were well trained to correct any mid-air failure of computer systems to insure the safety of their fellow Soldiers behind them.

"This is a rewarding opportunity," Ness reiterated again before he stepped into his helicopter to take the first load of Air Assault Soldiers up for their test rappels.

"It's a fun training mission. We're glad to be out here helping out," Heuirre seconded.



Two UH-60M Black Hawk helicopters were used on Custer Hill Sept. 20 as Soldiers participating in the Air Assault Course conducted sling load training.



Soldiers exit a UH-60M Black Hawk after taking an orientation flight Sept. 17 as part of the Air Assault course held at Fort Riley Sept. 15 to 25.

ADRIMATINISH

By Jordan Chapman Duty First! Magazine

Since he first entered the United States Army, Sgt. Ulysses Gerena of the Special Troops Battalion, 1st Sustainment Brigade, has wanted to earn his Air Assault wings.

When he found out that Fort Riley was going to host its first course on post from Sept. 15 to 25, he immediately got involved.

"I've always had more respect for people that had air assault training," Gerena said a few days before the course started. "It's an opportunity that doesn't come around to often. I know they go through a lot. You really have to want to do it and you have to have motivation. That's what I want to be like."

According to Air Assault Instructor Cpl. Robert Summers and the 12 other cadre from the Warrior Training Center out of Fort Benning, Ga., that motivation was key in completing the course, but being motivated didn't make it easy.

Gerena, along with 219 other Soldiers from Fort Riley and installations from surrounding states, each had their will tested beginning with the first early morning on Custer Hill Parade Field, where they met their instructors, listened to their rules and did push-ups ... lots of push-ups.

The morning wasn't over, though. Immediately following a very kinetic roll call, each Soldier had to run two miles in under 18 minutes and complete the Confidence Course on Custer Hill, a portion of the course that Gerena had to complete to be officially enrolled in the course. He wasn't intimidated.

"The obstacle course itself was pretty easy," Gerena said, explaining that the difficult parts were the exercises to be completed in-between each obstacle. Such exercises included the bear run, "hobble hop," crab walk and various other coordination activities that many Soldiers had to go back and re-do if an instructor didn't think it was done well enough.

Each Soldier that made it into the course then completed a series of classroom sessions before taking orientation flights in UH-60M Black Hawk Helicopters Sept. 17, a section of the course that introduces each Soldier to the helicopter they will be working with.

It was Sept. 20 and the day's sling load training, however, that allowed Gerena to work with the helicopter in flight for the first time.

"That's where you move equipment underneath helicopters," said Air Assault Instructor Sgt. First Class Brian McCarthy. "We teach them how to prepare six loads that are common to this area."

Gerena felt the most difficult part about this training was the attention to detail, but there was no denying the excitement felt as the Black Hawk slowly approached and hovered right above Gerena, his partner and the instructor waiting to attach

Gerena most looked forward to the actual rappels out of the Black Hawk, an event that he and every other Soldier trained for by completing numerous training rappels off of the rappel tower.

"It's not easy, but it's a lot of fun," Gerena said while he had the chance to momentarily rest after getting down from the 45 foot tower. The helicopter rappels occurred at twice that height.

"Something about stepping out into the air out of a helicopter sounds exciting," Gerena said, adding that when he got in and was hooking up his equipment he never took the chance to look down.

"When I looked out I was surprised about how high it was but my adrenaline was high and when I jumped out, it was crazy. I had fun with it," Gerena said. "It was an amazing sight," he added, describing the view of the helicopter above him as he rappelled to the ground.

Before he officially graduated, though, Gerena had to complete a 12-mile road march in less than three hours with a 35 to 40 pound pack on his back.

"That was definitely the hardest part," he commented, adding further that it was essential to have Pvt. First Class Santiago Dazuri, Sgt. Frank Morales and Sgt. Marcos Vaez, all of the 1st Sustainment Brigade, nearby to keep each other motivated and

By the end of the day that teamwork and encouragement boosted Gerena and 142 other weary faces onto the Barlow

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Theater stage for graduation.

After receiving his wings, Gerena felt that no matter the task's difficulty within the course, "toughest 10 days in the Army" ultimately bettered him as a Soldier.

"A lot of times during Air Assault you have to wake up and be challenged, but you got to continue anyway. I know that in the future if I'm challenged or if something is hard for me, I'll be able to get through it was well," Gerena said.



Photos Duty First!/Chapman

Sqt. Ulysses Gerena, 1st Sustainment Brigade, climbs over an obstacle of the Confidence Course on Custer Hill Sept. 15 as part of the Air Assault Course at Fort Riley Sept. 15 to 25.



Sgt. Ulysses Gerena, 1st Sustainment Brigade, concentrates during his sling load training Sept. 20 as a UH-60M Black Hawk helicopter creeps closer to be hooked up to its cargo.



Sgt. Ulysses Gerena, 1st Sustainment Brigade, tackles the first obstacle of the Confidence Course on Custer Hill Sept. 15.



Under the watchful eye of Air Assault Instructor Staff Sgt. Damon Russell, Sgt. Ulysses Gerena, 1st Sustainment Brigade, completes an obstacle of the Confidence Course on Custer Hill Sept. 15.



Sgt. Ulysses Gerena,1st Sustainment Brigade, gets the go ahead from Air Assault Instructor Staff Sgt. Justin Lampert during rappel training Sept. 22 and 23.



Sgt. Ulysses Gerena, 1st Sustainment Brigade, prepares to rappel from the rappel tower on Custer Hill Sept. 23 as part of the Air Assault Course at Fort Riley Sept. 15 to 25.

)NDHBCT

Daggers Look Back at Deployment Success

Martin said some of the unit's greatest accomplishments in their

By J. Parker Roberts 1st Inf. Div. Public Affairs

In November 2008, the "Dagger" Brigade aimed to protect lives and improve conditions in northwest Baghdad while working with Iraqi Soldiers and police. Now, the Soldiers are home, and Col. Joe Martin, commander, 2nd Heavy Brigade Combat Team, 1st Infantry Division, is quick to point out their tour of duty was an "extraordinary experience."

"We have now seen energetic young Americans become battle-hardened veterans of America's 'Big Red One,'" he said.

Martin, along with 2nd HBCT Command Sgt. Maj. Donald Battle, addressed members of the local media at Fort Riley Aug. 28 during a video teleconference from Iraq, updating them on the in-theater achievements of 2nd HBCT, and inviting reporters to meet the Soldiers during the unit's colors uncasing

Since the brigade arrived in Iraq in 2008, the Daggers witnessed 14 separate changes to the operating environment,

Col. Joseph Martin, commander, 2nd Heavy Brigade Combat Team, shakes the hand of Naeem Abaob, the deputy mayor of Baghdad, after they signed the paperwork handing over the Hurriyah Public Works Sub Station to the local government in Kadhamiyah.

Martin said. Those changes were complicated by "a ruthless enemy that's determined to see you and the new Iraqi

During their deployment, Iraqi security forces began to take the lead in their nation's security. On July 1, the Daggers left operations bases within Iraqi cities and "are now fully partnered in command and control centers with our city-bound Iraqi partners, while continuing to target and capture insurgents in the countryside out in Abu Ghraib," Martin said. "I'm the proudest leader in Iraq to be in command of such an amazing organization."

projects and reducing the number of attacks in their area of responsibility from more than 30 per day to about 1.5 per day. Battle added he felt the Daggers' greatest accomplishments included getting to know the Iraqi Soldiers and civilians. "Just going out and meeting people and just working together side by side with our Iraqi counterparts," he said. "It's been a great experience for me."

Martin said even as the Daggers returned home, the campaign wasn't finished – the last phase of their campaign, he said, is reintegrating Soldiers into their homes and Families.

area, spending some \$25 million on more than 200 civil action

"When we return, we have a host of tasks that we will undergo where each of the Soldiers are provided a list of resources available at Fort Riley," Martin said. "The reintegration phase of this campaign is deeply important to what we're doing now, and that's what we'll be focusing on for the first 60 days when

Martin also said he was "very encouraged" with the progress the Iraqi government and security forces have made in taking control of their country and people.

"Our Iraqi security partners are competent and continue to improve every day," he said. The local and national governments "have shown great improvements since we've been here. It's pretty promising."

Martin said he, his Soldiers and those who come after them will continue to work with Iraqi governments. "It's important for Iraq to become a strategic partner for the United States," he said. "That's why we need to continue our work here. It is not done, but we've seen great progress and we're very happy with what we've seen here."



Brianna Tuttle, 5, hugs her dad, Capt. Brian Tuttle, 299th Brigade Support Battalion, following a redeployment ceremony Sept. 28 at Fort Riley.



2HBCT/ Dustin Roberts

First Lt. Justin Casey, Joint Project Management Office, 2nd Heavy Brigade Combat Team, gets a look at a generator being used to train Iragi workers in the Kadhamiyah district of northwest Baghdad July 29.

RDIBCT 'Duke' Command Changes Hands

By Staff Sgt. David Hopkins 3rd BCT Public Affairs Office

FORT HOOD, Texas – Another page in the history of the 3rd Brigade Combat Team, 1st Infantry Division, was turned on September 10, at a ceremony on Cooper Field at Fort Hood,

The "Duke" brigade, which stood up at Fort Hood on April 19, 2007, changed command of the brigade and its six battalions and then cased the colors in front of a crowd of Soldiers, Family members and visitors.

"We extend our congratulations to the Duke Brigade, and experience with you this transition of distinguished combat leaders out of the formation to bring in new leaders, and with them a new chapter in the history of the 3rd Brigade, 1st Infantry Division," said Maj. Gen. Vincent Brooks, commanding general of the 1st Inf. Div. and Fort Riley.

After two years and one deployment to Afghanistan in support of Operation Enduring Freedom IV under the command of Col. John Spiszer, the Duke brigade is moving to Fort Knox, Ky., to train for future endeavors.

"The Soldiers built, trained, deployed and fought in combat, overcoming all obstacles," Spiszer said. "We ended up deployed in the toughest and most dangerous fight of any brigade combat team in the Army over this last year and we rose to the occasion."

During the ceremony, the commanders and sergeants major from 2nd Battalion, 2nd Infantry Regiment; 1st Battalion, 6th Artillery Regiment; 1st Battalion, 26th Infantry Regiment; 6th Squadron, 4th Cavalry Regiment; 201st Brigade Support Battalion; and the Special Troops Battalion stepped forward and passed their colors off to the incoming commanders, relinquishing their command. Spiszer also handed the brigade colors off to Brooks, who passed them to Col. Christopher Toner, incoming brigade commander. Toner most recently commanded the 2nd Regiment of the United States Corps of Cadets, West Point, N.Y.

Brooks gave praise for the achievements of the outgoing commanders and spoke of his confidence in the incoming leadership when speaking to the crowd.



Col. Christopher Toner, incoming commander, 3rd Brigade Combat Team, and Command Sgt. Maj. Drew Pumarejo, incoming command sergeant major, case the Duke Brigade colors.

"I want every Duke Soldier and every Duke Family member to know how proud your division and your Fort Hood family also are of your remarkable achievements and your gallant service," Brooks said.

Toner completed the ceremony with remarks of faith for the brigade, stating the experience of its Soldiers will continue to lead the unit to great things.

"A spectacularly gifted group of commanders and command sergeants major assume the mantle of responsibility today," Toner said. "They and their wives share the same passion and selfless service for our nation, our Soldiers and our families. Their talents amaze me and collectively they will continue to raise the standard of this brigade to new heights."

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ARE YOU BOARD READY?

Review your ERB or ORB to make sure everything is up-to-date.

Get your uniform ready. Make sure it fits correctly and all patches and stripes are correct. Take the uniform to the cleaners.

Make sure all awards and decorations are on your uniform correctly according to what is listed in your ERB or ORB. Only the unit awards listed can be worn. No leadership tabs, no cord or ropes except for the Schutzenschnur. The distintictive unit insignias (unit crests) MUST BE WORN.

Have your command check to make sure vour uniform is correct.

Call or go to the Fort Riley VISC (Photo Lab) to make an appointment for a DA photo. 785-239-3871 or Building 222 on Custer Avenue, Main Post. Photo appointments are considered an appointed place of duty just like medical and dental. Last minute cancellations or no shows will be reported.

Report for your photo about 15 minutes prior to the appointment.

Note

VISC is limited to the number of photos that can be taken in a day. No walk-ins or standbys will be accepted. Each year a large number of Soldiers wait until the last two weeks prior to their board and then want to get a photo. VISC recommends to make your appointment now and make sure your photo is looked at by the board. VISC will only take one DA Photo per person each 12 months. U

NOTE: The new ASU (Blues) may now be worn!



DA Photos are important to each Soldier, be considerate of each other. A good leader is prepared and doesn't wait till the last minute...







IBCT

Father and Daughter Meet in Iraq

By Spc. Shantelle J. Campbell 4th IBCT Public Affairs Office

CAMP BUEHRING, Kuwait - As some Soldiers of the 4th Infantry Brigade Combat Team, 1st Infantry Division, said goodbye to their Families back at Fort Riley, others were given the opportunity to reunite with their loved one and say hello again.

Command Sgt. Maj. Michael Mosites, the operations command sergeant major for the "Dragon" brigade, reunited with his daughter, Sgt. Julie Mosites, the human resources noncommissioned officer with 2nd Squadron, 6th Cavalry Regiment, 25th Combat Aviation Brigade out of Schofield Barracks in Hawaii, upon his arrival in Kuwait.

"It's sort of odd and different because you're a parent and you're also a Soldier," Michael said. "So, for her to be a part of our task force is unique because she's close enough that I can still stay in touch, and we can both talk back and forth. We can both take care of each other while we're over

"It's sort of unique to me because I want to make sure she's safe from a father's point of view, but I also know she's here doing her job with the 25th CAB."

For Julie, the deployment means she'll be able to spend some time with her dad, a rarity for the two Soldiers.

"It's actually kind of cool because not very many people can say that [they] get to see [their] family while [they're] over there," Julie said. "Most people are without their Families for a year. We at least get to touch basis and see each other."

Michael admits that he was surprised when Julie told him that they would be deploying together. He also says that he is very proud of her and her accomplishments because all of her accomplishments are her own.

"It's sort of a surprise," he said. "I found out at NTC when she told me we'll be deploying as part of the same task force going north to Iraq.



4 IBCT/Campbell

Command Sgt. Maj. Michael Mosites, operations command sergeant major for the 4th Infantry Brigade Combat Team, and Sgt. Julie Mosites, human resources noncommissioned officer with 2nd Squadron, 6th Cavalry Regiment, 25th Combat Aviation Brigade, reunite with each other at Camp Buehring, Kuwait. They are deployed together in support of Operation Iraqi

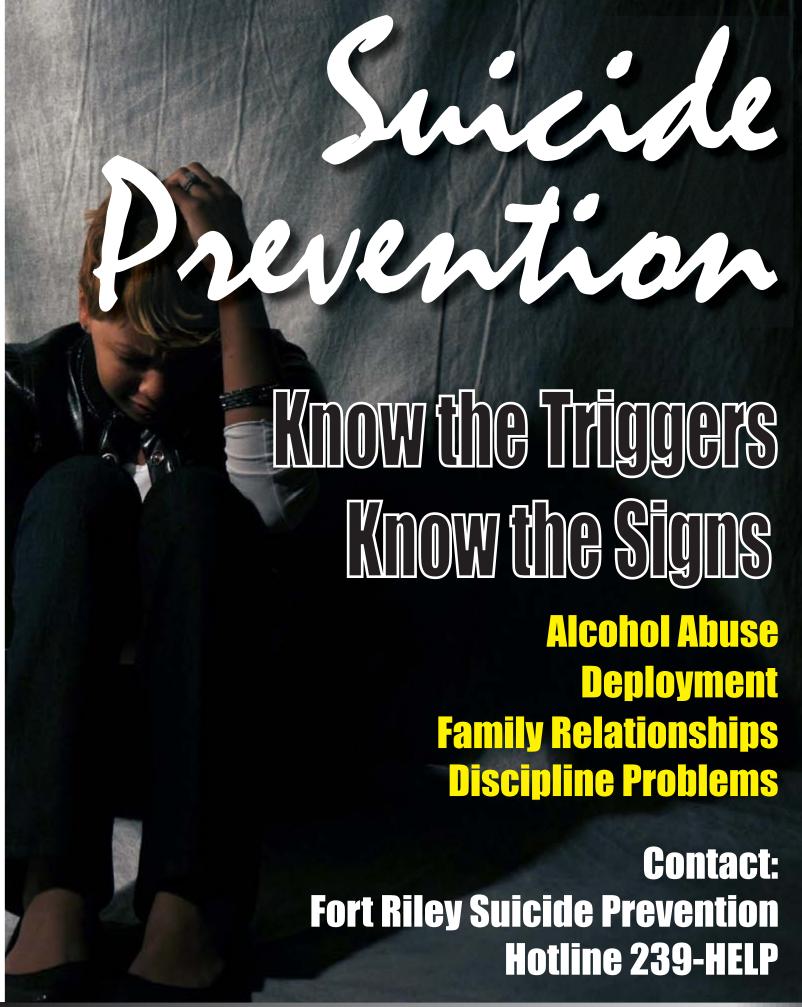
> "It'll be kind of interesting because since she's joined the Army, I've only seen her three times, and she's been in since 2001," he added.

> "I'm proud of her and everything that she's accomplished because she's accomplished it basically on her own," Michael said. "She's in the military doing her part for her country, and I'm proud of her."

> For Julie, having her father deploy with her will make getting promoted more special especially if he's able to be the one who pins on her rank.

> "It's nice," she said. "I'm really hoping that when I get my staff sergeant, he'll come down to pin me."

> > www.riley.army.mil



Combatives Team Takes Third

By Anna Staatz 1st Infantry Division Public Affairs

FORT BENNING, Ga., - Fort Riley fighters took third place in the all-Army combatives tournament at Fort Benning, Ga., Sept. 18-20. Fort Campbell, Ky., raked in the first-place trophy - the first team win for the post - and the 3rd Infantry Division

"These guys did awesome," said Sgt. 1st Class Antonio Lynn, team noncommissioned officer in charge, on Sunday. "They are real warriors. Nobody ever quit during the past three days."

Staff Sgt. Lonnie Kincaid placed third in the heavyweight bracket, gaining the highest place finish of the Fort Riley team. Kincaid took on Sgt. Ryan McCracken of Fort Hood in the match for third place in the heavyweight bracket, winning by

Other top finishers included Pfc. Alberto Cruz, Division Headquarters and Headquarters Battalion, fifth place in the heavyweight bracket; Staff Sgt. Brandon Brewer, DHHB, fifth place in the lightweight bracket; Chief Warrant Officer 2 Eric Dietrich, 101st Forward Support Battalion, sixth place in the

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Staff Sgt. Lonnie Kincaid of Fort Riley puts the squeeze on Sgt. Ryan McCracken of Fort Hood during the match for third place in the heavyweight division at the all-Army Combatives Tournament Sept. 20 in Fort Benning, Ga.

flyweight bracket; Staff Sgt. David Andrews, DHHB, seventh place in the middleweight bracket; Staff Sgt. Jeremy Gilmore, 1st Battalion, 16th Infantry Regiment, seventh place in the flyweight bracket.

Big Red One Soldiers filled two teams in the tournament - a 1st Inf. Div. team and a Fort Riley team.

The 22 Soldiers qualified for the teams through various combatives tournaments held on Fort Riley in the spring and summer. The Soldiers spent several months with their primary focus on training for the all-Army tournament, which had more than 300 participants. Cruz said one of the hardest parts of preparation was the conditioning.

"Being a big guy, the conditioning is hard," he said. "But it's a nice experience to come here and represent our post

Lynn added that participating in a tournament as big as the all-Army tournament is a great confidence booster for

"They work hard, train hard for something. It changes everything they do after that," Lynn said. "The way they approach boards, the way they train with their units. It builds confidence in themselves and what they can accomplish."

Individual Results Listed as name, unit, win-loss record in the tournament:

Flyweight: Dietrich, 101st FSB, 3-2; Standridge, 2nd Bn. 16th Inf. Regt., 3-2; Gilmore, 1st Bn., 16th Inf. Regt., 3-2.

Lightweight: Keen, DHHB, 2-2; Garrett, 5th Sqdn., 4th Cav. Regt., 2-2; Brewer, DHHB, 5-2; Andrade, 2nd Bn., 16th Inf. Regt., 2-2; Cardwell, 101st FSB, 1-2.

Welterweight: Sizemore, 1st Bn., 34th Armor Regt., 0-2; Jacob, 2nd Bn., 16th Inf. Regt., 1-2; Welborn, 2nd Bn., 16th Inf. Regt., 0-2; Borge, DHHB, 2-2.

Middleweight: Andrews, DHHB, 5-2; Maroney, 1001st

Cruiserweight: Moungey, 2nd Bn., 16th Inf. Regt., 3-2; Gualtieri, 2nd Bn., 16th Inf. Regt., 2-2.

Light Heavyweight: Kay, 1st Sqdn, 4th Cav. Regt., 2-2; Sexton, 2nd Bn., 16th Inf. Regt., 2-2.

Heavyweight: Kincaid, 1st Engineer Bn., 6-1; Cruz, DHHB, 3-2.



Sgt. 1st Class Antonio Lynn, noncommissioned officer in charge of the combatives team, cheers on one of his fighters at the all-Army combatives tournament in Fort Benning, Ga.

Duty First

Duty First

'BIG RED ONE' LEADERS MENTOR ROTC CADETS

By **Laura Stroda** 1st Infantry Division Public Affairs

WHEATON, Ill. – Young ROTC cadets from Wheaton College had a unique opportunity to hear words of wisdom and ask questions of senior 1st Infantry Division leaders Sept. 14 at the First Division Museum at Cantigny Park.

Though the cadets often tour and conduct research at the museum – located just a short drive from the college – it was the first time they had a chance to sit down with active duty leaders of the "Big Red One."

"We use the facility quite often, especially for studying military history," said Lt. Col. Steve Anderson, Professor of Military Science at Wheaton College. "But we've never done something like this before. It's a really neat enrichment opportunity and gives the cadets a chance to hear from senior leaders what's expected of them as second lieutenants."

Maj. Gen. Vincent Brooks, commanding general of the 1st

Inf. Div. and Fort Riley, said when cadets are assigned to their first unit, they should come prepared to lead and be proficient in the technical skills required of a leader in battle.

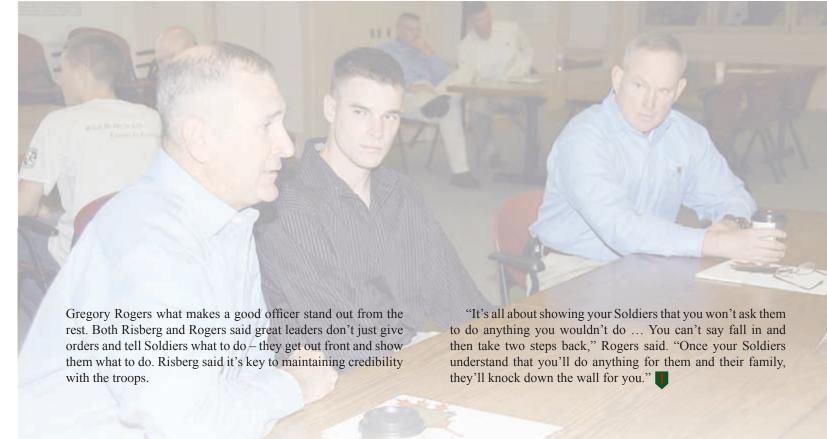
"Focus hard on the business of leadership," he told the seven cadets. "Start as a leader from day one. And the ones who are the best at that are the ones who are listening, especially to their noncommissioned officers ... They don't expect you to know everything and they're willing to teach you, if you'll let them." Managing and leading Soldiers is one of the key things NCOs can teach young officers, said Col. Robert Risberg, commander of the 4th Maneuver Enhancement Brigade at Fort Leonard Wood, Mo. "It doesn't matter what the mission is. It's your job to take people from all different backgrounds and bring them together for a common cause, and NCOs have a real knack for that," he said.

Cadet Steve See, a senior planning to join a combat arms branch, asked Risberg and 4th MEB Command Sgt. Maj.



1st Inf. Div. PAO/Stroda

Maj. Gen. Vincent Brooks, commanding general of the 1st Inf. Div. and Fort Riley, poses with Wheaton College ROTC cadets Sept. 14 at the First Division Museum at Cantigny Park. Pictured from left to right are Benjamin Boyle, Jake Hovde, Drew Ziccardi, Brooks, David Holck, John Kiehl and Steve See. Not pictured is cadet Steve Young, the ROTC battalion commander.





1st Inf. Div. PAO/Stroda

Fort Riley Garrison Commander Col. Kevin Brown (right) and Garrison Command Sgt. Maj. Ian Mann (left) visit with Wheaton College ROTC cadet John Kiehl Sept. 14 at the First Division Museum at Cantigny Park. Kiehl is a freshman cadet at Wheaton College.

Best of the Best: 1st Infantry Division Specialist Named 2009 Warrior of the Year

By **J. Parker Roberts**1st Infantry Division Public Affairs

A self-described "shy, soft-spoken person," Spc. Clancey Henderson has a new descriptor – 2009 Soldier of the Year. After being named U.S. Army Forces Command Soldier of the Year this past summer, Henderson of the 193rd Brigade Support Battalion, 4th Maneuver Enhancement Brigade, 1st Infantry Division, participated in a grueling competition Sept. 28 to Oct. 3 at Fort Lee, Va., to determine who would be named the 2009 Best Warrior.

"It was odd," he said of the moment when his name was called. "They have great competitors out here."

The specialist went up against 11 other hopefuls in such activities as combatives, board interviews, physical fitness, written exams and urban warfare simulation.

On Oct. 5 at the AUSA convention in Washington, D.C., it was announced that Henderson was the recipient of the newly-named Sergeant Major of the Army Jack Tilley Award, designating him the Soldier of the Year. Also winning the award in the noncommissioned officer division was Sgt. 1st Class Aaron Beckman of U.S. Army, Europe.

Both winners walked away with an impressive prize package that included donated items like military gear, savings bonds, running shoes, a vacation and a laptop computer, but Henderson saidthat prizes weren't on his mind when he entered the competition.

"You hear things about different prizes and incentives, but that's not what the competition is about," Henderson said. "Obviously they're welcome additions, but you come to the competition to demonstrate what you're capable of and how well your command has trained you and, overall, what the Army expects of its Soldiers."

During the competition, Henderson set the PT test record, including a 10 minute, 26 second two-mile run timesomething he attributed at the time to simply trying to do his best.

"To understand what 'do your best' is, you have to understand how I was raised. My parents have always encouraged me to put forth every effort I can into what I'm doing," the specialist said. "In the Army, they emphasize PT a lot, so obviously that's something I really get behind." Throughout the competition, Henderson said he simply did what he could. "I don't get down on myself when I fail at something," he said.



Courtesy Photo

Spc. Clancey Henderson high-fives a young visitor to the Kansas State fair.

"I look at it as an opportunity to assess myself, see what I did wrong and get back at it. Throughout the competition, I had that same mentality. I do everything I can, and if I mess up, I figure out what I did wrong and go back at it. That's what carried me through."

Henderson said he was "awestruck" to be named Soldier of the Year. "They had some really great competitors this year, the best the Army has to offer," he said. "I'm absolutely humbled and honored."

The specialist also said he made friends with his competition. "I didn't make any enemies this week," Henderson said. "We became great friends. Part of me wanted them to win, because I was excited for them and I know they're good people."

Despite the physical hardships that he was about to be confronted with, Henderson said the part of the competition he was most worried about was speaking



Army News Service/Bell

Spc. Clancey Henderson, sets his sights on a terrorist in a hostage scenario.

before an Army board. "It's always been my weakest area, just because I'm a very soft-spoken person," he said, adding that shy Soldiers could still go far in the Army.

"Going into this board, I thought about it, and I was like 'I shouldn't be nervous, I've done this before. These people aren't here to critique me and find fault with me, they're here to figure out who I am."

Going in with that mentality, Henderson said he was loud and confident. "My concerns were swept under the rug."

Now Spc. Henderson's concerns shift as he takes on the role of the Army's top warrior.

"I've learned a lot preparing for the competition and participating in it," he said. "I see the Army a little bit more broadly now; how it functions and what role I play. So going in with that understanding will definitely affect how I approach my work."

Beckman said his new title would increase his visibility. "Now I'm in the spotlight," he said. "Every little thing I do is going to be scrutinized."

Henderson's parents, whom he credited as the source of his work ethic, weren't able to make it to the ceremony, but his 15-year old brother was there to shake his hand and offer congratulations.

"I'm very excited that he was able to be here," Henderson said. "I try to be a good role model to him, obviously, and it's definitely important to me what he chooses to do with his life.

"I just hope I set a good example for him."

Henderson has been in the service for two years and serves as a 35F10, All Source Intelligence Analyst.

His military awards and achievements include the Army Commendation Medal (2); Army Achievement (4);Medal Service Medal: Defense Service Medal: Global War on Terrorism Service Medal; Service Ribbon; Overseas Service Ribbon. Henderson attends American Military University and is pursuing an associate's degree in intelligence analysis and research. He is a native of



Army News Service/Perry "

Spc. Clancey Henderson receives some last minute adjustments from Staff Sgt. Justin Puls before appearing before the board of six command sergeants Major and the Sergeant Major of the Army on Sept. 28.

OLDIERS FACE CHANGING Air Force photo/Owen U.S. Army Master Sgt. Robert Eplee, a member of the 6th Iraqi Army Military Transition Team, demonstrates how to enter a room under the cover of a smoke grenade, on Joint Security Station, Kdhimiya, Iraq.

ENVIRONMENT IN IRAQ

Editor's Note: The next two stories are thumbnail sketches of the two countries many of our Big Red One Soldiers have deployed to. For them, these countries are first-hand experiences. For the rest of us, Iraq and Afghanistan are news headlines. The following stories are by no means a comprehensive look at the history and cultures of Iraq and Afghanistan, but instead are a quick read of information about the key aspects of each country.

By Jordan Chapman Duty First! Magazine

"To control the world is to control Iraq" is a saying that can be found in articles, books and encyclopedias and is reflected in the country's history of war for thousands of years.

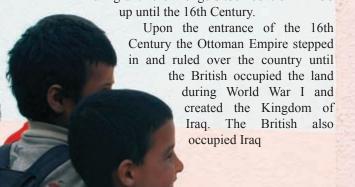
For 1st Infantry Division Soldiers though, and their 4,500 fallen friends and fellow Soldiers throughout the Army since 2003, the mission hasn't been to control Iraq, but to give the land back to its people braced by pillars of democracy, peace and freedom.

With a current total of 167,618 square miles of land and a population of just under 28 million, Iraq was first known as Mesopotamia and gave rise to some of the world's earliest civilizations, including Sumar, Akkad and Babylon.

Since those long ago days, the land, its cities and its people have seen countless wars.

In 331 BC Alexander the Great conquered the region and it later became a battleground for Romans and Parthians and next for the Sāsānians and the Byzantines.

It wasn't until hundreds of years later that the Arab Muslims conquered the land in 7 AD with various Muslim dynasties ruling until the Mongols took control in 1258



during World War II.

Following WWII, Iraq's monarchy was restored but soon crumbled after a revolution caused its downfall in 1958, which consequently caused a series of military coups led by the socialist Ba'th Party, eventually led by Saddam Hussein, who took control and established totalitarian rule a mere 10 years later

The Iran-Iraq War occurred in the 1980s, followed by the Persian Gulf War in 1990 and 1991 which brought on a languishing economy under the United Nations economic embargo.

It wasn't until 2003 that the United States was once again forced into action and entered into Iraq to conduct Operation Iraqi Freedom and to drive the Ba'th Party out of power.

To complete their missions in Iraq in 2003 up until today, Big Red One Soldiers have trained and studied Iraqi culture and are meeting with the country's Kurds, Shi'ites and Sunnis face to face.

Northern Iraq is an area that that the 4th Infantry Brigade Combat Team is currently deployed and is also an area Major General Vincent Brooks, commanding general of the 1st Inf. Div. and Fort Riley, calls an area where "much progress has been made but there is still much to do."

The Kurds are said to take up about 17 percent of the Iraqi population, with about 300,000 Kurds living in the Iraqi capital of Baghdad, 50,000 in the city of Mosul and about 100,000 elsewhere in southern Iraq. The traditional Kurdish way of life was nomadic, revolving around sheep and goat herding throughout the Iraqi plains and the highlands of Turkey and Iran, however the enforcement of national boundaries after WWI hindered this way of life and forced them back in to an agricultural way of life.

Reports from various American

Reports from various America news networks reported that the Kurdish population welcomed the American troops in 2003 continued on page 27

2nd IBCT/Vernon

Capt. Matthew Johnson, 1st Bn., 63rd Armor Regt., 2nd Heavy Brigade Combat Team, shakes hands with a student during the grand re-opening of Almuwifikia School.

continued from page 26

by holding celebrations and dancing in the streets. The area controlled by Peshmerga, Kurdish fighters, was expanded and Kurds now have effective control in Kirkuk and parts of Mosul.

Furthermore, with the help of the United States, the Kurds were particularly successful in the country's 2005 elections, held following the fall of Saddam Hussein and the Ba'th Party in 2003, and in mid-2005 the first session of the Kurdish parliament was convened in Irbil.

By the beginning of 2006, the two Kurdish areas were merged into one unified region.

Most Sunni Arabs reside in central Iraq and represent about 20 percent of the Iraqi population.

Central Iraq also includes what is called the "Sunni Triangle," an area northwest of Baghdad that encompasses Tikrit, Ramadi, Samarra and Falluja.

About half of Iraq's Sunni Community live in cities and form the backbone of the country's educated middle class. Those that live in the cities are secular and believe the constitution offers too much authority to Islamic law; however, Sunnis that live in the countryside are less educated but are motivated more by family, clan or regional interests.

Sunni Islam is also the largest denomination of Islam, just above the followers of Shia Islam, who are also called Shi'ites, the third and largest sect of people to be found in Iraq.

Basing their teachings from the Islamic holy book, the Qur'an, the Shi'ites faith is inclusive of many different groups and uses a system that allows for a different interpretation to religious and political authority in the Muslim world.

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Pfc. Daniel Parker of Jacksonville, Fla., 1st Combined Arms Battalion, 63rd Armor Regiment, 2nd Brigade Combat Team, searches a large sand dune near the village of Khadir.

Big Red One Units Which Have Served Deployment Time in Iraq

1st Infantry Division Headquarters

2004: 1st Infantry Division and Task Force Danger, consisting of Germany-based 1st Infantry Division units along with the 30th Brigade Combat Team "Old Hickory," based out of North Carolina and the 25th Infantry Division's 2nd Brigade Combat Team out of Hawaii, deploy to Iraq.

1st Heavy Brigade Combat Team

2003: 1st Brigade Combat team deployed to support Iraqi operations in the fall of 2003.

2005: Received orders to support the Army's transition team training mission, where brigade Soldiers train thousands of service members from the Army, Air Force and Navy to become Iraqi and Afghan military advisors.

2006-2009: The brigade deployed thousands of Soldiers as part of military transition teams, which trained and advised Iraqi Security Forces.

2 Heavy Brigade Combat Team

2004: The 2nd Brigade Combat Team deployed to Iraq in March 2004, where Soldiers operated out of then Forward Operating Base Danger, now Contingency Operating Base Speicher.

2008: The 2nd Brigade Combat Team deployed to northwest Baghdad to provide security for the Kadhamiyah, Mansour and Karkh Security Districts.

3rd Infantry Brigade Combat Team

2004: Deployed to Iraq only five months after returning from Kosovo.

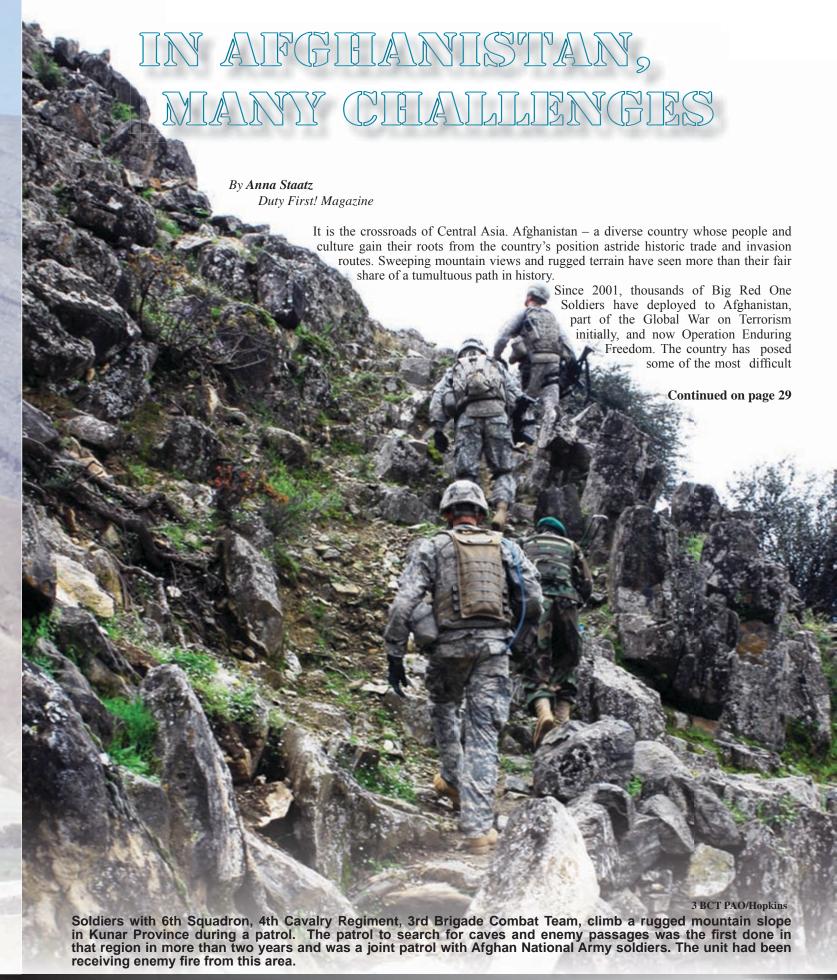
4th Infantry Brigade Combat Team

2007: 4th IBCT deployed to southeast Baghdad for 15 months during 2007 and 2008.

2009: Currently, 4th IBCT is deployed to Northern Iraq. It is scheduled to return in September of 2010.

Combat Aviation Brigade

2007: The Combat Aviation Brigade deployed to Iraq for 15 months.



continued from page 28

economic, social and military challenges American Soldiers have ever had to face.

Geographically, Afghanistan is slightly smaller than Texas. The country borders Iran to the West and Pakistan to the East. Afghanistan's capital is Kabul, with a population of about 2 million. Other population centers include Khandahar, Mazare Sharif and Herat. Afghanistan's population is near 30 million people, at an average age of 18, with an average life expectancy of about 45 years. There are several million Afghan refugees located in Pakistan and Iran. Afghanistan has four main ethnic groups: Pashtun, the largest group; Tajik, Hazara and Uzbek About 80 percent of Afghanistan's citizens are Sunni Muslims. Most of the remaining population is Shiite Muslim. Most of Afghanistan's population lives in severe poverty, and many have little, if any, education. The official languages are Dari and Pashto, but numerous other languages and dialects can be heard throughout the country.

For one 1st Infantry Division Soldier, the living conditions in Afghanistan were shocking. Pfc. Bryan Smitke deployed with the division's 3rd Infantry Brigade Combat Team to Afghanistan from 2008-09.

"I was really shocked when I saw the living conditions of the people here," Smitke said. "It's almost like time forgot this area of the world. Most people don't have indoor plumbing, water or electricity – all the things we as Americans take for granted. Also, the majority of the buildings are made of straw and mud.

Seeing that really made me appreciate where and how I live."

The mountainous terrain of Afghanistan has many natural resources, such as coal, copper, petroleum, natural gas, semiprecious and precious stones, but Afghanistan is better known for being one of the world's largest producers of opium, a crop used to fund militants.

Even without considering the opium crop, Afghanistan is mainly an agricultural economy, with crops of wheat, corn, barley, rice and cotton. There is limited industry within the country, but some small-scale production of textiles, soap, furniture and shoes does exist. Afghanistan is land-locked there are no major ports or railways and the country's roads and highways are in need of significant repair. The Amu Darya River forms part of the country's border with Turkmenistan, Uzbekistan and Tajikistan, which allows for some barge traffic to and from the country.

Historically, Afghanistan has a turbulent past, spotted with violence, war and coups. Modern Afghanistan was born in 1919, when the country established its independence from the United Kingdom. King Amanullah was the country's ruler from 1919-29, but was forced out in 1929, after Kabul fell to Tajik forces. A cousin of Amanullah, Prince Nadir Khan, was declared king, but he was assassinated a short time later.

A series of rulers followed, each forced out by violence and coups. In 1978, the communist People's Democratic Party of Afghanistan initiated a coup and took control of the government. The Soviet Union established a military occupation within the country in late 1978. As the country's security situation



Soldiers with 6th Squadron, 4th Cavalry Regiment, 3rd Brigade Combat Team, and Afghan National Army soldiers, cross a foot bridge over the Kunar River during a patrol April 10. The soldiers were searching for caves and enemy passages due to having received recent enemy contact from the area.

deteriorated during 1979, Soviet troops and airborne forces began to land in Kabul under the pretense of a training exercise. The Soviets killed Afghanistan's president, Hafizullah Amin and placed Babrack Karmal, an exiled faction leader, in power.

In the mid-1980s, the Afghan resistance movement, aided by the United States, Saudi Arabia and Pakistan, pushed the Soviet Union into a corner. In 1988, Pakistan, Afghanistan, the United States and the Soviet Union, signed the Geneva Accords. The Geneva Accords called for the United States and Soviet Union to not interfere with the internal workings of Afghanistan and Pakistan and set up a timetable for the Soviets to withdraw from Afghanistan.

As the Soviets withdrew, civil war within Afghanistan escalated. In 1996, a group of Islamic students calling themselves the Taliban and led by Mullah Omar took over Kabul.

Since Sept. 11, 2001, coalition forces have occupied Afghanistan, helping to establish a more secure government and build roads, schools and infrastructure while also fighting the Taliban and other militant forces. No one can know for sure what the future holds for Afghanistan. But one thing is for sure: America's Soldiers will continue to answer the call and extend a hand to Afghans as they strive for a future more stable than their past.

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1st Heavy Brigade Combat Team

2006-2009: The brigade deployed thousands of Soldiers as part of military transition teams, which trained and advised Afghan Security Forces.

3rd Infantry Brigade Combat Team

2008-2009: Deployed about 3,400 Soldiers in support of Operation Enduring Freedom. The brigade returned to Fort Hood, Texas, in 2009 and is currently in the process of restationing at Fort Knox, Ky.

The Big Red One Elsewhere

75th Fires Brigade

2008-2009: Elements of the 75th Fires Brigade deployed to the Horn of Africa from Fort Sill, Okla.

www.riley.army.mil



Sgt. Bradley Vaughn, an infantry team leader, looks out across the Waygul Valley during a patrol near the village of Walo Tangi, in Konar province, Afghanistan, April 6. Vaughn is a member of 2nd Plt., C. Co., 1st Bn., 26th Inf. Regt., 1st Inf. Div.



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