

# DEMON



## Welcome Home

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Airfield after 15-month tour in  
northern Iraq**



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Photo by Sgt. 1st Class Jeff Troth



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## Party Smart. No IEDs around, but still need to watch your battle buddy's back

In Iraq it was common place to watch out for your battle buddies and make sure they were safe. Now that we are stateside we shouldn't stop. The hazards are different here, but our buddies still need us. On the roads here we may not have IEDs to watch out for, but we do have three other letters to be wary of – DUI.

Driving while under the influence, or while impaired by alcohol or drugs, affects more than just the individual who is pulled over. It affects their entire unit, from the ISG who has to get them out of jail, to the company commander, to the other soldiers. Co-workers are affected because they now have to pick up the slack for the person, while they are deal-

ing with all the things that accompany a DUI charge, such as meeting with a lawyer and court appearances. To help alleviate this problem, and to not only keep their unit but the whole post more mission ready, Soldiers from 601st ASB recently set up a booth at the PX to give fellow Soldiers and Civilians information about the affects of drinking and driving. They took a few minutes of the shoppers time to show them keychain breathalyzers and give them tips on how to party

smart, from never accepting drinks from an open container to never drinking when you are hungry, angry, lonely or tired (HALT). These Guardians were doing their part to help decrease the number of DUIs fellow Soldiers get. Now it is your turn. When you are at the bar or at a friends house, watch out for others, not just yourself. If you have to ask yourself if you or someone else has had too much to drink – don't take the chance. CALL A TAXI.

The Combat Aviation Brigade, 1st Infantry Division is well into its reset phase – the portion of our training plan we dedicate to equipment, Soldier and Family recovery. The leaders and Soldiers of the Demon Brigade have worked hard to ensure that everything we do has purpose, is focused and safe. Our Families continue to make it all possible by providing us their unwavering support.

This, however, is no time to forget our mission: conduct full spectrum aviation operations wherever called upon to do so by our nation. We just witnessed another great Demon Brigade accomplishment when we were called upon just three plus months following redeployment to provide aviation support to fellow Americans in need. We were one of the initial responders able to posture our aviation task force in North Dakota for support to flood relief just 24 hours after receiving the mission from FORSCOM!

As we regenerate our force, we are provided the opportunity to reflect on the great accomplishments of our recent past and apply those lessons learned to grow into the combat ready force we have proven to be. The community, the Army and several professional organizations have also noticed the Demon Brigade.

We've had several

**Risk Mitigation.** Demon Team must continue to work as a team to keep every Soldier and family member safe and out of harm's way. **Col. Jessie O. Farrington, Demon Brigade Commander, speaks out on applying fundamentals of risk management to keep us strong**



of our great Soldiers be recognized as top in our profession for their accomplishments. We've had companies, battalions and the Brigade recognized for being the Army's best at what we do. Accomplishments take people – Soldiers, Families and Leaders – all dedicated to selfless

and caring service to one another.

For this continued and remarkable effort on the part of the Demon family, I extend my sincere thanks.

Every Soldier from the private to the non-commissioned officers, warrant officers and officers, is doing their

part to keep everyone safe. Although our risk environment at home station is far different than it was in Iraq, risk – or taking unnecessary risk – remains our number one challenge. Remember there is no routine operation, in peace or war! We must apply the fundamentals of risk management to every day duty and to your Family and off-duty time.

We cannot afford to lose anyone that is part of this great team – you are too important to your family, this brigade, our Army and our Nation. I challenge everyone to do their part in risk management to ensure the well-being of the Demon Brigade. No one Soldier can mitigate all risk alone – this is a team effort.

Demons you are absolutely remarkable and magnificent in every way. The nation will call on us again, so stay focused and prepare your organizations well. Identify where you are most vulnerable everyday and mitigate that risk.

**DEMON'S – NO WHERE TO HIDE!! DUTY FIRST !!!!!!!!**

**Col. Jessie O. Farrington is the commander of the Combat Aviation Brigade**

**Standards and Discipline.** It is the responsibility of every sergeant to ensure that our new Soldiers know what the standards are. **Command Sgt. Maj. Buddy Wallace, the first brigade CSM of the Demon Brigade, speaks out on holding one another accountable**

Well TEAM we made it home! Since our return to home station it seems as if the pace has picked up to a full sprint. Don't let this overwhelm you. We have been here before.

Many of you departed Fort Riley as SPC and PFCs only to return as seasoned Sergeants! And by seasoned I mean the amount of experience you gained on this last trip would equal my first 10 years in the Army in the area of aircraft maintenance.

Your dedication to duty and attention to detail in every task you completed has earned the CAB 11D a reputation that is being applauded by our Army's most senior leaders. I can't begin to tell you how proud I am to be in this Brigade.

When we stood up the CAB here at Fort Riley in 2006, many of the senior NCOs and I use to say, "I don't want to hear a bunch of complaining about how difficult this is" and "all I can tell you is that if we are messed up a year from now then we messed it up." Well here we are two years later and you have been selected as the Best Aviation Brigade in the Army. I ask you to pause and think about that for



Photo by Sgt. 1st Class Jeff Troth

a second. CAB 11D is our Army's Best Aviation Brigade! Your finger prints are all over it. This is the Brigade you built!

For the Soldiers in the BDE that were among the first to arrive here to Fort Riley, you are the Plank Holders in this organization.

As you all know

we have a great deal to accomplish as we get ready for our next mission! You warriors who have just returned from our deployment, I need you to bring our new Soldiers on board, as they will be the ones that have your back during our next deployment. Get them on the team, show them what

the standard is and hold them accountable.

It's going to take everyone, old and new, doing their part in order for us to get to get back in fighting condition. You cannot allow anyone in the formation to slack off. Everyone must do their part in order for us to accomplish the many tasks at hand.

Don't wait to be told to do something. Find out what needs to be accomplished and get after it. We can't afford to sit back and complain all day, there is simply too much work needing our attention to waste it on senseless bickering!

You know what is expected of you, you know what needs to be done, stay focused and we will get this knocked out in no time!

The first task we have is reset and currently we have Soldiers from this BDE spread out all over the lower 48. Wherever you are, and no matter what you are doing let's do it Safely.

You are doing a fantastic job getting our Soldiers into required NCOES courses, 45 out of the first 50 Soldiers to graduate from the Fort Riley's WLC were from the DEMON BDE. Another First!

Thanks for all you do every day. Please pass this thanks on to your families. None of it would be possible without them.

**Command Sgt. Maj. Buddy Wallace is the command sergeant major of the Combat Aviation Brigade**

## God's Will. Chaplain (Maj.) Suk Jong Lee talks about how the Lord has a plan for us, despite other's negative actions. **The Combat Aviation Brigade chaplain speaks from the country's heartland**

*"You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives."* Genesis 50:20 (The New International Version)

These are the words spoken by Joseph to his brothers after their father died. The brothers were afraid that Joseph would harm them for what they did to him when he was a young boy.

Joseph was the favorite son among his father's twelve sons, and his father gave him a special coat with many colors. Joseph also bragged about his dreams in which he was exulted above all his brothers. His brothers were so displeased that they "hated him and could not speak a kind word to him (Genesis 37:4)." His brothers plotted to kill him, but instead sold him to the Midianite merchants.

Even as a slave, his life was like a roller-coaster. While a slave for an Egyptian official, he gained his mater's confidence enough to be placed as a person in charge of the household; but that elevation attracted trouble. He was accused of sexual assault by his mater's wife when he refused her advance, and eventually ended up in prison. Wherever he was placed, however, he found favor of those in charge of him, even the prison warden. Moreover, while he was locked up in prison, he was acquainted with the cupbearer and baker of the Pharaoh of Egypt and he interpreted their dreams. According to his interpretation of their dreams, the baker was executed while the cupbearer was freed and got his old job back. Two years later when Pharaoh had disturbing dreams which no magicians or wise men



Photo by Sgt. 1st Class Jeff Troth

**Spiritual Speak** Chaplain (Maj.) Suk Jong Lee speaks with CAB Soldiers after a ceremony at Fort Riley's King Field House

could interpret, the cupbearer remembered Joseph interpreting his dream. So Joseph was called out of prison and interpreted Pharaoh's dreams to be the prediction of seven years of abundance followed by seven years of famine.

Joseph was then quickly promoted to be in charge of the whole land of Egypt and managed seven years of abundance to prepare for the seven years of famine. During those years of famine, Joseph's family came to Egypt to buy grain since Egypt was the only place that had grain to distribute. After a dramatic reunion with his brothers, Joseph brought all his family to Egypt to live and they lived there seventeen years before Jacob their father died.

After their father died, Joseph's brothers were afraid that Joseph might hold grudges and pay them back for all the wrongs they had

done to him. They came up with a lie to tell Joseph that their father had asked him to forgive his brothers. To their surprise, Joseph already had forgiven them. He had seen how God used his suffering to save people from famine.

Joseph was about seventeen when he was sold as a slave by his brothers. He became the second in charge of all of Egypt at thirty. He grew from a boy who loved to cause trouble for his brothers with tattletales into a disciplined mature man who was wise enough to discern God's will in his life as well as those around him.

Do you feel you have been mistreated and suffered much at the hands of others? They may intend to harm you, but God intends to accomplish good in you. May God grant you wisdom to discern God's will in your life and those around you.

## Aviation News. New air ambulance helicopters delivered to District of Columbia National Guard. Upgraded medevac helicopter equals increased capabilities in and around DC. **Lakota replaces Huey in nation's capital**

STORY AND PHOTO BY STAFF SGT JON SOUCY

WASHINGTON – The 121st Medical Company (Air Ambulance) on March 12 went from flying the Army's oldest aircraft to flying its newest.

The District of Columbia Army National Guard unit took delivery of two UH-72A Lakota Light Utility Helicopters, trading in a pair of their Vietnam-era UH-1 Iroquois, more commonly known as the Huey.

"In my 36-year career, I can only think of two times when the National Guard received brand new equipment straight from the factory," said Gen. Craig McKinley, the chief of the National Guard Bureau. "We are good at maintaining older equipment, but we are better at taking newer equipment and making it last."

Scheduled to receive a total of six Lakotas by the end of the year, the 121st – the first medical evacuation unit to receive the Lakota – will continue to fly its remaining UH-1s as they phase in the new aircraft.

"The citizens of the District of Columbia and the surrounding states surely will appreciate having this equipment here," McKinley said. "The medical response capability that it provides will be significant, and our nation needs to have the newest, best equipment."

The new aircraft is a substantial upgrade over the Huey.

"It's a very attractive aircraft, very smooth, and two generations above what we're flying now," said Sgt. George Wagner, a crew chief with the unit. "It's a very capable, competent aircraft and will be a good addition to the D.C. Army National Guard."

One reason for that generational leap is that the Lakota incorporates

many technologies that weren't available when the Hueys were manufactured.

"These aircraft have autopilot and GPS and automation systems that far outshine what's on the UH-1," said Lt. Col. Maureen Bellamy, the senior Army aviation officer for the DC ARNG.

Other features of the aircraft include twin engines and a four-blade main rotor, which means an increase in safety.

"The dual engine capability gives us a redundancy and an increase in safety for the people we fly over and the people we fly inside our aircraft," said Bellamy, who added that most of the unit's mission set can be accomplished with just one engine.

And that dual engine and four-blade rotor system also means a faster top cruising speed and a longer range, unit members said.

"Flying these aircraft back [from Mississippi], we were flying about 300 miles before we needed to refuel," Bellamy said.

The aircraft is designed to fit in specifically with the Guard's domestic missions and operations.

"The hoist gives us an excellent capability for assisting someone who may be trapped, for example, as in Hurricane Ike and Hurricane Katrina," Bellamy said. "We also help people who might be lost in the national parks and various mountainous areas where it's very difficult to get a ground vehicle in to rescue them."

And while the Hueys have hoist capabilities, the Lakota's hoist system offers other advantages.

"I think one of the best things is the external rescue hoist," Wagner said. "That's a big space saver inside the aircraft and I'm looking



**Monumental Flight** Soldiers with the 121st Medical Company (Air Ambulance) fly their UH-72A Lakotas in front of the Washington Monument

forward to doing some live hoist rescues with that."

Though even with the upgrades the Lakota offers, its fielding is bittersweet for those who have flown in Hueys for years.

"Getting the new aircraft means we're coming to the end of the old," said Wagner. "I'm an old Huey guy. I've been flying [in] Hueys for a long time. So, it's the end of an era and you can't help but have mixed feelings about it."

Photo by Sgt. Michael Howard



# Birds Return Home

CAB returns to Fort Riley after fighting insurgents in northern Iraq

Photo by Sgt. 1st Class Jeff Troth



**BY ANNA STAATZ  
1ST INF DIV PUBLIC AFFAIRS**

**F**or Soldiers in the Combat Aviation Brigade, 1st Infantry Division, the low rumble of six Apache helicopters approaching Marshall Army Airfield Jan. 17 wasn't just about welcoming aircraft back to Fort Riley. The Apaches landing signified the safe completion of a combat deployment.

"This is a big step," said Staff Sgt. Roland Irizarry, a maintenance supervisor in the brigade.

### Final check

*Crew members perform post-flight checks on a 3-1AHB UH-60 Black Hawk after it completed its flight from Texas, to Fort Riley*

### Fly over

*Six 1-1 ARB AH-64 Apaches fly over the 1st Infantry Division headquarters after their flight from the port in Texas*

"We were one of the last brigades to do a 15-month tour ensuring freedom for the Iraqi people, and this means we've done it and completed it (our mission) safely."

The CAB deployed from Fort Riley in September 2007 and began returning to the post in November 2008 without a single combat death, something the brigade's commander, Col. Jessie Farrington, said was a "major accomplishment." He also lauded the brigade's role in reducing enemy activity in its area of operations while deployed.

"There was almost a 70 percent reduction in enemy activity during our tour," Farrington said. "That frames where we have just come from."

Bringing the aircraft back to Fort Riley signified not only the completion of one mission, but also the beginning of another for the Demon Brigade.

"Bringing them (the helicopters) back to Fort Riley is great," Farrington said. "It's good to be back in the Kansas area, and the



Photo by Sgt. 1st Class Jeff Troth

### Landing zone

*A CH-47 Chinook helicopter belonging to 2-1 GSAB hovers above Marshall Army Airfield before landing*

Fort Riley area ... It also means getting back into the training mode, which is the next phase for us, to train this brigade again for whatever our nation calls upon us to do."

During its deployment, the brigade oversaw the operation and maintenance of 200 manned and unmanned aircraft. The unit's helicopters logged more than 170,000 hours in flight time.

While in Iraq, the brigade's Soldiers conducted nearly 18,000 missions, identifying and engaging enemy targets 300 times. CAB

Soldiers also were responsible for the discovery or defeat of 56 improvised explosive devices and the destruction of more than 125 insurgent vehicles and structures. In addition, the brigade was responsible for transporting more than 91,000 personnel and about 4,000 tons of cargo around Multi-National Division – North. A second flight of Apaches and a single Black Hawk helicopter arrived later Jan. 17. It is anticipated that all of the unit's aircraft will be back at Fort Riley mid-summer.



Photo by Anna Stantz

**Birds roost** *Two 1-1 ARB AH-64 Apache helicopters pull into their parking spots on Marshall Army Airfield.*

# CAV Saddles Up

1-6 gets ready for move from Carson to Riley

STORY AND PHOTO BY RICK EMERT  
FORT CARSON PAO

It's been a busy couple of years for 1st Squadron, 6th Cavalry Regiment, and things won't be slowing down any time soon. Since January 2007, the unit has deployed for Joint Task Force North operations along the Mexican border, deployed to Iraq for 15 months and now is in the process of picking up the entire squadron and moving to Fort Riley. The squadron's higher headquarters, Combat Aviation Brigade, 1st Infantry Division, is at Fort Riley.

"In January 2007, we did Joint Task Force North operations along the border of Mexico and the United States doing counter drug/counterinsurgency

operations," said Maj. Gary Cunningham, squadron operations officer.

Although the squadron's OH-58D Kiowa Warriors are designed for both reconnaissance and attack missions, the crews performed strictly reconnaissance along the Mexican border.

"It was pure

**'Some of our enlisted guys have been here 10 to 12 years when this unit was with the ACR.'**

---CAPT. JOSH ENGLAND,  
A SQUADRON OPERATIONS OFFICER

reconnaissance operations: find the individuals that were infiltrating with – 95 percent of the time – with drugs and call that in to the border patrol who would action in on the individuals," he said.

The missions proved to be beneficial as the squadron learned during the JTF North deployment that it would deploy to Iraq in September 2007.

"It was very good training and very good realistic operations to get our aircrews in that mindset of looking for the enemy and seeing that something doesn't look right and calling it in."

During the Iraq deployment, the squadron's crews flew more than 30,000 flight hours and conducted more than

4,500 reconnaissance, security and attack missions. The unit's fuel handlers pumped two million gallons of aviation fuel and the maintenance crews kept the aircraft flying at a 94 percent operational readiness rate, above the Army's standard of 85 percent, Cunningham said.

The unit suffered no combat losses of Soldiers or equipment. "We didn't have to do any memorials while we were over there. I think that's a huge accomplishment to bring everybody back," said Capt. Josh England, a squadron operations officer.

About 10 percent of the unit's Soldiers are at Fort Riley to stand up the unit while the remaining 34 crews and the OH-58D maintenance Soldiers are at Fort Carson continuing to train, Cunningham said.

"The crews that are flying and going to PCS (permanent change of station) to Fort Riley, those crews have the priority to continue to hone their skills and conduct retraining and reintegration," he said, adding that many from the squadron will PCS throughout the Army, and a handful of support personnel will stay at Fort Carson and be absorbed into other units.

"We have an aerial gunnery planned in April just to hone their skills. Right now, the maintenance personnel are crawling through the aircraft with a fine-tooth comb to make sure that there are no maintenance issues.

"The troop instructor pilots are taking the pilots out and giving them local area orientation and familiarization flights here at Fort Carson. There are some guys that came to us directly in the desert, and they've never flown here."

While the terrain and altitude will be considerably different at Fort Riley, some things will remain quite the same, making the transition a little easier for the 1st Sqdn., 6th Cav. Regt. Soldiers.

"The local area (at Fort Riley) is very small compared to Colorado Springs, but there is a very good support base; the local populace is very pro-military," Cunningham said.

Still, the move could be difficult on some Soldiers who have spent several years at Fort Carson – beginning back when the unit was part of the 3rd Armored Cavalry Regiment.

"The move to Riley is tough, because we just got back (from Iraq)," England said. "We're getting all of our aircraft back, trying to get all of our aircraft and equipment reset at the same time while trying to get our crews moved over there and get our equipment moved over there, so it's tough.

"Some of our enlisted guys have been here 10 to 12 years when this unit was with the ACR. Now it's time to finally up and move from their homes that they've been in for the past decade and that their kids have grown up in. At the same time, it's pretty phenomenal to keep guys in the Army at one place that long."



**Control Central** Chief Warrant Officer 2 Sheldon Gresham, an OH-58 Kiowa Warrior maintenance test pilot from Troop C, 1-6 CAV, checks one of the aircraft's weapons pylons at Fort Carson's Butts Army Airfield prior to a test flight

**STAFF VISIT** 1st ID Chief of Staff Col. Ricky Gibbs takes a peek at the preparation of the five-course gourmet meal the cooks of the CAB IID prepared for the culmination of the Food Service Refresher Training Program

# Back in the kitchen

CAB cooks reintegrate to Fort Riley after their tour in Iraq with a hands-on course designed to not only reinforce what they learned in AIT, but to also give them advanced culinary skills they can take back to the Demon Diner

STORY AND PHOTOS BY SGT MICHAEL HOWARD

The catch to being an Army cook is that the Army part comes before the cook part. When the Combat Aviation Brigade, 1st Infantry Division deployed in 2007, the CAB cooks left their pots and pans and went into combat alongside their fellow Soldiers. Now, soon after becoming veterans, the CAB cooks are becoming graduates. Out of the 12 Soldiers who graduated from the Food Service Refresher

Training Program, eight of them were from the Combat Aviation Brigade.

Cooking in Iraq is handled through contracted civilians, freeing Soldiers for other tasks. Necessary as this may be, culinary skills are perishable, and deployments have an impact on an Army cook's knowledge and ability.

Looking for a solution, the Army sent out a survey among food service officers and non-



commissioned officers. What came about from the survey was the Food Service Refresher Training Program. Adopted from a pilot program at Fort Carson, CO, the two week course reintroduces combat cooks to craft skills from basic to advanced levels

so they are prepared to provide the best possible food and service to their customers.

"Now, when the cooks redeploy, they get refresher training and then they go back to the dining facility, along with the reset and everything else that goes with it. This

course is integrated into the reintegration process for cooks," Chief Warrant Officer 4 Travis Smith, the Command Food Advisor for IID.

The training encompasses sanitation and nutrition, recertification, stocks, soups and sauces, short

order breakfast cookery, vegetables, starches, salads, and pastry as well as some advanced culinary skills. Since the course's inception, it has had an immediate effect on the performance of returning cooks.

"This course reinforces cooking skills and also

shows the Soldiers how to do a more advanced level off food cooking and preparation. We talk about many different aspects of food service. From the sanitation and safety aspect, to nutrition, to the actual hands-on food service skill development. So

at the end of the day, it absolutely impacts what these Soldiers are now able to go back into dining facilities and provide," said Smith.

The course doesn't stop at job related skills though. Much of the course goes above and beyond day to day Army



CLOCKWISE FROM LEFT:

**Two of Five** Sgt. Samson Toba prepares scallops for the second course of a five course gourmet meal

**Chopping Time** Pvt. Hermilo Lopez dices up vegetables for the course's culmination meal

**Potatoes Au Grater** Pvt. Cleethan Siegeir-Reaves grates potatoes for the meal's appetizer

**Watchful Eye** Course participants work together to ensure consistency between each plate



dining facility duties. In addition to teaching food theory, presenting cooking demonstrations, and teaching hands-on techniques, a civilian guest chef lectures so students gain exposure to current trends in the industry.

“The part of the course I enjoyed most was working with the culinary team when they work with us to prepare gourmet meals, and learning a variety of culinary techniques on meats and desserts. We got to do a lot of things you normally don’t do in DFACs.

Though the course is intended as a refresher for cooks returning from deployments, the exploration of advanced culinary techniques functions as an effective add-on module to AIT.

“This course was a lot more hands on than AIT. In AIT, there was a lot

more instruction, and we acted on the instruction we were given. Now we’re able to free roam a little bit more in the kitchen, once we are given a task, we are expected to do it on our own without a sergeant or

**‘This course reinforces cooking skills and shows the Soldiers a more advance level off food cooking and preparation.’**

---CHIEF WARRANT OFFICER 4 TRAVIS SMITH, THE COMMAND FOOD ADVISOR FOR 11D

cadre member over our shoulder. It’s a lot more independent. I think I’m better prepared for my job because this course has

given me the experience of working in a dining facility with different rank levels. In AIT, everyone was generally E-1 through E-4, but now we are working beside people who have a lot of experience,” said Pvt. Joseph Marshall Goodman IV, a food service specialist with Headquarters Company, 601st Aviation Support Battalion.

The course culminates in the hosting of an end-of-class five-course meal for attending dignitaries on the final day prior to the graduation ceremony.

“My favorite part of the course was today, actually. Preparing the meal, being pressed for time, feeling like I’m actually in a real five-star restaurant, having important people outside waiting, making sure the meal is top-quality, making sure everyone is working together as a

team,” said Goodman.

According to 11D Chief of staff Col. Ricky Gibbs, Goodman and his team of CAB Soldiers succeeded heartily.

“This was an absolutely wonderful meal. I’m a food nut, an infantry guy, 27-30 years in the Army now. The story is true. The Army does run on it’s belly. And if you don’t have great cooks as a battalion commander, you may as well fire everybody else and find great cooks.

“You do great things for our Soldiers. You can do anything with Soldiers if you give them good chow. Anything. So don’t ever let anyone tell you that you’re not important. The two most important things in a unit are the food and the doctors taking care of Soldiers. I appreciate what you do, keep up the great work, and I’ll be back for more,” said Gibbs.







# Nowhere to Hide

Artist captures essence of CAB's mission in Iraq. James Deitz presents Soldiers, unit with a limited print to commemorate their efforts in OIF 07-09

STORY AND PHOTOS BY SGT 1st CLASS JEFF TROTH

Amidst a whirlwind of debris, two UH-60 Black Hawk helicopters touch down in the Diyala River Valley in northern Iraq as a squad of infantrymen disembark and take up defensive positions during an air assault raid against a time-sensitive target.

This scene was unveiled Feb. 24 at the Fort Riley Community Center as the latest painting, "Nowhere To Hide," by renowned artist James Dietz was presented to

the Combat Aviation Brigade.

"Mr. Dietz really captured the essence of the fight," said Col. Jessie Farrington, Combat Aviation Brigade commander.

Dietz joined the Demon Brigade Soldiers in Iraq last year to do the preliminary work for the painting, which depicts two of the brigade's Black Hawks inserting Soldiers while two of its AH-64 Apaches provide aerial security.

"We were in Iraq and the XO (Maj. Tom Rude, The CAB

**Signed Print** Artist James Dietz signs a print of "Nowhere To Hide" for Spc. Patrick Russell, 3-1AHB

executive officer) came up to me and asked me if I knew James Dietz," said Farrington. "He said he was in country and we were going to try to bring him down to the brigade and give him some ideas of what we wanted for a print."

"I jumped at the chance," said Dietz. "When Maj. Rude said 'we might want to have you come up and visit us.' I told him that I was there."

On his flight to Contingency Operating Base Speicher, the CAB's home in Iraq, Dietz got firsthand knowledge about what it was like to fly on a Black Hawk.

"After a 2 1/2 hour flight in the back of a packed, a truly packed Black Hawk in the winter, in the dead of night, I kind of questioned my enthusiasm," Dietz joked.



"After that ride any romantic notions I had of helicopter operations became greatly diminished."

Dietz said that most Americans watch a lot of movies and think of combat as a "Bruce Willis high adventure" and they forget that there are individuals fighting.

"A print like this is a reminder that real women and men are involved in this fight," said the artist.

Dietz began painting in 1969 as a commercial illustrator, but shifted his focus historical aviation and military art in 1978. Being a history buff he strived to create historically, accurate paintings of battles such as D-Day and Operation Market Garden, but over the years has been commissioned to capture several military units in action.

"The first unit I did was the 505th (Parachute Infantry Regiment) with the 82nd (Airborne Division) 22 years ago," Dietz said. "The really steady work of doing five or six units a year has been since about 1996 or 1997."

His work with the CAB took Dietz around northern Iraq as he tried to capture the support the aviation unit gives to the ground troops.

"We literally dragged him all



over Multi-National Division North to get the right scene and the right setting and get the right folks to capture what we were doing there," said Farrington. "What we wanted to do was capture the essence of what the Demon Brigade accomplished and did in Iraq. It definitely captures the essence of the fight. It is literally air-ground domination of the battlefield."

After the unveiling of the painting, CAB Soldiers lined up to get their copy of the limited edition print. Dietz sat for 4 1/2 hours to talk to each Soldier and to personalize their print with a thank you for "a job well done" and sign it.

"No painting, certainly no painting that I can do, can give

**Uncovering History** Col. Jessie Farrington, commander CAB, and James Dietz unveil "Nowhere To Hide"

**Model Soldiers** James Dietz, gives direction to Soldiers on how he wants them to pose for his painting "Nowhere To Hide"

evidence to the experience that Soldiers have. No painting can give evidence to the kind of sacrifice and bravery, and no painting can show the amount of hard work it takes to do their job day to day," said Dietz. "If I have hit a little bit of a chord in your service that rings true I figure I have done as good a job as I can do."

Photo by Tech. Sgt. Johnny Saldivar



# CAB provides flood insurance

When Red River crested its banks CAB Soldiers, helicopters were tasked with the mission to help fellow Americans in North Dakota and Minnesota

BY SGT 1st CLASS JEFF TROTH

The snow fell. The snow melted. The Red River rose. The flooding began. The Combat Aviation Brigade, 1st Infantry Division's phone rang.

Record flooding was occurring in North Dakota and Minnesota and Forces Command

wanted 1st CAB to assist. "We found out about the possibility of the mission on the morning of March 27," said Lt. Col. Christopher Prather, the task force commander for the helicopters going to North Dakota. "We issued a warning order that had us taking off as soon as possible the next

day, so even though we didn't know what the package was going to be, we had the plan set."

The 1st Infantry Division has a standard emergency relief package consisting of a mix of UH-60 Black Hawks, CH-47 Chinooks and MEDEVAC aircraft along with the aircrews, maintainers and support Soldiers to sustain its deployment. The CAB coordinated with North

Command, which is the military liaison with FEMA during natural disasters, on what missions the task force might be called on to execute and refined what aircraft were needed for the mission.

The final plan called for two of 3-1AHB's Black Hawks and four of 2-1GSAB's Chinooks. To increase the effectiveness of the helicopters and give the task force more flight time, three additional flight crews were included in the plan. With the plan finalized, the air and ground crews finished packing equipment they thought they might need at Grand Forks Air Force Base, North Dakota, where the task force would call home for as long as they were needed.

"We had to think out of the box," said 1st Lt. Carl Fisher, a Black Hawk pilot. "And think of what

Photo by Sgt. 1st Class Jeff Troth



we would need in a cold environment that would allow us to do whatever they needed us to do.

"We went to North Dakota to support the National Guard, because they are the first line response. We were there to provide them with anything that they needed, whether

it be planning or flying personnel and supplies around the disaster area. We were ready to do whatever they needed us to do."

The air and ground crews knew the basics of what they might be called upon to do – from transporting stranded Americans to

airlifting supplies such as sandbags, medicine, food and water – they had to ensure that they were ready for whatever mission they were given.

"We brought two sets of nozzles for every aircraft that we can refuel, while the Chinook guys brought the hoses," said Spc. Shane Duncan,

**Snow Storm** Chinooks kick up snow as they land at Grand Forks Air Force Base, North Dakota

**Shut Down** A Black Hawk crew chief stands at the ready as the pilots run through post flights checks prior to shutting off their engines

a refueler with 2-1. He was prepared to set up a remote refueling points out of the back of a Chinook so that other aircraft could spend more time on recovery missions without having to fly all the way back to the base.

Although the warning order had gone out to the aviation battalions early



Photo by Sgt. 1st Class Jeff Troth

**Helping Hand** A Soldier ground guides as others from his unit push a Chinook out of the hangar for the flight to North Dakota

**Fill Up** Spc. Joshua Jones provides fuel to the Chinooks before the depart on their mission



Photo by Sgt. 1st Class Jeff Troth

in the day, some task force members did not find out they were going until that night. Spc. Joshua Callahan, a Black Hawk crew chief, was notified around 10 p.m. that he was going and that he had to be at the hangar in 11 hours for the flight. "It wasn't much of a notice, but a lot of the missions we had in Iraq were last minute notifications also," Callahan said. "So we were able to get ready quickly." "It did help that we had just returned from 15 months in Iraq," said Fisher. "It helped because we were already in the mindset of getting a mission with not quite as much time as you would like to plan and having to adjust on the fly. And, that

is what we had to do here. Iraq was definitely good preparation for this." While the crews who returned from Iraq in November and December might think their combat tour helped prepare them to help out their fellow Americans, the task force commander disagrees with them. "No, them being able to deploy for this mission had nothing to do with Iraq, it was because they are great Soldiers," said Prather. "They would have been able to do it with a tour in Iraq or not. They are motivated Soldiers who do what they need to do to complete their mission." About 24 hours after the phone rang the CAB had its first aircraft wheels up and heading north. The Black Hawks



Photo by Sgt. 1st Class Jeff Troth

were off the ground but before the snow could get plowed from in front of their hangar a weather front came in and postponed their takeoff.

In North Dakota the CAB Soldiers quickly settled into their accommodations, either barracks rooms or the gym, and started preparing for possible missions.

The helicopter maintainers put their tools and spare parts in hangars, while the pilots put together flight books with maps of the area and diagrams of helicopter landing pads at the local hospitals and emergency shelter locations where they might have to land.

"One thing we tried to do with our products was share whatever we had with the National Guard," said Fisher.

Fort Riley was the only post to send active duty Soldiers and helicopters to the effort, but they weren't alone at the Air Force base. South Dakota, Montana, Iowa and Wisconsin sent National Guard aviation support, as did the Coast Guard. Minot Air Force



Photo by Sgt. 1st Class Jeff Troth



Photo by Sgt. 1st Class Jeff Troth

**Plow Service** 2-1 GSAB soldiers stand by as a Fort Riley snow plow clears a path for them to get their Chinook out of the hangar

**Down Load** On the ground in North Dakota, the crews off load the helicopters

**Courtside Cots** Maintainers set up their living areas at the Grand Forks Air Force Base gym

**Homeward Bound**  
*Cpt. Lucas Harris goes over pre-flight checks before taking off from Grand Forks Air Force Base*

**Family Reunion**  
*Sgt. Corey Gray is greeted by his wife and daughter after his return to Fort Riley*

Photo by Sgt. 1st Class Jeff Troth



Photo by Sgt. 1st Class Jeff Troth

Base, over 200 miles to the west, sent Airmen to beef up the Grand Forks dining facility and to man the base shuttle buses.

“The Fort Riley helicopters gave us a tremendous evacuation capability and a substantial SAR (search and rescue) capability as well,” said Lt. Col. Jerry Anderson, aviation task force officer-in-charge for the flood relief operations at Grand Forks Air Force Base. “They gave us an incredible capability to reach back for additional assets in case a mass tragedy would have happened in the Fargo area.”

Although the Soldiers were on the ground and ready for action there were no missions for them. Active duty units are by U.S. code Title 10 assets and can only be used in a state emergency when all National Guard and Reserve units are maxed out. Since the flooding was not as extreme as forecasted the



Photo by Sgt. 1st Class Jeff Troth

1st CAB crews were not called upon.

Although the Soldiers were looking forward to helping out in some way, they know that it was a good thing that they didn't have any missions.

“We were not needed in the rescue and that means everyone was safe,” said Duncan.

“I am very glad that we actually didn't do any flying in support of the flood relief,” said Prather. “Because that means that it was good for the people, they were safe and we weren't needed.”

The Soldiers also know that their trip to North Dakota wasn't a waste.

“It is better to have the assets, us in this case, in place and not need them, then to not have the assets and need them,” said Fisher.

“Just the fact that the Fort Riley crews were here,” said Anderson, “provided a huge comfort factor for both the Guard and the people of North Dakota.”



Photo by Sgt. 1st Class Jeff Troth

**Over Flow** *A river west of Fargo makes a new path through farmland and over roads*

**Frozen Farmland**  
*A 2-1 GSAB Chinook flies over snowy fields of North Dakota*

# DEMONS BOND

Strong Bonds retreat enhances relationship skills for military marriages before and after a deployment

STORY AND PHOTO BY SGT MICHAEL HOWARD

In a world where a new marriage carries a less than 50 percent success rate, and in an army that places the additional burden of deployment after deployment onto the backs of fledgling marriages, it would perhaps be reasonable for military couples to welcome any bit of relationship advice they could garner.

According to 2nd General Support Aviation Battalion, 1st Aviation Regiment, Chaplain Capt. Tom Bruce, the Army is prepared to provide much, much more, and on a regular basis to boot. Set against the backdrop of the Great Wolf Lodge indoor waterpark, this event saw a group of 2-1 GSAB couples as the beneficiaries of that advice, during the “Strong Bonds: Laugh Your Way” relationship building retreat in Kansas City, Kans.

Bruce said that the most fundamental problem is that married Soldiers face obstacles to their marriages that very few civilian couples would ever encounter. Deployments for up to 15 months can put immense

amounts of strain on military marriages.

The Strong Bonds program does everything in its power to mitigate that strain, said Bruce. “Any time our Soldiers have a deployment, we take a series of steps to make things as easy as we can for our Soldiers and their families.”

Before the Combat Aviation Brigade’s deployment to Iraq, the unit’s ministry team held three Strong Bonds retreats, one for single Soldiers, one for couples, and one for Soldiers with families. The retreats, in addition to providing a vacation from military life, focus on keeping relationships strong during the upcoming deployment. With the CAB’s return, CAB chaplains are holding retreats for the same groups, this time focusing on reintegration and settling back into a routine.

The curriculum taught at this retreat is called Laugh Your Way. Created by Marc Gunger, it is one of the 13 relationship curriculum that fall under the umbrella of the Strong Bonds program.

The program is based around a visual aid called a personal

“flag.” It has participants choose from 56 traits which ones are most important to them, and then strives to distill the person’s most positive traits into a four “country” flag. The person’s home country is decided by the personality traits the person selects as most important to him.

Laugh Your Way encourages partners to view each other in the most positive light possible by taking an optimistic view point, and focusing on what each personality type can accomplish when they are at their “best.”

Fort Riley Garrison Chaplain Lt. Col. David Anderson, who was the lead instructor for the retreat said he chose to use the program because he appreciates the program’s method of imparting information through positive emotions.

“I find that the best way for a person to learn and remember is through the use of emotions. When a person can tie what they

**‘When a person can tie what they learn to a strong emotion of some sort, they’re going to remember it.’**

---LT. COL. DAVID ANDERSON, FORT RILEY GARRISON CHAPLAIN



Fort Riley Garrison Chaplain Lt. Col. David Anderson answers an attendee’s questions during 2-1 GSAB’s “Strong Bonds: Laugh Your Way” relationship training retreat. The retreat was held at Great Wolf Lodge in Kansas City

learn to a strong emotion of some sort, they’re going to remember it. And laughter is definitely one of the best emotions we have,” said Anderson, who was the CAB’s Rear Detachment chaplain during their deployment, “Marc Gunger, the presenter, he definitely uses humor, and he drives home his points with it. When he needs to get serious he does, but for the most part, he keeps it light, and people understand it and remember it.”

Though it was his first experience with the program, Bruce had favorable initial impressions. “I’d like to know some statistics on how successful it is, does it work, before I make final judgments, but it has been very enjoyable. He has been very successful in letting us know that we need to appreciate our spouses for who they are, and even the message that we need to

appreciate ourselves for who we are.”

Each Soldier attended the retreat for his or her own reasons, but all of them came away having learned something new.

“I’m going through a transformation in my life where I’m trying to eliminate a lot of negative things. I had a lot of time to think about things, and I decided to go to this class to act on some of these thoughts. In this class, I learned a lot of techniques to take control of my life and adjust my lifestyle,” said Spc. Jesse Sandhurst, air traffic controller with Fox Co 2nd Battalion, 1st Aviation.

Though the Laugh Your Way program was the official focus of the retreat, Anderson and Bruce said it’s a safe bet the vacation the lodge provided was just as valuable. “I’m glad that when they come, we can teach them, but the

main reason most of them came is that the Great Wolf Lodge is a good place.”

“It’s a second honeymoon type of thing,” said garrison Chaplain’s assistant Master Sgt. Marti Mace, adding that the child care provided by the lodge added to the honeymoon-like atmosphere, and allowed couples a chance to focus on each other.

“I see the retreat as a reward, but it’s also a part of reintegration. To get back together as couples and families and get back to a new normal, a new routine in their lives. It may not be exactly the way it was before, but they need to get back together as family units. I do want to see the Soldiers have a lot of fun, a good time. They’ve given up 15 months of their lives to serve in Iraq, they did a very good job, and they deserve a fun time,” said Bruce.



**Best Battalion** Retired Lt. Gen. Ellis Parker (far left) was on hand to present the award named in his honor to 2-1 GSAB. Pictured with him is Maj. Gen. James Barclay, commanding general of the U.S. Army Aviation Center of Excellence, 2-1 Commander Lt. Col. Michael Tetu, Chief Warrant Officer 3 Jess McGee, battalion standardization officer and 2-1 Command Sergeant Major Don Wright

# GSAB Honored

Fighting Eagles soar back to the states to snatch up best battalion in combat support

BY ANNA STAATZ  
1ST INF DIV PUBLIC AFFAIRS

They dealt with dust and sand storms, combat conditions and long, hard hours, but at the end of a 15-month deployment, the Soldiers of 2nd Battalion, 1st Aviation Brigade, proved that they were the best in the Army.

The battalion has been awarded the Lt. Gen. Ellis D. Parker Award as the top battalion in the combat support category. The unit accepted the award during a Senior Aviation Leaders Conference Jan. 26-30 at Fort Rucker, Ala.

The "Fighting Eagles" deployed to Iraq in September 2007 as part of the 1st Combat Aviation Brigade. The unit returned to Fort Riley in December 2008.

The "Fighting Eagles" are the largest flight unit in the CAB, with 643 Soldiers who carried out seven different missions. During deployment, the unit operated with 10 UH-60 command and control Black Hawk helicopters; 12 CH-47 Chinook helicopters; 12 UH-60 MEDEVAC helicopters; six air traffic control towers; two 24-hour aviation and ground maintenance companies and a battalion headquarters company.

Battalion Commander Lt. Col. Michael Tetu said during the deployment the pilots faced some of the most austere weather conditions Iraq has seen in the last 30 years.

"We had an unbelievable amount of sand and dust storms during what the weather people said was the driest year in more than 30 years," Tetu said. "After the sun

would set, the dust would just hang in the air."

Tetu said the battalion really began to come together during the deployment. Even with seven companies performing a wide variety of missions, the battalion commander said his Soldiers went above and beyond to support and take care of each other.

"Fifteen months requires a ton of trust and commitment from the guys and gals in uniform, and an incredible amount of trust and faith from families back home," Tetu said. "We hang our record on our NCOs, who did the long, hard work in the worst of the dust and heat or bitter cold and made everything look easy for the officers, warrant officers and Soldiers."

Tetu also credited the Families of his Soldiers for helping the unit complete a successful deployment.

"A significant part of this battalion's success was due to the sustained support from the families over a very long 15-month period," Tetu said. "It was a lot to ask. They help tremendously and allowed us to focus forward. This is as much their award as it is the people in uniform."

# Lifesavers

Soldiers learn new techniques to preserve lives of comrades

STORY AND PHOTO BY SGT MICHAEL HOWARD

Combat lifesaver training is a bridge between basic first aid training and the combat medic, and it's a bridge that has and will continue to save Soldiers' lives. On the battlefield, certified combat medics are not always readily available when their specialized training is needed. To address this reality, the Army implemented training and certification for a new level of first-aid-trained Soldiers – Combat Lifesavers.

Thirty-five Soldiers from the Combat Aviation Brigade earned the title of combat lifesaver after completing the 3-day course held by the 601st Aviation Support Battalion. They were the first graduates of the CAB's combat lifesaver course since the unit's return from Iraq.

"A combat life-saver is a first responder," said Staff Sgt. Carlos McCarroll, the CAB's senior medic. "Their first job is their MOS. If someone happens to get hit, then they go into combat lifesaver mode. They start helping out the medic. If the medic is not there, they start stabilizing casualties."

A combat lifesaver can slow and possibly stop the worsening of a wound's condition until

evacuation is possible.

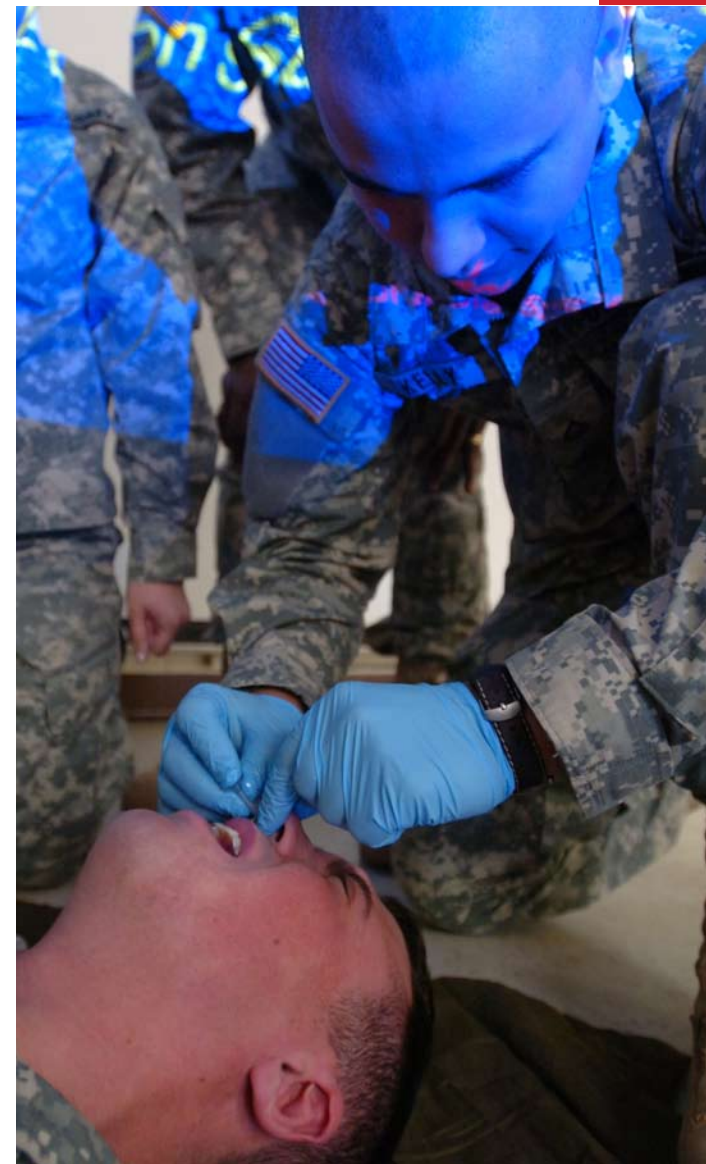
The combat lifesaver program, also known as CLS, was created to help cover more situations with appropriately trained Soldiers, she added.

"If you're a medic on a convoy, and you don't have any combat lifesavers, it's pretty much up to you to save everyone on that convoy, and do all of the medical treatment," said Staff Sgt. Kimberly LaCrosse, the 601st ASB senior medic. "If you have a CLS, they can assist you, they're like a second set of hands. If someone has a broken leg over there and you're treating a gunshot wound over here, you can direct them to put a splint on the leg."

During the course combat lifesavers were trained how to properly evaluate casualties, and how to use the emergency trauma dressing and the combat-application tourniquet, which is compact enough to be applied with one hand.

A highlight of the course involved learning and then demonstrating – on another Soldier – how to properly administer a saline lock and intravenous fluid drip, as well as insertion of a nasal airway tube to give unconscious Soldiers a way to breathe.

"The absolute most



**Nasal Tube** Pfc. Bradley Kelly inserts a nasopharyngeal airway into the nasal passage of Spc. Christopher Morgan

important actions to take to save the life of an injured Soldier are to stop the bleeding and replace the blood," said McCarroll.

Though some segments of the course, like the I.V. needle portion, have been around for decades, the class is continuously being updated with new procedures and products. Some of the newer techniques include treatment of a collapsed lung by puncturing the chest cavity, placing a nasopharyngeal airway to ensure unrestricted

breathing, inserting an I.V. saline lock as opposed to the previous technique of always starting I.V. fluids.

After completing the course, Soldiers become more confident in their ability to keep their fellow Soldiers alive that are hurt on the battlefield.

"If I have to perform the CLS tasks, I know what needs to be done," said Pfc. Bradley Kelly, a fire support specialist with HHC CAB, "I won't be so nervous, because the hands-on training was very realistic."



Photo by Sgt. 1st Class Jeff Troth



Photo by Sgt. 1st Class Jeff Troth



Photo by Sgt. Michael Howard

CLOCKWISE FROM LEFT:

**On a Roll** Pvt. Lateasha Edmonson rolls cookie dough into balls at the Demon DFAC

**Combat Hookers** Boeing employees visit 2-1 GSAB to thank the Soldiers for their service and to give them a CH-47 Chinook combat pin and poster

**BRO Salute** During a change of command ceremony at Kings Field House CAB Soldiers render honors

**Vet to Vet** David Roever talks with Spc. Alan Layton (left), Spc. Corey Corr and Chap (Capt.) William Breckenridge, all of 3-1 AHB. The soldiers break from washing the UH-60 Black Hawk during Roever's visit to the CAB to say hi to those he met when he visited the CAB in Iraq in December 2007 and to thank them for their service

# CAB CANDIDS



Photo by Sgt. 1st Class Jeff Troth

# New Faces

A new page in the CAB's history was made when all five battalion welcomed new commanders

Change is always happening in the Army and that is never more evident than now in the Combat Aviation Brigade. Shortly after returning home to Fort Riley and Fort Carson from 15 months in Iraq each of the brigade's five battalions have new lieutenant colonels at the controls.

Lt. Col. Paul Mele became the new commander of the Gunfighters of 1st Attack Reconnaissance Battalion, 1st Aviation Regiment.

Lt. Col. Ken Chase took the reins of the Fighting Sixth when he accepted the 1st Squadron, 6th Cavalry Regiment colors.

Lt. Col. Christopher Prather took over as the top Fighting Eagle of the 2nd General Support Aviation Battalion, 1st Aviation Regiment.

Lt. Col. Andrew Cole is the new commander of 3rd Assault Helicopter Battalion, 1st Aviation Regiment, Nightmares.

Lt. Col. James Erbach now commands the 601st Aviation Support Battalion Guardians.



Photo by Sgt. 1st Class Jeff Troth

**Passing the Colors** Lt. Col. James Erbach (left), incoming commander of the 601st ASB, takes the battalion colors from Col. Jessie Farrington, CAB commander

**First Words** Lt. Col. Paul Mele speaks to the Gunfighters of 1-1 ARB for the first time



Courtesy photo



**In Charge** Lt. Col. Ken Chase (right) waits for the beginning of the 1-6 CAV ceremony



**Welcome Aboard** Lt. Col. Christopher Prather (left) is welcomed to the 2-1 GSAB after the ceremony

**In Front** Lt. Col. Andrew Cole stands in front of the color guard at the end of the 3-1 AHB change of command ceremony



Photo by Sgt. 1st Class Jeff Troth

Photo by Sgt. 1st Class Jeff Troth





Chief Warrant Officer Michael J. Novosel

# MEDAL OF HONOR

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