

Duty 1 First!



YEAR in Review



The Big Red One Creed

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.

READINESS 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.

My **ORGANIZATION** is my strength. The BRD 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.

U.S. Army Soldier during training (U.S. Army Photo by Ty Abney).

Duty **1** First!

No Mission too Difficult. No Sacrifice too Great.

December 2009 www.riley.army.mil

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Front Cover: FORT RILEY, Kan — Salute Battery firing during a 1st Infantry Division Review ceremony (U.S. Army photo by Pete Aiken, Fort Riley Visual Information Support Center).

Back Cover: U.S. Army photo courtesy photo

Commanding General **Danger 6**

Firsts for the First!

Maj. Gen. Vincent Brooks

When talking about our division's history, we often talk about our "firsts" – the first division, first victory of World War I, first to fight in North Africa and Sicily, first on the beaches of Normandy, first division called to fight in Vietnam, and first over the berm from Kuwait into Iraq. January marks another first for the first as the men and women assigned to our division headquarters deploy to Iraq.

Never before has our headquarters element deployed in this modular fashion. Unlike the last time our division deployed to Iraq in 2003, this time less than 10 percent of our total strength is deploying. The notable difference at Fort Riley will be the absence of myself, the Victory 5, and our division staff.

In our stead will be left several different components that will still carry out the day-to-day tasks that this division is responsible for – taking care of Families, training Soldiers for war and welcoming home those who have served in combat.

A new face was added to our command team at the deployment ceremony, Brig. Gen. David "Pete" Petersen. He comes to us from Fort Leavenworth, where he served as assistant division commander for the 35th Infantry Division. Though he's been serving most recently with a Kansas unit, he has a long history of service in the Nebraska National Guard.

Petersen is also contributing to another first for us, as this is the first time Fort Riley has brought in a National Guard Soldier to help run an active duty post. While I will remain the senior commander for Fort Riley and the 1st Infantry Division, Petersen will serve as my eyes and ears back here at home as the Deputy Commanding General-Rear, or DCG-R.

He won't be going at it alone, however. Command Sgt. Maj. Buddy Wallace will take over as our rear sergeant major. Ollie Hunter and the staff of our mission support element will handle the daily operations of our headquarters, because even though we're gone, this

division is still responsible for training Soldiers and making sure they're ready to deploy.

Our rear detachment and MSE folks will work together with Col. Kevin Brown and all of his outstanding garrison staff to make sure that our Families and Soldiers who remain here at home station are well taken care of.

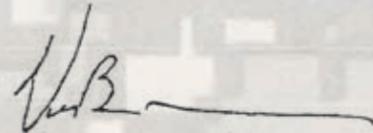
Also helping to care for our Families will be our partners in the Central Flint Hills Region. They reach out to our Soldiers and Families and embrace them as one of their own. In the Army, we like to say we take care of our own, and we do, but that wouldn't be possible – we wouldn't enjoy such a great quality of life – were it not for the unwavering support of our community partners.

During a deployment, our Families are the true heroes. They are the ones who have to keep life operating at "normal" while we're away for 12 months and sometimes more. I truly admire their resilience and resolve as they do their part to support our mission.

Former US Senator and Attorney General Robert F. Kennedy once said, "Few will have the greatness to bend history itself; but each of us can work to change a small portion of events, and in the total of all those acts will be written the history of this generation."

This best describes what will take place over the next 12 months. As we embark on this new chapter in history, it takes each of us – the Soldiers, our Families, the rear detachment, MSE and garrison staff, and our community partners. It takes all of us working together to make this chapter as good or better than the many which have come before it, yet still remembering that we are tied to our predecessors by a common bond – that there is No Mission too Difficult. No Sacrifice too Great.

Duty First! 



Command Sergeant Major **Danger 7**

Learn, Build & Accomplish

Division Command Sgt. Maj. Jim Champagne

It's been a year of achievement, change and moving forward for the 1st Infantry Division. Looking back at 2009, our Soldiers have carried their missions forward and seen the success that comes from hard work and diligence.

The Big Red One's 1st Brigade handed off their long-time mission of training transition teams in order to begin building up as a heavy brigade combat team. In 2010, we will hear the booms of artillery, roar of the main guns on M1 tanks, heavy thumping of the 25 mm cannons of the Bradleys and the sharp cracks of small arms training as 1st Brigade Soldiers hone their skills and prepare for whatever they may be called to accomplish.

About 3,800 Soldiers who make up 2nd Brigade came home to Fort Riley after a year in Baghdad. During that time, "Dagger" Soldiers handed off many responsibilities to the Iraqi Security Forces, standing beside them and providing helping hands as those forces worked to improve the security and quality of life in Iraq.

The "Duke" brigade redeployed to Fort Hood in June after a year spent in Afghanistan. That was only the beginning of the journey for 3rd Brigade, though. Its Soldiers packed up from Fort Hood and moved on to Fort Knox, the brigade's new home station. Its Soldiers will continue the reset and training process in 2010.

The 4th Brigade spent 2009 preparing and training for a deployment to northern Iraq. In August, its Soldiers left Fort Riley, ready to begin their forward mission. It's

a very different mission than what "Dragon" Soldiers have worked for in past deployments. This deployment is focused on partnerships and building relationships, enabling the development of governance, law and social and economic structures. The Dragon Brigade will return to Fort Riley in late 2010.

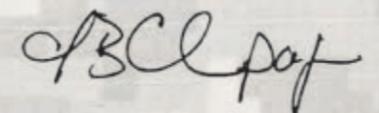
While the infantry units worked hard on the ground, Soldiers in the Combat Aviation Brigade took to the sky, clocking long hours training and preparing for their upcoming deployment, as well as familiarizing themselves with the new UH-60M. Fort Riley was among the first in the Army to receive the new model of Blackhawk. The Combat Aviation Brigade is set to deploy in spring 2010.

Support and subordinate units, such as the 1st Sustainment Brigade, 4th Maneuver Enhancement Brigade and the 75th Fires Brigade, added to the Big Red One by sending units to the Horn of Africa, preparing to respond to homeland disasters should the need arise and fielding equipment to support units all across the division.

The 1st Inf. Div. also had bragging rights in 2009 when it came to winning the all-Army Best Warrior Competition, with the Big Red One's own Sgt. Clancey Henderson achieving the title.

It's important to look back. Only in doing so do we learn from our mistakes, build on our successes and accomplish our next mission.

Now, get after it! 





1st HBCT

Devil of a Year

By *Shelley Roten*
Duty First! Magazine

In a capstone year of change, 2009 saw the 1st Heavy Brigade Combat Team retire its training mission and transform into a heavy brigade combat team.

For the past three years, the Soldiers of 1 HBCT have been in charge of training military transition teams.

Maj. Gen. Vincent K. Brooks, commanding general of the 1st Infantry Division and Fort Riley, explained what the brigade's product of advisory teams meant in terms of war fighting.

"They're the ones who've been training all of our combat advisors for Iraq and Afghanistan, very important work," Brooks said in August at a Manhattan Area Chamber of Commerce Military Relations Committee lunch.

Since November 2006, 1 HBCT Soldiers have trained more than 16,000 members of the Army, Navy and Air Force and graduated 1,300 teams, with specialties in everything from intelligence to medical operations to agricultural methods.

Col. Eric Peck of the Kansas National Guard is the commander of an Agricultural Development Team partnered with Kansas State University. This past spring, Peck and his team trained with the 1 HBCT to prepare for a deployment to Afghanistan on a mission to teach better farming methods for crop-growing, processing and storage.

Lt. Col. Michael Landers, former director of the "Devil" Brigade's cultural training, said the chance to train such a unique transition team presented the opportunity to form a partnership with the Kansas National Guard and build on Fort Riley's existing partnership with K-State.

The last transition team, Transition Team Class 78, graduated from Fort Riley on Sept. 15.

Days later, during a remissioning ceremony at Fort Riley's Custer Hill Parade Field, 1 HBCT officially stood up as a deployable heavy brigade combat team.

"They are focused on being a fast-moving,

deadly-killing machine, heavy brigade combat team," Brooks said. "They are back to their old business of being a fighting unit, not a training unit."

The military transition team mission was transferred to Fort Polk, La., and Soldiers of the 1 HBCT are now focusing on their new mission. The brigade has grown significantly over the last several months and is expected to reach 3,500 Soldiers to fulfill its new mission.

"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, 1 HBCT.

Once again a fighting unit, 1st HBCT is preparing for a potential deployment in late 2010.

The first steps in transforming into a heavy brigade combat team involved moving the entire brigade and all personnel, equipment, barracks and offices from its home on Camp Funston. After the remissioning ceremony, the entire brigade began the move to Custer Hill to join the rest of the Big Red One's brigade combat teams.

At the ceremony on Sept. 22, Wesley looked forward to the future of the brigade and the new mission they've been handed.

"I think what you'll see is a spring in the step of 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,



Pvt. Adrian Crosby, an infantryman with Co. A, 2nd Bn., 34th Armor Regt., writes down the grid coordinates to his starting point under the watchful eyes of Staff Sgt. Jeremiah Wolford, squad leader, Co. A, 2nd Bn., 34th Armor Regt. during the battalion's Expert Infantry Badge train up Oct. 23.

so they're looking forward to coming back online with the rest of the division," he added.

The year ahead will call for hard work on the part of Devil Brigade Soldiers as they train in preparation for whatever mission may lie ahead. By the end of 2010 the brigade is expected to have completed the transition and be ready to deploy as needed. 

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 Remission Ceremony Sep. 23 at Fort Riley. This ceremony marks the brigade's change of mission from training Transition Teams back into a combat unit ready to train and deploy. (All photos by Sgt. Scott Kim, 1st HBCT Public Affairs Office)



Megan Hughes hugs her boyfriend, Sgt. 1st Class Glen Whetten, an infantryman and member of Class 78, during the graduation ceremony Sept. 15 for the final transition team to deploy from Fort Riley.



Pvt. Adrian Crosby and Pvt. Israel Lopez, both infantrymen with Co. A, 2nd Bn., 34th Armor Regt., plot out their points during the battalion's Expert Infantry Badge train up Oct. 23 at Fort Riley.





2nd HBCT

Been There, Done That



*By Jordan Chapman
Duty First! Magazine*

Having spent nearly all of 2009 in Northwest Baghdad to provide security for the Kadhamiyah, Mansour and Karkh Security Districts, it might be said that the Soldiers of the 2nd Heavy Brigade Combat Team are still adjusting to their current scenery at Fort Riley.

Though the “Dagger” Brigade Soldiers have returned home with their mission completed, they will never forget the help they administered to the citizens of Iraq as they sit down to enjoy Thanksgiving dinner with their families, open Christmas presents with their children or kiss their spouses to bring in 2010 properly come New Years Eve.

Soldiers worked during their deployment to improve life in Iraq by teaching workers what it would take to sustain their city and working with the local government to improve infrastructure in their areas of responsibility, spending about \$33 million in the process.

“We try to make sure all the essential services: sewer, water, electricity and academics — are being watched after and taken care of by the city of Baghdad,” said Lt. Col. Christopher Beckert, deputy commanding officer, 2nd HBCT. “These things are all essential for the people who live in the area,” he continued, statements which Col. Joe Martin, 2nd HBCT commander, echoed.

“Through the openings of schools, water-treatment facilities and solar-powered clinics, the people of northwest Baghdad saw improvements they haven’t seen in years,” Martin said, noting further that those improvements amounted to 280 projects and programs that targeted infrastructure and reduced human suffering.

One of those projects was one of three solar-powered Iraqi Clinics in northern Ghazaliyah, completed just before the brigade returned home.

Providing for about 300 Iraqis every day, the clinic now receives power all day and night when it used to receive an average of two hours of power per day due to the strain on the national power grid.

Other accomplishments included establishing a “visual security” to eliminate terror cells and networks, clearing improvised explosive devices from 1,500 kilometers of roads, lowering IED activity by 60 percent, reducing violence in their areas of operation by 40 percent and capturing more than 700 terrorists, prosecuting them within Iraqi courts under the authority of the Iraqi law.

Martin has noted in previous interviews that having terrorists prosecuted under the law of their own country was a great step because it illustrated Iraqi Security Forces had taken the lead in their own security.

Another symbol of improved security forces was the opening of the Al Aima Bridge in the Kadhamiyah district

of northwest Baghdad in January of 2009, a bridge that had been closed since 2005 when a stampede caused the deaths of nearly 1,000 Shiite pilgrims.

“The opening of this bridge is symbolic of the unity in Baghdad,” said Lt. Col. John Vermeesch, commander of the 1st Combined Arms Battalion, 18th Infantry Regiment.

Also in January, as part of a new agreement between coalition forces and the Iraqis, the Dagger Brigade removed occupational forces from the city. During the following months, Soldiers of the 2nd HBCT continued to work with the Iraqi Security Forces to provide better security and quality of life for the citizens of Iraq and improve local infrastructure.

Such a change in responsibility created new mission for the brigade from that point forward.

“The Dagger’s focus (had) shifted,” said Maj. Gen. Vincent K. Brooks, commanding general of the 1st Inf. Div and Fort Riley, during the brigade’s uncasing ceremony. “Where they had been leading from the front, they were now mentoring from behind; working by, with and through the Iraqis. By doing that they also enabled the Iraqi people to take charge of their own destiny.”

Soldiers of the Dagger Brigade returned to Fort Riley during September and early October. The brigade spent the last few months of the year reintegrating its Soldiers with their Families. 



Pfc. Daniel Parker, 1st Combined Arms Bn., 63rd Armor Regt., uses a metal detector to search a large sand dune on June 23, during a weapons cache search with Iraqi Army soldiers; Iraqi Soldiers and Soldiers from, 5th Sqdn., 4th Cav. Regt., stand in formation during a transfer of authority ceremony June 10 at Joint Security Station Khadra; Lt. Col. Jim Bradford, 1st Combined Arms Bn., 63rd Armor Regt., shakes hands with Sheikh Hassan after a meeting Feb. 25 with local Mahmudiyah sheiks; Vanessa Tuttle, 9, watches for her father, Capt. Brian Tuttle, 299th Brigade Support Battalion, as Soldiers file into formation during a redeployment ceremony Sept. 28 at Fort Riley; Brianna Tuttle, 5, hugs her dad, Capt. Brian Tuttle, 299th Brigade Support Battalion, following a redeployment ceremony Sept. 28 at Fort Riley. (Photos by Sgt. Jon Soles, Staff Sgt. Peter Ford, Spc. Jamie Vernon and Anna Staatz).



3rd IBCT

Looking Back



By *Shelley Roten*
Duty First! Magazine

The “Duke” Brigade spent most of 2009 on the move. Soldiers went from Afghanistan home to Fort Hood and then from there to Fort Knox as the brigade restationed.

Soldiers spent the first part of the year helping train Afghan Security Forces and assisting with building local infrastructure.

The first main-body group of Soldiers returned on June 9, and the brigade continued to redeploy throughout the month.

Brig. Gen. Peter Atkinson, deputy commanding general, III Corps and Fort Hood, told Soldiers they had accomplished their mission in Afghanistan. Now there was only one thing left for them to do.

“That mission is over. Your only mission now is standing on your left, right and behind you,” he said, referring to the Family members holding balloons and signs.

“I am ecstatic,” Sgt. 1st Class Albert Huggins, A Company, Special Troops Battalion, said. “I just want to spend good, quality time with my Family and have a good meal. Just to sleep in my own bed will be great.”

In the three short months between returning to Fort Hood and September, the brigade’s Soldiers had a lot of work to do as they prepared to move to Fort Knox, Ky., under a new commander, Col. Christopher Toner.

Although Toner did not command the brigade during its deployment, he noted that Duke Soldiers accomplished much during their time in Afghanistan.

“Having fought in Afghanistan before, I know what a tough fight – against a determined enemy in some of the most challenging terrain encountered by our military today – it was and



what a superb performance by the unit and its Soldiers,” Toner said. “As denoted by the numerous individual awards for valor, the brigade achieved remarkable success in helping the government of the Islamic Republic of Afghanistan bring security, stability, and progress to the Nangahar, Nuristan, Konar and Laghman Provinces. Equally as important, the brigade’s Families’ contributions – providing their love, commitment, and support to their Soldiers – simply can’t be overstated. The Soldiers and Families of the Duke Brigade Combat Team, the Army and the Nation itself can be proud of what they accomplished.”

On Oct. 16, the Duke brigade uncased its colors at Fort Knox in a ceremony held at Brooks Field.

“This is a historic day not only for Fort Knox, but our surrounding communities and the state of Kentucky,” said Maj. Gen. James Milano, commanding general of Fort Knox. “The arrival of the 3rd of the 1st Infantry greatly diversifies the population of Fort Knox and will enrich the armor center, the Fort Knox team and our local communities,.”



Although the post has primarily been home to the cavalry and armor, Toner remarked on how well the Fort Knox population has embraced the infantry Soldiers as their own.

“The reception at Fort Knox – from the facilities available upon our arrival to the open arms welcome from the Post and surrounding communities to our Soldiers and Families – has been simply superb,” Toner said. “We already feel that we’re a part of the Greater Fort Knox community. The brigade is planning and resourcing an aggressive training plan over the next year and we’ll be ready for whatever tasks are assigned to us.”

Photos clockwise from bottom left: Staff Sgt. Eric Winn and Sgt. 1st Class Jimmy Carswell, 6th Sqdn., 4th Cav. Regt., scan a mountain slope with their weapons before their troop departs on a patrol April 10; Staff Sgt. Olen Ice, 6th Sqdn., 4th Cav. Regt., lifts a plank to be used for building a bridge; a ceremonial cannon is fired during the brigade’s restationing ceremony at Fort Knox, and Skie Perry hugs her father’s neck June 9 during a redeployment ceremony at Fort Hood as Laura Snyder captures the moment on her cell phone. (Photos by Capt. Jay Bessey, Staff Sgt. David Hopkins and Fort Knox Public Affairs Office)





Plan, Train, Execute

4th IBCT

By *Shelley Roten*
Duty First! Magazine

While many 1st Infantry Division Soldiers were returning home in 2009, the 4th Infantry Brigade Combat Team was headed out Fort Riley's door. After spending a year training and preparing, Soldiers said goodbye to family and friends and left for a year in northern Iraq.

Soldiers began preparing for deployment in late 2008,

Air Force, Reserves and active duty. It's something that needs to be done on a daily basis."

In March, some Dragon Soldiers learned basic Arabic language skills in a two-week course at the education center on Custer Hill in preparation for their deployment. Soldiers started off conquering the basics, such as letters and numbers, and by the end of the course they were able to tackle more complicated language tasks to use during deployment, for example conducting a check point.

In May and June, "Dragon" Soldiers headed to the National Training Center at Fort Irwin, Calif., for a month-long mission rehearsal exercise

"NTC has grown by leaps and bounds with the villages and the way they've tailored it, so it's more realistic for the Soldiers who have never been there before," said Command Sgt. Maj. Michael McCoy, brigade command sergeant major. "The mission we were doing there was taking a backseat to our Iraqi counterparts. Our new job is to assist them and let them take the lead on most missions that are going to happen over in Iraq."

Once the brigade's rotation was over, it returned to Fort Riley, where days were filled with packing and spending as much time as possible with their Families. Col. Henry A. Arnold, III, brigade commander, said the mission for Dragon Soldiers had changed drastically since the last time the unit deployed during the Baghdad surge of troops.

"We are advising and assisting the Iraqi security forces



but really began ramping up training in early 2009, heading to the range for tactical training, as well as spending time at Fort Riley's language and cultural classrooms.

One of those training exercises was in February when four joint forward observers of 1st Squadron, 4th Cavalry Regiment, participated in "Pork Forward," a joint exercise at Smoky Hill Range near Salina, Kan.

"Going to Smoky Hill was a vital part of training," said Sgt. Randall S. Stow. "It's very important to work with the different military elements such as the



"We are advising and assisting the Iraqi security forces now," Arnold said, "leading from the rear, helping them and enabling them to carry out the missions themselves."

On Aug. 13, the brigade hosted its official deployment ceremony on Custer Hill Parade Field, during which the unit cased its colors and Maj. Gen. Vincent K. Brooks, commanding general of the 1st Inf. Div. and Fort Riley, addressed Soldiers and their Family members.

"I have every confidence that we have done our duty as a division to prepare this brigade, and I have every confidence that this brigade will deliver far more what we were able to give to them as they conduct their operations," Brooks said.

The Dragon Brigade uncased its unit colors in a ceremony on Oct. 8 in Salah ad-Din Province, Iraq at Contingency Operating Base Speicher in Tikrit, Iraq. The brigade took over the U.S. Forces partnership role from 3rd Infantry Brigade Combat Team, 25th Infantry Division.

Maj. Gen. Robert L. Caslen, Jr., commanding general of Multi-National Division - North, addressed the crowd at the transfer of partnership ceremony, commended 3rd IBCT for the mission they accomplished and placed his confidence in the Dragon Brigade assuming command.

"As we say thank you to a job well done to the Broncos, we also welcome the Dragon Brigade. I've been watching the Dragons for the last couple of weeks, and there is no better brigade to replace the Broncos ... I know you will carry on the great work accomplished by countless other Soldiers who have served honorably in this province," Caslen said.

Arnold addressed the crowd and reassured them that the Dragon Brigade is ready to take on the mission of helping to rebuild Salad ad-Din Province.

"We are ready to do our duty, and we are proud to be a part of this historic period in the history of Iraq and the United States," Arnold said.

The 4th IBCT is scheduled to return to Fort Riley in August 2010.



Photos clockwise from bottom left: Soldiers from 2nd Bn., 16th Inf. Regt., prepare to head out on a field training exercise at Fort Riley; a squad from 1st Bn., 28th Inf. Regt., practice house clearing skills at a Fort Riley shoothouse; Col. Henry Arnold, III, and Command Sgt. Maj. Michael McCoy case the brigade's colors during a deployment ceremony on Aug. 13; and Soldiers work through a training exercise at the National Training Center, Fort Irwin, Calif., in late May. (Photos by Anna Staatz, Jordan Chapman and Laura Stroda, 1st Infantry Division Public Affairs Office)



1st Sustainment Bde.

Reflecting on a good year

By Jordan Chapman
Duty First! Magazine

Since coming home to Fort Riley in December 2008 after completing a 15-month deployment in Iraq, the Soldiers of the 1st Sustainment Brigade have had a year to build and retrain the "Durable" Brigade to its full strength, and in the process have made a home for themselves on Custer Hill.

Officially welcomed back by 1st Infantry Division and surrounding community leaders Jan. 29 in King Field House, the brigade was first praised for the accomplishments during their deployment, including taking command of more than seven battalions and about 4,000 Soldiers, and conducting support operations which provided 200 million gallons of bulk fuel, 6.6 million rounds of ammunition, 170,000 meal cases and produced more than 12 million cases of bottled water to the unit's area of operations.

The unit also conducted maintenance, finance management, human resources, force protection and convoy security operations.

"The men and women standing before you in formation are truly the best we have in America. They are dedicated, disciplined and professional Soldiers who spent 15 months bravely standing on-point for this nation... through your untiring efforts, you've penned another proud chapter in the storied history of the 1st Infantry Division," said Brig. Gen. Perry Wiggins, former commanding general of the 1st Infantry Division and Fort Riley.

It was only 11 days later that Col. Flem B. "Donnie" Walker, Jr. and Command Sgt. Maj. Miguel Rivera came forward to continue that history



of success within the brigade that Col. Kevin O'Connell, former brigade commander, left to them.

To prepare for the next level of success, however, Walker and his Soldiers had to concentrate hard on their reset abilities so they could train and properly prepare for the next deployment in 2010.

In order to reset — defined as a set of actions to restore a unit's equipment and personnel to combat capability — the unit had to successfully repair or replace approximately 4,000 pieces of equipment to include weapons, vehicles and other types of communications and electronic devices.

As a result of this process, the brigade would be able to move into the train-ready phase of the Army Force Generation cycle with functional, up-to-date equipment.

"This is probably the most crucial thing we have to do because without our reset equipment, we couldn't move out into our new phase. We can't really train without any of this equipment," said 1st Lt. Yutaro Hosaka of Signal Company, Special Troops Battalion.

Following reset, the brigade moved into the train/ready phase, which collectively focuses on training in the field, tactical operations, command post and communication exercises.

Much of the brigade's mission couldn't have happened without the \$65 million, 55,204 square foot centralized headquarters and

operations complex that the brigade officially occupied March 9 after 14 months of construction.

"The thought that went behind each one of these nooks and crannies was very detailed. From the layout of the halls, down to the individual Soldier's personal equipment lockers, all are tailored to facilitate command and control, accountability and standardization, unit, training, quality of work and life for the Soldier and capability for the brigade to accomplish their mission," Wiggins said.

The building houses the Special Troops Battalion headquarters and company operational facilities.

The 1st Inf. Division Headquarters Battalion and 1st Inf. Div. Band also moved into buildings within the complex.

The headquarters ribbon cutting "marks another milestone in the history of the brigade and finally allows the brigade to establish its roots in the heart of the Central Flint Hills Region," Walker said.

It wasn't until Sept. 10, though, that the heart of the building was complete.

The Army's first Sustainment Operations Center was stood up within the brigade. The SOC provides instantaneous knowledge about 1st Infantry Division units and their sustainment functions to division leaders whether they are stateside or overseas.

Such information continues to enhance the job of logistics on a daily basis and helps the 1st Sustainment Brigade as it strives to improve the division's capabilities — integrating deployment/redeployment, supply, distribution and the readiness process — each of — which insures the supported commander receives both forces and logistics sustainment on time and where needed.

As 2010 grows ever nearer, Walker still sticks to his leadership philosophies and guarantees that leadership within the Durable Brigade be governed by common sense, that there be an unwavering commitment to its Soldiers and Families and ensuring the 1st Sustainment Brigade is ready to perform its wartime mission when called on to do so. 



Col. "Donnie" Walker, brigade commander, speaks during a naming ceremony for the Cantigny Dining Facility (far left photo) and helps cut the cake to officially break in the facility (top right photo). In the bottom right photo, Sgt. Ulysses Gerena of the Special Troops Battalion, 1st Sustainment Brigade, keeps his head in the sand as directed by Air Assault instructors during this obstacle of the Confidence Course on Sept. 15. (Photos by Jordan Chapman, 1st Infantry Division Public Affairs Office)





Tested, Trained and Ready

Combat Aviation Bde.

By Jordan Chapman
Duty First! Magazine

Coming off a 15-month deployment in early 2009 did little to take the wind out of the wings of the Combat Aviation Brigade, as its Soldiers rolled through a year of heavy training in preparation for their next call to duty.

After logging more than 170,000 hours in flight time, conducting nearly 18,000 missions and identifying as well as engaging enemy targets 300 times while in theater, Soldiers of the CAB officially ended their deployment Jan. 17, 2009, with the return of six Apache helicopters to Marshall Army Airfield.

Rest wasn't on the schedule for the "Demon" brigade, though. While continuous training occurred to prepare for its deployment in the spring of 2010, the brigade also supported humanity missions. In March, a task-force made up of two UH-60 Black Hawk and three CH-47 Chinooks was sent off to North Dakota to aid flood victims and transport supplies.

"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," said 1st Lt. Carl Fisher, Black Hawk pilot.

"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.

Following the mission's success in March was the arrival of more good news as the 3rd Assault Helicopter Battalion, 1st Aviation Regiment, received the first two of 30 new UH-60M Black Hawks April 21. The unit was the second in the Army to receive the new model of aircraft.

"The entire aircraft is a digital aircraft," said Maj. Robert Keeter, Black Hawk pilot. "It has a lot of upgraded computer systems," he continued, noting that old round gauges with dials were replaced with four computer monitors that can display numerous functions to include instruments, radios or maps.

The new model also has an integrated computer system and GPS that allows the pilot to see their location and their destination, compared to having to steer toward their destination using a needle on the dash.

"We look forward to using the increased capability in combat supporting the Soldiers on the ground," said Col. Frank

Muth, brigade commander.

The new UH-60M models were not the only aircraft welcomed to Fort Riley. The month of May brought nine OH-58D Kiowa Warrior Helicopters to Marshall Army Airfield, which marked the beginning sequence that would land all the brigade's helicopters on the same airfield for



Photos clockwise from left: Maj. Gen. Vincent Brooks, commanding general of the 1st Infantry Division and Fort Riley, passes the Combat Aviation Brigade colors to incoming commander Col. Frank Muth during a Change of Command ceremony July 10; a Soldier ground guides as others from his unit push a Chinook out of the hangar for the flight to North Dakota; Black Hawk helicopters support the slingload portion of Air Assault training in September. (Photos by Jordan Chapman and Sgt. 1st Class Jeff Troth, 1st Infantry Division Public Affairs)

the first time in brigade history.

The restationing from Fort Carson, Colo., was completed July 1 with the uncasing of the 1st Squadron, 6th Cavalry Regiment colors.

"This cavalry squadron has fought in most of our nation's major conflicts and has a history almost as long as this nation. Whether it was on horseback or in their venerable Kiowa Warriors (helicopters), these troopers are out front, sabers drawn," said Col. Jessie Farrington, former commander of the CAB.

Muth plans to continue forward the training for the CAB's deployment, scheduled to occur in early 2010 and to continue to the success the brigade has seen in previous deployments.

Correlation and teamwork between the CAB Soldiers has already taken battalions from within the brigade to the National Training Center at Fort Irwin, Calif., and the Joint Readiness Training Center at Fort Polk, La., to test their skills, work on their missions and continue working together to better the success of the CAB upon

deployment.

"The great thing is those battalions, when they deploy, they are going to take pieces of the other battalions and create taskforces," Muth said in a previous interview, explaining CAB Soldiers weren't just training in one helicopter while at the training centers. "When they deploy they will take Apaches, Chinooks and Blackhawks ... and form a cohesive team and that multi-complex capability which has all aviation aspects to it."

Muth and his team plan to continue their training by traveling to Fort Rucker, Ala., this month for an aviation training exercise.

"Throughout the fast-pace timetable of this past year, the moral of the Soldiers of the Demon Brigade has remained high, and everyone has remained vigilant in their training and are ready for what lays ahead," Muth said. "The Soldier's abilities and skills have been tested during a rigorous training schedule and the Soldiers performance has been outstanding."



Tough as a Diamond

from page 7

75th Fires

By Jordan Chapman
Duty First! Magazine

Continuous training and strength in leadership has kept the 75th Fires Brigade in top form throughout 2009.

As each vigilant defender of freedom went about their daily tasks, they followed the leadership of Col. Dominic Pompelia, Jr., up until May 19, when responsibility of the brigade was given to Col. Joseph Harrington at the Fort Sill, Okla., polo grounds.

"My challenge to you is cherish every day of command. While you are leading these valiant Soldiers and Families to new and greater heights," said Maj. Gen. Vincent Brooks, commanding general of the 1st Infantry Division and Fort Riley, to Harrington the day of the ceremony.

Command Sgt. Maj. Sam Young accepted the same challenge when he assumed responsibility as the brigade's command sergeant major Aug. 18 at Fort Sill's Artillery Bowl, which has been said to represent the brigade's famed past and fighting spirit due to its age and resilience to time.

Leadership alone, though, doesn't get the job accomplished. Soldiers within the "Diamond" brigade stayed true to themselves by cutting through any training activity presented to them.

One opportunity allowed Soldiers to fire thousands of M2

M2 .50 Caliber Rifle, Mk1940mm grenade launcher, M16 assault rifle, M249 Squad Automatic Weapon, M240B machine gun and 9 mm pistol rounds downrange at various sites around Fort Sill during a week-long training period consisting of preliminary marksmanship instructions. The training also covered each weapon system to facilitate proper handling.

"Getting to fire the 240B was a lot of fun and a lot different than firing the old M16 that we usually shoot," said Pvt. First Class Rudy Castillo, signal support systems specialist, Headquarters and Headquarters Battery, 75th Fires Brigade. "I'm glad that most of us were able to get out there and shoot some heavy weapons."

Heavy weapons were one thing, but for a handful of brigade soldiers in September, getting to conduct training involving aircraft was top priority.

Six 75th Fires Soldiers successfully completed the first-ever Air Assault Course at Fort Riley, reportedly the "10 toughest days in the Army," according to one course instructor. The Soldiers



Sgt. Chris Brinton of the 2nd Battalion, 18th Field Artillery Regiment, receives final instructions before he rappels off of the Air Assault training tower Sept. 23; Staff Sgt. Santos Jose of 1st Battalion, 17th Field Artillery Regt., pushes out the last 10 push-ups after conquering the "Weaver" during Air Assault training in September; Command Sgt. Maj. Sam K. Young assumes responsibility as the top enlisted Soldier of 75th Fires Brigade in Aug. 18; Soldiers of the 75th Fires Bde. fire the M2 .50 Cal machine gun during brigade range week. (Photos by Sgt. David Chapman, 75th Fires Bde. Public Affairs, and Jordan Chapman, 1st Infantry Division Public Affairs)

were subject to early wake up calls, a two-mile run, an obstacle course, sling load and repel training, a 12 mile road march and classroom work, each of which had no tolerance for failure and required the constant will to succeed.

Those six men, and the entire brigade, will undoubtedly carry that resolve deep into the heart of every mission they conduct as well as into 2010, a year that will certainly bring on much success and a variety of victories abroad, as well as at home. 





4th MEB

Unit Overcomes Challenges

By Anna Staatz
Duty First! Magazine

The 4th Maneuver Enhancement activated in late 2008 at Fort Leonard Wood, Mo., as a new Army concept in area and stability operations. The brigade's staff is composed of engineer, military police and chemical cells, along with a brigade support battalion and signal company.

The newly-activated brigade had a busy 2009, filled with training and preparation for the future missions its Soldiers will be called upon to accomplish.

In June, the 232nd Engineer Company, 94th Battalion, took a three-hour journey across Missouri, an opportunity for about 24 Soldiers to fine-tune their convoy skills.

"It's good training for the next convoy mission we have," said 2nd Lt. Andrew Saik, platoon leader. "We'll be better prepared for next time."



Conducting a convoy off post has many requirements from the battalion, post and state. The dispatch had to be signed by the battalion commander, the company had to acquire special haul permits through the state and the dispatch packets had to include the exact route and contact phone numbers of everyone involved in the convoy.

"The most challenging part about this convoy was that this was my first experience planning such a big task," Saik said. "Planning the route, getting out info and getting acclimated to the Army standards was a challenge."

Brigade Soldiers took on bigger challenges, though, including the exercise Vibrant Response. The unit began preparing for the exercise months before, with Soldiers from the 94th Signal Company training at Fort Riley for two and a half months on how to operate the equipment quickly and proficiently.

"The most challenging part about preparing for this mission is that the unit is so new, there is no precedent to follow," said 2nd Lt. James Torrence, 94th Signal Co. platoon leader. "We are basically starting from scratch. Also, we have a lot of young Soldiers just out of advanced individualized training, so it can be difficult."

In November, 4th MEB traveled to Indiana to participate in Vibrant Response, and saw their hard work pay off.

Vibrant Response was a Chemical, Biological, Radiological, Nuclear, and High Yield Explosives Consequence Management Response Force (CCMRF) training mission to prepare 4th MEB Soldiers to rapidly deploy to any attack that happens on American soil. The 4th MEB assumed the CCMRF mission on October 1. Soldiers from the 193rd Brigade Support Battalion, 94th Signal Company, and Headquarters and Headquarters Company, 4th MEB, convoyed to Camp Atterbury, Ind., a National Guard training site, with all the necessary equipment to set up a tactical operations center.

The Muscatatuck Urban Training Center, a full-immersion contemporary urban training environment, was where the training took place. The site is a training ground for personnel to learn how to rescue survivors of incidents that could occur. It had 70 buildings, including schools and houses across 1,000 acres and is similar to an actual city.

Fourth MEB Soldiers worked with other branches of service during the exercise, coordinating responses and tasks. Col. Rob Risberg,



commander, 4th MEB, said that a "one team, one fight" mentality would aid everyone involved if the units were called into action.

"It was a historic event – the first time that the entire CCMRF Joint Task Force deployed to one place and executed the mission with Soldiers, Airmen, Marines and Sailors on the ground," Risberg said. "The experience was invaluable as to the lessons learned. These lessons will translate directly into American lives saved, should we execute this mission for real. We proved to ourselves and everyone else that we can do this mission if called upon, and we're proud to be a part of this effort."

One the biggest highlights of the year for the 4th MEB was undoubtedly the success of two of its Soldiers, Spc. Clancey Henderson and Cpl. Avery Abbott, who proved themselves among the best in the Army, winning the III

Photos clockwise from left: A 94th Engineer Battalion Soldier waits in his Humvee before beginning a convoy mission in June; Muscatatuck Urban Training Center during the Vibrant Response Urban Training exercise in November; Spc. Clancey Henderson is field training exercise in November; Spc. Clancey Henderson is announced as Best Warrior in the Army Soldier of the Year competition Oct. 5 in Washington, D.C.; Spc. Clancey Henderson, is the first to finish the two mile portion of the Army Physical Fitness Test during the 2009 Department of the Army Best Warrior Competition at Fort Lee, Va. (Photos by Pvt. Alexis Koster, J. Parker Roberts and Mike Strasser)



Corps Soldier and NCO of the Year title. Abbott, 94th Signal Company, and Henderson, 193rd Brigade Support Battalion, won first the Big Red One Soldier and NCO of the Year titles, then the III Corps titles. During the competitions, both were tested in their respective categories in the areas of physical fitness and warrior tasks and skills, as well as a written exam and board review.



Both advanced to the FORSCOM competition, but only Henderson advanced from it to the all-Army competition. In October, Henderson was awarded the all-Army Soldier of the Year title. The specialist went up against 11 other hopefuls in such activities as combatives, board interviews, physical fitness, written exams and urban warfare simulation

During the competition, Henderson set the PT test record, including a 10 minute, 26 second two-mile run time — something 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," Henderson 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. "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."

Henderson was recently promoted to sergeant. 

What A Year!

No Mission too Difficult
No Sacrifice too Great
Duty First!

By *Jordan Chapman*
Duty First! Magazine

"Few will have the greatness to bend history itself, but each of us can work to change a small portion of events, and in the total of all those acts will be written the history of this generation."

About 900 Soldiers from the 1st Infantry Division Headquarters each will have their chance to prove former United States Senator and Attorney General Robert F. Kennedy's words true as they travel to southern Iraq for a 12-month deployment — the Big Red One headquarters' first deployment since being sent overseas to support Operation Iraqi Freedom in 2003.

The 1st Infantry Division's Headquarters and Headquarters Battalion was formally sent off in front of Family, friends and surrounding community and state officials Dec. 4 during a deployment ceremony. During its deployment, the division will take command of multiple brigade combat teams and partner with Iraqi Security Forces.

"We are honored to be chosen for this mission at this time ... and we will do our best," said Maj. Gen. Vincent Brooks, commanding general of the 1st Infantry Division and Fort Riley. "We are doing our duty and we are eager to do that duty."

Once in theater, it will be the Big Red One's mission to execute operations at the heart of Operation Iraqi Freedom — maintain peace, deter aggression and help Iraqis continue to rebuild their country.

"We are all little bit excited," said Maj. Randal Hickman, operations research officer for the Army and 1st Infantry Division staff.

Making his first deployment to Iraq, Hickman spoke the words of many Soldiers when he said he is spending as much time with Family as he can during the holiday season before he and his fellow Soldiers depart the safety of America's borders.

"We are very well trained, very well prepared and we are looking forward to completing our mission," Hickman said.

While headquarters is deployed, incoming Brig. Gen. David Petersen, deputy commanding general of the 1st Inf. Div. Rear Detachment, expects business at Fort Riley to continue as usual.

"I believe [Fort Riley] is being left in great hands with [Brig.] Gen. Petersen, the Garrison command and this mission support element," Brooks said, explaining further that this ceremony also marks the first time the division headquarters has been deployed in a modular fashion.

"We are not taking the whole division to Iraq as a single unit. Indeed, less than 10 percent of the total strength of the of 1st Infantry Division is deploying ... it is a testament to the flexibility of a combat tested Army," Brooks said. Petersen said that while 900 Soldiers are deploying, 16,000 Soldiers still remain at Fort Riley.

"The transition should be pretty transparent," Petersen said, explaining he has already taken the initiative to view the surrounding townships as well as meet with notable surrounding community officials to insure the relationship with the citizens of the Greater Flint Hills Region is maintained, if not heightened.

"There really is some magic here between Fort Riley and its surrounding communities," Petersen said, noting the many state officials that came to say "thank you" to the Soldiers for their service.

"I'm proud of what we see here but it's also a very difficult and sad day," said Jerry Moran, U.S. Rep. for Kansas' 1st

District. "It's never easy to see someone leave for a long period of time that you love ... we are here to support the men and women that are being deployed as well as their families." 



Soldiers of the Division Headquarters Headquarters Battalion load conexes Nov. 17 in preparation for the 1st Infantry Division Headquarters and Headquarters Battalion's 12-month deployment to southern Iraq. (U.S. Army photo by Jordan Chapman, 1st Infantry Division Public Affairs Office)



Soldiers of the Division Headquarters and Headquarters Battalion salute during the 1st Infantry Division headquarters' deployment ceremony Dec. 4 in King Field House. (U.S. Army photo by Jordan Chapman, 1st Infantry Division Public Affairs)

Two daughters of a 1st Infantry Division Soldier hold their hands close to their hearts as they listen to the National Anthem while observing the 1st Infantry Division Headquarters deployment ceremony Dec. 4 in King Field House. (U.S. Army photo by Jordan Chapman, 1st Infantry Division Public Affairs Office)



Maj. Gen. Vincent Brooks, commanding general of the 1st Infantry Division and Fort Riley, and Division Command Sgt. Maj. Jim Champagne case the division colors during the unit's deployment ceremony Dec. 4 at King Field House. Friends and family said farewell to about 900 Soldiers of the Division Headquarters and Headquarters Battalion during the ceremony. (U.S. Army photo by Jordan Chapman, 1st Infantry Division Public Affairs)



Families Prepare for Deployment

By *Shelley Roten*
1st Inf. Div. Public Affairs

By far the communication method of choice for Soldiers and Families to keep in touch with one another during the deployment is computer. Whether it's e-mail, Facebook or Skype, most of the Soldiers deploying with the 1st Infantry Division's Headquarters and Headquarters Battalion have made sure to equip themselves with a laptop to communicate with their Family members while they are in Iraq.

Sgt. George Eleazer, 1st Inf. Div. Band, bought a new laptop and Webcam and intends to use Skype, the free software application that allows users to make voice calls over the Internet, to keep in touch with his wife and their two children, Slayden, 3, and Claudia, 16 months, during the deployment.

Maj. Mike Lewczak, G5 Planner, and his wife, Kimberly, said their likely form of communication during the deployment is Facebook. "He knows he can always find me on there," Kimberly said.

Capt. Seth Ritzman, Operations Company, and his wife, Lisa, are anticipating a lot of Skyping throughout the deployment. And Lisa has a special Christmas gift in mind for their 2-year-old son, Jack – a globe. "That way I can show Jack where daddy is," Lisa said.

Tracey Greydanus, wife of Sgt. 1st Class Samuel Greydanus, Operations Company, plans on using Facebook, Webcams and opening up her own AKO account as a way for her husband to communicate with her and their five children while he is deployed. Tracey also plans on sending her husband a lot of homemade goodies – things he won't be able to get at the nearest Post Exchange in Iraq.

Amanda Scholz, wife of Capt. Hobe Scholz, Operations Company, Division Headquarters Headquarters Battalion, has already conducted a test-run with Skype on her and her husband's computers. The couple has two boys, Steven, 5, and Zach, 3. One of her ideas for teaching the boys about time passing is putting a penny in a jar each day that their dad is deployed. When Hobe comes home, the Family can all go out for an ice cream treat with the boys' money.

Sandra Smidt, wife of Col. Mike Smidt, Staff Judge Advocate, has been through deployments before and said she is almost certain she will stick to email as her preferred method of communication. She noted that she enjoys her husband's written word best, plus, they can both sit down and read or write to one another at a time that is most convenient for them considering the nine-hour time difference.

Regardless of how they choose to communicate, there's sure to be plenty of "talking" going on. DHHB Soldiers are scheduled to depart Fort Riley in January and will be deployed to southern Iraq for 12 months. 



Gibbs Earns Star

By *Anna Staats*
Duty First! Magazine

A long time 1st Infantry Division officer was ceremonially frocked to the rank of brigadier general during a Victory Honors Ceremony Dec. 3 at Fort Riley.

Brig. Gen. Ricky Gibbs has served with the Big Red One since July 2005, when he took command of the 4th Infantry Brigade Combat Team, which deployed in February 2007 as part of the Baghdad troop surge. When he returned to Fort Riley, Gibbs became the division's chief of staff, until June 2009, when he took over his current position of division deputy commanding general (maneuver) with the "Victory 5" command team. Army regulation allows officers selected for promotion to wear the rank of the next higher grade if they are performing the duties of that rank.

"It's a particularly great day for the Big Red One," said Maj. Gen. Vincent Brooks, commanding general of the 1st Infantry Division and Fort Riley. "Often, when an officer makes general, he's usually on his way out of the unit. We are absolutely blessed to have Ricky Gibbs — an officer well known to Fort Riley and well known to this division, with years of service leading this division, now



being promoted and staying."

Brooks added that Gibbs had proven himself as a leader both in combat and out, and had led Soldiers from a variety of positions.

"Ricky Gibbs is a gregarious, expressive, combat-seasoned operator, great commander and someone who could always be counted on to get the toughest jobs done every time," Brooks said. "This guy standing next to us has everything in a career that we would expect or desire in a general officer. Everything. He

has extensive time in combat units from platoon to division. Combat experience from several different positions and grades of rank."

Gibbs credited his high school football coach and principal with starting him on the road to success.

"Coach P was not fancy," Gibbs said. "I heard him raise his voice a couple times and I think I only heard him cuss one time. He emphasized basics, standards, discipline and teamwork. I think we all know those are characteristics we share in the Army today."

Gibbs is a native of Austin, Texas. He was commissioned in 1982 from the University of Texas at Arlington. He is married to Nolly Gibbs, and the couple has two children. 

Brig. Gen. Ricky Gibbs repeats the oath of office during a Victory Honors Ceremony Dec. 3 at Fort Riley. Gibbs was frocked with his first star during the ceremony. (U.S. Army photo by Shelley Roten, 1st Infantry Division Public Affairs Office)



Brig. Gen. Ricky Gibbs

Winter Safety

Slip, Trip or Fall

- Wear the proper foot gear
- Take small steps to keep your center of balance under you
- Walk slowly and never run on icy ground
- Keep both hands free for balance, rather than in your pockets
- Use handrails from start to finish
- Avoid carrying loads on stairways; or carrying loads that you can't see over
- Keep your eyes on where you are going
- Test potentially slick areas by tapping your foot on them
- Step — Don't jump from vehicles or equipment
- Keep walkways clear of debris, water, ice and slippery materials

Vehicle & Driving

- Inspect your vehicle's tires, wiper blades, fluids, lights, belts and hoses
- Make sure you can see and be seen
- Clean your vehicle's windows, lights, and signals often
- Allow extra time to reach your destination
- Stay attentive, drive well below the posted speed limit and leave plenty of room between vehicles
- Avoid excessive actions while steering, braking or accelerating to lessen the chances of losing control of the vehicle.
- Slow down when approaching intersections, off-ramps, bridges or shady spots
- Do not use the cruise control

Home Safety

- Avoid the risk of home fires. Do not use your stove or oven to heat your home. Keep batteries and battery-powered flashlights available, to use instead of candles. Check to make sure that electrical cords on space heaters are not damaged and do not pose a tripping hazard.
- Make sure that smoke and carbon monoxide detectors are installed and working properly. Replace the batteries each spring and fall when the time changes.
- Insulate water pipes to avoid freezing and bursting. When freezing temperatures are expected leave water taps slightly open so they drip continuously. Drain and turn off outside water spouts.
- Have a fire extinguisher ready to use. The fire extinguishers should be inspected at least once a month to assure that they will operate effectively.

Working Outdoors

- Winter storm conditions and cold waves are the deadliest types of weather.
- Cold temperatures put an extra strain on your heart. Heavy exertion, such as shoveling snow, clearing debris or pushing a car, increase the risk of a heart attack.
- To avoid problems, remember these tips:
 - Stay warm, dress warm and slow down when working outdoors.
 - Take frequent rests to avoid over exertion.
 - If you feel chest pain — stop and seek help immediately.





**For More Information
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