

PAW PRINTS



The Family Readiness Group Command Information Letter is provided to all spouses of soldiers within 1-5IN with the sole purpose of providing for the well being of family member of 1-5IN, as authorized by DA PAM 608-7 and verified by my signature.

Todd B. McCaffrey
LTC, IN Commanding

AUGUST 2005

VOLUME 4, ISSUE 8

CALENDAR OF EVENTS

July 29

Mariners vs. Cleveland,
7:05 PM

July 30-31

McChord Air Expo. 9:00
AM—McChord AFB

August 6

Battalion Garage Sale—
Rae Siebold's House 7AM

August 6

Fort Lewis Country Fair &
Talent Show, Shoreline
Park 11AM– 4PM

August 7

Last day to send packages
to your hubby

August 14 or 15

Torch Party!!!—More
details to come

August 30

FRG Brief, Stone Ed
Center, 6:30 PM

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COMMANDER'S CORNER

The past month has seen string after string of gains against the insurgency in Mosul. Your soldiers, alongside the warriors of our fellow battalions and rapidly developing Iraqi Security Forces, have severely disrupted the enemy's ability to wage attacks and terrorize innocent Iraqi civilians. This relative lull in violence has facilitated a dramatic surge in the development and deployment of the Iraqi Police and Iraqi Army in our zone of operations. Your soldier's efforts continue to take the fight to the enemy and each day advance the cause of freedom in Mosul.

Make no mistake, Mosul remains dangerous and troops have their 'game-face' on every time they leave the FOB, but everyone can tell it's decidedly different than the daily contacts of January, February, and March. All of us plan to keep it as calm as possible as we finish this tour of duty strong and come home to all of you.

We're a little over two months out from

relief in place with our fellow Stryker's from Alaska. We're not yet counting days, but we can count the weeks on two hands now and we're getting excited about the idea of leaving Iraq. At this point it's too early to discuss specific dates but we're confident we'll be home along the original timeline published when we deployed. Over the coming weeks we'll release specific re-deployment plans that should allow you and your families an opportunity to greet your soldier and welcome him home like he deserves!

We extend many thanks to the Family Readiness Group who is working so hard on behalf of our soldiers and their families. You are truly the unsung heroes of this war- without your efforts I cannot imagine our troops doing as well as they have. While the cheers of welcome will be directed at soldiers as they redeploy, you all deserve the loudest cheers. Thanks again for your continuing efforts.

Respectfully,
Todd McCaffrey



HEROES OF THE WEEK MONTH OF JULY

"One person can and does make a difference"

| | |
|----------------------|-------------------------|
| SPC Chad Acton | SPC Delvon McDaniel |
| SPC Thomas D. Alfano | SSG Adam McDowell |
| SSG Lawrence Bush | SSG Salvador D. Murillo |
| SGT Shawn Coon | SPC Gregory Perault |
| SPC Ronald Corey | SPC Robert R. Rodriguez |
| SPC Michael Hussey | PFC Rey Quinones |
| SGT James Jean | SGT Steven Vance |



CSM CORNER



Howdy Bobcat family and friends:

Can you believe that nine months have already gone by!

The last two months and a half are going to be the hottest and the most challenging months of our combat tour here in Iraq. The challenging part of the tour is not letting our guard down and to continue to stay focused on our mission. We must continue to apply the same pressure until the last Bobcat gets on the plane to Kuwait. Please continue to talk to your loved ones and help him to stay focused on their combat duties and operations. Your daily prayers and their daily focus will keep us all alive. I'm no different than any of our soldiers. I too want to be home with my loved one but I must understand that I have a job to do and people on both sides of the war depend on me. The same applies to everyone in our outstanding Bobcat organization. I am asking all of our soldiers here in Iraq and of our families back home, to please stay 100% focused and on course until the last soldier arrives at the Soldier Field House.

I returned from R & R the last week of June. I was gone for 21 days. Out of those 21 days 15 were spent with my family. I can tell you without a doubt that those were the best and well spent 15 days of any of my vacations in the military. I know that you and your loved ones have done the same during your well deserved time together. By the end of July every Bobcat should have taken R & R.

As I go around the battlefield and talk to soldiers I can tell morale is very high and their sense of pride is unquestionable. The two main reasons morale is high is because of the outstanding job your Bobcats are doing day to day and the wonderful time they spent with their loved one at home. I want to personally thank all of the spouses for taking good care of your Bobcat during R & R and especially for returning him back to their battle buddies. I know everyone in our unit appreciated this very much.

While at home, I took the time to visit with our wounded warriors and with two of our fallen warrior's spouses. This was very hard for me and for the spouses of SSG Melo and SGT Morris. I just wanted to personally give our condolences from the Bobcats and to let them know that our fallen warriors will be loved and remembered forever in every Bobcats heart. I also went and visited SSG Melo's grave. This visit helped me to put everything in perspective. Our wounded soldiers back at Fort Lewis are in high spirits and looking forward to be reunited with the battalion and their battle

buddies. I can not wait for this day.

The battalion continues to set the standards and the pace. We have the largest battle space. Our Bobcats have answered the call to control hot spots month after month without any complaints from any of our soldiers. Your Bobcats have proven to the BDE and to the world that No mission is too difficult and no sacrifice is too great. Your Bobcats are setting the standards for other Stryker Battalions to follow. There is not a day that goes by that we look back and remember how bad this place was when we got here in November. The losses of our fellow warriors are big but we continue to remember them in spirit and with our day to day missions.

We have started a new program within the battalion that is called "Heroes of the week" Every week each company selects a hero of the week for that particular week. On Saturday of that week during our evening briefing the soldiers are recognized with a Bobcat Combat Coin and a Certificate of Achievement signed by my boss and me. You should start seeing their citation of what they have done posted in the 5th Infantry website, Bobcat Paw Print Newsletter, and 5th Infantry Association Bobcat Newsletter. Please visit the 5th Infantry website (<http://www.bobcat.ws/>) for the latest pictures and newsletters. You won't be disappointed.

In closing, I would like to give my kudos to our Task Force Home front. CPT Traugutt and our FRG leaders continue to impress us with their care and commitment to our Bobcat families. Your hard work and dedication to the families of 1-5 IN have contributed greatly to the morale of the soldiers. You have allowed us to concentrate on the mission, while taking care of the home front. I am so very grateful for all of your tireless hours and support that you have all shown and for your unselfish acts of kindness. They have set the example for other Family Readiness Groups to follow. As you can see our Task Force is full of warriors and heroes. This is the main reason Robin and I are serving proudly with this outstanding Bobcat family. Please, whenever you have a chance drop a thank you or two to our wonderful FRG on behalf of all of us here in Iraq. They deserve this and so much more for the excellent work that they volunteer to do for our Bobcat families.. Soon all this will be history in the books of military wars. Take care and stay safe. God bless you all.

HOOAH!
CSM Victor Mercado

(Please see past and present
"Heroes of the Week" on front page)





GET TO KNOW US—THE BACHL FAMILY

Names:

Chris and Cathy Bachl

Place of Birth:

North Carolina (Chris) and Georgia (Cathy)

Kids:

Lily Bachl, 14 months and Lance, our yellow lab

Education:

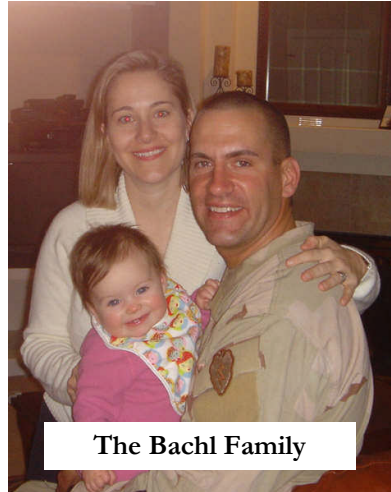
Williams High School in Burlington, NC; United States Military Academy with a degree in Systems Engineering '97; University of Missouri at Rolla - Masters in Engineering Management '02 (Chris). Dunwoody High School in Atlanta, GA; Auburn University in Alabama with a Bachelor of Science in Marketing (Cathy)

Current Occupation:

Company Commander of HHC, Director of Marketing for Architecture and Engineering firm BCRA.

Favorite Things to do Together:

Make pancakes on Saturday mornings, watch football, take Lily and Lance to the park and laugh..



The Bachl Family

Things most people don't know about us:

We named our yellow lab after Lance Armstrong and after the Lancer Brigade.

Any other birthdays, anniversaries or special dates coming up for your family.

Chris will turn 32 on October 23.

Thai Tuna Wraps

Ingredients

- 2 tablespoons of lime
- 1/2 cup of fat-free mayonnaise, divided
- 1 tablespoon soy sauce
- 1 tablespoon sugar
- 3 cups of cabbage, chopped
- 1 medium carrot, shredded
- 3 green onions with tops, thinly sliced
- 2 tablespoons fresh cilantro, snipped
- 1 can (6 oz.) water-packed tuna, drained and flaked
- 1 medium red bell pepper
- 6 (8-inch) fat free tortillas
- 12-18 large, fresh spinach leaves

What To Do:

- Wisk together lime juice, 2 tablespoons of the mayo, soy sauce and sugar
- Add cabbage, carrot, green onions, cilantro and tuna to soy mixture; mix lightly.
- Cut pepper into 24 thin strips.
- For each wrap, spread tortilla with 1 tablespoon of remaining mayo, top with tuna mixture. Cover with spinach leaves and 4 bell pepper strips. Roll up tortilla tightly. Repeat with remaining tortillas and filling. To serve, cut each roll in half diagonally. Yields: 6 sandwiches

I like this recipe because I can add or delete items and they still taste great. To save time, I use pre-cut coleslaw instead of cutting the cabbage and carrot myself.

BUTTERSCOTCH APPLE CRISP RECIPE

Ingredients for the Apple Layer:

- 2 1/2 lbs (6 medium) tart apples, peeled and thinly sliced.
- 1 2/3 cups (11 oz) Nestle Toll House Butterscotch Flavored Morsels
- 1/4 cup brown sugar
- 1/4 cup all purpose flour
- 1/2 tspn. Ground cinnamon

For the Topping:

- 1/2 cup all purpose flour
- 1/4 cup packed brown sugar
- 1/4 cup (1/2 stick) butter or margarine
- 1 cup chopped nuts
- 3/4 cup quick or old-fashioned oats
- Ice cream or whipped cream (optional)

Fresh Summer Treats!



WHAT TO DO:

Preheat oven to 375 degrees F.

For the apple layer:

Arrange apples in 13x9 inch baking pan. Combine morsels, sugar, flour and cinnamon in small bowl; sprinkle over apples. Bake for 20 minutes, remove from oven.

For the Topping:

Combine flour and sugar in medium bowl. Cut in butter with pastry blender or two knives until crumbly. Stir in nuts and oats; sprinkle over apple layer. Bake for additional 30-40 minutes or until apples are tender and topping is lightly brown. Cool slightly. Serve warm with ice cream.



PREPARING FOR A HAPPY REUNION



LEARNING about reunion before redeployment can help prepare military families for successful homecoming. This seems to be true for couples both with and without children, single parents, and single soldiers coming back to family and friends. There is no way to predict what reunion will really be like, but one of the best ways to prepare is to develop a positive mindset.

Expect doubts and worries. Anxiety is a natural part of reunion.

Forget your fantasies. Give up fantasies or expectations because they may not happen. Let things happen naturally.

Expect change. You've changed, your spouse has changed and your children have changed. Accepting change is a major factor in re-establishing oneself and relationships after separation. People's tastes and interests may have changed. They may have different preferences in food and clothing, for example, different beliefs in politics and religion, or new thoughts about money and careers.

Remember that role changes are almost guaranteed during separation. A family member who learns about managing a home or working outside of it may find that they enjoy it and desire permanent changes upon the soldier's return. Additionally, a soldier may have acquired new job skills and added responsibilities during deployment.

In the weeks following the initial reunion, it's best to make small, gradual changes, large or rapid changes in roles are often a shock for the whole family, even if

there's an impatience for everything to happen at once.

Another big change may be money. Such costs as food and utility bills are higher with the service member at home, and pay may change, too. This is the time to create a realistic budget.

There is no definite period for change to begin to feel normal. On average, it takes several weeks or months, depending on the length of separation and on your ability to accept change.

Expect old problems to reappear. Even though it's nice to remember people at their best, separation usually doesn't solve problems. All the issues that existed before separation probably have not disappeared. There may even be new ones.

Share your feelings. Communication is key to a healthy reunion. Talk about your feelings and let your partner talk, too. Listen. Make sure you understand what your partner is saying before responding.

Accept your partner's feelings. Soldiers and family members may experience feelings that are difficult to comprehend. Part of accepting a person's feelings is listening to what's being said and watching body language, as well as having the patience to let the other person explain him or herself without interruption.

Recognizing that family members are proud of how they handled things alone will help soldiers understand the importance of accepting changes made during the separation. Family members should also realize that soldiers may be surprised or hurt that loved ones have coped so well alone. This is a good time to reassure the soldier that he or she is still loved and needed.

Source: Soldier's Magazine



BEFORE THE REUNION

Despite the best of intentions, the service member or the partner at home may be too exhausted, busy, or anxious to prepare the way they would like to for the reunion. Combined with high expectations -- and sometimes unrealistic hopes -- for the reunion, this can lead to disappointment.

Unpredictable timing can also get in the way of happy and relaxed reunions. Both partners need to understand that late flights, bad weather, incorrect passenger lists, family emergencies, and missed phone calls or messages can spoil even the most careful plans.

What you can do

- Do your best to find out and communicate the de-

- tails of the return plan, and to keep yourself and your partner updated on any changes to the schedule.
- Make backup plans in case the flight arrives at a time when the partner at home can't be there. This might happen because of a work schedule, children's needs, a family emergency, or simply lack of advance notice. How will the service member get home? Are there phone numbers where the partner at home can be reached at different times of day and night?
- Plan something special for each other. The returning service member might bring gifts for those at home. The partner at home might plan a welcome-back meal or some other celebration.
- Be ready to be understanding and forgiving if the reality of the reunion doesn't match your plans and hopes.



ANSWERS TO YOUR QUESTIONS - by LTC McCaffrey



In talking with soldiers around the battalion, I've found the following areas continue to come up as questions. The memo below answers a few of these questions and is an attempt to ensure better, more complete information dissemination.

I was a Stop-Lossed soldier with an adjusted ETS date of 31 December 05. Can I take Transition (terminal) leave?

Yes. All eligible ETSing soldiers who have available leave will be able to take leave prior to 31 December. At the very minimum, ETSing soldiers will be able to sign out on transition leave NLT the date the brigade begins block leave, currently scheduled for 23 November 2005. For those soldiers with more than 39 days of available transition leave, we are formulating a policy to consider those cases. Under current plans, the earliest any soldier should consider signing out on transition Leave is 15 November.

What date is the Battalion Formal; how much will it cost?

The Battalion Redeployment Formal is scheduled for 21 October 2005 at the Tacoma Convention Center. The cost of the ball tickets are \$30 (\$60 a couple) for E6 and below, and \$35 (\$70 for a couple) for E7 and above. To purchase tickets, please contact your FRG leader or CPT Traugutt. Tickets will be on sale in Iraq as well, so contact your husband to determine interest in the event and who's paying. Hope to see you there!

MCCHORD AIR EXPO 2005

McChord Air Expo 2005 set for July 30-31. The U.S. Air Force Demonstration Squadron, known as the Thunderbirds, is scheduled to appear at the expo. The Thunderbirds perform precision aerial maneuvers in F-16 Fighting Falcons, highlighting the capabilities of the modern high-performance aircraft. Also performing are the United States Air Force Academy parachute team, Wings of Blue.

Besides the Thunderbirds, other demonstrations include Russian Thunder, Bud Granley Family Airshows, the Red Baron Pizza Squadron, the Red Bull Mig-17, Tim Weber in the Extra 300L, a T-6 Texan II, a C-17 and static displays of old and new aircraft. McChord's Air Expo is free and open to the public. Gates open at 9 a.m. and performances start at 10 a.m.

For more information go to: <http://www.mcchordairexpo.com>

FORT LEWIS COUNTRY FAIR & TALENT SHOW

Free admission and entertainment!
Tons of Activities! BSAC 4-H Fair; Family Readiness
Group Appreciation BOSS Talent Show 1:00 p.m.
FUN FOR THE WHOLE FAMILY!



Yee-Haw

AUGUST 6th
Shoreline Park
11:00 a.m. to 4:00 p.m.
For more Info:
(253) 967-2510



MONTH OF AUGUST FEATURE: HHC

By Capt Chris Bachl



Dear Family and Friends,

August is almost upon all of us here in Mosul and the deployment is starting to come to an end. Pretty soon the 172nd Brigade Combat Team out of Fairbanks, Alaska will be moving to Mosul and we will begin handing over our equipment and showing them the ropes. Until then, we continue to conduct combat operations with great success over the past month apprehending several notorious terrorists. Morale continues to be high and the men of Hawk Company continue to do an outstanding job completing each mission with diligence and care. We have really come a long way and the folks back home have a lot to be proud of.

The Reconnaissance Platoon has undergone a change of mission and they now provide reconnaissance support to the battalion by collecting information and intelligence throughout our entire BN area of responsibility. They have adjusted to this critical mission with ease and continue to make the difficult missions look easy. The platoon is happy to have two new additions to the family as newly arrived SPC Griffith and SPC Beckham have brought great experience and energy to the team. The platoon completed the R&R leave program and will remain 100% strength thru the rest of the deployment. We are proud to announce the promotions of SPC Watts, SGT Manuel, SGT Richmond and SSG Day and congratulate them on their achievement.

The platoon recently caught a break and had the distinct pleasure of escorting the civil affairs team to Irbil, Iraq, a town in northwestern Iraq that provides a little taste of home. It is a large and modern city by Iraqi standards and is home to mostly ethnic Kurds that fought against Saddam Hussein for most of their lives. The ongoing struggle in the southern provinces is hardly noticeable and you can actually envision the future of Iraq just by visiting Irbil. SFC Martinez and SSG Wells had to move up a position as their platoon leader; LT Brandt injured his shoulder in some extra-curricular activities but will be back as the platoon leader very soon, a testament to his toughness.

The Mortar Platoon continues to operate smoothly and efficiently doing a tremendous job while operating short-handed most of the month of July. They took on a new mission set which included patrolling and providing Quick Reaction Forces for elements on the interior of the city of Mosul. The soldiers were truly up to the task and really performed above and beyond all expectations given their size and specialty. It just goes to show the high level of skill of the soldiers in the platoon. SGT Saal had a good month as he re-enlisted for one hefty bonus and was promoted to the rank of SSG/E-6. We will also welcome CPL Habish and SPC Stephens to the NCO ranks very soon as they will be promoted at the beginning of the month. SPC Almachar, SPC Emery and SPC Ohara just returned from Germany

having spent their R&R traveling around historic Europe. They had nothing but great stories to share with us and are itching to return. The platoon has been aggressively training up for their live fire exercise on a range just south of Mosul and I am confident their skill and prowess will shine through. This is a platoon of men that have not only mastered their craft but have developed a superb level of training on many other skills normally reserved for infantryman. It really has been fun to watch the platoon grow under the leadership of 1LT Mitchell and SFC Almueti along with the solid NCO leadership of SSG Finch and SSG Tener.

The Medical Platoon "Painkillers" has shown amazing strength and determination while supporting the infantry companies as well as the headquarter's elements. These men are truly the workhorses of the BN caring for each soldier both on the battlefield and off. They help spearhead a combat stress control program that puts enablers/helpers down at the soldier level. Their aptitude for selfless service is proven time and time again as they provide critical medical assessment, check-ups, and personal care to Iraqis all over Mosul. You really get the feeling after seeing them work with the locals what a difference they are making every day. CPT "Doc" Jay, CPT "Mac" McClendon as well as LT Ace lead the group of talented, hard working medical treatment specialists that provide all of 1-5 IN the best care possible. The painkillers have also distinguished themselves outside their normal arena while planning, resourcing and building a top-notch detention facility on the base that far exceeds any other battalion. But if I had to pick a group that truly deserves more credit than they receive, it is the line "Dawg" medics attached to the companies. There is not a soldier in the BN that does not have 100% confidence in their ability to treat and care. Men like SPC Cruz, SSG Dunne, SSG Palmos and SGT Pyle have more than provided their companies with outstanding medics, they provided them with real life heroes and lifesavers.

Of course we cannot forget the staff that has been providing the behind the scenes analysis and direction that has made this BN and Iraq a better place. They provide a level of intangibles that far exceeds other staffs and a dedication to their work that translates to success on the part of the infantry companies that operate on the ground. The BN Staff has grown under the leadership of MAJ Cannon, MAJ Jones and SGM Taylor and really nailed down critical procedures spearheaded by SSG Harris and SSG Shaw. The behind the scenes efforts of the S-6, S-4, FSE and S-1 shop also should not go unnoticed. No matter what problems with communications or logistics arose, they never let the battalion down and always found a way to tackle the problem. Soldiers like SSG Keys, SSG Loyld, SGT Olson, SGT Voorhees, PFC Kitchen would be successful no matter

(Continued on page 7)



what organization they were in, so I am truly thankful they are part of our great BN. Much of the success of the battalion is owed to the bright soldiers in the TOC that provide critical knowledge and support that this BN has used to accomplish its difficult and complex mission.

Everyone is doing truly amazing things both here and back home. I feel so privileged to watch and experience the efforts of many accomplish so much with such great success. This homecoming will be super special and the soldiers in HHC would like to thank everyone back home for their hard work and efforts.

God Bless!

CPT Chris Bachl

BATTALION GARAGE SALE

**Saturday August 6th
7AM –2PM**

WE NEED DONATED ITEMS!

To donate, please call
Rae Siebold at 253-912-1551.

Any furniture, baby stuff, military items, etc are great sellers! Please price your items before you bring them. A great way to “spring clean” before the guys come home and also help out the Battalion Homecoming and Ball efforts! Any donations not sold will be taken to the Thrift Shop at the end of the day.

Directions to the Siebold House:

- Enter the North Fort gate at exit #120 from I-5
- Take a right at the first red light onto American Lake Ave.
- Follow on American Lake Ave until the stop sign (about 1 mile)
- Take a right at the Stop sign and pass by Beachwood school on the right and North Fort Youth Center on your left
- Third left, at Santa Fe Ave, and immediate right onto Saint Paul Ave
- Follow around to the back of the cul-de-sac,
8759B Saint Paul Ave, the green house with white rocking chairs out front.



AUGUST 7
Last day to
send packages
to your hubby!



COUNTDOWN

64 Days left
9 weeks and 1 day
Until September 30
Remember to stay focused and to
help your husband stay focused on
his mission.

