



Easter sunrise service held at Al-Faw

Sgt. Michael J. Carden

MNC-I PAO

More than 300 American and Coalition service members and civilian contractors celebrated Easter Sunday with a sunrise service held in the Al-Faw Palace rotunda on Camp Victory.

Chaplain (Maj. Gen.) David Hicks, U.S. Army chief of chaplains, delivered the Easter message. He spoke of the importance of having Jesus Christ in one's life and about his own experience in finding Christ.

When Hicks was a young Army sergeant during the mid-1960s, he marched a group of Soldiers to the post chapel for an Easter Sunday service. That was the day he decided to devote his life to Jesus Christ, he said.

"It was there at that chapel that I spoke with my chaplain for the first time," Hicks told the congregation. "That day I realized the sacrifices Jesus Christ made for me, and I claimed him as my own savior."

"Give your life to Christ," is something you hear very often in church, said Capt. Eugene Gates, staff joint services, Multi-National Corps - Iraq. "I thought it was very interesting that Major General Hicks gave his life to Christ on Easter Sunday. I hope more Soldiers are able to do that."

For many who attended the service, it may have been as close to home as they have been since they departed for Iraq.

"It's tough being away from home during this time of year," Gates said. "I'm accustomed to

going to church with my family on Easter Sunday, but being able to attend this sunrise service in Iraq is a good thing for all of us deployed here."

"Though I don't like to be away from home, I believe there is a purpose for everything," said Capt. Angela Walker, operations officer, Iraqi Security Forces, MNC-I. "It was an honor and privilege to celebrate the resurrection of Christ

with everyone on Camp Victory."

Walker is the ministry leader for the Victory gospel choir. She and the choir performed two songs during the service.

"What we do is practice ministry through music," Walker said. "While we're here at Camp Victory, especially on this occasion, God is

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photo by Sgt. Mark St.Clair/ MNC-I PAO

Coalition forces and civilian contractors on Camp Victory, Iraq, celebrate Easter in a sunrise service in the rotunda of Al-Faw Palace March 27, 2005.

Vehicle safety, awareness show improvement in Iraq

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From October 2004 to January 2005, Coalition forces in Iraq suffered 48 troop fatalities due to military vehicle-related accidents. This is nearly half the number of troops that were lost during the entire 2004 fiscal year, according to Multi-National Corps - Iraq safety reports.

After analysis and investigation, the MNC-I safety office has determined that more than half of the total accident fatalities that have occurred in Iraq are vehicle related. Sixty-six percent of those accidents

were vehicle rollovers.

Since February, the MNC-I safety office has noticed a considerable decrease in rollover accidents and a decrease in total vehicle accidents and fatalities, said David Martin, safety manager, MNC-I safety office.

The safety office has attributed this decrease to the institution of the safety stand-down program, which requires newly deployed units to hold a safety stand-down day within 30 days of assuming authority of an area.

"The safety stand-down reinforces the basics of vehicle safety and

awareness by practicing rehearsals such as convoy briefs and rollover drills," Martin said. "I think the safety stand-downs, better risk management and previous accident (statistics) have opened Soldiers' eyes. They're paying more attention to detail now."

Extra attention was evident in two separate rollover accidents that occurred in March. The troops involved sustained only minor injuries that could've easily been fatal, Martin said.

In the first incident, there were five Soldiers in an up-armored Humvee. The second incident

involved three troops. After interviewing the troops and investigating the incidents, the MNC-I safety office learned that both convoys rehearsed and received rollover drill procedures and precautions. They were familiar with their vehicles and aware of the terrain they were traveling, Martin continued.

"Units are doing the right thing," Martin said. "They're making sure they go over rollover drills, safety and threat awareness. They're making sure that every Soldier in their vehicles knows what to do during

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Preventive Points:

Tips from Multi-National Corps - Iraq's Force Health Protection

Dehydration and Fluid Replacement

■ Under normal conditions, we all lose body water through sweat, urine and stool.

■ Water is replaced by drinking fluids and eating foods that contain it. When the temperature and physical activity increases, our bodies need extra water. If our bodies do not receive that extra water, we can become dehydrated and become heat casualties.

■ Without even realizing what is happening, over-exerting ourselves during the heat can cause our bodies to become dangerously dehydrated.

■ Minor illnesses such as allergies, diarrhea; medications such as antihistamines; and caffeine can increase fluid loss to the point of dehydration.

■ Thirst is not necessarily a good indicator that you need to drink. By the time you are thirsty, your body is already nearly a quart low on fluids. Dehydration is just around the corner.

■ Indicators of dehydration are if your urine has a dark orange-brown tint, or if you are urinating infrequently. As your body becomes increasingly dehydrated, you may experience symptoms such as fatigue, dizziness and an increased heart rate.

■ In cases of mild dehydration, simply drinking water, sports drinks or juice to restore body fluids is all that is needed. A proper diet and occasionally including juices and sports drinks with water will also help in maintaining the proper salts and electrolytes your body needs.

■ Do not drink more than one quart of fluids per hour and no more than 12 quarts per day. For moderate to severe dehydration, intravenous fluids or hospitalization may be required.

■ Remember that the best defense against becoming a heat casualty is to drink plenty of fluids, especially as the daily temperatures increase.

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able to use us to celebrate the gift he gave to us."

Whether it was service through music, word or examples, those who attended the sunrise service displayed their belief in the resurrection of Jesus Christ, showing the importance the personnel deployed here put in the realizations that they're serving together as service members and as children of God.

"We may deploy somewhere, but the Lord is still with us wherever we go," said Chaplain (Col.) Donald Rutherford, MNC-I chaplain. "We walk down many roads in our lives, and the Lord

will always be with us. We're together as a family here. We can never forget that."

"This is the time of year we celebrate that the Lord brought his son into the world," said 2nd Lt. Amanda Bryan, intelligence officer, 313th Military Intelligence Battalion, 82nd Airborne Division, Fort Bragg, N.C. "He allowed his son to be sacrificed. On this day he was raised up to show the world that he was, in fact, here to redeem and take all sins from humankind. I believe in his life and this event, and that is what Easter is all about."



photo by Sgt. Mark St.Clair/MNC-I PAO

Disco inferno

Spc. Jeremy Summers, food service specialist, Headquarters and Headquarters Company, 20th Engineer Brigade, Fort Bragg, N.C., fires up a grill to cook steaks for an Army Corps of Engineers dinner at the Joint Visitor's Bureau on Camp Victory March 22. Summers, 21, has been in the Army more than two years and hails from Wickenburg, Ariz.

Tax services are offered Tuesdays, Thursdays and Sundays from 3 - 7 p.m. at the Client Services office located off of Jackson Street in the trailers next to buildings 93 and 94, near the courthouse and mosque.

For more information, contact Capt. Sarah Brennan DeJesus or Spc. Jason Cooley at 318-822-2864, or e-mail them at MNC-IClient@iraq.centcom.mil

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any situation. They've even been practicing egress of the vehicle after a rollover, and it's shown."

"If the Soldiers rehearse the rollover drills, in the event of a rollover they're much more likely to survive," Martin said. "Getting the gunner back inside the vehicle, bracing yourself during a rollover and wearing your seat belt may all be deciding factors in the severity of injuries."

There are many contributing factors in sustaining vehicle safety that troops should be aware of when participating in convoy movements. Negligent discharges is one factor that Martin said shouldn't even be an issue.

"There's nothing accidental about a negligent discharge," Martin said. "It's simply a lack of situational awareness."

Another factor is that troops may not be aware of the significant increase in the weight an up-armored Humvee gains with the addition of protective armor, making them top-heavy.

During investigations of past accidents, Martin and his team found that the up-armored Humvees were considerably heavier than the soft-skinned Humvees Soldiers were accustomed to driving in garrison.

"When the armor is added, the Humvee's balance and characteristics are changed dramatically," Martin explained. "Soldiers have to take the added weight into consideration."

Because of the added weight, up-armored vehicle drivers are more likely to lose control and roll the vehicle. Speed also plays a major role in maintaining control.

"In a convoy, if a vehicle falls behind the vehicle in front of it, the driver tends to increase his speed to catch up," Martin said. "He may find himself too close to the vehicle and possibly jerk the wheel too hard. This may cause him to swerve off of the road."

"Do you want to drive 50 miles per hour down a two-lane road with heavy traffic and have the vehicles in the convoy constantly trying to catch up, or do you want to slow down to 40 or 45 miles per hour so the convoy can stay together?" Martin asked. "If you keep the speed to a minimum, you can safely negotiate the situation."

On roads with many pot-holes, Humvee drivers may have to maneuver around them. They must be cautious of their speed. They may also encounter narrow roads or be attacked, which could cause them to lose control of their vehicle, said Marine Cpl. Chris Pearo.

Pearo is an up-armored Humvee driver for the Multi-National Corps - Iraq resource and sustainment operations security team. He participates in several convoys each week.

Every morning Pearo conducts a standard safety check of his Humvee, making sure his fire extinguishers, safety belts and doors are all working properly. Prior to each mission, his convoy commander gives a thorough convoy brief, explaining the terrain, route and what the troops should do in unsafe situations, he said.

"Safety is paramount," Pearo said. "Before every convoy, we discuss safety procedures, making us more aware and prepared. Every time we

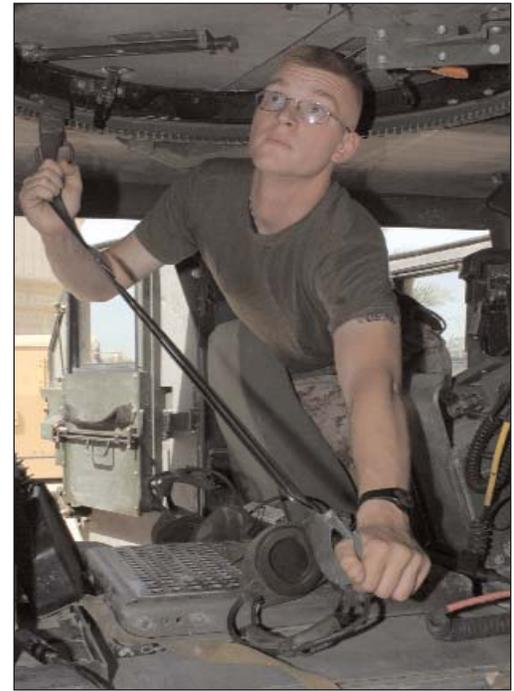


photo by Sgt. Michael J. Carden/MNC-I PAO

Marine Cpl. Chris Pearo, up-armored Humvee driver, operations security team, resources and sustainment, Multi-National Corps - Iraq, conducts a safety check of the gunner's safety harness in his Humvee April 2 at Camp Victory.

go out, we're alert to the possibilities of a rollover and what may cause an accident."

"You've always got to be cautious when driving a Humvee," Pearo said. "It's not like driving your car. It's top-heavy. It's worse than a (sport utility vehicle). If you jerk the wheel too hard, all you have to be going is 35 or 40 miles per hour to flip the vehicle."

Pearo explained that his main concern while driving is the safety of his passengers. They are his motivation to always maintain a safety-conscious attitude.

"As a driver, you have to remember that you're not the only person in the vehicle," Pearo said. "If something happens, you'll have to live with that mistake for the rest of your life."

"Every time we lose a Soldier to an accident it depletes our combat readiness," Martin said. "We need every Soldier to successfully complete our mission here. It's our responsibility to protect our force and maintain our combat power."

Although units and troops practice vehicle safety and rehearse situational drills, that may not be enough. Martin expressed his concern for troops to use their own common sense and know-how to maintain vehicle safety and awareness.

"Safety is all about using common sense. We have the guidelines, rules, policies and procedures in place," Martin said. "We understand those things, but you still have to apply common sense. That can be the difference in having an accident or safely completing the mission."



photo by Sgt. Michael J. Carden/MNC-I PAO

Marine Cpl. Chris Pearo, up-armored Humvee driver, operations security team, resources and sustainment, Multi-National Corps - Iraq, conducts a safety check of the safety belts in his Humvee April 2 at Camp Victory.

Voices of Victory:

What's the best thing you've received in a care package?



"Food. Especially the homemade hot sauce my wife sends me."

Jim Kitchens,
construction manager,
Fluor Construction



"My boxing gloves."

Ami Angell,
civilian contracted lawyer



"My X-Box, because it helps to occupy my free time."

Spc. Brian Thompson,
command group,
MNC-I

Operating Hours

Coalition Cafe

Breakfast 5:30 - 8:30 a.m.
Lunch 11:30 a.m. - 2 p.m.
Dinner 5:30 - 8 p.m.
Midnight Dining 11:30 p.m. - 1 a.m.

Sports Oasis

Breakfast 5:30 - 8:30 a.m.
Lunch 11:30 a.m. - 2 p.m.
Dinner 5:30 - 9 p.m.

Shopette

Everyday 8 a.m. - 10 p.m.

Camp Liberty Post Exchange

Everyday 8 a.m. - 10 p.m.

Fitness Center

Open 24 Hours

Chapel

Sunday:

Protestant Worship 7 a.m.
Protestant Worship 9 a.m.
Catholic Mass 10:30 a.m.
Gospel Service Noon
Mormon (LDS) 2 p.m.
Episcopal 4 p.m.
Full Life Service 6 p.m.

Saturday:

7th Day Adventist 11 a.m.
Catholic Mass 8 p.m.

Hometown Greetings

There will be no hometown greetings this week due to other Multi-National Corps - Iraq public affairs missions. However, they will reconvene for the following week. Currently, the time and location has not been determined.

Detachment documents Army History

49th MHD

Multi-National Corps - Iraq

The 49th Military History Detachment on Camp Victory is collecting documents and photos to record Army unit history during Operation Iraqi Freedom.

Units do not have to be headquartered at Camp Victory to provide documents, photographs or historical artifacts.

Documents, letters to and from home and journals can be submitted either on paper or electronically. Photos can also be accepted in print or digital formats.

Each photo must be captioned with the subject's name, unit and the action taking place in the picture.

Units, barracks, battle-buddies, work and vehicles are all accepted as historical reference photos.

If documents and photos are submitted digitally, they may be copied onto compact discs.

The detachment is also accepting artifacts to use for future displays. Uniforms, special patches, coins and adapted equipment are just a few exam-

ples of artifacts that may be submitted.

A leg holster that may have been modified to fit on a belt, a bicycle one rode to the office, a uniform or something out of a care package are all artifacts that may be used to tell Army history.

The 49th MHD is conducting a special project - researching organizations in the United States that support the troops in Iraq.

Any information or Web site address that shows stateside support would be appreciated.

If anyone has received care packages from "Treats for Troops," "Soldier's Angels," "Mug a Troop" or "Hero Bracelets," please contact the 49th MHD.

For more information on collecting unit history and donating artifacts, contact Maj. David Johnson, command historian, at 318-822-2255, or Staff Sgt. Noreen Feeny at 318-822-1225.

Soldiers can bring their photos, documents and artifacts to Trailer 38 behind Building 0.

All information, artifacts and photos will be processed based on security policies and will be forwarded to the U.S. Army Center of Military History for dissemination.

Victory MWR Events April 5 - 11

Today: Halo at 8 p.m. at Bldg. 124; Splinter Cell at 8 p.m. at Bldg. 51; Classes at the Gym: Tae-Kwon-Do from 6 - 7 p.m.; Fencing from 7:30 - 9 p.m.

Wednesday: Chess at 8 p.m. at Bldg. 124; DJ Fusion at 7 p.m. at Bldg. 51; Classes at the Gym: Aerobics from 5 - 6:30 a.m. and from 6:30 - 7:30 p.m.; Boxing from 8 - 9 p.m.; Softball coaches meeting at 12:30 p.m. in the gym

Thursday: Hip-Hop night at 7 p.m. at Bldg. 124; Ping Pong at 8 p.m. at Bldg. 51; Classes at the Gym: Tae-Kwon-Do from 6 - 7 p.m.

Friday: Salsa Lessons at 7 p.m. and Latin night at 8 p.m. at Bldg. 51; Classes at the Gym: Aerobics from 5 - 6:30 a.m.

and from 6:30 - 7:30 p.m.; Fencing from 7:30 - 9 p.m.; Softball tournament

Saturday: Reggae night at 7 p.m. at Bldg. 124; Dominos at 8 p.m. at Bldg. 51; Classes at the Gym: Aerobics from 6 - 7 a.m.; Tae-Kwon-Do from 6 - 7 p.m.; Boxing from 8 - 9 p.m.; Softball tournament

Sunday: Ping Pong at 8 p.m. at Bldg. 124; Eight-Ball at 3 p.m. and Spades at 8 p.m. at Bldg. 51; Classes at the Gym: Fencing practice from 9 - 11 a.m.; Fencing from 7:30 - 9 p.m.; Softball tournament

Monday: Dominoes at 8 p.m. at Bldg. 124; Halo at 8 p.m. at Bldg. 51; Aerobics 5 - 6:30 a.m. and from 6:30 - 7:30 p.m.; Boxing from 8 - 9 p.m.

MNC-I Commanding General: Lt. Gen. John R. Vines **MNC-I Production Chief:** Sgt. Mark St.Clair
MNC-I Public Affairs Officer: Col. Billy J. Buckner **Victory Weekly Chief:** Sgt. Michael J. Carden
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Victory Weekly welcomes columns, commentaries, articles and letters from our readers. Send submissions or comments to michael.carden@iraq.centcom.mil, or drop by Trailer 40 behind Building 0.

We reserve the right to edit for security, accuracy, propriety, policy, clarity and space.