



## 'Five Cs' simplify improvised explosive device fight



courtesy photo

When an improvised explosive device has been found and trained personnel have been called in to manage the situation, troops on the scene should cordon and control all access routes to the danger area.

Staff Sgt. Mark St. Clair

MNC-I PAO

Five potentially life-saving words are being driven home to Coalition service members and civilians throughout the Operation Iraqi Freedom theater.

Confirm, clear, call, cordon, and control are the "Five Cs" that represent a simple set of guidelines that Coalition forces can and should use when encountering a suspected improvised explosive device. "The reason we teach the Five Cs is because they make an easy to remember guide for (service members) to follow if they suspect or find an IED," said Alex Szigedi, operations officer, Joint Improvised Explosive Device Defeat Task Force, Camp Victory.

Using methods like the Five Cs simplifies IED awareness and "helps in the decision-making process, helping it become second-nature. They're also on the IED Smart Card," said Lt. Col. Ted Martin, chief, JIEDDTF. The IED Smart Card is produced by the Victory-based IED Working Group.

The IED Working Group, led by British Maj. Gen. Mark Mans, MNC-I deputy commander, meets bi-weekly. Liaisons from major subordinate ground units, information operations delegates, ordnance-destruction contractors and others come together to discuss advances being

made in the IED fight, changes in insurgent tactics and the most important issue: how to get valuable information down to where it matters -- the troops on the ground.

"We'd never encountered anything like (IEDs) on the battlefield, and we're not shy about going to people with expertise," Martin said. Some of the "people with expertise" are Coalition soldiers in the British army, who have been dealing with IEDs in theaters like Northern Ireland for years. The British used a Four-C model to counter IEDs in the past, and Coalition forces in Iraq used that as a framework and adapted it to the present fight, said Martin.

### Confirm

The first step when encountering a suspected IED is confirming its existence. If service members suspect an IED while performing 5- and 25-meter searches of their positions, they should act like it could detonate at any moment, even if the suspected IED turns out to be a false alarm. Using as few people as possible, troops should begin looking for telltale signs of IEDs -- like wires or pieces of ordnance sticking out of the ground. As Martin said, "There's no place like Iraq when it comes to ammunition on the ground." So what looks

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## Base complex police station celebrates grand opening

Spc. Mary Rose

MNC-I PAO

By cutting yellow crime-scene tape cordoning off the entrance, the 939th Law and Order Detachment from Indianapolis opened the doors to the Victory Base Complex Military Police Station June.

Until now, the 19 MP personnel with the 939th were working out of two trailers. Their new facility is in a prime location near the Shopette on Camp Victory, giving personnel on the complex an easily accessible building to come to if they need assistance. The complex includes camps Victory, Liberty, Slayer and Baghdad International Airport.

"The location and professional appearance of the new station is important. It will let people know that there is a law and order unit in the area," said Lt. Col. Deedra Thomblenson, provost marshal, 939th.

The new MP station provides the capability for 939th's Soldiers to have separate areas to do their jobs, such as a patrol area to sit down and write up reports, a temporary evidence storage area, an interrogation room for privacy and a couple of cells to hold detainees if needed.

"It gives everyone space to do their jobs in a quiet area. It also has a feeling of professionalism

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photo by Spc. Mary Rose/MNC-I PAO

Spc. Elijah Parker, the youngest Soldier with the 939th Law and Order Detachment, cuts crime-scene tape cordoning off the entrance of the Victory Base Complex police station June 14 during a ceremony opening the facility.

## Preventive Points

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

### Dietary Supplements

Many Soldiers, Marines, sailors and airmen are looking for competitive edges to improve their performance, so it's no surprise that dietary supplements are very popular.

Billions of dollars result from supplement sales each year. We are constantly bombarded with supplement advertisements in magazines, on television and online.

Current regulations do not prohibit the use of dietary supplements by military personnel. However, it does not change the fact that dietary supplements can cause adverse health effects and affect individual performance, including predisposing individuals to heat injuries.

■ The term "dietary supplements" generalizes a variety of products such as vitamins, minerals, amino acids, proteins and other animal products. Often there are no written claims on product labels, though names imply certain effects. Many supplements provide little or none of the implied benefits. Consumers must realize that these items are unregulated, and no one is required to provide proof of effectiveness or safety to the Food and Drug Administration.

■ In most cases, it is not that a dietary supplement is clearly unsafe for everyone, but that it is potentially unsafe for some individuals. For example, creatine is touted as the energy compound that fuels muscle contraction. However, taking it has inherent problems, most notably increasing the potential of dehydration. Creatine is a large, water hungry molecule. It requires more water to be stored in muscles, increasing chances of heat injuries. The MNC-I Surgeon's Office discourages the use of dietary supplements, especially in deployed settings such as Iraq, because the risks of associated heat injuries are too great.

■ Individuals should tell their health care providers about any dietary supplements they are taking and let them know about any other non-prescription medications. It is also important for them to tell their health care providers if they suspect any dietary supplements may have caused adverse health reactions.

■ Military personnel should be mindful, informed consumers who are knowledgeable about dietary supplements. Your health is your responsibility, so be proactive in maintaining it.

## OPENING

when you walk into the building," Thomblason said.

Since the unit arrived Jan. 21, the Soldiers of the 939th have been conducting road patrols; health and welfare checks; and responding to larceny reports, accidents and other miscellaneous incidents on the VBC.

"There wasn't any law enforcement here until we arrived. There is now a police authority. We have been busy," said Sgt. 1st Class John Forbes, station manager, 939th.

The unit prior to the 939th only operated a desk for any questions people might have had, Forbes said. Now there is a complete operational military police station, like those on military installations throughout the world.

When the 939th arrived, they knew they were starting from the ground up. Besides not

having a large enough area for all their personnel to operate, they had Humvees like every other MP unit, making it difficult to distinguish between them and other MPs. Now they have been equipped with clearly-marked, non-tactical vehicles, Forbes said.

"When we first got here people didn't know that there were MPs here. Most people in the VBC now know that we are here," Forbes said. "There are crimes here, so there needs to be a law enforcement presence."

Since January, the 939th has dealt with two cases of driving under the influence; 30 controlled substance occurrences; 84 larcenies; 15 assaults; 26 traffic accidents and 27 miscellaneous incidents.

The 939th recommends all personnel keep their speed down while driving and keep their belongings secured at all times, said Forbes.



photo by Senior Airman Chawntain Sloan/MNC-I PAO

## Run to the hills

**More than 600 Coalition service members and civilians from various bases throughout Iraq competed in the Peachtree Road Race July 3 at Camp Victory. The Baghdad division is a subset of the 6.2-mile road race, held annually in downtown Atlanta to celebrate Independence Day. The Peachtree Road Race is one of the largest 10K road races in the world.**

### MNC-I Courts Martial results

March 31 - A specialist, 18th Soldier Support Group, was convicted by a general court-martial of false official statement and larceny of about \$10,400 in government property. Sentence: Reduced to E-1, forfeiture of all pay and allowances, confinement for five years and discharged with a bad-conduct discharge.

March 31 - A sergeant, 1st Corps Support Command, was convicted by a special court-martial of conspiracy to steal mail and stealing mail matter. Sentence: Reduced to E-1, confinement for 30 days and discharged with a bad-conduct discharge.

April 1 - A specialist, 1st Corps Support Command, was convicted by a special court-martial of wrongfully using and distributing marijuana while receiving special pay. Sentence: Reduced to E-1, forfeiture of \$500 pay per month for two months and discharged with a bad-conduct discharge.

## FIVE Cs

like an IED may be a piece of unexploded ordnance, but it should be treated like an IED until it is determined that it's not.

While searching, troops should try to stay as safe as possible, using anything available for protection. If a better view is needed while searching, soldiers should move as safely as possible while maintaining as much distance as they can from the suspected IED and continue searching. Rifle scopes, binoculars and even cameras can be used to search from a safer distance. It also may be helpful to ask local Iraqis for information, but troops should never ask them to search too. Personnel should never try to touch a suspected IED and should never try to do the job explosive ordnance disposal technicians are specially trained to do.

### Clear

If an IED has been confirmed, the next step is to clear the area. A safe distance is determined by several factors: the tactical situation, avoiding being predictable and moving several hundred meters away from the IED. Everyone within the safe distance should be evacuated. If more room is needed, such as when the IED is vehicle-borne, soldiers should clear a wider area and constantly direct people out of the danger area. The only people going near the IED should be those who are there to diffuse it, such as EOD personnel. While clearing the area, soldiers should constantly be on the lookout for secondary IEDs. If any such devices are found, they should reposition to a safe area and report the find to the ranking service member on the scene. Soldiers should try not to set patterns while performing clearing procedures, so the enemy will not be able to learn from tactics and techniques. By not setting patterns and monitoring non-Coalition personnel watching the situation, troops are better protected.

### Call

While the area surrounding the IED is being cleared, a nine-line IED/UXO report should be called in. The report is much like the nine-line report used for medically evacuating casualties and includes the necessary

information for the unit's Tactical Operations Center to assess the situation and prepare an appropriate response to clear the IED threat.

### Cordon

After the area has been cleared and the IED has been called in, Soldiers should establish blocking positions around the area to prevent vehicle and foot traffic from approaching the IED; make sure the safe area is truly safe by checking for secondary IEDs; and make use of all available cover. The effected area's entire perimeter should be secured and dominated by all available personnel and any available obstacles should be used to block vehicle approach routes.

Troops should scan both near and far and look for an enemy who may be watching and waiting to detonate the IED. Insurgents often hide in locations where they can see the device and ascertain the right moment to detonate. Personnel should randomly check people leaving the area to deter attacks, again avoiding setting patterns. Establishing obstacles to control approaches to security positions is another tactic the JIEDDTF stresses, since insurgents may try to attack local security forces using a vehicle-borne IED.

### Control

Since the distance of all personnel from the IED directly affects their safety, service members should control the site to prevent someone from straying dangerously close to the IED until it is cleared. The task force stresses that no one should leave the area until EOD gives the "all clear." While controlling the site, troops should make sure all in the area know what to do if attacked with small arms or rocket-propelled grenades.

If troops are a part of a patrol or convoy that finds an IED, they

should remember the Five Cs in order to deal with the situation as quickly and safely as possible. An IED that is found is still an IED attack, said the JIEDDTF. By finding the IED, it's the enemy's attack that has been disrupted.

"(The Five Cs) reinforce IED awareness and training. It's a checklist that helps you think; it's a common-sense thing ... to help people remember the proper steps when encountering an IED," said Szigedi.

*(Editor's note: Information in this article was provided by the Joint IED Defeat Task Force.)*



courtesy photo

**Explosive ordnance disposal technicians, such as those pictured here, are called in to deal with improvised explosive device threats in the Operation Iraqi Freedom theater.**



courtesy photo

**Robots such as this one are used to minimize the risk to trained service members dealing with improvised explosive device threats throughout Iraq.**

## Voices of Victory: *What do you do to alleviate stress while deployed?*



**"I get on my laptop, watch movies and fuss with my roommate."**

Spc. Luvinda Holloway,  
157th Quartermaster Company,  
Fort Hood, Texas



**"I go to the range."**

Staff Sgt. Todd Archer,  
ground electronic warfare NCO,  
Electronic Warfare Coordination Cell,  
Multi-National Corps - Iraq



**"R & R. I just got back from skydiving in South Africa."**

Leigh Leighton,  
general labor foreman,  
Kellogg, Brown & Root.

### 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 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

Open 24 Hours

#### Camp Liberty Post Exchange

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

#### Fitness Center

Open 24 Hours

#### Chapel

##### Sunday:

Protestant Service 7 a.m. and 8:45 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.

#### Mini-Chapel (Bldg. 2)

##### Friday:

Jewish Service 6:30 p.m.

#### Post Office

8 a.m. - 8 p.m.

#### Golby Troop Medical Clinic

##### Sick Call Hours:

Monday - Friday 7:30 a.m. - noon  
Saturday & Sunday 9 a.m. - noon

##### Dental Sick call:

Monday - Friday 7:30 - 10:30 a.m.  
Saturday 9 - 10:30 a.m.

##### Mental Health Clinic:

Monday - Friday 8 a.m. - 4:30 p.m.  
Saturday 9 a.m. - noon

##### Post Deployment Health Briefings:

Monday - Friday 1 p.m.

##### Pharmacy:

Over the counter prescription refills  
Monday - Friday 7:30 a.m. - noon  
Saturday & Sunday 9 a.m. - noon



photo by Spc. Mary Rose/MNC-I PAO

### Quiet riot

**Spc. Nicholas Drumm, 401st Military Police Battalion, Fort Hood, Texas, pulls down the front of a shield in an attempt to disrupt a Baghdad Emergency Response Force riot control team formation during riot control training conducted by the 401st June 21 in Baghdad. Look for complete story in next week's Victory Weekly.**

**Use the five C's to secure an IED site.**

- Confirm : the device**
- Clear : the area**
- Call : EOD**
- Cordon : the perimeter**
- Control : site access**



**STAY ALIVE**

0035

IEDs KILL

### Victory MWR Events July 5 - July 11

**Today:** Spades at 8 p.m. at Bldg. 124; Nine-ball 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.; Kajukenbo from 9 - 10:30 p.m.

**Wednesday:** Chess at 8 p.m. at Bldg. 124; Spades 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.; Boxing from 8 - 9 p.m.

**Thursday:** Country 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.; Kajukenbo from 9 - 10:30 p.m.; Bench Press competition at 7 p.m.

**Friday:** Halo at 8 p.m. at Bldg. 124; Latin night 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.; Fencing from 7:30 - 9 p.m.

**Saturday:** Reggae and hip-hop night at 7 p.m. at Bldg. 124; Dominoes at 8 p.m. at Bldg. 51; Classes at the Gym: Tae-Kwon-Do from 6 - 7 p.m.; Boxing from 8 - 9 p.m.

**Sunday:** Ping Pong at 8 p.m. at Bldg. 124; Eight-ball Tournament at 3 p.m. and Chess 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.; Kajukenbo from 9 - 9:30 p.m.

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

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