



# Victory Weekly



Vol. 1, Issue 19

telling the Camp Victory story

July 12, 2005

## Troops celebrate Independence Day at Victory

Pfc. Matthew Clifton  
MNC-I PAO

More than 250 Coalition service members and civilians celebrated Independence Day during a ceremony July 4 in the Al-Faw Palace rotunda on Camp Victory.

The ceremony began with the singing of the National Anthem by the Hard Corps Chorale, an a cappella chorus made up of Victory troops, and was followed by a message from the Multi-National Force - Iraq Sergeant Major, Command Sgt. Maj. Jeffery Mellinger.

"Two-hundred and twenty-eight years ago representatives of the 13 American colonies voted to pledge their alliance and their sacred honor toward the birth of a new nation," Mellinger said. "Today Americans continue to fight for the rights of life, liberty and the pursuit of happiness; not only for themselves, but for others as well."

The fight for freedom is a continuing one. Freedom is not just for Americans, but for all of human kind. It is important to never forget the cause for which Coalition forces are fighting -- to bring the freedoms celebrated by everyone in America to everyone in the world, Mellinger added.

After Mellinger's speech, Gen. George Casey, commanding general, MNF - I, addressed the cer-

emony with his own comments and thoughts about independence.

Casey emphasized the relationship between what Americans did 228 years ago and what is being done now in Iraq.

"As we celebrate this birthday of the United States of America, think about the sacrifices and perseverance of that pivotal time in our nation's history," Casey said. "Our forefathers named life, liberty and the pursuit of happiness as unalienable rights."

Casey strengthened his message by quoting the first lines of the Declaration of Independence, connecting the fight that was fought by Americans so long ago to the fight Americans are helping Iraqis to win now.

"It is useful to remind ourselves on days like these that freedom is not free and never has been," Casey said. "There is no doubt in my mind that the current generation of warriors has the courage to lead our nation to victory in its most complex struggle yet."

In closing, Casey offered thanks to everyone in the Coalition for their determination and perseverance.

The Hard Corps Chorale then sang the Armed Forces Medley -- which combines the Marine

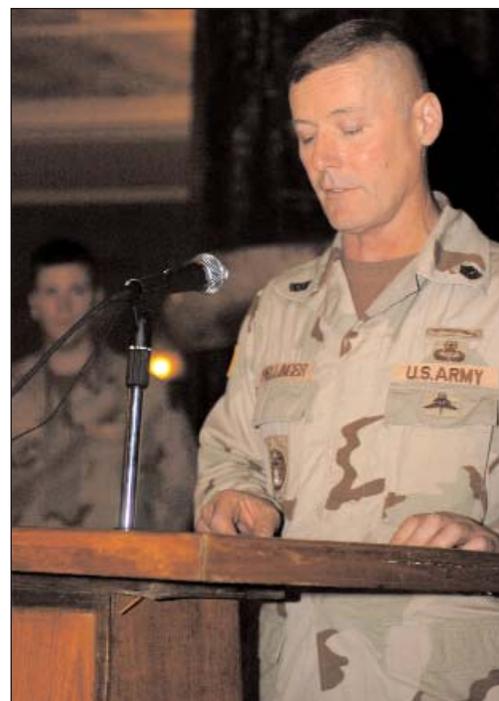


photo by Sgt. Michael J. Carder/MNC-I PAO

**Command Sgt. Maj. Jeffery Mellinger, sergeant major, Multi-National Force - Iraq, speaks to more than 250 service members and civilian contractors about the significance of Independence Day during a celebration ceremony July 4 at Al-Faw Palace on Camp Victory.**

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## Tree planted in Iraq to honor Forest Service's 100th birthday



photo by Spc. Jeremy D. Crisp/MNC-I PAO

**Col. Kent Crossley (left), U.S. Joint Forces Command, pours water on a tree planted in honor of the U.S. Forest Service's 100th Anniversary during a tree-planting ceremony June 23 at Camp Victory. Offering a helping hand is Lt. Col. Hussein Abedallsahib of the Iraqi Army.**

Spc. Jeremy D. Crisp  
MNC-I PAO

U.S. and Iraqi troops celebrated the 100th anniversary of the U.S. Forest Service with a tree-planting ceremony June 23 at the Al-Faw Palace lake on Camp Victory.

Marines, airmen, and Soldiers from both the U.S. and Iraqi armies gathered near the lake, taking part in spreading handfuls of dirt around Iraq's newest ficus tree.

The idea for planting a tree in Iraq had a twofold purpose. Not only was it a way to honor the U.S. Forest Service's 100th anniversary, it was a way to give back to the country of Iraq,

said U.S. Forest Service engineer and Army Reserve Soldier Col. Kent M. Crossley, team chief, U.S. Joint Forces Command.

"It was something nice to say to the people of Iraq," Crossley said. "The tree will grow big and strong, and like it, the Iraqis will grow with freedom."

Crossley spoke before the official tree planting, explaining the significance of the event to distinguished guest Lt. Col. Hussein Abedallsahib of the Iraqi army.

"Many years ago, the people of America depleted their

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## Preventive Points

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

### Hyponatremia

Military healthcare professionals have stressed the importance of fluid intake and replacement to prevent dehydration for many years. Most military members are educated about dehydration, but in some cases people may take dehydration prevention a bit too far and unintentionally drink too much water.

Drinking excessive amounts of water (more than 1-and-a-half quarts per hour or more than 12 quarts per day) can lead to over-hydration, or hyponatremia.

Although hyponatremia is rare, it can be dangerous and possibly life-threatening.

■ Hyponatremia, or "water intoxication," is defined as an abnormally low concentration of sodium in the blood. Sodium (salt and chloride) is an electrolyte, which helps the body distribute water. Sodium is essential for water balance and for muscles and organs to function effectively. Electrolytes are lost through sweat. To completely replace the fluids lost from sweat, you must not only replace water, but sodium and chloride as well. Consuming excessive amounts of water can further deplete sodium and chloride levels, leading to electrolyte depletion and possible over-hydration.

■ Symptoms of Hyponatremia: The symptoms of hyponatremia are very similar to symptoms of heat illness. Both can be life-threatening. The most common symptoms are fatigue, lightheadedness, weakness, cramping, nausea, dizziness, headaches, confusion or disorientation, fainting and seizures.

If you or someone you know is experiencing these symptoms, seek medical attention immediately.

■ Prevention of Hyponatremia: Over-hydration can be easily prevented by carefully monitoring your fluid intake. You should not drink more than 1-and-a-half quarts of fluids per hour or more than 12 quarts per day. Sports drinks, such as Gatorade, contain electrolytes and are a good source of sodium and chloride. Adding a little salt to your food or eating a banana each day can also help balance out your electrolytes. Proper water intake and a balanced diet is the best plan for prevention. Remember your health is your responsibility. Be proactive.

## TREE

forests by cutting down the trees," Crossley said, "so the government passed legislation establishing the National Forest Service on July 1, 1905.

"In establishing the forest service back then, we ensured that generations and generations to come would be able to enjoy forests throughout America," Crossley said.

Abedallsahib expressed his gratitude before

giving a hand in planting the tree.

"It gives us hope that our country grows up as the tree grows up -- day after day," Abdedallsahib said. "We appreciate the effort and we thank all of you for this opportunity."

Planted along side the tree was a concrete block with a plaque that reads: "As this tree grows with sunlight, Iraq shall flourish with freedom."

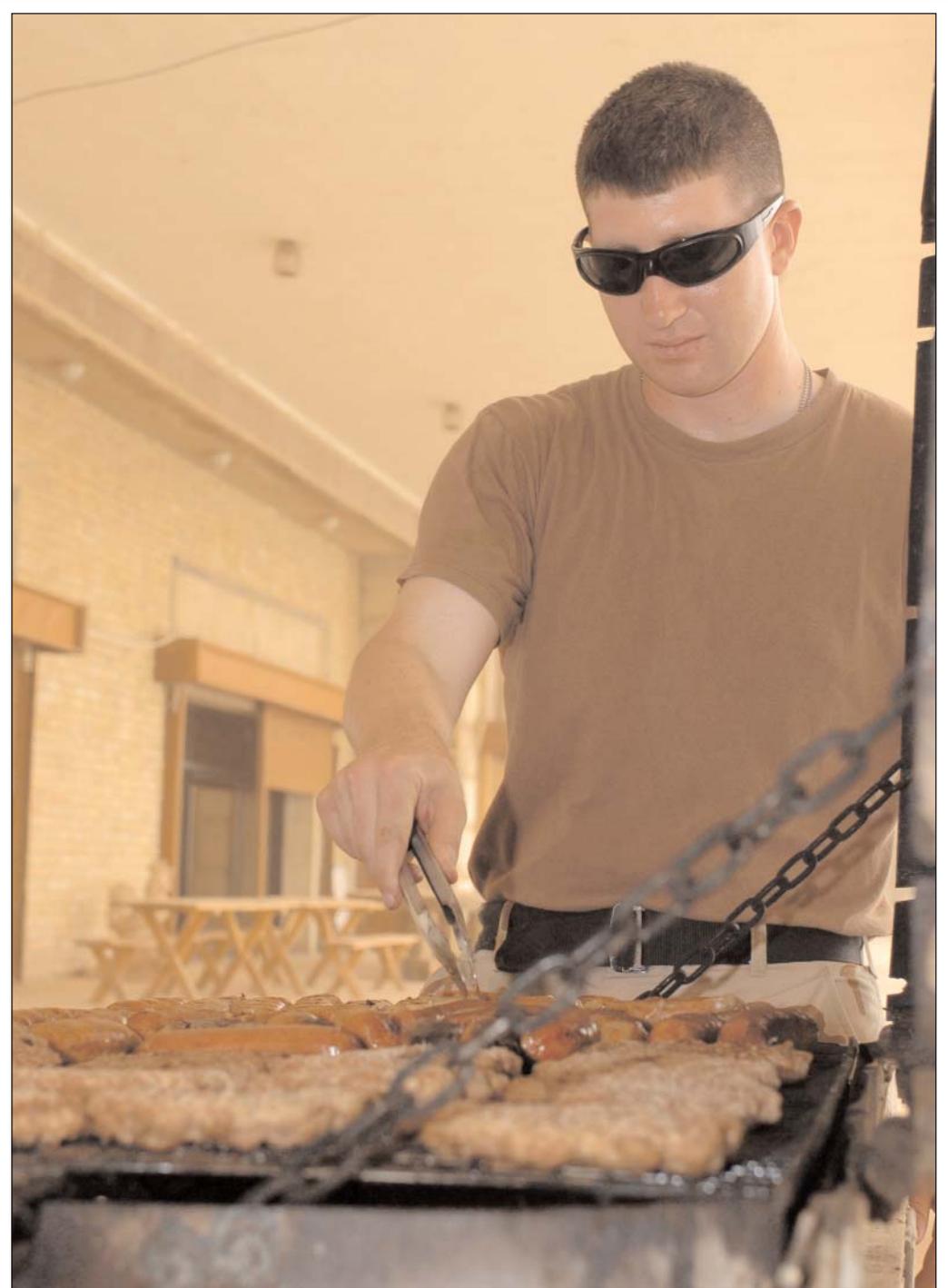
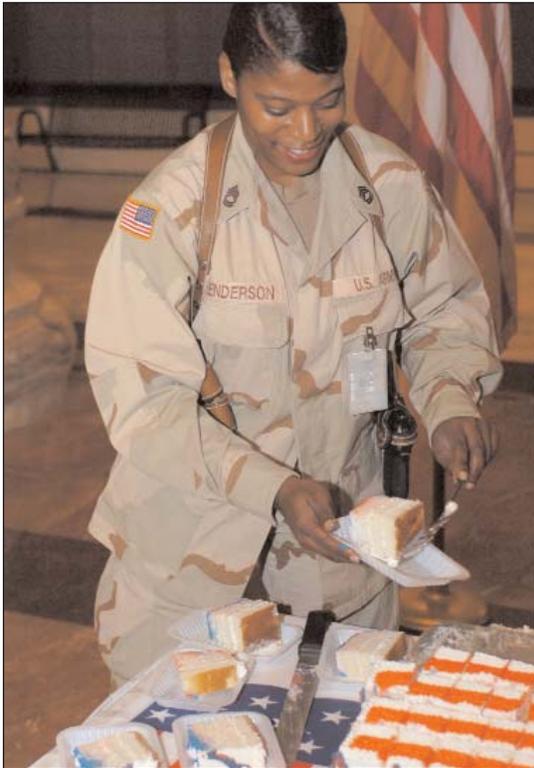


photo by Sgt. Michael J. Carden/MNC-I PAO

## Cookout

Spc. Nathan Galata, personnel security detachment, Company A, 111th Engineer Battalion, Texas Army National Guard, grills hamburgers and hot dogs for his unit's Independence Day lunch July 4 at Camp Victory. Galata, 26, is a native of Fort Worth, Texas.

## INDEPENDENCE



Sgt. 1st Class Celeste Henderson, noncommissioned officer-in-charge, Protocol, Multi-National Force - Iraq, prepares pieces of cake during an Independence Day celebration ceremony July 4 at Al-Faw Palace on Camp Victory. Henderson is a native of Birmingham, Ala.

Corps, Navy, Air Force and Army songs -- before the ceremonial cutting of a 2005 Independence Day cake. The ceremony was concluded by the singing of America the Beautiful.

American forces are honoring the founding fathers through their service in

Iraq, and the spirit of America is embodied in every service member in uniform. The way in which the Continental Army fought and won the battle for American independence is the same as the way in which the Iraqi army is now fighting and winning, Casey said.



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

More than 250 service members and civilian contractors gathered for an Independence Day celebration ceremony July 4 at Al-Faw Palace on Camp Victory.

## *Iraqi police train with Army to learn riot-control techniques*

Spc. Mary Rose

MNC-I PAO

Iraqi police set up check points, conduct raids in search of insurgents and control civil

outbreaks, as well as many other tasks in their war-torn country. The hands-on riot-control training the Baghdad police Emergency Response Force recently received from Army

military police will allow them to assist their community during civil unrest and disputes.

The ERF participated in a week-and-a-half long riot-control training session, part of a larger training course conducted by MPs from the 401st MP Company, Fort Hood, Texas, which used real-world training tactics to teach the ERF techniques and procedures.

They learned different maneuver and crowd-control formations, said Spc. Damien D. Kirby, riot-control instructor, 401st MP Co.

Formations are used depending on the situation, and they allow the ERF to approach their subjects without compromising safety. The ERF also learned proper use of batons and shields.

MPs posed as rioters and antagonized the ERF, who were

in a sturdy formation guarded by shields and batons. The MPs attacked the formation by throwing rocks, hitting and kicking shields and attempting to get hold of the ERF police from behind the shields.

"We try to make the training as realistic as possible," said Staff Sgt. Starsky Smith, as he pointed at bruises on his arms.

The training also gives a concept of team building, added Smith, the noncommissioned officer-in-charge of ERF training, 401st MP Co.

"Since we started training these guys, they have made a 180-degree turn," Kirby said. "They have grasped many concepts, including teamwork and individual responsibility."

Conceptual understanding relies heavily on



photo by Spc. Mary Rose/MNC-I PAO

Soldiers from the 401st Military Police Battalion, Fort Hood, Texas, teach the Baghdad Emergency Response Force riot-control tactics, techniques and procedures by posing as rioters and attacking their shielded formation recently in Baghdad.

## Voices of Victory: What is your favorite summer pastime?



**"Believe it or not, I'd be snowboarding. We snowboard through July in Colorado."**

Mark Mullen,  
Iraq theater manager,  
Data Path Satellite  
Communications



**"I haven't been home in four summers, but if I wasn't here, I'd be hanging out on the beach in Cali."**

Marine Cpl. Lisa Greeson,  
administration specialist,  
Office of the Inspector General,  
Multi-National Corps - Iraq



**"I'm from Hawaii, so I'd be surfing."**

Sgt. 1st Class Dana Mueller,  
platoon sergeant,  
Company D, 2nd Battalion,  
299th Infantry Regiment,  
Hawaii Army National Guard

### 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

Monday - Friday 9 a.m. - 5 p.m.

Saturday 9 a.m. - 4 p.m.

Sunday 1 - 5 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

## TRAINING

communication, which has been an important factor between the ERF and the MPs during the instruction periods. Smith and his Soldiers have linguists who help translate, but the process of translating is slow, which increases the time spent in training, he said.

"Once we get past the language barrier, the training runs smoothly," Kirby said.

Even with communication barriers, the training will be completed on time. Smith and his team of Soldiers have been training the ERF since early May, teaching them basic rapid response force skills.

Smith's team will start training the ERF with more in-depth skills beginning shortly after the current training is completed.

Some of the ERF troops will go to a special weapons and tactics course and others will go to a sniper qualification course, Smith said.

The MP training team will also continue to give more comprehensive training on subjects already covered in the recent months.

With all the training the ERF has received, they are becoming a self-sufficient force capable of handling their communities' needs, Smith said.

"They are some of the best police in Iraq right now. They adapt and overcome to their environment," Smith said. "With each mission they will go out on, they will work better together. This is a key part in the battle over insurgency."

**Your equipment  
can't save your  
life if it's not  
turned on.**



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IEDs KILL

## Victory MWR Events July 12 - July 18

**Today:** Volleyball coaches meeting at 6 p.m. and 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.

**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.

**Friday:** The Rock movie marathon at 5 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.; Bench press competition at 7

p.m.; Fencing from 7:30 - 9 p.m.; Volleyball Tournament.

**Saturday:** Talent show at 7 p.m. at Bldg. 124; Adam Sandler movie marathon at 2 p.m. at Bldg. 51; Classes at the Gym: Tae-Kwon-Do from 6 - 7 p.m.; Boxing from 8 - 9 p.m.; Volleyball Tournament.

**Sunday:** Jazz night at 7 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 from 7:30 - 9 p.m.; Kajukenbo from 9 - 10:30 p.m.; Volleyball Tournament.

**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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