



# Victory Weekly



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telling the Camp Victory story

July 26, 2005

## New tourniquets available for deployed Soldiers

**Spc. Jeremy D. Crisp**

MNC-I PAO

The U.S. Army is now providing troops with new tools designed to save life and limb.

The Special Operations Forces Tactical Tourniquet and the Combat Application Tourniquet are the Army's newest medical devices designed to help save lives and are being issued to all Soldiers serving in Iraq and Afghanistan.

Designed for one-handed application, the new tourniquets allow Soldiers to self-apply them if need be and replaces the Army's field-expedient method, where a Soldier would use a bandage and a stick to stop blood flow from a wound.

Using the field-expedient method worked, "but the (new tourniquets) are better," said Sgt. 1st Class Michael C. Klemowski, Multi-National Force - Iraq person-



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

**Staff Sgt. Thomas Brennan, Multi-National Corps - Iraq Surgeon Cell, applies the Special Operations Forces Tactical Tourniquet to the arm of Sgt. Sherrie Knight, MNC-I Surgeon Cell, during a recent class at Camp Victory.**

nel section, Camp Victory.

"Having these issued to Soldiers will cut down on casualties because they are time-saving devices," said

Klemowski, who is a former drill sergeant. "The less time that is wasted, the better chance there is of saving someone's life."

The entire process of applying the tourniquets takes an average of under fifteen seconds, according to [www.vikingtactics.com](http://www.vikingtactics.com).

The new tourniquets can also get to hard-to-reach injuries. The straps can be released completely and then re-threaded, allowing for application on trapped limbs.

The new tourniquets work on the same principals as all tourniquets. They are used to stop the bleeding of an extremity and to prevent shock, said Staff Sgt. Thomas J. Brennan, post-deployment health assessment team non-commissioned officer-in-charge, Multi-National Corps - Iraq Surgeon Cell.

The SOFTT has two latches used to secure the metal handle. While only one latch is required for the tourniquet to be effective, having more than one latch provides

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## Board tests Soldiering skills, knowledge

**Pfc. Laura M. Bingenho**

42nd MP Bde PAO

"Three Soldiers in a Humvee have been wounded in a roadside attack. You have 20 minutes to evacuate the casualties; evaluate the risk assessment; identify and treat all life threatening injuries; and package them for transport," declared Sgt. Desi Gurule, a medic with Headquarters and Headquarters Company, 42nd Military Police Brigade.

To Soldiers in the midst of a battle, those words could mean the difference between life and death. But for eight Soldiers competing in a recent 42nd MP Soldier of the Quarter Board, they meant added pressure to accomplish the task at hand while trying to best their peers.

Designed to evaluate Soldier skills and test Army knowledge, the board was compromised of three test categories: physical fitness, hands-on events and total Soldier conceptual knowledge. Although Soldiers were given a general idea as to



photo by Pfc. Laura M. Bingenho/42nd MP Bde PAO

**Spc. Stephen Henderson, Headquarters and Headquarters Detachment, 793rd Military Police Battalion, performs first aid on a casualty during the combat lifesaver portion of the 42nd MB Brigade Soldier of the Quarter Board.**

See **BOARD**, Page 2

## A Note From Home

*Sgt. 1st Class Michael D. Welton:*

We miss you very much and hope that you are well. Your family is very proud of you and anxiously awaiting your return home. We know that you and your troops are fighting for our security and freedom. We thank and love you all for what you do.

*With love, your sister Brandie*

## Preventive Points

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

### PROTECTION FROM THE ENEMY

As time progresses during deployments in Iraq, individuals tend to relax their personal protective measures against diseases caused by insects. If personal protective measures are not taken seriously the potential of a person contracting a vector-borne disease in Iraq is increased from a possibility to a probability.

Iraq has several serious diseases that can be transmitted by insects. Insects that transmit diseases include mosquitoes, sand flies, ticks and mites. All of these vectors can be kept away if personnel properly defend themselves. Just like a kevlar helmet and individual body armor provide protection against the human enemy, the DoD Insect Repellent System will protect you against some of the greatest battlefield enemies known to man -- disease vectors.

Many casualties occur in every conflict from vector-borne illnesses. Don't let the enemy make you a casualty.



**Keep your exposure to a minimum in the turret. Stay low.**

**If you can see it, it can see you.**



**STAY ALIVE**

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IEDs KILL

## BOARD

what they might encounter during the board, no specific details were given.

"They knew what areas to study for the board questions, they knew there would be a physical event and they knew there would be a hands-on event," said Command Sgt. Maj. Brian Wiles, head planner and director for the board.

The competition kicked off at sunrise with a physical fitness test that was anything but typical. The Soldiers had to walk one-and-a-half miles, perform leg lifts and do inclined sit-ups while holding 5-pound weights. Following the PT test, Soldiers were evaluated on two hands-on events: combat life-saving and preventative maintenance.

Finally, after a long day spent outside in sweltering heat, candidates had a chance to freshen up and cool down inside the brigade's headquarters. Inside the conference room, a team of senior enlisted noncommissioned officers awaited them. Soldiers were

called into the room individually. There, NCOs tested their general Army knowledge by asking questions.

Spc. Erin Cooper, gunner and military policeman for HHC, prepared herself for the board by training herself to be better at physical fitness and studying basic Army knowledge, especially knowledge about weapons. To her surprise, very little was asked about weapons. The part she prepared most for ended up being the most difficult.

"I thought the PT was the hardest part," Cooper said. "It was completely different from our normal PT test ... especially the walking part. Everybody expected we'd have to run."

Spc. Thomas Davis, driver for 170th MP Co., struggled during parts of the CLS portion. He experienced the same trouble that several of his comrades encountered. For him, the most difficult task was being able to open the litter of collapsible stretchers.

"I had to (simulate calling) a



photos by Pfc. Laura M. Bigenho/42nd MP Bde PAO

**Spc. Thomas Davis, driver, 170th Military Police Company, 42nd Military Police Brigade, kneels inside the hood of a Humvee, as Sgt. Sh'voda Gregory grades him on his work during a recent 42 MP Bde. Soldier of the Quarter board.**

MEDEVAC for assistance. I couldn't get the thing opened," Davis said. "I've never had to use one until now, so this ended up being a good training experience."

Overall, the Soldier of the Quarter Board was a great experience for the Soldiers and judges. In addition to giving Soldiers some well-deserved bragging rights, the

board served as a learning tool.

"It helped the Soldiers realize their deficiencies, as well as the stuff they weren't so good at," Gurule said. "They did very well considering the circumstances they were under. It's very hard to show up prepared for something totally different than what's expected of you normally."

# Voices of Victory: *What precautions are you taking to deal with the heat?*



**"I work at night as much as possible."**

Spc. Robert Crawford, transmission specialist, 133rd Signal Battalion, Illinois Army National Guard



**"I go to the pool and try to stay inside as much as I can."**

Pfc. Krystin Davenport, transmission specialist, 133rd Signal Battalion, Illinois Army National Guard



**"I drink lots of water."**

Spc. Jeremy Boswell, communications specialist, 133rd Signal Battalion, Illinois 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

## TOURNIQUET

extra securing ability depending on the handle's position after tightening.

The CAT has only mild differences from the SOFTT. It has a plastic handle and is fastened by Velcro rather than two latches.

To apply either tourniquet, one slides it over the injured limb and quickly pulls the slack. Once the slack is removed, the handle is tightened to control the bleeding then secured with the latch.

"Try to stop the bleeding with a bandage," Brennan said to a recent class of Soldiers learning how to use the new tourniquets. "After using a pressure dressing, you will know if you need to use a tourniquet. If the bleeding persists, use a tourniquet."

Once a tourniquet has been applied, a pulse needs to be checked on either the hand or foot nearest the injury. "No pulse means the tourniquet is working," Brennan said.

After a tourniquet is in place, three rules apply: "Never loosen it, never take it off and don't cover it up," Brennan said.

The new tourniquets became available in Iraq and Afghanistan in January, and Soldiers can pick up the CAT and SOFTT at their unit's supply section, Brennan said.

# KEEP IT LOCKED ON...

## Freedom Radio



|           |          |          |          |
|-----------|----------|----------|----------|
| Al Asad   | 107.3 FM | Kirkush  | 107.3 FM |
| Ali Base  | 107.3 FM | Mosul    | 105.1 FM |
| Ar Ramadi | 107.3 FM | Q-West   | 93.3 FM  |
| Baghdad   | 107.7 FM | Taji     | 107.3 FM |
| Balad     | 107.3 FM | Tal Afar | 107.3 FM |
| Fallujah  | 105.1 FM | Taqqadam | 107.3 FM |
| Kirkuk    | 107.3 FM | Tikrit   | 100.1 FM |



## Victory MWR Events July 26 - August 1

**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.

**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; Dominoes Tournament 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:** First season of *Frasier* movie marathon at 2 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.

**Saturday:** Hip-hop night at 7 p.m. at Bldg. 124; First season of *Friends* movie marathon at 3 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 from 7:30 - 9 p.m.; Kajukenbo from 9 - 10:30 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.

**MNC-I Commanding General:** Lt. Gen. John R. Vines **MNC-I Production Chief:** Staff Sgt. Mark St.Clair  
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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,

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