



Victory service members get lifesaver training

By Spc. Mary Rose

MNC-I PAO

Every week, different troops and civilian contractors from all over Iraq meet at Camp Victory's Troop Medical Clinic to learn life saving techniques in a combat lifesaver course.

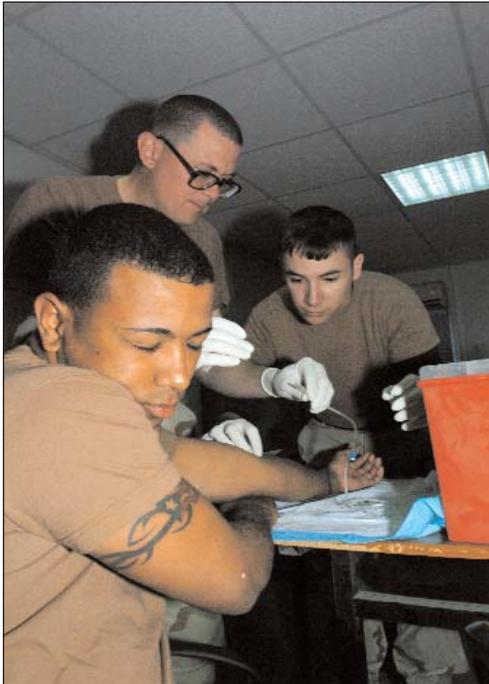


photo by Spc. Mary Rose/MNC-I PAO

Spc. Noel A. DeJesus, military policeman, Multi Nation Forces - Iraq, looks away as another student in the combat lifesaver course prepares an intravenous injection March 17 at the Troop Medical Center on Camp Victory Iraq.

The CLS course trains personnel to react effectively in a medical crisis. Students learn how to keep casualties breathing, stop their bleeding and get them evacuated to a place with more highly-trained personnel and better equipment as soon as possible.

There are two types of training, common medical tasks and medical aid tasks. Common medical tasks are learned in initial military training and reviewed at service member duty stations. The medical aid portion of the course contains additional life-saving procedures, said Capt. Troy J. Palmer, CLS course officer-in-charge and instructor.

The class reviews common medical tasks to make sure CLS students have a clear understanding of them, Palmer said. The class then goes more in depth and expands into medical aid tasks.

Personnel attending the course get trained by professionals who specialize in specific medical fields, including nuclear, biological and chemical casualty first response treatment; intravenous injections; mass-casualty response; and how to react to personnel with combat stress.

"Even though combat stress has always been taught with the long deployments, combat stress is affecting people, so there is more of an emphasis on it," Palmer said. "The combat stress team teaches that part of the course. We get the expert – someone who actually deals with combat stress and

really knows about it."

Students don't only learn from lectures in the classroom. There is a physical portion of the CLS course where proper evacuation techniques are taught in a hands-on setting.

CLS students are taught a variety of ways to hand-carry casualties, how to transport casualties by litter, and techniques for evacuating casualties using different types of military vehicles and aircraft.

"I was able to learn combat rescue techniques," said Petty Officer 1st Class Michael W. Music, a religious program specialist for the Multi National Corps – Iraq Chaplain's Office. "Being in the Navy, this training will help me down the line."

The class teaches students life-saving techniques and confidence in themselves.

"It has been my observation for years now that so many people will just stand around and watch somebody bleed until one person steps up and says, 'I'm going to help.' Then everyone wants help," Palmer said. "It is just getting that first person to step up with that confidence. If somebody is hurt, you need to help them."

The mass casualty exercise portion of the course is partially directed toward giving students the confidence to step up and get involved, he said.

"Even if I don't know exactly what to do, or if I wouldn't do it exactly like the medic

See **CLS**, Page 3

Chaplains plan Easter Sunday celebration at Camp Victory

By Sgt. David Foley

MNC-I PAO

Christian service members and civilians on Camp Victory will have the opportunity to celebrate Easter with a special guest in the rotunda of Al-Faw Palace Sunday.

The MNC-I Chaplain's Office has reserved the rotunda for a sunrise service at 7 a.m. Sunday, and Chaplain (Maj. Gen.) David Hicks, U.S. Army chief of chaplains, will give the Easter sermon.

"We count it a high privilege to celebrate the cornerstone of our faith in celebrating Christ's resur-

rection from the dead," said Chaplain (Lt Col.) Thomas MacGregor, an MNC-I chaplain.

"Many believers in this country are scared to celebrate Easter because of the repercussions they may face, but being in the American military, it is one of the rights we are fighting for. Having the chief of chaplains come to visit during the holiest week of the year is also worthy of note."

MacGregor said a chaplain's job in the Army is to nurture the living, care for the wounded and honor the dead, but Hicks has proven that he will go beyond the

call of duty for his comrades.

"Chaplain Hicks' compassion for Soldiers on the field of battle and on the forward operating bases around the world is tremendous," MacGregor said. "His compassion is reflective of his years as an enlisted Soldier and as a chaplain. He has devoted the majority of his life -- since he was 17 -- to the defense of freedom and the pastoral care of Soldiers and their families."

One of the Soldiers who is planning Camp Victory's Easter celebration served with Hicks in V Corps in Germany and said

Hicks has a unique ability to relate some of the complex ideas in the Bible to real-world events.

"He's an awesome chaplain," said Sgt. Jason Graben, Headquarters and Headquarters Company, 35th Signal Brigade, Fort Bragg N.C. "He is really a stand-up guy. He's got a heart of gold and wants to do what God wants him to do."

Graben said this year's celebration should be a major success.

"Last year, more than 600 people

See **EASTER**, Page 2

Thought of the Week:

*From the Multi-National Corps - Iraq
Chaplain's Office*

"Trying to get everyone to like you is a sign of mediocrity. You'll avoid the tough decisions, you'll avoid confronting the people who need to be confronted and you'll avoid offering differential rewards based on differential performance because some people might get upset."

*Gen. Colin Powell (Ret.)
Comments on Leadership*

Preventive Points:

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

Sunburn

■ We couldn't wait for the nice weather, and now we find that the heat in Iraq is becoming a little warmer than anticipated.

Temperatures in the summertime can rise to more than 115 degrees. With the hot days of summer upon us, we all tend to spend more time outdoors. We expose ourselves to some major hot weather hazards.

Sunburn is one of the many health concerns in a series of "Preventive Points" we would like the service members of Camp Victory to become aware of as we approach the summer season.

■ The sun is a potent source of ultraviolet radiation, especially when the sun is straight overhead. While moderate doses of the sun's ultraviolet light give you a deep, dark tan, overdoses cause sunburn.

■ The longer amount of time an individual is exposed to the sun, the worse the sunburn.

■ Many people may seem to forget that sunburn symptoms appear several hours after overexposure.

■ Symptoms include the skin becoming red, painful and abnormally warm. In darker skinned individuals, such as those with ethnic heritages, the skin becomes much darker with a grayish tint.

■ It is important for everyone to wear a sun block with an SPF of 15 or greater. Individuals should stay out of the sun as much as possible.

■ In cases where sunburn must be treated, apply cold compresses or immerse the sunburned area in cool water.

■ Apply moisturizing lotion to the affected areas. Do not use salve, butter or ointment, and do not break blisters.

EASTER

attended the ceremony, and we are hoping this year's will be another big success," Graben said.

Graben also said being able to celebrate Easter in Iraq has a special feel for him. "It's one thing to grow up in the states reading the Bible and listening to the stories, but there was nothing you could touch to make it real," he said. "But to know I'm in the same city as some of the characters in the Bible brings substance to the stories."

Graben said he would encourage anyone who is able to attend the ceremony to do so, but if they can't make it to Al-Faw Palace, Hicks will be traveling throughout the country visiting troops.

"And whether or not you can attend a celebration, remember, God is always with

you," he said.

Other activities scheduled for Holy Week at the Camp Victory Chapel include:

■ (Catholic) Mass of the Lord's Supper at 4 p.m. March 24.

■ (Protestant) Maundy Thursday service at 6 p.m. March 24.

■ (Catholic) Veneration of the cross at 4 p.m. March 25.

■ (Protestant) Good Friday service at 5:30 p.m. March 25.

■ (Catholic) Easter Vigil 8 p.m. March 26.

■ (Catholic) Easter Mass at 10:30 a.m. March 27

"The Passion" will be shown at 8:30 p.m. March 25 and at 8 pm. March 27 at the Camp Victory Chapel.

All other scheduled services will remain

Dental services available at Camp Victory

By Sgt. Michael J. Carden
MNC-I PAO

The patient reclines in an old leather Iraqi pump-action chair. The sound of the drill echoes loudly in his head, much louder than the drill actually is. His jaw begins to cramp from holding his mouth open for so long, but the dentist assures him that it's almost over.

A couple of days later, the patient doesn't feel the sharp, throbbing pain in the back of his mouth anymore. Now he can enjoy the treats from a care package his mother sent him. More importantly, he is able to return to duty with his fellow Soldiers in support of Operation Iraqi Freedom.

The Soldier's alleviated pain is the result of having access to a U.S. Army dentist with the means to perform a root canal in Iraq.

"In the past, a lot of Soldiers were evacuated from combat zones for dental reasons," said Col. Kraig Kenny, dentist, 581st Area Support Medical Company, Fort Hood, Texas. "But now we're able to fix most things in theater that would make a Soldier not combat ready."

Kenny is a dental physician at the Golby Medical Clinic on



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

Col. Kraig Kenny (left), dentist, and Sgt. Brian Macklan, dental assistant, 581st Area Support Medical Company, Fort Hood, Texas, perform oral surgery on Maj. John McPherson, public affairs officer, Australian army, March 14 at the Golby Medical Clinic Dental Office, Camp Victory, Iraq.

Camp Victory. He and his dental assistants see anywhere from 60 to 80 patients each week, including civilian contractors and Coalition soldiers. More than half are sick call patients who suffer from abscesses, toothaches and lost fillings. However, there are many procedures and dental work that can't be cared for by Kenny and his fellow physicians on Camp Victory, due to a lack of equipment, personnel and capabilities, he said.

Currently, the Golby clinic doesn't have a hygienist on staff to do routine and periodic cleanings. Also, the clinic doesn't have laboratory capabilities

to make prosthetics, such as dentures and false teeth. Major jaw injuries, such as a broken mandible, can not be treated there either. Nevertheless, all of these procedures can be treated at the 86th Combat Army Support Hospital in Baghdad, Kenny explained.

"Whether we're able to treat the patients here or we have to refer them to the (86th) CASH in Baghdad, our primary mission is to take care of the personnel on Camp Victory. They are our main concern," Kenny said.

Maj. John McPherson,



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

Knock-out punch

Sgt. Michael Miciotta, network switching operator and maintainer, Company C, 327th Signal Battalion, 35th Signal Brigade, Fort Bragg, N.C., relieves some stress as he spars with the speed bag March 9 at the gym on Camp Victory. Miciotta, 27, is a native of Brooklyn, N.Y.

CLS

would, I'm going to do something to help," Palmer said.

Units need to have their own mass casualty plan, because when something actually happens, having individuals trained is not enough.

There needs to be someone who can take charge of the scene, Palmer added. The only way to really learn how to react to a situation is to practice scenarios as a unit.

We go through the scenarios in the CLS course, but everyone has different equipment and different types of incidents can happen.

"We can teach skills to individuals, but if a unit isn't training as a whole they are not going to know how to respond when it does happen," Palmer said.

Training enables us to save lives and possibly prevent loss of life, limb or eyesight if people take the appropriate action in a timely manner, Palmer added.

After completing the course, students receive an individual combat lifesaver bag, which is equipped with medical supplies that can be used for first-response medical attention on a casualty.

For more information on mass-casualty training, contact Palmer via e-mail at troy.j.palmer@us.army.mil

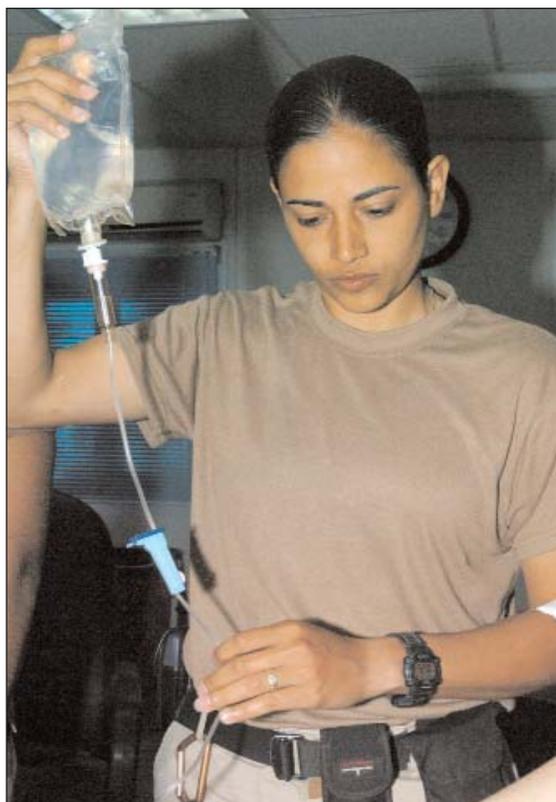


photo by Spc. Mary Rose/ MNC- PAO

Pfc. Maria L. Morales, generator mechanic, 175th Engineer Company, 20th Engineer Brigade, Fort Bragg, N.C., prepares a bag of fluids before she gives an intravenous injection during the combat lifesaver course March 17 at the Troop Medical Center on Camp Victory, Iraq.

Victory photos online

The Multi-National Corps - Iraq Public Affairs Office has an electronic means to view and download photos that have been taken of U.S. Soldiers, Coalition soldiers and civilian contractors going about their daily lives on Camp Victory. Photos are posted in order to allow family, friends and Soldiers the opportunity to get a glimpse of everyday life on Camp Victory during Operation Iraqi Freedom.

One source of imagery is the new electronic medium known as the Digital Video and Imagery Distribution System, or DVIDS, Web site.

Located on the Internet at www.dvidshub.net, DVIDS offers a registration process in order to access the archives. Once registered, users can access high-resolution "Life on Camp Victory" photos, as well as other photographs, stories, video and radio products produced by military journalists in the OIF theater.

An alternate way to access the MNC-I PAO's "Life on Camp Victory" photo archive is through the Fort Bragg, N.C., home page at www.bragg.army.mil. There, users are able to access up-to-date photos, the "Victory Weekly" publication and the weekly radio broadcast, "Boots on the Ground," which is also produced by the MNC-I PAO.

For more information regarding "Life on Camp Victory," please contact Sgt. Michael J. Carden at michael.carden@iraq.centcom.mil

BEGINNING ARABIC LESSONS

Iraqi Accent:

Instructed by Ahmed Abdul Wahab, interpreter, 327th Signal Battalion, 35th Signal Brigade

Beginning March 27 on Sundays, Mondays and Wednesdays from noon - 1 p.m. in Building 117, next to Freedom Village

Point of Contact for this information is:

Ahmed and 1st Lt. Debbie Holland
DSN: 318-822-2711

E-mail: Deborah.Holland@iraq.centcom.mil

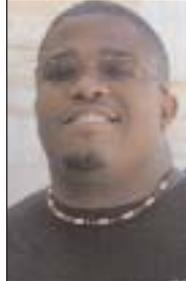
Voices of Victory:

What do you think is the most important job on Camp Victory?



"It's definitely force protection."

Pfc. Kristi D. Crozier,
Administration,
Multi-National Corps – Iraq



"Security."

Cato Haggerty III,
Human Resources,
Kellogg, Brown and Root



"Cable guys. Without communication, there is nothing."

Pfc. R.J. Nelson,
Signal Support Specialist,
Multi-National Corps - Iraq

Operating Hours

Coalition Cafe

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

Send a greeting to your family, friends and loved ones. The MNC-I Public Affairs Office wants to put you on T.V. We will be videotaping shout-outs on Sunday outside of the Bazaar near the Camp Liberty PX from 2 to 3 p.m.

Dental

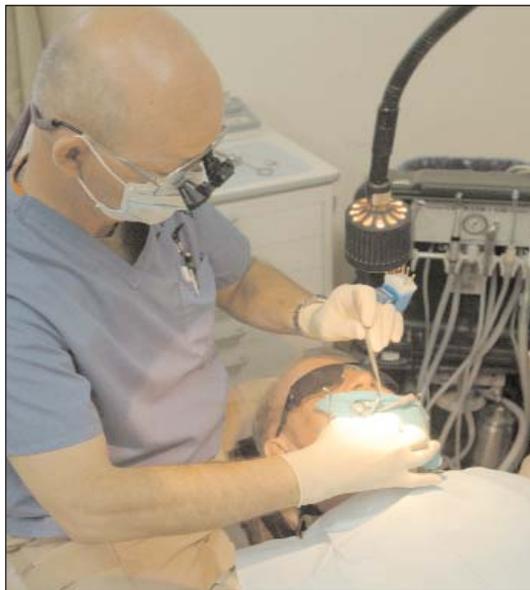


photo by Sgt. Michael J. Carden/ MNC-I PAO

Col. Kraig Kenny, dentist, 581st Area Support Medical Company, Fort Hood, Texas, performs a root canal on Maj. John McPherson, public affairs officer, Australian army, March 14 at the Golby Medical Clinic Dental Office, Camp Victory, Iraq.

public affairs officer, Australian Military Contingent, was a recent patient of Kenny's. McPherson sought the attention of an Australian medic from his unit about a sore tooth that was bothering him. The medic referred him to Kenny and the Golby Medical Clinic.

"Before my medic referred me, I didn't even know we had a dental facility on Camp Victory," McPherson said. "Dental issues are not something you really worry about while you're in a combat zone."

McPherson went to the clinic during the clinic's 7:30 - 11 a.m. daily sick call hours. Kenny took a few X-rays, checked out McPherson's tooth and decided that a root canal was needed.

"It's very reassuring to know that (service members) have competent dentists and facilities in the combat theatre," McPherson said. "No one likes to have sore teeth, and from what I've heard, all of the American medical facilities in theater are first-rate."

"Within our capacity, we're taking the best care we can of all the Soldiers and civilian contractors here, so they can be comfortable and functional in a dental sense," Kenny said. "At least they won't have to worry about that while they're in Iraq."

Victory MWR Events March 22-29

Today: Karaoke at 8 p.m. at Bldg. 124; Crimson Sky at 8 p.m. at Bldg. 51; Classes at the Gym: Tae-Kwon-Do from 6 - 7 p.m.; and 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 a.m. and from 6:30 - 7:30 p.m.; and Boxing from 8 - 9 p.m.

Thursday: Halo at 8 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 8 p.m. and Salsa night at 9 p.m. at Bldg. 51; Classes at the Gym: Aerobics from 5 - 6 p.m.; and Fencing from 7:30 - 9 p.m.

Saturday: Basketball at the cage; Hip Hop night at 9 p.m. at Bldg. 124; Reggae night at 9 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.

Sunday: Basketball at the cage; Ping Pong at 8 p.m. at Bldg. 124; Eight-Ball at 8 p.m. at Bldg. 51; Classes at the Gym: Fencing 7:30 - 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
MNC-I PA Sergeant Major: Sgt. Maj. John E. Brenci **Victory Weekly Staff:** Spc. Mary Rose

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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

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