



MP detachment brings law and order to Victory

Spc. Mary Rose

MNC-I PAO

The 969th Military Police Detachment, Indiana Army National Guard, is settling in and making their presence known by building a police station on Camp Victory and cracking down on regulation and policy violations.

The 969th is the first Law and Order unit to be employed in Baghdad, Iraq, specifically for Soldiers.

"We're starting from the dirt on up," said Master Sgt. David Kalanoc, operations noncommissioned officer-in-charge, 969th MP Det.

The Soldiers of the 969th are currently patrolling, conducting health and welfare checks and responding to larceny reports and accidents on Camp Victory, Camp Liberty, Camp Slayer and Baghdad International Airport. They also assist Camp Stryker if needed.

Kalanoc, a resident of Fishers, Ind., said since they arrived Jan.

21, they have responded to traffic accidents and reports of larceny, alcohol use and drug use.

"Right now we aren't writing tickets because we are just getting established," Kalanoc said. They are pulling people over and giving warnings though, he added.

The MPs are working to implement policies on a point system for traffic violations. All violations will be put in a record system and reported to the Soldiers' commanders, Kalanoc said.

If a Soldier has too many violations, he will lose his driving privileges.

"People need to slow down. Our guys are watching," Kalanoc said. "It's dark out there. With no lighting on the street, someone will get hit."

Kalanoc recommends that people walking at night wear reflective material like the physical fitness reflective belt. He also said everyone riding a bicycle after dark needs to have a head and tail light.

Another recommendation is to

secure personal and government belongings such as helmets and body-armor. Locking vehicle doors or leaving someone with open Humvees will deter larceny.

Lost munitions and weapons are another problem the 969th is seeing. Kalanoc said if someone

comes across munitions, they should leave them and call Explosive Ordnance Disposal or the MP station.

For military police assistance, personnel can call the Camp Victory Police Department at 318-822-4790.



photos by Spc. Mary Rose/MNC-I PAO

The Camp Victory Military Police Station is located across the street from the Dodge City North living area and next to the Shopette. Soldiers from the 969th MP Detachment, Indiana Army National Guard, are specifically responsible for maintaining law and order among service members and civilians living and working at Camp Victory and other base camps near Baghdad, Iraq.

Kicking the habit: tobacco cessation class offered on Victory



Sgt. Kara R. Loveland, health care specialist, Combat Stress Control Team, 55th Medical Company, Indiana Army Reserve, gives a block of instruction at a tobacco cessation class April 30 at the Camp Victory Golby Troop Medical Clinic.

Spc. Jeremy Crisp

MNC-I PAO

Soldiers at Camp Victory now have the opportunity to break away from the grip of tobacco use with the help of a tobacco cessation class.

The 55th Medical Company's Combat Stress Control Team is offering Soldiers who use tobacco products the opportunity to attend a tobacco cessation class every Saturday at the Golby Troop Medical Clinic here.

The class begins at 10 a.m. and offers information regarding the negative side effects of tobacco use, tobacco alternatives and insight into the lives of people who have lost loved ones from tobacco use. Attendees only need to go once.

Upon completion of the one-hour class,

troops are given the chance to receive free medication such as nicotine patches, gum and anti-depressants to help fight tobacco addiction.

Health care specialist and instructor for the course, Sgt. Kara R. Loveland, 55th Med. Co., Indiana Army Reserve, was once a heavy smoker herself before becoming an instructor for the course at Camp Victory, and it was a tobacco cessation class she attended while deployed to Bosnia that helped her quit for good.

"I was deployed to Bosnia in 2003, and the rotation before us had just set up a tobacco cessation class," Loveland said. "I had just quit smoking, so when I was given the chance to teach the class, I said, 'This will keep me motivated to quit smoking.'"

See **TOBACCO**, Page 2

Preventive Points:

Tips from Multi-National Corps - Iraq Force Health Protection

Heat Stroke

■ Summer temperatures in Iraq can climb well above 120 degrees. These high temperatures, coupled with intense sunlight, can cause individuals to become dangerously dehydrated before they realize it. Individuals may possibly become dehydrated to the point of having a heat stroke. A heat stroke can be fatal because it happens quickly and there is not much time to react.

■ A heat stroke is a medical emergency. During a heat stroke, the body loses the ability to regulate heat and cool down. Body temperature can rapidly rise to dangerous levels, well above 104 degrees.

■ Individuals suffering from heat stroke may have headaches, vomit or collapse. They may also be confused or argumentative. Their skin may be hot and dry, or they may sweat profusely.

■ An important sign that an individual is experiencing a heat stroke is the presence of mental confusion. Anyone can do a simple mental status assessment by asking the casualty a couple of questions, such as what his name is or what month it is. Difficulty answering these questions is a bad sign.

■ First aid includes immediately cooling the casualty and evacuating him to a medical treatment facility. To cool the casualty, move him to a shaded area, remove or loosen his clothing, give him sips of water if he is conscious, spray or splash him with water, rub him with ice or fan him. Take whatever action is necessary to quickly lower the body's core temperature.

■ Each heat stroke casualty will result in a loss to the unit because the individual will be medically evacuated out of theater. Additionally, the individual will receive a temporary or permanent profile, or may be medically separated from active duty. Heat stroke can kill, cause permanent damage to internal organs, and/or permanently affect one's ability to tolerate heat.

■ Prevention of heat strokes includes education, training, proper acclimatization time (10 to 14 days), adequate water intake (1 quart per hour and no more than 12 quarts per day), wearing loose clothing and careful monitoring of the heat index.

TOBACCO

Loveland said motivation is a key factor in quitting tobacco use.

"A lot of people come in thinking the pill or the patches are just going to be magical cures for them," she said. "I stress that it is a motivation thing, and you have to do it on your own."

Loveland teaches the tobacco cessation class in a casual manner where troops are encouraged to ask questions and provide their own experiences to help other members trying to quit. She also said the class is meant to inform and not offend attendees with pictures of decayed lungs or misfigured people.

One of the things Loveland said the troops appreciate about the class is that it isn't like a cessation class back home where they have to come back for more sessions. Because of the deployed environment, it is one class. From

then on it is up to the individual.

"I'll make it short and sweet," Loveland said. "I know it's difficult in this environment; people have mixed schedules and can't make it to consecutive classes."

Once given the medication and sent on their way, troops aren't left hanging though, Loveland said.

She said she wouldn't hesitate to take her own time to talk to someone who is getting the urge to start again.

"I tell people if they want to come in and have a quick 15-minute session just to talk to me, I encourage that," Loveland said. "Sometimes that is all it takes to get someone back on track."

For more information on the tobacco cessation class, contact Loveland at 318-822-2781, or e-mail her at kara.loveland@us.army.mil.



photo by Spc. Mary Rose/MNC-I PAO

Spread 'em

Sgt. Brett Willet, 401st Military Police Company, 42nd MP Brigade, Fort Hood, Texas, demonstrates suspect apprehension and search techniques to Iraqi police during a police survivability course conducted in Baghdad May 10.

Army announces Combat Action Badge

Army News Service

In keeping with the spirit of the Warrior Ethos and based on input from leaders and Soldiers in the field to justly recognize the actions of deserving Soldiers in combat, the Army recently announced the eligibility criteria for a new combat award with the introduction of

the Combat Action Badge.

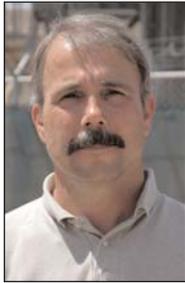
The CAB may be awarded to any Soldier, branch and military occupational specialty immaterial, performing assigned duties in an area where hostile fire pay or imminent danger pay is authorized, who is personally present and actively engaging or being engaged by the enemy, and

performing satisfactorily in accordance with the prescribed rules of engagement.

Although a Close Combat Badge was considered as an option, Army leadership decided the CAB best meets the intent of field commanders to fully recognize Soldier actions

See **BADGE**, Page 3

Voices of Victory: *What entertainer would like you to see come to Camp Victory?*



“Led Zeppelin reunited.”

John Hardison,
technical support supervisor,
International Telephone
Telegraph Industries



“I would really like to see Incubus come to Camp Victory.”

Capt. Seansi Stucker,
operations officer,
54th Signal Battalion



“My friend and comedian Butch Lord.”

Bobby Blaum,
engineer,
CACI Industries

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 5:00 - 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 Worship 7 a.m. and 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.

Mini-Chapel (Bldg. 2)

Friday:
Jewish Service 6:30 p.m.

BADGE

in a combat environment.

Commanders at the rank of major general will have award authority. The CAB is distinct from other combat badges. The Combat Infantryman Badge and Combat Medical Badge will remain unchanged.

The Army will release an administrative message outlining exact rules and regulations for the CAB in the near future. The CAB will go into immediate production and should be available this summer through unit supply and for purchase in military clothing sales stores.

For more information, contact Maj. Elizabeth Robbins, Army Public Affairs, at 703-697-5343, or e-mail at elizabeth.robbs@hqda.army.mil; or Lt. Col. Pamela Hart, at 703-693-5662, or e-mail at pamelahart@hqda.army.mil.

*Country Music star **Toby Keith** will be performing a free concert at 7 p.m. May 17 at the stage located between the gym and the Sports Oasis Dining Facility.*



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

Heavy metal

Cpl. David Segrest, radio operator, Explosive Hazards and Awareness Training Team, 200th Engineer Battalion, Alabama Army National Guard, welds a brace for the protective shield on the turret of his Humvee April 27 at Camp Victory. Segrest, 31, is a native of Jasper, Ala.

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.

Victory MWR Events May 10 - May 16

Today: Spades at 8 p.m. at Bldg. 124; Nine-ball at 8 p.m. at Bldg. 51; Basketball coaches meeting at 12:30 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: Spoken word at 8 p.m. at Bldg. 124; Mixed 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.; 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; Volleyball Coaches meeting in the gym at 12:30 p.m.; Classes at the Gym: Tae-Kwon-Do from 6 - 7 p.m.; Ping Pong at 8 p.m.; Kajukenbo from 9 - 10:30 p.m.
Friday: Halo at 8 p.m. at Bldg. 124; 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.
Saturday: Talent Show at 7 p.m. at Bldg. 124; Dominos at 8 p.m. at Bldg. 51; Volleyball Tournament at Bldg. 124; 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; Volleyball Tournament at Bldg. 124; Softball Umpires Clinic at MWR Field; Classes at the Gym: Fencing practice from 9 - 11 a.m.; Fencing from 7:30 - 9 p.m.; Kajukenbo from 9 - 10:30 p.m.
Monday: Dominos 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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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 O.

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