

The Freedom Post

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Photo by Spc. Jory C. Randall

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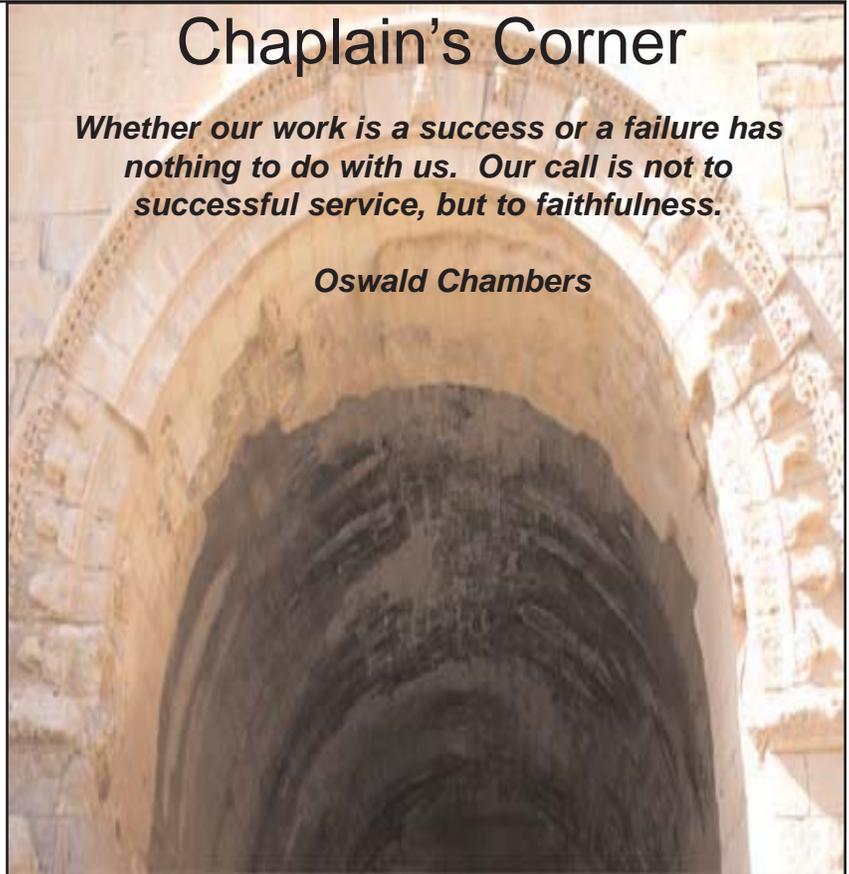
7 Day Weather Forecast for Mosul

Forecast Conditions	High/Low °F	Precip. Chance
Mon Jun 13  Sunny	102°/75°	0%
Tue Jun 14  Sunny	101°/75°	0%
Wed Jun 15  Sunny	103°/76°	0%
Thu Jun 16  Sunny	106°/77°	0%
Fri Jun 17  Sunny	108°/78°	0%
Sat Jun 18  Sunny	109°/78°	0%
Sun Jun 19  Sunny	106°/78°	0%

Chaplain's Corner

Whether our work is a success or a failure has nothing to do with us. Our call is not to successful service, but to faithfulness.

Oswald Chambers



Please join us at the Chapel for FOB Courage Religious Services:

- Collective Protestant_____1100 Friday
- Catholic Mass_____1100 Saturday
- Latter-Day Saints_____0830 Sunday
- Protestant_____1100 Sunday
- Protestant_____2000 Sunday
- Protestant_____1930 Wednesday
- Gospel_____1300 Sunday

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3-21 Rescues Kidnapped Iraqi Citizens

Story by Spc. Ashly E. Mitchell, Photo courtesy of Stryker Brigade Combat Team

MOSUL, Iraq - Missing one's home is not easy, but it is devastating when you've been kidnapped and fear for your life. Two Iraqis found themselves in that situation recently.

An Iraqi Government worker and a merchant were kidnapped and held prisoner in a small basement in northeastern Mosul. Thanks to information provided from a local citizen, members of A Co., 3rd Battalion, 21st Infantry Regiment, were able to find them and bring them back to Forward Operating Base (FOB) Courage May 23, 2005.

The government worker was captured on March 28 and the merchant was taken May 16. According to Capt. Robert Lackey, Commander for A Co., the wealthy merchant was kidnapped and held for a ransom of \$125,000.

While 2nd platoon was on a patrol, they were approached by an Iraqi with information about a house being used by insurgents. The citizen led them to the house.

"When 2nd platoon searched the house, they found the merchant and government worker behind a false wall," said 1st Lt. Ryan Turner, 2nd Platoon Leader. "With all the terrible things we see, it's great to have concrete results. It makes you actually feel like you made a difference in someone's life."

The owner of the house was detained for further questioning.



Stryker Brigade Combat Team Soldier climbs through the opening to where the Iraqi captives were held.

The newly freed men were taken to the 3-21 Aid Station on FOB Courage to check their physical condition. With the help of interpreters, medics were able to question the freed captives and record some of their experience.

"We found out that they had been moved from place to place, deprived of food and water. They were in a small area with standing water and insects, and had no bathroom facilities to use," said Capt. Duane Limpert, 1st Brigade, 25th Infantry Division, Public Affairs Officer.

After being held captive for 58 days, the government worker held back tears while making a phone call to his mother from the aid station.

"To see them reunited with their friends and fellow workers was something I will never forget," said Col. Robert Brown,

Commander of the Stryker Brigade Combat Team.

This is the second recorded recovery of a kidnapping victim in the Ninewa Province. The Mosul Police Chief's brother was recovered in February by Iraqi Army Soldiers conducting a checkpoint in the 2nd Battalion, 8th Field Artillery Regiment area of operations. Such occurrences as these prove Iraqi citizens continue to help out Coalition Forces with information that leads to successful missions on behalf of the Iraqi People.

Check out www.tffpao.org for more Task Force Freedom news

Chaplain Preaches where it all Began

Story by Spc. Ashly E. Mitchell

MOSUL, Iraq - "It's an honor to continue the ministry where Jonah preached," said Chaplain (Lt. Col.) Daniel G. Jenks, 11th Armored Cavalry Regiment, out of Ft. Irwin, Calif. Although he is serving God and country now, Jenks didn't begin his career in the Army as a chaplain.

Joining the active Army in 1970, then Pvt. Jenks attended Basic Combat Training and Advanced Individual Training to become a combat engineer. He was assigned to Germany for his first tour.

Within months, he began on the job training to become a chaplain's assistant because the position was offered to him.

He spent a few years on active duty as a chaplain's assistant and then decided to switch to the Michigan National Guard to become an officer.

In 1977, he attended
continued on next page



The Stallion Report

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Officer Candidate School (OCS) and became a maintenance officer. "If I was going to stick with the Army, I wanted to do it as an officer," said Jenks.

Jenks spent 1977 through 1985 in the National Guard until he applied for the Active Guard and Reserve (AGR) program. He was accepted and became a member of the 103rd Corps Support Command out of Ft. Des Moines, Ia.

"I wanted to finish my time in the AGR program but my contract wasn't picked up again, so it didn't work that way," said Jenks. "I had felt the calling to ministry for many years and thought; this must be the time to pursue it."

To answer the call in 1989, Jenks enrolled in college at The United Theological Seminary of the Twin Cities, Minn. He was a member of the Michigan National Guard while attending school.

After a few years of studying, he moved on to Chaplain Officer Basic in 1992 where he was then made a Chaplain Candidate.

Jenks became a chaplain for the U.S. Army in November of 1995. He worked at Ft. Riley, Kan., performing rear detachment duties, which included providing counseling to families of deployed Soldiers.

In Iraq, Jenks does more administrative duties, yet still takes time to lend an ear or provide helpful advice to a Soldier in need. Jenks works out of the Spearhead Palace at Forward Operating Base (FOB) Courage. He travels to the other FOBs of Task Force Freedom to monitor other chaplains and help work out any issues they may have. Jenks attends all memorials to honor fallen Soldiers and provide support for the chaplain speaking at the ceremony.

One of Jenks's most memo-

rable experiences was when he went with Chaplain (Maj. Gen.) Francis Hicks, the Chief of the Army Chaplain Corps, on a tour of the monastery at FOB Marez.

"I didn't know it was there until we took a tour of it," said Jenks. "Christians here still consider it a holy site and go there once a year to remember the history." The monastery dates back to third or fourth century and has been destroyed and rebuilt several times throughout history.

According to Jenks his tour in Iraq has been very interesting and he has enjoyed working with and for the Soldiers.

"Whenever I think of something for stress, I just think of the small things," Jenks added in conclusion. "Surrender to prayer, Lord grant me the serenity to accept the things I can not change. The courage to change the things I can, and the wisdom to know the difference."

Army Leaders Visit to Discuss the Combat Effectiveness of Strykers

Story and Photo by Spc. David J. Nunn



Gen. Benjamin Griffin meets with Soldiers of the Stryker Brigade Combat Team.

FORWARD OPERATING BASE COURAGE, Iraq - On May 30, Soldiers of the 3rd Battalion, 21st Infantry Regiment of Task Force Freedom, met with Army officials. The purpose of the meeting was to discuss the Stryker fighting vehicle's combat effectiveness and the overall support needed to continue success against the insurgency campaign in the northwest section of Iraq.

The grounds just outside the 3-21 headquarters were packed with distinguished guests including Gen. Benjamin Griffin, Commanding General of the Army Materiel Command, Lt. Gen. David Melcher, Army Deputy Chief of Staff, and Maj. Gen. William Lanaers, Commanding General of the Army Tank - Automotive and Armaments Command.

They were accompanied by Maj. Gen. David M. Rodriguez, Commanding General of Multi-National Forces-Northwest, Col. Robert Brown, Commander of the Stryker Brigade Combat Team and their staff members.

Task Force Freedom Soldiers Pause to Remember...

Story and Photos by Spc. Ashly E. Mitchell



Maj. Gen. David M. Rodriguez delivers the Memorial Day address at FOB Courage.

FORWARD OPERATING BASE COURAGE, Iraq - John 15:13 says, "There hath no greater love than this, to lay down one's life for a friend." On Memorial Day 2005, Soldiers on FOB Courage gathered together to honor those servicemen and women who did just that.

The invocation was given by Chaplain (Capt.) Ken Harris before the National Anthem was played. Chaplain (Capt.) Dale Goetz read the Shepard's Psalm and Maj. Gen. David M. Rodriguez gave a Memorial Address.

"Memorial Day isn't just to think of the past, but to appreciate the present. It is not reserved solely for those who sacrificed with their lives in combat," said Rodriguez. "Memorial Day is a day for those who completed their service and for those who are currently serving. It is also for the mothers and fathers who have given the lives of their children, it is for the quiet heroes who didn't wear uniforms, who struggled everyday to keep homes together in the absence of their Soldier. It is a day to thank everyone who has had a part in providing for our country's security, no matter how large, no matter how small."

The attending Chaplains each read a section of names, 84 in all, of the servicemen who gave their lives while serving in this area of operations during the last year. When the Firing of Volleys and a prayer was finished, there was a cook out at the Eagle's Inn for the attending guests.

The Army Fields a new Life-Saving Tool

Story by Capt. Jake Roberts, FOB Courage Aid Station OIC

Uncontrolled bleeding from extremities is the number one cause of preventable death on the battlefield. The best way to prevent these unnecessary deaths is the aggressive and early use of tourniquets. In the past, combat medics have been advised to use tourniquets only as a last resort, and then be resigned to the fact that placing a tourniquet will result in the loss of the limb. As a result, medics would hesitate, allowing too much precious blood to spill. This teaching was based on civilian training, not actual combat experience.

War wounds differ significantly from civilian wounds, both in severity and the time it takes to receive hospital care. Recent experience with tourniquets has proven that the vast majority of those applied in the field have not resulted in lost limbs. Current recommendations support using tourniquets for any extremity wound with pulsating or arterial bleeding, traumatic amputations, or soft tissue injuries with significant bleeding.

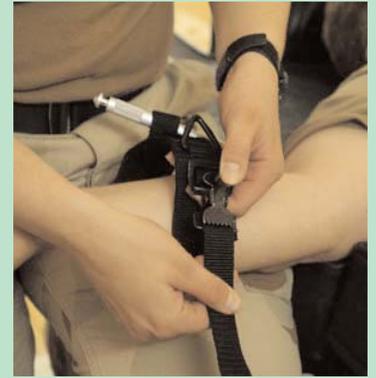
On July 28, 2004, the U.S. Army Institute of Surgical Research (USAISR) released new data on tourniquet effectiveness. Nine different tourniquets were tested. The USAISR found windlass type tourniquets, those similar to a stick and twisted rope, were most effective at stopping severe bleeding. Of the windlass type, they found that the Combat Application Tourniquet (CAT) is the lightest, most portable, and easy to use. As a result, the CAT will be issued to each Soldier as part of his or her Improved First Aid Kit. If the CAT is unavailable, Soldiers will be issued the Special Operations Field Tactical Tourniquet (SOFTT). The SOFTT is also a windlass tourniquet, very similar in design to the CAT.

The CAT consists of a Velcro strap sleeve with an inner nylon strap attached to a small "stick". To use, the tourniquet is placed just above the injury, the strap pulled tight by hand, and Velcro'ed down. The Soldier then tightens the inner strap by twisting the windlass until the bleeding stops. After the bleeding subsides, the "stick" is placed in the available holder and strapped down. Application of the SOFTT is very similar, except instead of Velcro, the strap has a locking belt.

Properly applying a tourniquet is a skill all Soldiers need to practice and master. Feel free to contact the aid station for information on classes. The life saved might very well be your own!

The Proper Application of the SOFTT

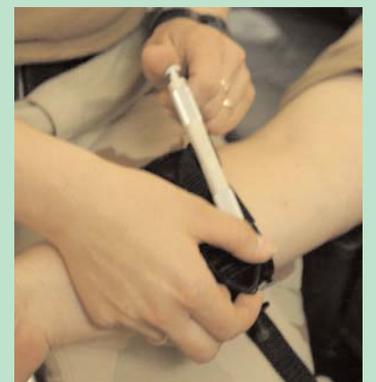
Place the tourniquet above the wound, and pull the belt tight.



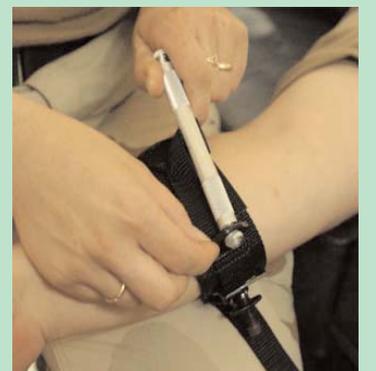
Tighten the locking screw.



Turn the windlass until bleeding stops.



Secure the windlass by placing into the attached composite eyelet. Mark the casualty's forehead with a 'T'.



Minutemen of the 11th ACR

Story by Staff Sgt. Michele A. Uitermarkt, Photo by Sgt. Richard W. Way

FORWARD OPERATING BASE COURAGE, Iraq - Just as the Marines have coined the expression of needing “a few good men”, there are a select few Soldiers who have answered the call for a very important mission. These select Soldiers are members of the 11th Armored Cavalry Regiment (ACR) Personal Security Detail (PSD) and they are ready to fight on a moment’s notice. The PSD goes wherever Task Force Freedom personnel go. Their main mission is to provide security for the Commanding General, Deputy Commanding General, and Command Sergeant Major. Occasionally, they also provide security for the Mayor’s Liaison Officer, Provost Marshall Officer, various dignitaries, and Morale Welfare and Recreation entertainment guests.

“These are good Soldiers doing good work,” said Maj. Gen. David M. Rodriguez, Commanding General of Mutli-National Forces-Northwest Task Force Freedom.

Since the arrival of the 11th ACR in Mosul in January, the PSDs have conducted missions on a daily basis. “This platoon has been non-stop since we hit the sand,” said Sgt. 1st Class Edward J. Huizar, PSD Platoon Sergeant. “I don’t know how many missions we’ve completed. We got here in January, count the days from then to now and multiply by 4 (number of squads). Whatever number you get might be a good starting place.”

The PSD platoon started at Ft. Irwin, Calif., with 40 Soldiers. “I hand picked 10 from Regimental Headquarters and Headquarters Troop, 11th ACR,” said Huizar. “The additional 30 Soldiers came from Regimental Service and Support, 11th ACR.”

The Soldiers all come from different military occupational specialties. There are scouts, air defense, engineers, and infantry Soldiers among others who serve in the PSD.

The highly trained detail is equipped with additional armor and firepower in order to carry out the mission of providing security in Mosul, Iraq. They roll out in up-armored humvees.

“The vehicles are outstanding,” said Sgt. Kahakauwila Sham, a nuclear, biological, chemical specialist who serves as the Deputy Commanding General’s driver. “I went through two IEDs already.

[The armor] saved us both times.”

Each vehicle is equipped with a .50-caliber Machine Gun or M240B Machine Gun mounted in the turrets. The Soldiers also have M249 Semi Automatic Weapons, M203 and M16A2 Rifles, Anti-tank weapons, shot guns, 9mm pistols, and grenades.

The PSD has faced the enemy several times. According to Huizar, a mission has never failed. “If they leave the wire with their principle, reach their destination, and make it back in the wire, they performed the duties they were trained to do successfully,” he said.

Before deploying to Iraq, these 40 Soldiers trained together for four months. The intensive training included instruction from the Los Angeles Sheriff’s Department and Special Readiness Bureau on SWAT tactics such as room clearing procedures, hostage rescue, and

continued on next page



Sgt. Tyson Boleman holds the position of gunner during a convoy operation with the 11th ACR personal security detail (Photo by Sgt. Richard W. Way).

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various defense techniques.

The Soldiers also worked with a civilian agency that specialized in PSD operations called Tactical Firearms and Tactics Training. This training included offensive driving techniques, shooting and weapons transitioning, various mounted and dismounted formations, hand-to-hand combat, and medical training.

“I had coordinated with outside agencies that would have a different outlook on PSD [operations] than the infantrymen or MPs,” said Huizar.

The PSD also included training with the Ft. Irwin Military Police on crowd control. Principle evacu-

ation procedures, air movement training, Military Operations in Urban Terrain, and reflexive fire techniques were also part of the PSD platoon’s training. Each of the Soldiers also qualified on all machine guns and personal weapons and became Combat Life Saver certified.

“A lot of these guys shot more in the training phase than they did their whole career,” said Huizar. “PT was done twice daily. Some weekends were sacrificed, and leave dates adjusted, because of training,” he said.

During the last month, 11 Soldiers were added to the PSD platoon to include seven infantry Soldiers, three medics, and a

mechanic.

Pvt. Scott Baranek, the medic for 4th squad who arrived here last month, has already experienced the wide spectrum of combat with the PSD. During his first week, Baranek was training at the aid station when two Soldiers were brought in who had been injured by an IED. Baranek was able to work with the aid station staff and effectively treat the casualties. Later that day, he treated comrades who were hit by a mortar attack.

“At first I was disappointed because I thought I’d work directly under the Colonel or Command Sergeant Major,” said Baranek. “Now since I’m in PSD, I wouldn’t want to do anything else.”

Dear Readers,

We’ve noticed an overwhelming number of requests for humor to be included in ‘The Freedom Post.’ Although the Public Affairs Office has plenty of resident comics, we didn’t want to monopolize with our unique sense of humor. We have resorted to comics. Please let us know if you have any comics, jokes, or war stories to share with us. E-mail us at print@tffpao.org.

-The Freedom Post Staff



MURPHY! TELL ME I DIDN'T JUST HEAR "WHOOPS" AND "WEAPON" IN THE SAME SENTENCE!



Iraqi Soldiers Train to Save Lives

Story and Photo by Spc. David J. Nunn

AL-KASIK, Iraq - Our involvement in Operation Iraqi Freedom has always had the ending goal to develop this war-torn country into an independent democracy. It is a mission to help the people of Iraq run their own country so that we can return to ours with the knowledge that the people of this country, in addition to our families and friends back home, are safe from terrorism.

An example of the U.S. taking this mission and running with it, are the uniformed members of the Al-Kasik Medical Clinic. They currently strive to train our Iraqi comrades in general field medicine and life saving techniques to aid their fellow Soldiers.

This mission is not only to strengthen the Iraqi Army into a modern military force, but also to hasten our eventual withdrawal from this country.

The goal of this training is to prepare the new Iraqi medics to take care of about 900 of their comrades in the 3rd Iraqi Army Battalion, stationed at Al-Kasik. "The training of the Iraqi medics is going very well. After these 20 students graduate, they will assist us in supporting this Iraqi battalion's medical needs," said Chief Petty Officer Peter J. Curtis, Chief Hospital Corpsman of the clinic.

Members of the aid station have found the language barrier to be the biggest hurdle to overcome during their instruction of the Iraqi Soldiers. That hurdle has lessened as the U.S. service members develop ways to better communicate and convey instructions to their Iraqi pupils.

"It is very easy for them to misunderstand what you are telling them," said Navy Seaman Jeremy Johnston, Hospital Corpsman assigned to the clinic. "When you are teaching a class like this you need to be very precise with what you say. They are highly motivated and once they understand what you are saying, they learn very quickly."

Institutions such as these are the foundation of developing an army that can provide a safe and secure environment for its Soldiers. This effort to form the 3rd Iraqi Army into a disciplined unit of fighting men, complete with their own corps of highly trained medics, is one more step toward leaving the protection of the Iraqi people solely in the hands of Iraqi Forces.



Service Members of the Al-Kasik Medical Clinic in front of one of the clinic's ambulances.

Verify your surroundings.

Anything could contain an IED.



3rd ACR Rolls Up Sleeves to Provide Top Notch Medical Care at FOB Sykes

Story and Photos by Staff Sgt. Michele A. Uitermarkt

TAL AFAR, Iraq - The Aid Station at FOB Sykes has multiplied their capabilities during the last month as the 3rd Armored Cavalry Regiment (ACR) expanded the treatment capabilities for Soldiers serving in the area.

Since the 3rd ACR rolled into Tal Afar May 10, the staff of the Tactical Medical Center has been rolling up their sleeves to provide the best possible care for ill and injured Soldiers under their watch.

Among its capabilities are ambulance service both on and off the FOB, medevac, emergency care, patient holding, x-ray, dentistry, dermatology, pharmacy, surgery, and mental health. Plans are also underway to add an optical office. The seven-tent facility is partially sheltered by a hangar which has been modified to include a supply room and pharmacy.

“The Soldiers have a unique opportunity to get all the care they need in one spot. We keep the Soldiers ready,” said Capt. Joseph Bernier, Doctor of Dental Sciences. Bernier is one of three dentists who have been treating people every day since their arrival. “We handle everything from routine to urgent and some minor cosmetic care,” said Bernier.

The Soldiers were able to get the medical center built and operational within a week of the 3rd ACR’s arrival.

The Forward Surgical Team (FST) was already in place at FOB Sykes, but now has an improved

operating room. The 102nd FST (pronounced “fast”) from the 62nd Medical Brigade at Ft. Lewis, Wash., is designed to treat 30 urgent surgical cases within 72 hours. The 19-member team includes three general surgeons, one orthopedic surgeon, several nurses, operating room technicians, and an NCOIC.

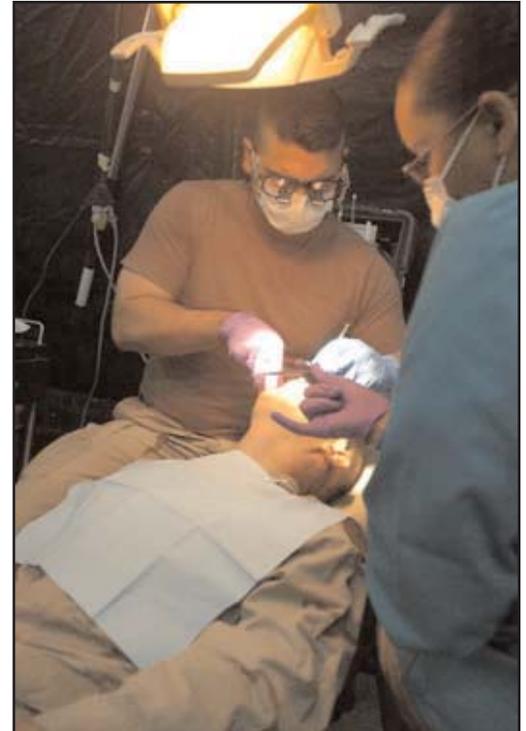
The FST has been at Sykes since January 9. They have performed 45 surgeries while also helping in the emergency room when necessary, according to Maj. Eric G. Puttler, commander of the FST.

Puttler recalls an Iraqi Soldier whose life was saved by the precise action of the surgical team, “[We treated] an Iraqi Army guy who was hit by an IED and had his legs blown off. We amputated his leg and saved his life. He’s doing pretty good now,” said Puttler.

The care provided by the

3rd ACR will continue to save the lives and improve the health of American Soldiers as well as Iraqi Soldiers and civilians.

“If they show up here, we treat them,” said Puttler.



Above: Capt. Joseph Bernier places a filling into a Soldier’s tooth.

Below: The surgical tent of the TMC has many of the amenities of any operating room.

WHAT DO YOU THINK?

What would you like to see more of in 'The Freedom Post'?



SPC Dara Johnson
Supply Specialist
814th Quartermaster
LSA Diamondback

"More humor, anything funny!"



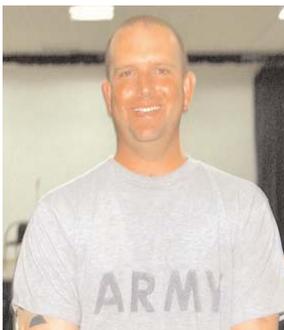
SFC Edward Huizar
Personal Security Detail
Platoon Sergeant
FOB Courage

"Sports and Comics"



SPC Jesus Vargas
536th Maint. Co.
Welder
LSA Diamondback

"More Humorous Stories."



SSG Mike Henkel
59th Military Police Co.
Squad Leader
LSA Diamondback

"Humor, in whatever form"

Army announces new Combat Action Badge design

WASHINGTON D.C. (Army News Service, May 27, 2005) - The Army announced the design for the Combat Action Badge (CAB).

The design was approved by Gen. Peter J. Schoomaker, Army Chief of Staff.

The CAB, featuring both a bayonet and grenade, may be awarded to any Soldier 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, according to its authorizing language. Award is not limited by one's branch or military occupational specialty.

"Warfare is still a human endeavor," Schoomaker said. "Our intent is to recognize Soldiers who demonstrate and live the Warrior Ethos."

"The Global War on Terrorism and its associated operations will be the first area of conflict considered for this award," said Lt. Col. Bill Johnson, Chief of Military Awards for Human Resources Command. "September 18, 2001, is the effective date for the new award. That is when President Bush signed Senate Joint Resolution 23, authorizing the use of military force against those responsible for the recent attacks launched against the United States."

The CAB will go into immediate production and should be available late this summer or early fall through unit supply and military clothing sales stores.

For more information on U.S. Army Badges, visit the Institute of Heraldry Homepage, <http://www.tioh.hqda.pentagon.mil/badges/UnitedStatesArmyBadges.htm>.

