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Q-West talent rocks the MWR center, international style. Page 6



LIFELINER WEST

"If you want it done, call the 101!"

Volume 2, No 3 Deployment Edition

Q WEST BASE COMPLEX, IRAQ

November 1, 2005

QBC workers vote in successful referendum

By Sgt. Rachel A. Brune

Mohammed Abdullah stood for a few hours and watched as men and women, young and old, visited the polls to vote in the Oct. 15 national referendum on the Iraqi constitution.

Some people voted by yes, some people by no, said Abdullah, Force Protection Services first sergeant, speaking through a translator. For me, I voted by yes.

In Abdullah's village, El Houd El Takhtan, everyone went to vote, he said.

Every Iraqi working for FPS, the Iraqi security forces on Q West Base Complex, went to vote except for 40 members who could not get off shift, according to Staff Sgt. Michael Frank, 1 107th Cavalry, 11th Armored Cavalry Regiment.

The last shift could not make it out to vote before the roads shut down for security reasons, according to Frank, the FPS liaison.

Abdullah believes that many Iraqi police and military members voted to ratify the constitution. The constitution is only one step in the process of rebuilding Iraq.

We need the advice of the American military to improve our army, said Abdullah. He added: For our children, we need to improve their level of education, to improve sanitation and medical care.

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Photo by Sgt. Rachel A. Brune

Q-West Force Protection Services members display fingers ink-stained from voting in the Oct. 15 constitutional referendum.

360th Trans: Rolling through the night to keep you supplied



Photo by Sgt. Rachel A. Brune

A 360th Transportation Company mission hits the road Oct. 20.

Spc. David Bear Sandoval is an infantry man.

On cold Iraqi October nights, he bundles up like his nickname and mans the turret of a 360th Transportation Company gun truck.

Escorted by Sandoval and his fellow members of the gun truck platoon, 360th Trans. Co. trucks regularly travel to Forward Operating Base Sykes to provide Soldiers with all classes of supplies.

The mission is neither easy nor safe. Until military operations in nearby Tal Afar suppressed insurgents active in that area, the company regularly encountered hostile action including improvised explosive devices, or IEDs, and small arms fire, according to Sgt. Michael Lord Helmet Zimmerman, assistant driver.

My vehicle has been shot up, said Staff Sgt.

Mark Fullman, mission commander and second squad, third platoon leader. I have a nice little bullet for a souvenir.

Before deploying, the unit trained at its home station of Fort Carson, Colo. Live fire exercises gave the Soldiers an idea of what they would face, according to Staff Sgt. Brandon Zackery, assistant mission commander.

We've put that training to use, said Zackery, adding the unit has encountered IEDs and sniper fire, and performed combat vehicle recoveries.

About 40 percent of the Soldiers in third platoon are veterans of Operation Iraqi Freedom I, with a lot of experience, said Zackery.

On the way out to Sykes, Sandoval, Zimmerman and Pfc. Rob Old Man Mockerman kept themselves occupied sharing

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The Lifeline West, Deployment Issue: Vol. 2,

Na 3 is published bimonthly by the 101st

Sustainment Brigade Public Affairs Office to its

subordinate elements of the brigade and units

residing on Q West Base Complex, and to raise

and promote the morale of the troops. Contents

of this publication are not necessarily the official

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Affairs Office. Articles and photos of interest to

the brigade and its elements are invited and may

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360th Trans. Co.

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war stories, reminiscing about previous runs and negotiating for their ride along reporter to purchase the rights to a book authored by one of the platoon members.

Zimmerman offered two bucks and a date with one of the gunners.

Small arms fire has hit their vehicle as well, and they have encountered their share of IEDs.

The 360th Trans. Co., also known as the Backbone, is a medium truck company that originally deployed at about 80 percent strength, according to Capt. Troy T. Kirby, company commander. The unit made up the slack by recruiting volunteers from combat arms, ordnance and quartermaster units on post and training them in the unit's drivers training class.

After arriving in Kuwait, the Soldiers discovered they would be providing their own force protection to escort supply missions.

The first sergeant and I decided to form a gun truck platoon from all our combat arms Soldiers and some of our 88Ms [truck drivers], said Kirby in an e-mail interview. We are very fortunate and unique to have combat experienced Soldiers to run our gun truck operations.

In addition to the regular supply missions, 360th Trans. also supported the recent constitutional referendum by delivering 713 force protection barriers to various locations.

When we hit ground, we implemented the standard operating procedure, that the battalion took and ran with, said Fullman.

From the start, the company hit the roads in an extremely aggressive posture, ensuring the gunners remained vigilant and all Soldiers kept their weapons ready, said Fullman.

Our Soldiers have done a phenomenal job, said Kirby. No other transportation unit has transported more fuel or general cargo than the Backbone in the northern portion of



Photo by Sgt. Rachel A. Brune

Sgt. Michael "Lord Helmet" Zimmerman, assistant driver, keeps an eye out as the mission gets moving.

Iraq.

The unit has racked up about 1.3 million miles, 28 percent of the 1225th Corps Support Battalion's total, in more than 230 missions since taking over from the 283rd Transportation Company, according to Kirby.

The Backbone is scheduled to redeploy in December, said Fullman.

For the incoming units, Fullman has this advice: Follow that SOP. If you have any other ideas, bring them up and keep driving on!

On the way back from Sykes, Bear, Lord Helmet and Old Man traded ghost stories. This time, Sandoval was in the driver's seat, while Mockerman manned the turret.

These Soldiers do an outstanding job. Our track record shows that, said Zackery. There's no finer group of Soldiers out there.

FPS votes

Continued from Page 1

If the U.S. Army were to leave, Abdullah believes there would be problems between the various groups in Iraq.

We work with the United States, said Abdullah. We trust them. We know how they work, and they keep taking care of us.

Iraq needs an honorable president who will take care of the people. The country's people need equal opportunity for employment, said Abdullah.

The ones who voted no have no confidence or trust in their leaders, said Abdullah. He added: They forgot what

the previous president [Saddam Hussein] did.

Although he voted to ratify the constitution, Abdullah still has not had a chance to view it for himself and instead relied on what people [in his village] said when voting, he said.

Although students at the university received copies of the constitution, which was also available on the Internet, neither option worked in his village, about five kilometers from Qayyarah, said Abdullah. Many people in the village are illiterate, with no access to the Web.

The Q West based 4th Battalion, 11th Field Artillery Regiment provided security at the local polling sites.

494th TC, 1/A-82nd PSD recognize Soldiers with end-of-tour awards

By Capt. Daniel Chase

142nd Corps Support Battalion

LSA DIAMONDBACK, Iraq Soldiers of the 494th Transportation Company and 1/A 82d Paratrooper Support Detachment left with more than medals during a 142d Corps Support Battalion awards ceremony Oct. 17 here they left with a sense of achievement.

Recognizing more than 175 Soldiers for their deployment accomplishments, commanders Capt. Justin Herbermann of the Fort Campbell based 494th Trans. Co. and Chief Warrant Officer(2) Anthony Cavaliere of the Fort Bragg based 1/A 82d Paratrooper Support Detachment said they can't praise their Soldiers enough.

It's been phenomenal, said Herbermann. Their performance has really been extraordinary. You can never really thank them enough for what they've sacrificed.

It's great, added Cavaliere. It's a magnificent feeling to look back at the past 12 months and see all that they've accomplished.

Herbermann's Soldiers, who conduct daily combat logistic patrols to Q West Base Complex, Forward Operating Base Courage and FOB Sykes, have accrued more than 600,000 miles, escorted more than 43,000 third country national trucks and moved 5,000 people since their arrival in Mosul in January.

As a multi-functional personnel detachment postured to support a brigade, Cavaliere's unit has produced division-like numbers, servicing between 13,000 and 15,000



Photo courtesy of 142nd CSB

Lt. Col. Ronald Green, battalion commander, presents Spc. Lisa Hunt, 494th Trans. Co. mechanic, with the Army Commendation Medal.

Soldiers and processing more than 75,000 personnel actions and transactions.

Cavaliere said that while some of his Soldiers' accomplishments are attributed to his motto "Motivated by Challenge," the overall success results from something even simpler.

It's the way we do it, said Cavaliere. We're aggressive and determined to come in here each day and service the Soldiers.

Another ingredient to the Soldiers' success is what they've learned and how their work has impacted the people of Iraq.

I've learned that change is possible in a very quick time, said Sgt. Brad Leary, an 82d PSD light wheeled vehicle mechanic. It was good to see the different attitudes, and that people in Iraq are proud of their country as well.

I think we've played a pretty good role in helping out the local nationals, added Sgt. Jorge Rios, a 494th Trans. Co. motor transport operator and team leader. I think we're leaving a lasting impression.

Lasting impressions have also been left among the Soldiers of the units, whose differences have drawn them closer together.

We have a lot of different people, said Rios. Every time there's a stressful situation no matter what the ranks we all pull together. Even though we're so different, we learn to trust each other like family.

And while stressful situations may be the norm in a combat zone, they won't stop some Soldiers from returning on another deployment.

If the Army asked me to come back, I'd come back, said Sgt. Thomas Lyttle, 494th Trans. Co. No questions, no hesitations.

I'm very excited, said Pfc. Derrick Davis, an 82d PSD human resource information system manager. It's overwhelming. I can't wait to get back to my family.

I'm looking forward to it, added Leary, from Maple Shade, N.J. I'm looking forward to getting a Philly cheesesteak in my stomach and a cold beer.

Local commanders meet for informal chat, local cuisine

Iraqi soldiers, Force Protection Services members and American troops gathered together over local cuisine for an evening of conversation and cultural sharing during the semi monthly commanders dinner Oct. 18 here.

[The dinner is] a social event to get a chance to relax and talk about how the programs are doing, said Lt. Col. Richard Curry, 1 107th Cavalry, 11th Armored Cavalry Regiment.

Curry, the current Q West Base Complex commander, began the dinners in February 2004, shortly after arriving at Q West in January.

We've created a whole partnership program all the way with FPS [that is] totally unique, said Curry. [The program] is unique because of the partnership and because of the missions.

FPS employees work alongside American Soldiers to provide security in various areas on the base, such as the entry control point and the perimeter guard towers.

With the onset of colder weather, the guest list is limited due to space considerations, said Curry. In the past, the FPS hosted some dinners outside, which many Soldiers attended.

The [dinners] give all the American Soldiers working with the FPS a chance for a little cultural exchange, said Curry.

When the 1 107th arrived, the FPS performed a limited number of missions. Curry and his staff improved the training and expanded the FPS missions.

Really, right now they're pretty self sufficient, said Curry. He added, he treats the FPS commander, Col. Mohammed Kahamis, as a member of his staff. It's a totally different program than when we first got here.

Curry said, he is pleased with the way the liaisons from the 1 107th and the FPS have developed the programs and put them into practice.

They executed the hell out of [the plan], said Curry. He added, it is a prime example of what happens when good people get a good mission.

Still, Curry cautions there is more to do.

All we've accomplished is the foundation, said Curry. Whoever comes out here next needs to start putting the house together.

After the dinner, Curry sat out on the front porch of FPS headquarters, chatting with FPS members over a plate of a sweet pastry resembling baklava. He noted some interesting conversations have arisen during the dinners.

At first, the Iraqi workers were confused by the American idiomatic expression, "What's up?" The American troops had to explain it really means, "What are you doing?"

You don't think about the differences of the language and slang all the time, said Curry. He has since learned to say, "Shako mako, Iraqi slang for 'What's up?'"

The reply is: "Mak o shee, Not much."

IA graduates 53 from QBC NCOA

By Sgt. Rachel A. Brune

The Iraqi army welcomed 53 new soldiers to its ranks in a basic combat training graduation ceremony Oct. 17 here.

The soldiers graduated from the Iraqi Noncommissioned Officer Academy basic training program, operated by the 4th Battalion, 11th Field Artillery Regiment.

When the history books are written, you will be the heroes of Iraq, said Sgt. Maj. Walter Murrell, NCOA commandant.

Command Sgt. Maj. James Fraijo, the Task Force Thunder command sergeant major, gave the keynote speech.

Iraqi soldiers are proud to do their duty and fight for their country, said Fraijo after leading a round of applause for the graduates.

Fraijo presented certificates and awards to the distinguished honor graduate and the honor graduates from each platoon. He presented a marksmanship award and a physical fitness award to the soldier who scored top marks in each area.

You will use this training every day of your lives as a soldier, said Fraijo.

The graduates watched a video presentation from their training class. The video highlighted training such as marksmanship and combatives, as well as such familiar military events as hair cuts and physical training tests.

After the closing remarks, the soldiers stood for the Soldiers Creed. In Arabic, they recited: "I will be a guardian to ensure that freedom is preserved for the people of Iraq."

The trainees learn marksmanship with the AK 47 assault rifle, endurance, physical fitness, con-



Photo by Sgt. Rachel A. Brune

Sgt. 1st Class Neshwan Taha, Iraqi NCO Academy instructor, keeps a line of Iraqi soldiers dress-right-dress as they wait to receive certificates of graduation from basic combat training.

ducting searches and combatives, to name a few, according to Sgt. 1st Class Neshwan Taha, an Iraqi BCT instructor.

Marksmanship, the first skill the soldiers learn, is the easiest to teach, said Taha. Conducting searches of vehicles and houses is the most challenging block of instruction.

Instructors from the 4 11th shadowed American instructors in the previous class. This cycle marked the first time the Stryker Brigade Combat Team Soldiers worked directly with the Iraqi instructors to teach the training.

It was the thing to do, said Pvt. Ismail Saba Khalif, the distinguished honor graduate, when asked why he joined the Iraqi army. Khalif, who recently graduated high school, said many of his fellow students made the same decision.

Khalif said he enjoyed the well organized training he received during the four week course.

He [Khalif] is destined to be

an Iraqi Army cadre member here, said Murrell.

One of the challenges of the training was integrating the new American instructors, according to Sgt. 1st Class Mohammed Khalif Fahed, an Iraqi Army instructor at the Academy. Some of the Americans did not know how to deal with the Iraqi soldiers, and vice versa.

Four Soldiers from the previous group of instructors volunteered to stay at the school, allowing a smoother transition, said Murrell.

Their subject matter expertise has allowed a smoother transition, said Murrell. They have the knowledge to get the point across.

Using the lessons learned from this cycle, the Academy will soon begin another training course. Murrell hopes the graduates will progress in their military careers.

God willing, everyone will return to the Academy as a non commissioned officer, said Murrell.

Tigris River Valley Security Council meets

By Sgt 1st Class Jason Ameson
4 11th Field Artillery Regiment

Approximately 200 local leaders from the Tigris River Valley, including mayors, city council members, Iraqi army and police commanders and religious leaders, participated in the Regional Security Council meeting Oct. 26 here.

The speakers and attendees presented and discussed topics such as the successful results of the constitutional referendum, the first Tigris River Valley mayors meeting Oct. 19, civil affairs projects, fuel distribution and the upcoming Iraqi Police Conference.

We cannot achieve our goals with rifles, we cannot achieve our purpose, said Maj. Gen. Ahmed, Mosul Chief of Police. We can only achieve peace with dialogue and voting.

Brig. Gen. Ali, 1st Battalion, 3rd Brigade, 2nd Iraqi Army Division commander, opened the meeting with welcoming

remarks. He led a moment of silence for three Iraqi soldiers who died in the line of duty as a result of non hostile actions.

Task Force Thunder Commander, Lt. Col. Scott G. Wuestner, 4 11th Field Artillery Regiment, presented Certificates of Appreciation to all who were involved in ensuring a safe referendum vote in the Tigris River Valley.

The fruit of our work was the unexpectedly high turnout [for the referendum vote], said Ali. However, we were not surprised by this turnout, since there is trust between the Iraqi security forces and the people of the Tigris River Valley.

A five minute video presentation in Arabic showed the combined U.S. forces and Iraqi Army actions that resulted in the safe referendum.

The council concluded by discussing civil affairs projects both currently ongoing and recently completed. Wuestner informed the attendees that each class of



Photo by Sgt. Rachel A. Brune

Mosul Chief of Police, Maj. Gen. Ahmed, (second from right) listens to a speaker.

the Arctic Light Elementary School in Fort Wainwright, Alaska, is hoping to adopt a local school.

Ali also spoke of his hopes that quality fed people in the area will begin a weekly newspaper, as well as a radio station, to

keep citizens in the Tigris River valley updated, and to make [their] voice heard.

The Tigris River Valley Regional Security Council will meet again in late November to discuss the December parliamentary elections.

360th Soldier builds link to home

By Sgt. Ashly Rice
Staff Reporter

The 360th Transportation Company maintenance platoon sergeant has used his civilian skills in information technology to create a Web site to connect family and friends to their loved ones stationed here in Iraq.

Sgt. 1st Class Daniel Sloughter volunteered to be attached to the 360th Trans. Co. from the 423rd Transportation Company, where he was assigned as a Reservist in Fort Carson, Colo. Now on active duty status and deployed with the 360th, Sloughter has built a Web site that goes far beyond the common information found on a basic Family Readiness Group site.

Created back in January, when the unit arrived at Q West, from a small one page overview of current unit events on his personal Web page, the 360th Web site evolved over the months into what Sloughter once called his monster.

I felt the need to inform my family what I was doing, but now that the site is our unit's Web site, it is a link between other Soldiers and their families, said Sloughter.

The site also works as a morale booster. The normal worries that engulf families back at home may be eased with one look at the homepage.

Unclassified maps of the unit's location here in Q west, Middle East newspaper sites, Fort Carson newspapers and a patriotic song accompany the main unit information and photos of soldiers.

Sloughter makes daily updates so recent pictures of Soldiers can be the first thing a family member views when he or she looks at the site. Links to other sections on the site are easily accessible.

The Commander's Notes is a weekly updated section with important information for families and Soldiers. Sgt. Kevin Thomson, communications chief, 360th Trans. Co. said, While I was home on leave, I found information on the Web site that I was not able to receive from the rear detachment.

Other links such as awards, promotions and reenlistment are designed to give families the feeling that they were present for those events in their Soldiers



Photo by Sgt. Ashly Rice

Sgt. 1st Class Daniel Sloughter, Web guru

careers. The link to the 360th Photos leads to a page with more pictures of Soldiers than on the homepage and is broken down by platoon. Updated pictures of the Soldiers are continuously added.

The unit history/veterans link includes the overall history of the 360th Transportation Company. Individuals assist in the update of the page by sending pictures of everything from past WWII buddies to the original 360th sign.

The site also includes a memorial celebrating the lives of Soldiers who have made the ultimate sacrifice within the ranks of the 360th Trans. Co., with pictures sent from their families and articles from their hometown newspapers placed on the site.

The 360th Web site also includes a Family Readiness Group disclaimer and a Just to Pass the Time link where there are games to play. Those lists of links are wrapped up with a Leave Feedback form that visitors can fill out to give their opinion on the site.

The 360th Web site grew from just a link off of Sloughter's personal Web page. Capt. Troy Kirby, commander, 360th Trans. Co., didn't expect the site to become what it is today. According to Kirby, the site ballooned, and they are fortunate to have Sgt. First Class Sloughter.

The company commander is not the only one who finds Sloughter's efforts to be extraordinary. Sloughter receives e-mails daily from families and others who appreciate the hard work to make the Web site what it is.

Ops Soldier, handyman

The 101st Brigade Troops Battalion assistant operations noncommissioned officer in charge is a pretty handy Soldier to have around.

On his first deployment in support of Operation Iraqi Freedom, in 2003 with the 549th Maintenance Company, Staff Sgt. Christopher Piekunka transformed a normal soft top highly mobile multi wheeled vehicle, or HMMWV, into an armored gun truck mounted with a .50 caliber crew served machine gun.

When Alpha Company, 101st BTB, needed an electrical distribution box that wouldn't blow a fuse, Piekunka built one, complete with fuses and 110V plugs, to keep the unit's equipment operational.

The box is somewhat similar to the circuit breaker found on the wall of a residence, according to Pfc. Jose Escalante, Alpha Co. systems operator. Connected to a generator, the box sends out electricity evenly without blowing a fuse.

Piekunka's box feeds electricity to six different boxes, ensuring, among other things, the continued operation of the Internet and making sure that various pieces of equipment at the 101st Sustainment Brigade headquarters building receive a reliable source of power.

After accepting the mission from the battalion executive officer, Piekunka searched for



Staff Sgt. Christopher Piekunka parts to build the box. He found some parts at the Q West Mayors Cell.

Piekunka's searches took him to some other areas of the base as well.

I found some parts at the dump, said Piekunka.

To put it all together, Piekunka borrowed tools from the Air Force. The airmen assisted in the construction of the box, he said.

Piekunka credits his father with teaching him his handy man skills. He learned from doing a lot of stuff around the house as a kid, he said.

During his first deployment with the 549th Maintenance Co., 652nd Air Defense Artillery Battalion, Piekunka also built bunk beds with screen nets and other items to raise the standard of living for his fellow Soldiers.

We built our building and had showers for the whole company, said Piekunka.



Chaplain's Corner: Relationships

By Capt. Philip Willis
Chaplain, 1225th Corps Support Battalion

Relationship issues would probably list one of the top three concerns of every Soldier if I were to conduct a survey on Q West. Most chaplains know this and have tools and resources to help Soldiers navigate these rocky roads.

While a number of Soldiers visit the chaplain's office, there are hundreds who suffer in silence, or get less than the best advice from others who are in the same boat, or end up hearing personal information in the rumor mill.

Furthermore, I know there are Soldiers who won't come to the chaplain because they think the chaplain will make them pray. Come on now, Soldiers, give the chaplain more credit than that, ok?

I started the relationship seminar because I saw relationship issues increase at and between months four to six from the time Soldiers arrive. Soldiers are slightly at a disadvantage because they can call, email, write letters and send cool things from a foreign country.

Often Soldiers complain they don't get the same amount of communication in return. A frustrating debt builds between the great gulf of time and circumstance.

My intent was to briefly provide helpful management tools for married and single Soldiers alike as they tackled these challenges. Because we had such favorable results the seminar has been on going for six months!

Maybe some Soldiers ignored those two huge signs at the MWR, or thought it was just for married people or only single people, but soon this seminar will come to an end because my tour is just about over. Don't fret. There are other outstanding chaplains here that will be leading similar innovative programs that will be what you need.

I conducted a survey that would help me better understand the nature of relationships in our battalion. Three units were randomly selected. Here is what I discovered:

More than 90 percent of the Soldiers indicated that their relationships during deployment were like a rollercoaster.

More than half of the Soldiers indicated that their relationships went from positive to negative. A small number indicated that their relationships actually improved. These statistics led me to begin the seminar to mitigate some of these challenges.

I would like to leave you with some helpful tips for positive strategies to help you deal with some of the difficult challenges you will face in your personal relationships and with people in general. Make sure you use these the right way.

1. When dealing with a difficult partner, remember you cannot force someone to agree with you. When people do not agree with you, it is usually because they are afraid of something. Ask, What are you afraid of? Will happen if you agree with me?

2. The object when in conflict is to manage it so it doesn't escalate. Most people when they argue forget what they are even arguing about. Stop and ask your partner, Is this going to make us any happier? If the answer is no, stop.

3. The typical response when someone insults you is to strike back with a bigger insult. Carrying on this way will only build further resentment, hostility and bitterness that may take years to heal. Try saying this instead, Thanks for sharing that with me. You will be surprised how quickly that calms them down. Saying thanks, or I thank you, will bring that cycle to an end.



Photo by Sgt. Rachel A. Brune

101st welcomes 3rd COSCOM

The commander of 3rd Corps Support Command, Brig. Gen. Rebecca S. Halstead, visited the 101st Sustainment Brigade tactical operations center here Oct. 25.

Brigade commander, Col. James D. Scudieri, and his staff welcomed Halstead with a "Concept of Support" brief and plates of food.

Halstead is the first female graduate of West Point to achieve the rank of brigadier general. 3rd COSCOM recently deployed in support of Operation Iraqi Freedom.

The Art of War



“REFERENDUM VOTE” By Sgt. Patricia Tso, Multimedia Illustrator

Code Talkers: Native American heritage

By Sgt. Patricia Tso

101st Sustainment Brigade

Ya ah teeh! This means hello in the Navajo language. I am Tachii nii (Red Running Into the Water Clan), born for Todichi ii nii (Bitter Water Clan). My maternal grandparents are To aheadliinii (Water Flows Together Clan) and my paternal grandparents are Ashiihi (Salt Clan).

I was taught to acknowledge my identity through these four clans consisting of my mother, my father, my maternal grandparents and my paternal grandparents. As a Navajo, I learned the value and importance of the Navajo language through stories told by our elders and was encouraged to speak the language fluently.

The Navajo language was once used as a secret code to relay messages by Navajo recruits in the Marines during World War II. The first 29 recruits entered basic training at Camp Pendleton, Calif., in May 1942 to learn and devised words for military terms which would later be used in combat.

For example, names of birds such as chicken hawk denoted airplanes, the commanding general was war chief, and a major general was a two star. Each letter of the alphabet had been given different terms, for example, ant, ax and apple, were the forms for the letter A.

The code was used to translate messages through radio transmission about target locations from one command post to another. The enemy could not break the code, and it was never spoken of until the year 1968, long after the war had ended.

Navajo recruits were later given the name Navajo Code Talkers for their heroic performance and duty during the conflict.



Illustration by Sgt. Patricia Tso

Today there are five original Navajo Code Talkers still living on the Navajo reservation. Some travel all over the world to have their stories heard.

On July 26, 2001, President George W. Bush presented the Navajo Code Talkers and their family members the Congressional Gold Medal as an acknowledgement, which they earned a long time ago during World War II.

Today all across the Navajo reservation, memorial monuments and museums are being built and dedicated in honor of the Navajo Code Talkers and Native American war veterans.

It is amazing to know that the language I speak has so much history and value. I once shook the hands of a Navajo Code Talker while I was attending New Mexico State University during my sophomore year. The uniform he wore reminded me so much of my father, who is a Vietnam veteran, and that I should always be proud of whom I am: a Navajo.

Health Talk: Lower Back Pain, Part III

By Capt. A. Michelle Moore, M.D.
Brigade Surgeon, 101st Sust. Bde.



TREATMENT

My last two articles addressed the diagnosis and prevention of back pain. I will now address treatment of back pain.

Lower back pain is pain and stiffness in the lower back. It is one of the most common reasons Soldiers go to sick call, but many times Soldiers can treat the pain themselves.

Treat the early stages of back pain and muscle spasms with ice packs for 20 to 30 minutes every four to six hours for the first two to three days.

You may lie on a frozen gel pack, crushed ice or a bag of frozen peas. The following are additional ways to treat low back pain:

Rest in bed on a firm mattress. Often it helps to lie on your back with your knees raised. However, you may prefer to lie on your side with your knees bent.

Take ibuprofen (Motrin) or other anti-inflammatory medications.

Begin a regular exercise program

to gently stretch and strengthen your muscles as soon as you can.

Exercises that strengthen your core muscles such as crunches, yoga or Pilates will help take the strain off your back and help you avoid problems in the future.



Go to Sick Call if

Pain goes down your leg below your knee.

Your leg, foot, groin or rectal area feels numb.

You have fever, nausea or vomiting, stomachache, weakness or sweating.

You lose control over going to the bathroom.

Your pain was caused by an injury.

Your pain is so intense you can't move around.

Your pain doesn't seem to get better after two to three weeks.

For more information visit: <http://www.sportsmed.buffalo.edu>

<http://familydoctor.org/117.xml>



Just for Laughs



SAFETY FIRST: TRAFFIC

By James F. Jennings

Safety Officer, 101st Sustainment Brigade

When most of us were very young children, we were taught simple rules to keep us safe from vehicle traffic. Look both ways before walking across the street. Cross the street at the crosswalk.

And always walk on the left side of the road so you can see the approaching cars.

For some reason, Soldiers on Q West Base Complex seem to have forgotten that last rule.

Quite a few of us are walking and running with our backs to traffic. The failure to comply with this safety rule is increasing the risk that we'll have a tragic accident on our FOB.

Q West has a dangerous mix of narrow roads, large military vehicles with restricted visibility and very few illuminated areas. This can spell disaster for the pedestrian or runner who cannot see approaching vehicles, especially at night.

Conversely, the approaching vehicle is often surprised by the unexpected sight of a Soldier appearing out of the dark at the

front right corner of the bumper.

In order to help mitigate this risk, the 101st Sustainment Brigade recently enacted a policy requiring its Soldiers to carry a flashlight or wear a reflective belt at night while wearing ACUs or DCUs. Required with the Physical Training uniform, the reflective belt allows drivers to see pedestrians during hours of darkness.

Many Soldiers opt to carry a flashlight as well as wear a reflective belt. This is risk management in its basic form, and it doesn't require a formal typewritten worksheet or numerical risk assessment.

See the hazard, take common sense steps to protect yourself and continually look for additional ways to keep improving your margin of safety. If you're one of those Soldiers who is walking or running with your back to traffic, get on the other side of the road.

Keeping vehicles in sight will increase your ability to get out of the way if the road narrows or visibility is limited. Wear that reflective belt and carry a flashlight.

And make it home in one piece.



Army dusts Air Force in championship



Photo by Sgt. Ashly Rice

An airman tries to run with the ball, as Pfc. Jerry Leal reaches to grab his flag and the Army defense closes in.

By Sgt. Ashly Rice
Staff Reporter

The 101st Sustainment Brigade flag football team beat the 557th Expeditionary Red Horse Squadron (Air Force) 33 12 in the 2nd MWR Dust Bowl Friday Night Lights championship Oct. 28 here.

Friday Night Lights consisted of three playoff games: one on each Friday for the month of October, and the Championship game held on the fourth Friday.

It was a heartfelt game, said Senior Airmen Mario Lanton, Air Force team captain. Although four starters were injured, we played hard. We are happy we made it this far, and now it is known that the Air Force are here to play too.

The proud captain of the 101st Sustainment Brigade, Staff Sgt. Clayton Vick Shaw, said: The team played well. Our defense was strong and defense won the game.

The teams would like to send thanks to the MWR sports coordinator, Kevin Romero, for putting together the Friday Night Lights event.

I couldn't ask for a better match up, said Romero, gleaming.

Whirlwind Players
Tryouts

Coming Soon: Watch for the MWR Flyers!



No Ghost of a Chance
By Sandra Hennings Miller

Also Need Volunteers for Crew

Coming Soon!

WAR STORIES
ESSAY CONTEST

In honor of Veterans' Day, Nov. 11, MWR and the Lifeliner West are sponsoring an essay contest for the best "War Story." See flyers posted in MWR and this paper for more information!

HELP WANTED

Sports Photographer
Take digital photos of various events on base. Experience preferred, but not necessary.
To Apply: Contact: rachel.brune@us.army.mil

Onstage: Local players give show international flair

From Bronx, N.Y., rap to drumming on the Indian *tabla*, the Morale, Welfare and Recreation Talent Show provided an international flavor in entertainment to Soldiers 8 p.m. Oct. 22 here.

Jerry Yonko, MWR supervisor, acted as master of ceremonies. The program showcased the talents of eight Soldiers and three civilians residing on Q West.

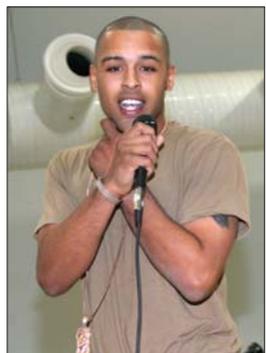


Photo by Sgt. Rachel A. Brune

Pfc. Manuel Terc, Alpha Company, 16th Signal Battalion, performs an original rap piece.

Female vocalist Sgt. Octavia Nickle, 818th Maintenance Company, won the Talent Show with her rendition of Leaving on a Jet Plane. Nickle, who performed with the Monster Garage Jam Band, is scheduled to redeploy soon.

The Q West Drama Club started off the evening with a duo performance of The Copper Clapper Caper, a Johnny Carson and Jack Webb sketch. Susan Suz Cothorn, MWR coordinator, and Don Schnell, of the fire department, deftly attacked the tongue twisting skit to comic effect.

Airman 1st Class Kevin Czarniecki, 332nd Expeditionary Logistic Readiness Squadron, performed next on the guitar with his rendition of Glycerine by the British rock group Bush.

The performance geography headed back to New York with an original rap piece performed by Bronx, N.Y., native Pfc. Manuel Terc, Alpha Company, 16th Signal Battalion. Terc wrote the song based on his experiences on deployment.

I tell my moms every day on

the phone/I m doing my thing and holding my own, Terc rapped over a beat he downloaded from the Internet. He continued on the chorus: Ain't nobody love me like you.

The rhythm of the music segued into a performance by Sgt. Rob Stocklas, 818th Maintenance Company, whose drum solo swung, rocked and stomped the beat across the drum set and a handy wooden stool. Stocklas was last seen onstage Sept. 25 at the dining facility, accompanying the Monster Garage Jam Band.

A new arrival at Q West, Spc. Corey Franks, Bravo Company, 10th Aviation Regiment (Attack), received loud applause for his capella rendition of H Town s Knockin Da Boots.

Franks is an accomplished performer, who was last seen in the Army s Soldier Show. He left the show early to volunteer for deployment with the 10th.

The OH 58D Kiowa helicopter crew chief placed third in the male vocal soloist category in the Army wide 2005 Stars of Tomorrow Talent Competition, earning him the spot on the show.



Photo by Sgt. Rachel A. Brune

Sgt. Octavia Nickle, 818th Maintenance Company, performs "Leaving on a Jet Plane" during the MWR Talent Show Oct. 22.

After Nickle s winning performance, AAFES employee Modhusood Anan set up a pair of Indian drums known as *tabla*. He performed several rhythmic pieces, including one with vocals.

Using the motion of his hand on the large drum, known as the *bayan*, Anan changed the pitch of the beat as well as the rhythm.

Two guitar and vocal performances closed out the evening. Spc. Dean Olson, 245th Aviation Detachment, played and sang Aerosmith s Crazy. Olson also

performed at the DFAC with the Jam Band.

Spc. Barry Jenkins, HHC 101st Sustainment Brigade, played the guitar and sang the Verve Pipes The Freshman. Stocklas accompanied him on the drums for the last set of the evening.

MWR hosts the Talent Show monthly. The next show is scheduled for Nov. 18. Any musicians wishing to become involved with musical activities on post should stop by MWR and speak to Yonko.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>November 2005</p> <p>MWR</p>		1 Abs & Gluts 1800 & 2030 Judo 1900 Putt Putt Competition 2000 Open Court Dodgeball	2 Aerobics 2000 Chess Lessons 2000 Salsa Lessons 1900 Beginner Guitar Lessons 1900 Open Court Basketball	3 MOVIE MARATHON Abs & Gluts 1800 & 2030 Judo 1900 Cricket Tournament 2000 Open Court Volleyball	4 Club in I 2000 Aerobics 2000 Drama Club 1900 Open Court Basketball	5 La Onda 2000 Aerobics 2000 Judo 1900 Flea Market 0800-1600 Open Court Floor Hockey
6 Dominoes Tournament 2000 Open Court Volleyball	7 Aerobics 2000 Train Club 1900 Texas Hold 'Em 2000 Open Court Basketball	8 House of Cards Competition 1900 Archery 1900 Judo 1900 Open Court Dodgeball	9 Cribbage 2000 Chess Lessons 2000 Salsa Lessons 1900 Beginner Guitar Lessons 1900 Open Court Basketball	10 MOVIE MARATHON 301 Dart Tournament 2000 Judo 1900 Open Court Volleyball	11 Who Wants to Be a Millionaire? 2000 Drama Club 1900 Open Court Basketball	12 Karaoke 2000 Judo 1900 Flea Market 0800-1600 Open Court Floor Hockey
13 Spades Tournament 2000 Open Court Volleyball	14 Black Jack Tourney 2000 Train Club 1900 Open Court Basketball Smoking Cessation Classes 1900	15 Chess 2000 Judo 1900 Open Court Dodgeball	16 Chess Lessons 2000 Salsa Lessons 1900 Beginner Guitar Lessons 1900 Open Court Basketball	17 MOVIE MARATHON Talent Show Rehearsal 1900 Judo 1900 Open Court Volleyball	18 Talent Show 2000 GREAT AMERICAN SMOKE OUT Drama Club 1900 Open Court Basketball	19 Club in I 2000 Judo 1900 Flea Market 0800-1600 Open Court Floor Hockey
20 Madden Football Tournament 1900 Open Court Volleyball	21 TURKEY TROT! 0700 Train Club 1900 Open Court Basketball	22 Photo, Poetry & Art Contest Deadline Bingo 2000 Judo 1900 Open Court Dodgeball	23 Squat Competition 2000 Chess Lessons 2000 Salsa Lessons 1900 Beginner Guitar Lessons 1900 Open Court Basketball	24 Thanksgiving! Judo 1900 Open Court Volleyball Drama Rehearsal Punt, Pass & Kick Comp.	25 Drama Performance Bowling 2000 Open Court Basketball	26 Karaoke 2000 Judo 1900 Flea Market 0800-1600 Open Court Floor Hockey
27 Bench Press Competition 2000 Open Court Volleyball	28 Aerobics 2000 Checkers 2000 Train Club 1900 Open Court Basketball	29 Award Ceremony Abs & Gluts 1800 & 2030 Judo 1900 Open Court Dodgeball	30 Aerobics 2000 Chess Lessons 2000 Salsa Lessons 1900 Beginner Guitar Lessons 1900 Open Court Basketball	**All open court games: 1900-2300** Activity signups in MWR Recreation Center <i>November is Native American History Month.</i>		



Q-West Worship

Prayer, Service, Study

Worship Service	Day	Hour	Chapel
Catholic Mass	Sat	1800	Oasis
Contemporary Protestant	Sun	0900	Oasis
Inspirational Gospel	Sun	0800	MWR
Protestant	Sun	1100	Oasis
Evangelical Episcopal	Sun	1300	Oasis
Contemporary Protestant	Sun	1800	Oasis
Latter Day Saints	Sun	1900	Oasis

Prayer Services	Day	Hour	Location
Noon Prayers (Communion on Wednesday)	M Sat	Noon	Oasis
Prayer Warriors	M Sat	0800	MWR
Islamic	Contact your unit chaplain.		

COB Q-West Unit Ministry Teams

Unit	Chaplain	Assistant
101st SBDE	CH Turner	SSG Jackson
101st BTB	CH Mosteller	PFC Patton
4-11th FA	CH Dabek	SGT Shaw
2-101 AVN	CH Dillard	SPC Garrett
Catholic	CH Vasquez	SGT Ugarte
1225th CSB	CH Willis	SGT McConaguil
1-10 AVN	CH Ball	PV2 Alvarado
71st CSB	CH Gersch	PFC Baotright
3-13 FAMLRS	CH Hart	SPC Gore

IN CASE OF EMERGENCY CONTACT
COB Q-West (101st SBDE TOC): 243-5777

WANTED: HOMETOWN HEROES

For more information on the Hometown News Program, contact your public affairs office, VOIP: 243-5104.

Care package support available to troops

This is Nanny Fran, AdoptaPlatoon, letting you know that we have received your request for mail support. It will be our deepest honor to provide you and your fellow battle buddies with patriotic morale lifting mail support in the form of cards, letters and care packages.

We will support every single member of the platoon, company or battalion on an individual basis with care packages and mail from Americans who will adopt each of you. Plus, we will arrange for unmarried pen pals in the same age range to be linked to unmarried soldiers. *Because we support both married and single individuals, we ask for marital stats to avoid assigning unmarried supporters to those who are married.*

We also have a monthly birthday card campaign. Anyone giving us his or her date of birth will receive birthday greeting cards.

To assign support effectively, we ask for the following information; the information is requested with the understanding that it may not be possible for you to send it.

We also request that you have your troops permission to give us their information so that individual servicemembers know where their mail and care packages will come from. We ask that they also grant the AdoptaPlatoon verbal permission through you so that the AdoptaPlatoon can send the morale lifting mail support.

The AdoptaPlatoon is a nonprofit 501C 3 managed by volunteer mothers, and we accept all branches of deployed military servicemembers.

Other than providing Soldier information to supporters for the purpose of mail support, Soldier/troop information is kept strictly private. For security purposes, all military information sent whether it is one servicemember, a platoon or entire battalion is saved in a database within a safe military grade server. Soldier contact information is never published on our Web site or other venues.

If you can share any info with us about your unit,

home base, Web site or positive info about your mission, please know that your American supporters truly enjoy reading about you.

Please ask servicemember participants to inform their assigned supporters if deployment addresses change and when to stop mail support as the unit rotates home.

Please send your rosters by platoons in Excel or Word:

Include a point of contact (POC) for each Platoon
Approximate Length Of Deployment
List of most needed items to pass on to supporters
Mailing Address stated within the document
For each soldier we would like the following:
Name and Rank, Gender, Marital Status
Age DOB (we ask for age to assign in the same age range and for DOB to send birthday cards)

We will assign American families, civic groups, schools, youth groups, private companies, etc., to individual servicemembers/platoons on your rosters for as long as the deployment lasts; in addition we will assign extra Platoon Support to each of the platoon POCs to share with the others because we realize that not all of the Soldiers may want to sign up for individual support. The AdoptaPlatoon also will include your platoons in our Holiday Campaigns because we know how difficult it will be for many of them being away from home at that time.

Please send your rosters to: fran@adoptaplatoon.org and send a courtesy copy to: joyce@adoptaplatoon.org and ida@adoptaplatoon.org to be sure that we receive them.

It is our pleasure and honor to support our United States of America deployed Service Members. Thank you for allowing us this honor.

GOD BLESS AMERICA
GOD BLESS OUR HEROES WHO PROTECT HER
Mom Hugs From New Hampshire,

Nanny Fran

OFF THE WIRE: News from the American Forces Press Service

Rice: Iraqi Voters Say 'Yes' to New Constitution

By Gerry G. Gilmore
American Forces Press Service

WASHINGTON, Oct. 25, 2005

A majority of Iraq's citizens have approved their country's new constitution, an event the top U.S. diplomat called "a remarkable story."

Iraqis "achieved yet another step on their march toward democracy," Secretary of State Condoleezza Rice said to reporters today during a trip Ottawa, Canada.

Iraqis voted on the new constitution during an Oct. 15 referendum. The Iraqi government today announced that 78 percent of voters approved the document.

Each time Iraqis faced a challenge since the fall of Saddam Hussein they've met it, whether it was in the transfer of sovereignty or the creation of an interim government, Rice said. The Iraqis also successfully held elections on Jan. 30. And now, "they're getting ready for elections in December," she said.

The Iraqis are staying on their path toward democracy "despite the fact that there are



Photo courtesy of 4-11th Field Artillery Regiment

Iraqis from the Nineveh Province queue up to vote in the national constitutional referendum Oct. 15.

violent people who would like to throw them off that path," Rice said, noting she sends her congratulations to the Iraqi people.

About 96 percent of Iraqis living in Anbar province mostly Sunnis voted against the new constitution. However, Rice said, "it is not against the exercise of democracy to vote 'no.'"

"It is the exercise of democracy to vote. And the Sunnis have exercised their right to vote," Rice said.

Toward the end of negotiations on the draft constitution a number of key decisions about

how federalism would be administered across Iraq "were left for the next parliament to decide," Rice said. That governing body will be chosen during upcoming December elections.

Officials believe the next elected Iraqi parliament "will have full Sunni participation because Sunnis are now really involved in the process," Rice said. Kurds and Shiites, Iraq's two other major ethnic groups, "agreed to a mechanism by which the constitution can be amended," Rice said, "so that Sunnis have a chance to shape this important document."

Democracy, Iraq



Photo courtesy of 4-11th Field Artillery Regiment

Iraqis from the Tigris River Valley check in to vote during the national constitutional referendum.



Photo courtesy of 4-11th Field Artillery Regiment

An Iraqi man from the Nineveh Province displays his ink-stained finger, proof of his vote in the national referendum.



AMERICAN FORCES INFORMATION SERVICE

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Soldiers thwart terrorist attack; Raids kill several terrorists

Compiled from MNF I releases
American Forces Press Service

WASHINGTON, Oct. 27, 2005

A coordinated terrorist attack was thwarted Oct. 25 by U.S. Soldiers at the Fidoros Square traffic circle in downtown Baghdad.

The attack, which occurred in three phases, began at 5:25 p.m., when under the cover of small arms fire, a vehicle packed with explosives tried to pierce the defensive barriers between the Sheraton and Palestine hotels.

Seconds later, a vehicle moving toward the traffic circle from the east was engaged by a private security firm and immediately detonated.

Spc. Darrell Green, a machine gunner from 3rd Battalion, 15th Infantry Regiment, 3rd Infantry Division, was pulling security from an observation post at the Sheraton. Upon hearing the explosions of the first two vehicles, Green stood ready for what was to come.

As dust and debris from the explosions subsided, he noticed the defensive barriers had been breached and a cement truck was heading through the gap toward the Sheraton and Palestine hotel complex a home for many international journalists in Iraq.

The vehicle was 50 feet past the breach when Green took aim and engaged the truck with his machine gun. As he shot and killed the driver, preventing the vehicle from going any farther, the truck detonated.

He was trying to kill people, said Green, a Volusia County, Fla., native. It was good we stopped him because he would have killed more people and destroyed the

building. In other operations, coalition forces raided multiple safe houses, killing several terrorists and detain ing another in a car chase in the town of Hit Oct. 26.

Acting on multiple intelligence sources, coalition forces raided two terrorist safe houses to capture or kill terrorists operating near Hit, in western Iraq. The safe houses were suspected of being terrorist operational bases used to conduct attacks against local Iraqi citizens and Iraqi security and coalition forces.

Early in the operation, coalition forces secured the first safe house and detained one terrorist. Information from that location led coalition forces to another safe house suspected of being used to facilitating terrorist activities.

Prior to arriving at the second safe house, Coalition forces observed two vehicles departing with several men and attempted to stop the vehicles, but the terrorists refused to stop. Coalition forces fired on the lead vehicle in an attempt to disable it, but it exploded. Coalition soldiers observed several multiple secondary explosions, indicating that explosives and ammunition of some type were in the vehicle. The trail vehicle stopped, and terrorists attempted to flee the area, but coalition forces engaged and killed them.

A search of the second vehicle revealed multiple small arms, ammunition, mortar rounds, numerous rocket propelled grenades and RPG launchers. Coalition forces destroyed the vehicle and weapons before leaving the area.

Coalition forces then returned to the second terrorist



DoD photo by Spc. Gul A. Alisan

U.S. Army Soldiers react to small arms fire while searching for weapons caches in Al Madain, Baghdad, Iraq, on Sept. 20.

safe house. They secured and searched the building discovering a large weapons cache, ammunition, rocket propelled grenades, mortar rounds and explosives. Coalition forces used close air support assets to destroy the terrorist safe house and weapons cache. Coalition forces saw large secondary explosions as they departed the area.

Elsewhere, an al Qaeda terrorist cell leader who personally assisted in at least three videotaped beheadings and his assistant were killed during a coalition raid of a suspected safe house in Mosul Oct. 22, officials announced Oct. 26.