

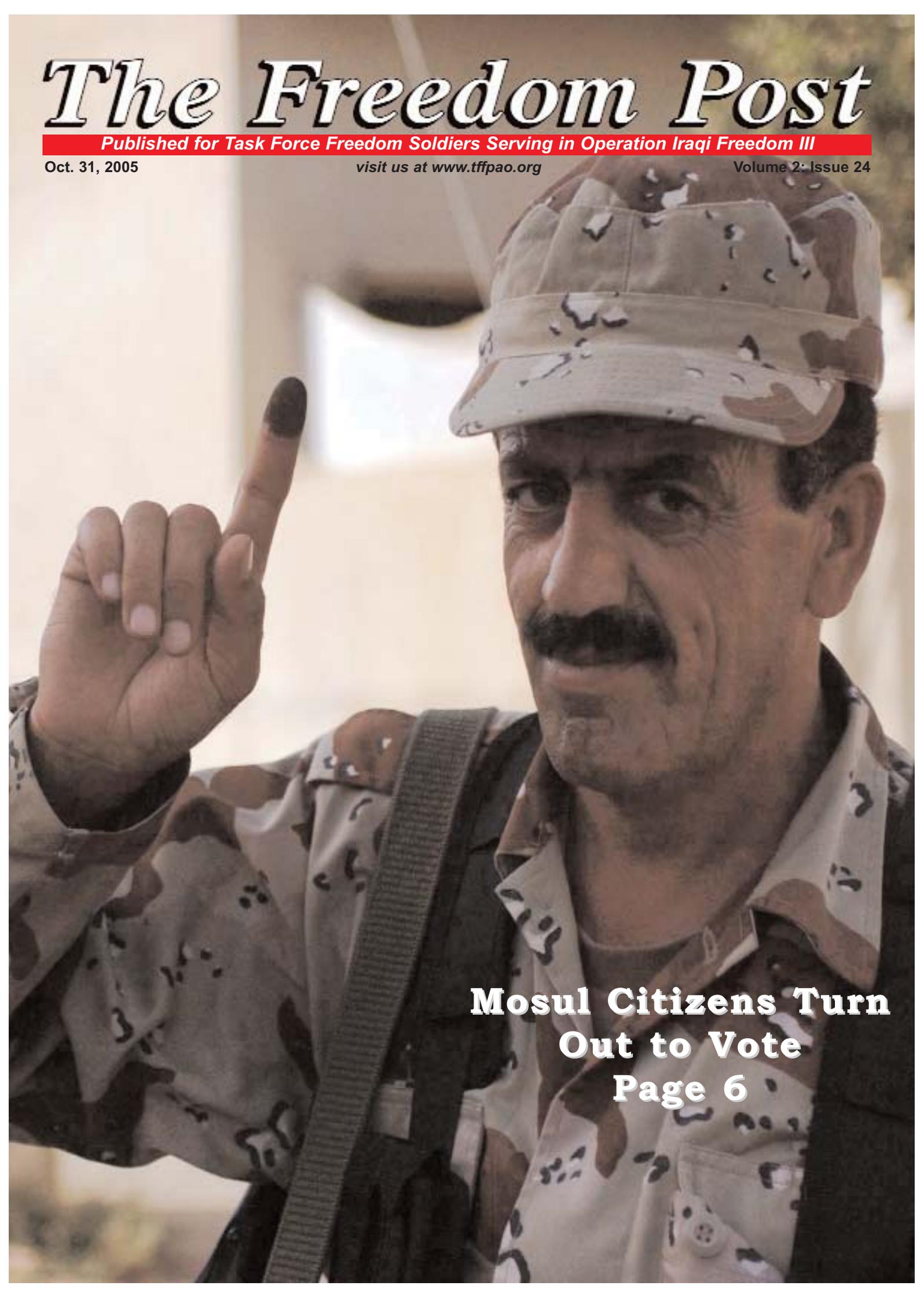
# *The Freedom Post*

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A man with a mustache, wearing a camouflage cap and a matching button-down shirt, is shown from the chest up. He is pointing his right index finger upwards. A dark strap, likely for a rifle, is visible across his chest. The background is a bright, slightly out-of-focus indoor setting.

**Mosul Citizens Turn  
Out to Vote  
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## ROK Soldiers Get a Special Delivery

*Story and Photo by Sgt. Rachel Brune, 101st Sustainment Brigade*

CAMP IRBIL, Iraq - Sometimes completing the mission calls for flexibility, an ability to roll with the punches. When the 3,400 Republic of Korea (ROK) Soldiers faced an unforeseen fuel shortfall, the 142nd Combat Support Battalion (CSB) stepped up to supply their coalition partners with fuel and escorts from Logistics Support Area Diamondback to Camp Irbil.



The ROK Army usually pays the Kurdish Regional Government (KRG) to supply the camp with fuel under a local contract, according to Capt. Darisse Smith, liaison officer. Smith, one of 30 U.S. Soldiers on the compound, is stationed with Headquarters and Headquarters Company Dragon Brigade, 18th Airborne Corps. Due to certain seasonal events, the KRG faced difficulty fulfilling the contract. Smith then contacted the 142nd CSB.

With only a certain amount of fuel left on the Korean compound, the 494th rolled out a shipment of about a 10-day supply of fuel. According to Smith, the battalion sent the fuel in a regularly-scheduled supply run that brings food and mail to the camp.

"The 142nd was ready to go within a day's notice," said Smith. "I was very impressed with that." The battalion has scheduled two more runs to continue supplying the camp with fuel.

Smith has found the Korean Soldiers to be accommodating, hospitable, and appreciative of Coalition support, especially in this case. "It's a cultural experience I never expected to have in Iraq," said Smith. She added, "I was truly impressed with the 142nd's response to the ROK fuel situation."

# CMOC Dedicated to Fallen Soldier

Story and Photos by Spc. Ashly E. Mitchell



Maj. Anderson speaks to Soldiers during the rededication ceremony of the CMOC.

**F**OB COURAGE, Iraq - On Oct. 13, 2004, while serving in Mosul, Maj. Charles R. Soltes, Jr. and Lt. Col. Mark P. Phelan were killed when their convoy was attacked with an Improvised Explosive Device (IED). Soldiers from Task Force Freedom gathered at the Civilian Military Operations Center (CMOC) at Forward Operating Base (FOB) Courage, to rededicate the CMOC to Maj. Charles R. Soltes, Jr.

Phelan was also commemorated. He deployed to Iraq, with the 416th Civil Affairs (CA) Battalion in January of 2004, and had extended his tour to work with the 443rd CA Battalion.

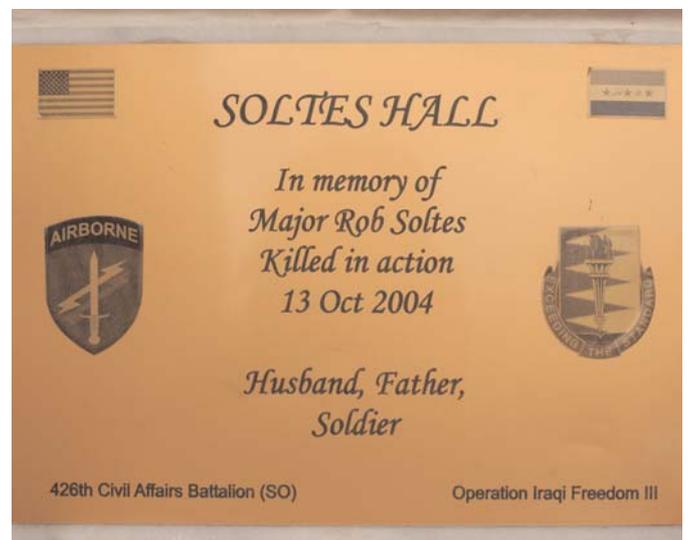
After a prayer was given by Chaplain (Maj.) Gordon R. Furbay, then Maj. Brian Anderson and Maj. Darius Gallegos spoke.

“Charles and I had known each other for many years,” said Gallegos. “He was the type of person that had a contagious smile. After he died, I was deployed to Mosul with the 11th Armored Cavalry Regiment. I went on a routine convoy one day and was at the very same spot where his convoy was hit by an IED. I called his wife to let her know that I was there where he died.”

Soltes graduated from Norwich University in Northfield, Vt., with a Bachelor of Science degree in 1990. He received his doctorate in optometry from the New England College of Optometry in 1994. In his civilian life, he was self-employed as an Optometrist in Garden Grove, Calif.

Soltes joined the 426th CA Battalion, an Army Reserve unit based in Upland, Calif., in Feb. 2004 and deployed to Iraq with them in August. He served as a Preventive Medical Officer in support of Operation Iraqi Freedom and helped to start the CMOC on FOB Courage. The CMOC has helped several Iraqi civilians receive medical aid both here and in the United States.

At the end of the ceremony Anderson and Gallegos unveiled a plaque dedicated to Soltes that was inset in the CMOC’s outside wall. On it was written, “In memory of Maj. Robert Soltes. Killed in action Oct. 13, 2004; husband, father, and Soldier”.



## Stryker Commander Seeks to **Build a Bridge Between Two Cities**

سنة سوان العفر ب سو حرد و ر ب الاول في ناعية  
صمام العليل بين قوى الاذن العراقية وممثلين  
عن المجتمع المدني في المنطقة وبمشاركة القوات الصربية  
قوات العفر ب

Story and Photo by  
Staff Sgt. Michele A. Uitermarkt

*From left to right: Mayor Khalaf, Lt. Col. Norris,  
and Mayor Easah address the concerns of a  
senior Iraqi Police Officer.*

**H**amam Al Alil, Iraq – The first Regional Security Council meeting for the districts of Nimrud and Hamam Al Alil was held Oct. 27 at the Northern Iraq Regional Training Center.

Lt. Col. John G. Norris, 4th Battalion, 23rd Infantry Regiment Commander, responsible for the coalition role in securing the area, suggested the meeting to the mayors and police chiefs in the area.

“Numrud and Hamam Al Alil are the same make-up of people, the only thing dividing them is the (Tigris) river,” said Norris.

Mayor Khalaf Khidir Mohammad of Hamam Al Alil and Mayor Ahmet Obed Easah of Nimrud welcomed the meeting to open a line of communication between the security leadership of the two towns. Iraqi Army (IA) Commanders, Iraqi Police (IP) leadership, and many local Sheikhs and tribal leaders were also in attendance.

“We will not forget the effects of the Coalition Forces. Even still, whatever security we have in this region is not at the level we hope,” said Khalaf, “that is why I ask everyone to work together as one. The terrorists do not distinguish between Iraqi Army and

Iraqi Police. We will work together with the help of Coalition Forces. They will give us the help we need.”

Security Council meetings are nothing new to the Nineveh province. Since the terrorist attacks on Mosul in 2004, IP, IA, and Coalition Forces have met periodically to address security concerns.

The 4th Battalion, 11th Field Artillery has been having Security Council meetings since their arrival in August. According to Norris, they have had success with them. “I’ve taken their model and adapted it for my use,” said Norris.

This is the first meeting for Nimrud and Hamam Al Alil. Both success stories as far as security improvements in the last year, they were able to discuss other issues such as rebuilding and construction projects, the biggest of which was the Northern Iraq Regional Training Center (NIRTC), where the meeting was held.

The NIRTC was originally a school of agriculture which was ransacked a year ago during the fall of Mosul. It is being rebuilt as an IA training post. The con-

struction project, costing over \$35 million, has employed over 500 people in the area.

“There is a huge difference between Nov. 04 and now,” said Easah.

The units patrolling these areas are C and B Companies of the 4th Battalion, 23rd Infantry Regiment. Each Company has been patrolling the area since August. “This is one of the most secure areas,” said Cpt. Thomas A. Babbitt, C Co. 4th Battalion, 23rd Infantry Regiment Commander, who patrols the Hamam Al Alil area on the west side of the Tigris, “so they can talk about rebuilding and other projects.”

One of the projects being proposed is a bridge over the river between the two districts. Norris said that a bridge would subtract more than 25 kilometers from the driving distance between the two cities. “The lateral ability for moving East to West would strengthen the communities and increase mobility for security operations,” he said.

“Hamam Al Alil owns their community. They’re an example for all of Iraq to follow. Nimrud is not far behind,” said Norris.

# MWR HAUNTS LSA

# DIAMONDBACK

LSA  
DIAMONDBACK,  
Iraq - The second annual  
Haunted House, hosted by the  
Morale, Welfare, and Recreation  
(MWR) Organization of the Logistic Support  
Area Diamondback, was held at the MWR Palace  
Oct. 28th through the 30th.

The Haunted House was built in one of the palace's two large meeting rooms, taking nearly a month for crews consisting of MWR employees and military volunteers. The project turned the large open room into a twisted maze of dark corridors that took visitors to one fright after another.

"They did an excellent job putting it all together," said Spc. Renata Lamson, a Combat Stress Control specialist with the 85th Medical Detachment. "They did a great job with the set-up and acting out all the characters in there. It was really scary."

The event, like many hosted by the MWR, was put together in an attempt to break the monotony of the deployed Soldiers in Iraq. It gave all those involved with its construction something out of the ordinary to work on during their free time, and the chance to dress up, have some fun and scare visitors. A welcome relief of their normal duties for the everyone in attendance.

The haunted house was a great success during their first night of operation, and group after group of visitors traveled those dark halls, lead by a single witch-dressed guide, and the screams of the nightmares within.

Story and Photo by Sgt. David J. Nunn



# Mosul Citizens Vote

Story by Sgt. John H. Franzen, Photos by Sgt. John H. Franzen and Sgt. David J. Nunn



**M**OSUL, Iraq - Long lines and inked index fingers were the scene of the day as Iraqi citizens went to the polls across the country to vote in the National Constitution Referendum Oct. 15.

Across Ninevah Province, voters went to the polls by the thousands to cast their ballots and participate in this historic national referendum. The city of Tal Afar saw a large number of citizens turn-out for the vote despite very low numbers during the elections in January. The voter turn-out rate across the country was up from the transitional National Assembly elections in January from 60 percent to 63 percent.

The people of Mosul came out in huge numbers as well and felt their presence was a great step to rebuilding their country. Iraqis seemed positive about voting and were happy to vote without restraint.

"After facing oppression for 35 years you can truly appreciate a free vote," said one citizen of Mosul. "An improved security plan and confidence that it will work is what motivates people to vote."

The Iraqi Army (IA) and Police, with support

from Multi-National Forces, provided the security that allowed safe and successful voting. Iraqi Police provided immediate security at the polls with IA Soldiers patrolling near polling sites. Multi-National Force (MNF) Soldiers patrolled throughout the Province, ready if support was needed; however, MNF aid was not needed. Terrorist attacks were minimal and no civilian casualties were reported on referendum day.

Lines of voters extended more than 200 meters long throughout the Mosul area. IA Soldiers from 3rd IA Brigade reported 34,000 voters at 39 sites in the Tigris River Valley, averaging 290 voters an hour per site. Gov. Duraid Kashmoula, Ninevah Province Governor, thanked citizens for their courage, said it was a great day for Iraq, and that he was proud to vote.

There were plenty of polling sites for citizens to vote, and plenty of help at those sites. Independent Electoral Commission of Iraq (IECI) staff worked at polling centers to assure the voting process went smoothly at sites across the country.

# on Constitution



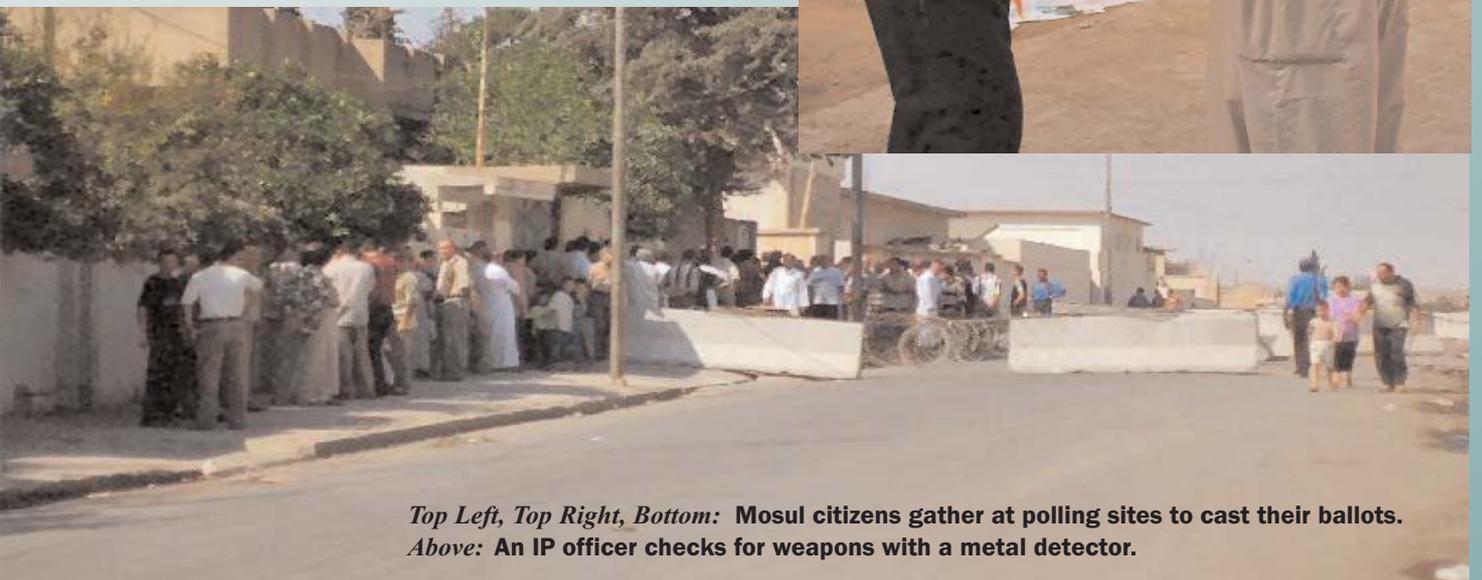
"We have 6,230 polling sites, and 175,000 to 200,000 IECI staff throughout Iraq," said Dr. Fareed Ayar, an IECI member working in Baghdad. "11 million voters participated in the polling process. We prepared 90,000 polls, 50,000 observing staff and 95 political representatives to observe the process."

Iraqi citizens from Al Hadr are excited about the future of their country and are hoping that the constitution will bring Iraq together. Millions of constitution draft copies were distributed at the polling centers during referendum voting.

"I hope that by voting yes for the constitution, it will serve my country well and that security will spread across Iraq," said Saleh Moter Spishan, an Al Hadr citizen. "God all mighty will bring this country peace and the constitution will stop all the bloodshed in Iraq."

The election process was a successful one, as Iraqi citizens turned out in large numbers to have

their voices heard at the polls. They spoke for the future of their country and Iraqi Security Forces provided the primary security in helping make the elections such a success.



*Top Left, Top Right, Bottom: Mosul citizens gather at polling sites to cast their ballots. Above: An IP officer checks for weapons with a metal detector.*

# “Mister, Mister”

Story by Staff Sgt. Michele Uitermarkt, Photos by Staff Sgt. Michele Uitermarkt, Sgt. David J. Nunn



**M**OSUL, Iraq - It could mean wait, help, or give me. “Mister, Mister” will echo through the hearts of many Soldiers long after the novelty of being constantly approached out of need, desperation, or just plain curiosity subsides.

American Soldiers are very generous, usually handing their personal effects to those they serve. After all, that is the nature of one who serves. Many have learned, however, that once you hand a pen to one Iraqi child, they all want one. As if there is a secret stash of pens somewhere in all that equipment.

While on a mission with the 1st Brigade, 25th Infantry Division last spring, I found myself in an intersection in the middle of the city with Command

Sergeant Major Adams and Staff Sgt. Eric Hoover, handing out stuffed animals and suckers to children who swarmed us.

It was unnerving to me at first to be in the middle of the street in a questionable neighborhood in Mosul. Once I realized the purpose of the stop, I was cautiously intrigued that this too was worthwhile. That was my first experience with, “Mister, Mister.” My being a female didn't change the name. I gave up trying to explain Ma'am and handed the suckers Hoover gave me to all who said, “Mister, Mister.” Once they realized I had a camera, it was, “Mister, Mister, picture, picture.”

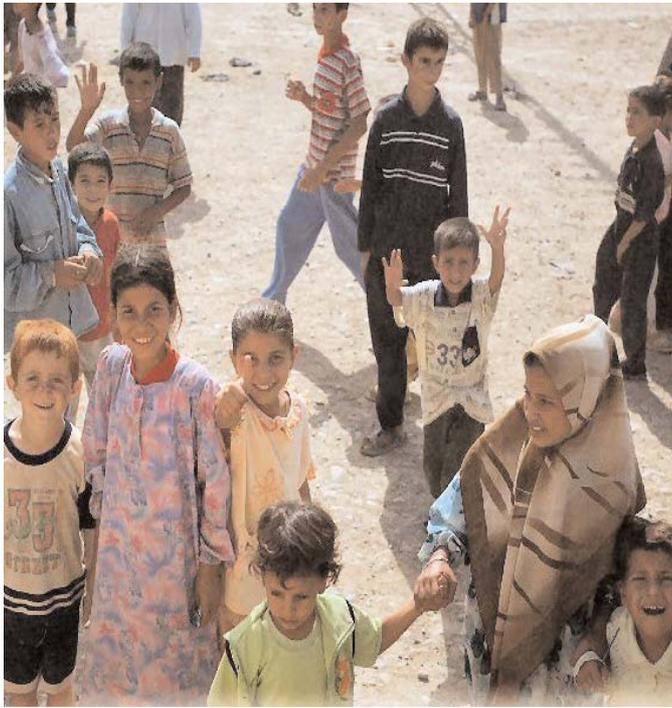
“It's never enough,” said Hoover as he also conducted security for Adams, “They're going to keep asking until we run out.”

As my small public affairs detachment continued our tour in Mosul, alongside the Stryker Brigade Combat Team, Personal Security Details, Military Police, and any other unit we could hitch a ride with to do a story, we became accustomed to hearing, “Mister, Mister” and responded to it in our own way.

“Some of them want to see a picture, some of them are just happy to have you take the picture and they walk away satisfied,” said Sgt. Richard W. Way, journalist for the 366th MPAD. “It's kind of weird.”

Many of us sent e-mails home asking for pencils and small toys to give to the children. Churches,





schools, and families answered the call for things for us to hand out. I asked for things to hand out to the girls who weren't as bold to approach us as the boys were. Soldiers would have to go to them, often sending them running. I once tried to get a little boy to bring take candy to his sister in which he pocketed and asked another Soldier for another sucker. Maybe he would take it to her later, right?

A month after my request for things to hand out, several boxes showed up with hair accessories, necklaces, and dolls. I couldn't wait for the next mission to hand these things out. When I finally went to visit a village with Team Beast of the 11th Armored Cavalry Regiment's personal security detail (PSD), I brought the things with me to the delight of the girls who hugged and kissed me. I also handed pens to the little boys that inevitably congregated around the PSD Soldiers. The Soldiers

used the pens to put "tattoos" on the arms of the little boys.

I gave the other boxes to a local national to hand out to kids in his village. He could not credit an American Soldier with the gifts because he would be ostracized, threatened, or even killed for having association with us over a box of beanie babies and plastic necklaces.

In July, I went on a medical screening mission with the 1-25's C Co. in a poor neighborhood of Mosul. Upon arrival, the Soldiers set up a makeshift clinic in the local school and started pumping up soccer balls, which are coveted as the most desirable of the "Mister, Mister" items.

Many families came to see the American doctors. Some with children having handicaps and health problems that even modern medicine could not help. The children, most of them having never seen a doctor or dentist, were afraid to come, but when they saw the soccer balls, it was worthwhile. Strykers, the famous war fighting vehicle of the war on terror, were loaded with candy and toys to hand out to the children.

From the inside of a well-manned gate to the school, Soldiers threw candy to the crowd of children who gathered outside the walls. They invited me to join them. The mayhem was unbelievable. The ones up close would yell, "Mister, Mister, candy, candy." Once a Soldier pulled out a soccer ball, the crowd was out of control.

"I'm a rock star now," said the Soldier holding the ball above his head.

When it was time for us to leave, the Soldiers had to shoo the children away. We packed up our clinic and moved out with a small crowd of boys running behind, waving, and yelling, "Mister, Mister."





# HERE'S TO YOUR HEALTH



*Good nutrition is the key to good health*

*Story and photo by Sgt. Richard Way*

**L**SA DIAMONDBACK, Iraq - A lot of the time, nutrition is a forgotten area. It's very important to stop the bleeding, make sure the patients are breathing properly, and take them to surgery. But once they get to the Intensive Care Unit (ICU), it becomes very important to make sure their nutritional status stays good. "They need good nutrition in order to heal faster," said Capt. Delores Maguire, Chief Dietician for the 228th Combat Support Hospital (CSH).

"It takes protein in order to rebuild muscles and tissue. We're learning through research that the healing process starts earlier and earlier than what we originally thought," said Maguire. "A lot of the U.S. Soldiers are transferred out very quickly so we don't get to see the results of what we started. We do have patients, such as the Iraqis, we are able to see over longer periods of time. In these cases, we see a difference between good and bad nutrition during the healing process."

While the doctors take care of the patients' wounds, they also work with Maguire and her staff of Nutritionist to help speed up the healing process.

"The doctors at the CSH are excellent about working with me and trying to get proper nutrition for the injured immediately, so we can start the healing process early," said Maguire. "We constantly stay up with the patients and talk back and forth with the doctors about what we can do for the patients."

"When feeding the patients, we adjust their diet depending on the nature of their illness, injury, religious preferences, and whether the patient is a vegetarian," said Sgt. Nathan Scruggs, Non-Commissioned Officer in Charge of the Nutrition Care Division at the 228th CSH. Scruggs carefully labels all of the food to match the diet with the patient. All of the meals and fluids are marked according to the dietician, or doctors' orders, and then carefully distributed to the patients.

The patients usually have friends and colleagues that accompany them when they arrive at the hospital. "When we get mass casualties, we try to accommodate everyone. Sometimes the teams and their battle buddies come in with the injured. We get a whole platoon of Soldiers, so we will go get as many meals as we can to make sure they eat," said Spc. Shane Grimm, a Nutritional Care Specialist at the 228th CSH. "We need to make sure the docs get fed also, you never know how long it's going to last.

We feed the guards that accompany the enemy prisoners of war, the hospital guards, and every one we can within the limits of our staff."

The wounded are not the only ones that benefit from the nutritionist and dietician at the CSH. "Our mission doesn't stop with patient care. We take care of the hospital staff and any FOB [Forward Operating Base] events that the CSH provides. We do as much as we can," said Scruggs.

Counseling, one-on-one training, and group classes are available from the health care professionals at the 228th CSH. Weight loss, sports nutrition, low sodium, and diabetic diets are some of the counseling that is provided to the Soldiers of Task Force Freedom.

"We have a lot of people that refer themselves when they find out there is a dietician on the FOB. They come here and they want to learn to eat healthier. Some have concerns that they are not going to make weight or they have goals now that they are in-country and want to use this opportunity to enhance their exercise experience," said Maguire. "We've also given instruction on other FOBs such as Courage, Marez and Sykes. If they're on a FOB that's father away, I work with patients through email. We try to help them reach whatever goals they may have."



*Purple Heart recipient, Staff Sgt. William Shaw of B Co. 1-5 Inf. Reg. gets his afternoon meal from Scruggs.*

# Kurdish Hospital Receives Improvements

Story and Photos by Claude D. McKinney Gulf Region North U.S. Army Corps of Engineers



**A**NI SIFNI, Iraq - Kurdish medical care will be improved as a result of a \$289,894 contract to upgrade one of the hospitals here. Several new buildings (pharmacy, doctor's residence, lobby) and a large wing (ward rooms and specialized doctor's offices) will increase the size of the Al Shekhan General Hospital by 984 square meters. Additionally, there will be upgrades to equipment and electrical circuitry. According to a hospital administrator, the 50-bed facility sees on average 5,000 patients each month; most on an outpatient basis. These improvements will greatly increase the hospital's capabilities. They hope to attract additional physicians with these improvements.

The hospital was opened in 1978 as a clinic and upgraded to hospital status in the mid-1990s. It currently has four wards: surgical, pediatric, general medicine, and obstetrics. The addition to the main structure will allow all of these wards to be expanded and will add new wards as well. One of the new free standing buildings will become a pharmacy and the other will be a new residence for on-duty physicians. The current physicians' residence will continue to be used for housing the male physicians whereas the new residence building will be used to house female physicians.

The hospital has its own generators tied in with the city's

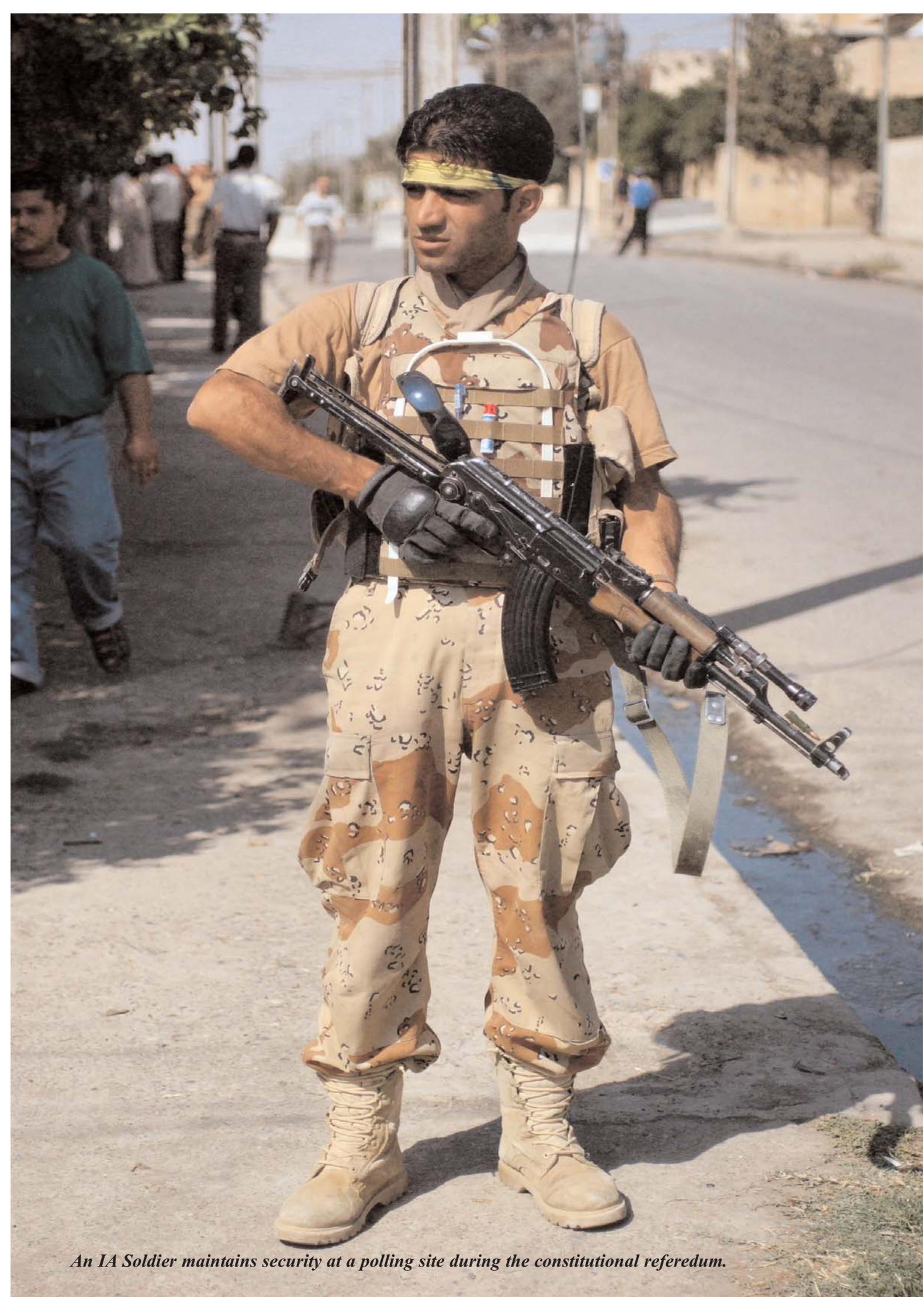
power grid system, according to Mr. Michael L. Carney, the U.S. Army Corps of Engineers Resident Office Project Engineer. The hospital's largest generator should have the capacity to power the entire complex when all the upgrades are finished. Currently, it does not seem to be able to do so. The hospital often turns to their two smaller, back-up generators to get by. A study is being conducted to determine where energy leaks exist.

Recently, the hospital received a new automatic X-ray film processing machine which will process a single film in about five minutes. This was a big step forward. Previously, they were developing X-rays by hand in a ceramic tile sink, which took more than 15 minutes for a single film. However, they are still limited in the X-ray department. The camera is a portable model. One of the upgrades planned, is a new X-ray camera and table setup. Staff Sgt. Krista Englert, a U.S. Army Civil Affairs representative, working for the Mosul Civil Military Operations Center, accompanied Carney on the visit specifically to see "first hand" the X-ray needs. She intends to fix the X-ray deficiencies.

Englert also uncovered an urgent need for an updated medical library. She is going to work through several private organizations to see if this need can be satisfied through donations.



**Top:** One of the new buildings being constructed for the hospital. **Above Left:** The old X-ray processing was all hand-done in a sink. **Above Right:** The new X-ray processing machine does the same job faster and automatically.



*An IA Soldier maintains security at a polling site during the constitutional referendum.*