



872nd Soldiers  
"Heart of the  
Base."  
Page 4



Veterans  
Day  
Nov. 11, 2005



Spooky sightings  
and other  
Hallowe'en fun.  
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# LIFELINER WEST

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

Volume 2, No. 4 Deployment Edition

Q-WEST BASE COMPLEX, IRAQ

November 15, 2005

## 4-11th FA breaks out big guns for live fire

By Sgt. Ashly N. Rice  
Staff Reporter

Dust billowed and ears rang Nov. 5, as Alpha Battery, 4th Battalion, 11th Field Artillery Regiment conducted its first live-fire exercise on M198 Howitzers since being deployed to Iraq.

"It is good training, and everyone is really motivated," said 1st Sgt. Antonio Boone, Alpha Battery first sergeant. "It is their first time to fire these weapons since being in Iraq, and although other missions are being accomplished [the troops] can accomplish this as well and get back to their artillery skills."

Alpha Battery conducted a right-by-fire before the live-fire certification began. Each of the four teams fired the M198 Howitzers to ensure they all worked properly.

After the right-by-fire indicated no problems with the howitzers, it was clear for the certification to begin.

A general knowledge and safety written test, and a hands-on test, consisting of dry- and live-fire runs, make up the three-part certification. A maximum score of 860 can be awarded during the dry- and live-fire part of the certification if the team operates perfectly.

This section of certification is required twice a year on the M198

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Photo by Sgt. Ashly N. Rice

As the sun sets over Q-West Base Complex, Soldiers from Alpha Battery, 4th Battalion, 11th Field Artillery Regiment set up their M198 Howitzers to conduct a live-fire artillery certification.

## Q-West coalition rides out to reach out to local schoolchildren



Photo by Sgt. Rachel A. Brune

An 828th Quartermaster Company gunner and his new friends keep an eye on things.

Toys and candy from Shining Mountain Elementary School in Spanaway, Wash., made their way to Rukuba Gharbi Elementary School in the Qayyarah district, Iraq, courtesy of a civil affairs mission from Q-West Base Complex Nov. 8.

1st Sgt. Steven Winters, 40th Transportation Company, received the donations through the efforts of the school, which his daughters attend.

"My girl Haley, 12, came up with the idea of saying, hey, what can we do to help out over there?" said Winters.

The school raised about \$750 to buy soccer balls, and a local Girl Scout troop held a toy drive. The Shining Mountain school hopes to adopt the school and continue with future projects, according to Winters.

Several other Q-West-based units contributed to

the civil affairs mission. The 828th Quartermaster Company, recent arrivals in country, and the 4th Battalion, 11th Field Artillery Regiment contributed gun trucks.

Soldiers from the 1225th Corps Support Battalion and 101st Sustainment Brigade volunteered to come and help distribute the supplies.

The civil affairs team at Q-West, from Company A, 401st Civil Affairs Battalion, led by Maj. Andy Ingalsbe, team OIC, also took the opportunity to visit various ongoing projects in the area outside the forward operating base.

On a low hill outside the village of Al Herrera, Iraqi workers applied a wet cement mixture to the walls of what will be a new elementary school for about 20 to 30 students.

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## CA Mission

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The foundation for the school was laid before the war started, according to Staff Sgt. Don Cross, team NCOIC. The coalition recently approved funding for the project to be completed.

At first the whole village pitched in to work on the school, said Cross. About 50 children with wheelbarrows and shovels showed up to help.

"It looks kind of rough now," said Cross as Ingalsbe spoke with the project foreman, Mohammed Salin. "A month from now it will look pretty nice."

The Soldiers of 40th Trans. are no strangers to traveling out on civil affairs missions.

"We've done this on several occasions," said Capt. Colleen Krepstekies, company commander. The contributions from the school filled a five-ton truck.

The mission also stopped at the town of Safina, where Cross and his team went to visit a water project to pump water from the nearby Tigris River, filter it and distribute it to the town.

As the civil affairs team visited the project, the town's children swarmed the vehicles, practicing their English and receiving some treats off the back of the truck.

2nd Lt. Adam Henning, second platoon leader, 828th QM, and his Soldiers expressed interest in continuing to contribute to the civil affairs mission.

"We're going to keep this going," said Winters, referring to the adoption of the Rukuba Gharbi school.

About 85 students attend the secondary school, and about 720 students attend the elementary school, according to Kamil Naef, principal. The students attend



Photo by Sgt. Rachel A. Brune

**Mostly hidden by a bag of soccer balls, 101st Brigade Troops Battalion Command Sgt. Maj. Lorria P. Anderson helps unload a five-ton truck of toys for the school.**

in shifts with the boys coming to school in the morning and the girls attending at night.

Even with the shifts, the school is overcrowded, with some students sitting on the floor to study, said Naef.

As the Soldiers handed out the supplies and treats to the students, Winters asked some of the children to pose for a picture to send back to the Shining Mountain school. He also showed the students a picture of the American students who helped on the project.

"I like for my kids to understand other people," said Winters, describing his feelings on the project. "They can learn an appreciation of Iraq, and why I feel we're actually here."

## Bravo Company medics care for local girl



Photo by Sgt. 1st Class Joseph Evans

**Pfc. Katie Hooker treats a local Iraqi girl.**

**By Sgt. 1st Class Joseph Evans  
4-11th Field Artillery Regiment**

Medics from Bravo Company, 101st Brigade Troops Battalion, treated a local Iraqi girl for third-degree burns Oct. 31 at the aid station here.

The three-year-old Mosul resident was playing in her kitchen when she bumped the stove and spilled a large pot of boiling water on her.

The girl's father brought her to the front gate of Q-West Base

Complex, where they were taken to the base aid station. A treatment team assessed her and found her to have the burns covering eight percent of her body.

Pfc. Katie Hooker, Bravo Co. medic, treated the girl with bandages and shots of antibiotics and tetanus to help guard against infection. The girl will need to follow up the treatment with doctors in Mosul.

Nasret Mohamed Al Jabori, an interpreter, assisted.

## Alpha Battery live fire



Photo by Sgt. Ashly N. Rice

**An Alpha Battery team fires an M198 Howitzer during live-fire certification.**

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Howitzers.

"The distance needs to be 50 feet or better between the howitzers and can be set up in a diamond, side-by-side or 'Lazy W' formation when maximum space can be used, like today," said Sgt. 1st Class Leroy "Smoke" McFadden.

The Lazy W formation has four sections with a prime mover ammunition

truck, in this case a light medium tactical vehicle, along with a crew of 10 personnel. The 10-man team consists of the chief of section, the gunner, assistant gunner, radiotelephone operator, ammunition team chief, three cannoneers, platoon sergeant and platoon leader.

Before the team could operate, the platoon sergeant and platoon leader determined the right azimuth of fire,

and the platoon leader cleared the area as safe.

Observers looked from the outside of the forward operating base and sent a radio call for fire to the Fire Direction Center. 1st Lt. Allan Jackman, fire direction officer, and Staff Sgt. Fale Tualamalii, fire direction chief, calculated a ground grid and sent the information to the howitzers electronically or via radio.

"Presently we are using a computer system to calculate the data called the Advanced Field Artillery Tactical Data System, [or AFATDS] but there is another computer system available and a chart to manually do the calculations," said Sgt. 1st Class Jason Arneson, battalion fire support NCO.

Once the information was sent to the howitzers, it was time for action. Each person on the team did his part to ensure accurate fire. The gunner received the ground grid and fire information from the fire direction center, which allowed the assistant gunner to set elevation.

The radiotelephone operator recorded and read the data back to clear for

a check or hold of operations. The ammunition team chief was responsible for cutting the powder and putting the round together.

The cannoneers loaded the tray into the tube and rammed it into the howitzer. After that, the number one man placed the powder inside and was ready to pull lanyard once the chief of section called fire.

Keeping up with artillery skills is not the only job the Soldiers have while here in Iraq.

"They have been running infantry missions, and although each artillery battery is required to do non-standard roles, they are keeping their artillery skills sharp," said Capt. Jeffery Ferguson, Alpha Battery commander.

Ferguson added, it is an accomplishment that the Soldiers can go from running missions and jump into artillery.

"It is a tribute to the quality of NCOs and Soldiers we have in the battery," said Ferguson. "They do a great job and are happy they get to do this, because they don't get to do it very often."

## Going postal: 795th AG Company delivers the comforts from home

By Sgt. Rachel A. Brune

**LSA DIAMONDBACK, Iraq** — Late one night, a family member writes a letter to a Soldier serving in the northwest corner of Iraq.

The next morning, the family member posts the letter. It travels to a plane where it joins thousands of pounds of mail headed for the Middle East.

The plane with its load of morale touches down at Mosul Airfield, and the 795th Adjutant General Company (Postal), motto: "We Deploy," goes to work.

"We're firm believers that Soldiers should get their mail," said 2nd Lt. Emily Day, third platoon leader. "It's a huge morale thing."

The night shift breaks down the mail, sorting it into containers to travel to the outlying forward operating bases, or into bins for units on Diamondback, according to Day.

One of the accomplishments the unit has achieved is establishing a permanent postal presence on Q-West Base Complex, according to Day. In an estimated one month's time, the unit hopes to begin sending mail to Q-West on a daily basis.

"We don't want this mail sitting in a container," said Day, referring to the military storage containers.

During a break during a Soldier's day at Diamondback, she writes a letter and puts it into a care package to send some souvenirs home to her family. At the 795th AG post office window, Spc. Stacy Peak, a postal clerk from Excelsior Springs, Mo., takes the package.

The post office searches the box,

makes sure the customs form is filled out correctly and seals and weighs the box. The Soldier pays for the postage, and the package home is on its way.

"We search everything," said Day. The non-mailable items list changes, and Soldiers should check with their local post offices or unit mail rooms to see the latest information on what they are allowed to send home through the mail.

The postal lobby offers parcel service, special services such as insured, certified and registered mail, money orders and stamps.

The postal unit also deals with packages and letters sent through the military postal system, or MPS. The unit sees a lot of MPS traffic, especially if someone is moving, according to Spc. Sarah Simpson, a postal clerk from Wichita, Kan.

Simpson was cross-leveled from the 511th Adjutant General Company for the deployment. She works in the re-direct section, forwarding mail that has been sent to the Soldiers who have moved or re-deployed and keeping track of incoming and outgoing units.

"Everybody just does everything out here," said Sgt. Amie Nelson, postal sergeant. Nelson, who previously deployed for Operation Iraqi Freedom I, said she sees many differences between the deployments.

Soldiers no longer sleep in tents or on cots, the chow hall food is better and the unit works in a hard building. Nelson said: "It makes a big difference."

"We don't joke when we say, 'We deploy,'" said Day. The noncommissioned officers of the platoon have 26



Photo by Sgt. Rachel A. Brune

**Sgt. Ryan Parker, 795th Adjutant General Company postal-qualified mechanic, carts mail to be loaded onto an outgoing container Nov. 4.**

deployments among them.

Staff Sgt. Daryl Brandt, custodian of personal effects, from Grandview, Mo., is on his fifth deployment. He is in charge of all money and regulations in the post office and serves as the day shift NCOIC.

About 50 percent of the unit is composed of veterans, said Brandt.

"It's one big family," said Brandt. "That's why people stay in."

During the two months the unit has been in country, the Soldiers have steadily improved their work area, according to Day. Some of the renovations include re-doing the lobby area and filling in several gaping holes on the warehouse floor, some of which

were ankle deep.

In addition, the unit works with the 94th Engineer Company to build four loading docks so the Soldiers can work inside, away from the elements, especially as the nights get colder.

"My main goal is to get my people out of the cold," said Day. In addition, the improvements are designed to make the process more efficient and speed up the flow of mail.

Day believes that her Soldiers are motivated to come on the job every day knowing that Soldiers are counting on them to keep them in touch with their families at home.

"It's a pretty good group to work with," said Brandt.

## Chief achieves career peak

When Ronald Fisher joined the Army as a private first class in 1985, he thought he would be doing very well if he retired as a staff sergeant.

Fisher reached that rank after four and a half years of service while serving with the 162nd Signal Company in Vicenza, Italy.

Sixteen years later, Fisher stood in front of his fellow 101st Sustainment Brigade Soldiers to receive the rank of chief warrant officer four.

"It's been a very successful experience," said Fisher of his service. "[My wife and I] have been very fortunate."

Fisher, who works as the senior electronics systems maintenance chief, originally joined the Army for the benefits and the retirement option.

"[My wife and I] found ourselves unemployed and on welfare, seeing no immediate means to get out of this dilemma," said Fisher. At this point, a stranger knocked on the door to do a background check on a local high school student who had joined the military.

"Next thing I know, I'm looking at the test," said Fisher, who was born and raised in Detroit, Mich.

Fisher credits his success to the enlisted Soldiers, officers and civilians he has worked with in his career. He plans to make this assignment his last duty station and then retire to spend time with his family and grandchildren.

"If you have no course or plan, I highly recommend going into the service," said Fisher.

## Soldiers meet on the field of (video) battle at FPS

By Sgt. Ashly N. Rice  
Staff Reporter

On Tuesday, Thursday and Saturday nights, Soldiers from around Q-West Base Complex crowd into a room inside of the Force Protection Services building to compete in HALO 2 tournaments.

HALO 2 is a first-person shooter game played over networked X-boxes.

The only light in the room comes from six television

screens and a strand of holiday lights stretched across the ceiling, but that doesn't seem to bother the more than a dozen Soldiers whose unblinking eyes are glued to the screen.

Staff Sgt. Michael Frank, FPS liaison, began hosting the tournaments in March 2005. The X-boxes used at MWR were mostly broken or missing, so Frank offered the FPS to host the tournaments

and keep an eye on the equipment.

Televisions are linked together for any level of player to come and play. Soldiers bring their own controllers, take a seat and begin playing, with the tournaments lasting from 2000 to midnight.

"It is a way to relax and get away, and some nights our screen names are centered on themes, such as celebrities' names," said Frank.



Photo by Spc. Heather Feggins

## Lion's Pride battalion unfurls colors on Speicher

**FOB SPEICHER, Iraq** -- The 561st Corps Support Battalion officially assumed duties from the 13th Corps Support Battalion in a transfer of authority ceremony Nov. 3 here.

The 561st CSB, which also serves under the 101st Sustainment Brigade at the units' home station of Fort Campbell, Ky., will provide corps logistics support to units on the forward operating base and surrounding areas.

# 725th Trans. road warriors keep the missions rolling

By Sgt. Rachel A. Brune

The young Soldier stood, looking somewhat dejected.

He had shown up at the 725th Transportation Company headquarters at 1 a.m. for a mission to an outlying forward operating base, only to find out someone was playing a joke and the mission didn't exist.

His fellow Soldiers quickly picked up the story, sharing it back and forth on their trip to Logistical Support Area Diamondback, how "... Acosta told the new guys they had to go on a mission to Speicher."

Once out on the road, however, the Soldiers were all business.

On a recent trip to Diamondback Nov. 4, Sgt. 1st Class William Belch, gun truck platoon sergeant, kept one eye on the road and the other on the other trucks in the line.

Belch, a former infantry Soldier from Edenton, N.C., is one of many Soldiers from combat arms who ride with the unit.

About 75 percent of the unit was cross-leveled in for the deployment, according to Capt. T. Sydney Shinn, company commander. About 30 of those Soldiers come from combat arms specialties.

The National Guard unit, originally a company of fuelers, now hauls all classes, or types, of supplies around the 3rd Corps Support Command area of operations.

The gun truck platoon provides security for the truck drivers hauling

supplies on tractor trailers. The unit created the platoon before deploying, after researching what other transportation units in Iraq were doing, according to Shinn.

"We scoured the Internet, and got information from everything from the Vietnam era to CFLCC," said Belch, referring to the Coalition Forces Land Component Command.

At that time, there was nothing on how to train gun trucks, according to Belch. Once the unit arrived in Kuwait, "we were able to operate as gun trucks and do some firing."

Another week of training with the 40th Transportation Company, also based on Q-West, "brought it all together," said Belch.

"[My Soldiers] get tasks done with little to no supervision," said Belch. "That makes my job real easy."

In addition to the transportation mission, 725th Trans. Soldiers contribute to the force protection mission on Q-West Base Complex, providing security at the entry control point and the third country national staging area, according to Shinn.

As a National Guard unit, many of the Soldiers have civilian expertise in driving. These Soldiers were tapped primarily for the actual hauling missions, a course of action which Shinn believes contributes to the unit's record of conducting missions for four months in theater with no major accidents or rollovers.

The maintenance yard is where the

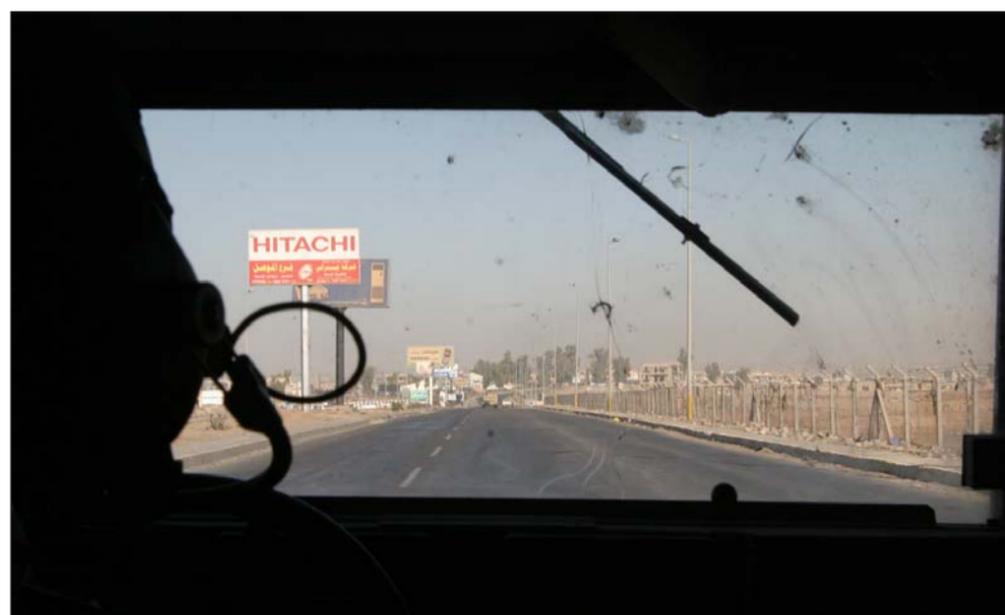


Photo by Sgt. Rachel A. Brune

A 725th Transportation Company rolls into Mosul on its way to LSA Diamondback.

drivers make sure their vehicles are ready to go out on the road and complete the mission. Under the leadership of Chief Warrant Officer (2) William Hollingsworth, of Durham, N.C., the 15 mechanics and one clerk make sure the trucks are ready to roll.

The drivers conduct a "supervised" preventive maintenance, checks and service of the vehicles. If they run into a problem that requires greater expertise, the mechanics are there with the solution.

"Everyone works together as a team," said Pfc. Kevin Thompson, truck driver, from Wilmington, N.C.

"Everyone takes care of each other."

Thompson, originally from the 30th Infantry Brigade from North Carolina, was one of 15 Soldiers who volunteered for a second deployment in support of Operation Iraqi Freedom with the 725th Trans. Co.

Shinn spoke highly of all of his troops who, he wrote, depict the Warrior Ethos.

"They have been asked to put aside their daily lives, conduct a mission they were not trained to do, and have proven that they can accomplish the missions with pride, dignity, and professionalism," said Shinn.

## Maintainer Soldiers support the force across the board

**LSA DIAMONDBACK, Iraq** — If it breaks, someone at the 872nd Maintenance Company can probably fix it.

If you need it, someone at the 872nd can order it. Chances are, one of the Soldiers might even be able to build it for you.

The 872nd, an Army Reserve unit from Ogden, Utah, performs a wide-ranging mission including providing direct service maintenance for customer units on Diamondback to providing security at one of the LSA entrances to conducting recovery operations in the area, according to 1st Sgt. Darren Kirschman.

A tour of the 872nd, which was augmented by a detachment from the 298th Maintenance Company from Pennsylvania, shows the Soldiers of the unit working to overcome challenges and fulfill the mission in Iraq.

First stop outside company headquarters is the recovery mission area. Soldiers on the recovery mission serve on standby teams in 12-hour shifts, awaiting any calls that might come in.

If any vehicles, including third country national trucks escorted by the military, break



Photo by Sgt. Rachel A. Brune

Staff Sgt. Thomas Wright, 298th Maintenance Company receiving NCOIC, checks a shipment's paperwork in the warehouse yard.

down or become inoperable in the 872nd's area of operations, and cannot be transported by the unit conducting the mission, the Soldiers are ready to retrieve it.

"Within 20 minutes, our team has to be on the road," said Kirschman. "We send out the wrecker and gun trucks to secure the area."

The next stop is down the road at the shop office, where customers on post come to drop off work orders. Inspectors make sure that the paperwork is in order, assign the order to the correct shop

and then inspect the end result, according to Master Sgt. Michael Hale, fourth platoon NCOIC, from Anna, Ohio.

"We're like the heart of the base," said Hale. "We do fabrication and radios, and we keep the trucks rolling."

In the automotive shop, mechanics work on various vehicles, performing first level maintenance after the operator-level maintenance, for units on Diamondback. The mechanics can do everything from replacing engines to rebuilding front ends, according to Hale.

"We'll do what needs to be done," said Hale. The cycle varies as far as how many vehicles the shop will see. "You have your up weeks, and you have your down weeks."

Around the corner, a loud, metallic clanging emanates from where Soldiers sort pieces of thick steel into various piles.

The shop is not staffed according to Soldiers' military occupational specialties, but rather according to their civilian skills, such as welding, said Hale.

"That's one nice thing about the Reserves," said Hale. "You bring double skills to the theater."

While the mechanics keep the trucks rolling, the communications and electronics section makes sure they can talk with each other. These Soldiers repair, install and troubleshoot radios and other electronic equipment.

Keeping the equipment in top operating order is very important for Soldiers heading out on missions, according to Sgt. Robert Lewis, an electronic device repairman from Brooklyn, N.Y.

The section also repairs night vision goggles. The light-

weight plastic casing on the NVGs also takes a beating on the missions.

In the 872nd warehouse yard, Staff Sgt. Bart Rindlisbacher, from Smithfield, Utah, directs operations. As supply missions come in, the yard workers offload materiel and separate it according to destination.

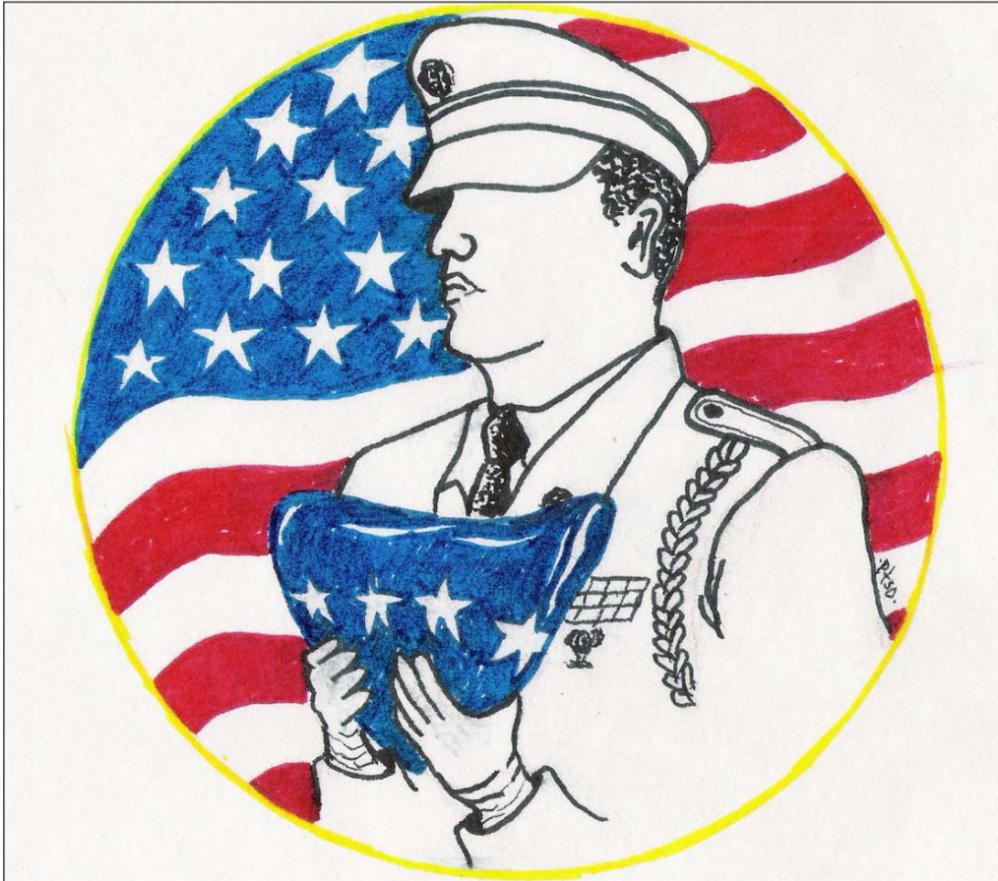
"We break down [loads] and put them into lanes for our internal customers," said Rindlisbacher. Other materiel is earmarked to be sent to other forward operating bases such as Sykes or Q-West Base Complex.

At each section, Hale explained that only about half of the Soldiers were present. Almost every section gave up some Soldiers to provide force protection on the base or on missions.

As of Oct. 23, the 872nd had provided more than 5,000 hours of force protection without a single incident.

In addition, 872nd Soldiers repaired more than 1,000 pieces of military and commercial equipment and processed approximately 20,125 transactions for 140 customer units, according to Kirschman.

# The Art of War



By Sgt. Patricia Tso, Multimedia Illustrator

## Health Talk: Why Quit Smoking?

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

Cigarette smoking is the major single cause of cancer mortality in the United States. Smoking is the most preventable cause of premature death in our society.

About half of all Americans who continue to smoke will die because of the habit. Each year, about 438,000 people die in the United States from tobacco use.

Cigarettes kill more Americans than alcohol, car accidents, suicide, AIDS, homicide and illegal drugs combined. Cigarette smoking accounts for at least 30 percent of all cancer deaths.

Smoking is a major cause of cancers of the lung, larynx (voice box), oral cavity, pharynx (throat) and esophagus. It is also a contributing cause in the development of cancers of the bladder, pancreas, cervix, kidney, stomach and some leukemias.

Smoking is also a major cause of heart disease, aneurysms, bronchitis, emphysema and stroke, and it contributes to the severity of pneumonia and asthma.

Tobacco has damaging effects on

women's reproductive health. It is associated with reduced fertility and a higher risk of miscarriage.

Many smokers say, "Oh well, I have to die of something."

Not all of the health problems related to smoking result in deaths. In the year 2000, about 8.6 million people were suffering from at least one chronic disease due to current or former smoking, according to the Center for Disease Control.

The diseases occurring most often were chronic bronchitis, emphysema, heart attacks, strokes and cancer.

People with these conditions suffer for years. They must live off oxygen tanks or be placed in nursing homes.

Smoking cessation has major and immediate health benefits for men and women of all ages. Smoking cessation decreases the risk of lung cancer, other cancers, heart attack, stroke and chronic lung disease.

For help quitting, visit your troop medical center. They can provide educational materials, nicotine patches, and medications to help you quit.

For more information visit: <http://www.cancer.org>.



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## SAFETY 1ST!

By James F. Jennings  
Safety Officer, 101st SB

In the Army, we routinely endure workplace hazards that would make an OSHA inspector's knees grow weak and wobbly. But that's our profession, and it's necessary that we train to use explosives to protect our nation.

Does that mean that safety and combat operations are incompatible? Absolutely not.

One of the best examples of **common-sense integration** of combat operations and risk management is the story of the Mosul Ammunition Supply Point (ASP) during Operation Iraqi Freedom 1.

When the 101st Airborne Division arrived in Mosul, Iraq, there were captured munitions scattered all about. Iraqi and American ammunition was stored in a series of warehouses.

Since Soldiers were also looking for covered work and living areas, the warehouse complex included sleeping areas and offices.

We would never do this in the United States. In fact, driving to the installation ASP can be a long trip, as they are located quite a distance away from populated areas.

The commander's Quality Assurance Specialist (Ammunition Safety), or QASAS, told him that Soldiers should not be living and working near the large store of explosives.

Initially disappointed by inac-

tion, the QASAS persisted. The commander finally relented and moved the Soldiers to other accommodations and offices.

The grumbling was predictable. However, a few weeks later a waste-burning fire got out of control, and flames spread toward the warehouse complex.

The entire complex of seven warehouses was ablaze, and ammunition began to explode. The fireworks lasted throughout the night and into the next day, as explosives and fragments littered the airfield and fell on the tents of 101st Soldiers.

The lesson: There is no way to eliminate risk in our operations completely. But we can and must take all available opportunities to operate safely.

The commander of the unit which suffered no casualties in the Mosul ASP explosion listened to his staff expert on ammunition safety and moved his Soldiers.

He could have opted to ignore the advice of his QASAS and accept the risk of putting Soldiers and ammunition together, but he chose to move the troops, a very unpopular decision.

He managed risk when possible, rather than throwing caution to the wind.

Have you bypassed standards because we're in combat in Iraq?

If you have, think about how many Soldiers could have been lost in Mosul. You owe it to your Soldiers.



## Chaplain's Corner

By Maj. Kenneth Gesch  
Chaplain, 71st Corps Support Battalion

**"Rejoice in the Lord always. I will say it again, rejoice."**

These words from Philippians 4:4 remind me of a visit I had with a Soldier in solitary confinement at Fort Knox, Ky., a number of years ago. For the purpose of this story, I'll change his name and call this Soldier Fred.

It was late on a Friday afternoon. Things had not been going well for me all week. I was in a bad mood, and I definitely was not feeling very spiritual. But as the chaplain assigned to the confinement facility, I still had to visit Fred.

Fred had been involved in a shoot-out at Burger King and was now awaiting trial for attempted murder. Fred was an angry, resentful person who ignored me when I first came to visit.

As the days passed, I think Fred began to talk with me just to pass the time. On one visit I had given him a small Bible.

On this particular Friday, Fred greeted me cheerfully, and asked how I was doing. Well, without thinking, I told him I was having a rotten day.

I quickly realized how dumb of me it was to say this - here I was talking to a guy locked up all day in a cell about five by eight feet, who couldn't talk to anyone except his lawyer and the chaplain, and who was facing charges on attempted

murder - and I was complaining about my day.

I quickly changed the subject and asked Fred how *he* was doing, and he beamed and told me he was having a wonderful day.

You see, Fred had been reading his Bible, and the words were coming alive for him. With great inner joy just *exuding* from him, he told me how he was beginning to understand that God loved him and cared for him and was willing to forgive him - and that made all the difference in the world.

Though still very concerned about the charges he faced, Fred knew that whatever happened, God would be with him and see him through.

Fred was able to rejoice - despite his circumstances - because he truly believed God loved him and would be with him no matter what happened.

I left that day having experienced a great lesson. No matter how bad a day I might be having, no matter how difficult a situation I may be facing, I can still rejoice because God loves me and is with me no matter what happens.

Even here at Q-West. With God always by me I can, like Fred, truly "Rejoice in the Lord." Always! I just need to remember to do it.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>November 2005</h1> <h2>MWR</h2>		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 <b>MOVIE MARATHON</b> 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 <b>MOVIE MARATHON</b> 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 <b>Spades Tournament 2000</b> Open Court Volleyball	14 Black Jack Tourney 2000 Train Club 1900 Open Court Basketball  <b>Smoking Cessation Classes 1900</b> →	15 Chess 2000 Judo 1900 Open Court Dodgeball	16 Chess Lessons 2000 Salsa Lessons 1900 Beginner Guitar Lessons 1900 Open Court Basketball	17 <b>MOVIE MARATHON</b> <b>Talent Show Rehearsal 1900</b> Judo 1900 Open Court Volleyball	18 <b>Talent Show 2000</b> <b>GREAT AMERICAN SMOKE OUT</b> Drama Club 1900 Open Court Basketball	19 Club in I 2000 Judo 1900 Flea Market 0800-1600 Open Court Floor Hockey
20 <b>Madden Football Tournament 1900</b> Open Court Volleyball	21 <b>TURKEY TROT! 0700</b> Train Club 1900 Open Court Basketball	22 <b>Photo, Poetry &amp; Art Contest Deadline</b> 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 <b>Thanksgiving!</b> Judo 1900 Open Court Volleyball Drama Rehearsal Punt, Pass & Kick Comp.	25 <b>Drama Performance</b> 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	<b>**All open court games: 1900-2300**</b> 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	0900	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	0600	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
1-10 AVN	CH Ball	PV2 Alvarado
71st CSB	CH Gersch	PFC Baotright
3-13 FAMLRS	CH Hart	SPC Gore
577th ERHS	CH Moermond	



IN CASE OF EMERGENCY CONTACT  
COB Q-West (101st SBDE TOC): 318-243-5777

## Q-West council discusses laundry changes

By Sgt. Ashly N. Rice  
Staff Reporter

The main topic at the Mayor's Cell Meeting held Nov. 9 here was laundry. At last week's meeting, the topic was discussed in full, with possibilities to ease the seemingly overwhelming laundry problem.

New inventory forms, adhering to the current standard operating procedures and contract, and continued training of staff were put forth as solutions to the laundry back-up. Requiring that only 20 pieces of laundry per Soldier, per day are turned in at the laundry points will ensure a 72-hour turn around.

It was discussed that it was not just the number of Soldiers recently occupying the Q-West Base Complex, but the new staff of workers that has been hired has made the laundry process seem to come to a halt due to staff training.

As well as the amount of laundry turned in, Soldiers using the wrong laundry facility and Soldiers not picking up laundry past the 72-hour turn around is a source of the laundry problem.

There are two laundry facilities on post. The main laundry facility is for the use of individual turn-in and bulk laundry services for units.

The other laundry facility is for Soldiers in the ranks of E-8 and above, O-3 and above and W3 and above to drop off laundry as well as unit bulk laundry. However, this was not the process

that was being followed.

With the current possible solutions underway, the laundry problem should begin to lessen. The Kellogg, Brown and Root helpdesk will move to the main laundry point, and new renovations are in the works for the main laundry facility.

The laundry facility manager and representatives from KBR believe this should ease some of the laundry issues.

Topics also on the meeting agenda:

The AAFES post exchange is tentatively scheduled to close at 6 p.m. on Nov. 22 and 23, due to annual inventory.

Powerstrips purchased from third country national vendors are possible fire hazards. The AAFES PX new manager, Ed Sneed, is working towards getting better quality powerstrips.

A dining facility council meeting is held on the fifteenth of every month at 10 a.m. inside the DFAC for Soldiers, civilians or contractors to provide input on DFAC operations.

The air conditioners in living areas should not be blocked by any objects so that proper maintenance can take place.

Burn permits should be obtained from the Fire Department in order to burn classified documents and last for 30 days. A digging permit may be in the works as well, but until then units are advised that if a unit must dig any trenches or holes, to do so at least six feet back from the road.

### Essay Contest!

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We want to hear your "War Story." Send your entry, 400-450 words, by Nov. 25, or e-mail for more information: rachel.brune@us.army.mil.

### America Supports You!

For a Veterans Day Message, visit:  
[www.cannonartillery.com](http://www.cannonartillery.com)

## OFF THE WIRE: News from the American Forces Press Service

### U.S., Coalition Forces Kill, Capture Terrorists in Iraq

**WASHINGTON, Nov. 12, 2005** – U.S. and coalition forces took down a suspected al Qaeda safe house and put an enemy mortar team out of commission during two separate raids in Iraq, according to U.S. military press releases.

U.S. 3rd Infantry Division, 3rd Brigade, Soldiers captured a terrorist mortar team near Baqubah. The terrorists had set up their equipment when the U.S. Soldiers encountered the enemy position, officials said.

The terrorists then directed rocket-propelled grenades and small-arms fire at the Americans, but the enemy detachment was quickly overwhelmed. Six terrorists were captured along with their mortar tube, six mortar rounds, the RPG launcher and four RPG rounds, officials said.

A seventh terrorist was killed in the exchange. No U.S. injuries were reported.

And, U.S. and coalition forces raided a suspected al Qaeda safe house located in



DoD photo by Tech. Sgt. Andy Dunaway, USAF

**U.S. Army Pvt. Joseph Pineda, Alpha Company, 1st Battalion, 327th Infantry Division, 101st Airborne provides rear security as soldiers look for a weapons cache near Hawijah-owlya, Iraq, on Oct. 28, 2005.**

the village of Qazwan, near Ramadi, Iraq. The dwelling was suspected of being a base of a senior al Qaeda in Iraq leader operating in the Ramadi area, officials said.

Four terrorists were killed and four others were detained during the raid. Two of the detainees were wounded while resisting capture. The wounded detainees were taken to a nearby coalition hospital for medical treatment and are expected to recover, officials

reported.

Coalition forces had cordoned off the area before the raid and called in close-air support during the engagement.

An estimated 1,000 Iraqi soldiers and 2,500 U.S. Marines, soldiers and sailors with Regimental Combat Team 2 continue to clear the town of Karabilah of terrorists and weapons one week into Operation Steel Curtain, Multinational Force Iraq officials reported.

### The Lighter Side



Photo by Sgt. Rachel A. Brune

**Inquiring cheeseburger? Or insidious member of Al "Cow"da? A local bovine peers over the hill at a member of the 40th Transportation Company, who participated in a recent civil affairs mission to check the status of a water pumping station near the village of Suth al Tuth Nov. 8.**



Photo by Sgt. Rachel A. Brune

**Pulling security, or escaping the mob? On the same civil affairs mission, Soldiers from the 828th Maintenance Company escape the crowd of "Mister, give me!"**



#### AMERICAN FORCES INFORMATION SERVICE

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### Veterans, supporters roll down NYC's "Canyon of Heroes"

**By John D. Banusiewicz  
American Forces Press Service**

**NEW YORK, Nov. 11, 2005** – Active supporters of U.S. servicemembers rolled down historic 5th Avenue here today in the city's Veterans Day parade, riding on a float for the Defense Department's "America Supports You" program.

The parade capped off DoD's commemoration of World War II's 60th anniversary and was billed as "The Nation's Parade." America Supports You showcases what Americans are doing around the country to support military members and their families through it's the program's Web site at [www.americasupportsyou.mil](http://www.americasupportsyou.mil).

The America Supports You float featured members of various grassroots-level organizations affiliated with the DoD program. Organizations featured included:

"A Million Thanks." Spearheaded by California high school student Shauna Fleming, the program has resulted in more than 1.4 million expressions of thanks being conveyed to servicemembers deployed in the global war on terror.

"My Soldier." Army Reserve Sgt. Juan Salas started the program at Manhattanville College, in Purchase, N.Y., after returning home from 14 months in Iraq. The program promotes "adoption" and pen-pal relationships between Americans and deployed servicemembers.

"Operation Homefront." Begun in San Diego by

military spouses and retirees in the wake of the Sept. 11, 2001, terrorist attacks on the United States, the program focuses on helping military families with such things as home and auto repairs, scholarships and financial assistance.

"Kids Serve 2." The program engages schools and communities to address the hardships children face with a parent's deployment. The family of Army Reserve Maj. Kevin Lanigan, who is serving in Iraq after having previously been deployed to Bosnia and Afghanistan, represented the organization on the America Supports You float.

"Salute Our Services." Helping deployed servicemembers and their families stay in touch. Salute Our Services encourages and facilitates use of the Internet to keep military families in touch.

"Stars for Stripes." This organization works in conjunction with Armed Forces Entertainment to provide quality professional entertainment to servicemembers deployed to remote locations.

New York City police estimated that more than a half million people lined the parade route on a cold, blustery day. Organizers expected more than 25,000 parade participants, including active-duty units and veterans groups from every state.

Though she said it was "really great" to be part of the parade to promote a cause she believes in so deeply, Fleming noted the temperatures in the 40s and a biting northwesterly wind. As her brother, Ryan, huddled in a makeshift shelter he formed from



DoD photo by John D. Banusiewicz

**A sign at the America Supports You program's float in New York City's Veterans Day parade Nov. 11 commemorates support for American military forces.**

America Supports You signs, she jumped and shivered to keep warm. "I don't think I've ever been this cold in my whole life," the Orange, Calif., teenager said. But as she compared notes with members of other troop-support organizations, it was clear there was no place she'd rather be.

Salas pointed out that Veterans Day marks his organization's anniversary. "We wanted to start on Veterans Day," he said, "because for a Soldier there's no better day than Veterans Day. Today, America remembers its soldiers."