



Construction coalition builds QBC facilities.
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Happy Holidays!



101st, 4-11th FA conduct medical civil affairs mission.
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LIFELINER WEST

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

Volume 2, No. 6 Deployment Edition

Q-WEST BASE COMPLEX, IRAQ

December 15, 2005

101st medics teach 'battle-stressed' tactics



Photo by Sgt. Rachel A. Brune

Martin A. Bowen, Q-West firefighter, and Spc. Mitchell Case, HHC 101st Sustainment Brigade, strap Pfc. Randell Romero, Company A, 101st Brigade Troops Battalion, onto a litter during the Eagle First Responder obstacle course Dec. 1.

By Sgt. Rachel A. Brune
Editor

Combat medics from Company B, 101st Brigade Troops Battalion, brought the 101st Airborne Division's combat life-saver course, the Eagle First Responder class, to troops and firefighters here Nov. 29 through Dec. 1.

"I think everyone should take the opportunity to learn this," said Pvt.(2) Benjamin Burdick, a Co. B combat medic from Fulton, N.Y. "You'll never know when you're going to have the opportunity to save someone's life."

This class was the second Co. B taught in theater, but the first time Burdick and fellow instructor Spc. Amber Powell, Co. B combat medic, have taught the "battle-stressed" course to civilians.

The four firefighters in the class provide fire protection capabilities on Q-West through Wackenhut Services, Inc., which stations firefighters all over Iraq.

"Being able to work with the Soldiers is a plus," said Wes "Cookie" Cook, WSI firefighter from Lima, Ohio. As firefighters, he and his crew are trained as first responders to give medical aid.

"I would say they gave us new ways to treat wounds and injuries quickly, as well as a really swift patient assessment," said Cook.

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Iraqi Police hone skills, proficiency at QBC orientation course

By Sgt. Ashly N. Rice
Staff Reporter

Iraqi police officers of class 06-02 graduated from an 11-day proficiency training course here Dec. 8.

Within the class of 22, Yassier Khalaf Ali graduated as honor graduate and 1st Lt. Emad Hajeej Hamad graduated as top marksman. Each honor graduate received a baton, shooting gloves and shooting glasses.

"[It] is good training. I am happy to be here and get classes that I am hopeful will help build Iraq," said Yassier. "I would like to thank the coalition forces; [they] treat us very well."

The police orientation course, taught by Iraqi Police Trainers and Iraqi Police Liaison Officers, covers 15 subject areas. Human rights, patrol procedures, fire arms, crime scene investigation and building searches are just some of the basic survival

ability skills the police officers learn.

4th Battalion, 11th Field Artillery Regiment, an active-component unit from Fort Wainwright, Alaska, is the primary unit involved with security and Iraqi Police, according to Sgt. First Class Joseph Evans, Iraqi Police Liaison Officer, 4-11th FA.

"This is an experience that I will not forget," said Russ Brombacher, Iraqi Police Liaison Officer, during the introduction to firearms and firearm training.

The trainers conducted classroom training in firearms the morning of Nov 30. In the afternoon, Iraqi police officers watched eagerly as certified instructors mentored the first firing order.

"It feels good to be involved in helping the [Iraqi police officers] to be in charge," said Evans.

After graduation, the police officers will attend an 11-week police academy in Jordan.



Photo by Sgt. Ashly N. Rice

Iraqi police officers aim carefully at targets during a firearm familiarization range Nov. 30.



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EFR course

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That patient assessment, also known as a primary survey, consists of checking for circulation, or bleeding, breathing and an open airway in a wounded patient.

Tactical combat casualty care, the focus of the second day of training, consists of three phases: care under fire, tactical field care and casualty evacuation.

In the care-under-fire phase, the most important goal is to gain and maintain fire superiority as well as to control life-threatening bleeding.

"This [course] is battle-stressed," said Powell, who is from Sacramento, Calif. "You're not any good to your patient if you can't achieve the mission."

The medics taught techniques for assessing and treating additional wounds during tactical field care. This phase of treatment comes when Soldiers performing a mission have suppressed or eliminated hostile fire and before they can evacuate the casualties.

Some of the most challenging first-responder techniques in the class are in this phase, according to Burdick, who has served four years as a combat medic.

One such technique is a needle thoracostomy, or inserting a needle into the chest cavity to relieve swelling from air trapped due to severe trauma, also known as a tension pneumothorax.

One important thing for EFR students to take away from the course is using creativity to assess a patient, said Powell. "You won't always know what [the injury] is, but you need to find out."

The most challenging part of the course for the students might be the nasopharyngeal insertion, said Burdick.

That long phrase means applying lubrication to a rubber tube and sticking it up a patient's nasal passages to open and maintain an airway. Unlike the needle thoracostomy, students actually practiced this technique on each other.

"People need to prepare themselves mentally," said Burdick, who demonstrated by inserting the tube into his own nasal passage on the second day of training.

Pfc. Randell J. Romero, Company A, 101st BTB network node signal switch operator, had a few suggestions if the instructors ever wish to explore alternative methods of training the nasopharyngeal class.

"Just a slide. Perhaps a video," said Romero, who is from Los Angeles, Calif. "I tasted lubricant for lunch."

The course is normally four days long, but instructors taught an abbreviated three-day version due to mission requirements, according to Burdick.



Photo by Sgt. Rachel A. Brune

Cory Bouldin and Justin "Baloo" Alvarez, firefighters, Spc. Mitchell Case and Pfc. Randell J. Romero, race each other during the obstacle course portion of the Eagle First Responder course Dec. 1.

"We're still teaching everything we taught in the rear," said Burdick. The difference between taking the EFR course at the 101st Sustainment Brigade's home station, Fort Campbell, Ky., and on deployment is in the facilities available for teaching.

One example of the changes is in the obstacle course portion of the class. At Fort Campbell, the medics have an actual obstacle course where they can test Soldiers' abilities to get patients off the battlefield utilizing different carrying techniques.

At Q-West, the students assembled at the Morale, Welfare and Recreation football field, next to a front line ambulance, or FLA, a modified Humvee with a patient compartment and large, red cross on the side. At the field, Burdick and Powell showed the students how to use two types of litters.

One by one, Soldiers in full battle gear began the course by low-crawling to a "casualty," picking the casualty up and running to a SKEDCO litter, a flexible plastic sledge with straps to secure a patient. The Soldier then strapped his or her patient to the litter and dragged him or her to the waiting FLA.

Students played the part of additional casualties, and the Soldier running the course directed his or her "team" how to load them into the FLA correctly.

Spc. Peggy Smith, 725th Transportation Company, 71st Corps Support Battalion truck driver, had never used the SKEDCO litter. Smith said: "I've seen them, but I just never used them."

Nineveh governor speaks at TRV Security Council Meeting



Photo by Sgt. Rachel A. Brune

A local leader stands to ask a question during the Council Meeting Nov. 26.

**By Sgt. Rachel A. Brune
Editor**

The upcoming Iraqi national elections were the key concern of many of the speakers at the Tigris River Valley Regional Security Council Meeting Nov. 26 here.

"The importance of this process is not how many seats people seek to obtain," said Duraid Kashmoula, governor of the Nineveh Province, speaking through an interpreter.

Choosing the steps to the right path is as important as the path that is chosen, and that path can be modified in the future, said Kashmoula. He encouraged the local leaders to ensure a healthy turnout for the elections, scheduled for Dec. 15.

Kashmoula met with local mayors before the council officially started to hear issues concerning district and sub-district leaders in the region.

Oday Rashid, a representative from the Independent Electoral Commission of Iraq, spoke at length regarding specifics of the election process.

"Terrorism is breathing its last breath," said Maj. Gen. Jamal, commander, 2nd Iraqi Army Division, through an interpreter. "We promise you that terrorism will end."

Evidence of the progress in the war against terrorism are events such as the graduation Nov. 24 of the first Iraqi Police Proficiency Training Course,

and the Nov. 20 signing of the "Contract Against Terror," according to Lt. Col. Scott Wuestner, commander, 4th Battalion, 11th Field Artillery Regiment.

Wuestner called the IPPT graduation "another step forward in providing a safe environment for your children."

However, local leaders must strongly oppose the recent increase in attacks by anti-Iraqi forces in the region, Wuestner cautioned.

The people of the Tigris River Valley must take personal responsibility for their country, to include reporting terrorist activity and the whereabouts of insurgents, said Wuestner.

In a diverse community, there must be a chance for different groups to express different beliefs, said Kashmoula. Although Iraqis have loyalty to their families, tribes and religions, they must also deal with their responsibility to create a fair and balanced government.

Cooperating with security forces during the difficult stages will be "written in history," said Jamal, through an interpreter. Attendance at the council



Photo by Sgt. Rachel A. Brune

Local leaders from the TRV listen to a speaker during the Council Meeting.

meetings and at the polls will prove that Iraqis and their leaders seek stability for the country.

Brig. Gen. Amin, commander, 3rd Iraqi Army Brigade, also encouraged leaders to ensure participation in the elections in their areas.

After the meeting, several attendees stood to bring their issues before the governor, who wrapped up the session by asking all Iraqis to come out and vote.

The past era of changing the government by force is over, said Kashmoula. From now on, change will come at the ballot box.



Photo by Sgt. Rachel A. Brune

425th unfurls colors in Iraq

The 360th Transportation Company "Backbone" officially transferred its mission to the 425th Transportation Company "High-rollers" during a ceremony Dec. 6 at the Morale, Welfare and Recreation Gym here.

"I feel very confident in the abilities of our Soldiers and the cohesion that they've built over the past five months [of training]," said Maj. Julie Perez, 425th TC commander.

The 425th TC, a Reserve unit from Sioux City, Iowa, will take over the mission of providing combat logistical support under the 71st Corps Support Battalion, 101st Sustainment Brigade.

"We truly appreciate the knowledge transfer that began six months ago," said Perez. She and her Soldiers are "looking forward to proving ourselves in the next year."

The 425th was originally a quartermaster unit. Several Soldiers came from other units, and a large percentage retrained intensively to become truck drivers, said Perez.

"As a commander, I couldn't be more proud," said Capt. Troy Kirby, commander, 360th TC. "Each of you has set new standards [in] the war on terrorism."

40th TC says farewell with last mission of goodwill

KHADAHN, Iraq – In a small village southeast of Q-West, smiling faces and friendly gestures greet American troops through dust clouds. As the dust settles, the sound of "Mister, mister! Madam, madam!" rings joyfully throughout the crowd during a civil affairs mission Dec. 4 here.

This mission, coordinated by 40th Transportation Company, of Fort Lewis, Wash., kept women and children as the main focus. This visit to Khadahn was one of the last missions for 40th TC as the unit prepared to redeploy.

When 2nd Battalion, 8th Field Artillery, of Fort Lewis, Wash., asked for female volunteers to accompany the unit on missions to surrounding towns, Sgt. Christina Keys, 40th TC truck driver, jumped at the chance.

In May 2005, she started to run civil affairs missions through 40th TC to villages outside Q-West. Donated medical supplies, medical attention, toys and candy are the things coalition troops bring to the village.

"I have gained more respect for the [Iraqi] people. I have realized not to take things we have for granted," said Sgt. Shelia Jenkins, of Mobile, Ala., a 40th TC truck driver. Although this is her second time in Iraq, this was her first civil affairs mission.

Pfc. Shannon Obier, a truck driver from Alanta, Ga., on her second mission with 40th TC, is ready and eager to do her part in re-establishing the country of Iraq.

With some Soldiers outside throwing candy into

Air Force engineers build it all at Army outpost

By Spc. Jeremy D. Crisp
Multinational Corps - Iraq

The sounds of hammers smashing nails, mixed with the whizzing of saws cutting wood, are typical sounds that resonate through the forward Army outpost known simply as Q-West.

The hands of troops in a construction unit are building things on a daily basis. These troops are fish out of water though, yet somehow swim marvelously.

The 200-plus civil engineering airmen of the 557th Expeditionary Red Horse Squadron are nowhere near an airfield, nor are they near any of their Air Force brothers and sisters-in-arms.

"It's just us flying solo, wherever we are," said Senior Airman Jesse N. Gent, a structural journeyman with the Red Horse Squadron. "We're kind of like a contractor, and we support the Army wherever they need us."

"We've had a pretty good gelling of sorts with the Army," said Air Force Staff Sgt. Christopher M. Leonard, a structural craft team leader with the unit. "If they need something built, we'll go build it."

On a six-month deployment, the unit is right at home when it comes to building structures from the ground up.

"We do a lot of bed-down; building quarters for people to sleep in," Leonard said. At the time of the visit, Leonard's team was constructing a Morale, Welfare and Recreation building. The small Southeast Asia, or SEA, hut will contain a bank of phones and computers for use by the 101st Sustainment Brigade and the airmen who live nearby.

The squadron is comprised of airmen from all over the States and



Photo by Spc. Jeremy D. Crisp

Senior Airman Jesse N. Gent, a structural journeyman with the 557th ERHS, smashes in a nail on a new building project Nov. 11. at Q-West.

Europe, and the unit is a mix of electricians, plumbers, carpenters and engineers.

Leonard, from Vandenberg Air Force Base, Calif., and Gent, who is a base maintainer and member of the honor guard at Cannon AFB, N. M., don't always have opportunities to do hands-on structural work at their home duty stations. That's why deploying with the Red Horse is a great opportunity to get experience, explained Gent.

"This is where we really learn," Gent said. "It just gets thrown at you, and there is a wealth of experienced guys in the unit who help us out. We really get hands on with what we do and that's what the Red Horse is known for."

Not only are the airmen capable of constructing most anything, they are prepared to handle themselves on the battlefield.

Before deploying, the troops conducted a month of practical training with the Army at Fort McCoy, Wis., which has come to good use since they run convoys throughout Iraq.

"We trained on various weapons systems, convoy operations, tactical movements and close-quarter marksmanship," Leonard said. "We came prepared for just about everything."

"When the Army came out and worked with us, it was a lot of fun," Gent said. "There were a lot of guardsmen, and for them to come help us out was an awesome experience."

"It's great when Army commanders come out and say 'hey, that's an awesome job,'" said Gent, who studied carpentry, welding and sheet metal layout at technical school. He added, their reward is the thanks they get when a job is complete.

"We take a lot of pride in our work and a job well done," Leonard added.



Photo by Sgt. Ashly N. Rice

Village children position themselves for the best spot as coalition Soldiers toss candy for them to catch.

the air, and others placing Band-Aids on cuts and scrapes, Keys and other female Soldiers went to visit the woman who is the nominal head of the village.

Baby wipes, powder, lotion, soap, hand sanitizer and other hygiene products quickly filled the small mud house, full of children, women and laughter.

"I hope to continue to keep the relationships that have already been established," said Spc. Amy Casey, of Akron, Ohio, a truck driver with the 454th Transportation Company, a Reserve unit from Delaware, Ohio. This is the first deployment and mission for Casey.

As the American trucks drove away from the small village, children ran after to wave and give thanks.



Photo by Sgt. Rachel A. Brune

An Iraqi graduate of the NCO Academy crosses the stage to receive his certificate Nov. 14.

Iraqi NCOs graduate

A mixed class of Iraqi Army noncommissioned officers graduated from the NCO Academy in a ceremony at the MWR Theater Nov. 14 here.

"This was the first class [for which] we brought soldiers down from the north," said Command Sgt. Maj. William Ulibarri, 172nd Stryker Brigade Combat Team.

The ethnic mix of Kurds and Iraqis did not matter to the soldiers, said Ulibarri.

"They said, 'We are all Iraqis, we have one enemy,'" said Ulibarri, who gave the keynote speech at the graduation ceremony.

Mission Medical: Lifeliners, Arctic Wolves treat IA families

MAKHMUR, Iraq — Coalition medical personnel conducted a medical civil action program, or MEDCAP, with medics from the Iraqi Army 3rd Battalion, 3rd Brigade, 2nd Division here Dec. 5.

Capt. A. Michelle Moore, M.D., brigade surgeon, 101st Sustainment Brigade, and Capt. Charles Roberts, physicians assistant, 172nd Brigade Support Battalion, led the team examining, diagnosing, medically treating and advising family members of the Iraqi soldiers.

At the initial screening station, combat medics from the Brigade Support Medical Company, 172nd BSB, from Fort Wainwright, Alaska, obtained patients' vital signs such as pulse, temperature and blood pressure.

"If it's something simple, we can take care of it," said Spc. Michael Crittenden, BSMC combat medic from Tiverton, R.I.

The combat medics tested for diabetes with an over-the-counter blood sugar test.

"We also hand out toys to the kids," said Spc. Jesse Valerio, BSMC combat medic from Hurley, N.M.

The medics interviewed each patient, with the help of an interpreter, for medical history and previous treatments and noted his or her complaint on a small slip of paper.

"We write a basic note for the docs so they can begin right away," said Sgt. Courtney Berry, BSMC combat medic from Highland, Mich.

At the next station, Moore and Roberts examined the patients, reviewing the medical history if available, reviewing X-rays and prescribing and distributing medications.

"We're not just an offensive force," said Sgt. Brian Hawthorne, a civil affairs sergeant with Company A, 401st Civil Affairs Battalion. "We're also a sustaining force."



Photo by Sgt. Rachel A. Brune

Capt. A. Michelle Moore smiles as she examines a young Iraqi boy during a MEDCAP in Makhmur Dec. 5.

One of Moore's first patients was a young boy, paralyzed, with ulcers on his lower back. Moore, who is from Seffner, Fla., treated the boy, advising the family on various aspects of care.

With the help of an interpreter, Moore also explained the situation to local tribal leaders who attended the MEDCAP. The tribal leaders have the ability to mobilize the community and get additional help for the family, explained Hawthorne.

Master Sgt. James Townsend, 101st Sustainment Brigade medical operations NCOIC from Lake City, Fla., assisted Moore distributing medication and gathering equipment.

Nestled in the foothills east of the Tigris River, the Iraqi outpost is known as FOB Crazy Horse to the small American liaison team permanently stationed there.

The Iraqi medics, also known as "Blue Shirts" because of their distinctive uniforms, attended the MEDCAP to gain more experience, according to Sgt.

1st Class Kevin Kearney, Special Forces medic, from Rockaway Point, N.Y.

With fellow Special Forces medic, Sgt. Justin Kirschner, from Bark River, Mich., Kearney trained the Blue Shirts in medical tasks such as trauma assessment and beginning an intravenous drip.

"We gave them a week of anatomy and physiology," said Kearney. "[The training was] pretty similar to what a combat lifesaver in the Army would get."

The two medics are from 5th Special Forces Group at Fort Campbell, Ky.

The Blue Shirts assigned to 3rd Bn. conduct the battalion sick call, said Kearney. Some of the Iraqi medics who successfully completed the course became trainers themselves and teach the material to new classes.

The liaison team hopes to create a medical platoon for the battalion, said Kearney.

Coalition forces conducted a MEDCAP for each battalion in the brigade, according to Hawthorne, who as a civilian is an emergency medical technician. The 401st is a Reserve unit from Webster, N.Y.

As the day continued, the medical personnel saw patients with everything from spinal stenosis, which is a narrowing of the spinal canal, to back fractures, eye problems and clubfoot, according to Roberts, who is from North Pole, Alaska.

In America, many of the conditions would have been corrected at birth, said Roberts. Still, he and Moore did what they could for the patients they saw.

"Our purpose here is to hopefully forge good relations and to work with the Iraqi [medical] providers here," said Roberts.

Now that Iraqi medics have begun to provide care to their fellow soldiers and train others in their skills, the next challenge is developing a re-supply process, according to Staff Sgt. Stephen Soza, BSMC combat medic from Bakersfield, Calif.

QBC truck driver, NCO trains Iraqi Army recruits



Photo by Pfc. Jessica Higgins

Sgt. Benjamin Price, 40th TC truck driver, observes an Iraqi recruit during training at a marksmanship range.

By Pfc. Jessica Higgins
40th Transportation Co.

During his deployment to Q-West Base Complex, a 40th Transportation Company truck driver contributed his military expertise on the roads of Iraq and in its classrooms as well.

During August 2005, Sgt. Benjamin Price, who is from Union City, Ind., returned from a mission to find that his new job would be training Iraqi Army recruits at the Q-West Base Complex NCO Academy.

The duties and responsibilities of this job required

noncommissioned officers to instruct Iraqi soldiers and teach them proper tactical techniques and operations.

The main objective was to provide Iraqi soldiers and NCOs with the knowledge, experience and skills necessary to be successful in theatre, while at the same time, creating a higher morale level among troops.

A seemingly daunting task, Price was prepared to face the challenge of training the Iraqi Army. Sgt. Corey W. Anderson, 40th

TC, has known Price since 2003. He describes him as "a great leader who is respected by NCOs and Soldiers alike."

"He has an effective leadership style, and he has a lot of knowledge to share," said Anderson, who added, he knew Price would excel in this position.

Price trained the Iraqi soldiers at the Academy for more than three months. During that time, he taught two primary leadership development classes, or PLDC, which trained Iraqi soldiers to become noncommissioned officers.

"Everything in my military career has prepared me for this job," said Price. Along with 10 U.S. cadre and eight interpreters, he also taught the four-week basic training course.

There, the recruits learned first aid, basic rifle marksmanship with the AK-47, military discipline and the Iraqi Army Values, along with many other valuable lessons and skills.

The recruits also learned tactical operations

such as cordon and search techniques and mounted and dismounted operations.

Morale was high for the most part, and the soldiers seemed eager to do their part in protecting their families and their country.

"It's very important to have the [United States] and coalition forces here in Iraq," said Mahar Skvan Assow, a member of PLDC class #0505. "The [United States] is helping the Iraqi Army soldiers a lot so they can protect their country. They appreciate the help, and Iraq will never forget what the U.S. Army has done for them."

Training the Iraqi military force is a challenge that U.S. noncommissioned officers are accepting theatre-wide. The hard work, determination and patience of leaders like Price will further the Iraqi Army's progress in becoming a self-sufficient, successful military force within Iraq.

Price, who will redeploy with 40th TC in the near future, is currently serving his second deployment in Iraq. Price joined the Army in 2000 at the age of 18.



Photo by Sgt. Ashly N. Rice

Coalition renovates

Within the walls where worship takes place, eastern and western cultures joined together to renovate and rebuild the chapel and mosque walls here.

Capt. Eric Molesky, contracting officer for the Mayor's Cell, worked with airmen of the 557th Expeditionary Red Horse Squadron (Air Force), and Department of Public Works workers to build and buy items to beautify the interiors of the Q-West chapel and mosque.

Patched walls and reworked electrical wiring fills the mosque interior. New altars and a podium will soon accompany the platform and handmade curtains that presently grace the interior of the chapel.

"[We] are proud to be able to work on renovations with the chapel and mosque," said Hakeem Lukman, DPW contractor. "[There is] no difference between Muslims and Christians. A man who works one time for [the] church gets paid back 100 times."

The Art of War



By Sgt. Patricia Tso, Multimedia Illustrator

Health Talk: Beating the Holiday Blues

Capt. A. Michelle Moore, M.D.
Brigade Surgeon

The holiday season is usually a time full of joy, cheer, parties and family gatherings.

However, for many people, it is a time of self-evaluation, loneliness, reflection on past failures and anxiety about an uncertain future. This is especially true in a deployed setting.

We tend to focus on our inability to be with our family and friends.

The changes in our daily routine brought about by the holiday season can be a constant reminder that we are apart from our loved ones.

Financial strains of the holiday season can cause holiday blues as well. Even though we are deployed, we spend a lot of money on gifts for our loved ones. This can cause stress.

How can you prevent holiday blues?

The DO's of managing holiday blues:

Do follow the three basics for good health: eat right, get plenty of rest, and exercise regularly.

Do make a budget and follow it.

Do let go of the past and create new or different ways to celebrate.

Do allow yourself to feel sad, lonely or melancholy — these are normal feelings, particularly at holiday times.

Do something for someone else.

Do spend time with your friends in your unit.

Do contact someone with whom you have lost touch.

The DON'Ts of managing holiday blues:

Don't overindulge in holiday foods, especially those that are high in sugar and fat.

Don't have unrealistic expectations of yourself or others.

Don't dwell on the past.

Don't focus on what you don't have.

Don't spend money you don't have.

If you continue to feel down and need someone to talk to, remember that your chaplain is available.

Also, you can visit the Behavioral Health Clinic or Troop Medical Clinic and speak with a provider.



**Happy Holidays
from your PAO!**

A Word From EO: POSH Training

By Sgt. 1st Class Bruce Williams
Brigade EO Advisor

What a wonderful day to be a Lifeliner! The end of second quarter FY06 is at hand. Units are Soldiering on and completing required quarterly statistics, briefings and training.

One quarterly training requirement established in AR 600-20, Army Command and Policy, is the conducting of quarterly equal opportunity training. The regulation states that as a minimum, two of the quarters will consist of Prevention of Sexual Harassment, or POSH, training.

POSH training is a proactive measure used to show Soldiers what sexual harassment is, how to recognize it, how to prevent it, how to report it and the consequences of engaging in sexual harassment.

Sexual harassment negatively impacts good order and discipline, mission accomplishment, professionalism, and our quality of life. Violators are subject to numerous disciplinary actions to include those under UCMJ.

Sexual harassment is a form of gender discrimination that involves unwelcomed sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature.

Usually, the person being sexually harassed has their pay, job or career on the line, depending on whether they reject or submit to the sexual advancements of supervisors.

However, sexual harassment occurs when sexual conduct and conversations affect an individual's work performance or creates an intimidating, hostile or offensive work environment.

Sexual harassment comes in two forms: Quid Pro Quo and hostile environment. The Quid Pro Quo form simply means "this for that," "I'll do this, if you will do this."

Some harassers will just come right out and make explicit requests, while others will jog around and make the requests implicitly.

The hostile environment form occurs when Soldiers and civilians are subjected to offensive, unwanted and unsolicited comments or behaviors of a sexual nature.

If you are sexually harassed, remember these five techniques: **Direct approach** – Confront your harasser and tell them to stop; **Indirect approach** – Send a letter to the harasser explaining how their behavior has made you feel; **Third party** – Request assistance from another person to resolve your concern; **Chain of command** – Report the behavior immediately to your supervisor or others in your chain; **File a formal complaint** – This method will initiate an investigation to resolve your concern when the other approaches are not effective.

If you have any questions about sexual harassment, contact your unit EO representative or the EO Advisor.



Chaplain's Corner

By Capt. Billy Graham
Chaplain, 561st CSB

Several of the soldiers of Headquarters and Headquarters Detachment, 561st Corps Support Battalion, were recently sharing with me that this year will be the second time in three years that we will spend Christmas in Iraq.

At first glance, that sounds horrible. It seems bad enough to have to be away from home during a holiday that is often symbolized by gathering together and sharing as a family.

It is even more disheartening to consider that for many, this is a multiple time they have been separated from their families during this season.

Now, before I totally depress every reader, I want to attempt to shed a different light upon the circumstance in which we find ourselves.

Let us first consider the distance at which we find ourselves from friends and loved ones. It is several thousand miles from here to Fort Campbell.

Though that is a considerable distance, think about the length of space which God traversed to come to earth in the person of Jesus. Then mull over traveling any distance on the back of a donkey when great with child as Mary did.

Think about how far God will go to show you and your family how much he loves you. But, then realize that God is so close that he fully comprehends the whispered prayer and can

meet the need instantaneously.

We are truly separated by a great distance from our families, but even that can be minimized through the awesome technology of a phone. As you sit down to make that holiday wish known to those loved ones back home, remember that God is even closer and waiting for that prayer call.

Shall we also consider where we must spend this Christmas? We will be in tents, CHUs, hard buildings and an assortment of trailers. None of these comes close to the comfort we experience back home.

None of these seem to be able to stay nice and clean like our wonderful homes back in the United States. I challenge each of you to consider what Jesus went through in his travels.

He left the absolute perfection, magnificence, pure and incomprehensible beauty of heaven to abide in the cruelty and filth of this world. The amazing part of that is he did not complain, but was eager to be obedient to the Father to establish a relationship with us.

The all-powerful, all-knowing, ever-present Creator of the universe landed in the womb of a young lady to bring hope and peace to a dying world.

This Christmas, here in Iraq, can become one of worst experiences of your life. Or, by God's grace, it could become the greatest time ever imagined. Consider where you are while you consider where God is willing to go to meet you at your point of need!



Photo by Sgt. Ashly N. Rice

Spectators watch as a member of the officer team runs with the ball during the 4-11th annual Toilet Bowl football game Dec. 2.

NCOs flush officers in annual football contest

By Sgt. Ashly Rice
Staff Reporter

The noncommissioned officers of 4th Battalion, 11th Field Artillery Regiment, triumphed with a score of 18-13 over the officers during the annual Toilet Bowl football game Dec. 2 here.

"This means we have to spend yet another year in the toilet bowl," said Lt. Col. Scott Wuestner, battalion commander, of York, Pa.

If a team loses the Toilet Bowl, a toilet seat acts as a frame for the losing team's picture for a year. Not even

that or the NCOs' glorious third-time win could dampen the spirits of the officer team.

"[It] was a good game," said officer team captain 1st Lt. Steven Stanart. "The NCOs came better prepared and had a couple of better players this year. The NCOs did a great job."

"NCOs lead the way!" said NCO team captain Staff Sgt. Antonio Morris, an M198 howitzer section chief, of Tuskegee, Ala. "We are happy to win the Toilet Bowl for the third year in a row, and it was a wonderful experience."

Ceremony recognizes FPS achievements

Twenty-eight Force Protection Services personnel received Certificates of Appreciation for their service at the FPS award ceremony Nov. 26 here.

"[Force Protection Services soldiers] have made great improvements [in Q-West] throughout the year," said Lt. Col. Richard Curry, 1st Battalion, 107th Cavalry.

Curry is battalion commander of the National Guard unit from Stow, Ohio. He served as Q-West base commander.

1st Sgt. Abdali Hamed Abdullah and Col. Mohammed Kahamis received Army Commendation Medals sent by Bob Taft, governor of Ohio. Abdullah was promoted to FPS Sergeant Major.



Photo by Sgt. Ashly N. Rice

Extra! Extra! Read all about it!

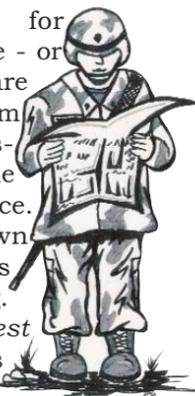
Opportunities for fame and fortune - or at least fame - are now available from the 101st Sustainment Brigade public affairs office.

The Hometown News program is up and running. As Lifeliner West staff reporters visit units at different bases in the area of operations, they collect DD Forms 2266, the hometown news reporting sheet.

Already, many Soldiers have received hometown recognition through articles published from this information.

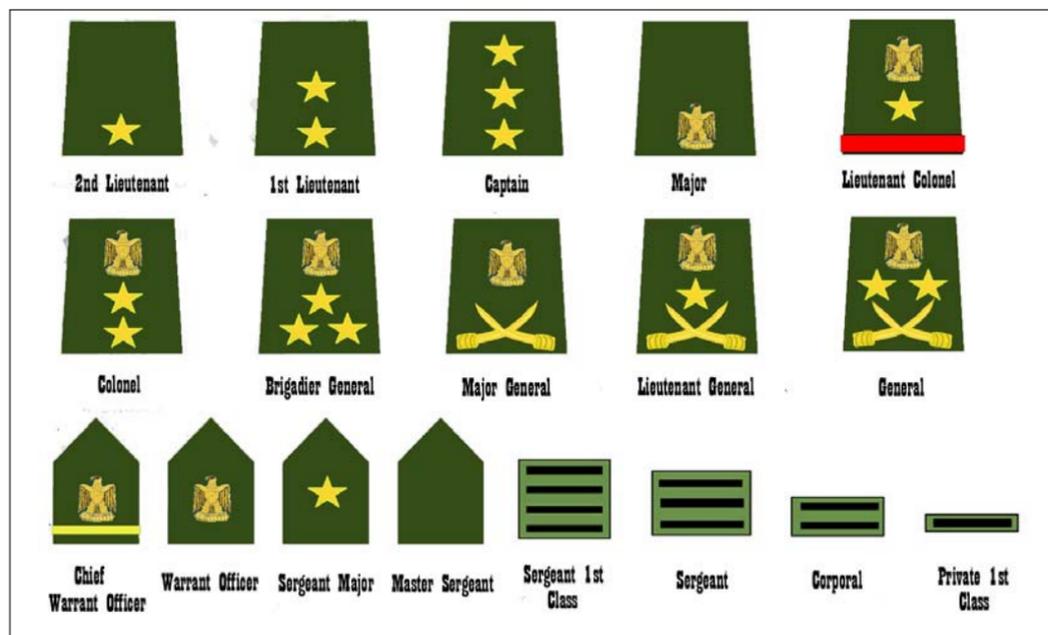
If Soldiers wish to participate in this program, fill out a form and turn it in to the PAO in Building 6-06 on Q-West Base Complex. Or, contact the PAO to schedule an appointment for your unit.

As always, our reporters stand ready and willing to get out the good word about your Soldiers. If you have an event to report, get in touch.



Amaze your friends...
Impress your neighbors...
Call your first sergeant a "Wakeel Awwal..."

Know your Iraqi Army rank structure...



- General *Fareeq Awwal*
- Lieutenant General *Fareeq*
- Major General *Liwaa*
- Brigadier General *Aameed*
- Colonel *Aaqeed*
- Lieutenant Colonel *Muqaddam*
- Major *Raaed*
- Captain *Naqeeb*
- 1st Lieutenant *Mulaazem Awwal*
- 2nd Lieutenant *Mulaazem*
- Chief Warrant Officer *Muahhal Awwal*
- Warrant Officer *Muahhal*
- Sergeant Major *Wakeel Awwal*
- Master Sergeant *Wakeel*
- Sergeant 1st Class *Aareef Awwal*
- Sergeant *Aareef*
- Corporal *Naeb Aareef*
- Private 1st Class *Jundi Awwal*
- Private *Jundi*

Got News? Get in touch with the Lifeliner West!
 Contact: rachel.brune@us.army.mil
 for your 15 minutes of fame.

Essay Contest!
 Deadline: Dec. 20.
 Theme: "Christmas on Deployment"
 Prizes will be awarded!
 Email: rachel.brune@us.army.mil

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="margin: 0;">December 2005</h1> <h2 style="margin: 0;">MWR</h2>				1 Dominoes 2000 Abs & Glutes 1800 & 2030 Self-Defense 1900 Triathlon by Appointment Open Court Volleyball	2 Texas Hold 'Em 2000 Aerobics 1930 Open Court Basketball	3 40th TC Farewell 2000 Aerobics 2000 Self-Defense 1900 Flea Market 0800-1600 Open Court Volleyball
4 Christmas Parade Float Contest MOVIE MARATHON Volleyball Tournament	5 Aerobics 1930 Train Club 1900	6 Abs & Glutes 1800 & 2030 Self-Defense 1900 Ping Pong Tourney 2000 Acting Class 2000	7 301 Dart Tourney 2000 Salsa Lessons 1900 Guitar Lessons 1900 Aerobics 1930 Open Court Basketball	8 Spades Tournament 2000 Self-Defense 1900 Abs & Glutes 1800 & 2030 Open Court Volleyball	9 Club in I 2000 Drama Club 1900 Texas Hold 'Em 2000 Aerobics 1930 Open Court Basketball	10 Noche Caliente 2000 Self-Defense 1900 Flea Market 0800-1600 Aerobics 2000 Open Court Volleyball
11 Bullseye Billiards 2000 MOVIE MARATHON Volleyball Tournament	12 Checker Tourney 2000 Train Club 1900 Aerobics 1930 Basketball Tournament →	13 8 Ball Tournament 2000 Self-Defense 1900 Abs & Glutes 1800 & 2030 Acting Class 2000	14 Salsa Lessons 1900 Guitar Lessons 1900 Doubles Ping Pong 2000 Aerobics 1930	15 Abs & Glutes 1800 & 2030 Self-Defense 1900 9 Ball Tourney 2000	16 Texas Hold 'Em 2000 Aerobics 1930	17 Self-Defense 1900 Aerobics 2000 Flea Market 0800-1600
18 Dominoes Tourney 1900 MOVIE MARATHON Volleyball Tournament	19 <i>Chess Tourney 2000</i> Aerobics 2000 Salsa Lessons 1900	20 <i>Spades Tourney 2000</i> Abs & Glutes 1800 & 2030 Self-Defense 1900 Bench Press Competition 2000 Acting Class 2000	21 <i>Cricket Tourney 2000</i> Salsa Lessons 1900 Guitar Lessons 1900 Aerobics 1930 Open Court Basketball	22 Photo, Poetry, Art Contest Self-Defense 1900 Open Court Volleyball Talent Show Rehearsal Abs & Glutes 1800 & 2030	23 Talent Show 2000 → Texas Hold 'Em 2000 Aerobics 1930 Battle of the Biceps 2000 Open Court Basketball	24 Noche Caliente 2000 Self-Defense 1900 Flea Market 0800-1600 Aerobics 2000 Open Court Volleyball
25 X-MAS BINGO 2000 MOVIE MARATHON Volleyball Tournament **All open court games: 1900-2300**	26 <i>Santa Dash 5K 0700</i> Salsa Lessons 1900 Aerobics 2000 Tattoo Contest Deadline	27 Vegas Night 2000 Abs & Glutes 1800 & 2030 Self-Defense 1900 Acting Class 2000	28 Aerobics 1930 Salsa Lessons 1900 Guitar Lessons 1900 Squat Competition 2000 Open Court Basketball	29 Abs & Glutes 1800 & 2030 Self-Defense 1900 Open Court Volleyball Award Ceremony 2000	30 Texas Hold 'Em 2000 Drama Club 1900 Country Music Night 2000 Aerobics 1930 Open Court Basketball	31 Flea Market 0800-1600 Aerobics 2000 Self-Defense 1900 Open Court Volleyball New Year's Eve Dance 2000
Happy Holidays from Q-West Base Complex, Iraq!						



Q-West Worship

Prayer, Service, Study

Worship Service	Day	Hour	Chapel
Catholic Mass	Sat	1800	Oasis
	Sun	0700	Oasis
Contemporary Protestant	Sun	1100	Oasis
Inspirational Gospel	Sun	0800	MWR
Lutheran	Sun	0930	Oasis
Charismatic Evangelical	Sun	0800	Oasis
Contemporary Protestant	Sun	1800	Oasis
Latter Day Saints	Sun	1900	Oasis

Prayer Services	Day	Hour	Location
Noon Prayers (Communion on Wednesday)	M Sat	Non	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
1-10 AVN	CH Ball	PV2 Alvarado
71st CSB	CH Gesch	PFC Boatright
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 welcomes new regime

By Sgt. Ashly N. Rice
Staff Reporter

Welcoming new staff to Q-West and safety were the top issues on the agenda at the Mayor Cell meeting Nov. 30.

The 153rd Field Artillery Brigade, a National Guard unit out of Phoenix, Ariz., will be taking over operations in the Mayor Cell and 1st Battalion, 107th Cavalry will redeploy to their National Guard home station in Stow, Ohio.

"[We] will continue to make this base the best in the theatre, but will need your help," said incoming base commander, Col. James Grayson, 153rd FA BDE. "[We] will try to meet [the] goals and requirements."

"Thank you all for your service. Lots of improvements have been made and will continue for new units coming in," said outgoing base commander, Lt. Col. Richard Curry, 1-107th Cavalry. "Complacency is our enemy. If you see something wrong, it probably is. Get it corrected and reported."

As for safety, the fire department asks units to please notify the fire department of all fires and not to burn pallets. Before anything is burned, burn tanks need to be constructed as a full drum with a grate on top.

The Fire Departments is still enforcing burn permits. Before the Mayor Cell issues a burn permit, the Fire Department inspects and clears the area. Burn permits are valid for 30 days.

Vehicles must drive over the speed bumps. No "freelance" vehicle movement will take place. Vehicles should not cut through open lots because unseen ditches or culverts make it very dangerous.

Topics also on the meeting agenda:

Turn in batteries or other hazardous materials, such as drums and oil to building O-21, Monday, Wednesday and Friday.

Individuals walking during low visibility hours need to carry a flashlight, wear a reflective belt or do both.

Continue to keep treating the third country nationals, local nationals and Department of Public Works workers with respect.

If units wish to give DPW workers items such as blankets or clothes, ensure a memorandum signed by the company commander accompanies the items. This allows them to take the items through the gates.

Do not give electronic or wire devices to the workers.

Please help AAFES with maintenance problems and whatever else may be needed.

The dining facility would like to know of units who would like to serve on Christmas Day.

Please email Master Sgt. Calvin Carter, 101st Sustainment Brigade, food service NCOIC, at Calvin.Carter2@us.army.mil if interested.

The DFAC is still looking for artists to paint unit crest on the DFAC walls.

More barbers are now at the free barber shop located at the Mini Mall behind HHSB, 4 Battalion, 11th Field Artillery Regiment.

Please help keep the Mini Mall area clean. Use trash receptacles.

Keep showers to a minimum and practice water conservation.

When filing a work order, please go to the Mayor Cell beforehand to clarify if LOGCAP or DPW will be responsible for the service.

Help Wanted

Needed: spinning Class instructor. If interested, contact: Quincy Robertson at MWR.

OFF THE WIRE: News from the American Forces Press Service

Coalition forces in Iraq keep streets of Baghdad safe

By Spc. George Welcome
2/101st Airborne Division
YUSUFIYAH, Iraq (Army News Service, Dec. 9, 2005) – Soldiers from Task Force Baghdad, alongside Iraqi forces, constantly search the streets and alleyways of Baghdad and surrounding communities for weapons, insurgents and anti-coalition propaganda. The searches are thorough, yet the Soldiers still respect people's rights and property.

"I feel that our patrols make a difference," said Sgt. Kenneth Casica, a team leader in 1st Platoon. "I guess the patrols make the insurgents nervous because they know...we'll push them out of this area to make the people feel safe."

When Task Force Baghdad Soldiers get ready for a mission, a lot of things take place before the sun comes up.

Soldiers are mobilized, ammunition is loaded, vehicles are prepped, briefings are conducted, maps are studied and energy drinks

are consumed.

Taking streets back
 These are a few of the many things the Soldiers of 2nd Brigade Combat Team, 101st Airborne Division did to get ready for their patrol of the Mulla Fayyad area of Yusufiyah Dec. 2.

This was a critical patrol for the Soldiers, as it would allow them to continue to maintain their presence in the area that was rarely patrolled prior to their arrival.

Dogs barked incessantly as Soldiers from B Company, 1st Battalion, 502nd Infantry Regiment and elements of 4th Brigade, 6th Iraqi Army Division began their patrol of their sector of Mulla Fayyad.

This early in the morning, the 101st Airborne Division Soldiers and the dogs were the only ones awake.

Humvees tactically dispersed and cordoned off the area to provide the Soldiers with security from anyone who might try to access the sector during the cordon-

and-knock mission.

"Today's mission was to see if we could apprehend insurgents who may have been in the area," Casica. "We want [the citizens] to realize that we are here to help them."

Iraqi citizens, Soldiers work together

In order to stabilize the area, the Soldiers and the citizens have established a basic trust, which is why during patrols U.S. troops take care in searching people's homes.

"This was nothing like a big raid," Casica said. "We just asked people to open cabinets and looked around in their things."

Even though Soldiers of B Co. did not find any weapons or terrorists, they know their presence helps reduce the chance of the insurgency gaining a stronghold in the city.

"I feel that our patrols make a difference," Casica said. "The patrols make insurgents nervous because they know...we'll push them out of this area."

The Civil Affairs Side



Photo by Spc. Michael Pfaff

Capt. Cole Calloway, general support team chief, 451st Civil Affairs Co., provides security as his Soldiers shop for a bicycle pump in a downtown market district in Kirkuk.



Photo by Sgt. Dallas Walker

Iraqi soldiers from 2nd Company, 3rd Iraqi Army Division, work with a Soldier Dec. 5 to unload a truck full of school supplies, delivered to a school in the Al Fadoose village outside Yethrib, Iraq.



AMERICAN FORCES INFORMATION SERVICE

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Civil Affairs: Intel Soldiers bring cheer to Kosovo school

By Spc. Alicia Dill

135th Mobile Public Affairs Detachment

CAMP BONDSTEEL, KOSOVO (Army News Service, Dec 8, 2005) – Families of U.S. troops in the Kosovo Force have donated clothing and school supplies to a small mountainside village elementary school.

In the village of Ukzmajl, Kosovo, 600 Euro dollars, or \$750 USD is the yearly budget allotted by the municipality for the Skenderbeu School. Aware of the scarcity of funding for the school, Kosovo Force Soldiers and their families decided to do something to help out.

Eight soldiers from the Headquarters and Headquarters Operations Company, 628th Military Intelligence Battalion, 28th Infantry Division from Harrisburg, Pa., visited the school and met with the children of this mountainside village.

"We knew that it was a small school and very poor," said Capt. Kevin Romine, commander, 628th MI. "I also have teams that work in the area and they were familiar with the needs of the school."

With donations from churches, families and the Mountain View Elementary School in Harrisburg, Pa., the troops had more to give than a friendly visit.

The Soldiers brought winter clothing, boots and school supplies to help combat cold winter temperatures in the Balkan region, said Staff Sgt. Herb Morrow, noncommissioned officer in charge, Tactical HUMINT Operations, 628th MI.

The Pennsylvania Guards' daily mission consists

of collecting human intelligence information, but Soldiers said the school visit was another opportunity to check the pulse of the people.

"From the day-to-day grind of being tasked with missions, it was nice to go out and be able to benefit the children so they can see us in a different light," said Romine, a York, Pa. native. "Instead of just seeing KFOR vehicles drive down the road, they realize we are caring and compassionate."

Donating to the school was a positive experience for students in both Kosovo and Pennsylvania. For the students who donated from Mountain View Elementary School, Harrisburg, Pa., it was a way to connect with their global peers.

"Our goal at the elementary level is to develop a sense of citizenship and caring," said Jill McPherson, student council project advisor, Mountain View Elementary School. "We have done projects at a local level but this was an opportunity for the students to connect in a global way. With a direct connection to our Soldiers in Kosovo, the kids could put names with faces and even our kindergartners can feel like they are helping other people."

"If nothing more, we are showing the children of Kosovo that we care about their future," said Morrow. "I think it is important as well for our children back home to see us doing these things because it gives them a feeling that they are helping."

Along with the basic pens, pencils and paper,



Photo by Spc. Alicia Dill

Students from the Skenderbeu School in Ukzmajl, Kosovo, bid farewell to the 628th MI Soldiers reflected in the window.

Muhamet Murati, principal at the Skenderbeu School, sees a need for supplies that would enhance the science subjects and add a more challenging curriculum.

"We wish we had a chemistry lab or somewhere they could do practical labs, rather than just learning out of textbooks," he said. "We need the resources to have more specialized subjects to teach at the school here."

However, he does not take for granted the donations of time and supplies that different organizations have contributed.