



GS Hub sorts it all out.  
Page 4



TRV security council meets  
Page 4



Q-West Academy trains Iraqi NCOs.  
Page 5



# LIFELINER WEST

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

Volume 2, No. 8 *Deployment Edition*

Q-WEST BASE COMPLEX, IRAQ

February 1, 2006



Photo by Sgt. Rachel A. Brune

Coalition forces transfer authority to Brig. Gen. Ali's 1st Battalion Jan. 28.

## IA takes charge of local area

By Sgt. Rachel A. Brune  
Editor

With musical pomp and colorful pageantry, the troops of another Iraqi army battalion assumed responsibility for the safety and security of their country in a ceremony Jan. 28 here.

Commanded by Brig. Gen. Ali, the 1st Battalion, 3rd Brigade, 2nd Iraqi Army Division, will now be the authority for an area of operations stretching from west of the Tigris River to the Mosul-Baghdad highway.

"The terrorists are taking their last breaths, and the end is near," said Ali, through an interpreter, during his remarks. "They are looking for a place to hide, but there is no place for them."

Ali spoke before an audience that included such distinguished guests as Duraid Kashmoula, governor of Nineveh Province, Brig. Gen. Rickey L. Rife, assistant division commander, 101st Airborne Division, and Maj. Gen. Jamal, 2nd IAD commander.

The 101st Airborne Division Band played a stirring rendition of the Iraqi national anthem, as all the guests stood. A local leader, Sheik Achmed, recited verses from the Koran, his voice ringing tunefully across the bat-

*Continued on Page 2*

## 454 Trans: On the road again

By Sgt. Rachel A. Brune  
Editor

Soldiers, start your engines!

One by one, the huge tractor trailers and tankers rumble to life, filling this muddy corner of Q-West with the sound of diesel.

It is mid-afternoon on a cloudy January day, and the 454th Transportation Company is about to get back on the road.

One large trailer, loaded with containers, idles as Spc. Keith Hawkins, a truck driver from Columbus, Ohio, tightens a load strap. Sitting on the hood of the truck cab, Sgt. Justin Jacobs, a truck driver from South Amherst, Ohio, polishes clean an already-sparkling mirror.

On the other side of the motor pool, the gun truck crews pull on their gear, make a final check of their vehicles and make sure their weapons are ready.

At the center of activity, Staff Sgt. Daniel George, the mission commander from Lansing, Mich., seems to be in three places at once as he makes sure the vehicles and personnel of the Delaware, Ohio, Reserve unit are ready to get the mission rolling.

"Everything that happens on a convoy falls back on the convoy commander," said George. "Our unit seems to work pretty well getting things done."

Preparation for a mission begins three days prior to a mission, said George. The commander makes sure that the right amount and types of vehicles are available and that any Soldiers on the mission are correctly manifested.

The commander is also responsible for preparing a risk assessment, making sure mission personnel get enough sleep and rest, ensuring logistics such as ammunition and other gear are ready and conducting pre-combat checks and inspections.

As the sun sinks closer to the

*Continued on Page 2*

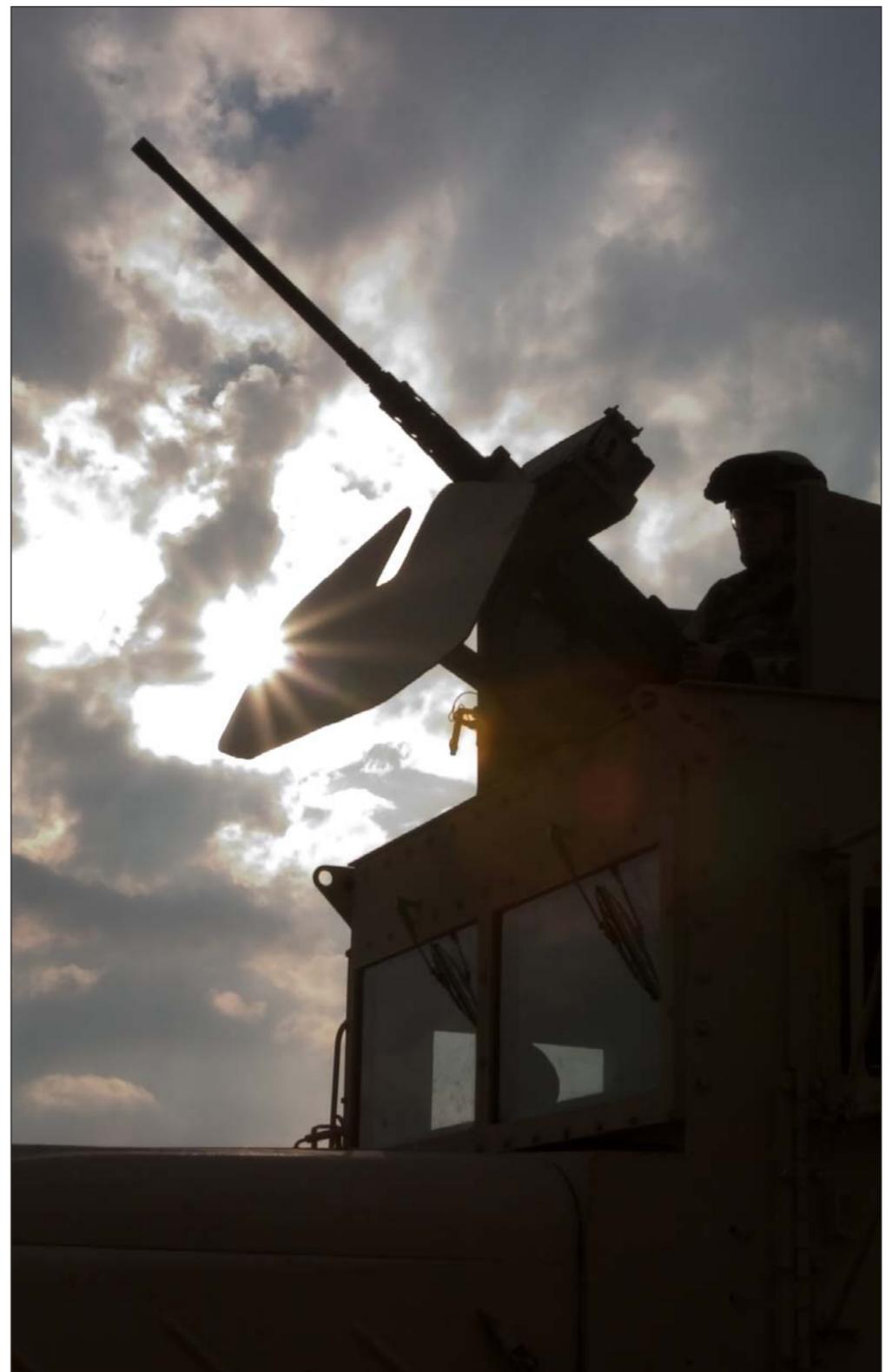


Photo by Sgt. Rachel A. Brune

A gun truck from the 454th Transportation Company, a Reserve unit from Delaware, Ohio, waits to roll out on another mission Jan. 19.



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## 454th Trans.

*Continued from Page 1*

horizon line, the tractor trailers begin to move out to the Convoy Support Center, or CSC.

A small amount of confusion arises. The medic scheduled to ride with the CLP has not arrived. George tasks a gun truck to wait to see if he or she arrives at the motor pool.

Soon the word comes that the medic reported to the CSC, and the gun truck also heads for the CSC. At the Center, troops listen to a brief on recent activity in the areas scheduled for travel.

George then takes the floor to give a safety brief. When he is done, the gun truck crews go over drills, then join their fellow troops in helping themselves to snacks and drinks for the road ahead.

Before leaving, George makes sure to delegate all the tasks for completion at the mission destination. One Soldier is given charge of the fuel trucks, while another is tasked to accompany the third country national, or TCN, drivers to the TCN yard.

"Once we hit the gate, we split up our separate ways," said George. "Nobody needs their hand held."

The road is long, winding and extremely cold. In the rear gun truck, assistant driver Sgt. Steven Seward, truck driver from Alma, Mich., sweats with the heat turned all the way up as gunner Spc. Tyson Todd, from Vermilion, Ohio, fights frigid winds and extremely cold temperatures from his seat in the turret.

In the driver's seat, Sgt. Corey Malone, from Berlin Heights, Ohio, keeps his eyes on the road.

This is George's fourth time acting as CLP commander. He has not yet had to face any serious incidents, but feels confident his troops would revert to their training to handle any situation successfully.

George relies on his Soldiers to know their jobs, freeing him up to handle any mission changes. On this



Photo by Sgt. Rachel A. Brune

**The 454th CLP rolls out of the Convoy Readiness Center yard on a mission Jan. 19.**



Photo by Sgt. Rachel A. Brune

**Staff Sgt. Daniel George confers with a gun truck NCO prior to heading out on a mission Jan. 19.**

night, for example, five more TCN trucks are added to the mission.

"[My Soldiers] do all the work," said George. "You don't see me doing a lot of hair pulling."

On this night, the mission takes the 454th to Forward Operation Base Warrior. The fuel trucks down-load their cargo, and the trailers get new loads.

The gun truck crews head for the dining facility to get hot meals and bring them back for the tractor trailer and tanker drivers. All drivers conduct another check of their vehicles, including fluids and hoses.

When George returns from receiving another intelligence brief, he conducts another safety brief, cautioning the drivers about staying alert on the trip home.

"They know what their jobs [are]," said George. "It makes my job a lot easier."

The temperature drops as the trucks get back on the road and dawn draws nearer. A light rain begins to fall on the gunners up in their turrets.

Once again, the CLP completes the mission with little incident, although the lead gunner fires a flare once to alert a local national driver venturing too close to the CLP.

The job isn't over until the paperwork is complete. George heads back to finish the administrative tasks associated with the mission, including the after-action review and the vehicle dispatches.

On this night, the mission makes it back before the sun rises over the other side of Q-West. As George returns, another mission commander readies his troops and trucks, and the 454th gets ready to get back on the road.

## Iraqi army TOA

*Continued from Page 1*

talion parade ground.

"Today, 1st Battalion is receiving complete authority over its area of operations," said Lt. Col. Ebrahim, battalion executive officer, after reading a short history of the unit.

As an interpreter translated his words, the clouds gathered, then parted to let the sun shine warmly over the assembled troops and guests.

"The battalion has earned this honor through its great performance," said Ebrahim. "[We] have given a number of martyrs to help defend the country and achieve security."

At one end of the parade field, a blue-shirted honor guard carried a huge Iraqi flag. When approached for a photo, one rank knelt down, careful not to let the flag fall to the ground, as the other rank ripped it enthusiastically.

On the other end of the parade field two large, colorful signs proclaimed positive messages in flowing Arabic script.

"The twenty-eighth of January is the birthday of the heroes of 1st Battalion," proclaimed one of the signs. "This day will remain a sunny day in history."

After the opening remarks, the band struck up a marching tune as the honor guard led the way for a pass-in-review. Preceded by the giant Iraqi flag, six color bearers carried six smaller Iraqi flags.

Each company passed the review stand, where Jamal, Rife and Ali waited to salute the troops.

Wearing colorful sashes and cravats that corresponded with the company colors, the troops marched by in waves of white, yellow, green, purple and red.

The ceremony marked the

second transfer of authority in the Tigris River Valley in as many months. On Dec. 27, 3rd Battalion, 3rd Bde., 2nd IAD, assumed control of about 4,000 square kilometers at a ceremony in Makhmur.

"Congratulations to Brig. Gen. Ali and the sergeant major, your troops looked very good out there today," said Maj. Glenn Gambrell, 4th Battalion, 11th Field Artillery Regiment, executive officer. "You and the people of Iraq should be proud."

Battery A and Headquarters Battery, 4-11th FA, previously owned the battle space Ali's troops will now be responsible for. Gambrell praised the troops' hard work, and said the transfer would not have come about without their dedication to security.

"They have caught many who did not want to see a new and prosperous Iraq," said



Photo by Sgt. Rachel A. Brune

**Iraqi soldiers of 1st Battalion, 3rd Brigade, 2nd Iraqi Army Division, march in a transfer of authority ceremony Jan. 28.**

Gambrell. He later added: "The markets are open, and the people are not afraid to go out on the streets."

In his final remarks, Ali quoted a verse from the Koran, praising God and vowing not to support criminals.

"This day is a festival for all Iraq - Kurds, Arabs and all the rest of the ethnicities that make up Iraq," said Ali. "We will not forget the American forces whose blood mingled with our own martyrs' to free Iraq."

# “CLPs for Dummies:” 142nd writing the book, again

By Sgt. Rachel Brune  
Editor

**LSA DIAMONDBACK, Iraq** – “It really is Combat Logistics Patrols for Dummies.”

Capt. Justin Redfern, day battle captain, 142nd Corps Support Battalion, is joking, but the battalion Soldiers and staff have made a serious effort to distill their experiences running CLPs in Iraq into an easily accessible handbook.

The handbook, the brainchild of battalion commander Lt. Col. Ronald Green, consists of two volumes.

“Volume One can be picked up by any unit coming into theater to learn how to run a CLP,” said Capt. John Gray, Volume Two project OIC.

1st Lt. Erik Heil, executive officer of the 494th Transportation Company, which recently returned to Fort Campbell, Ky., compiled Volume One in November 2005. The book, now available on the Logistics Network section of Army Knowledge Online, focuses on company-level CLP operations.

Gray, who is originally from Lake Alfred, Fla., traveled to Iraq to earn his combat certification before returning to Fort Polk, La., to take command of the 603rd Transportation Company.

“I was the outside eyes [for Volume One],” said Gray. After he reviewed the document, Green tasked him to construct Volume Two.



Photo by Sgt. Rachel A. Brune

**Capt. John Gray, editor, 142nd CSB Combat Logistics Patrol Handbook, Volume Two, outside the battalion TOC.**

Gray began by soliciting information from each battalion section, from personnel and operations to the chaplain.

“There’s a lot of specialized data, but it was articulated in a manner that could be understood,” said Gray.

Gray emphasized, each section provided its own material. He was simply the editorial control to make sure the content could be understood by an outside reader.

After each section submitted its chapter, Gray tasked each staff officer to read the others’ sections for further remarks. He then sat with the original authors to go over the suggestions.

“I can delete anything that doesn’t [need] to be there, but I can’t add anything,” said Gray.

The project was not without challenges. Staff officers at the battalion are often pressed for time and sitting down to write out everything their section does is difficult.

“You don’t realize how complicated it is,” said Redfern, from Salisbury, N.C. He first assisted in reviewing Volume One and repeated his duties on this volume.

Capt. Faith Chamberlain, operations OIC, from Hopewell Township, Pa., wrote the chapter describing how the S-3, or operations, section tracks the battlefield, including the matrices, procedures and reports the section utilizes for that job.

“It’s difficult to distill an operation into words,” said Redfern. The battalion arrived in Iraq in mid-July 2005, and has been running this mission for about six months.

“Some of the products created early on have changed,” said Redfern. “Some initial things required intense review in order to make [them] relevant.”

Redfern used the imagery of an adobe hut to describe the construction of the handbook. First, one begins with one room, then begins adding rooms until completing a large complex.

One of those rooms belongs to the chaplain. Capt. John Smith, battalion chaplain, from Elk City, Okla., initially

thought nobody would want to read a chaplain’s section, thinking the handbook would focus on the tactical side of operations.

“There’s a lot more involved,” said Smith. “I surprised myself.”

Smith tries to accompany CLPs as often as he can, after making sure that the forward operating base has religious coverage, in order to bring services to Soldiers on the mission and stationed in outlying areas.

“The key thing is, I’m there to make sure these Soldiers are spiritually equipped whenever they go out,” said Smith. He later added: “Much of our mission is on the road every single night, [and] I have to go on CLPs to fully minister to the people we have here.”

Other sections were more prosaic. “The S-4 [supply] section is the wish list,” said Gray. Some of the items on that wish list are non-lethal ammunition and hand-held thermal devices that can aid in identifying potential threats.

The handbook is geared specifically for units operating in the 142nd CSB’s area of operations, Multinational Coalition - Iraq North.

“It [the handbook] may not apply to Baghdad,” said Gray. For example, certain procedures such as the rules for escalation of force may not apply in other areas under other conditions.

## 584th changes hands



Photo by 1st Lt. Michelle Menges

**The 584th Maint. Co. leadership, old and new.**

By 1st Lt. Michelle Menges  
561st Corps Support Battalion

**FOB SPEICHER, Iraq** — Out with the old and in with the new, had more than one meaning to the 584th Maintenance Company, 561st Corps Support Battalion, as the unit performed a change of command Jan. 9 here.

Capt. Michael Kern took on the responsibilities of commanding the 584th Maintenance Co. from Capt. Allen Crenshaw, who will go on to serve on the other side of the airfield here in support operations maintenance for the 96th Aviation Support Battalion, 101st Aviation Brigade.

Crenshaw commanded the 584th for 20 months. During this time, he successfully trained, prepared and deployed the company of 187 soldiers to Operation Iraqi Freedom 05-07.

When asked of his fondest memory of his time in 584th, Crenshaw said: “[It was] the Christmas party last year, with all of the Soldiers and families together sharing gifts.”

Kern comes to the 584th from battalion headquarters, where he served as operations officer. He will lead the company through the remainder of the deployment and redeployment back home.

## AF Road Hawgs: Mission accomplished

By Tech Sgt. Sean E. Risner  
1058th Gun Truck Detachment

**FOB SPEICHER, Iraq** — The 1058th Gun Truck Detachment, Air Force, is fast approaching the end of its tour of duty in Iraq. The operations tempo, however, is doing anything but slowing down due to the coordination and logistical planning involved with deactivating the unit.

All tasks required to completely and correctly conclude the Air Force gun truck security tenure here are coordinated like pieces on a chess board. Everyone is dependent on another to ensure things are done according to plan.

From dispersal and turn-in of equipment and vehicles to the left seat/ right seat training being conducted with the Bravo Battery element, ensuring the mission is successfully passed on is the responsibility of all personnel.

The Detachment began training for this deployment to Iraq in July.

The deployment was originally scheduled to be a six-month tour. Official word came from Lt. Col. Waggoner, 732nd Expeditionary Logistics Readiness Squadron Commander, that the unit would depart sooner than expected, and there would be no more Air Force units coming to assume the responsibilities of the gun truck unit.

The responsibility of ensuring all historical information is recorded accurately for the Air Force Museum falls on the unit as well.

“The era of the 1058<sup>th</sup> is quickly coming to a close,” said Capt. Christopher Rosales, detachment commander.

Two years ago, the 1058th was formed when the Air Force was tasked to provide in-lieu-of forces to perform combat convoy operations. Since that time, more than 600 Air Force personnel have passed through as a member of this history-making team.

“We came from all over the Air Force across several career fields to fill these critical Army shortfalls,”



Photo by Sgt. Rachel A. Brune

**Airman Catherine Karl, 1058th Gun Truck Detachment gunner, sets her M240B in the turret during preparations for a mission Nov. 10.**

said Rosales. At the end of January, the 1058th ended its gun truck mission.

“In our short existence, we have performed more than 2000 missions transporting critical cargo, fuel and passengers for over 2 million miles,” added Rosales. “Needless to say, this is not a traditional mission for Air Force personnel, but our training and professionalism ensured we were ready for the task.”

“We have gone by many names: Jumper’s Aces, Gunslingers and finally the Road Hawgs, but all have had the same dedication to the mission and to doing our part to usher in a new era of democracy for the Iraqi people. HOOAH!”

# 71st CSB Hub aims high to keep Soldiers off roads

By Sgt. Rachel A. Brune  
Editor

As the mechanics throughout the 101st Sustainment Brigade labor to keep Soldiers on the road, these troops are working hard to keep them off the highways of Iraq.

At the General Support Hub, or GS Hub, here, Soldiers and civilian contractors conduct logistics operations, including building about 20 pallets per day for transport by aircraft.

"We're ... flying out [materiel in Iraq] to keep Soldiers off the road," said Sgt. Elsira Wedderburn, 317th Maintenance Company, 71st CSB.

"I can tell you that every four pallets means one trailer and two Soldiers off the road," said 1st Lt. Ryan Wolfe, 305th Quartermaster Company, 71st Corps Support Battalion. Wolfe, from Havre, Mont., is the GS Hub OIC.

Wedderburn, from Philadelphia,

Pa., is the retrograde materiel NCOIC. Retrograde materiel consists of any used turn-in items such as tires, tank parts, tracks or gun truck equipment, said Wedderburn.

When cargo arrives, the Hub workers download the pallets from the trailers and determine whether each pallet contains equipment going to a single destination.

If a pallet contains equipment destined for multiple locations, the Soldiers sort the equipment and rebuild the pallets, a process known as "transloading," said Wedderburn.

In addition to troops from the 317th Maintenance Co., an active-duty unit from Bamberg, Germany, contractors from Kellogg, Brown and Root work alongside Soldiers from 551st Cargo Transfer Company, an active-duty unit from Fort Eustis, Va., and 305th Quartermaster Co., an active-duty unit stationed in Korea.

Each metal Air Force pallet, known as a 463L pallet, must fulfill Air Force height and weight standards and inspection to make sure there is no damage to the pallet or the cargo netting, said Wedderburn.

At the cargo yard, Spc. Isaac P. Managan, 317th Maintenance Co., automated logistics supply specialist from Montgomery, Ala., used a forklift to maneuver pallets off waiting trailers and deliver them to the air pallet construction area.

Managan estimated he drives at least 15 miles each day, just maneuvering pallets.

"I like working out here ... because of the different jobs you can do," said Managan. On the days Wedderburn is absent from the Hub, he steps up to fill her boots.

Spc. Dennis Arnold, 317th Maintenance Co. logistics specialist from Washington, D.C., and Markus Loehnert, KBR warehouse worker from



Photo by Sgt. Rachel A. Brune

**Sgt. Elsira Wedderburn, 317th Maintenance Company, directs an Air Force pallet of tires at the Q-West General Support Hub Jan. 3.**

Hinesville, Ga., walked around a cargo net spread out on the ground. Pushing a strap here and pulling a strap there, they inspected the lattice for any irregularities that would cause quality control to reject a pallet at the airfield.

Next to them, a team of three Soldiers winched down a net on a 463L pallet of tires.

"Instead of putting more trucks on the road, we're building pallets so they can go on aircraft," said Pfc. Christopher Field, 551st CTC cargo specialist, of Dixfield, Maine.

With fellow 551st cargo specialists Pfc. Andrew Geesaman, of Waynesboro, Pa., and Pfc. General Walkers, of Richmond, Va., Field pulled the straps tightly and made sure the stacked tires adhered to the Air Force standards.

None of the pallet's contents extended over the edge. The team even inspected the underside of the pallet to make sure it was serviceable.

Although the 551st has been in Iraq

since July 24, 2005, the unit arrived at the GS Hub about a month and a half ago. Some of the Soldiers build pallets while others operate the forklift and rough terrain cargo handler.

"It's hard work right here," said Field.

"If a convoy comes in at any time, we have to download it," said Spc. Daniel Coleman, 305th Quartermaster Co. multiclass NCOIC, from Clyde, N.C.

Some missions leave the same night they arrive, so the Soldiers must download the trailers as soon as the trucks arrive.

When the trailers of pallets arrive, whether from trucks or from the airfield, Coleman and his troops inspect them to make sure each trailer is "pure," or going to the same destination.

"We make the trailer pure and send it where it has to go," said Coleman. Each mission might bring in 12 to 15 trailers of materiel of all kinds.



Photo by Sgt. Rachel A. Brune

**Pfc. Christopher Field, Pfc. General Walkers, of Richmond, Va., and Pfc. Andrew Geesaman put the finishing touches on a pallet of tires Jan. 3.**

## TRV leaders meet, discuss security situation

By Sgt. Rachel A. Brune  
Editor

The security situation in the Tigris River Valley was the topic of interest again at the Regional Security Council Meeting Jan. 26 at the Morale, Welfare and Recreation Theater here.

"The ambition of every honest Iraqi is to live in his country in peace," said Imam Ahmed Fathi, a local religious scholar, speaking through an interpreter. "Peace won't be achieved until every citizen goes out to defeat these criminals, the terrorists."

Continuing the theme of community participation, Brig. Gen. Ali chided audience members for declining attendance at the security council meetings. Ali is the 1st Battalion, 3rd Brigade, 2nd Division, Iraqi army commander.

"I hope the reason for the decline is a good one," said Ali, through an interpreter. He thanked the citizens of the local area who watched out and forbid terrorists to operate by reporting them.

Ali's battalion assumed responsibility for the area west of Qayyarah between the town and the Mosul-Baghdad Highway in a ceremony here Jan. 28.

"Security continues to be great ... mostly due to the good job the Iraqi army and Iraqi police are doing," said Maj. Glenn Gambrell, Task Force Thunder executive officer.

Gambrell spoke for TF Thunder commander, Lt.

Col. Scott Wuestner, who is currently on leave.

Gambrell congratulated the attendees on the successful December elections and on the recent transfer of authority Dec. 27 in Makhmur between coalition forces and 3rd Battalion, 3rd Bde., 2nd Div.

"If you're east of the Tigris River, the Iraqi army is in charge," said Gambrell.

Gambrell addressed concerns regarding the recent rise in number of escalation of force incidents, urging the leaders to let local people know to pull over to the side of the road when coalition forces pass.

Brig. Gen. Khalil, Mosul Chief of Police, addressed a recent reduction in the Qayyarah police force. The police situation in Qayyarah is developing for the better, said Khalil, and urged the citizens to cut back on the amount of celebratory fire.

A physicians' assistant from the TF Thunder 172nd Brigade Support Battalion, Capt. Charles Roberts, spoke to the assembly regarding recent incidents of avian bird influenza occurring in Turkey. Roberts explained the causes and transmission of the disease to the leaders, many of whom dwell in farming communities where the populace comes into daily contact with poultry.

Ali concluded the meeting by addressing questions from various attendees regarding topics of interest to each of their communities.



Photo by Sgt. Rachel A. Brune

## In Memoriam...

Residents of Q-West Base Complex gathered Jan. 12 to bid farewell to the crew and passengers of "Icy 33."

The Company B, 207th Aviation flight was lost in the line of duty Jan. 7.

Chief Warrant Officer (2) Nate Maplesden played a special musical tribute to an assembly of friends and fellow troops.

A 1-10th Aviation firing detail gave honors, then presented arms for the playing of "Taps."

# Spotlight on the Q-West NCO Academy: Part One



Photo by Sgt. Rachel A. Brune

## Tricks of the trade...

An Iraqi army soldier, a student at the Q-West NCO Academy, watches intently as Sgt. Marki Hall, instructor, demonstrates a tip on how to hold the AK-47 rifle.

The IA students underwent four days of rifle marksmanship as part of the primary leadership and development course at the Academy. The course is designed to train IA NCOs.

The four-day course consisted of pointers on the four fundamentals of firing, zeroing, shooting and reflexive fire. The Iraqi NCOs also received a chance to fire the PKC crew-served weapon.

The course wrapped up with a "stress shoot." After doing a number of exercises, the students attempted shooting with an increased heart rate.

## Joint cadre train Iraqi army NCO Corps

The light rain that began as a drizzle in the early morning turned into a downpour, covering Perimeter Street in a thick coat of mud.

Down the long, gray road, the first three runners drew nearer, pelting as quickly as they could in their desert combat boots. Sgt. 1st Class Wesley E. Derrick, a senior instructor at the NCO Academy here, looked down at his watch and began counting time out loud.

Breathing hard, the soldiers in their distinctive "chocolate chip"-patterned fatigues crossed the finish line and stood, single file, to catch their breath. Jan. 23 marked the third day of training at Q-West Base Complex for Iraqi NCOs, beginning at 6 a.m. with a physical training, or PT, test.

The test, a modified version of the U.S. Army test, consisted of three events. The soldiers had one minute each to do as many sit ups and push ups as possible, then completed a one-mile, timed run.

As Staff Sgt. Edwin R. Sanchez, an infantryman from

1st Battalion, 17th Infantry Regiment, read the instructions, he paused frequently to allow interpreters to translate his words into Arabic and Kurdish. Fellow instructor Staff Sgt. Willie Signil, also of 1-17th Infantry, demonstrated the proper way to complete each exercise.

The Iraqi soldiers have never taken this kind of a PT test and most do not perform group PT on a regular basis, said Sanchez.

"They're a little rough right now," said Sanchez, in between test-takers. "In a few days, they'll be rolling."

Alongside the American instructors, Iraqi army instructors Sgts. 1st Class Neshwan and Mohammed pushed the soldiers to pound out more push ups or exert themselves for one last sit up. Neshwan got down on the floor and did push ups along with the soldiers to keep them from giving up.

"Once they start the cycle here, we challenge them every

day," said Mohammed through an interpreter. He added, the point of the course is to push the soldiers.

"If the training is too easy, after graduation they will know nothing," said Mohammed. "Then they will go out, and the terrorists will be able to kill them."

This is the challenge the instructors face. This NCO course is not just for promotion points - these Iraqi NCOS and their soldiers will go back to facing terrorists shortly after they receive their graduation certificates.

"The day after graduation, these guys can be on a mission," said Signil, who is originally from Philadelphia, Pa.

Each instructor teaches blocks of information such as the "Iraqi Army Values" or "Law of Land Warfare."

"The most important instruction is the Iraqi army values, because if they learn these, they will do everything the right way," said Mohammed.

## NCOA PLDC: Q-West school develops IA NCO skills

Sgt. 1st Class Ala received what used to be known as a battlefield promotion.

About a year ago, Ala was a jundi, or private, in the Salamiya Company, near Mosul. The unit was threatened by "bad guys," and some of the soldiers decided to quit.

The commander asked his soldiers, Who would like to go on a mission to fight terrorists? Ala was one of only a few who volunteered, and upon successful completion of the mission, was chosen to receive training to become a sergeant.

As he spoke, interpreter "Chuck" leaned in close to translate his words above the clatter of a classroom full of Iraqi NCOs cleaning their AK-47 rifles while trying to listen in on the conversation.

Ala, a soldier with 2nd Battalion, 3rd Brigade, 2nd Division Iraqi army, is currently a platoon guide at the NCO Academy here. Another cycle of the primary leadership development course, taught by American and Iraqi cadre, began Jan. 21.

This course is designed to train Iraqi NCOs and develop a strong NCO Corps for the Iraqi army, modeled on the U.S. Army NCO Corps. For soldiers like Ala, the course unearths their potential as leaders and gives them the necessary skills to lead their troops.

"The will and the desire to succeed [are] there in the Iraqi army," said Sgt. Maj. Walter Murrell, NCO Academy commandant.

Murrell, from Melbourne, Fla., and his instructors are from various units within the 172nd Stryker Brigade Combat Team, from Fort Wainwright, Alaska.

The curriculum is based on training developed by the United States Army Sergeants Major Academy, and uses the NCO schools program as its base document, said Murrell. The Iraqi Ministry of Defense provided the NCO Academy with the Iraqi Soldiers' Creed, the Iraqi Army Values and the NCO Creed.

The NCO Academy is a small building tucked into

a corner of the base near the 4th Battalion, 11th Field Artillery Regiment tactical operations center. Inside, there are four classrooms, a storage room and a small covered area for formations.

Outside, the cadre have constructed a combatives pit, a mock traffic control point and an obstacle course. A one-mile road march down Perimeter Street leads to the rifle range.

The U.S. Army NCO Corps has a proud tradition that traces its lineage back to the time of the Revolutionary War. The Iraqi NCO Corps, as the coalition forces are trying to develop it, is something new for these troops.

The training consists of practical ranges, as well as classroom training on professionalism, discipline and soldier skills. From Ala's words, it seems he already has formed the basis of what it means to be an NCO.

"Kurdish, Arab, Shiite, Sunni - I have to treat all of my soldiers with respect," said Ala. "All of them came to protect my country, so I have to be fair to them."

In order to become an NCO, Ala first took an examination. He was then given the responsibility of leading missions to see if he could lead troops and treat them with respect.

When Ala arrived at the Academy to attend the NCO course, his initiative once again came to the fore.

"After we began the cycle, the instructors asked, who can march the platoon?" said Ala. He raised his hand and, after demonstrating that he could march the troops, was chosen as platoon guide.

The first few days of instruction took place inside one of the small classrooms. A dark red rug covers the floor, and enlarged photos depicting various training events decorate the light blue walls.

The cadre are compulsive photographers, and the students often get into the swing of things, mugging for the camera.



Photo by Sgt. Rachel A. Brune

Sgt. 1st Class Ala marches his platoon out of the schoolyard on the way to the AK-47 range Jan. 25.

During the actual class time, however, the instructors run a tight ship. On the third day of training, Ala marched his soldiers in and they stood at attention by their seats until he gave the command to sit down.

Sgt. Ben Huminski, an infantryman from Merritt Island, Fla., began teaching a class on the Law of War. After every couple of sentences, he paused to allow Chuck to translate his words into Arabic. Then Sgt. 1st Class Neshwan, an Iraqi cadre member, translated into Kurdish.

Huminski, who came to the school from Headquarters Battery, 172nd SBCT, put forth a scenario. Troops are patrolling outside Qayyarah, and suddenly they take fire from inside the village. What do they do?

Ala raised his hand. Standing, he said he would call his commander for further instructions before firing on the civilians.

**To Be Continued...**

Check out the next issue of the Lifeline West for more!

## MedTalk: Bird Flu and You

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

There has been a lot of attention in the media recently regarding the Avian Influenza Virus, also known as "bird flu." This article is meant to give you a brief summary of the facts, without any hype.

Avian Influenza Virus is a strain of influenza virus that infects and can kill poultry. There has been a recent outbreak of this disease in Southeast Asia, Turkey and Iran.

Currently this virus does not easily infect humans, but health authorities have reported isolated cases of bird-to-human transmission.

The virus infects humans through close contact with infected poultry or poultry fecal material, such as cleaning coops, slaughtering poultry and living with poultry. Fully-cooked meat and eggs do not transmit the virus.

The concern is that this virus will genetically change and develop the ability to spread from human to human. If human-to-human transmission occurs, a pandemic, or

worldwide outbreak, could result.

Humans have no protection against this strain of virus. The current flu vaccine will NOT provide protection.



The World Health Organization, or WHO, is monitoring for outbreak of this virus in humans. If this occurs, the Center for Disease Control, or CDC, and similar organizations across the world will take measures to slow the spread.

Health authorities may prohibit travel to regions of the world and quarantine the infected. Also, wearing masks will slow the spread of disease.

Once the new virus is identified in humans it will take six to nine months for a vaccine to become widely available. In the absence of a vaccine, anti-viral medication can treat and prevent the spread of the virus.

The Department of Defense's top priority for the use of antiviral medication or vaccine is in forward-deployed units.

For more information, visit <http://chppm-www.apgea.army.mil> or [www.cdc.gov](http://www.cdc.gov).

## Army Combat Uniform changes in effect

A new uniform policy will affect how Soldiers wear the Army Combat Uniform, or ACU.

As of Jan. 12, Soldiers may only wear black embroidered rank, the U.S. Army tape and name tapes on digitized ACU-pattern fabric with hook fasteners. Majors and second lieutenants will have bronze embroidery. Chaplains are the only Soldiers authorized to wear branch insignia.

Instead of olive drab, the new hook fastener shoulder sleeve insignia is now foliage green with black or brown.

Soldiers may not wear ACU-pattern fabric covers over the loop-faced pads on the ACU sleeves or any embroidered badges on the ACU coat.

Soldiers may wear the black or foliage green fleece as an outer garment with the ACU, battle dress uniform and desert battle dress uniform while deployed or in garrison, unless the commander directs otherwise.

These are only a few of the changes. Soldiers should ask for a complete list of changes from their supervisors or first sergeants.

## On Leadership, A Series: What is leadership?

By Sgt. 1st Class Lori Simmons  
Brigade Public Affairs Officer

What is leadership?

That's a question I've been asked since the day I stepped in front of a panel of senior noncommissioned officers at my first promotion board. As a young specialist with only a few years in the Army, I needed to prove to them I was capable of being a leader of troops.

Leadership is a constant theme running deeply into the ranks of every unit in the Army.

But, do we as Soldiers and NCOs really understand what leadership is?

The Army leadership manual, FM 22-100, defines leadership as "influencing people — by providing purpose, direction and motivation — while operating to accomplish the mission and improving the organization."

By the time I made staff sergeant, I found myself sitting on promotion boards as one of the NCOs who had to decide whether some young specialist could lead troops.

When asked what leadership is, most of the Soldiers stated the definition straight out of the manual.

Although it's the correct answer for promotion and Soldier-of-the-Month boards, I do not believe this one sentence definition captures everything Soldiers and NCOs must be, know and do to be a

good leader.

Leadership is not simply something you can learn in a book. True leaders must have the ability to learn from their mistakes.

Newly-promoted sergeants may have the knowledge from the leadership manual, but it takes time to become a leader.

More than 6,000 troops fought on the beaches in northwestern France June 6, 1944, during the invasion of Normandy in World War II.

This defeat of the German forces in France paved the way for Allied forces to liberate Europe from Hitler's army.

Why would so many troops willingly run into a bloody battle, knowing they would face possible death on the shoreline?

The Soldiers on the Normandy beaches were disciplined, but they also believed in what their leaders asked of them and put the task above their personal safety.

"Leadership is the art of getting someone else to do something you want done because he wants to do it," said Dwight D. Eisenhower.

Just because a Soldier does what a leader orders is not an indication of good leadership.

It's merely a sign of a well-disciplined Soldier.

Most good Soldiers will do what their NCOs ask, but only true leaders can obtain the level of loyalty which enables their Soldiers to put the mission

## Safety: Drive to arrive ... safely

By James Fraser Jennings  
Brigade Safety Officer

Since the last safety article was published in the Lifeline West, we have had two Soldiers come into contact with humvees on Q-West Base Complex. We were fortunate that they escaped without serious harm, but it should serve as a warning to all of us.

Pedestrians and vehicles don't mix very well. And when they come into unexpected contact with one another, the vehicle usually wins.

Humvees, especially those with Add-On-Armor, or AOA, have extremely poor visibility. Unless you have a Level 1 humvee with no armor and no metal or vinyl back panel, you've got an obstruction of some kind to the front, side or rear.

The risk management tool we use to counter this problem is the ground guide. When you back up, follow the Army guidance on ground guides.

The new problem we face with AOA is the inability to see out the small square windows, which are often cloudy. How many times have you approached an AOA humvee trying to pull into traffic as the driver is leaning forward, straining to see out the passenger side window?

Have you seen this? A driver slowly eases out into the road, hoping for the best because he or she can't very well see to the right side. Or what about the driver who doesn't ease into the road, but just takes his or her chances and punches the accelerator pedal?

Talk about living dangerously!

As a response to the two humvee versus pedestrian/bicyclist incidents, the commander of the 101st Brigade Troops Battalion, enacted a policy requiring an assistant driver, or TC, in all 101st BTB military vehicles on the base.

If you're moving, you've got a TC.

Will the policy require additional coordination before you can travel from place to place around Q-West? Yes, it probably will.

But the policy will be an effective risk mitigation tool; a way to protect the pedestrians and bicyclists who are in danger.

Talking about safety and risk management only gets you so far. Taking specific steps to build safety into normal daily operations shows the command is serious.

If you're in the 101st BTB, you know your commander places your safety very high on his list.

### Pedestrians, beware!

This photo was taken on Q-West. The mirror is gone, probably the result of smacking a concrete barrier.

Think about the hazard presented by the metal brackets that remain. They're at head- or shoulder-level to a pedestrian or bicyclist.

This is an accident waiting to happen. When you get into your humvee, think about how your actions as a driver can endanger others. Pedestrians don't stand a chance against humvees, especially ones with metal pieces sticking out.



above everything including self-preservation.

Being assigned to support and non-deployable units most of my career, I can't say I have had to put my life in danger like an infantryman has done when he is doing door-to-door searches in Iraq looking for insurgents.

But, I have met many Army truckdrivers who needed the same kind of loyalty as the infantryman to follow their leaders out on the Iraqi roads where insurgents place roadside bombs and set up ambushes.

Over the years I have had many leaders who each had their own style of leadership. But, the leaders I fearlessly followed were those who knew themselves — the good and bad.

These were the leaders I trusted would not see me simply as the means to make them look good. They saw me as a Soldier and a person.

Only leaders who develop their own character can understand how leadership is affected by the human dimension.

As a leader, I have learned I must constantly look within myself and assess who I am as a human being. Knowing myself helps me understand my Soldiers and make the best possible decisions.

I believe true leadership is a matter of the heart.

In this series, I will look at leadership from the leaders' and subordinates' perspectives, and how our beliefs and values affect how we lead.

# FOB-ulous Events FUN

- Sunday**  
QBC Unplugged Coffeehouse 2000
- Monday**  
Tournaments Galore!
- Tuesday**  
Acting Class 2000
- Wednesday**  
Salsa Lessons 1900  
Guitar Lessons 2000
- Thursday**  
Tournaments Galore!
- Friday**  
Alternating Country & Hip Hop Night 2100
- Saturday**  
Flea Market 0800-1600  
Alternating Karaoke & Latin Night 2100

**Deadline! February 25  
ART & POETRY CONTESTS!**

## FITNESS

- Sunday**  
*Take a break!*
- Monday**  
Abs & Core Conditioning 0530  
4-Week Weight Training Program 1000  
Spinning Class 1600  
Dynamic Abs 1700  
Cardio Kickboxing 1800  
High Impact Step Aerobics 2000
- Tuesday**  
Extreme Abs & Core Conditioning 0530  
Yoga & Mat Pilates 1900  
Abs & Glutes 1800 & 2000  
Spinning Class 2000
- Wednesday**  
Abs & Core Conditioning 0530  
4-Week Weight Training Program 1000  
Spinning Class 1600  
Dynamic Abs 1700  
Cardio Kickboxing 1800  
High Impact Step Aerobics 2000
- Thursday**  
Extreme Abs & Core Conditioning 0530  
Yoga & Mat Pilates 1900  
Abs & Glutes 1800 & 2000  
Spinning Class 2000
- Friday**  
Abs & Core Conditioning 0530  
4-Week Weight Training Program 1000  
Spinning Class 1600  
Dynamic Abs 1700  
Cardio Kickboxing 1800  
High Impact Step Aerobics 2000
- Saturday**  
Abs & Glutes 1800  
Yoga & Mat Pilates 1900  
High Impact Step Aerobics 2000  
Spinning Class 2000



### Powerlifting? Just Do It!

**By John Williamson**  
*MWR Representative*

One day I was in the gym working out, still doing my same old "I wanna be skinny" workout and I thought why am I killing myself? I can only get in as good as shape as my genetics will let me!

People let me tell you, was I wrong!

That cold December day, I saw some guys in the gym wearing funny looking shirts, suits and belts that were 10 times too small for them.

They looked like Baby Huey, but the looks on their faces were of intense determination. Each one would squat down, grabbing a barbell and dragging it up the front of his body, giving it everything he had in him until he stood up straight.

It was an awesome sight! As it turned out, these guys were powerlifters training for the state championship.

I thought to myself, I can do that! With their encouragement, one year later I was squatting, benching and deadlifting with the best of them.

Guess what! I got in the best shape I have ever been in!

This was the greatest and happiest challenge of my life. I eventually ended up winning my division title.

If I can set and achieve this goal, you can set and achieve any goal you want. What a rush!

If this sounds like something you would like to try, come to the Q-West Powerlifting Competition Feb. 26 at 6 p.m. Set some goals and achieve something you never thought possible.

Be your own champion and have a good time. The MWR staff is looking forward to seeing you there. NO EXCUSES!

Have questions? Need help? Come ask for John at the Q-West Fitness Center.

### AT is team to beat in B-Ball League

**By Dan Lucas and Brook McClain**  
*MWR Representatives*

On the gym side of your Morale, Welfare and Recreation Center, we have the MWR Basketball League playing every Monday, Wednesday and Friday night starting at 7 p.m.

We have nine teams of 12 players per team, with three games played per night on those days.

Leading the charge for the top spot in the league is the 52nd AT (3-0).

Second in the standings are the Phantom Fuelers of the 53rd Quartermaster Company.

The 101st Sustainment Brigade is currently third in the standings (3-1), boasting an all-around strong team.

Rounding out the top four teams in the MWR Basketball League are Da Contractors of Kellogg, Brown and Root. Levi Williams is not only the captain of Da Contractors, he is also their leading scorer.

Only the top four teams will move on to the March playoffs. The season is young, and there is sure to be movement among the teams in the playoff hunt.

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

### Lifeline Laffs *by Jennings*

Chapel attendance falls off drastically as the chaplain begins his "You're a sinner going straight to Hell!" sermon series



## SAVE THE DATE!

- FEB 1  
Chess Tournament 2000
- FEB 2  
Shuttle Run Contest 1900  
8-Ball Tournament 2000
- FEB 4  
All Star Game
- FEB 5  
Air Hockey Tournament 2000  
Open Volleyball 1900-2300
- FEB 7  
Football Bull's Eye 1900  
Texas Hold 'em Tournament 2000
- FEB 8  
Spades Tournament 2000
- FEB 9  
Cricket Tournament 1900  
40-Yard Dash 1900
- FEB 11  
Open Volleyball 1900-2300
- FEB 12  
301 Darts Tournament 1900  
Open Basketball 1900-2300
- FEB 13  
8-Ball Tournament 2000
- FEB 14  
Run For The Heart 5K 0630  
Dominoes Tournament 2000
- FEB 15  
9-Ball Tournament 2000
- FEB 16  
Jump Rope Contest 1900  
Chess Tournament 2000
- FEB 18  
Open Basketball 1900-2300
- FEB 19  
Madden Tournament 1900  
Open Volleyball 1900-2300
- FEB 20  
Checkers Tournament 2000
- FEB 21  
Spades Tournament 2000  
Push Up Contest 2000
- FEB 22  
Shuffleboard Tournament 2000
- FEB 23  
Open Dodgeball 1900-2300  
Texas Hold 'em Tournament 2000
- FEB 25  
Open Basketball 1900-2300
- FEB 26  
Powerlifting Competition 1800
- FEB 27  
Ping Pong Tournament 1900
- FEB 28  
Halo 2 Tournament 2000  
Pull Up Contest 2000

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

### Iraqi, American soldiers engage, defeat terrorists

#### Army News Service

WASHINGTON, Jan. 29, 2006 – Iraqi and American soldiers successfully engaged terrorists and other anti-Iraqi forces in a series of recent operations, U.S. military officials reported.

Soldiers from 1st Battalion, 71st Cavalry Regiment, 1st Mountain Division, discovered two dead Iraqis with spent 9 mm casings next to them during a patrol in central Baghdad today.

Elsewhere, a checkpoint manned by Iraqi police and coalition forces in Kirkuk turned up four suspected terrorists today. Iraqi police and U.S. soldiers from the 1st Brigade Combat Team, 101st Airborne Division, established the surprise checkpoint early this morning in an area of town notorious for terrorist activity.

As the police were administering the checkpoint, a vehicle was seen reversing its direction to avoid being checked. U.S. and Iraqi soldiers pursued the vehicle as it drove across open fields

and empty lots to avoid being checked.

Soldiers fired at the vehicle, killing three male occupants. Another male was unhurt and was detained. All of the men were wearing Iraqi police uniforms, but none of them had official Iraqi police identification documents.

The four men tested positive for explosives residue. A search of the vehicle yielded three AK-47 rifles, one submachine gun, and two pistols, officials said.

Multinational Division Baghdad soldiers also used a tip from a local Iraqi citizen to help detain a suspected kidnapping cell leader yesterday. The soldiers, from 1st Battalion, 87th Infantry Regiment, 1st Brigade, 10th Mountain Division, detained the suspected criminal.

In his home, they found a pistol, a sniper rifle, IED batteries, timers and circuit boards.

While searching three other houses in the area, the U.S. patrol detained

three additional suspected criminals or terrorists. These searches yielded four 155 mm rounds, two with cell phones attached and rigged for detonation, numerous IED trigger devices, one AK-47 rifle, and anti-Iraqi forces literature.

Also Jan. 27, Iraqi security forces backed up by U.S. soldiers from 4th Brigade Combat Team, 4th Infantry Division, responded Jan. 27 to a call stating that organized terrorists had killed several civilians inside a mosque in central Baghdad.

Subsequent reports indicated that 30 to 50 terrorists were operating within the mosque and were firing rocket-propelled grenades and small arms at Iraqi police nearby.

Three suspected terrorists have been detained in connection with the incident.

Tips from local residents have helped Iraqi and coalition forces stop dozens of attacks in Samarra, officials said.

### Mean Streets



Photo by Staff Sgt. Aaron Allmon, U.S. Air Force

A U.S. Army soldier listens as an Iraqi interpreter explains the anti-American graffiti scrawled on a wall in the city of Bi'aj, Iraq, Jan. 26.



Photo by Cpl. Michael R. McMaugh, U.S. Marine Corps

Marine Lance Cpl. Eliot Yarmura leads Iraqi Army soldiers through an alleyway as they conduct a security patrol through the streets of Barwana, Iraq, on Jan. 15, 2006. The Marine and Iraqi soldiers are looking for signs of anti-coalition activity in Barwana.



#### AMERICAN FORCES INFORMATION SERVICE

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### Military 'stars' thrilled by role in new DOD documentary

By Donna Miles

#### American Forces Press Service

WASHINGTON, Jan. 30, 2006 – Eleven servicemembers featured in a new documentary about opportunities in the military said they were overwhelmed by its message and honored to represent the men and women of the armed forces.

The one-hour documentary, "Today's Military: Extraordinary People; Extraordinary Opportunities," provides a glimpse into the lives of active- and reserve-component members of the Army, Navy, Air Force, Marine Corps and Coast Guard.

Troops featured in the film were selected from 2,600 nominations, based on their unusual careers and their common drive to do something exceptional with their lives, defense officials said.

The documentary was launched today and will be distributed widely to help educate the American public, particularly adults who influence young people's decisions regarding military service, about opportunities it offers.

The 11 participants got their first look at the new documentary during a Jan. 26 screening at the Pentagon.

Marine Staff Sgt. Stephen Giove, placement director and conductor for the Marine Corps Music Program at Parris Island, S.C., said he was floored by the documentary's impact. "If I was to say my reaction in a word, it would be, 'Wow!'" he exclaimed.

Giove called it an honor to be among "these amazing men and women in uniform" featured in the documentary. "This is wonderful," he said. "It's an honor. I'm beside myself."

"Very inspiring," Coast Guard Petty Officer 1st Class William Armstrong said of the film. "It shows that there's stuff you can do in the military that you just can't do in the civilian community," he said.

And while offering unique opportunities, the military also entrusts its members with unparalleled responsibilities, Armstrong said. He cited himself as an example, driving his own ship as a surfman instructor. "That's huge," he said.

Army Sgt. Chet Stugus, a medical animal-care specialist for military working dogs at Marine Corps Base Hawaii, called the documentary "very overwhelming" and said he was impressed by how professionally it was done.

Stugus said he's hopeful the documentary will help open people's eyes to the truth about military service and help dispel misconceptions he said many people have. "People don't know that we have a normal life. They think we live in a hole or tent all day," he said. "But it's not that way. We're real people with real lives."

Navy Petty Officer 1st Class Marcus Dingle, an aviation survival instructor, said even he gained new insights into the military as he watched the documentary. "As I watched it, I was thinking, 'Wow! These people have cool jobs!'" he said.



Photo by Petty Officer 1st Class Chad McNeeley, USN

Among 11 servicemembers featured in a new DoD documentary, "Today's Military: Extraordinary People; Extraordinary Opportunities," are (from left) Navy Reserve Lt. j.g. Fernando Rivero, Coast Guard Reserve Petty Officer 2nd Class Trish Carroll, Marine Capt. Vernice Armour, Air Force Master Sgt. John Holsonback and Marine Staff Sgt. Stephen Giove.

The documentary demonstrates that military service offers a huge array of careers beyond what many people think of, Dingle said. "It made me proud to see the diversity and the fact that you can have these kinds of jobs and opportunities," he said.

In 11 individual segments, the servicemembers featured in the documentary provide a candid look at their jobs, the challenges and gratifications they face and the unique opportunities they're offered in the military.