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# LIFELINER WEST

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

Volume 2, No. 13 Deployment Edition

Q-WEST BASE COMPLEX, IRAQ

May 1, 2006

## Rescuers join forces for emergency exercise

By Rachel A. Brune  
Editor

Emergency responders from units and agencies across the base participated in a mass casualty exercise April 14 here.

The exercise was a requirement of Tetra Tech, Inc., a Pasadena, Ca.-based Department of Defense contractor, currently on post to remove unexploded ordnance.

Observer/controllers noted response times, standard operating procedures, adherence to safety regulations and other aspects of the participating units and agencies.

The scenario, a premature detonation of an unexploded ordnance, or UXO, tested the reactions of almost every unit on post, as well as the Q-West Base Complex Fire Department, Kellogg, Brown & Root Security, and others.

After the radio network broadcasted the initial call for aid, the QBCFD sped to the scene, followed closely by medics and doctors from Company B, 101st Brigade Troops Battalion's treatment platoon.

At the scene of the "detonation," Tetra Tech medic, William Cronan, initially treated the "casualties." The fire-

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Photo by Sgt. Rachel A. Brune

Rescuers transport a "casualty" to a waiting front line ambulance during a mass casualty exercise April 14.

## Stayed alert, they're alive: Auto shop Soldier foils Al KisiK attack

By Chief Warrant Officer (4) Tom Johnson  
142nd Corps Support Battalion

**AL KISIK, Iraq** - A Soldier's situational awareness saved the lives of 20 United States and Coalition Soldiers March 27 at the Internet Café here.

Staff Sgt. Martin Richburg, 298th Maintenance Support Team, of Baltimore, Md., observed an individual looking in the windows of the café, who then left the area.

The individual returned, looked in the windows again and placed a chair in front of a window air-conditioning unit. He again left the area.

As Richburg watched, the individual returned a third time, got up on the chair and placed a package on top of the air-conditioning unit. Richburg drew his 9mm pistol, ran after the individual, tackled him and dragged him back to the front of the Café.

The Soldiers inside saw this and came out to find

out what was happening. An Arabic interpreter helped to question the individual, who then told them he had emplaced a bomb that was set to go off in five minutes.

Richburg ordered the other Soldiers to maintain control of the suspect and had the building evacuated. He searched the suspect, looking for an initiator, but could not find one.

Everyone present took cover behind the blast barriers. The bomb detonated about 18 minutes later, causing heavy damage to the building.

The suspect was turned over to the Iraqi Police.

Richburg, who is the shop foreman at the Al KisiK automotive shop, was awarded the Army Commendation Medal with Valor, pending award of the Bronze Star with Valor. He is a Reservist, originally stationed with the 1007th Maintenance Company in Hagerstown, Md.



142nd CSB Courtesy Photo

Staff Sgt. Martin Richburg, who foiled the insurgent attack, works on a vehicle in the automotive shop.



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## Masscal

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fighters joined Cronan shortly afterward to treat the patients with their first responder expertise, until the Co. B medics arrived in front line ambulances to transport the "injured" to the Troop Medical Clinic.

Since the exercise involved crossing an active flightline, an Air Force airfield management team from the 332nd Expeditionary Logistics Readiness Squadron controlled traffic across the airstrip.

Following the exercise, all participants gathered at the Mayor's Cell for a thorough after-action review.

A representative from each participant group gave a brief description of the reaction to the drill, as well as three positive actions and three aspects that unit will work to improve.

Tetra Tech employees are on Q-West working for the Army Corps of Engineers, said Ken "Monty" Montgomery, of Seattle, Wa. In Montgomery's opinion, all participants accomplished the mission of completing the drill.

"The right things had been done," said Maj. David Cobb, Co. B, treatment platoon leader. Cobb referred to the first responder care given to the "casualties" before his medics arrived.



Photo by Sgt. Rachel A. Brune

**Sgt. 1st Class Scott King, 101st Sustainment Brigade, takes notes while acting as observer/controller during a mass casualty exercise April 14.**

Cobb, who is also the Q-West TMC officer in charge, said the first responders took the appropriate actions in the field.

"I was impressed with what I saw," said Cobb.



Photo by Sgt. Rachel A. Brune

**Maj. David Cobb, Company B, directs as firefighters and Co. B medics load a front line ambulance in the exercise.**

# Medical company changes leadership

By Rachel A. Brune  
Editor

Capt. Bradford T. Membel assumed command of Company B, 101st Brigade Troops Battalion, from Capt. Lee C. Freeman in a ceremony April 20 at the company headquarters building here.

Freeman led Co. B, a sustainment support medical company, through the transformation process and deployment preparations prior to arriving in Iraq August 2005 with the 101st Sustainment Brigade.



**1st Sgt. William Carver and Spc. Karsten Johnstone, guidon bearer and medic, lead the formation for the Company B change of command April 20.**

As a medical operations and logistics planner, Membel served at brigade headquarters since being assigned to Fort Campbell, Ky., in September 2004.

After an invocation by Maj. Randy Mosteller, battalion chaplain, Capt. Casey Arriaga, company executive officer, gave a brief history of the unit. In addition to providing medical care and logistics at Q-West, Soldiers from Co. B are working at outlying areas such as Fort Suse, LSA Diamondback and Habur Gate to provide medical care for Soldiers as well as detainees in certain areas.

"Capt. Freeman set the course early for success," said Lt. Col. Daniel W. Gall, commander, 101st BTB. Some of those successes include running the first Eagle First Responder course in the 101st Airborne Division, running a course in medical logistics for the division and giving medical support to the 101st, "all while they transformed for combat."

Co. B Soldiers were also recognized by the International Committee for the Red Cross for the care they have provided to detainees at Fort Suse, said Gall.

"It has been a difficult and challenging 17 months," said Freeman in his remarks. To his Soldiers, he added: "Your finest hour is the [patients'] worst possible moment."

After brief remarks from Membel, the assembled Soldiers sang the 101st Airborne Division Song and the Army Song.

Before coming to brigade, Membel was the com-



Photo by Sgt. Rachel A. Brune

**1st Sgt. William Carver passes the guidon to outgoing commander, Capt. Lee C. Freeman.**

mander for Headquarters and Headquarters Detachment, U.S. Army Research Institute for Environmental Medicine. He has served as Chief of Personnel for Weed Army Community Hospital, and as a platoon leader and executive officer with Company A, 168th Area Support Medical Battalion.

Membel received a Bachelor of Science in exercise physiology from the University of Southern California. He was commissioned in the Medical Service Corps through the Reserve Officer Training Corps.

## Diamondback Redlegs hold celebration for wounded Soldier's birthday



Photo by Spc. L. C. Campbell

Bravo 2-5 Soldiers run in a pack in a five-kilometer run held in celebration of their fellow battery member, Cpl. Frank Sandoval, injured by an IED last August.

By Spc. L.C. Campbell  
138th MPAD

**LSA DIAMONDBACK, Iraq** — Soldiers from Battery B, 2nd Battalion, 5th Field Artillery celebrated an injured Soldier's birthday with a day of fun and exciting events April 22 here.

Cpl. Frank Sandoval, second platoon, B/2-5, was injured by an improvised explosive device in August 2005, and is currently recovering in Palo Alto, Calif.

Sandoval's former Battery Commander, Capt. Tom Caldwell, B/2-5, put together a day of commemorative events to include a five-kilometer run, flag football, basketball, dodgeball and a barbecue.

"It's important that you take care of Soldiers, and that's the bottom line," said Caldwell. "They have to have time to decompress and to come together as a team. I saw that Sandoval's birthday was coming up and decided that would be the day."

According to Caldwell, Sandoval was to be included in the day's events.

"He is not here in body, but he is here in spirit, so he will be included to celebrate another day of life on this earth. It's a day that we will celebrate with him," said Caldwell.

"Capt. Tom Caldwell has done a fantastic job leading this battery," said Lt. Col. Ronald Green, commander, 142nd Corps Support Battalion. "He came up with this idea to give a send off and cheer to brighten [Sandoval's] spirits."

According to Green, Sandoval's family is very patriotic; his father works for Homeland Security. They have been very supportive of all the efforts in Iraq.

"The bottom line is: we are here for the mission, and we can't be robots and knock out mission after mission," said Green. "We are not machines, we are all humans here and we need to feed the spirit."

## IA Soldiers train on Humvee basics

By Sgt. 1st Class Jason Arneson  
4-11th Field Artillery

A column of Humvees drives out the gate of Q-West Base Complex. Later, the platoons of soldiers in Humvees drive through a village conducting yet another counter-insurgency mission in the villages and towns of Iraq.

This is something most of us have come to see on a daily basis and take for granted. However, something doesn't look the same about these Humvees or the soldiers in them.

Soon it dawns on us that the Humvees are a different color, a "chocolate chip" style pattern and the soldiers in them are Iraqis.

Sound farfetched? Well, this will soon be the way that the Iraqi Army in the Tigris River Valley conducts operations.

4th Battalion, 11th Field Artillery Regiment and the entire 172nd Stryker Brigade Combat Team are in the process of outfitting the local Iraqi Army units with armored Humvees to augment and eventually replace the standard white Mitsubishi trucks they currently use.

These vehicles will provide them with a level of armored protection from both improvised explosive devices and small arms fire that the IA has not had before.

In order to prepare for the eventual hand-over of these Humvees, 4-11th launched a two phase operation.

The first phase consisted of instructing the IA mechanics in the proper care and maintenance of Humvees. The first



Photo by Staff Sgt. Molina

Iraqi Soldier checks the fluid levels on a Humvee under the watchful eyes of fellow students.

class of eight mechanics recently finished a three-week course here.

The course was designed and supervised by Chief Warrant Officer (2) Domingo Gomez, 4-11th FA CRT OIC and Sgt. 1st Class Steven Tetreault, 4-11th FA CRT NCOIC.

The 20-day course taught eight Iraqis the fundamentals of a Humvee such as cooling systems, electrical, suspension, power train and brakes. This is the first of three courses planned, with eight mechanics attending each one.

The 24 mechanics will then form the backbone of the 3rd Brigade maintenance support.

The second phase is instructing the IA master trainers or "Red Shirts" on driving Humvees and operator level maintenance over a six-day course.

Recently, 15 soldiers graduated from a Humvee Drivers' Training Course taught by TF 4-11 FA at Q-West and Forward Operating Base Jaguar North..

The course covered an introduction to the Humvee and its capabilities, conducting before, during and after operations, on-road and off-road driving, emergency procedures and towing.

The instruction concluded with a slalom course.

This course is part of the US/IA training partnership program and is designed to prepare the IA for the eventual receipt and tactical employment of armored Humvees. The course is scheduled to continue in multiple iterations through June to train a sufficient pool of drivers.

So, when you see those Humvees go by, take another look. They just might be Iraqi.



Photo by Sgt. Rachel A. Brune

Soldiers from units under the 101st Sustainment Brigade hand out school supplies to Iraqi students at the First Tal Apta Primary School during a humanitarian mission April 11.

## Soldiers, students Q-West troops donate time, supplies to Tal Apta school

By Sgt. Rachel A. Brune  
Editor

**TAL APTA, Iraq** — Soldiers from units across Q-West Base Complex came together to contribute to a humanitarian mission in a boys' elementary school April 11 here.

Soldiers from units under the 71st Corps Support Battalion and 101st Brigade Troops Battalion handed out bags of school supplies to about 420 students at the First Tal Apta Primary School.

In coordination with Sgt. Brian Hawthorne, civil affairs NCO, Company A, 401st Civil Affairs Battalion, and four Strykers from Company A, 52nd Infantry Regiment, the Soldiers also delivered medical supplies to a local clinic.

Elected mayor, Abdul Rahman, invited Lt. Col. Russell Livingston, 71st CSB commander, and several other Soldiers to speak with him about improvements in the local area and join him for lunch.

Spc. Bassam Abdo, 109th Transportation Company, motor transport operator, an Arabic-speaking Soldier, served as an informal interpreter during the session, although Rahman's English skills allowed him to get along without interpretation.

The Soldiers left additional items at the mayor's office to be donated to the poor of the village.

# QBC Soldiers enjoy traditional Passover meal

By Sgt. Rachel A. Brune  
Editor

Soldiers from the 101st Sustainment Brigade and 2nd Battalion, 20th Field Artillery Regiment attended a traditional Jewish Passover supper April 17 here.

Rabbi (Col.) Bonnie Koppell, of Mesa, Ariz., led the seder, a traditional family Passover ritual meal.

Passover, or Pesach, is an annual observance to remember the deliverance of the ancient Hebrews from slavery in Egypt. The celebration lasts for one week, and the seder is celebrated on the first night.

In addition to the traditional sequence of the seder, Koppell stopped many times to explain the meaning of each part of the ritual to the Soldiers, none of whom were Jewish.

"The word 'rabbi' literally translates into 'my teacher.' So teaching is what I do," said Koppell, who is on a temporary tour of duty in country under the auspices of Combined Forces Land Component Command.

Koppell welcomed the group, which included two chaplains and two chaplain assistants, encouraging the Soldiers to participate and ask questions.

Asking questions is a ritual part of the seder, explained Koppell. At one point during the meal, the Soldiers sang a song, which told the story of a man who had four sons.

In the song, each son asked the father a question



Photo by Sgt. Rachel A. Brune

**Rabbi (Col.) Bonnie Koppell gestures as she explains the role of matza, or unleavened bread, in the seder, a traditional Jewish family Passover ritual meal.**

about Passover, and the father's answers explained another aspect of why they commemorate the event.

"Literally, every day a Jew is commanded to remember," said Koppell. Each part of the meal represents something to remember.

The only bread Jews are allowed to eat during Passover is unleavened bread, or matza. Koppell asked if anyone knew why this was.

During the ancient Hebrews' escape from Egypt, there was no time to allow the bread to rise, so the people had to eat flat bread.

"We're in a hurry, we've got to move out!" said Maj. Randy Mosteller, 101st Brigade Troops Battalion chaplain, explaining their haste.

During the seder, participants also eat green vegetables, signifying that Passover is a spring festival, according to Koppell. Participants dip the herbs in salt water, commemorating the tears of the Hebrews in slavery.

Bitter herbs, in this case, packets of horseradish, remind the participants of the bitterness of slavery.

"It was a bitter experience, being a slave," said Koppell.

Throughout the seder, Koppell led the Soldiers in different songs, some traditional, and some set to modern tunes. One song, Dayenu, was a song of thankfulness. Another song, "There's No Seder Like Our Seder" opened the meal.

The Soldiers followed the service with the haggadah, a book which contains the text of the seder. "Haggadah" comes from a word which means "to tell," said Koppell.

Koppell has led services at several bases in country including FOB Speicher and LSA Diamondback. After visiting Q-West, she headed for FOB Warhorse to commemorate once again the exodus from slavery to freedom.



## QBC Christians celebrate Easter

Above: Troops and civilians from across Q-West Base Complex gather to worship at an Easter "Son"-rise Service conducted by Maj. Steven Turner, chaplain, 101st Sustainment Brigade.

Right: Master Sgt. Heck, Q-West Catholic representative, leads his fellow parishioners in an Easter communion service. No priest was available to conduct a mass, but through Heck's efforts, the service was still available to those of the Catholic faith.

Photos by Sgt. Patricia Tso  
Brigade Multimedia Illustrator



## IA honored at Council Meeting

By Sgt. Rachel A. Brune  
Editor

Eight Iraqi soldiers, wounded in a car bomb incident in Qayyarah last month, received honors from Iraqi and American Army commanders during the Regional Security Council Meeting March 26 here.

The soldiers still wore bandages on their injuries, and some needed to be assisted to the stage area by their fellow soldiers to receive a certificate from the commanders.

Lt. Col. Scott Wuestner, commander, 4th Battalion, 11th Field Artillery Regiment, called the attack "unacceptable," and urged the local leaders attending to fight back against the anti-Iraqi forces.

"You, the leaders, are the greatest weapons against terrorism," said Wuestner to the audience, which included local mayors and tribal and religious leaders.

In response to the attacks, Iraqi police and army security forces detained 34 suspected AIF, said Wuestner, as he led the assembly in a round of applause.

Nineveh Province Governor Duraid Kashmoula cast the detainees in a negative light, explaining they were caught with bomb-making supplies as well as compact disks of pornographic material.

"This is what we expect from those terrorists," said Kashmoula through an interpreter.

Local security forces leaders spoke as well.

"We must exert every effort to fight terrorism," said Maj. Gen. Wathiq, Mosul Chief of Police, through an interpreter. "We must not let terrorism ruin the path we started."

Wathiq, who is also the head of the Al Jabouri tribe, urged the local lead-

ers to report any AIF operating in the local area.

The local Iraqi army commander, Brig. Gen. Ali, 1st Battalion, 3rd Brigade, 2nd IA Division, addressed three Iraqi broadcast news stations attending the meeting, urging them to look beyond sensationalism and tell a positive story.

When citizens of the world look at their televisions, news stations "give the picture of Iraq in ruins, dominated by terrorism," said Ali. He countered: "The terrorists are running like rats."

The Tigris River Valley area is the ideal place to show successful cooperation between the coalition and local leaders, Ali added. In his opinion, news reporters should visit more often to see the growth and projects in the area.

One of the reporters, Edress Hussein Ismaeel, of Al Zawra'a News, has survived three assassination attempts by AIF, caused because he reports positive news about the coalition, he said.

"The terrorists are against the freedom," said Ismaeel.

Local mayor, Khalef, elected leader of the town of Ash Shura, began his remarks with a short poem, which translated as: "God bless all who try to build Iraq/Curse anyone who tries to ruin/Things Iraq has built with its own blood."

Khalef enumerated several ongoing projects in his area, including renovating canals, developing water projects and purchasing water tankers. He discussed the problems of fuel and electricity supply, and expressed his hopes that these could be solved.

In the coming months, the Security Council Meeting will be held at the local level, with three separate meetings in local districts.

# Training days: Soldiers train Iraqi police at QBC Academy

By Sgt. Rachel A. Brune  
Editor

Iraqi police trainees competed at a small arms marksmanship range as part of a three-week course of training April 13 at the IP Academy here.

The competition was the culmination of the marksmanship section of training. Instructors gave points for movement techniques performed correctly and hits scored.

The Iraqi police shot AK-47 Kalashnikov rifles and GLOCK 19 pistols at paper targets in iterations of five men each. In the first line, one policeman achieved the maximum number of points, 67.

Many of the policemen already know how to shoot before they enter the course, although some have never used the weapons, said Cpl. Kevin Young, an artilleryman from Bravo Battery, 4th Battalion, 11th Field Artillery Regiment.

The competition determined who in the class would earn the marksmanship award for the cycle, explained the Collins, Ga., native. If there were a tie, the top shooters would fire again.

Before the Iraqi police go to the range for the firing portion of the course, the instructors teach them the basics of marksmanship and give

them time to practice, according to Sgt. 1st Class Winston Gasu, an instructor from the 71st Corps Support Battalion.

Gasu, from Providence, R.I., deployed with the 317th Maintenance Company as an engineering equipment technician. The 71st CSB chose him to volunteer as an instructor at the course, partly due to completing the Small Arms Master Marksmanship Course at U.S. Army Garrison Grafenwoehr before deploying.

"We teach [the Iraqi policemen] how to maintain and handle the weapons they'll be using," said Gasu. He added, the instructors teach that this defense will be what the Iraqi police will use to deal with "bad guys."

In addition to classroom instruction, the police also conduct dry drills to familiarize themselves with the weapons. They return to the classroom one more time before heading out to the range to qualify.

"We're helping them build up [their confidence] so that they'll be able to take over when we leave," said Gasu. "We're putting them in a position to defend themselves and their country."

Gasu, who has served in the Army for 13 years, was an instructor for three and a half years at Aberdeen



Photo by Sgt. Rachel A. Brune

**An Iraqi policeman fires at a target during the marksmanship range April 13.**

Proving Ground in Maryland.

In addition to the range, students at the Academy also learn basic police skills, such as how to search a person, search buildings, handcuff a suspect, make an arrest and conduct riot control, said Gasu, who is currently teaching his second cycle at the Academy.

"It's a lot different, working with a whole different culture," said Young. "You have to take your time [due to] the language barrier."

Working through the interpreters,

Young demonstrated various movement techniques as a refresher before starting the competition.

Movement techniques include searching an area with the weapon to make sure a policeman has eliminated all targets, moving at the low ready position for safety and searching with the eyes, e.g. looking back over one's shoulder to make sure no one is sneaking up from behind.

"Basically they're all just checks and rechecks of the surroundings," said Young.

## School's in session!



Photo by Sgt. Rachel A. Brune

**Students at the Q-West Base Complex Iraqi Police Academy watch as Sgt. Seth Brown and a trainee square off during combatives training at the Academy April 12.**



Photo by Sgt. Rachel A. Brune

**Sgt. 1st Class Winston Gasu marks off hits on a target at the IP Academy marksmanship range April 13.**

## Sergeant trains IP to fight

During the day, Sgt. Seth Brown works in postal operations in the personnel section of the 454th Transportation Company, an Army Reserve unit from Delaware, Ohio.

As the afternoon wears on, Brown changes into an Army physical training uniform and heads out for his second job, teaching combatives at the Iraqi Police Academy.

"I start off with the fighting stance and fighting distance," said Brown, who is from Franklin, Ind. "Then I go into closing the gap."

Brown teaches combatives at the Academy six days a week, holding sessions in the afternoon. He is the only part-time instructor at the school and one of two instructors from the 71st Corps Support Battalion.

With the aid of interpreters, Brown trains the IP students in takedowns, live drills, strikes, punches and kicks. Toward the end of the sessions, he will borrow equipment from the Morale, Welfare and Recreation facility to hold live boxing.

The course lasts for 21 days, training Iraqi police in the basics of police work.

The combatives session is held for 17 of those days, up from 15 from the last cycle of training.

Brown also teaches wrist locks, for handcuffing, and



Photo by Sgt. Rachel A. Brune

**Sgt. Seth Brown grapples with an IP student during combatives.**

baton tactics.

"I have some batons that they actually carry on the job," said Brown, who is teaching his second cycle at the Academy.

In addition, Brown leads the trainees in calisthenics to stretch them out, building confidence and endurance.

Brown conducted combatives training for his company during the unit's mobilization process. 1st Sgt. John Valley, 454th TC, chose him to volunteer to train students at the Academy, and Command Sgt. Maj. James Spencer, 71st CSB, approved the assignment.

"It's a talent and a passion of mine," said Brown. "Everything I teach, I teach straight out of the [Field Manual.]"

Before deploying, Brown worked as a unit administration technician for the 402nd

Engineer Company, based at Camp Atterbury, Ind.

In addition to eight years of experience in the martial art of Tae Kwon Do, Brown wrestled for six years in school. He hopes to attend Army training to become Level I and then Level III-certified in combatives, with the eventual goal of teaching his fellow Soldiers how to defend themselves and fight effectively.

The training Brown gives the Iraqi police "... is all pretty basic, mainly because they have no previous knowledge," he said. Although the language barrier is a challenge, most of the trainees are very enthusiastic and appreciative.

Brown was grateful to his leadership and the Academy leadership for giving him the chance to teach.

"I feel like I'm doing a very small part in making this country strong," said Brown.

## SAFETY: TRAIN THE STANDARDS

By James Fraser Jennings  
Brigade Safety Officer

So you've got a safety class to teach. Or maybe you're a high-speed, motivated leader and are taking initiative.

If you're looking for excellent training that can be planned and executed with little effort, ask the Fire Department to do a fire extinguisher training class for you.

Firefighters will show up day or night at your work area and do a hands-on course on the proper use of extinguishers.

You'll learn the different types of extinguishers, the proper way to use them, proper placement in living and work areas, and even a little class on electrical fire safety.

The first time a person uses a fire extinguisher should not be when responding to a fire. It's surprising how many times a Soldier expends the extinguisher and fails to put out the

flames.

Firefighters will tell you that it's very common for a Soldier to point the hose improperly, fumble with the pull-ring, or expend most of the dry chemical with a preparatory "test blow."

All these lessons should be learned in a training environment, not when a fire is threatening to destroy your CHU or work area.

The Fire Department has a vested interest in this training. If Soldiers are trained to put out a fire properly when it's a little flickering flame, they don't have to rush into a building that's completely engulfed in fire and smoke.

A bored Fire Department is a good thing! So the next time you've got a safety training session to plan – or if you're concerned that your soldiers are not ready to deal with fire emergencies – call the Fire Department.

On FOB Q-West, their phone number is 243-5922.



Photo by 1st Lt. Suzanne K. Schultz

Sgt. Donald Serate and Spc. Dean Bamrick inspect forms at the refuel point.

## Quartermaster Soldiers fuel the mission

By 2nd Lt. Suzanne K. Schultz  
506th Quartermaster Company  
COB SPEICHER, Iraq -- Soldiers from the 1/506th Quartermaster Company, Fort Lee, Va., are actively engaged in fuel operations here.

Sgt. Tyrone Peterson, of New Orleans, La., Spc. Sean Bamrick, of Tampa, Fla., and Spc. Laterrica Smith, of Fairfax, S.C., are members of the "92F" section, led by Sgt. Donald Serate, of Augusta, Ga.

Serate has also cross-trained several non-petroleum supply Soldiers to successfully carry out the mission.

Every day, these Soldiers work closely with the local and third country nationals to support the convoys that trek through COB Speicher.

At any hour of the night they may be called on to provide fuel for trucks. It is critical that the Soldiers maintain accurate logs of how much fuel they distribute in order to ensure no fuel is being stolen.

The team has spent hours training, led by Serate, to keep the prop-

er forms up to date.

To date, the fuel supply team has supplied an estimated 22,000 gallons of JP8.

A vital aspect of sustaining their mission is ensuring that the 5,000-gallon tanker always remains mission capable.

In addition to these duties the Soldiers have also worked closely with other members of the 1/506th QM Co. to bring two tank and pump dispensing units, or TPUs, to fully-mission-capable status.

This has been an excellent opportunity for these Soldiers to apply the knowledge they have acquired in their military occupational skills training to critical mission support operations.

Bamrick said he "really enjoys being able to interact with the local nationals," many of whom he has come to know quite well.

Serate expressed how pleased he is with the professionalism of his team and their ability always to place the mission first, regardless of the time of day.

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## 3rd COSCOM commander visits 101st BTB Soldiers

By Sgt. Patricia Tso  
Brigade Multimedia Illustrator

Brig. Gen. Rebecca S. Halstead, commander, 3rd Corps Support Command, greeted Soldiers from the 101st Brigade Troops Battalion during a scheduled visit on April 19.

Halstead began her morning tour by meeting with Soldiers who were designated as the convoy support team after arriving in theater.



Photo by Sgt. Patricia Tso

Brig. Gen. Rebecca S. Halstead speaks to members of the 101st Brigade Troops Battalion convoy support team during her visit to Q-West April 19.

Personnel on the convoy support team answered questions about convoy logistics procedures utilizing their past experiences.

"What are your rules of engagement?" asked Halstead with authority. "If you feel you are in immediate danger, you need to know what to do to engage."

Soldiers listened closely to Halstead's words, with the intention of using these fundamentals in their future missions.

"When you tie your shoes, you do it. You do not think about what to do next," said Halstead as she used the illustration to demonstrate the way Soldiers need to react in any situation.

After a brief discussion with the Soldiers, Halstead made an appearance at other locations within the battalion area to include the company motor pool, where Soldiers gathered for a quick group photo to boost their section's morale.

Halstead also greeted a handful of Soldiers from the Company A, 101st BTB, Joint Network Node center, whose primary responsibility is to provide satellite communication to the tactical operations center and buildings which surround the 101st Sustainment Brigade headquarters.

Prior to having lunch with the 101st BTB Soldiers at the Q-West dining facility, Halstead was briefly introduced to the medical supply storage which is manned and operated by Company B, 101st BTB



Photo by Sgt. Patricia Tso

Brig. Gen. Rebecca Halstead speaks to Soldiers from Company B, 101st BTB, at the Q-West medical logistics facility, before giving them coins.

Soldiers to ensure supplies are on hand when needed.

Throughout the tour which was guided by senior officers and noncommissioned officers of the 101st BTB, Halstead recognized selected individuals for their outstanding performance while serving here by physically handing them a prestigious coin.

# 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

**5K RUN! April 16, 2006**  
6:30 a.m., Sign up at the fitness center!

# 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



## Lifeline Laffs

**DURING LAST WEEK'S INCREASED UNIFORM POSTURE...** by Jennings



**101st Sustainment Brigade CSM:**  
"You don't have to wear your IBA within the pad area; you can go to the shower wearing only your ACH."

## Got Deployment? Don't stress it!

**By Spc. Amber Moody**  
Company A, 101st BTB

The daily life of a Soldier in the States is a lot different than the life that he or she lives here. There is stress that is not normally apart of our lives back home and that can add to the outcome of many things.

Stress is one thing that can make or break a person, both in the military and the civilian worlds. Stress is something that we all deal with and it is something that can be dealt with in a variety of ways.

Some ways to identify stress is to know the symptoms and know how to manage them. Stress is defined as a mentally or emotionally disruptive or upsetting condition occurring in response to adverse external influences and capable of affect-

ing physical health, usually characterized by increased heart rate, irritability, and depression.

There are three areas that stress can affect and the symptoms associated with them.

We all experience some of the physical symptoms of stress during some of the most routine things like going to a board, giving a presentation. These symptoms include but are not limited to: headaches, sweaty palms and hands, pain, your skin breaking out, indigestion, and your heart pounding.

The emotional aspect of stress can affect a person more than the physical. It can make a person seem more moody than they normally are. Some of the symptoms are: moodiness,

irritability, depressed anxiousness, no sense of humor, abrasive, and hostile to people. The emotional aspect of stress can affect not only the primary person but those around this person. This is not good for unit cohesion nor is it good for morale.

The mental aspect of stress is one that can be serious of nature.

The symptoms that are associated with this area can be chalked up to a bad day but if it repeats and is an everyday occurrence, then medical help is strongly recommended.

Some ways to manage stress are: to know what causes your stress, know what you can change and change it, reduce the intensity of your emotional reaction to things, and

many others.

Sometimes, taking a step back closing your eyes and counting to ten slowly can help clear your head and calm your body from stressing as much.

You can learn to control how your body reacts to stress by practicing stress management. Your doctor will be able to tell you about the different techniques there are available for the level of stress that you have.

Stay safe and don't allow stress to rule your life. Take control and see the world from a stress free place. You deserve it and so do your fellow soldiers.

*(Editor's Note: For stress management or classes, visit Company B, 101st BTB, behavioral health in Building 6-04.)*

## Chaplain's Corner: Discovering The Success Factor

**By Maj. A. Steven Turner**  
Brigade Chaplain

Everyone is looking for a formula for success. Millions are made every year by those who claim to have the "secret for success."

After years of ministry and also involvement in the business world, I have concluded that long-term success is the only way you can really measure success.

Occasionally, a heroic act by an individual may make him or her a professional success.

For example, Colin Kelly gave his life in the early days of World War II sinking a Japanese warship. In so doing he saved the lives of

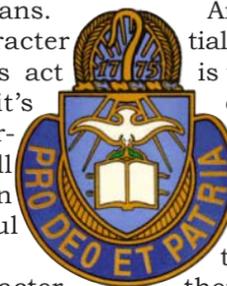
countless Americans.

Kelly's character made the selfless act possible, and it's the kind of character you will always find in truly successful people.

Without character, others can have no trust in you. Successful men and women are men and women of integrity.

They do the right thing even if it costs them to do so. Others are able to trust them, and they have no guilt to deal with.

With integrity they have nothing to fear because they have nothing to hide.



Another factor essential to long-term success is the faith factor. There comes a time in a person's life - and in most lives it comes many times - when he or she encounters issues for which there are no human answers. This is where faith in God is critically important.

It is also essential to believe that what you are doing with your life makes a difference in the lives of others. Your personal mission statement should be a difference-maker in the personal, family, professional and spiritual lives of

enough people to make a definite difference in the world.

If you will allow me to do so, I would like to narrow the focus on that just a little more.

The long-term success of our nation depends on the difference you make in the lives of your children.

The obvious solution to help your children be all they can be is to offer them a secure home where both parents pay close attention to every part of their lives.

With that being said, you realize that everyone's potential for long-term success begins at home! God bless!!

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

### Kidnap victim rescued, ISF respond rapidly to attacks

#### Army News Service

**TIKRIT, Iraq, April 27, 2006** – An Iraqi civilian kidnaped in Samarra was rescued today when soldiers from 3rd Brigade Combat Team, 101st Airborne Division, stopped the would-be kidnappers' vehicles and released the citizen.

Units stationed in Samarra had already been aware of a "be on the lookout" report for a silver sedan suspected of being involved in a kidnapping when alert soldiers noticed a pair of silver sedans along a major thoroughfare in southern Salah ah Din province.

The two automobiles were parked next to each other as observers noticed the occupants passing what appeared to be a rifle between the two vehicles.

Soldiers began pursuit of the vehicles but were unable to maintain contact.

They radioed other troops in the area to be on the lookout for the two sedans.

Soon afterward, another patrol spotted and stopped

one of the sedans. Its three occupants were detained while the vehicle was searched.

Soldiers soon discovered the bound-and-gagged kidnap victim in the trunk.

Shortly thereafter, soldiers stopped two more cars matching the description of the suspected criminals involved, and detained their two occupants.

The victim was promptly transported to a nearby military medical facility and the five detainees taken to a secured location for further questioning.

Iraqi security forces quickly responded to a series of attacks today in Baqubah in eastern Diyala province, leaving 21 enemy dead and capturing 43.

The attacks began in southern Baqubah in the afternoon when the Buhriz police station and five police checkpoints were simultaneously attacked with mortar rounds, rocket-propelled grenades, and small-arms fire. Iraqi soldiers and police killed 17 and detained 28

responsible for the attacks.

One Iraqi soldier was killed and two were wounded. Four Iraqi police were wounded.

In Dali Abbas, more than 100 terrorists with mortar rounds, RPGs and small arms fire attacked the 3rd Brigade, 5th Iraqi Army headquarters.

The soldiers returned fire, killing four enemy and detaining 15. Six Iraqi soldiers died and eight were wounded.

Two civilians were also killed and four were wounded during the attack on the headquarters.

Diyala police forces and 5th Iraqi Army quickly reacted to these attacks and have secured the city of Baqubah and surrounding areas.

The governor enacted a province-wide curfew.

Security forces based on Q-West also responded to attacks April 26. 1st Battalion, 3rd Brigade, 2nd Iraqi Army Division took the lead in responding to mortar attacks.

### Semper Fi!



DoD photo by Cpl. Adaeus G. Brooks, U.S. Marine Corps, blurred for security

**U.S. Marine Capt. Matthew M. Hodges asks a group of Iraqi students about weapons while patrolling through Saqlawya, Iraq, on April 16, 2006. Hodges is the platoon commander of 4th Platoon, Alpha Company, 1st Battalion, 25th Marines, RCT 5.**



DoD photo by Spc. Michael Zuk, U.S. Army

**U.S. Marine Staff Sgt. Amanda Kokx hands out humanitarian assistance items to a local Afghan woman at the Egyptian Hospital on Bagram Airfield, Afghanistan, on April 18, 2006.**



#### AMERICAN FORCES INFORMATION SERVICE

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### Broad Coalition Needed to Defeat Terrorism, General Says

By Steven Donald Smith

American Forces Press Service

**WASHINGTON, April 27, 2006** – A broad coalition of like-minded nations is essential to winning the war on terrorism, the Joint Staff's director for strategic plans and policy said here today.

"Terrorism is not a fight of just the U.S. to lead, it is a fight that a broad coalition has to engage in to be successful," Air Force Lt. Gen. Victor Renuart said during a Pentagon press briefing.

Renuart discussed the Multilateral Planners Conference, a biannual conference attended by 91 countries at the National Defense University here this week. The conference brings together senior military strategy planners from various nations to discuss issues in an open forum. The conference's primary focus was counterterrorism on a global scale, he said.

The conference is an avenue to "air areas of concern among a variety of nations not bound by alliances, treaties or particular regions," he said. "It's meant to open up a forum to discuss tough issues."

The general emphasized that hard solutions to problem areas are not necessarily reached at the conference, but that it is simply a jumping off point to begin tackling these issues.

Renuart said attendees were interested in learning what lessons the U.S. has gained from the war on terror, but he added that they all also brought their own ideas.

"This was not a conference where the U.S. stood up and lectured for two days. In fact, we were in the minority of the speakers," he said. "Participants brought briefings to describe their challenges, their lessons learned, their frustrations in combating insurgencies, terrorist organizations, and how they deal with humanitarian assistance challenges."

Renuart said areas such as border security, intelligence sharing, and how to deal with the challenges associated with "ungoverned spaces" all play a part in combating terrorism.

He pointed to Somalia and trans-Sahara Africa as ungoverned areas where no a government in full control of its territory.

"Illicit trade, smuggling, piracy, narcotics trafficking, as well as terrorists, all flow through that kind of environment," he said.

Neighboring nations must be empowered to protect their borders because border control is important to stop the flow of illegal elements, including terrorists, he said.

Most nations understand that criminal activity and terrorism often go hand in hand. "They understand that even though their particular country might struggle with illicit trade, those same avenues can be used by a terrorist to organization to move through a country to gain access to a third country," he said.

The general said the U.S. wanted to improve the capabilities of its friends to combat these problems.



Air Force Lt. Gen. Victor Renuart

"One of the areas that was of great interest was how can the U.S. help other nations develop capacity within their own forces to deal with some of these challenges," he said.

"From an investment view, it is much more economical to invest in capacity building with your partners and friends than it is to insert military," he continued. "There was recognition that you have to work with your neighbors to help stem the flow of illicit elements, whether it's people, trade goods, weapons or narcotics."