

# AnacondaTimes

DECEMBER 12, 2007

PROUDLY SERVING LSA ANACONDA



Photo by Spc. Jay Venturini

## Construction team helps IP

Airmen build new facility for Iraqi police training

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Web Image

## U.S. President calls LSAA

316th Soldier answers Bush's holiday call

Page 5



Photo by Sgt. Jasmine Chopra

## Revealing inner fighter

Troops take shot at being fire fighters

Page 8



Photo by Spc. Jay Venturini

Sgt. Jason Fink (right), the Foward Distribution Point shift manager for the 240th QM Company writes down the serial number of a box of office supplies at the FDP here. The FDP yard holds more than \$23 million of supplies on any given day.

# 240th QM: keeping supplies in Iraq

by Spc. Jay Venturini

Anaconda Times staff

**LSA ANACONDA, Iraq** – One of the most important things in a war zone is having the right supplies at the right time. Keeping servicemembers stocked with necessary items is the only way to get various missions done. To speed up the process, the Army developed a system to keep supplies close to the Soldiers who need them.

The 240th Quartermaster (QM) Company, a subordinate unit of the 13th Combat Sustainment Support Battalion, has the responsibility of

“By getting these supplies to the Soldiers quickly and keeping them off the roads as much as possible we are saving lives.”

Chief Warrant Officer David Little  
240th QM Co.

tracking and inventorying all excess supplies throughout theater and ensuring they stay in Iraq.

“By keeping supplies in Iraq it keeps Soldiers off the roads going back and forth from Kuwait to pick it up,” said Chief Warrant Officer David Little, the 240th QM Co. forward distribution point (FDP) offi-

cer and Syracuse, N.Y. native. “The Soldiers will also get the supplies much faster.”

There is never a shortage of supplies in the standard Army retail supply system (SARSS) which holds the supplies until there is a request.

When a unit is about to re-deploy, or an installation is about to close, a mobile redis-

tribution team goes to the site and collects the usable supplies left, which there is usually plenty of.

“It’s amazing how much stuff just sits in a supply room for an entire deployment and is sent to us after they leave,” said Spc. George Calvin, 240th QM Co., and New York native.

At the beginning stages of the Iraq war, all the excess supplies were sent to Kuwait, which added a lot of distance between the supplies and the servicemembers who needed them. Now with the FDP, sup-

See **SUPPLY**, Page 5

# 'At ease' with the 316th CSM



Command Sgt. Maj. Stacey E. Davis

There is a difference between leading and being liked. A leader enforces standards and always does what is right, regardless if it is popular to do so or not. His or her sole purpose for enforcing a standard or doing the right thing is strictly for the good of the order and not for self interest. However, a liked person tries to appease oth-

ers through compromise and conflict avoidance in order to stay in favor with them. He or she is ever focused on being that jolly good fellow whom nobody can deny.

In my more than 29 years of military service, I have learned that leadership is not necessarily about being liked, although it is good to possess charismatic qualities. Leadership is about influencing people and organizations so that mission accomplishment can be attained in an effective and efficient manner. Being successful at it equates to ever displaying an unquestionable sense of duty and responsibility.

Good leaders are able to counsel and coach personnel on performance issues and conduct. They are also consistent in their decisions, and in enforcing policies and performance. Whether they are

liked or not by those they lead is not a major concern.

Being a leader is more than walking around with some stripes or other type insignia. Being a leader involves dedication and work; it involves taking that hard right over an easy wrong. Being a leader means demanding standards like saluting officers upon recognition, whether at a bus stop or walking down the street, unless directed otherwise. Being a leader means making certain that those you lead are wearing required safety equipment; like wearing the reflective belt during all designated time periods. It means ensuring that those under your care conduct pre-combat checks and inspections prior to executing a mission. It means insisting on compliance with the tenets of troop leading procedures. In short, it means personifying the "be, know

and do" attributes of military leadership. That is what being a leader is about.

Anybody can be liked, but not everyone can lead. Are you a leader or are you wearing the rank and occupying the position of a liked person? There is an extreme distinction between leadership and likership.

If you can not answer this question without complete reservation, then I encourage you to take the necessary corrective action and become a leader by setting the example and enforcing the established standard in all that you do, think, or say.

Happy holidays and continue to sustain the victory,

Stacey E. Davis  
Command Sergeant Major  
316th Expeditionary  
Sustainment Command

Command  
Sergeant  
Major



NCOs  
lead the  
way!

## Provost Marshal Office: Weekly police blotter

### Week of Nov. 24- 30

**The PMO conducted:** The Provost Marshal Office conducted; (191) security checks, (29) traffic stops, issued (26) DD Form 1408 Armed Forces Traffic Ticket, registered (91) vehicles on the installation, (28) Common Access Cards were turned in to PMO, and (3) lost weapons were reported.

**The PMO is currently investigating:** (1) assault case and (4) cases of Larceny Government/ Personal Property.

### PMO Recommendations:

#### PROPERTY SECURITY

Thumb Drives/Data Sticks that are used by: Air Force Staff Sgt. Mark Hill, PMO

in Government computers are considered government property. These items may also contain classified/secret information. There has been a steady increase of thumb drives and data sticks found inside of personal laundry (uniform pockets) turned into the KBR laundry facilities.

**PMO recommendation:** increase your operational security (OPSEC), increase your situational awareness and always maintain positive control of your personal property as well as government property.



Courtesy photo

Provost Marshal Office secure numerous entertainers during Operation Seasons Greetings, from the New England Patriots Cheerleaders, Latin Singer Melina Leon, Comedian Dick Hardwick, Country Singer Jamie O'Neal to the Air Force Reserve Band.

## ANACONDA TIMES 316th ESC Commanding General, Brig. Gen. Gregory E. Couch

Anaconda Times is authorized for publication by the 316th Sustainment Command (Expeditionary) for the LSA Anaconda community. The contents of the Anaconda Times are unofficial and are not to be considered the official views of, or endorsed by, the U.S. Government, including the Department of Defense or Operation Iraqi Freedom.

Anaconda Times is a command information newspaper in accordance with Army Regulation 360-1.

Anaconda Times is published weekly by the Stars and Stripes central office, with a circulation of 5,000 papers.

The Public Affairs Office is located on New Jersey Ave. building 4136, DSN 318-433-2154. Anaconda Times, HHC 316th ESC, APOAE 09391. Web site at [www.dvidshub.net](http://www.dvidshub.net)  
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12th Combat Aviation Brigade  
402nd Army Field Support Brigade  
20th Engineer Brigade  
213th Area Support Group  
1/82nd Brigade Combat Team  
3rd Sustainment Brigade  
7th Sustainment Brigade  
507th Corps Support Group  
1st Sustainment Brigade  
CJSOTF-AP

# Warfighting commander aggressively targets accidents in Iraq theater

Courtesy Story  
U.S. Army Combat Readiness/Safety Center

**FORT RUCKER, Ala.** – Engaged leadership directly impacts the reduction of accidents and increases awareness of safety in the Army. Being an Army at war means that Soldiers and formations will continuously be exposed to risk even by the increased training and combat preparation alone. But it is engaged leaders, awareness of best safety practices, accident trend recognition and valuable safety tools that will fight against this accident loss and increased exposure. Non-hostile deaths, those deaths that are not the result of combat, have always been present with a military at war or in peacetime; however it is one of the Army's top priorities to minimize that loss and learn from past trends.

In response to concern that deployed forces were experiencing an increase in non-hostile loss, the commanding general of MNC-I requested assistance from the U.S. Army Combat Readiness/Safety Center to send a team of safety

experts to theater to conduct detailed analysis of the force's accident loss, trends and practices in order to develop a way ahead and provide recommendations to proactively and aggressively address accidental loss.

The USACRC collects, analyzes and communicates accident information only. Non-hostile losses as a result of suicide, medical, criminal or undetermined are not represented in USACRC's provided statistics. For more information into this loss area, contact Army G-1.

As of Sept. 24 this fiscal year, Army forces in Iraq experienced 41 fatalities due to ground accidents, of which 16 occurred between Oct. 1, 2006, and March 31, 2007, and 25 between April 1 and Sept. 24. Of the 41 ground accidents fatalities, seven were lost in a single accident when a FMTV overturned.

Additionally, there were 22 fatalities due to aviation accidents, broken down to two fatalities between Oct. 1, 2006 and March 31, 2007, and 20

between April 1 and Sept. 24. Nineteen of the 22 aviation fatalities were lost in two aviation accidents.

Accident loss analysis conducted by USACRC continues to show that an essential piece of leader engagement and decreasing accident loss is awareness. The mere fact that the CG, MNC-I asked for assistance, has already raised the awareness of all within the theater. The MNC-I command's initiative and the actions to address safety demonstrates the commitment the Army has to protect its Soldiers and formations from accidental loss. The chain of command noted the recent trend and is actively engaging to address the situation and reverse the trend.

The combined efforts of the MNC-I command group and safety officers and USACRC safety team are aimed at working together to enable leadership to actively implement best practices and tools in their force, while arming their leaders and Soldiers with the means to mitigate risks and save lives, even with an Army at war.

## Save lives by preventing suicide

Feeling down, depressed, alone???  
Do you suffer from any of the following:

- Persistent sad or "empty" mood?*
- Feeling helpless, worthless, pessimistic and guilty?*
- Substance abuse?*
- Fatigue or loss of interest in ordinary activities?*
- Disturbances in eating and sleeping patterns?*
- Irritability, increased crying, anxiety or panic attacks?*
- Difficulty concentrating or making decisions?*
- Thoughts of suicide; plans or attempts?*
- Physical pains that do not respond to treatment?*

### DANGER SIGNS OF SUICIDE

- Talking about suicide.*
- Statements about hopelessness or worthlessness.*
- Preoccupation with death.*
- Suddenly happier, calmer.*
- Loss of interest in things one cares about.*
- Visiting or calling people one cares about.*
- Making arrangements; setting one's affairs in order.*
- Giving things away.*

If you feel any of these apply to you or someone you know, seek help. Below are sources made available for suicide prevention.

#### -talk to your buddy or chain of command

**-Garrison Chaplain:** Chaplain (Lt. Col.) Mark E. Barnes, [elwood.barnes@iraq.centcom.mil](mailto:elwood.barnes@iraq.centcom.mil) or DSN (314) 433-2429

**-316th ESC Chaplain:** Chaplain (Maj.) Mark Nuckols, [mark.nuckols@iraq.centcom.mil](mailto:mark.nuckols@iraq.centcom.mil) or DSN (318) 433-2122

**-Mental Health Clinic:** [tammy.phipps@us.army.mil](mailto:tammy.phipps@us.army.mil) or DSN (318) 433-2402

**-HOOAH 4 HEALTH:** <http://www.hooah4health.com/prevention/default.htm>

# Worship services

### PROTESTANT – TRADITIONAL

Sunday 7:30 a.m. Air Force Hospital Chapel  
9:30 a.m. Provider Chapel  
10:30 a.m. Freedom Chapel (West Side)  
11 a.m. Castle Heights Chapel (4155)  
5:30 p.m. Tuskegee Chapel (H-6)  
7:30 p.m. Air Force Hospital Chapel

### PROTESTANT – GOSPEL

Sunday 11 a.m. MWR East Building  
Noon Freedom Chapel (West Side)  
2 p.m. Air Force Hospital Chapel  
3:30 p.m. Tuskegee Chapel (H-6)  
7 p.m. Provider Chapel

### PROTESTANT – CONTEMPORARY WORSHIP

Sunday 9 a.m. MWR East Building  
10 a.m. TOWN HALL(H-6)  
2 p.m. Freedom Chapel (West Side)  
2 p.m. Castle Heights Chapel 4155)  
6:30 p.m. Eden Chapel  
7 p.m. Freedom Chapel (West Side)  
9:30 p.m. Freedom Chapel (West Side)  
Wednesday 8 p.m. Tuskegee Chapel (H-6)

### PROTESTANT – LITURGICAL

Sunday 9 a.m. EPISCOPAL Freedom Chapel  
11 a.m. LUTHERAN (Chapel Annex)  
3:30 p.m. EPISCOPAL (Tuskegee H-6)

### PROTESTANT --MESSIANIC

Friday 8:30 p.m. Freedom Chapel (West Side)

### PROTESTANT—PRAYER SERVICE

Saturday 7 a.m. Signal Chapel

### PROTESTANT—SEVENTH DAY ADVENTIST

Saturday 9 a.m. Provider

### PROTESTANT—CHURCH OF CHRIST

Sunday 2 p.m. Tuskegee Chapel (H-6)

### ROMAN CATHOLIC MASS

(Sacrament of Reconciliation 30 min prior to Mass)

Saturday 5 p.m. Tuskegee Chapel (H-6)  
8 p.m. Freedom Chapel(West Side)

Sunday 9 a.m. Tuskegee Chapel (H-6)  
11 a.m. Provider Chapel

Mon-Fri 11:45 a.m. Provider Chapel  
Mon-Sat 5p.m. Tuskegee Chapel (H-6)

### CHRISTIAN SCIENCE MEETING

Sunday 2p.m. MWR-West Side

### LATTER DAY SAINTS-(LDS)-(MORMON)

Sunday 1 p.m. Provider Chapel  
3:30p.m. Freedom Chapel (West Side)  
7 p.m. Tuskegee (H-6)

### JEWISH SHABBAT SERVICES

Friday 7 p.m. Signal Chapel

### ISLAMIC SERVICE

Friday Noon Freedom Chapel (West Side)

### PAGAN/ WICCAN FELLOWSHIP

Thursday 7 p.m. Eden Chapel

### BUDDHIST FELLOWSHIP

Tuesday 7 p.m. Eden Chapel

# Airmen revamp Iraqi police training facility

by Spc. Jay Venturini

Anaconda Times staff

**BALAD, Iraq** – The Iraqi police (IP) are key to the future of this country. For them to succeed in securing Iraq from the hands of insurgents, they need proper training and equipment.

The 732nd Expeditionary Logistics Readiness Squadron (ELRS), Detachment 6, did their part to give the IPs the best chance to succeed by giving a local training facility a facelift.

“We are providing Iraqi police with a great facility to live and train,” said Tech. Sgt. Thundercloud Hirejeta, 732nd ELRS, Det. 6 electrician. “They will be very happy with the results.”

The Airmen waited for the facility to be on a two week break to start the work. In five days, the Airmen built a classroom, mock checkpoint and provided live fire range and living quarters with heat and air-conditioning for up to 30 students.

“What these Airmen have done in just five days is simply fantastic,” said Maj. Chip Giles, the 1203rd Engineer Battalion construction officer and supervisor of the project. “Their quality work will make this facility a great place for IP



Photo by Spc. Jay Venturini

**Air Force Staff Sgt. Taraus Boyd, 732nd ELRS, Det. 6 electrician, works on the wiring of the new classroom at the Iraqi police training site. Along with building the classroom, Det. 6 also built a mock checkpoint and covered live fire range and living quarters for the students.**

to train.”

The facility is used for newly recruited IP to learn basic procedures and operations job skills. It is a 12-week course that includes basic first aid, how to search a person and a vehicle, drill and ceremony and other mission essential tasks.

The conditions of the facility prior to the improvements were

less than ideal for training. The students lived and conducted classes in old tents with little electricity. It was also hard to perform practical exercises with limited resources and no training simulations.

“When we got here it was pretty much an empty lot,” said Airman 1st Class Zack Stratton, 732nd ELRS, Det.

6 plumber. “Now they have a training facility that can support real world scenarios.”

A project of this size requires weeks of planning and preparation. It starts with an advance party team going to the site to assess what all is required to execute the mission. Afterwards, the coordination process, with the 1203rd En-

It feels great building this facility knowing that it’s going to help the Iraqi police protect their streets and their country.”

Tech. Sgt. Thundercloud Hirejeta  
732nd ELRS

gineer Battalion, on how to get personnel and supplies to the site efficiently and safely begins. Then, work starts. When planned out correctly, the finished product often is better than expected.

“The facility is far beyond initial expectations,” said Giles. “It is a true testament to these Airmen’s work ethic.”

Many of the Iraqis have also shown approval for the new facility and are looking forward to getting started in the course, Giles added.

With such emphasis placed on giving control of Iraq back to Iraqis, it is up to every servicemember to do his or her small part of the overall puzzle.

“It feels great building this facility knowing that it’s going to help the Iraqi police protect their streets and their country,” said Hirejeta.



Photo by Spc. Jay Venturini

**Air Force Staff Sgt. Jeffrey Orina, 732nd ELRS, Det. 6 carpenter, drills out a hole for a door handle on the door of the new classroom at the Iraqi police training site. Det. 6 revamped the facility to make the training as real as possible for the students.**

## Harness designed by Soldiers saves life



Photo by Pfc. Andrea Merritt

**Spc. Nathan Wright and Pfc. Bruce Rundberg, Soldiers with Company F, 151 Infantry, 168th Combat Sustainment Support Battalion, pull Cpl. Keith Welch, also of Company F, 151 Inf., out of a Humvee using the rescue extrication harness to demonstrate its effectiveness. The potentially life-saving device, which was designed by Soldiers in the company, provides leverage making it easier for Soldiers to pull someone out of a vehicle in case of an emergency such as a fire. Company F, 151 Inf., provides security for transportation units during combat logistics patrols.**

## How to handle a presidential phone call

by Maj. Christopher E. West

316th ESC PAO

**LSA ANACONDA, Iraq**—Answering incoming calls is routine for Toronto, Ohio native and Army Reserve Soldier, Sgt. 1st Class Amy Adams. It is just a part of her job as casualty operations noncommissioned officer in charge for the 316th Sustainment Command (Expeditionary) here. However, receiving a call from the President of the United States is not in her normal schedule nor does it happen very often in the life of a military servicemember.

Selected by her leadership to accept the call sometime on Thanksgiving Day morning, Adams was pleasantly surprised to learn she had been chosen.

“When the call from the president came in I was nervous, but calm and in control,” said Adams. Hearing his voice and heart-felt holiday greeting made this Thanksgiving one I will never forget, she further remarked.

A single parent of an eight-year-old daughter, Adams has already deployed three times



Photo by Spc. Jay Venturini

**Sgt. 1st Class Amy Adams, the operations officer in charge for the 316th Sustainment Command (Expeditionary), answered the president's phone call on Thanksgiving Day morning.**

in support of the Global War on Terrorism—once to Afghanistan and now twice to Iraq.

“Being separated from friends and family during the holidays is difficult for any sane person to endure. But because of her selfless service and dedication, she always seems to place the interests of others before her very own,” said Sgt. Zachary Reichert, a coworker of Adams.

Adams proved she personified Reichert's words when she boldly asked President Bush if she could place him on her telephone's speaker so he could wish everyone working with her a happy Thanksgiving. The president readily complied with her request.

“That is just the type of person Sgt. Adams is. She is always thinking of others more than herself. I am glad to call her my boss and my friend,” said Reichert.



Photo by Spc. Jay Venturini

**Spc. George Calvin, 240th QM Company, inventories a box of office supplies at the forward distribution point (FDP) here. The FDP is responsible for all the excess supplies in the Iraq theater.**

### SUPPLY, from COVER

plies are more accessible for distribution to servicemembers at the smaller installations.

At any one time FDP will have 7,500 items in stock with a value of more than \$23 million. Keeping track of the supplies can be a difficult task for the more

than 200 contractors who man the supply yard.

“We have more than \$100 million of supplies come through our yard per month,” said Little. “We've got a good system here; we have things coming and going everyday.”

Having the supplies in country is saving the military a lot of money in shipping costs. In the old system the supplies would be shipped twice, once to Kuwait and then to where they are needed. Now they go directly from here to where they need to go.

With supplies being so vital to the success of the numerous daily missions, the faster servicemembers can receive the supplies the more mission capable they will be. Through the FDP units are getting the needed supplies quickly and efficiently.

“By getting these supplies to the Soldiers quickly and keeping them off the roads as much as possible we are saving lives,” said Little. And that is what the FDP is all about: helping save lives.

## Base defense operations cell drill at FOB Q-West

by Spc. Thomas Keeler

Anaconda Times staff

**FOB Q-WEST, Iraq** — The 1st Battalion, 175th Infantry Regiment (1-175th) conducted a map exercise here Nov. 8 in preparation for an upcoming base casualty drill.

“As soon as the rocket hits the ground, BDOC (base defense operations cell) has the ball,” said Maj. William Walters, battalion surgeon and BDOC lead for the exercise.

FOBs throughout Iraq maintain contingency BDOCs which command units on base in an emergency, such as a direct hit from a mortar.

“This exercise is basically a big sand table exercise,” said Sgt. Ty Bolich, an assistant to Maj. Walters, who prepared the area and assembled stations in a gravel lot near the tactical operations center (TOC) for the exercise.

“We put this together so that everybody can get an overview, and so all the command elements can see what's going to happen so that they can command their troops if (an emergency) does happen,” said Bolich.

The BDOC manages the exercise from the TOC, providing detailed instruction to the subordinate elements at one minute intervals after the emergency arises. Each element has its own task to perform, from traffic control to evacuation. Contractors also play a role. All notifications concerning the event should be received within the first 10 minutes.

“If the wheels come off this thing, they're going to come off very early,” said Walters.

“It's going to be because either the medical of-

ficer or medical noncommissioned officer didn't make it to the scene, or the (light medium tactical vehicles) didn't make it to the scene,” said Walters.

Walters said one concern for the BDOC is getting the triage team to the site before Soldiers on the scene begin evacuating casualties without

regard to the severity of injuries.

Also during the after action review (AAR), participants discussed personnel accountability. Walters stressed that the BDOC doesn't need 100 percent accountability reports until all casualties are moved off the FOB.

“One of the biggest problems we're going to run into in these exercises early on is we're

going to jam the net,” said Walters.

“The only reason you should be calling up to the BDOC before phase line amber (60 minutes after the event) is if you can't meet your mission per this SOP (standard operating procedure),” he said.

“Battlefield patience is everything in this,” Walters said.



Photo by Spc. Thomas Keeler

**Base personnel meet for a BDOC map exercise on a sand table Nov. 8 in preparation for an upcoming mass casualty drill here. Capt. Brian Borkove of the 1-175th (center, with megaphone) calls out instructions.**

# A first in OIF 07-09: H.R. Co. assumes PSB mission

by Spc. Thomas Keeler

Anaconda Times staff

**LSA ANACONDA, Iraq** – The 101st Human Resources Company (101st HR) officially took command from the 22nd Personnel Services Battalion (22nd PSB) during a transfer of authority ceremony here at the East Side Morale, Welfare and Recreation building Nov. 28.

The 101st HR is coming into theater as a result of Personnel Services Delivery Redesign (PSDR), a reorganization of human resources services in response to the Army's modular force initiative. The company-sized element will fall in under the 3rd Sustainment Brigade, Special Troops Battalion (3rd SB STB), which began its deployment in May 2007.

"This is the first change of a PSB to a human resource company in the theater," said Col. Darrell K. Williams, commander of the 3rd SB STB. "And I can tell you that these guys, in coordination with their great Soldiers, have done it right."

Col. Williams stated the need of having human resources personnel in theater.

"The actions they take touch every single Soldier in this AOR (area of responsibility)," he said.



Photo by Spc. Thomas Keeler

**Lt. Col. Robert Yost and Command Sgt. Maj. Earlene Lavender of the 22nd PSB case their colors at a transfer of authority ceremony here Nov. 28.**

The 101st HR, under the command of Maj. Hope F. Williams, will assume the three main duties of the re-deploying battalion: postal, R5 (reception, replacement, return to duty, rest and recuperation, and redeployment), and casualty operations.

Maj. Williams said that facilitating next of kin notification will be the 101st HR's most important duty.

"While it is a small mission, it is what I would con-

sider the most important one," she said.

Essential personnel services, such as promotions and evaluations, will now be handled at brigade level, she said.

One of the Soldiers of the new 101st HR Company, Spc. Isaac Coakley, a human resources specialist from Columbus, Ohio, deployed to Iraq in 2005 with the 101st Soldier Support Battalion (SSB). Like the 22nd PSB

now, the 101st SSB disbanded after redeployment.

"We came over as a battalion and then when we got back to the rear, we had another ceremony where we disbanded and became the H.R. company," he said. "That's in essence what they're going to do."

The 101st HR was organized on April 16 and is made up of more than 250 Soldiers, about 30 of whom are active duty Soldiers from Fort

"While it's a small mission, it is what I would consider the most important one."

Maj. Hope F. Williams  
101st HR

Campbell, Ky. The Soldiers of the 101st HR will be posted at more than 20 forward operating bases all across Iraq and Kuwait.

The 22nd PSB, during its tour in Iraq, contained more than 500 Soldiers.

"I thank God for pulling through this," said Command Sgt. Maj. Earlene Lavender, command sergeant major of the 22nd PSB, of her mission. "We didn't lose anybody, and I hope that we did it justice."

Elements of the 22nd PSB have deployed in wars ranging from World War II to Vietnam, and the PSB will be the last personnel services battalion to serve Multi-National Division – North. The 22nd PSB will redeploy to Fort Lewis, Wash., and will be deactivated as of February 2008.

"We are going away – we are not a PSB anymore," said Lavender. "This is something that I really love, and I'm going to miss my love – not being a PSB sergeant major."

## December marks Muslims pilgrimage to Mecca

by Shahrzad

Gulf Region Division

**BAGHDAD**— At least once in a lifetime, a Muslim is expected to go on a pilgrimage to Mecca, the sacred city of Islam. This holy journey is called the hajj. While a visit to Mecca is beneficial any time of the year, it must take place during the month of Dhu al-Hijja to fulfill the requirements of the hajj.

As with syam (fasting during Ramadan), there are exceptions for those who are physically or financially unable to fulfill this obligation - someone may make the trip in their stead.

The hajj, which is commanded in the Qur'an, was established by the prophet Muhammad, but Muslim tradition dates it back to Adam and Abraham, who were instructed by angels. The hajj was one of the last public acts of worship performed by Muhammad before his death.

For many Muslims, the pilgrimage unifies all Muslims, who come together from all over the world to worship. Those who have made the pilgrimage are able to add the title hajj or hajji to their names. Upon arriving in Mecca, a state of purity (ihram) is entered. Males don two white, seamless sheets that they wrapped around their bodies, and wear sandals. This signifies the state of holiness the pilgrims have entered and contributes a sense of unity by removing visual indicators of class, wealth

and culture. Women dress in white with only faces and hands uncovered.

The ritual begins by a pilgrim walking around the Ka'ba seven times (called the tawaf) while reciting the talbiya. The pilgrim then kisses or touches the Black Stone, prays twice toward the Station of Abraham and then runs seven times between the

small mountains of Safa and Marwa.

The second stage takes place between the 8th and 12th days of Dhu al-Hijja, and begins with a sermon (khutba) at the mosque on the 7th day. On the eighth day and night, the pilgrim stays at Mina or Arafat mountain. On the ninth day, the ritual of wuquf (standing) takes place at the small hill of Jabal al-Rahma in Arafat. The pilgrim then returns to Muzdalifa, a small town within the Meccan boundaries, for the night.

The tenth day is Eid-ul Adha, a major holiday observed by all Muslims. For those participating in the hajj, the day is spent in Mina. The pilgrim sacrifices an animal to commemorate Abraham's sacrifice and throws seven small stones at each of three pillars on three consecutive days (the pillars represent sins). The pilgrim then returns to Mecca, where the tawaf is performed again. The state of ihram concludes with the head being shaved or the hair being trimmed.



The Hajj will take place from **Dec. 11** and will end on **Dec. 22**.

Please be mindful of their traditions and remember your situational awareness.

# California NG Soldiers on guard 24/7

by Staff Sgt. Bryant Maude

1st Sustainment Brigade

**CAMP TAJI, Iraq** – When Lt. Col. Ian Falk, commander of the 1st Battalion, 143rd Field Artillery (FA) gathered his team for deployment, it would require some Soldiers to travel from the southern to northern most parts of California; a distance of over 900 miles.

“I have Soldiers cross leveled into my battalion from all over the state. From El Centro near the Mexican border all the way to Crescent City on the Oregon Border,” said Falk.

The 1-143rd FA mobilization called for more than twice the number of Soldiers authorized for their Artillery Mission, and for that reason Falk had to cross level a larger number of additional Soldiers than originally anticipated.

The California Soldiers came well prepared. “We did a month of pre-mobilization training at Camp Roberts, Calif. and three months of post-mobilization training at Fort Dix, N.J.,” said Falk.

With the exception of one company of Soldiers, 1-143rd FA trained for force protection and convoy security missions. “The only difference was that C Company, 1-185th Infantry knew



Photo by Staff Sgt. Bryant Maude

**Sgt. Dominic Cooper, a tower guard with Det. 1 of the 1st Battalion, 143rd Field Artillery, keeps an eye out for suspicious activity. Cooper is deployed for one year with the California National Guard in support of Operation Iraqi Freedom.**

they were going to do a military police mission so they did MP training which the other units did not do,” said

Falk. Falk is proud of the team he has gathered. “The majority were volunteers for

this mission and many have been here before. They have still managed to exceed my expectations,” said Falk. “They are doing a difficult and dangerous job and doing it professionally with a positive attitude.”

The 1-143rd FA Soldiers have the difficult job of providing 24-hour force protection, a job that includes

convoy security and base security. “Success stories for us are when we safely escort a convoy or have a day with no successful attacks. We have many success stories in that respect,” said Falk. “It is truly a team effort over here. And I believe that we are making excellent progress every day towards a peaceful Iraq.”

## 598th repairman keeps vehicles in action



Photo by Pfc. Andrea Merritt

**CAMP TAJI, Iraq** – Spc. Chris Bergevine, a weapons repairman with 598th Maintenance Company, 68th Combat Sustainment Support Battalion, repairs the turret on a Humvee Nov. 12. The repair took about six hours to complete on the downgraded, up-armored vehicle.



Photo by Staff Sgt. Bryant Maude

**(from right to left) Spc. Salvador Carrascorreyes and Spc. Gary Nicholas with Det. 1 of the 1st Battalion, 143 Field Artillery stand guard at the edge of Camp Taji, Iraq.**

# Fire Muster reveals servicemembers

by Sgt. Jasmine Chopra

Anaconda Times staff

**LSA ANACONDA, Iraq-** More than 200 Soldiers, Airmen and Sailors participated in the Balad Fire Department-sponsored Fire Muster Nov. 24. The competition sought to foster teamwork, camaraderie and demonstrate firefighting's rigors to non-firefighter competitors.

Teams consisted of servicemembers from diverse fields such as medical, law enforcement and logistics. Teams competed in five timed events including the bunkered hose drag and carry, hose relay and accuracy shot competition, 20-yard spool dash, water pressure tug-o-war and bucket brigade water toss. The event culminated with the Ultimate Firefighter Challenge, an individual competitor event that tested participants' mental and physical strength and courage.

"It takes a dedicated person to be a (firefighter) and it's not all about being a hero like a lot of people think. It's just wanting to go out there and give it your all to help people and when you're helping, somehow you come up with this inner strength," said Air Force Staff Sgt. Michael Karacsony, firefighter and crew chief with the 332nd Expeditionary Civil Engineer Squadron (ECES).

Organizers wanted competitors to tap into their inner strength too, said Karacsony. They also aimed to help develop participants' team-building skills.

"Being a firefighter isn't an individual thing. These events teach you about teamwork. These handlines run at pretty high pounds per square inch so it's really hard for one person to hold it down, but with four people on there, you can manhandle the line and make it do whatever you want," he said.

Firefighters also wanted competitors to relax, have fun, and chase holiday blues away.

"It takes a dedicated person to be a (firefighter) and it's not all about being a hero like a lot of people think; It's just wanting to go out there and give it your all to help people and when you're helping, somehow you come up with this inner strength."

Air Force Staff Sgt. Michael Karacsony  
332nd ECES

"We're here during the holidays and it's hard because people miss their families. Hopefully this will make their deployment a little better," said Air Force Senior Airman Paul Rosato, firefighter and rescue truck operator with the 332nd ECES.

Karacsony, Rosato, and off-duty Air Force and Army firefighters volunteered their free time to organize, staff, and carry out the event, demonstrating that a firefighter's service to community goes above and beyond the call of duty.

"I'm so glad I came out," said Spc. Rebekka Jaworsky. "I'm soaking wet, it's cold, but I'm having so much fun," said the ammunition specialist with the 8th Ordnance Company (Ord. Co.).

Jaworsky and other teammates from the 8th Ord. Co. competed in events throughout the day. Teammate, Pfc. Tanisha Miller, also an ammunition specialist, as well as the most athletic member of the team, participated in the Ultimate Firefighter Challenge.

Wearing full firefighter gear and breathing apparatus, Miller simulated the physical demands of real-life firefighting by performing a series of tasks including chopping, dragging hoses, and rescuing a 100-pound simulated victim as she raced against opponent and the clock. Her efforts paid off as she was the female winner of the

competition.

"I've seen the smallest people, females 4'10", 4'11"... guys that were 5'2", maybe 5'3" and 100 lbs. and they can do everything that some of the bigger guys can do," said Karacsony. "I hope I brought up morale in people's offices and gave people an understanding of how our job is."

By the looks of it, morale was sky high.

"I haven't seen a frown on anybody's face; everyone is laughing and having a good time," he said.



# members' "inner" firefighter



Photos by Sgt. Jasmine Chopra

(Background) An Army team participating in the Fire Muster Nov. 24 here, competes in water pressure tug-o-war. Servicemembers from diverse fields including medical, law enforcement and logistics competed in five timed events including the bunkered hose drag and carry, hose relay and accuracy shot competition, 20-yard spool dash, water pressure tug-o-war and bucket brigade water toss. (Left) Pfc. Tanisha Miller, (front) Spc. Eva Aldrich (center) and Spc. Rebekkah Jaworsky (rear), all ammunition specialists with the 8th Ordnance Company, compete in the Fire Muster at Balad Air Base. Soldiers and Airmen at the Balad Fire Department sponsored the event in order to boost troop morale, improve friendship and teamwork among the Anaconda community as well as celebrate the holiday season.

# Air traffic controllers own, control Iraqi sky

by Spc. Jay Venturini

Anaconda Times staff

**LSA ANACONDA, Iraq** – Anyone who has been here for any length of time has learned to live with the constant sound of planes coming and going on a daily basis. For air traffic controllers assigned here it is their job to track, direct and prioritize every single one of those aircraft.

The 332nd Expeditionary Operations Support Squadron (EOSS) air traffic control tower manages the sky within 50 miles of LSA Anaconda.

“We control all air traffic around LSA Anaconda,” said Senior Master Sgt. Ivan Blanco, the 332nd EOSS air traffic control tower superintendent. “It can get very busy. There can be 12 to 16 planes moving at one time, all going in different directions.”

Balad Air Base has the largest airport in theater with the most air traffic. It is a major hub for personnel and cargo transportation. There are more than 500 air operations per day and over 27,000 per month.

“I believe air operations are the most important operations in the military,” said Senior Airman Shakeitha Tischler, a 332nd EOSS air traffic controller. “They get the supplies and aid to the troops on the ground when



Photos by Spc. Jay Venturini

(Above) Senior Airman Josaih Clark (front) and Staff Sgt. Nathan Chaffman, both 332nd EOSS air traffic controllers, monitor the radar screen at Balad Air Base air traffic control tower. They monitor over 300 aircraft on a daily basis.

(Below) Senior Airman Shakeitha Tischler, a 332nd EOSS air traffic controller, coordinates with a ground crew to move all vehicles away from the runway to allow a plane to land. Tischler controls all ground movement on the airfield.

they need them. We are doing our part to ensure those operations go smoothly.”

Because flight schedules are sporadic and emergency missions are a common occurrence, air traffic control-

lers have to be ready for anything at anytime. They also have to be ready to make crucial decisions quickly to avoid devastating incidents.

One minute everything will be calm with one or two

planes in the area, the next all hell breaks loose as 12 aircraft show up at the same time. You learn to quickly adapt to different situations, said Senior Airman Patrick Perego, a 332nd EOSS air traffic controller.

“No two days are ever the same,” said Tischler. “It keeps you on your toes and your mind sharp.”

Along with controlling aircraft while in the air, the air traffic controllers have to control all vehicles and aircraft traffic on the runways and taxi ways to ensure they

are clear for incoming aircraft, which can be a daunting task.

“It can get crowded on the runways,” said Tischler. “It is our job to keep things from crashing into each other and keep the flow of aircraft moving quickly.”

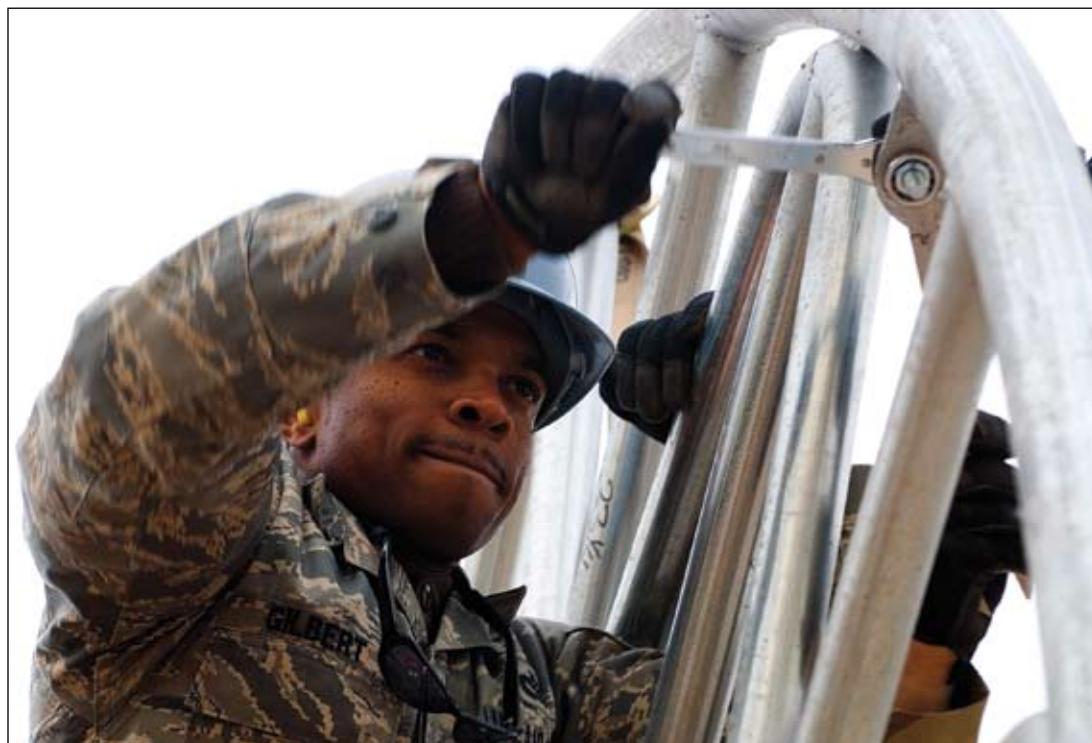
Another factor to consider is different aircraft have different missions and some take higher priorities than others. For instance, when a medical evacuation helicopter departs or arrives, it takes precedence over all other flights.

There is also an F-16 pilot monitoring F-16 missions from the tower. This is due to the aircraft’s complexities and types of missions. If a pilot has any problems while in the air, he can call the tower at anytime for answers.

With such importance placed on air missions here, it is vital for planes to take off and land quickly and safely.

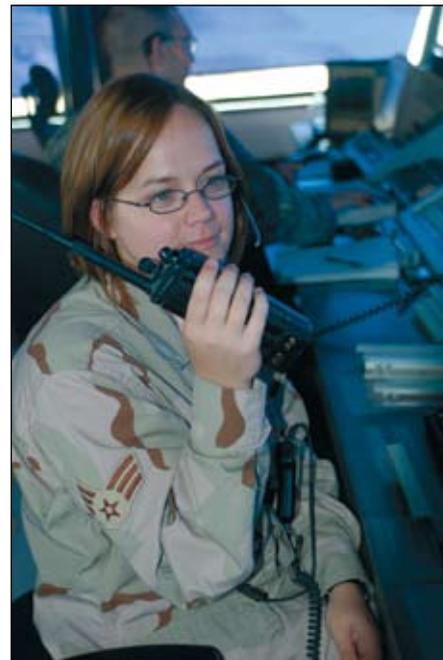
“We are up to the challenge,” said Blanco. “My airmen are very good at their job and will continue to maintain order in the skies.”

## Ordnance disposal flight gets temporary home



Air Force photo by Staff Sgt. Joshua Garcia

**BALAD AIR BASE, Iraq** -- Staff Sgt. Andy Gilbert, a 332nd Expeditionary Civil Engineer Squadron (ECES) structural technician, tightens a support beam to the frame of a temporary shelter here, Dec. 5. The new shelter will house vehicles for the 332nd ECES Explosive Ordnance Disposal flight. Gilbert deployed from Yokota Air Base, Japan.



# Anaconda holds final NAIHM celebration event



Photos by Spc. Jennifer L. Sierra

(Above) Col. Douglas K. Sallee, the operations assistant chief of staff for the 316th Sustainment Command (Expeditionary), served as a guest speaker during the Native American Indian Heritage Month Navajo Emergency story celebration.



Photos by Spc. Jennifer L. Sierra

(Above) Spc. Johanna N. Ethelbah, a medical logistics specialist with the 561st Medical Company (Dental Service), places the raw frybread dough onto a sizzling hot skillet oil pan as part of the Navajo Emergency story celebration.

(Right) Capt. Marvin Kee, the logistic officer for the 261st Medical Battalion, was the oral speaker of the Navajo Emergency story. He shared his version of how his family believed the Navajo people came to be. The Navajo Emergency story was the final event of the NAIHM celebration which was sponsored by the 316th ESC.

## America's warrior

by Spc. Jay Venturini

### *A snapshot of servicemembers in the Global War on Terrorism*

**Full name and rank:** Spc. Francis A. Manning.

**Unit:** 316th Sustainment Command (Expeditionary)

**Job Title:** budget analyst.

**Time in service:** 4 years.

**Age:** 22.

**Hometown:** Macomb, Ill.

**Family:** Mother: Theresa Crabtree; father: Renne Crabtree; older brother: Sgt. Daron Pilkington (just left Iraq); two younger brothers Lucas and Slade Wagemann.

**Pastimes:** Video games, partying, family events and sporting activities.

**Life-changing event/moment:** I always used to care about everything that was thought about me. I met a close friend in junior high school, Rourke White, and realized that to live life to the fullest you need to stop worrying about what others think about you and live life to what makes you proud.

**Lesson Learned:** Always be true to yourself, never be two-faced.

**The person I admire the most:** My mother, Theresa Crabtree. She has always been the one I look up to. She is strong willed and raised me with an iron fist that no drill sergeant could compare to. She taught us to be independent, resourceful and always keep going toward our dreams.

**Why I joined the military:** It was spur of the

moment decision really. I wanted a job that would keep me out of the office job environment. Oh, the ironies of the Army.

**If I wasn't in the military I would be:** Finishing college and probably in major debt looking for a job.

**The one thing I would change about the Army:** The velcro on the ACUs. The old uniforms were a lot more durable and you didn't have to keep replacing velcro that snags on everything.

**The one thing I think the Army got right:** Free food on deployments.

**What makes a good Army:** Unit cohesion and your fellow Soldiers.

**What makes a good leader:** Someone who listens to their lower ranking Soldiers, stands up for them and isn't a complete people pleaser. Someone who hasn't forgotten what rank they started from.

**Unusual fact about you:** I've been told I have an artistic mind and speak my mind more than most people.

**Motivations in life:** My family and friends. I want to always look good in their eyes.

**Goals:** Live in Japan and become a translator.

**Hardest part of my job here:** Making sure everything is balanced.

**Best part of my life:** Family and friends and the fact that I am still walking, talking, living,



Photo by Spc. Jay Venturini

eating and breathing. If any of those stopped it would be bad day.

## 2-147th Vietnam vet provides experience, perspective to TF XII

by 1st Lt. Sean Spencer

2-147th AHB

**LSA ANACONDA, Iraq-** If you stick around the military long enough, you'll become accustomed to change. Most Soldiers who have been in for just ten years talk about "the good old days," and how they've seen everything from weapons to uniforms change drastically over the last decade.

If a lot has changed in ten years in the military, it's difficult to imagine how much has changed in the past 40 years. There are Soldiers currently serving in Iraq who don't have to imagine; they've lived it.

Chief Warrant Officer Greg Dahn joined the Marine Corps in 1968 as an M14 rifle infantryman. By 1969, Dahn found himself deep in the jungles of Vietnam.

Mr. Dahn served a 19-month tour in Vietnam, and in late 1971 left the Marine Corps' active component to join the Marine Corps Reserve. After four years in the reserve component, he decided to leave the service entirely.

Four years later, duty called again, and in Mr. Dahn joined the Minnesota Army National Guard in 1979. This is where he has served for the past 28 years, and is now a maintenance test pilot with Task Force XII's 2nd Battalion, 147th Aviation Regiment.

He has become a technical adviser for the Soldiers of the 2-147th in more ways than one. In addition to his ability to spot aircraft deficiencies as a maintenance test pilot, Dahn also provides a level of experience and perspective that is rare in today's war time Army.

The Vietnam conflict is similar to the current Operation Iraqi Freedom, says Dahn, in that they are both "police actions." Those similarities extend to the aviation field.

"Helicopter tactics used in Iraq were adapted, and much improved, from those used in Vietnam," he said. "OIF is better managed (than the Vietnam conflict). There are more guidelines on how Soldiers should handle themselves."

And though the conflicts are similar, he says the enemy was different.



Photo by 1st Lt. Sean Spencer

**Chief Warrant Officer Greg Dahn (right), a maintenance test pilot for Task Force XII's 2-147th Assault Helicopter Battalion and a Vietnam veteran talks to a fellow Soldier at LSAA. The Soldiers of the 2-147th regularly call on Dahn's four decades of experience.**

"My goal in Iraq is to ensure the line companies have aircraft to complete their missions. My goal in Vietnam was just to survive."

Chief Warrant Officer Greg Dahn  
2-147th ARB

"We fought Communists in Vietnam, they were more disciplined," said Dahn. "Guerilla tactics and booby traps such as improvised explosive devices (IED) were used then and now. The Viet Cong were better at it than the Iraqis."

This tour in Iraq is not the first time he's been asked to call on his wealth of experience. Mr. Dahn has served in various other positions outside of his roles in Vietnam and Iraq. In 2003, he was deployed to Kosovo as a NATO liaison to the Kosovo Liberation Army, working for a Finnish Admiral.

As the years have turned into decades, and the mili-

tary has changed, so too has Dahn. Aside from the now 58-year-old's gray hair and wrinkles, he says his goals

for each conflict are very different.

"My goal in Iraq is to ensure the line companies

have aircraft to complete their missions," he said.

"My goal in Vietnam was just to survive."

### Dave Roever shares inspirational life story



Photo by Spc. Jay Venturini

**LSA ANACONDA, Iraq - Dave Roever, who was severely injured and disfigured by a chemical grenade during the Vietnam War, tells his courageous life story and offers encouragement to servicemembers at the Town Hall Chapel here. Roever is a world renowned evangelist who recently opened the Eagles Summit Ranch, a facility for wounded servicemembers, in Colorado.**

**Anaconda's**  **Collage of Talent**

**Holiday Showcase**  

December 13th, 2007 **Sustainer Theater @ 7:30 p.m.**

-  Dancers
-  Singers
-  Poets
-  Comedians
-  Martial Arts
-  Door Prizes

# Upcoming sports on AFN

## Wednesday 12/12/07

**Pittsburgh Penguins @ Philadelphia Flyers** live 3:00 a.m. AFN/xtra  
**Minnesota Wild @ San Jose Sharks** live 6:30 a.m. AFN/xtra

## Thursday 12/13/07

**College BB:** Cincinnati @ Xavier live 3:00 a.m. AFN/xtra  
**Vancouver Canucks @ Anaheim Ducks** live 6:00 a.m. AFN/xtra

## Friday 12/14/07

**Washington Wizards @ Miami Heat** live 4:00 a.m. AFN/xtra  
**Denver Broncos @ Houston Texans** live 4:00 a.m. AFN/sports  
**San Antonio Spurs @ Los Angeles Lakers** live 6:30 a.m. AFN/xtra

## Saturday 12/15/07

**College BB:** Temple @ Drexel live 8:00 p.m. AFN/xtra  
**College FB:** Grambling State @ Jackson State live 10:00 p.m. AFN/xtra

## Sunday 12/16/07

**College BB:** Indiana-Purdue Fort Wayne @ Michigan State live 1:30

a.m. AFN/xtra

**College BB:** Southern Illinois @ Saint Louis live 3:30 a.m. AFN/xtra  
**Cincinnati Bengals @ San Francisco 49ers** live 4:00 a.m. AFN/sports

**College BB:** Tennessee @ Western Kentucky live 5:30 a.m. AFN/xtra  
**Dallas Stars @ San Jose Sharks** replay 8:30 a.m. AFN/xtra

**College BB:** Xavier @ Arizona State replay 12:00 p.m. AFN/xtra  
**New Jersey Nets @ New York Knicks** replay 2:00 p.m. AFN/xtra  
**Denver Nuggets @ San Antonio Spurs** replay 4:30 p.m. AFN/xtra

**NFL FB:** Teams TBD live 9:00 p.m. AFN/sports  
**NFL FB:** Teams TBD live 9:00 p.m. AFN/xtra

## Monday 12/17/07

**NFL FB:** Teams TBD live 12:00 a.m. AFN/sports  
**NFL FB:** Teams TBD live 12:00 a.m. AFN/xtra

## Tuesday 12/18/07

**Washington Capitals @ Detroit Red Wings** live 3:00 a.m. AFN/xtra  
**Chicago Bears @ Minnesota Vikings** live 4:30 a.m. AFN/sports  
**New Orleans Hornets @ Portland Trail Blazers** live 6:00 a.m. AFN/xtra  
**College BB:** Albany @ Duke replay 8:30 a.m. AFN/xtra

(Schedule is subject to change)

**SUSTAINER REEL TIME THEATER**

**Wednesday, Dec. 12**  
5 p.m. Gone Baby Gone (R)  
8 p.m. The Comebacks (PG-13)

**Thursday, Dec. 13**  
No Movie- Reserved for Holiday Showcase

**Friday, Dec. 14**  
2 p.m. American Gangster (R)  
5 p.m. Dan In Real Life (PG-13)  
8:30 p.m. Golden Compass (PG-13)

**Saturday, Dec. 15**  
2 p.m. Dan In Real Life (PG-13)  
5 p.m. Golden Compass (PG-13)  
8 p.m. American Gangster (R)

**Sunday, Dec. 16**  
2 p.m. Golden Compass (PG-13)  
5 p.m. American Gangster (R)  
8 p.m. Dan In Real Life (PG-13)

**Monday, Dec. 17**  
5 p.m. Dan In Real Life (PG-13)  
8 p.m. Golden Compass (PG-13)

**Tuesday, Dec. 18**  
5 p.m. Golden Compass (PG-13)  
8 p.m. American Gangster (R)

**Pvt. Murphy's Law**



I'M GOING TO DO PT ON MY OWN.

I WISH I COULD DO PT ON MY OWN.

MORE PT! HOOAH!

PT? WHAT'S THAT?

©mArk bAker 2007

# ANACONDA ACTIVITIES

## INDOOR POOL

**1.5- Mile practice day:** Tuesday- 9 a.m. and 8 p.m.

**2-mile practice day:** Saturday- 9 a.m. and 8 p.m.

**50m Swim:** Monday- 9 a.m. and 8 p.m.

**Aqua Training:** Tuesday- 7:45 p.m.

### Swim Lessons

-Beginners: Tuesday – 7 p.m.

-Intermediate: Thursday- 7 p.m. \*Must sign up with instructor.

- Advanced: Saturday - 7 p.m. \*Must sign up with instructor.

**Time Trails- 50m, 100m, 200m:** Friday – 8 a.m. & p.m.

## EAST FITNESS CENTER

**Basketball League:** Monday-Friday – 7 p.m.

**Brazilian Jiu-Jitsu:** Monday, Wednesday, Friday – 8 p.m.

**Kyu Kyu Kempo:** Sunday- 2 p.m.

**Modern Army combatives:** Tuesday and Thursday- 8:30 p.m.

**Open court volleyball:** Sunday- 6 p.m.

**Shotokan Karate Do:** Thursday- 6:45 p.m., Saturday- 8:30 p.m. and Sunday- 5:30 p.m.

**Soo Bahk Do:** 6 p.m.

**Step Aerobics:** Monday,

Wednesday, Friday – 5:30 p.m.

**Wrestling & physical fitness class:** Tuesday- 6 p.m. and Saturday- 7 p.m.

**Swing dance:** Sunday- 7:30 p.m.

## EAST RECREATION CENTER

**8-ball tourney:** Monday- 3 p.m. and 8 p.m.

**9-ball tournament:** Wednesday- 3 p.m. and 8 p.m.

**Game Console Tourney:** Thursday- 8 p.m.

**Country Dance Class:** Thursday- 7 p.m.

**Dominoes:** Friday- 8 p.m.

**Karaoke:** Monday- 8 p.m.

**Model building:** Sunday- 1 p.m.

**Poetry/ open mic:** Sunday- 7:30 p.m.

**Poker tourney:** Sunday- 6 p.m.

**Salsa dance class:** Saturday- 8:30 p.m.

**Swing dance:** Tuesday- 7p.m.

**Ping pong tourney:** Tuesday- 3 p.m. and 8 p.m.

## WEST RECREATION CENTER

**8-ball tourney:** Wednesday- 1 p.m. and 8 p.m.

**9-ball tournament:** Monday-

1 p.m. and 8 p.m.

**Dungeons & Dragons:** Saturday- 8 p.m.

**Friday nights in Balad:** Friday- 8 p.m.

**Foosball:** Tuesday- 1 p.m. and 8 p.m.

**Green Bean karaoke:** Wednesday and Sunday- 8 p.m.

**Ice Ball Tourney:** Thursday- 4 p.m.

**Ping pong tourney:** Tuesday- 1 p.m. and 8 p.m.

**Salsa dance class:** Thursday- 8:30 p.m.

**Spades, Chess and Dominoes:** Friday – 1 p.m.

**Texas hold 'em:** Saturday- 1 p.m. and 8 p.m.

**Game Counsel Tourney:** Thursday- 1 p.m. and 8 p.m.

## WEST FITNESS CENTER

**3-on-3 basketball tourney:** Saturday- 7:30 p.m.

**6-on-6 volleyball tourney:** Friday- 7 p.m.

**Aerobics:** Monday, Wednesday, Friday- 7 p.m.

**Body by Midgett Toning Class:** Tuesday, Thursday - 7 p.m.

**Dodge ball Game:** Tuesday- 7:30 p.m.

**Furman's Martial Arts:** Monday, Wednesday, Sunday- 1 p.m.

**Gaston's Self-Defense Class:** Friday, Saturday- 7 p.m.

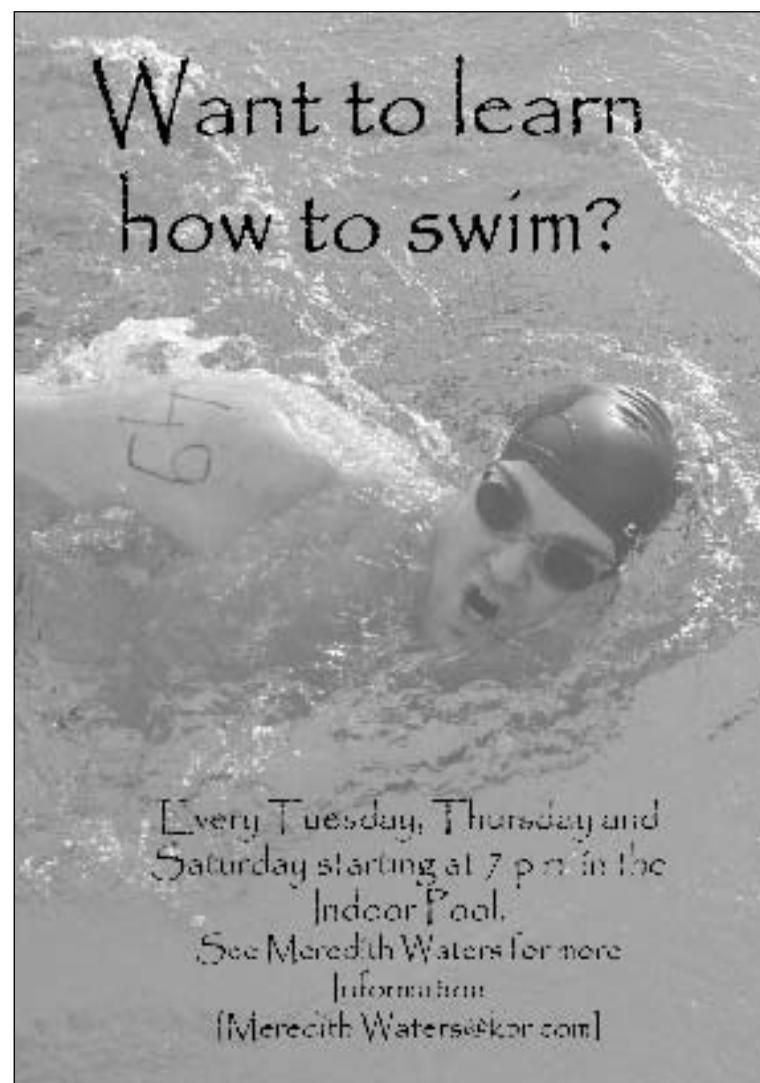
**Open court basketball:** Thursday- 7 p.m.

**Open court soccer:** Monday, Wednesday - 7 p.m.

**Zingano Brazilian Jui Jitsu:** Tuesday, Thursday- 8:30 p.m.

## CIRCUIT GYM

**Floor hockey:** Monday, Wednesday, Friday – 8 p.m.



# Army issues instructions for funding shortfall

Courtesy Story

Army News Release

The Army announced Nov. 28 that it has taken initial steps to plan for reduced operations at all Army bases while the congressional review continues on funding for operations in Afghanistan, Iraq, and requirements associated with the Global War on Terrorism.

With no funds provided for GWOT requirements since the beginning of the fiscal year, the Army has had to use Operation and Maintenance Account (OMA) dollars budgeted to organize, train, equip and field forces, as well to sustain Soldiers and their families, to fund war related activities.

Gen. Richard A. Cody, vice chief of staff of the Army, directed all Army commanders and agency directors in a Nov. 26 memorandum to begin planning for reduced Army-wide operations. The memo instructs Army leaders to review all operations, and to make plans to minimize OMA-funded activities not required to protect the life, health and safety of occupants of Army installations, or required to maintain assets vital to the national defense. Detailed reports of this review and planning effort by installation commanders are due back to Cody by Dec. 4.

The Army expects to exhaust all operation and maintenance funds by Feb. 23, even after considering a request by DoD to move over \$4 billion from Navy and Air Force personnel accounts and the Army's working capital fund.

Cody directed Army Commanders to be prepared



Gen. Richard A. Cody, U.S. Army Vice Chief of Staff

to: "warm base" all Army installations and commands to minimal essential levels; furlough Army Civilians after mid-February; curtail or suspend contract expenditures; and discontinue all routine operations funded by OMA dollars.

"We are only in the prudent planning phase," Cody emphasized today. "We have been told by DoD to plan for and be prepared to execute these necessary actions. It is an imperative of the senior Army leadership that our Army, especially while at war, understands the budget process, the decisions being made and any potential impacts on the total Army family."

For example, Cody noted, per current labor agreements and to provide some predictability to the civilian workforce, supervisors would have to begin notifying Army Civilians of any impending February furloughs by mid-December.

"These in extremis planning actions are absolutely necessary given the uncertain Global War on (Terrorism) funding," Cody said. "We will do everything we can to minimize the turbulence for our Soldiers, Civilians and their Families."



# Rowing club makes splash on Anaconda

by Spc. Jay Venturini

Anaconda Times staff

**LSA ANACONDA, Iraq** – When people think of recreation activities for servicemembers in Iraq, water sports usually does not come to mind. However, that is more or less what is making a splash through the ranks of the 316th Sustainment Command (Expeditionary) (ESC).

No, there are not any servicemembers taking boats down the Tigris River or even down the canal outside the perimeter here, but many servicemembers are racking up meters and dropping pounds on rowing machines at the joint operations center here as part of the 316th ESC's rowing club.

The rowing club was started early in the 316th ESC's deployment by Col. Jack E. Lechner, the 316th ESC chief of staff, who has been an avid rower since his high school days.

"I started the club to give Soldiers the ability to workout with no negative impact



Photo by Spc. Jay Venturini

**Lt. Col. Robert Harter, 316th ESC distribution management center chief, rows his first of two 300-meter stretches as Maj. Michael Sharon, 316th ESC distribution management deputy, coaches at the 316th ESC Regatta 2007. The regatta featured 11, four-person teams who competed to see who could row 2,000 meters the fastest.**

to the body, and expose them to a great sport," said Lechner. "With the average age in the 316th being 37, Sol-

diers are more willing to do a workout for fun that won't break down their bodies."

The club started with only Lechner and Brig. Gen. Gregory E. Couch, the 316th ESC commanding general, and one rowing machine. Now, it has expanded to more than 30 Soldiers, a dedicated build-

around here," said Staff Sgt. John Cumberledge, the 316th ESC chief of staff administrative assistant and driver. "The word is spreading and more Soldiers are trying it out."

The crowning event for the club thus far was the 316th ESC Regatta 2007. It consisted of 11, four person teams

competing to see who can row 2,000 meters the fastest. Many Soldiers and Airmen from the 316th ESC came out for the event.

"The purpose of the event was to get the Soldiers out of the office, do some PT and have some good clean fun," said Couch. "The goal is to have everyone on the rowing club by the end of the deployment."

Along with building camaraderie, the club is also building muscle and shedding inches. Rowing machines work out several different muscle groups including legs, back, shoulders and arms in one motion, without putting any extra strain on the muscles.

"Rowing is the best cardiovascular exercise you can do," said Lechner. "It's a total body workout."

With the popularity of the club growing daily, it will continue to bring servicemembers together in friendly competition and with the common goal of being physically fit.

"I think when everyone is home after this deployment they are going to go out and buy a rowing machine, it gives you that much of a good workout," said Couch.

## Rowing Teams

**1st Place: SPO Nation-** Col. Paul Oppenheim, Lt. Col. Robert Harter, Lt. Col. Dean Rorig, Maj. Susan MacGregor

**Runner Up: Kippers & Spanners-** Lt. Col. Walt Blackwood, Staff Sgt. John Cumberledge, Staff Sgt. Janine Smeltz, Sgt. Thomas Holmes

### Also participated:

**Fantastic Four-** Maj. Albert Augustine, Capt. Gregory Hinton, Sgt. 1st Class Steven Blue, Spc. Brandi Palmer

**Shark Hunters-** Lt. Col. James Aranyi, Lt. Col. Richard Franzis, Lt. Col. Bryan Franklin, Master Sgt. Heather Pisciotti

**Command Group-** Brig. Gen. Gregory Couch, Col. Jack Lechner, Capt. Justin Cawthon, Staff Sgt. Denise Rusnak

**Ringers-** Col. Karen Jennings, Sgt. 1st Class Ronald Davis, Sgt. Andrew Shepard, Sgt. Taybe Spitler

**Castaways-** Maj. Joseph Dreksler, Maj. Paul Watkins, 1st Lt. Eric Sturdifen, 1st Lt. Takisha Williams-Snipes

**JVB Superstars-** Lt. Col. Glenn Winkler, Chief Master Sgt. Stephen Bush, Tech Sgt. Karen Kelly, Airman 1st Class Mario Jaramillo

**Jack Frost-** Lt. Col. Charles Frost, Maj. Michael Malone, Sgt. Patricia Laborda, Sgt. Timmy Charles

**FHROC Rockets-** Capt. Ed Freeman, Sgt. 1st Class Quinton Hudgins, Staff Sgt. Louis Velez, Sgt. Joanne Forrest

**Tigris Tigers-** Lt. Col. Douglas Smith, Capt. Mary Irwin, Sgt. Jeremy Detwiler, Spc. Heather Paul

## Troops hoop it up during basketball game



Photo by Spc. Jennifer L. Sierra

**Staff Sgt. LeRoy Singletary, a supply sergeant with A Company, 67th Signal, follows through with a slam-dunk over a member of the opposing team during a basketball game held here Nov. 29.**

# Mencia pulls no punches during holiday comedy tour



Photo by Sgt. Jasmine Chopra

Comedian Brad Williams autographs the case housing of a robot used by the 833rd Engineer Company to mitigate unexploded ordnance. Williams and fellow comedian Carlos Mencia came here to entertain troops during the holiday season.



Photos by Sgt. Jasmine Chopra

(Above) Capt. Benjamin Lampe, commander of the 833rd Engineer Company presents Mencia (rear) and Williams (front) with his commander's coin. Mencia and Williams toured the IED-mitigating vehicles the 833rd operates on route clearance missions.

(Below) Mencia performed three shows in one whirl-wind day here for nearly 3,000 servicemembers. Mencia was scheduled to perform one show at Sustainer Theater, but upon seeing the enormous line of people waiting for his performance, Mencia said he could not leave Balad until everyone who wanted to see his act got a chance to see him.



Photos by Sgt. Jasmine Chopra

(Above) Sgt. Mark Eddy, an explosive ordnance clearance agent with the 833rd Engineer Company, shows comedian, Carlos Mencia how to remotely operate a robot used in clearing unexploded ordnance Nov. 29.

(Below) Mencia and Williams wish the Army Reserve a happy along 100th birthday with members of the 833rd Engineer Company and 316th Sustainment Command (Expeditionary).

