

# THE Q-WEST Knight

*A Publication of the 16<sup>th</sup> SB Public Affairs Office*

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## Country music star Trace Adkins performs for Q-West Soldiers

By Sgt. Keith M. Anderson

*16th SB Public Affairs*

CONTINGENCY OPERATING BASE Q-WEST, Iraq — Country music star Trace Adkins spent the day at Q-West visiting Soldiers, blowing up ordnance, and putting on an evening performance for more than 400 Soldiers at the Favors Outdoor Theater here Sept. 22.

“We heard a rumor that for whatever reason Q-West usually gets scratched off the itinerary so we made a point of coming out here,” said Trace Adkins. “We were sent by several hundred million Americans to say thanks for what you do.”

Adkins’ visit to Q-West was one of seven stops in Iraq for the Country Music Television award-winning artist. He won CMT’s ‘2008 Male Video of the Year’ for the song “I got my game on.” His USO tour includes 15 stops in several countries.

During the day, Adkins visited several Q-West units, then he went out with explosive ordnance Soldiers and got the opportunity to detonate some older ordnance.

“They said it was some ordnance that they had to get rid of, so that’s why they let me do it,” Adkins said.

The performance was filmed for an upcoming special on the Great American Country network, tentatively slated for November.

The concert was must-see for many Soldiers.

“It’s Trace Adkins, it’s the Badonkadonk guy!” said Master Sgt.



Photo by Sgt. Keith M. Anderson  
Country music star Trace Adkins speaks to Soldiers in between songs during a concert at Favors Outdoor Theater here Sept. 22. Adkins’ visit to Q-West was one of seven stops in Iraq for the Country Music Television award-winning artist. He won CMT’s ‘2008 Male Video of the Year’ for the song “I got my game on.” His USO tour includes 15 stops in several countries. “We heard a rumor that for whatever reason Q-West usually gets scratched off the itinerary so we made a point of coming out here,” said Trace Adkins. “We were sent by several hundred million Americans to say thanks for what you do.”

Terri Jasso, maintenance non-commissioned officer in charge, 16th Sustainment Brigade.

The 41-year-old from Danville, Ill., said she respected Adkins.

“I think he supports the U.S., that he’s a patriotic person, and he supports Soldiers for what we do,” Jasso said. “And he gives his mom ‘props.’ You have to respect a person that respects his mom.”

**See Adkins, page 3**





The 16th Sustainment Brigade team — “Knight’s Pride!” — is approaching the 60-day mark since our transfer of authority (TOA) from the outgoing brigade, and we have not lost any of our Knight warriors in battle.

While this is a remarkable feat and a testament to the hard work and dedication of all Soldiers, there have been challenges along the way. There are Soldiers in the 16th that are on their first combat deployment, and there are Soldiers who have multiple deployments under their belts. As with any deployment, the first 60 days can be the most challenging.

I remind those with prior combat experience to continue to step up to the plate and mentor those who have not deployed before. Be an encourager and share your lessons and TTPs.

16th SB has experienced several challenges since first arriving at Al Qayyarah, “Q-West,” Iraq. It is said that there is nothing that affects the morale and mood of Soldiers more than having a decent place to lay their head at night, a good meal, communication with friends and family back home, and a hot shower. The 16th SB leadership

team has been working hard to meet these desires.

One of the biggest challenges is the enforcement of water conservation and other changes in daily routines. Unfortunately, the 2 year drought and failing water pumps have greatly diminished the water supply used for showers. While Soldiers have unlimited access to drinking water, the water used to shower with is in short supply.

In order to enforce a fair and equal distribution of the shower water, the command has imposed a water conservation plan that allows each Soldier three shower days a week. On non-shower days, Soldiers have the option of either rinsing off at the sink with bottled water or using baby wipes to freshen up.

The deputy commander for 16th SB has put together a working group of experts to attack the water shortage. Water is being trucked in daily from other areas around Northern Iraq and COB Q-West is awaiting the arrival of 8 new water pumps that will consistently bring in water from the Tigris.

The other challenge is the change in daily routines. 16th SB leaders at all levels are required to closely monitor the health and welfare of each

Soldier. Leaders do this daily by ensuring the accountability of all assigned Soldiers and by checking on Soldiers’ living areas to ensure all safety standards and initiatives are being met. Additionally, leaders are ensuring that Soldiers are maintaining a good, consistent battle rhythm.

We must all remember that this is a combat zone and we are all in this fight together. The command team will continue to make the health and welfare all brigade Soldiers its number one priority, and leaders will take all necessary measures to enforce this.

We are equally committed to improving our fox-hole daily, from Soldiers’ living and work areas to their vehicles and equipment, ensuring all of us remain engaged and poised for success.

Thanks to all of you, especially our rear detachment and our Families and friends back in Germany and the U.S. for your support and commitment to excellence every day!

I close with a leadership principle from Lt. Gen. Hal Moore (Ret.), author of the book, “We were Soldiers Once...and Young,” who said, “There’s nothing wrong with nothing wrong, except that there’s nothing wrong.” *Continued Godspeed.*



The month of September was an outstanding month for the 16th Sustainment Brigade in terms of engaged leadership. Safety issues across the brigade have dropped in the past month. Leadership engagement is clearly the driving force behind this reduction in accidents. Leadership engagement has been my key message for this entire deployment. I hammered it home with the Battalion Command Sergeants Major and they have implemented and enforced all the way down to the platoon and squad levels. We must continue our progress. Of course, we may never be one-hundred-percent free of safety issues, but our pursuit of perfection will greatly reduce the potential for accidents and injury to our HOOAHs.

One thing that doesn’t happen on accident is leadership engagement. Leadership engagement

involves every aspect of your Soldiers’ lives. The holiday season is fast approaching, find out what your Soldiers have planned. What do your Soldiers have planned for R and R? These are the basics of leadership engagement. Because of the everyday stresses that Soldiers face during combat operations, we have to engage them regularly.

Caring for Soldiers is another basic responsibility that leaders must engage in. For units redeploying soon, make sure Soldiers are going through the proper procedures when it comes to their health. We need to know if they are having any issues before “red lights” go off after redeployment. Leaders need to ensure our Soldiers are mentally healthy and make sure the Soldiers get the proper help if there are problems. The health of our Soldiers and their families is the

top priority for our Army.

I’ve talked about what leaders need to do for their Soldiers, now it’s time to talk about what leaders can do for themselves. The Warrior Leader/Warrior of the Quarter and Sergeant Audie Murphy boards are fast approaching. I encourage all of you to participate and take the opportunity to challenge yourself. Leaders are very good at doing the business of running the Army; but, often they forget about the professional development and growth of themselves. So the challenge is out there for you to grab.

You are all doing fantastic out there on the battlefield, keep up the great work. God bless America, our great brigade and each and every one of you and your families.....HOOAH! *“Deeds not Words!”*



Photo by Sgt. Keith M. Anderson

**Adkins, from page 1**

After the show Jasso, and many other Soldiers and contractors were able to get photos with Adkins.

Tracy Thede, entertainment tour producer, USO, said it was important for Soldiers to see concerts and shows.

“The reason we do this for Soldiers is at the end of the day we just want them to know that we think about them and want to provide a touch of home wherever they are in this world,” Thede said. “We want to be sure everyone knows they’re appreciated and not forgotten.”

Adkins told Soldiers how important they are during his concert.

“At my concerts [in the U.S.] I tell them that I’m coming out here and I get a standing ovation every time,” Adkins said. “So I’m coming out here to say thanks for what you do, from millions of Americans.”

**More than 400 Soldiers, DOD civilians and contractors came out to the Favours Outdoor Theater to hear Trace Adkins perform. Adkins-fans’ crowded in front of the stage, sat in bleachers, and on MRAPs, tanks, LMTVs, fire trucks, and other vehicles.**



Photo by Sgt. Keith M. Anderson



Photo by Sgt. Keith M. Anderson

## POSH. What does this acronym stand for?

Sgt. 1st Class Dorothy Johnson  
*Equal Opportunity Advisor, Q-West*

Ask yourself who is responsible for the prevention of sexual harassment. The answer is you. The Army has a training plan that requires a company commander to conduct training on POSH twice a year. A lot of the Soldiers are saying that it is repetitive and just a waste of time. It is not a waste of time. Sexual harassment is covered in AR 600-20, chapter 6.

Sexual Harassment is a form of sex discrimination that involves unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature when submission to, or rejection of, such conduct is made either explicitly or implicitly a term or condition of a person's job, pay, or career.

Explicit – This is a full, precise expression in the form of verbal, nonverbal, or physical behavior.

Implicit – Implied or inferred behaviors that are not clearly expressed, but are understood. These behaviors can also be verbal, nonverbal, or physical in nature. Implicit behaviors are closely associated with the subtleties of sexual harassment and often take the form of innuendoes.

Submission to, or rejection of, such conduct by a person is used as a basis or term for career or employee decisions affecting that person. An example of this is quid pro quo, "this for that."

Such conduct has the purpose or effect of unreasonably interfering with an individual's work performance, or creates an intimidating, hostile, or offensive working environment.

Workplace conduct, to be actionable as abusive work environment, need not result in concrete psychological harm to the victim.

Ensure that you are a part of the solution and not part of the problem. Stop sexual harassment when you see it.

- 
- P** - Prevention
  - O** - Of
  - S** - Sexual
  - H** - Harassment

For more information on POSH, and other equal opportunity matters, contact Sgt. 1st Class Johnson at [dorothy.johnson@iraq.centcom.mil](mailto:dorothy.johnson@iraq.centcom.mil).

## THINK Weapons Safety

1st Sgt. (Ret) Jeff Buchanan  
*Safety Manager, Q-West*

When a Soldier experiences a negligent discharge, it's a breakdown in weapons-handling discipline. To fight the negligent discharge problems the Army is currently experiencing, we must change the way Soldiers think about and handle weapons. Preventing a negligent discharge is everyone's business. Both leaders and individual Soldiers have a responsibility to set the example for others and make on-the-spot corrections.

Soldiers must be properly trained on loading, unloading and clearing procedures. Failing to properly clear a weapon puts everyone at risk of personal injury or death. Performing proper clearing procedures is a basic Soldiering task and must be performed in accordance with procedures out-

lined for each weapon system. Rehearsing and practicing these tasks routinely will ensure the highest level of proficiency and prevent injury or death.

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***“Keep the weapon on safe and your finger off the trigger until you intend to fire.”***

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In many negligent discharges, it's clear the basic fundamentals of weapons handling were ignored. Based on the information reported to the U.S. Army Combat Readiness Center, the most prevalent mistakes that lead to negligent discharges are horseplay, improper clearing procedures, incorrect weapon status, failure to keep the weapon on safe and finger off the trigger

when there's no intent to fire and lack of muzzle awareness. These mistakes are a result of indiscipline, overconfidence and complacency.

All negligent discharges are preventable. Leaders must enforce the standards for weapon safety so we can keep our Soldiers in the fight. Also, drill home that Soldiers must THINK weapons safety!

- 
- T**reat every weapon as if it's loaded.
  - H**andle every weapon with care.
  - I**dentify the target before you fire.
  - N**ever point the muzzle at anything you don't intend to shoot.
  - K**eep the weapon on safe and your finger off the trigger until you intend to fire.
  - Soldiers who THINK weapons safety will stay safe and remain in the fight. Soldier Safe, Soldier Strong.**

## Battalion holds final NCO Induction ceremony in Iraq

By Sgt. Keith M. Anderson

16th SB Public Affairs

CONTINGENCY OPERATING BASE Q-WEST, Iraq — The 17th Combat Sustainment Support Battalion held its second and final non-commissioned officer induction ceremony in Iraq to honor 44 NCOs at the Morale, Welfare and Recreation Center here Sept. 22.

After a presentation entitled “The NCO Watch,” where the new NCOs learned about the tradition of commemorating the passing of a Soldier to a NCO — a tradition dating back to Frederick the Great — and another presentation, “Boots of an NCO,” the inductees heard “A Soldier’s Request.”

Guest speaker Command Sgt. Major Willie C. Tennant, Sr., command sergeant major, 3rd Expeditionary Sustainment Command, Joint Base Balad, told the battalion’s newest corps of NCOs to demonstrate inspiring leadership.

“To me it means your leadership style draws Soldiers to want to look like you, dress like you and lead like you,” said Tennant. “In other words, it means your Soldiers want to some day lead Soldiers, just



Photo by Sgt. Keith M. Anderson

Command Sgt. Major Willie C. Tennant, Sr., command sergeant major, 3rd Expeditionary Sustainment Command, Joint Base Balad, congratulates Sgt. Tyler Wurm, 17th Combat Sustainment Support Battalion, on his induction into the corps of non-commissioned officers, during a 17th CSSB NCO induction ceremony at the Morale, Welfare and Recreation Center here Sept. 22. Command Sgt. Maj. Charlie Lane, command sergeant major, 17th CSSB, next in the receiving line, waits to congratulate Wurm.

like you do.”

Staff Sgt. Joshua Cameron, light wheel mechanic, 574th Quartermaster Support Company, was able to watch his wife, Sgt. Jennifer Cameron, petroleum supply non-commissioned officer, 574th QMS Co., get inducted.

“I’m very proud,” Joshua said. “She’s highly motivated. She motivates me every day.”

The two NCOs, both 25-years-old, have been married for three years and this is their third deployment together.

The 17th CSSB, from Fort Richardson, Alaska, will formerly end a 15-month deployment here with a transfer of authority ceremony with the 30th Combat Sustainment Support Battalion, Tennessee Army National Guard, at Lion Memorial Field Oct. 4.

**Col. Martin B. Pitts**  
Commander, 16<sup>th</sup> SB

**Command Sgt. Maj. James E. Spencer**  
Command Sergeant Major, 16<sup>th</sup> SB

**Sgt. 1st Class Adam V. Shaw**  
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**Sgt. Keith M. Anderson**  
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Multimedia Illustrator

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# CHAPLAIN'S THOUGHTS

## The Comparison Trap

CH (MAJ) James Boulware  
Chaplain, Q-West

A guy who was getting married had the ring in his hand and said, "Sweetheart, I love you so much. I want you to marry me. I don't have a car like Johnny Green. I don't have a Yacht like him. I don't have a house his size and I don't have the money of Johnny Green, but I love you with all my heart."

She looked into his eyes and said, "I love you, too, sweetheart, but could you tell me a little more about Johnny Green..."

Why isn't our best ever good enough? Why do we spend our lives looking around worrying who's watching us or what the other person is doing? So often we spend our time, money and energies trying to impress the "other guy" because we can't im-

press ourselves.

Many of us are caught in the comparison trap. I call it "comparisonitis". It's the tendency to measure one's worth by comparing oneself to other people. We don't feel good about ourselves because we're not as thin as the models on TV. We're not as strong, good-looking or smart as the other person. They have a higher rank. We don't sing as well and on-and-on it goes.

What's the cure for comparisonitis?

***"Each one should test his own actions. Then he can take pride in himself, without comparing himself to somebody else."***

First, acknowledge to God and yourself that we wrongfully compare ourselves with others.

Second, acknowledge the words of the psalmist daily, "I will praise You, for I am fearfully and wonderfully made. Marvelous are Your works, and that my soul knows very well." (Psalm 139:14).

The psalmist's self-worth wasn't based on the other guy, but on the belief that God was his Creator. As the old saying goes, "God don't make no junk."

The apostle Paul wrote, "Each one should test his own actions. Then he can take pride in himself, without comparing himself to somebody else." (Galatians 6:4)

I want to challenge you to stop looking around and start looking up. Learn to be satisfied with what God has given you and made you. When you learn this lesson, you'll be able to feel good about yourself and rejoice with your neighbor when he or she gets a new car, and not have to run out and buy one yourself.

# HERE'S TO YOUR HEALTH

## Get some 'shut-eye'

Maj. Michael Price  
Surgeon, Q-West

Getting an appropriate amount of sleep is as important to your overall health as personal hygiene and good nutrition. Something as basic as sleep can be very hard to accomplish while deployed.

Changes in sleep environment, changes in work schedule, high stress, increased noise and stimulants such as caffeine and nicotine can all contribute to Soldiers being unable to sleep while deployed.

Here are some tips to help improve your sleep:

Go to bed and wake up at the same time each day whenever possible, and avoid taking naps during the day.

Avoid eating a large meal or spicy food right before going to bed. Do not drink beverages containing caffeine or other

stimulants.

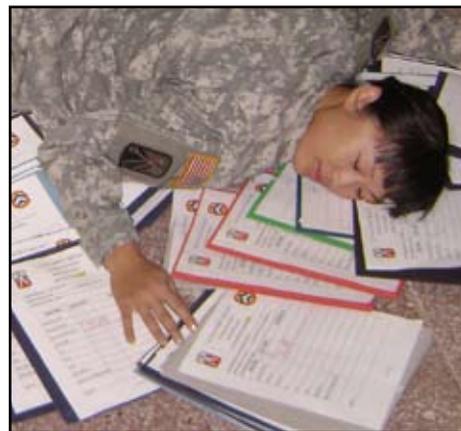
Although regular exercise is an important aspect of health, exercise can cause your body to release natural stimulants which may prevent falling asleep.

Practicing a relaxation technique such as yoga or meditation prior to going to bed may help relieve stress that has developed over the day, and therefore make it easier to fall asleep.

If you are unable to fall asleep once going to bed because you dwell on certain problems, write them down in a journal or even some scrap paper and then plan to address these problems in the morning once you wake up. If possible, keep your sleep environment quiet and free of distractions. This is often out of your control during a deployment, but try.

Poor sleep and being tired during the day can lead to poor work performance. For warriors this can be a life-or-death issue. Common sense as well as history tells us

that fatigue contributes to accidents and puts our Soldiers at risk. We should all be looking for signs of poor sleep in ourselves as well as in our buddies.



***"Poor sleep and being tired during the day can lead to poor work performance."***

## New USAREUR commanding general visits Q-West

By Sgt. Keith M. Anderson

16th SB Public Affairs

CONTINGENCY OPERATING BASE Q-WEST, Iraq — General Carter Ham, commanding general, U.S. Army Europe (USAREUR), escorted by Brig. Gen. James Boozer, deputy commanding general, Multi-National Division-North, visited Soldiers and leaders of the 16th Sustainment Brigade here Sept. 21.

Before meeting with brigade leaders, USAREUR's newest commanding general took time to recognize outstanding Soldiers in the unit and gave them his new coin.

After the general recognized Soldiers he met with brigade leaders to assess the operational environment in Iraq to more realistically shape training for multinational armies at the Joint Multi-National Readiness Center in Hohenfels, Germany, and to verify that USAREUR is properly equipping and preparing its units for future deployments.

"One of the key reasons I came here was to get a sense of how well prepared and trained you are for this deployment," Ham told Col. Martin Pitts, commander, 16th SB, during a briefing. "If you had it all to do over again, what would you change?"



Photo by Sgt. Keith M. Anderson  
Pfc. Danny Hill (seated), support operations, 16th Sustainment Brigade, demonstrates his work to Col. Martin Pitts, commander, 16th SB, and Gen. Carter Ham, commanding general, U.S. Army Europe, during a tour of support operations Sept. 21. The four-star general met with brigade leaders here to assess the operational environment in Iraq to more realistically shape training for multinational armies at the Joint Multi-National Readiness Center in Hohenfels, Germany, and to verify that USAREUR is properly equipping and preparing its units for future deployments.

Pitts said that the training the brigade received at the JMRC was excellent, and suggested some minor additions to training, including more force protection and base defense training for brigade staff, and more contracting training.

After the briefing Cpl. Evan Fay, driver for the brigade command sergeant major, and Sgt. Brian Esslinger, gunner, PST, demonstrated the brigade's new Mine-Resistant Ambush-Protected (MRAP) vehicle.

"The good thing was that he was already knowledgeable on the truck," said Esslinger, a 32-year-old from Seattle, Wash. "Because

if he's knowledgeable on the equipment he can make things happen, and when he's briefing U.S. leadership it is first-hand, straight-from-the-horse's-mouth."

The trip concluded with a tour of support operations, the logistical heart of the sustainment brigade, and a crucial element in enabling coalition forces and assisting Iraqis in transitioning to a stable and self-reliant Iraq.

"It's sometimes ugly, it's not fun, it's not very glamorous, but if you don't do it, the whole house of cards falls apart," the four-star general told SPO leaders.

The following Soldiers were recognized:

Spc. Luke Hartmetz, scout vehicle driver, personal security team, Bravo Company, 16th Special Troops Battalion, 16th SB. Hartmetz, 24, calls Lincoln, Neb., and Denver, Colo., home.

Spc. Shaheed Mustafa, tail gunner, PST, Bravo Co., 16th STB. The 23-year-old is from Colombia, S.C.

Pfc. Edward Yahn, driver, PST, Bravo Co., 16th STB. The 24-year-old is from North Anson, Maine.

Spc. David Long, medic, Bravo Co.,

16th STB. Long, 22, is from Green Bay, Wis.

Pfc. Brandon Tillery, communications, PST, Bravo Co., 16th STB. The 24-year-old claims Mount Vernon, Ill., and Mannington, W.Va., as home.

Staff Sgt. Shane Hatton, platoon sergeant, 574th Quartermaster Co., 17th Combat Sustainment Support Battalion. The 30-year-old comes from Newton, Kan..

Spc. Randy Dudek, mechanic and squad leader, 574th QM Co., 17th CSSB. The 24-year-old is from Hardee, Fla.

Spc. Aaron Heckahorn, armorer, 574th QM Co., 17th CSSB. The 22-year-old is from

Sheffield, Ohio.

Pvt. Joseph Zimmerman, Headquarters and Headquarters Company, 16th STB. Zimmerman is from Houston, Texas.

Spc. Carla Veney, administrative clerk, HHC, 16th STB. Veney, 22, is from Richmond, Va.

Spc. Jose Hernandez, administrative clerk, support operations, HHC, 16th STB. Hernandez, 28, is from San Juan, P.R.

Spc. Ryan Frick, paralegal specialist, HHC, 16th STB. The 24-year-old is from Weldon Spring, Mo.

# LAW AND ORDER

## A Soldier's support obligations for separated family members

Capt. Joseph P. Gross  
*Attorney-at-Law, Q-West*

Soldiers must provide adequate support to their family members while geographically separated. The reason for separation is of no significance, whether it be for relationship problems, deployment, or otherwise.

For Soldiers separated from their family, if a court order or written agreement does not exist, a complicated mathematical formula is used to calculate a Soldier's monthly monetary obligation to family members based on applicable non-locality BAH rates. Soldiers with a written support agreement or court order must comply with the stated support obligations. If there is no monetary amount specified in the written agreement or court order, the Soldier must pay an amount derived from the applicable non-locality BAH rate as applied to the mathematical formula.

Falling behind on, or not making support payments, is a violation of regulation. There are no exceptions to a Soldier's support obligation. For example, a difference of opinion or even a cheating spouse is no excuse to withhold payment. It is important for Soldiers to be absolutely certain they are paying the correct amount. Underpayment of an obligation is a violation of regulation, while overpayment is legally recognized as nothing more than a gift to separated family

members.

Soldiers with a written agreement or court order for payment must follow the outlined terms for providing payment. If there is no written agreement or court order, the following payment methods are acceptable: cash, check, money order, EFT, and allotment. Soldiers should keep a traceable record of all payments made. If the Soldier's family currently lives in government housing, financial support is not required. However, if other family members do not live in government housing, they must be supported.

For dual military couples with no children, there is no obligation to support the active duty spouse. If the dual military couple has children, the non-custodial parent must pay the custodial parent an amount equal to the applicable BAH non-locality differential rate.

The best way to prevent support payment trouble is to be proactive. Keep in contact with your family members and make sure that you are providing at least the minimum financial support required. While this article answers very basic questions about family support obligations, it is not a Soldier's 'Do-It-Yourself Guide.' If you have even the slightest questions or concerns about your support obligations, don't rely on the barracks lawyers to interpret regulations and do math for you. I urge you to stop by the legal office located in the Soldier Support Center.

### UCMJ actions pending for 16th SB Soldiers on Q-West, Habur Gate, Marez, Speicher and elsewhere

- A Soldier was found guilty of six counts of failing to go to his appointed place of duty and of disobeying a non-commissioned officer by not locking an office door. The Soldier was reduced to specialist, and forfeited \$1,423 which was suspended for 180 days.

A Soldier was found guilty of disrespect in department by approaching a chief warrant officer in an aggressive manner during Article 15 proceedings. The Soldier was reduced to private first class, forfeited \$894, and received extra duty for 28 days.

A Soldier was found guilty of missing movement during return from R&R leave and of wrongfully wearing the insignia of specialist during Article 15 proceedings. The Soldier forfeited \$673, and received extra duty for 45 days.

A Soldier was found guilty of driving a MRAP without a license, and without a ground guide; of disobeying a lawful order of a noncommissioned by having bottles full of urine in his CHU; and missing PT formation during Article 15 proceedings. The Soldier was reduced to sergeant, and received extra duty for 30 days.

## Letters to the Editor

If you have suggestions, comments or complaints, send them to [adam.shaw@iraq.centcom.mil](mailto:adam.shaw@iraq.centcom.mil) and your comments might appear in the next edition of *The Q-West Knight*.

We're always trying to improve our newsletter, and look forward to hearing your thoughts. Also, if you have any story ideas, let us know!

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LEGAL SERVICES CENTER**

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## Q-West leaders promote opportunity and self-reliance for local Iraqis

By Sgt. Keith M. Anderson  
16th SB Public Affairs

CONTINGENCY OPERATING BASE Q-WEST, Iraq — Chiya Jamel operates a sort of general store, phone center and internet provider business here on the U.S. military installation, called “Chya’s Regular Club.”

The 29-year-old Kurdish Iraqi said, in passable English, that without the help of the U.S. Army, he wouldn’t have been able to start and grow his business.

“I make money, learn English, and understand what is going on,” Jamel said. “I have good relation with the Soldier — over five years I work at this FOB.”

Chya’s is one of 14 Iraqi-owned businesses currently operating on Q-West — six industrial and eight retail — part of the Army’s and coalition forces’ Iraqi-Based Industrial Zone initiative (IBIZ).

The businesses are awarded land-use agreements to operate on the COB, and sell goods and services to Soldiers, contractors, local nationals and foreign nationals. Some are also awarded a contract.

As of Sept. 1, the COB had paid out \$7.9 million in contracts for the fiscal year, with a monthly impact of \$274,433 going back into the Ninevah province here, according to the badging office at Q-West, which

tracks IBIZ contracts and impact.

“As the local population becomes more invested in the growth and prosperity of their local economy, they are less likely to join the local insurgency,” said Sgt. 1st Class Sean Shanahan, events and communication non-commissioned officer in charge, and IBIZ assistant coordinator, Mayor’s Cell.

Shanahan added that many of the more than 150 Iraqis that work on Q-West are also learning job skills, like heating, ventilation and air conditioning repair, vehicle and generator maintenance and welding, which will allow Iraqis to be successful after coalition forces leave.

“The key is for these individuals to establish themselves and survive on the skills they learn,” Shanahan said.

Officials here are currently in the process of awarding a land-use agreement for an Iraqi-owned gas station to be built on Q-West, said Capt. Todd Howell, events and communication officer in charge, and IBIZ coordinator, Mayor’s Cell.

“Local nationals and foreign nationals will pay for the fuel they use,” Howell said. “And they will build it according to American standards. We don’t have to do that, but when we turn over this COB to Iraq, we will be responsible for the environmental state of this site, so it’s not in our best interest to let anyone skim on standards.”



Photo by Sgt. Keith M. Anderson  
**Cousins Ahmed Sultan, 19, Zekeriya Sultan, 16 and Wesam Sultan, 18, shovel out tiling materials at the 16th Sustainment Brigade headquarters building at Q-West Sept. 13. The cousins are among more than 150 Iraqis that work on the base as part of the Iraqi-based industrial zone (IBIZ) initiative. Besides employing local nationals, the COB had paid out \$7.9 million in contracts to Iraqi business as of Sept. 1 for the fiscal year, with a monthly impact of \$274,433 going back into the Ninevah province here, according to the badging office at Q-West, which tracks IBIZ contracts and impact.**

## Q-West Mechanics get first crack at new MRAPs

By Sgt. Keith M. Anderson  
16th SB Public Affairs

CONTINGENCY OPERATING BASE Q-WEST, Iraq — The motorpool Soldiers from the 16th Sustainment Brigade got their first look at the new Mine-Resistant Ambush-Protected Vehicle (MRAP) here Sept. 17.

After the sustainment brigade got its first two MRAPs in September, the mechanics began training on what the Army calls “20-level” maintenance, field-level scheduled services, on the MRAPs. Subordinate units of the brigade in Iraq have MRAPs, but these were the first the brigade received.

Anthony Evans, field service representa-

tive, Navistar, Int., led the Soldiers through familiarization and initial maintenance on the dual-wheel, more heavily-armored MRAPs. He said the MRAPs weren’t as difficult to work on as other Army vehi-

***“There’s no equipment that’s complicated; Soldiers just have to be trained.”***

cles.

“To me, I think it’s easier because everything isn’t crammed-in, but it’s heavier so you have to man-handle everything,” Evans said.

The MRAP is very similar to commercial vehicles in the U.S., so Soldiers gain useful job skills by learning to maintain and repair the vehicle, he said.

“This is a great vehicle for people to learn on if they are going to enter the civilian job market,” Evans said. “Other than the armor this is no different than any other commercial vehicle out there.”

Spc. Daniel Misch, all wheel vehicle mechanic, 16th SB, appreciated the chance to get away from repairing the humvees and learn something different.

“It’s something new, I’m tired of doing the same old stuff,” Misch said. “It’s something we need to know, even if we aren’t going to do the more difficult repair work, there are still different levels of maintenance.”

Evans showed the Soldiers how to remove the passenger side rear axle, and to check that the wheel bearings were correctly torqued and **See Mechanics, page 13**

# CAREER COUNSELOR

## September Reenlistments

Sgt. 1st Class Arthur Wade  
*Career Counselor, COB Q-West*

This fiscal year was challenging and the brigade did well by reenlisting approximately 220 Soldiers and paying over \$1.8 million in bonuses. Warriors that stayed with the team this month were:

Spc. Andrea Koeberle, chaplain assistant, 16th STB. She was fortunate to receive an assignment offer to Japan and she happily accepted!

Sgt. Benjamin Millet, intelligence analyst, 16th SB, chose stabilization in Europe for an additional year after his current DEROS date with bonus.

Sgt. 1st Class Assane Gueye, chemical specialist and platoon sergeant, 16th SB, reenlisted under the Indefinite Reenlistment Program and also received a little bonus for staying with the team.

The 16th SB Public Affairs Office took the show by reenlisting together in front of the brigade headquarters. Sgt. 1st Class Adam Shaw, public affairs non-commissioned of-

ficer in charge, and Sgt. Keith Anderson, public affairs non-commissioned officer, did their research and found that they could reenlist while deployed and receive a bonus for adding an additional year to their contracts at [www.armyreenlistment.com](http://www.armyreenlistment.com).

Also, job well done to Staff Sgt. Martonio Patterson, a career counselor and the team at the 18th CSSB for closing out their retention mission at over 100% reenlistment accomplish this year!

The end of the fiscal year is coming and bonuses will go away until the next fiscal budget is released later this year. I encourage all Soldiers to research and ask questions about their options so they don't miss out on certain opportunities offered through reenlistment. Contact your service career counselor for your reenlistment options.

Sgt. 1st Class Arthur Wade is the 16th SB Senior Counselor, and he is located across from the S-1 shop of the 16th STB. NIPR# 827-6304 or email [Arthur.wade@iraq.centcom.mil](mailto:Arthur.wade@iraq.centcom.mil)

Thanks for all you do!

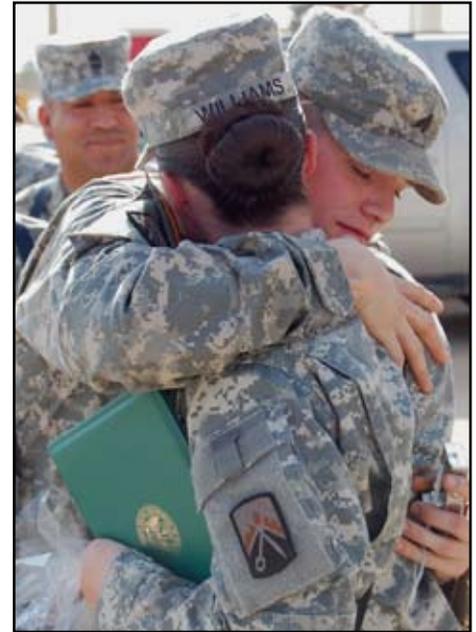


Photo by Sgt. Keith M. Anderson

Sgt. Brandon Williams, HHC, 16th Special Troops Battalion, 16th Sustainment Brigade, hugs his wife Cpl. Heather Williams, HHC, 16th STB, after her reenlistment in front of brigade headquarters Sept. 28.

### For More Information:

**Web:**

[www.armyreenlistment.com](http://www.armyreenlistment.com)

**Location:** Across from the S-1 shop of the 16th STB building.

**SIPR number:**

243-5092

**Global:**

[arthur.wade@iraq.centcom.mil](mailto:arthur.wade@iraq.centcom.mil)

## Q-WEST Base Complete FITNESS CENTER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 5 Army 10 Miler Race Open Court 1900-2200 Bball	Spin class Mon. Wed. Fri. 0530-1630 Triathlon TBD	5k Halloween run TBD	1 Volleyball 4on 4 league 1915-2215	2 Open court Volleyball 1900-2200 Flag football 1915-2215	3 Volleyball 4on 4 league 1915-2215	4 Open court Basketball 1900-2200 Flag football 1915-2215
6 Volleyball 4on 4 league 1915-2215	7 Flag football 1915-2215	8 Volleyball 4on 4 league 1915-2215	9 Open court Volleyball 1900-2200 Flag football 1915-2215	10 Volleyball 4on 4 league 1915-2215	11 Stationary Triathlon 1400-1600 Flag football 1915-2215	
12 Open Court 1900-2200 Bball	13 Volleyball 4on 4 league 1915-2215	14 Flag football 1915-2215	15 Volleyball 4on 4 league 1915-2215	16 Open court Volleyball 1900-2200 Flag football 1915-2215	17 Volleyball 4on 4 league 1915-2215	18 Open court Basketball 1900-2200 Flag football 1915-2215
19 Open Court 1900-2200 Bball	20 Volleyball 4on 4 league 1915-2215	21 Flag football 1915-2215	22 Bball coaches Meeting 1900 Volleyball league 4on 4	23 Open court Volleyball 1900-2200 Flag football 1900-2200	24 Volleyball 4on 4 Playoffs 1915-2215	25 Open court Basketball 1900-2200 Flag football 1915-2215
26 Open Court 1900-2200 Bball	27 Volleyball 4on 4 Playoffs 1915-2215	28 Outdoor soccer coaches meeting 1900 Conf. room Flag football 1915-2215	29 Volleyball 4on 4 Playoffs 1915-2215	30 Open court Volleyball 1900-2200 Flag football 1915-2215	31 Volleyball 4on 4 League Championship game 1915-2215	

October 2008

## Married in Iraq: A look into the lives of married Soldiers living together

By Sgt. Keith M. Anderson  
16th SB Public Affairs

CONTINGENCY OPERATING BASE Q-WEST, Iraq — The containerized housing units here are smaller than a single-wide trailer in the U.S.— they're closer to the size of a backyard shed—but they are 160-square-feet of refuge for the married couples that inhabit them.

"I kind of like that whole small-space thing," said Sgt. 1st Class Christopher Armstrong, property book officer, 16th Sustainment Brigade. "We have enough space, and our CHU is a home away from home."

The 36-year-old from Cincinnati, Ohio, said deploying with his wife Sgt. 1st Class Anilyn Armstrong, combat service support automation management office non-commissioned officer in charge, 16th SB, has made this Iraq tour much easier.

"It's just one less stressor to deal with, at least for me," Armstrong said "Think about it, you could have the worst day ever, but you can go home and have someone to talk to afterwards."

The Armstrong's had to leave their sons, Jabbalexis, 16, and Chris Jr., 5, in Germany with a caretaker for the deployment, but Christopher said they are in touch every day.

For Cpl. Heather Williams, human resources non-commissioned officer, and her husband Sgt. Brandon Williams, combat net radio non-commissioned officer, both 16th SB, living together this deployment is much better than the alternative.

"I've been deployed and he's been behind, so we know what it's like to be apart," Williams said. "So I always take other people's feelings into consideration. People tell me all the time 'I don't hate you I'm just jealous.'"

The 22-year-old from Chico, Calif., said that she has two roles in Iraq.

"I'm a Soldier, but I'm still a wife," Williams said. "I still do the laundry, though it is washed and folded for me by the laundry service."

In their down time the couple plays EA Sports' Madden NFL 2009 and NCAA Football '09, and Williams said she moved the beds into a bunk-bed setup to add more



Photo by Sgt. Keith M. Anderson

**Sgt. Carl Feaster II and his wife Sgt. Ananka Feaster, both 16th SB, watch TV together in the containerized housing unit they share at COB Q-West Sept. 10. "For us, being together — apart from our busy home life in the rear — allows for more intimacy, it allows us to refresh and renew our love for each other," Carl said. This is the third deployment for the 32-year-old casualty/personnel tracking non-commissioned officer from Buffalo, N.Y., but the first time he's been able to live with his wife downrange. The Feasters celebrate their 12th anniversary Nov. 29.**

space for a video game chair and bean bag chair.

"I can't say that she's won fairly, but she's won before [playing video games]," said Brandon, 23, Lusby, Md.

Brandon said there are pros and cons to living together downrange.

"It has its advantages," he said. "She can vent to me if she's had a bad day. But there are disadvantages, too. There's no space to walk away."

Heather and Brandon's anniversary is Sept. 16, and they don't have any children. The tiny housing units and long, uninterrupted deployment stretch has an added benefit for some couples.

"For us, being together — apart from our busy home life in the rear — allows for more intimacy, it allows us to refresh and renew our love for each other," said Sgt. Carl Feaster II, casualty/personnel tracking non-commissioned officer, support operations, 16th SB.

This is the third deployment for the 32-year-old from Buffalo, N.Y., but the first

time he's been able to live together downrange with his wife of 11 years, Sgt. Ananka Feaster, ID card non-commissioned officer in charge, 16th SB.

Of course there are the little arguments.

"I like the air conditioning really cold, but he doesn't," Ananka said. "I told him, 'You're lucky you're my husband, because if you were my roommate we'd have some problems.'"

And some issues are bigger.

Carl and Ananka, 36, Colon, Panama, left their son, Carl (III), 9, and a daughter, Carla, 3, with Ananka's mother in Germany.

"We see them everyday on webcam so it's like we're there, but it's still hard," said Ananka.

The Feasters celebrate their 12th anniversary Nov. 29.

"We might go to the MWR (Morale, Welfare and Recreation Center), watch a movie, share some popcorn," he said.

"That's what we do, we watch movies," she said. "We don't have anything romantic to do (at Q-West)."

## Puerto Rican Soldiers 'Parranda' at Hispanic Heritage Month



Photo by Sgt. Keith M. Anderson

Soldiers from the 266th Ordnance Company, out of Aguadillo, P.R., perform a Puerto Rican Christmas tradition by putting on skit and singing "La Paloma" for the crowd at the Morale, Welfare and Recreation Center at Q-West Sept. 28. "Parranda" involves going from house-to-house, singing Christmas carols such as "La Paloma," and taking the carol-recipients along with them to the next house, in an escalating night of carols and socializing. "We go to houses and wake people up and they join in," said Staff Sgt. Guillermo Matos, operations non-commissioned officer, 266th Ordnance Co. "That's what we're doing here, trying to bring something from home." The Hispanic Heritage Month, from Sept. 15 to Oct. 15, raises awareness of the contributions made by Soldiers of Hispanic origins. Sept. 15 marks the anniversaries for the independence of Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. September 16 is Mexico's Independence and Chile's is Sept. 18. This year's theme was "Getting involved: Our Families, Our Community and Our Nation."

By Sgt. Keith M. Anderson  
*16th SB Public Affairs*

CONTINGENCY OPERATING BASE Q-WEST, Iraq — Soldiers from the 266th Ordnance Company, out of Aguadillo, P.R., wanted to make this year's Hispanic Heritage Month observance special, so they performed a Puerto Rican Christmas tradition and sang "En Mi Viejo San Juan," for the crowd at the Morale, Welfare and Recreation Center here Sept. 28.

They call the Christmas tradition "Parranda," an event that involves going from

house-to-house, singing Christmas carols such as "La Paloma," and taking the carol-recipients along with them to the next house, in an escalating night of carols and socializing.

"We go to houses and wake people up and they join in," said Staff Sgt. Guillermo Matos, operations non-commissioned officer, 266th Ordnance Co. "That's what we're doing here, trying to bring something from home."

The Hispanic Heritage Month, from Sept. 15 to Oct. 15, raises awareness of the contributions made by Soldiers of Hispanic or-

igins. Sept. 15 marks the anniversaries for the independence of Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua.

September 16 is Mexico's Independence and Chile's is Sept. 18.

President Lyndon B. Johnson declared Hispanic Heritage week in 1968, but it was later changed to Hispanic Heritage Month by President Ronald Reagan in 1986.

Hispanic Soldiers have served in the U.S. military since the Civil War. Two Hispanic Americans received the Medal of Honor for their heroism during the Civil War, and the Navy's first **See Parranda, page 13**



Photo by Sgt. Keith M. Anderson

Spc. Arriane Jimenez and the other “Q-West dancers” perform traditional Hispanic dances, such as the bachata, merenge and salsa, during a Hispanic Heritage Month observance.

**Parranda, from page 12**

admiral, David G. Farragut, was Hispanic. He is best remembered for uttering “Damn the torpedoes. Full steam ahead,” during the capture of New Orleans.

In the Army, Richard E. Cavazos broke new ground when he became the Army’s first Hispanic brigadier general in 1976, and later became the Army’s first Hispanic four-star general in 1982.

“The U.S. Army is a diverse force; it’s a conglomeration of different ethnicities and backgrounds” said Staff Sgt. Omar Cardona, ammunition inspector, 266th Ordnance Co. “It’s important to know what Hispanic and Latino Soldiers have given the Armed Forces.”

Other speakers at the event gave presentations on Puerto Rico, the Dominican Republic, Brazil and Spain, and dancers performed bachata, merenge and salsa dances. Guest speaker 1st Sgt. Euripides Perez, first sergeant, Task Force 151, spoke about the importance of taking the time to get to know Soldiers and their families, using the fictitious “Sergeant Morales” story.

“At the end of the month, when his Soldiers were out of money, Sergeant Morales would cut their hair himself,” Perez said. “Once a month he gathered the Soldiers with their families so they could get to know each other, this was before FRGs (Family Readiness Groups). We need to be that kind of leader.”

In Europe, the Army has the Sergeant Morales Club, similar to the Audie Murphy Club in the U.S.

The singing Soldiers from the 266th Ordnance Co., the unit that oversees the ammunition supply point at Q-West, are unique because all the Soldiers in the unit volunteered to deploy, said Sgt. 1st Class Jimmie Crespo, first sergeant, 266th Ordnance Co.

“This is our second deployment,” Crespo said. “They only needed one platoon so basically everyone that came here came as volunteers.”

The Soldiers of the 266th Ordnance Co. began their 12-month deployment here in April. Their ammunition supply point supports not only Q-West but also Multi-National Division-North.

**Mechanics, from page 9**

ter-market mods” to import vehicles in Puyallup.

“It will advance my mechanical knowledge,” Hammond said. “It’ll prepare me more for the business I started.”

Sgt. 1st Class Liston Kelly, motorpool non-commissioned officer in charge, 16th SB, said his Soldiers would learn to maintain the new MRAPs easily.

“There’s no equipment that’s complicated; Soldiers just have to be trained,” Kelly said.



Photo by Sgt. Keith M. Anderson

Iraqi Army Col. Hazim Serhan Hussein, deputy commander, 7th Brigade, 2nd Infantry Division, Forward Operating Base Hawk, addresses Iraqi Army Warrior Leader Course 09-08 graduates after the ceremony at the Morale, Welfare and Recreation Center, Q-West, Sept. 19. Hussein told the graduates to be loyal to each other and to their country. The three-week course, run by Soldiers from the U.S. Army’s 1st Squadron, 3d Armored Cavalry Regiment, “trains, teaches and mentors” Iraqi Soldiers in Army fundamentals such as rifle marksmanship, first aid, map reading and guard duty; and in leadership responsibilities like the law of war, effective communications, the military decision-making process and mission essential task list.



**Comic Ideas Wanted!**

If you have an idea for a short comic strip about life out here on Q-West, please e-mail SPC Smith at [erin.smith@iraq.centcom.mil](mailto:erin.smith@iraq.centcom.mil)

# FAMILY READINESS

## 16th Sustainment Brigade unveils new family room

Eric Jones  
FRSA, 16<sup>th</sup> Sustainment Brigade

Normally, room 207 in the 16th Sustainment Brigade headquarters building is filled with network and communications equipment and Soldiers. However, deployment time can never be considered normal.

So while the brigade staff is deployed, the rear detachment has given this office space a new mission and a make-over as the 16th SB Family room.

This new mission, supporting Families, might differ from normal operations a little, but both missions have a lot in common. The family room supports Family Readiness Group (FRG) networking and communications.

To fulfill that mission the family room has been broken down into four components.

First, the main family room offers couches, computers and a flat panel television for meetings, coffees, emails and just a place

to relax while the kids play.

Second, toys, desks and a television make up a children's playroom.

Third is the Family video tele-conference (VTC) suite, where all official-function VTCs will take place.

And finally, there is an FRSA/FRG office. These four components allow the brigade to more effectively network and communicate with Families.

As soon as 'wheels-up' started the deployment, the rear detachment communications Soldiers sprang into action, removing cabinets, desks and computers from the room. What was left was less than pretty.

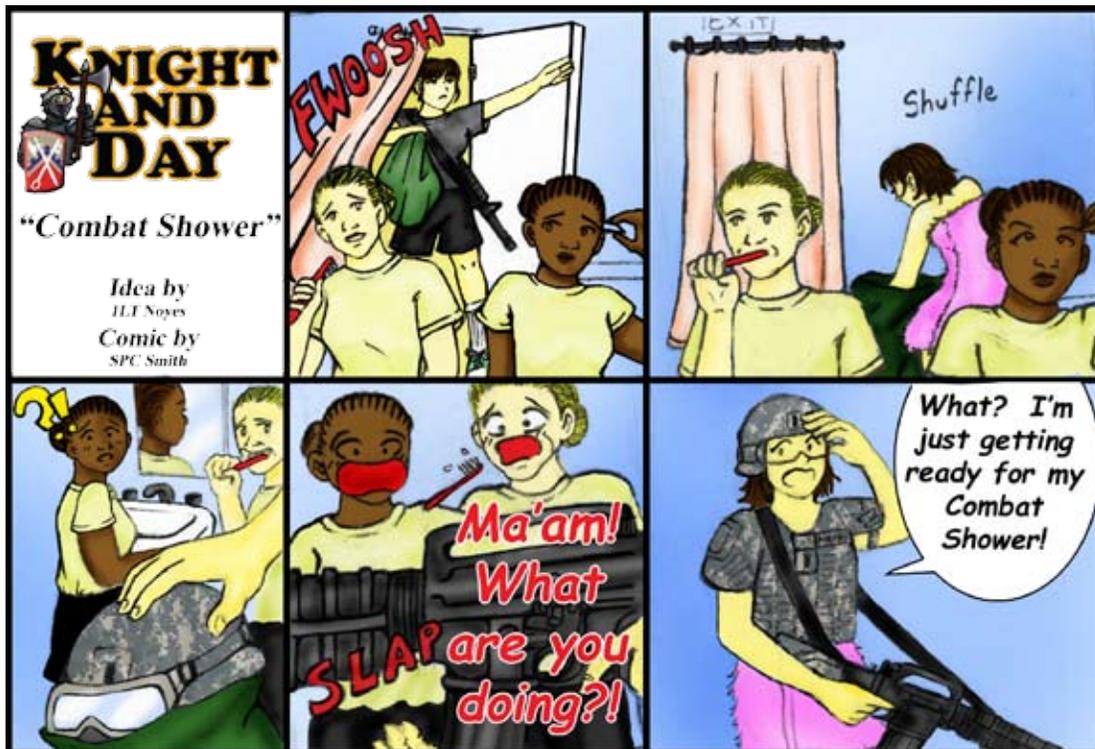
It became clear that before family readiness operations could start in this space, renovations were needed, badly. The walls needed paint and the carpet had exceeded its life by a good while.

The rear detachment Soldiers stepped in, got the work orders processed in record time and what was the result? Freshly



painted walls, fixed outlets, new carpet, a window into room 207A, which is now the playroom, and new base boards all the way around.

"During the deployment all of us who work with Family readiness identified that having a room for all of our Bamberg Families was a tool that we had to have," said Laura Spencer, brigade co-senior spouse. "We're thankful that the rear detachment not only agreed, but also aggressively provided this option."

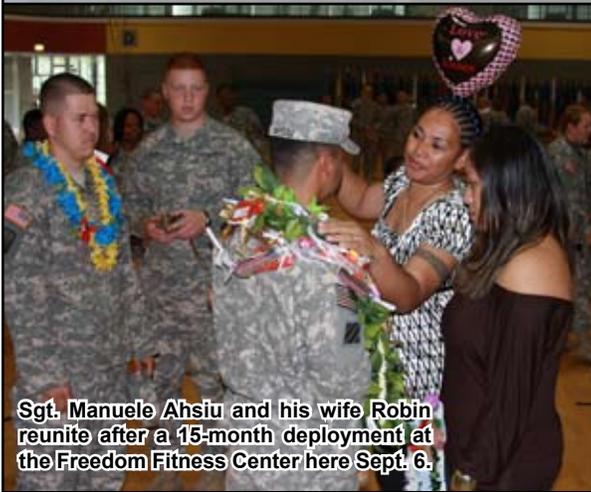


**FAMILIES**

Let your Soldier see you, and get a touch of home! Send photos of families and friends, school and community events, and special occasions. Submit pictures with full names and a description of the action in the photos.

**Send us Pictures!**

Contact the 16th SB Family Readiness Support Advisor, Eric Jones, at [eric.jones26@eur.army.mil](mailto:eric.jones26@eur.army.mil).



Sgt. Manuele Ahsiu and his wife Robin reunite after a 15-month deployment at the Freedom Fitness Center here Sept. 6.



Liz Soper and her daughter Alexis at the 317th Maintenance Company, 391st Combat Sustainment Support Battalion, family barbeque in September.



Zachary Chun and Cody Kellem show off their Olympic moves at Friendship Park Sept. 5.



Tyler Chancellor runs for a first down during a football game versus Baumholder at Pendleton Field Sept. 20.



Stephanie Leeds, wife of Maj. Kenneth Leeds, support operations officer in charge, 16th Sustainment Brigade; Laura Spencer, wife of Command Sgt. Maj. James Spencer, command sergeant major, 16th SB; and Edoris Thomas, wife of Master Sgt. James Thomas, plans and operations non-commissioned officer in charge, watch the kids play soccer at Friendship Park soccer fields Sept. 5.

## 16th SB medics strengthen US, Iraq relationship at local medical clinic

By Sgt. 1st Class Adam V. Shaw  
16th SB Public Affairs

IBRAHIM KHALEEL, Iraq — Medics from Logistics Task Force Alpha, 16th Special Troops Battalion, 16th Sustainment Brigade, provided immunizations to local Iraqi children at the Ibrahim Khaleel Health Clinic near Habur Gate Sept 10.

“It was an excellent visit,” said Staff Sgt. Daniel De Luna Jr., non-commissioned officer in charge, Habur Gate Aid Station, LTF-A, 16th STB. “It strengthened our relationship with the nurses, physician assistants, and the community.”

The medics treated nearly 70 Iraqi children, ages ten days to four years old. They also treated another ten Iraqi mothers.

Sgt. De Luna and his staff not only gave immunizations to their patients, but they also handed out beanie babies, which served as a distraction from the needles.

“I gave an immunization to one girl who was very calm, cool, and collected, up until the shot was given, and then she started crying. We gave her a beanie baby and she put all her attention on the toy and calmed down,” said De Luna.

De Luna said that initially the local Iraqis were very friendly, but curious as to why there were American Soldiers at the clinic.

“They looked at us with question when



Photo by Sgt. Keith M. Anderson

**Staff Sgt. Daniel De Luna Jr., Logistics Task Force Alpha, 16th Special Troops Battalion, 16th Sustainment Brigade gives a local Iraq child an immunization at the Ibrahim Khaleel Health Clinic near Habur Gate Sept 10.**

we first showed up,” De Luna said. “When they found out we were there to help with immunizations and give out toys, they could not wait to get in the room.”

This is the second time that De Luna and his team assisted the staff at the clinic and he hopes it won’t be the last.

“The physician’s assistant invited us back any time to help out any day of the week,” said De Luna. “I loved the experience that I had and I am looking forward to returning and doing what we do best, helping people feel better so that they can live a prosperous life.”

**FREE HAIR CUTS To Coalition Forces**

**LOCATED AT 8TH AND MAIN (ACROSS FROM MWR)**

The Mayor’s Cell Scorpion Barber Shop is offering free hair cuts to all Coalition Forces. The barbers are paid a minimal daily wage but would greatly appreciate monetary tips for their services.

**Q-West Souq (سوق) Iraqi Market**

Saturday, October 11 1000-1600 hrs  
Sunday October 5 1000-1500 hrs

Bedouin Tent Village (between water tower and laundry point)

Cash Only

Interpreters on hand

Bring your Camera

Try on Traditional Iraqi clothing

Camels

Souvenirs  
Gifts  
Jewelry  
Carpets  
Gold  
Entertainment  
Much, much more!

Souq (سوق, also sook, souk, or suq) is a highly fashioned commercial quarter in an Arab city. Often used to designate the marketplace where neutrality from tribal conflicts would be declared to permit the exchange of surplus goods.

Voices on the COB

What is your favorite part about Halloween?



“My favorite part is seeing the looks on children’s faces when I’m giving them candy.”  
Sgt. Jolonda Terry, dining facility assistant contracting officer representative, Headquarters and Headquarters Company, 16th Special Troops Battalion, 16th Sustainment Brigade. The 26-year-old from Columbia, S.C., has a 9-year-old son.



“My favorite part is seeing my kids dressed up and taking them out to get candy, and seeing my wife happy, because she likes that too.”  
Spc. Randolph Rayburn, motor transportation specialist, 418th Transportation Company, 17th Combat Sustainment Support Battalion. The 24-year-old from Soper, Okla., has three children, and “one on the way.”



“The memories I have of trick-or-treating with my brothers and sisters and the boatloads of candy we got from going door-to-door at Fort Knox, Ky., and Radcliff, Ky.”  
Chaplain (Maj.) James Boulware, Q-West Chaplain, 16th Sustainment Brigade.



“Trick-or-treating with my brothers and sister, but I didn’t get to do it last year because I was in AIT.”  
Pfc. Daniel Livingston, signal support systems specialist, 1st Squadron, 3rd Armored Cavalry Regiment. The 20-year-old from Gallup, N.M., has three brothers and one sister.



“I like the candycorn and the imagination of the costumes, especially when you don’t have much to work with around here.”  
Ford McGuffee, deputy project manager for Mosul, Q-West and Talafar, KBR, Inc.



Q-West MWR Recreation Center October 2008						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Pumpkin	2 Ghosts	3 Ghosts	4 WEEK 5 9	5 WEEK 1 Tennis	6 WEEK 7 Latin 2100	7 HIPHOP
8 ONE NIGHT ONE BIG POKER TOURNEY 2008	9 Championships 8 Ball	10 Spade	11 WEEK 6 BALL LEAGUE	12 WEEK 2 Ping Pong	13 THE FINAL TABLE Poker Latin 2100	14 Talent Show 2008
15 Q-WEST Turkey Call Contest	16 WEEK 1 BALL LEAGUE	17 Q West Chess Tourney	18 WEEK 7 BALL LEAGUE	19 WEEK 3 Ping Pong	20 WEEK 1 Poker Latin 2100	21 HIPHOP
22 ONE NIGHT ONE BIG POKER TOURNEY 2008	23 WEEK 2 BALL LEAGUE	24 Pool	25 Championships	26 WEEK 4 Ping Pong	27 WEEK 2 Poker Latin 2100	28 Karaoke Night 2008 Robert Garcia@kbr.com
29 Music Video Night	30 WEEK 3 BALL LEAGUE	31 Q West Chess Tourney	32 WEEK 5 BALL LEAGUE	33 WEEK 5 Ping Pong	34 WEEK 3 Halloween Party 2008 HAUNTING VIDEOS	35 Cat