



THE Q-WEST Knight

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‘Knights’ compete at brigade’s first quarter board in Iraq

By Sgt. Keith M. Anderson

16th SB Public Affairs

CONTINGENCY OPERATING BASE Q-WEST, Iraq — A transportation Soldier and a maintenance non-commissioned officer won the 16th Sustainment Brigade’s first quarter board, the Warrior and Warrior Leader of the Quarter board, at the dining facility here Oct. 20.

Four Soldiers and four NCOs, from COB Speicher, FOB Diamondback, and COB Q-West, competed for the title of ‘Warrior of the Quarter’ or ‘Warrior Leader of the Quarter’ for the first quarter of the fiscal year 2009.

Spc. Matthew Horton, wheeled vehicle mechanic, 70th Transportation Co., 391st Combat Sustainment Support Battalion, COB Speicher, took the title of top Soldier, and Sgt. Charles Robin, power generation and equipment repair NCO, 632nd Maintenance Co., 18th Combat Sustainment Support Battalion, FOB Diamondback, earned the top spot for NCOs.

Spc. Joshua Daniel, power generation equipment repair specialist, 632nd Maint. Co., and Sgt. Jeremy Catron, shop foreman, 391st CSSB, were runner-up WOQ and WLOQ respectively.

The board began with a “mystery” written test on some of the Army weapons, including hand grenades and the MK-19 40 mm grenade machine gun. Then Soldiers had to perform tasks such as disassembling and reassembling a .50-cal. machine gun, and performing a function test for the weapon.

During the board Soldiers answered questions from traditional categories such as drill and ceremony, land navigation and primary marksmanship instruction, but also fielded “topic questions”



Photo by Sgt. Keith M. Anderson

Vampires and Ghouls at Q-west!

Pfc. Paula Phusa, as “Death,” command secretary, 16th Special Troops Battalion, 16th Sustainment Brigade, and Osman Kayak, as “Dracula,” contractor, KBR, Inc., try to get in character for the Halloween haunted house at the Q-West Morale, Welfare and Recreation Oct. 31. “The Soldiers did a great job of putting it together, and it was a big morale booster,” said Spc. Brishon Merriweather, property book office clerk, 16th Sustainment Brigade.

about the Mine-Resistant Ambush-Protected vehicle program, unit escalation of force directives, and electronic countermeasure systems.

Horton, a 21-year-old from Peculiar,

See *Knights*, page 3



Page 3



Page 7



Page 18

IN THIS ISSUE



The 16th Sustainment Brigade team — “Knight’s Pride!” — Just reached an important milestone in our deployment to Q-West, Iraq. We can safely say that we have less than one year before we return home to our friends and families. Each milestone that we pass puts us that much closer to completing our mission. This is not to say that Soldiers are not extremely proud of their ability to support the warfighter and the great opportunity that they have in support of the Iraqi people and their fight for democracy.

For the last couple of weeks morale has continued to reach an all time high. Our Knight Warriors on COB Q-West have gone from showering three times a week, to showering every day. Another added bonus is that the “ablution units” (i.e. flushing toilets) have been turned back on! This is largely due to the hard work and dedication of all Soldiers in the Brigade, including Soldiers living and working on other bases.



In October, the brigade held its first Warrior/ Warrior Leader of the Quarter and Audie Murphy boards. Congratulations to our quarter board winners, Sergeant Charles Robin, power generation and equipment repair specialist, 632nd Maintenance Co., 18th CSSB from Marez and Specialist Matthew Horton, wheeled vehicle mechanic, 70th Transportation Co., 391st CSSB from Speicher. These troops exemplified the “Knight” standard and they deserve recognition. I challenge all of you to compete in company and battalion boards. These boards will make you a stronger Soldier,

Not only has the water conservation efforts been a huge success in restoring showers and ablution units, but 16th STB transporters have been the key to this success and have done an excellent job acquiring water from all over Northern Iraq, and trucking it in to Q-West.

Long term solutions to our water challenges are possibly only a few weeks away. Two new water pumps were purchased in France and have arrived in Kuwait. They will be shipped up to Q-West shortly. Our outstanding engineers have a plan to quickly get these pumps working and on line, and we can begin building up water supplies in some newly created “lakes” here on Q-West. We will use the lakes for long term water storage, so when the hot summer months roll around again next year, we will have plenty of water on hand to last through those long summer months, and a reliable set of water pumps on line that will keep those lakes topped off with water from the Tigris River. This has been an enormous logistical feat, in light of the aus-

leader and person. Congrats again to our winners.

We have passed the 100 day mark! I commend all the leaders and every single Soldier for their hard work. In September, the brigade saw a decline in safety accidents; unfortunately, we saw them rise back up in October. In fact, during one week this past month, there were more accidents than we had had in the previous six weeks. The one common factor for accidents is that they are all preventable.

Leaders need to stay engaged. I’m talking about enforcing standards, tying down

tere conditions faced as Soldiers travel the roads of Iraq daily in all sorts of weather.

Another recent boost to morale was the video teleconference (VTC) that HHC, 16th STB coordinated with the family readiness group (FRG) in Bamberg. Many families were able see their Soldier for the first time since the start of deployment. Due to the large participation and overall success of the VTC, we hope to continue this, by offering a VTC to all Soldiers and family members at least once a month as a minimum. We are also looking to add additional events and projects that will bring our families closer. We ask that if anyone has a similar idea, that they share it with our family readiness coordinator, our family readiness group leader, or with the chain of command.

I close with a quote from the book, ‘Developing the Leader within You’ by John C. Maxwell. “Image is what people think we are. Integrity is what we really are.”

Thanks for your continued support and God Speed. “Knight’s Pride!”

equipment, wearing of seat belts and the use gunner restraints. Most of our accidents have been work-related, but we are still seeing too many sports injuries. If you haven’t played basketball in ten years, jumping into a full court pick-up game is the wrong answer. You need to assess the risk. Leaders at all levels need to engage their Soldiers. Leadership engagement will continue to be my theme for this deployment. We owe it to our Soldiers and their Families to make sure that every single Soldier comes back home. “Deeds not Words!”



Photo by Sgt. Keith M. Anderson

Sgt. Charles Robin, (far left) power generation and equipment repair NCO, 632nd Maintenance Co., 18th Combat Sustainment Support Battalion, and Spc. Matthew Horton, (far right) wheeled vehicle mechanic, 70th Transportation Co., 391st Combat Sustainment Support Battalion, won the 16th Sustainment Brigade Warrior/Warrior Leader of the Quarter board for the first quarter of the fiscal year. Behind them are the other Soldiers who competed at the first Warrior Leader and Warrior of the Quarter Boards. The board began with a “mystery” written test on some of the Army weapons, including hand grenades and the MK-19 40 mm grenade machine gun. Then Soldiers had to perform tasks such as disassembling and reassembling a .50-cal. machine gun, and performing a function test for the weapon. During the board Soldiers answered questions from traditional categories such as drill and ceremony, land navigation and primary marksmanship instruction.

‘Knights,’ from page 1

Mo., said his NCOs encouraged him to compete for the title.

“I did well on the promotion board so my NCOs pushed me to go to the quarter board,” Horton said. “So I went and took it home.”

Horton said he was prepared for most of the competition, except for singing the 3rd Expeditionary Sustainment Command

song, because he’d never actually heard the song.

“I didn’t have any kind of tune so I just yelled it really loud,” he said. He was glad he competed at the board.

“It was a positive experience, and gave me an opportunity to set myself apart from my peers,” he said. “It feels good. I’m ready to compete at the next level.”

Horton and Robin will advance to com-

pete at the 3rd ESC’s board at Joint Base Balad in November.

Robin, a 22-year-old from St. Thomas, U.S. Virgin Islands, said winning the board was another step towards his goal of getting inducted into the Army’s Audie Murphy club.

“It’s satisfying,” Robin said. “It gives me a sense of fulfillment. I know I achieved something I set out to achieve.”



Photo by Sgt. Keith M. Anderson

Where’s the water?

Lt. Col. Keith Dinn, commander, 76th Brigade Special Troops Battalion, and Q-West mayor, shows off “Lake Indiana,” a water reservoir at Q-West that has completely dried up this summer, to Col. Corey Carr, commander, 76th Infantry Brigade Combat Team, Indiana Army National Guard, Oct. 13. Carr was revisiting Q-West from Joint Base Balad to meet with unit leaders and Soldiers. The 76th BSTB will wrap-up a 12-month tour in Iraq in November.

EQUAL OPPORTUNITY

Native American Heritage Month

Information courtesy of the Bureau of Indian Affairs, U.S. Department of the Interior

What started at the turn of the century as an effort to gain a day of recognition for the significant contributions the first Americans made to the establishment and growth of the U.S., has resulted in a whole month being designated for that purpose.

One of the very proponents of an American Indian Day was Dr. Arthur C. Parker, a Seneca Indian, who was the director of the Museum of Arts and Science in Rochester, N.Y. He persuaded the Boy Scouts of America to set aside a day for the "First Americans" and for three years they adopted such a day. In 1915, the annual Congress of the American Indian Association meeting in Lawrence, Kans., formally ap-

proved a plan concerning American Indian Day. It directed its president, Rev. Sherman Coolidge, an Arapahoe, to call upon the country to observe such a day. Coolidge issued a proclamation on Sept. 28, 1915, which declared the second Saturday of each May as an American Indian Day and contained the first formal appeal for recognition of Indians as citizens.

The year before this proclamation was issued, Red Fox James, a Blackfoot Indian, rode horseback from state to state seeking approval for a day to honor Indians. On December 14, 1915, he presented the endorsements of 24 state governments at the White House. There is no record, however, of such a national day being proclaimed.

The first American Indian Day in a state was declared on the second Saturday in May 1916 by the governor of New York.

Several states celebrate the fourth Friday in September. In Illinois, for example, legislators enacted such a day in 1919. Presently, several states have designated Columbus Day as Native American Day, but it continues to be a day we observe without any recognition as a national legal holiday.

In 1990 President George H. W. Bush approved a joint resolution designating November 1990 "National American Indian Heritage Month." Similar proclamations, under variants on the name (including "Native American Heritage Month" and "National American Indian and Alaska Native Heritage Month") have been issued each year since 1994.

Themes for this year's heritage month are "Guiding Our Destiny with Heritage and Traditions" and "A Native Prescription: Balancing Mind, Body & Spirit."

SAFETY ALWAYS

Fire and Electrical Safety

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

Electrical and fire hazards have resulted in unnecessary and preventable injuries and death to Soldiers in Iraq.

In order for us to prevent future hazards we all must get involved on a daily basis. The solution is simple, we must all get involved by understanding that we are all responsible for our own safety. Getting involved means conducting an initial inspection of your living, sleeping, and work areas to identify any fire and electrical safety hazards. Once you have identified these hazards or safety violations it is up to you to let your chain of command know immediately.

It is also your responsibility to follow up with your first line supervisor to ensure all hazards and safety violations are correct. Your safety and your life depend on your

inspections and follow-ups.

It is recommended that you conduct monthly inspections of your living and sleeping areas. Another thing to keep in

"The solution is simple, we must all get involved by understanding that we are all responsible for our own safety."

mind when you leave your living area for an extended period of time is that you must unplug any electrical items such as TVs, radios and fans, and anything that does not require electricity.

You also have the responsibility of reporting all electrical fires immediately to your unit fire warden or safety officer. Leaders also have a responsibility for their Soldiers' safety. Leaders must put "eyes on" Sol-

diers' work areas and the places where they live, eat, exercise and spend their free time. By taking time to inspect living conditions, leaders can immediately mitigate risks of both fires and electrical hazards.

The following are things to look for when conducting inspections: any modifications of existing electrical systems, "daisy-chained" power strips, hardwired appliances and equipment into power sources, and non-approved adaptors. It's also important to inspect all smoke detectors, fire extinguishers and fire escape plans.

Even though leaders have an inherent responsibility for electrical and fire safety, Soldiers also have an individual responsibility in ensuring safety. Soldiers must have the courage to step forward and speak up when they observe unsafe conditions.

Leaders must stay engaged.

Army Safe, Army Strong.

Soldiers share laughs, tears over video tele-conference

By Spc. Sean Dillard
16th SB Public Affairs

CONTINGENCY OPERATING BASE Q-WEST, Iraq — Soldiers from the 16th Special Troops Battalion, 16th Sustainment Brigade, laughed and cried with their husbands and wives over the first video-teleconference here Oct. 12.

“Deployments are a stressful time for both Families at home and their Soldiers down range,” said Lt. Col. Christopher Chun, commander, 16th STB. “Our program is an attempt to allow our Soldiers and their Families a dedicated time to spend talking to one another.”

Each Soldier was allotted 10 minutes to talk to loved ones.

Spc. Erin Smith said she was grateful to get to talk to her husband, Frank, and her two children, Toby, 2, and Keira, 9-months.

“I am very happy to have used the VTC since my internet camera isn’t set up,” said the 25-year-old from Rio Rancho, N.M.

Cpl. Adam Moreau, training room non-commissioned officer, Bravo Co., 16th STB, felt that it was a great morale booster.

“It kind of makes all your problems go away for the moment,” said the 23-year-old father of three from Flint, Mich.

His son, Adam, 4, kept telling his mother



Photo by Spc. Sean Dillard
Cpl. Adam Moreau, training room NCO, Bravo Co., 16th Special Troops Battalion, 16th Sustainment Brigade, talks with his wife Suzanne and children Adam, 4, Branden, 20-months, and Hailey, newborn, over video tele-conference at battalion headquarters Oct. 12.

Suzanne, that he couldn’t wait to show his homework to his daddy.

Suzanne, Moreau’s wife, told him news about their children, Adam, Branden, 20-months, and Hailey, newborn.

“Branden carries a picture of his father everywhere he goes,” Suzanne told Moreau.

The battalion plans to hold VTCs bi-monthly for each company.



Photo by Spc. Sean Dillard
Staff Sgt. Brian Simons, brigade frequency manager, Bravo Co., 16th Special Troops Battalion, 16th Sustainment Brigade, reenlists at the 16th STB headquarters here while his wife, Veronica, and children, Belinda, 8, Brian JR., 7, Vincent, 2, and Victor, 6 months, watch over video tele-conference at the brigade headquarters in Bamberg, Germany, Oct. 12.

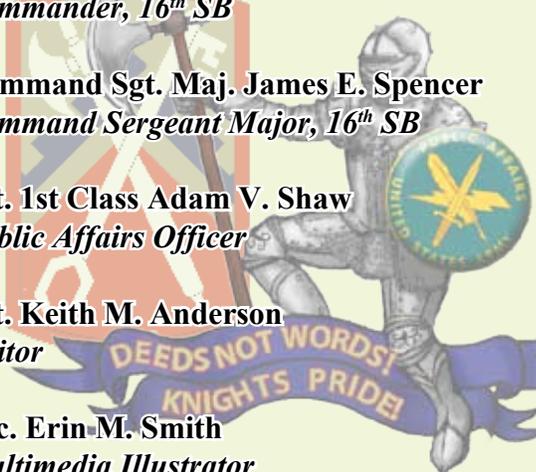
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CHAPLAIN'S THOUGHTS

How to handle an argument

CH (MAJ) James Boulware
Chaplain, Q-West

A couple had been married for fifty years. "Things have really changed," she said. "You used to sit very close to me." "Well, I can remedy that," he said, moving next to her on the couch. "And you used to hold me tight." "How's this?" he asked, as he gave her a hug. "Do you remember you used to nudge my neck and nibble on my ear lobes?" He jumped to his feet and left the room. "Where are you going?" "I'll be right back," he said. "I've got to get my teeth!"

Through my counseling, I've noticed that most of the problems that Soldiers bring to me can be narrowed down to two words: relational issues. From family difficulties to work related issues to problems with the boss, people are having a difficult time getting along. And if left unresolved, relational problems can fester, leading us to do things that we will regret later. Unfortu-

nately, there hasn't been a pill invented that will fix this problem. (If you discover one, let me know. I'd like to invest).

One reason relationship problems go unresolved is because we can't change the other person. Leo Tolstoy wrote, "Everyone thinks of changing the world, but no one thinks of changing himself." Below are two biblical teachings that when applied can help improve our relationships.

First, speak softly. Proverbs 15:1 states, "A gentle response defuses anger..." Remember attitude is not a matter of chance but a matter of choice.

Two neighbors were talking over the back fence. "I went to a wedding this weekend," said one, "but I don't think the marriage will last." "Why not?" asked the other. "Well, when the groom said 'I do,' the bride said, 'Don't use that tone of voice with me.'" Remember that just because the other person has lost control doesn't mean you have to.

Second, guard your tongue. Proverbs 15:1

continues, "...but harsh words stir them up." Studies show that differences between successful marriages and marriages that end in divorce are more about the negative things that we say than the positive things.

It's easy to get angry and let our words fly. Remember what the writer of Proverbs says in Proverbs 12:1, "Careless words stab like a sword, but wise words bring healing." Take a "3-by-5" card, write these words from Proverbs on it and post it where you can be reminded of these truths until it becomes second nature to you.

Many Soldiers who come to me for counseling wish there were a way marriage counseling could take place during deployments. One way we are trying to help married couples improve their communication and to address marital issues is through video tele-conferencing (VTC). Couples can receive confidential counseling sessions and work through their marital issues via VTC. For more information, contact the chaplain's office at NIPR 827-6104.

HERE'S TO YOUR HEALTH

How your body responds to stress; the "fight or flight response"

Maj. Michael Price
Surgeon, Q-West

The way in which your body responds to stress has developed over millions of years. In mankind's early days stress was typically caused by fear from possible bodily harm. The response to this stress is typically referred to as the fight or flight response. The human body would release certain hormones that helped a person either fight to defend themselves from this threat or flee from it. One of the main effects of this response is for the heart to start pumping more blood to the body and for the blood to be sent preferentially to the muscles as

opposed to other organs. Another major effect is on the lungs, whereby the respiratory rate and capacity of the lungs increases. This improves the ability of the lungs to take in oxygen necessary for physical exertion. There are other minor effects as well but in one way or another most of these effects developed to prepare the body for an intense physical activity.

But how does this response relate to our society of today and how have effects of the fight or flight response become counterproductive to our overall well-being? In today's society many of the events that trigger a stress response no longer involve a danger to one's physical safety. When

you are stuck in traffic and running late for an important meeting you are unable to respond to this stress the way your body was meant to. You cannot literally fight the traffic, although we may feel that way, and you cannot flee from this stress provoking event. Your body still has the neurologic response and releases the hormones that were meant to facilitate this fight or flight response, but your body has no outlet for the heightened awareness. Instead it can have a bad effect on your body such as raising your blood pressure. This is why exercise is such a good outlet for stress, it allows your body to respond to stress in the way it was meant to.

Tennessee Guardsmen don combat patches

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

CONTINGENCY OPERATING BASE Q-WEST, Iraq — Soldiers from the 30th Combat Sustainment Support Battalion, 16th Sustainment Brigade, donned their combat patches during a ceremony at Lion Memorial Field here Oct. 18.

The ceremony marked the beginning of a 12-month deployment for the Tennessee Army National Guard unit headquartered in Humbolt, Tenn.

“The combat patch symbolizes not only serving with a specific unit during combat, but it more importantly symbolizes Soldiers of the unit who are forever bonded together by shared commitment, hardships and sacrifice,” said Lt. Col. Tommy Baker, commander, 30th CSSB.

Baker also said that it was important to remember the service of Families during the deployment.

“While talking about sacrifice and service, I think it is appropriate that we not forget the families of our Soldiers, who often end up bearing the toughest task: staying behind and doing it all, and sacrificing just as much, if not more, than us,” said Baker.

For Pfc. John Larney, systems information support specialist, Headquarters and Headquarters Co., 30th CSSB, who plans to apply for the Army’s Officer Candidate School, the combat patch was just another milestone in a longer journey.



Photo by Sgt. Keith M. Anderson
Soldiers from Headquarters and Headquarters Company, 30th Combat Sustainment Support Battalion, 16th Sustainment Brigade, render honors during the battalion’s combat patch ceremony at Lions Memorial Field Oct. 18.

“Just being here is an experience all its own,” said the 21-year-old from Johnson City, Tenn. “I wanted the experience to know what everyone else is going through.”

Staff Sgt. Chris Smith, assistant motor pool non-commissioned officer in charge, HHC, 30th CSSB, said this deployment — his second — was unique.

“I’m working with a whole new group of people,” said the 50-year-old from Dickson, Tenn. “Soldiers, contractors, Iraqis, Turks — I feel like I’ve become part of

something greater.”

The 30th CSSB oversees 11 companies and 1,600 Soldiers, and provides combat sustainment support operations for northern Iraq.

“You have chosen to sacrifice your freedom for someone else,” Baker told the formation of Soldiers. “That is truly noble. You have chosen, in many cases, to sacrifice your own wealth for others. This is selfless. You have chosen to sacrifice many comforts in order to achieve the mission. This clearly demonstrates character.”



Photo by Sgt. Keith M. Anderson

‘Lions’ of the 17th Combat Sustainment Support Battalion head back to Alaska

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

CONTINGENCY OPERATING BASE Q-WEST, Iraq — Soldiers from the 17th Combat Sustainment Support Battalion, 16th SB, concluded a 15-month deployment and welcomed the 30th CSSB, a Tennessee Army National Guard unit headquartered in Humbolt, Tenn., during a transfer of authority ceremony here Oct. 3.

“From a small cadre of folks who moved from Hawaii to Alaska in 2006, through

building a combat sustainment support battalion from scratch, to a successful 15-month deployment, I could not have asked for more dedicated leaders and Soldiers; thank you,” said Lt. Col. Rodney Fogg, commander, 17th CSSB.

The Headquarters and Headquarters Detachment, 17th Combat Support Battalion, Schofield Barracks, Hawaii, was moved to Fort Richardson, Alaska, in July of 2006 and redesignated the Headquarters and Headquarters Company, 17th Combat Sustainment Support Battalion, in October of 2006.

See Lions, page 9

LAW AND ORDER

Citizenship, a lofty but attainable goal

By Sgt. 1st Class Gladys Crum,
Legal Services Center NCOIC, Q-West

During a deployment, a Soldier can turn his or her “green card” into a set of naturalization papers. Furthermore, the U.S. government has waived the application fees for Soldiers, saving the prospective citizen in excess of \$1,000. Due to deployment into a combat zone, the residency-time requirement has also been waived.

The process is still lengthy. From receipt of a correct and complete application by the Immigration and Naturalization Service, to the official naturalization ceremony in Baghdad, the process takes about nine months. You will need to produce your lawful permanent residence identification card unless you are a citizen of a U.S. territory such as Guam. The first step, though, is a visit to the Soldiers’ Support Center and the 16th Sustainment Brigade Legal

Services Center.

During your first visit to the legal services center, you will be given a ten page application to fill out. This is the base document for the application process and must be filled out completely. The application covers the last five years of your life – where you lived, who you worked for, etc... The locations and employment history must be consecutive, and gaps over a week may cause delays in the process, so it is important to take the time and fill this out accurately. You will also be given information on where and how to attain passport photos and a set of fingerprints.

Once you have completed the application accurately and obtained your passport-sized photos and fingerprints, you will need to return to the legal services center, where a paralegal will assist you in transferring the information on your application to an electronic format. You will also receive as-

sistance in filling out the final documents necessary to complete the process.

The applicant will receive a notification from INS once they have received a properly-completed packet. Once the review is complete, the Soldier will receive a letter indicating when he or she is to go to Baghdad for the interview process and swearing-in ceremony. Once that date is set, the Soldier’s place of duty is Baghdad for that entire week. This is a week-long event, and at the end the Soldier will be an U.S. citizen.

For stories about Soldiers who have decided to become US citizens, read pages 12-13.

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

- During Article 15 proceedings, a Soldier was found guilty of being disrespectful and disobeying NCOs by saying, “I am not going to pick up no damn dead birds,” and rolling his eyes. The Soldier received 14 days extra duty, and forfeited \$314, which was suspended for 180 days.
- A Soldier’s suspended punishment was vacated due to the fact he was late to extra duty. Soldier was reduced to the grade of private and forfeited \$754 per month for two months.
- A Soldier was found guilty of forging a sick call slip. The Soldier received extra duty for 14 days.
- A Soldier was found guilty of allowing the willful discharge of firearms while on convoy. The Soldier was reduced to the grade of sergeant, and forfeited \$1,361 pay per month for two months.
- A Soldier was found guilty of being in the billets of another Soldier after visiting hours in violation of policy. The Soldier received extra duty for 5 days and forfeited \$360, which was suspended.
- A Soldier was found guilty of failing to return from R&R on time, resulting in 21 days AWOL. The Soldier was reduced to the grade of private, forfeited \$754 per month for two months and received extra duty for 45 days.
- A Soldier was found guilty of being late to formation four times. The Soldier was reduced to the grade of private, forfeited \$314 and received extra duty for 14 days.
- A Soldier was found guilty of leaving his weapon in convoy logistic patrol yard where it was damaged after being run-over numerous times. The Soldier was reduced to the grade of private first class and forfeited \$417.
- A Soldier was found guilty of using access to Electronic Military Personnel Office (EMILPO) to change an enlisted record brief to show false information. Soldier received a Letter of Admonishment.
- A Soldier was found guilty of leaving a forward operating base without authorization with junior Soldiers and leaving a post before properly relieved. The Soldier was reduced to the grade of sergeant and forfeited \$1285, which was suspended.
- A Soldier was found guilty of leaving a post before properly relieved, not obeying unit standard operating procedures with regard to cameras and reckless endangerment of a junior Soldier and interpreter. The Soldier was reduced to the grade of specialist, received 45 days extra duty and restriction, and forfeited \$1023, which was suspended.
- A Soldier was found guilty of falling asleep during guard duty at a morale, welfare and recreation center. The Soldier received 14 days extra duty.
- A Soldier was found guilty of assaulting a junior Soldier. The Soldier was reduced to the grade of specialist and forfeited \$1067 per month for two months, was suspended.



Photo by Sgt. Keith M. Anderson

Lt. Col. Rodney Fogg, commander, 17th Combat Sustainment Support Battalion, and Command Sgt. Maj. Charlie Lane, command sergeant major, 17th CSSB, cover the battalion colors during a transfer of authority ceremony at Lions Memorial Field here Oct. 3. The battalion transferred authority for logistics operations under the 16th Sustainment Brigade to the 30th CSSB, a Tennessee Army National Guard headquartered in Humbolt, Tenn. Soldiers from the 17th CSSB were awarded 390 combat action badges, combat infantry badges and combat medic badges, and 80 Purple Heart medals, during the unit's 15-month deployment.

Lions, from page 7

The "Lions" of the 17th CSSB accomplished many milestones during their deployment.

The 17th CSSB supported operations across Multi-National Division-North, and units including the 25th Infantry Division, the 1st Armored Division, the 101st Airborne Division, the 3rd Armored Cavalry Regiment, the 10th Mountain Division, the 4th Infantry Division, military transition teams and special operations; encountered more than 240 improvised explosive device (IED) events and 60 complex attacks; and suffered more than 40 serious injuries, but didn't lose a single Soldier.

"We can list off a few numbers, logisticians like to do that," Fogg said. "We completed over 3,000 successful combat logistics patrols without loss of life. We logged over 5 million miles, over some of the most dangerous roads in Iraq."

Soldiers from the battalion were awarded

390 combat action badges, combat infantry badges and combat medic badges, and 80 Purple Heart medals.

One honored Soldier received a Bronze Star medal and a Combat Action badge.

"I feel it's prestigious, and it's something that I won't take lightly," said Cpl. Kevin Kersch, HHC, 17th CSSB. "But at the same time, I was just doing my job."

The 28-year-old from Pierce, Neb., taught Iraqi Army Soldiers from the 2nd Iraqi Army Division to perform logistics processes like tracking and ordering parts and equipment, and to understand and use the supply system. He also went out on explosive ordnance disposal missions with Iraqi bomb disposal companies.

"In February we went out on a mission to blow up an improvised explosive device and on the way back got hit by another one," Kersch said, explaining how he earned the CAB.

Spc. Christopher Piegari, intelligence ana-

lyst, HHC, 17th CSSB, said he was ready to go home, but that he was grateful for the job training and experience in Iraq.

"I thought it was going to be more like the movies," said the 23-year-old from Bethpage, N.Y. "It was long, with ups and downs, but the best part was being brought into a difficult job and getting to know the activities and situation."

For Staff Sgt. David Head, motor sergeant and platoon sergeant, HHC, 17th CSSB, this deployment — his fourth deployment in six years — was less dangerous and more positive.

"It was safer," said the 29-year-old from Dothan, Ala., "There wasn't as much danger and we had more protection."

Head, who is married and has four children, reenlisted during the deployment.

"I'm already 10-years deep, and this is a good job," Head said. "And we're doing something that helps the world become a better place."

CAREER COUNSELOR

October Reenlistments

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

The new fiscal year has started and the brigade is on track to make its “glide path” for the year — 30 percent in each category by the end of the first quarter.

The first warrior to stay with the team for the 16th Special Troops Battalion was Spc. Jocelynn Clary, a first-term logistics supply specialist, who reenlisted for an assignment to Korea. Staff Sgt. Brian Simmons, satellite repair specialist, Bravo Co., 16th STB, was the first careerist who signed up for an indefinite period. Soldiers and Leaders check-out www.armyreenlistment.com to see where you can receive the most out of your Army career!

There is a pretty good deal in the brigade right now. The first two Soldiers who join the Bonus Extension And Retraining (BEAR) program to become broadcast journalists (MOS 46R) will work for

the brigade public affairs office as journalists for the remainder of the deployment, and will receive on-the-job training before reclassing at the Defense Information School, Ft. Meade, Md.. They will shoot video, perform digital editing, write scripts and be part of the Q-West news team. This is a great opportunity for young Soldiers to “Stay Army” and begin a new career path. Plus, the training will give Soldiers a solid foundation before they go to the school.

Let’s start the year strong with keeping the Army full of “Knights’ Pride” Warriors! 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! DSN 827-6304. Thanks for all you do!



Photo by Spc. Sean Dillard

Staff Sgt. Brian Simmons, brigade frequency manager, Bravo Co., 16th Special Troops Battalion, 16th Sustainment Brigade, reenlists at the 16th STB headquarters here while his wife, Veronica, and children watch over video tele-conference at the brigade headquarters in Bamberg, Germany, Oct. 12. Simmons reenlisted over VTC so his family could be a part of his indefinite reenlistment. “I think it is important to set the right example, to persevere even when times are challenging,” said the 30-year-old from Charleston, S.C.

For More Information:

Web:

www.armyreenlistment.com

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

SIPR number:

243-5092

Global:

arthur.wade@iraq.cent-com.mil

NOVEMBER 2008						
Sunday	Monday	Tuesday	Wedn.	Thursday	Friday	Saturday
	Spin class 0530 and 1630 Mon, Wed, Fri	Thanksgiving				1 B-Ball league 1900-2200
2 Open court B-Ball	3 Outdoor soccer 2015-2215	4 B-Ball league 1900-2200	5 Outdoor soccer 2015-2215	6 B-Ball league 1900-2200	7 Outdoor soccer 2015-2215	8 B-Ball league 1900-2200
9 One Night 7 VS 7 Dodge ball TNY 1900	10 Outdoor soccer 2015-2215	11 B-Ball league 1900-2200 2-Man Best Ball Golf TNY 0800 Tee Off	12 Outdoor soccer 2015-2215	13 B-Ball league 1900-2200	14 Outdoor soccer 2015-2215	15 B-Ball league 1900-2200
16 Open court B-Ball	17 Outdoor soccer 2015-2215	18 B-Ball league 1900-2200	19 Outdoor soccer 2015-2215	20 B-Ball league 1900-2200	21 Outdoor soccer 2015-2215	22 B-Ball league 1900-2200
23 Flag football Coaches meeting 1900	24 Outdoor soccer 2015-2215	25 0630 5k B-Ball league 1900-2200	26 Outdoor soccer 2015-2215	27 B-Ball league 1900-2200	28 Outdoor soccer 2015-2215	29 B-Ball league 1900-2200
30 Pull-Up Contest 2000	Q-West BASE COMPLEX					
FITNESS CENTER						

First sergeant, father-in-law work together in Iraq



courtesy photo

1st Sgt. Rene Berlingeri, first sergeant, 268th Cargo Transfer Company, 18th Combat Sustainment Support Battalion, and his father-in-law, Sgt. Carlos Velazquez, CRSP yard manager, 268th CTC, work together in the same company at FOB Marez, Iraq. "Sgt. Velazquez and I have been in this unit since November 2007, and we have a great relationship," said Berlingeri. "He is very respectful — he's an 'old school' non-commissioned officer — and understands his role. He knows I am the first sergeant regardless of my age or even that I am married to his daughter. For us there is no issue, and we continue to execute the mission as always."

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

FORWARD OPERATING BASE MAREZ, Iraq — For one first sergeant, whose father-in-law is a sergeant in his company, this deployment to Iraq is a family affair.

1st Sgt. Rene Berlingeri, first sergeant, 268th Cargo Transfer Company, 18th Combat Sustainment Support Battalion, said working with his father-in-law, Sgt. Carlos Velazquez, CRSP yard manager, 268th CTC, doesn't cause any problems.

"Sgt. Velazquez and I have been in this unit since November 2007, and we have a great relationship," said Berlingeri. "He is very respectful — he's an 'old school' non-commissioned officer — and understands his role. He knows I am the first sergeant regardless of my age or even that I am married to his daughter. For us there is no issue, and we continue to execute the mission as always."

The 37-year-old first sergeant from Caguas, P.R., said there have been some

funny moments, though, between himself, his 27-year-old wife, Jessika Velazquez, and her father, Carlos.

"He transferred from the National Guard in Puerto Rico to the Army Reserve, and afterwards for some reason during the contract procedures his leave and earnings statement showed that he had only one year in the service," Berlingeri said.

"He was talking to Jessy when she found out that he wasn't getting paid correctly, and then she called to my cell, and said to me, 'Honey, you know that Daddy isn't getting paid correctly, and I know you can fix this, there is nothing that you cannot fix, you are the first sergeant,' so just minutes later I called Jessy back and said, 'Hey, Mami, it's been fixed, anything else?'" Berlingeri said.

The first sergeant said the three of them had a clear chain-of-command.

"We know who the O-6 (colonel) is back home — Jessy," he said.

Velazquez, a 46-year-old father of five, said it was strange, at first, working under his son-in-law.

"Working with **See In-law, page 12**

Sergeant major volunteers to deploy to go with son to Iraq

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

CONTINGENCY OPERATING BASE SPEICHER, Iraq — Sgt. Maj. Danny Wood, liaison officer, Task Force 1-151 Infantry, 76th Infantry Brigade Combat Team, Indiana Army National Guard, volunteered for this deployment — his fourth — to go with his son, 1st Lt. Andrew Wood, commander, Alpha Co., 1st Battalion, 151st Infantry Regiment, to Iraq.

"When I returned home from last year's deployment and found out Andy was deploying with the 76th Infantry Brigade, I volunteered to deploy again to be with my son," said the 56-year-old father of three from Spencer, Indiana. "I had just returned from Baghdad, but he's my only son, and I knew it'll probably be the only time during my career that I could serve with him."

Wood, who has served in the Army National Guard for 33 years, said his wife, Micki, understood his decision.

"If something were to happen to Andy and I didn't come I'd have to live with that," said Wood.

The two of them have a great working relationship, he said, and don't have a problem separating family and work.

"When we're alone I'm Dad, if we're with other staff, I'm sergeant major," Wood said.

Andrew, a married, 33-year-old from Coal City, Ind., said he and his father have a strong bond.

"I joined the Guard between my junior and senior year (of high school)," Andrew said. "My father didn't push me, it wasn't his idea. He, at the time, was a prior-service staff sergeant, and because I joined, he joined around three days later. This has certainly been a bond that most fathers and sons do not have. We are able to relate to one another on issues. It's a special thing."

Andrew said he looks up to his father, a long-time artilleryman and farmer, cattle-



courtesy photo

Sgt. Maj. Danny Wood, liaison officer, Task Force 1-151 Infantry, 76th Infantry Brigade Combat Team, Indiana Army National Guard, volunteered for this deployment — his fourth — to go with his son, 1st Lt. Andrew Wood, commander, Alpha Co., 1st Battalion, 151st Infantry Regiment, to Iraq.

man and limestone cutter, who cut much of the rock used to repair the walls at the Pentagon after Sept. 11, 2001.

"Most sons want to be like their Dad," Andrew said. "I have tried to emulate him my entire life; he has been my role model."



courtesy photo

Spc. Sidy Sidibe, mechanic, Alpha Co, 2nd Battalion, 150th Field Artillery, 30th Combat Sustainment Support Battalion, 16th Sustainment Brigade, will become a full-fledged citizen when he is naturalized, along with other Soldiers, during a ceremony at Joint Base Balad in November.

Senegalese Soldier becomes U.S. citizen during deployment

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

CONTINGENCY OPERATING BASE Q-WEST, Iraq — He came to the U.S. in 2001 to go to school, but now he is a Soldier in the U.S. Army deployed to Iraq, and about to accomplish a long-time goal, to become a citizen.

Spc. Sidy Sidibe, mechanic, Alpha Co, 2nd Battalion, 150th Field Artillery, 30th Combat Sustainment Support Battalion, 16th Sustainment Brigade, will become a full-fledged citizen when he is naturalized, along with other Soldiers, during a ceremony at Joint Base Balad in November.

"It's been on my mind for a long time," said the 33-year-old from Dakar, Senegal. "I will be proud to be an American, and it's a privilege to serve in the Army."

The naturalization ceremony is an end to a six-year process for the married, father of one. He got married in 2002, but was told he had to wait three years after getting married to file for citizenship, so he filed in 2005.

Sidibe left his wife, Marquita, and one-month-old baby, Mina, behind when he deployed, but said the sacrifice was worthwhile, and he was following in father's footsteps.

"My dad was in the French army so I thought I'd follow his path," Sidibe said. "He's my reference. I had some issues growing up and he put me back on track."

Sidibe said that despite having to leave a newborn behind, his deployment was worthwhile, and actually sped-up the naturalization process. He recommended it for other immigrants considering citizenship.

"It's one of those experiences you can't get anywhere else," Sidibe said. "And it's the best thing they could do to get their stuff going. There are many advantages."

Sidibe earned the equivalent of a bachelor's degree in civil engineering in Dakar, before he came to America, but is now studying business administration and biotechnology in Illinois, and has taken courses online during his deployment.

Sidibe said he plans to return to Indiana and finish his courses after the deployment, and would like to someday move to New York City.

In-law, from page 11

my son-in-law as my first sergeant was at the beginning kind of confusing," Velazquez said. "I did not know how to approach him, so I did the best thing, stayed out of his sight. My fellow Soldiers did not know me personally, but they knew I was the first sergeant's father-in-law, so making friends was very hard at the beginning."

Velazquez said that's not the case, anymore.

"Nowadays I am known as Sgt. Velazquez, instead of the first sergeant's father-in-law," he said. "So far I have always talked to him as a first sergeant, though we sometimes call each other by our first names."

Berlinger, who works in a biotech company when he's not on Reserve duty, said the first time he met his wife's father he was surprised to find out his rank.

"When I met Jessy's dad she didn't tell me what rank he was she just told me that he was in the Army," Berlinger said. "So we spoke at their house for maybe 45 minutes then the question came from him, 'So, Rene, you are in the Army, what's your rank?'"

Berlinger explained his job in the Army Reserve, and then his rank.

"I told him that I was a sergeant first class and a chief instructor of the '88-Series' (transportation) at the 8th Brigade, 108th Division (Institutional Training), and then he told me that he was a specialist in the Army National Guard, and Jessy started laughing, saying 'Ha Ha, Rene outranks you,'" Berlinger said. "I thought it wasn't funny, but we both smiled, and since that day we've had a great relationship."

Letters to the Editor!

If you have suggestions, comments or complaints, send them to adam.shaw@iraq.cent-com.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!

Indian Soldier becomes U.S. citizen during deployment

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

CONTINGENCY OPERATING BASE Q-WEST, Iraq — He left Kolkata, India, to follow his wife to the U.S. in May 2005, but now he is a Soldier in the U.S. Army deployed to Iraq, and about to accomplish a long-time goal, to become a citizen.

Spc. Arvind Mishra, postal clerk, 18th Human Resources Co., 16th Special Troops Battalion, 16th Sustainment Brigade, will become a full-fledged citizen when he is naturalized, along with other Soldiers during a ceremony at Joint Base Balad in November.

“My reason to be a citizen is to be part of the great American society and culture, so I can serve more freely,” Mishra said. “Other than this, living in America, along with serving (in the) U.S. Army and not (being a) U.S. citizen, sounds (like a) mismatch in itself.”

The naturalization ceremony is a quick resolution to a life-long dream he set in motion last year after a divorce that nearly derailed him.

“I came alone, but the purpose was to live with my wife,” he said. “We started our (married) life, but something didn’t work out. We got divorced in 2007. It was shocking for my entire family.”

In May 2007 his platoon sergeant suggested he apply for citizenship, and he hasn’t looked back since.

“Is working in U.S. Army not a great cause? I am fully committed to my job. India may be great country, but my only concern in India is (that) my parents live there. This is it. Now (whether or not) it’s good or bad, (the) bottom-line is (that) I am not going anywhere, till death.” Said Mishra.



courtesy photo

Spc. Arvind Mishra, postal clerk, 18th Human Resources Co., 16th Special Troops Battalion, 16th Sustainment Brigade, will become a full-fledged citizen when he is naturalized, along with other Soldiers during a ceremony at Joint Base Balad in November.

Mishra said that the decision to become a U.S. citizen was a big decision, but he doesn’t have any doubts.

“It may be a life-changing decision, but I am pretty sure I am not going to feel any changes, because I am already changed,” he said. “I am a Soldier. I am a paratrooper. I am proud of myself. I thank God for this.”

Habur Gate medics treat burned Iraqi boy, spread goodwill

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

HABUR GATE, Iraq — Medics from Logistical Task Force Alpha, 16th Special Troops Battalion, 16th Sustainment Brigade, treated an Iraqi child at the aid station here Oct. 6, who had suffered second-degree burns to his chest and abdominal area.

The boy’s father, who works at the Habur Gate customs yards, asked for medical assistance.

“I’ve always had a soft heart for kids,” said Staff Sgt. Daniel De Luna Jr., aid station non-commissioned officer in charge, LTF-A. “So I told him that we would help out his son.”

The father, who lives more than an hour away from the base, drove back home to pick up his son.

“The kid was scared, but his dad was right there calming him down,” said Spc. Jayson Clark, medic, LTF-A. “We gave him a stuffed teddy bear and he really took to it and stayed pretty calm.”

Clark, a native of Kalamazoo, Mich., cleaned and dressed the wound the young Iraqi boy got after reaching for a pot of boiling water and knocking it over.

See Burned, page 14



Photo by Staff Sgt. Kyle J. Richardson

Dallas-Fort Worth, Texas native, Capt. Gerald Woodford, chaplain, 18th Combat Sustainment Support Battalion, exaggerates how to eat licorice to a young Iraqi child during a humanitarian mission at the Al Sharif Primary school in the southeastern region of Mosul, Iraq, Oct. 9. Chaplain Woodford helped to gather some of the supplies distributed. (U.S. photo by, 11th Public Affairs Detachment)

Logistics Soldiers revamp Iraqi warehouse system

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

AL KASIK, Iraq — Soldiers from the 574th Quartermaster Co., 30th Combat Sustainment Support Battalion, 16th Sustainment Brigade, trained Iraqi Army soldiers on warehousing procedures as part of a logistics training assistance team here 6 Oct.

“When we got here, you needed a shovel to find parts,” said Sgt. 1st Class Josie Martinez, LTAT non-commissioned officer in charge, 574th Qm. Co. “Now we have set up a system to track parts.”

Martinez and his team of three have spent the last four months establishing a warehousing system for “Class IX,” or repair parts, with the Iraqis. The team, along with its Iraqi counterparts, has sorted out nearly 7,000 pieces of equipment.

“It was a mess,” said Staff Sgt. Ronald Jean-Louis, logistics assistance trainer, 574th Qm. Co. “Now, all storage has a label and location identified and it’s almost to U.S. standards.”

Staff Sgt. Jean-Louis said that working alongside the Iraqis is very rewarding.

“Getting them to be self-sufficient has been priceless,” said Jean-Louis. “What we are doing is very important because without class IX, nothing moves.”

The Soldiers’ work has not gone without



Photo by Sgt. 1st Class Adam V. Shaw

Sgt. 1st Class Josie Martinez, logistics training advisory team non-commissioned officer in charge, 574th Quartermaster Co., 30th Combat Sustainment Support Battalion, 16th SB, shows Command Sgt. Maj. James E. Spencer, 16th SB, the way he has helped train the Iraqis how to organize “class IX” (repair parts) at the Al Kasik Iraqi Army Base Oct. 6.

notice from the Iraqi Army leadership on base.

“The US Army has been excellent in helping us get parts and organizing them,” said Iraqi Army Col. Abdulhafidh Nsayf Jassim, commander, 3rd Motor Transport Regiment. “As a result of their work the maintenance has done very well.”

Burned, from page 13

“We see a lot of burns with the kids here,” said Clark. “With kids in the states, it’s ‘a kid-jumps-off-the-couch-and-bumps-a-knee,’ here it’s burns.”

After the medics treated the child, they taught his father how to clean and bandage the wound so it will heal properly.

“We gave his father a 5-day supply of medicine so they wouldn’t have to keep driving that long distance,” Clark explained. “Normally we would want to see them every day with a burn like that.”

Clark has been an Army medic for two years but has also served as an emergency medical technician for seven years between the Read City and Kalamazoo fire departments in Michigan.

Clark said he joined the Army as a change of pace and wanted to do a little bit more.

“I like what I’m doing here,” said Clark. “People talk. The Iraqis go back and say that the Americans are taking care of them and the word spreads. In time, the people realize we’re not the bad guys.”



Photo by Sgt. Keith M. Anderson

Staff Sgt. Marion Benefield, right guard, 574th Quartermaster Company, 30th Combat Sustainment Support Battalion, 16th Sustainment Brigade, fends off Staff Sgt. Elton “West Coast” Thomas, Headquarters and Headquarters Company, 16th STB, 16th SB during the Q-West base flag-football championship Oct. 26. The Lakewood, Wash. native had one sack as the “Knights” from the 16th STB pummeled the “Warriors” of the 574th QM Co. 18-8.

Laundry specialists bring cheer to war fighters



Photo by Sgt. 1st Class Adam V. Shaw

Soldiers from the 137th Quartermaster Co., a Reserve unit based out of El Monte, Calif., show off the 16th Sustainment Brigade coin they received from 16th Sustainment Brigade Command Sgt. Maj. James E. Spencer Oct. 6. From left to right: Sgt. Ryan Moradi, shower, laundry and clothing repair team leader, La Habra, Calif.; Spc. Peter Graves, laundry specialist, Whittier, Calif.; Command Sgt. Maj. James E. Spencer, command sergeant major, 16th SB, Humbolt, Tenn.; Staff Sgt. Mario Carlin, SLCR team non-commissioned officer in charge, Los Angeles, Calif.; Spc. Armando Rodriguez, laundry specialist, Los Angeles, Calif.

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

COMBAT OUTPOST HEIDER, Iraq — Soldiers from the 137th Quartermaster Co., 18th Combat Sustainment Support Battalion, 16th Sustainment Brigade, provide much needed services to 3rd Armored Cavalry Regiment Soldiers at COP Heider.

“We’re morale boosters,” said Spc. Armando Rodriguez, laundry specialist, 137th QM Co., a reserve unit out of El Monte, Calif. “It has gotten a lot better since we got here.”

Rodriguez, 22, from Los Angeles, is part of a five-man shower, laundry and clothing repair unit that takes care of the nearly 200 Soldiers at COP Heider.

“We made some changes from the last team that was here,” said Staff Sgt. Mario Carlin, SLCR team non-commissioned of-

ficer in charge, 137th QM Co. “We fold their clothes and we have a 24-hour turn-around time on laundry.”

The team is constantly dealing with the weather elements in Iraq. During the summer months they do laundry at night to stay out of the heat, and have to do maintenance every Sunday on their laundry equipment because of the dust.

“A couple of us have deployed before, so we have adjusted to the environment in order to complete the mission,” said Carlin. The 36-year-old from Los Angeles said that his goal was to not only keep morale high on base, but to leave his mark with the Soldiers he served.

“Leaving here with the 3rd ACR knowing that a reserve unit could do it as well as active duty Soldiers, that’s the ultimate goal,” he said.

1st Sgt. Patrick Van Hecke, first sergeant,

Eagle Troop, 2nd Squadron, 3rd Armored Cavalry Regiment, has noticed a difference from the last team that serviced the base.

“The last team I had was good, but these guys are go-getters,” said Van Hecke. “They are proactive and go out of their way and it’s a morale booster any time you have a group like this taking care of you.”



Photo by Sgt. 1st Class Adam V. Shaw

FAMILY READINESS

Beating the monotony with a stick

Eric Jones

FRSA, 16th Sustainment Brigade

We in the 16th Sustainment Brigade are three months into the deployment, and we are finally settling into the “dog days.” The kids have been in school for two months now, so the newness has faded there, too. So what now?

Speaking with family members, I gathered that many feel as though they are living and reliving the same day, like the movie “Groundhog Day.”

As we get closer to the holiday season, keep in mind some tips to beat the drudgery.

First, do what you can to stay connected with your Soldier downrange. Emails, phone calls, video tele-conferences, even the old fashioned, hand-written “snail mail” letter is effective. Communication with our loved ones is one way to make a day stand

out from the rest. If you’re deployed right now, use your morale calls, sign up for video tele-conferences or use personal internet in your CHU to keep in touch.

Secondly, I would encourage you to attend your FRG meetings, if you don’t already. The FRG can introduce you to new friends, help you get involved with special service projects for our single Soldiers who are deployed, and enable you to share your experiences with others in the same boat as yourself.

Third, you can also take advantage of the community fests and events that happen from time to time around the post. Watch for the fliers that come from garrison. The garrison also sponsors, and the 16th wholly supports, the Freedom Walk program. This program is a family-friendly fitness opportunity for family members during a deployment. For more information on this

program please contact your FRG Leader.

What if you’re stuck in a rut and just need some help? The Army has provided a ton of services to help you. In Bamberg call Army Community Services at 0951-300-7777 and they can give you a referral to the appropriate service. ACS services include military family life counseling, family advocacy, Army substance abuse, financial readiness and the exceptional family member program. Also remember there are chaplains at both the 16th SB rear detachment and the USAG Bamberg. Organizations are ready and available to serve any family member, of any religious preference.

So what is the bottom line? Please remember that no 16th SB family member is on an island here, we are all in this together. We all experience the highs and the lows that come with an extended deployment, and those experiences are common to us all.

NOVEMBER 11
REGISTER AT THE MWR
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Q WEST Veterans Day
"FOUR MAN - BEST BALL"
GOLF TOURNAMENT

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.



Brigade spouses pose after a coffee group luncheon at the Schloss Seehof in Memmelsdorf, Germany.



Giovanni Gordon prepares for the presentation of colors at the Homecoming Football Game in Bamberg, Germany, Oct 11.



Wally Garcia Jr. blows by his opponent in pursuit of the quarterback during a football game in Bamberg, Germany.



FRG, Rear Detachment Leaders and spouses enjoy lunch at the family room grand opening in the 16th SB HQ building in Bamberg, Germany, Oct 1.

Q-West 'Souq' opens dialogue between Army, provincial leaders



Photo by Sgt. Keith M. Anderson

Col. Martin Pitts, commander, 16th Sustainment Brigade, and Command Sgt. Maj. James Spencer, command sergeant major, 16th SB, meet with leaders from the Ninawa province at the October 'Souq' on Q-West Oct. 4. The bazaar was the first occasion for some provincial leaders to meet with the base's new command team. The 16th SB has command and control over Q-West and is responsible for sustainment operations throughout the Ninawa province and northern Iraq. The sustainment brigade from Bamberg, Germany, assumed authority here Aug. 9.

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

CONTINGENCY OPERATING BASE Q-WEST, Iraq — As local Iraqis hawked their rugs, decorative glasses and garb from tents and tables, area sheikhs, municipal leaders, Iraqi Police officials, Iraqi Army leaders and others from the Ninawa Province met with Q-West military leaders and U.S. State Department Provincial Reconstruction Team officials at a "Souq" here Oct. 4.

"People overlook the importance of this," said Sgt. 1st Class Sean Shanahan, event and communication non-commissioned officer in charge, Mayor's Cell, Q-West. "It is us doing our part to bring villages together for a stronger Iraq. They can talk about their issues and differences in a neutral setting."

In Arabic, a Souq is a marketplace or bazaar, but also a neutral location to meet, trade and talk, and officials hold one monthly here.

"Here we make friends and share culture," said Taha Yusif, a translator on the base,

and a former Iraqi Air Force air traffic controller. Yusif said there were several larger Souqs held weekly in the province, but that this one was the only one where leaders could meet with U.S. Army officials to address regional concerns.

This Souq was the first occasion for some provincial leaders to meet with the base's new command team, Col. Martin Pitts, commander, and Command Sgt. Maj. James Spencer, command sergeant major, 16th Sustainment Brigade. The sustainment brigade from Bamberg, Germany, assumed authority here Aug. 9. It has command and control over Q-West and is responsible for sustainment operations throughout northern Iraq.

Mahmood Al Tabour, city council chairman for the nearby city of Qayarra, was one of the first to address Pitts.

Al Tabour, through a translator, reminded the colonel of previous agreements base officials had made, and asked for help repairing the pumps and water lines at the Qayarra pump house, to get more water to city residents.

"As long as we can get six hours of water

per day, that'll be plenty for everybody to store," Al Tabour said.

Pitts told Al Tabour that four of the eight pumps were being replaced at the moment, and the remaining pumps would be replaced soon, and that the base was working with the Army Corps of Engineers and others to find a more permanent solution to the regions' water shortages.

Other leaders addressed issues such as hospitals, schools, economic development, and security concerns.

Local PRT representatives weren't surprised by any of the concerns addressed at the meeting, but said that the process was important, and that they looked forward to working with the 16th SB to address regional concerns.

"This is a meeting where the sheikhs and leaders expressed once again the sentiments they've expressed for years," said Tim Knowlton, PRT outgoing team leader. "The government of America is interested in Iraq becoming a fully-functional democratic society. It's important that we assist the legitimate and elected government through projects like the rule of law, good governance, and political and economic development."

After addressing the concerns of provincial leaders and sharing a lunch of chicken strips and rice, Pitts thanked everyone for coming out to the souq.

"We are glad to be here and we are committed to the Ninawa province," Pitts said. "We are grateful for the great relationships we have, both on and off the base, and look forward to meeting with you again."



Photo by Sgt. Keith M. Anderson

Soldiers enable the war fighter — to relax

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

CONTINGENCY OPERATING BASE Q-WEST, Iraq — There are many ways to “enable the war fighter” to do his job, but few ways to enable him or her to relax; and for two Soldiers here, “down-time” is a full-time mission.

Pfc. Billy Anderson and Spc. Randal Couch, both Headquarters and Headquarters Co., 76th Brigade Special Troops Battalion, Indiana Army National Guard, run cables, trouble shoot, install networks, antennas, power inserters and splitters to ensure that everyone on base can watch American Forces Network television programming.

“Couch and Anderson go out of their way to ensure that everyone has the opportunity to have AFN, with most installs completed within 48 hours,” said Sgt. 1st Class Jeramie Baty, signal operations non-commissioned officer in charge, 76th BSTB.

“These two Soldiers service a COB with over six thousand people, and they do it ten hours a day, seven days a week,” Baty said. “Considering neither one of them has had any formal training in the cable television industry — that includes operating the equipment needed to decode the satellite signal into its various stations and then recombine and broadcast the new signal to the individual customer’s television — they have done a great job.”

Couch, a signal systems support specialist on his second deployment, said he was caught off-guard with the job.

“I didn’t ask for the job,” said Couch. “It was given to me. I was tasked to complete the project started by the last unit (the 332nd Rear Operations Center, Wisconsin Army National Guard) to get everyone AFN.”

The 26-year-old from Indianapolis, Ind., said he enjoyed the work.

“It’s nice,” he said. “I get to get out of the office.”

In 2006, Soldiers at Q-West starting getting three channels of AFN, with limited availability. The 76th BSTB took over the project in May 2008, Baty said.

“In our time here we have installed over 14 miles of cable; provided service in over

800 CHUs; and installed networks in seven “pads” and 40 buildings,” said Baty, a 31-year-old native of Middletown, Ind. “We have upgraded the equipment that runs the commander’s channel, added the Q-West movie channel and one FM radio station. We have installed over \$40,000-worth of equipment throughout the COB.”

Baty said that television is important to Soldiers’ well-being.

“AFN is a vital piece in maintaining a Soldiers morale and sanity,” Baty said. “It is the link that you have to home, especially now during the baseball World Series and, of course, football season. Soldiers will complain about lost AFN service before they will about water rationing.”

For Sgt. 1st Class Lamar Chancellor, brigade property book non-commissioned officer, being able to see his favorite teams, including the Alabama Crimson Tide, Dallas Cowboys and Phoenix Suns, is very important.

“I’m telling you, it’s definitely a big plus,” said the 35-year-old from Birmingham, Ala. “Because there was a time they didn’t have it here.”



Photo by Sgt. Keith M. Anderson
Spc. Randal Couch, signal systems support specialist, and Pfc. Billy Anderson, construction equipment repair specialist, both Headquarters and Headquarters Company, 76th Brigade Special Troops Battalion, 76th Infantry Brigade Combat Team, Indiana Army National guard, run coaxial cable through a drainage conduit on the roof of the 16th Sustainment Brigade headquarters building here Oct. 30.



Voices on the COB
What are you thankful for?



(Through a translator)
 “My family and my friends. When they are healthy, I am happy.”
 Hulya Hatayilli, supervisor, Deju Vu beauty shop



“I’m very thankful, and always have been, for my family and the support they show for me, and especially for my mom.”
 1st Lt. Elizabeth Ogaard, movement control officer, 378th Movement Control Team, 330th Movement Control Battalion.



“The thing I’m most thankful for is what our young men and women are doing here, because I’ve been there.”
 Lt. Tony Woods, lead crew-chief and training coordinator, Q-West Fire Department.



“I’m thankful to have family and friends back home in Virginia that support what I’m doing here.”
 Pfc. Trista Waters, orderly room clerk, Headquarters and Headquarters Co., 16th Special Troops Battalion, 16th Sustainment Brigade.



“I’m thankful that we’re in a safe place, and that my children are with my family and being taken care of so that I can take care of my mission.”
 Sgt. 1st Class Silvia Morales, material management non-commissioned officer, Support Operations, 16th Sustainment Brigade.

**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



Q-WEST BASE COMPLEX NOVEMBER 2008 RECREATION CENTER						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Thanksgiving					Q-West Blues Band 1930
2 ONE NIGHT ONE BIG POKER TOURNEY 2000	3 WEEK 4	4	5 Week 2	Ping Pong Tourney 2000 Hrs	7 Week 4 Poker League	8 HIP HOP
9 MWR Flea Market Bring your items for sale 1900-2100	10 WEEK 5 BALL LEAGUE	11 Cricket Tourney 2000 Hrs	12 Week 3 BALL LEAGUE	13	14 Week 5 Poker League	15 Q-West Talent Show Hosted by The Q-west Blues Band 1930
16 ONE NIGHT ONE BIG POKER TOURNEY 2000	17 WEEK 6 BALL LEAGUE	18	19 Week 4 BALL LEAGUE	20 Ping Pong Tourney 2000 Hrs	21 Week 6 Poker League	22 HIP HOP
23	24 WEEK 7 BALL LEAGUE	25 Q-West Chess Tourney	26 Week 5 BALL LEAGUE	27 Happy Turkey Day	28 Week 7 Poker League	29