

# DV The Desert Voice

United States Army Central

April 1, 2009

"Always First ... Anytime, Anywhere... Patton's Own!"



## SMA talks to Arifjan





# Requesting Joint Credit

**T**here used to be only one path for officers to receive joint credit: to have served in a position on a Joint Duty Assignment List.

However, that changed in October 2007 with the introduction of the Joint Qualification System.

Officers now have two paths by which to receive joint credit: previous service in a JDAL position, or previous service in non-JDAL based assignments and experiences that demonstrate an officer's master of knowledge, skills, and abilities in joint matters.

Another change that the JQS brought is how joint experiences are accrued. Duration, a month equals one point, multiplied by intensity will determine the number of points for each joint experience. Intensity factors may be three, combat JTFs or service in a designated combat zone; two, non-combatant JTFs or SecDef approved contingency or humanitarian ops; or one, OSD, Joint Staff, or other JDAL positions. For example, receiving credit for serving 12 months in a combat JTF equals 12 times 3, or 36 points.

Senior Leader Development Office, for colonels, and Human Resources Command Joint Policy Section, for officers below colonel, validate and process requests for joint experience. Awarding of Additional Skill Identifier 3A (completion of joint tour) requires 36 points. Awarding of ASI 3L, Joint Qualified Officer, requires 36 points and completion of PME phase I and II, such as military schooling through War College level.

With the implementation of JQS, requests for joint credit became a self nomination process by individual officers.

The self nomination web site, a sample request, and examples of joint duty may be found at the Senior Leader Development Office website <https://www.srleaders.army.mil/porta/l2/UI/InformationalPage.aspx?PageId=1> or at the Human Resources Command Joint Policy Section website <https://www.hrc.army.mil/site/protect/active/opdistjp/index.htm>. **A**



# DV

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### On the cover

Sgt. Maj. of the Army Kenneth O. Preston addresses Soldiers during a visit to Camp Arifjan, Kuwait, Mar. 27. The visit was to discuss the current pace and future of the Army and the importance of the NCO in today's Army. (Photo by Sgt. Brooks Fletcher)

### Contact us

Comments, questions, suggestions story ideas? Call the Desert Voice editor at 430-6334 or e-mail at [desertvoice@arifjan.arcent.army.mil](mailto:desertvoice@arifjan.arcent.army.mil).

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# DV

The  
Desert  
Voice



# Portioning out the cereal in your bowl!



**H**ow much cereal do you typically serve yourself? Let's compare how your perception of a portion size of cereal measures up to the recommended portion size on the box. If you are trying to manage your weight, be aware of how many calories you might be getting from excessive portions. Eating multiple servings without realizing it, means excessive amounts of calories.

Remember, the denser the cereal the smaller the recommended portion size because of its caloric density. A 2 oz serving of a dense cereal will measure just ½ cup while less dense cereals measure 1 ¼ cup per 2 oz serving.

If you wish to add seeds, fruit or sugar to your cereal understand that you are also adding additional calories. If you are on a calorie controlled diet, make sure that you reduce your cereal portion size to compensate for the additional calories in these items.



**Lt. Col. Danny Jaghab**  
U.S. Army Central Surgeon's Office

Another good thing to do is to use a smaller bowl to avoid the temptation of too many servings, or eat just one of the prepackaged portions of cereals that you find in the DFAC.

Lastly, select either lowfat or skim milk when eating cereal and try to avoid cereals with more than 11 grams of sugar per serving. **A**



LOSSES



## Driving Fatigue

**S**pring is officially upon us and with that comes extended daylight hours and ultimately an increased amount of activities squeezed into those hours.

Fatigue is one of the accident trends we start to see this time of year. Statistically, fatigue is more prevalent in off-duty accidents than alcohol, and has been linked to on-duty accidents as well. It is frequently a misunderstood condition because the symptoms are often very subtle but the hazards are equally as dangerous.

The most prevailing fatigue-related activity is driving, which is just as dangerous as driving while intoxicated. More than 1,500 people are killed each year in sleep-related POV accidents. Over half of those



**Col. Glenn W. Harp**  
Deputy Commander  
U.S. Army CRC

accidents occur after midnight and young adults are at an increased risk.

But driving isn't the only hazard associated with fatigue. Fatigue affects moods and motivation, cognition, decision making, the ability to multi-task and basic reaction times.

Almost any activity, on- or off-duty becomes increasingly dangerous

when a Soldier is sleep deprived.

Soldiers rely on your experience and guidance to learn how to safely navigate risk and I thank you for your dedication to keep them, our Families and civilians safe.

Army safe is Army strong! **A**



# A month for women, yesterday, today and tomorrow

Article and photo by  
Pfc. Alicia C. Torbush  
20th Public Affairs Detachment

“History is no longer just a chronicle of kings and statesmen, of people who wielded power, but of ordinary women and men engaged in manifold tasks. “Women’s history is an assertion that women have a history.” stated Aparna Basu, professor of history at the University of Delhi, India.

From Madam Marie Curie to Elizabeth Cady Stanton, Amelia Earhart to Hilary Clinton, women have been making contributions to society that went historically unrecognized until recently.

March is officially recognized as Women’s History Month, which is set aside to pay tribute to the contributions of women in society, history, the arts, education, science and politics.

According to an article published on the Library of Congress and the

U.S. National Archives and Records Administration website, women’s history was largely ignored.

In 1978, the Education Task Force of Sonoma County Commission on the Status of Women initiated a Women’s History week. The project grew and three years later, Sen. Orrin Hatch and Rep. Barbara Mikulski co-sponsored the first Joint Congressional Resolution proclaiming a Women’s History Week.

The National Women’s Project petitioned Congress in 1987 to make the entire month of March National Woman’s History Month. The resolution has been approved every year since.

“During Women’s History Month, we honor and celebrate the economic, political and social achievements of women, past, present and future,” said Australian Army Lt. Col. Timothy Witenden, liaison, U.S. Army Central.

This year, NWHM celebrates women who have endeavored to

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**“During Women’s History Month, we honor and celebrate the economic, political and social achievements of women, past, present and future.”**

Australian Army Lt. Col. Timothy Witenden  
Liaison  
U.S. Army Central

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make a difference in our environment around the world.

Women such as Marjorie Stoneman Douglas, who fought to protect and restore the Florida Everglades; Rachel Carson, who brought attention to the harm pesticides were causing to our health and to the environment; and Wangari Maathi, who founded the Green Belt Movement in Kenya, which planted trees to prevent the erosion of soil that is needed for growing crops.

As women’s history is recognized, women continue to make great strides, not just for the environment, but also for humankind. **A**



Clara Wimbrow “C.W.” Lewis, environmental engineer, receives an award for her efforts at spearheading the recycling program for all U.S. military installations in Kuwait at Camp Arifjan, Kuwait, Mar. 26. Lewis works with the U.S. military and the host nation to reduce the amount of recyclable goods that are placed into landfills in Kuwait.

# Members of 54th Signal take it back to the basics



*Pfc. Stephan Schober, a Rohnert Park, Calif., native, assist in teaching a command post node class during Charlie Company's two-week training session.*

*Article and photo by  
Spc. Elayseah Woodard-Hinton  
20th Public Affairs Detachment*

Members of Charlie Company, 54th Signal Battalion, 160th Brigade, realize war fighters depend on them to establish and maintain methods of communication wherever a mission calls them.

For this reason, Charlie Company recently administered a two week training course to make sure its Soldiers are up to date on their knowledge and understanding of the command post node, common tasks and other skills that will enable them to be proficient in their jobs.

“When we deployed to Kuwait, we deployed with a lot of new Soldiers,” said Capt. Derrick Lowe, commander, Charlie Company. “In order to enhance and accompany our knowledge on the equipment, we had to stop, go back a little bit, and get some training on the equipment.”

The Soldiers of Charlie Company are already trained and qualified to handle their customer’s needs, but in order to provide better support, they have blocked off two weeks for training, to get back to the basics.

“We felt that it was very important to do this training now, for future missions, to make sure all of our teams were on the same sheet of music and everyone’s proficient in their job,” said Lowe, a native of Macon, Ga.

The first week consisted of classroom and some hands on training, which gave both noncommissioned officers and

experienced junior enlisted operators a chance to teach.

“I think that if all of the Soldiers here can get to the point where they can at least teach signal [quadrature amplitude modulation], then I know that they understand,” said Sgt. Mark Martin, a Salt Lake Valley, Utah native responsible for teaching one of the command post node classes.

One Soldier, who has worked closely with Martin over the weeks leading up to the training, was a prime example of how having this knowledge can help with their understanding of the equipment.

“I spent the past few weeks validating with Sgt. Martin,” said Pfc. Stephan Schober, a Rohnert Park, Calif. native, who assisted Sgt. Martin in teaching the CPN class. “He taught me a lot about signal QAM and how to identify problems. I am very excited about teaching; it gives me a chance to get out there.”

During the second week of training, which begins the week of April 1, the Soldiers of Charlie Company will have an opportunity to use what they learned in the class, during crew drills.

These drills will enable them to apply the skills they have learned so that they will be better prepared to help their customers.

“With the way that technology is going in the world today, I think that we have a key part to users being successful out there,” said Lowe. “If you can’t communicate on the battlefield, then you won’t be as effective.” <sup>A</sup>

# 3rd Annual MWR Golf To

Article by  
Staff Sgt. Jarod Perkioniemi  
20th PAD Detachment Sgt.

**G**usting winds, fast rolling greens, sand traps and occasional water hazards are normal enemies of any golfer, and this was no different for the 160 servicemembers who played in the 3rd Annual Morale, Welfare and Recreation Golf Tournament Mar. 22.

The selected golfers were awarded a chance to play at the Sahara Golf & Country Club in Kuwait; a course few American's ever get a chance to tee off from.

"The highlight of the event was just being there," said Lt. Col. Gary Constantine, 1184th Deployment Distribution Support Battalion. "It was exhilarating just to stare at 300 yards of green grass; I almost wanted to play barefoot."

Servicemembers selected to play were randomly picked through a raffle encompassing all the bases in Kuwait; allowing a set number of players from each base to attend.

The selected golfers arrived at the Sahara Golf & Country Club early in the morning, checked in and found out to which team they were assigned. They were then given a chance to buy mulligans and finally treated with a gift bag that included a set of golf balls for the tournament, a golf towel commemorating the 3rd Annual Tournament and an Association of the United States Army hat.

Golfers were evenly divided into four man teams, based on handicaps to create an even playing field, by the AUSA personnel responsible for setting up the tournament.

Prior to the tournament, the golfers were also treated to a full breakfast spread that included pastries, fruit and to order omelets.



*Sgt. 1st Class Daniel Hanson, 335th Signal and Atchison, Kan., native, watches his drive on the 6th hole during the 3rd Annual MWR Golf Tournament in Kuwait, March 22. (Photo by Lt. Col. Donald Harris).*

# April 2009 Menu

**SUN, 05 APRIL 2009**

<b>LUNCH</b>	<b>DINNER</b>
CRACKERS	CRACKERS
CHICKEN W/ RICE SOUP	CHICKEN W/ RICE SOUP
ROAST PORK W/ APPLE SAUCE	CHICKEN SHASHLIK
SANTA FE GLAZED CHICKEN	ARABIC LAMB ROAST
BUTTERED NOODLES	CHICKEN RICE
DICED POTATOES	ONION & TOMATO GUMBO
SEASONED PEAS & CARROTS	CASIFLOWER POLONAISE
SEASONED CORN ON THE COB	HUMMUS SALAD
CHICKEN GRAMY	FATISH SALAD
CHEF'S SALAD	PITTER BREAD
JELLIED BRANNA SALAD	
HOT ROLL	

**ARABIC DINNER**

**MON, 06 APRIL 2009**

<b>LUNCH</b>	<b>DINNER</b>
CRACKERS	CRACKERS
CREAM OF MUSHROOM SOUP	CREAM OF MUSHROOM SOUP
CHICKEN CACCIATORE	BAKED SALMON
ZESTY MEAT LOAF	HONEY GLAZED HAM
STEAMED RICE	ORANGE RICE
MASHED POTATOES	SCALLOPED POTATOES
CALICO CABBAGE	BRUSSELS SPROUTS
LIMA BEANS	POLONAISE
BROWN GRAMY	CALIFORNIA BLEND
POTATO SALAD	VEGETABLES GRAMY
THREE BEAN SALAD	POTATO SALAD
HOT ROLL	THREE BEAN SALAD
	HOT ROLL

**BBQ BAR**

**TUE, 07 APRIL 2009**

<b>LUNCH</b>	<b>DINNER</b>
CRACKERS	CRACKERS
EGG DROP SOUP	EGG DROP SOUP
CHICKEN FRITAS	BRISLED LIVER W/ ONIONS
BEEF & BEAN BURRITOS	SOUTHWESTERN SHRIMP LINGUINE
CHEESE ENCHILADAS	MASHED POTATOES
MEXICAN RICE	HACIENDA CORN & BLACK BEANS
REFRIED BEANS	GRILLED CORN
SEASONED SWEET CORN	ZUCCHINI
ENCHILADA SAUCE	BROWN GRAMY
TORTILLA BREAD	TOSSED CALICO GARDEN SALAD
TOSSED CALICO GARDEN SALAD	WALDORF SALAD
WALDORF SALAD	DINNER ROLL
DINNER ROLL	

**MEXICAN LUNCH**

**WED, 08 APRIL 2009**

<b>LUNCH</b>	<b>DINNER</b>
CRACKERS	CRACKERS
EGG DROP SOUP	EGG DROP SOUP
POLISH SAUSAGE W/ SAUTED ONIONS & GREEN PEPPER	GRILLED STEAK
BAKED CHICKEN	STEAMED LOBSTER TAILS
GARLIC CHEESE POTATOES	FRIED SHRIMP
VEGETABLE MEDLEY	FRIED GREEN RICE
STEAMED CARROTS	BAKED POTATOES
CHICKEN GRAMY	SEASONED SWEET PEAS
ZESTY ROTINI PASTA SALAD	STEAMED BROCCOLI
FRUIT COCKTAIL GELATIN	SAUTED ONIONS & MUSHROOM BUTTER SAUCE
	ZESTY ROTINI PASTA SALAD
	FRUIT COCKTAIL GELATIN
	DINNER ROLL

**STEAK & LOBSTER NIGHT**

**MON, 13 APRIL 2009**

<b>LUNCH</b>	<b>DINNER</b>
CRACKERS	CRACKERS
VELVET CORN SOUP	VELVET CORN SOUP
BBQ PORK LOIN	TEXAS HASH
SZECHEWAN CHICKEN	BAKED ITALIAN LEGGERS W/ PEPPERS & ONION
MEDITERRANEAN BROWN RICE	MASHED POTATOES
O-BEEN POTATOES	PEAS & MUSHROOM
GINGER GLAZED BABY CARROTS	MIXED VEGETABLES
CUT GREEN BEANS	BROWN GRAMY
CHICKEN GRAMY	CHEF'S SALAD
CHEF'S SALAD	MIXED FRUIT SALAD
MIXED FRUIT SALAD	HOT ROLL
HOT ROLL	

**BBQ BAR**

**TUE, 14 APRIL 2009**

<b>LUNCH</b>	<b>DINNER</b>
CRACKERS	CRACKERS
MEXICAN ONION CORN SOUP	MEXICAN ONION CORN SOUP
BEEF FRITAS	BAKED CHICKEN & NOODLES
CHICKEN & BEAN BURRITOS	BREADED FRIED PORK CHOP
CHEESE ENCHILADAS	MASHED POTATOES
SPANISH RICE	REFRIED BEANS
REFRIED BEANS	SEASONED SWEET CORN
SEASONED SWEET CORN	STEAMED CABBAGE
ENCHILADA SAUCE	SEASONED GREEN BEANS
TORTILLA BREAD	BROWN GRAMY
POTATO SALAD	POTATO SALAD
JELLIED CRANBERRY & ORANGE SALAD	JELLIED CRANBERRY & ORANGE SALAD
	HOT ROLL

**MEXICAN LUNCH**

**WED, 15 APRIL 2009**

<b>LUNCH</b>	<b>DINNER</b>
CRACKERS	CRACKERS
EGG DROP SOUP	EGG DROP SOUP
SHRIMP JAMBALAYA	GRILLED STEAK
GINGER POT ROAST	STEAMED CRAB LEGS
MASHED POTATOES	FRIED SCALLOPS
CASIFLOWER AS GRATIN	TOSSED GREEN RICE
STEAMED CARROTS	BAKED POTATOES
BROWN GRAMY	SWEET PEAS
CREAMY CUCUMBER RICE SALAD	SAUTED ONIONS & MUSHROOM BUTTER SAUCE
JELLIED ORANGE SALAD	NATURAL PAN GRAMY
HOT ROLL	CREAMY CUCUMBER RICE SALAD
	JELLIED ORANGE SALAD
	HOT ROLL

**STEAK & CRAB NIGHT**

**THU, 16 APRIL 2009**

<b>LUNCH</b>	<b>DINNER</b>
CRACKERS	CRACKERS
CHICKEN W/ RICE SOUP	CHICKEN W/ RICE SOUP
BBQ CHICKEN	BAKED PORK CHOP
SOUTHERN FRIED CAT FISH	BREADED BEEF CUBES
CHEESE MACARONI	STEAMED RICE
CANDIED YAMS	NOODLES
SOUTHERN STYLE GREENS	JEFFERSON
CORN ON THE COB	SEASONED GREEN BEANS
CORN BREAD	BUTTERED SWEET CORN
HUSH PUPPIES	BROWN GRAMY
SALSA PASTA SALAD	SALSA PASTA SALAD
MARINATED BLACK BEAN SALAD	MARINATED BLACK BEAN SALAD
	DINNER ROLL

**SOUL FOOD**

**TUE, 21 APRIL 2009**

<b>LUNCH</b>	<b>DINNER</b>
CRACKERS	CRACKERS
MEXICAN ONION CORN SOUP	MEXICAN ONION CORN SOUP
BEEF FRITAS	TERIYAKI NUGGETS
CHICKEN & BEAN BURRITOS	CHICKEN ALA KING
CHEESE ENCHILADAS	BUTTERED NOODLES
SPANISH RICE	MASHED POTATOES
REFRIED BEANS	HACIENDA CORN & BLACK BEANS
SEASONED SWEET CORN	GRILLED ZUCCHINI
ENCHILADA SAUCE	BROWN GRAMY
TORTILLA BREAD	VEGETABLE SLAW
VEGETABLE SLAW W/ CREAMY DRESSING	JELLIED PEAR SALAD
JELLIED PEAR SALAD	DINNER ROLL
HOT ROLL	

**MEXICAN LUNCH**

**WED, 22 APRIL 2009**

<b>LUNCH</b>	<b>DINNER</b>
CRACKERS	CRACKERS
EGG DROP SOUP	EGG DROP SOUP
BEEF STEW	GRILLED STEAK
HERBED BAKED CHICKEN	STEAMED LOBSTER TAILS
STEAMED RICE	FRIED SCALLOPS
BUTTERED MASHED POTATOES	FRIED RICE
CREAMY STYLE CORN	BAKED POTATOES
SAVORY BAKED BEANS	SWEET PEAS
BROWN GRAMY	STEAMED BROCCOLI W/ MUSHROOM
POTATO SALAD	BUTTER SAUCE
SPRING SALAD	NATURAL PAN GRAMY
DINNER ROLL	POTATO SALAD
	SPRING SALAD
	DINNER ROLL

**STEAK & CRAB NIGHT**

**THU, 23 APRIL 2009**

<b>LUNCH</b>	<b>DINNER</b>
CRACKERS	CRACKERS
CHICKEN W/ RICE SOUP	CHICKEN W/ RICE SOUP
BBQ BEEF RIBS	VEAL PAPRIKA STEAK
SOUTHERN FRIED CHICKEN	CHICKEN TETRAZINI
CHEESE MACARONI	ISLANDER RICE
CANDIED YAMS	BUTTER FRENCH BEANS
SOUTHERN STYLE GREENS	CALICO CABBAGE
PARSLEY BUTTERED CARROTS	BROWN GRAMY
HUSH PUPPIES	FRYOLE SALAD
TRIOLE SALAD	MARINATED BLACK BEAN SALAD
MARINATED BLACK BEAN SALAD	DINNER ROLL
DINNER ROLL	

**SOUL FOOD**

**FRI, 24 APRIL 2009**

<b>LUNCH</b>	<b>DINNER</b>
CRACKERS	CRACKERS
NUTTY SPILT PEA SOUP	NUTTY SPILT PEA SOUP
CHICKEN QURAMA	SWEDISH MEATBALLS
SHRIMP MALAY CERRY	CHICKEN CORDON BLEU
CHICKEN KHANSA	STEAMED RICE
WHITE ZIRA RICE	LYONNAISE POTATOES
KALU PHALU (GREEN BEANS AND POTATOES)	SEASONED CARROTS
GOBI MASALA (CASIFLOWER)	BUTTERED WAX BEANS
MEXICAN POTATO SALAD	BROWN GRAMY
CUCUMBER & ONION SALAD	MACARONI SALAD
	FRUIT COCKTAIL GELATIN
	DINNER ROLL

**INDIAN LUNCH TACO BAR**

**WED, 29 APRIL 2009**

<b>LUNCH</b>	<b>DINNER</b>
CRACKERS	CRACKERS
CREAM OF BROCCOLI SOUP	CREAM OF BROCCOLI SOUP
SWITCHAN CHICKEN	GRILLED STEAK
HERBED BAKED TURKEY	STEAMED CRAB LEGS
WILD RICE	FRIED SCALLOPS
DICED POTATOES	TOSSED GREEN RICE
SEASONED PEAS & CARROTS	MASHED POTATOES
ONION & TOMATO GUMBO	SWEET PEAS
CHICKEN GRAMY	SAUTED ONIONS & MUSHROOM
ZESTY ROTINI PASTA SALAD	BUTTER SAUCE
WALDORF SALAD	NATURAL PAN GRAMY
WALDORF SALAD	ZESTY ROTINI PASTA SALAD
ART GAKES & COOKIES	WALDORF SALAD
HOT ROLL	HOT ROLL

**STEAK & CRAB NIGHT**

**THURS, 30 APRIL 2009**

<b>LUNCH</b>	<b>DINNER</b>
CRACKERS	CRACKERS
CHICKEN NOODLES SOUP	CHICKEN NOODLES SOUP
BBQ CHICKEN	ROAST TURKEY
SOUTHERN FRIED CAT FISH	CHILI MAC
CHEESE MACARONI	MASHED POTATOES
CANDIED YAMS	SAVORY BREAD DRESSING
SOUTHERN STYLE GREENS	SUCCOTASH
PARSLEY BUTTERED CARROTS	SEASONED GREEN BEANS
CORN BREAD	TURKEY GRAMY
MEXICAN POTATO SALAD	CRANBERRY SAUCE
PICKLED GREEN BEAN SALAD	MEXICAN POTATO SALAD
DINNER ROLL	PICKLED GREEN BEAN SALAD
	DINNER ROLL

**SOUL FOOD**

**FRI, 31 APRIL 2009**

<b>LUNCH</b>	<b>DINNER</b>
CRACKERS	CRACKERS
BEANS W/ BACON SOUP	BEANS W/ BACON SOUP
SPICY ITALIAN PORK CHOPS	BEEF STROGANOFF
CHICKEN ALFREDO	BAKED CHICKEN
BUTTERED NOODLES	CRISPY RICE
MASHED POTATOES	GARLIC CHEESE POTATOES
SEASONED LIMA BEANS	SEASONED BROCCOLI
VEGETABLES	GINGER GLAZED CARROTS
CREAMY CUCUMBER RICE SALAD	CHICKEN GRAMY
APPLE CELERY & PINEAPPLE SALAD	DINNER ROLL

**TACO BAR**

# OIF Dining Facility A

April 1, 2009

- |                          |                             |
|--------------------------|-----------------------------|
| <b>Lunch:</b>            | <b>Dinner:</b>              |
| •New England Clam Soup   | •New England Clam Soup      |
| •Crackers                | •T-Bone Steak               |
| •Swedish Meatballs       | •Breaded/Baked Catfish      |
| •Baked Ham               | •Onions & Mushrooms         |
| •Steamed Rice            | •Baked Potato w/ Sour Cream |
| •Scalloped Potatoes      | •Seasoned Green Beans       |
| •Glazed Carrots          | •Corn on the Cob            |
| •Spring Blend Vegetables | •Brown Gravy                |
| •Cheese Biscuits         | •Crab Salad                 |
| •Pineapple Sauce         | •Lemon Wedges, Tartar Sauce |

April 2, 2009

- |                            |                               |
|----------------------------|-------------------------------|
| <b>Lunch:</b>              | <b>Dinner:</b>                |
| •Cream of Mushroom Soup    | •Cream of Mushroom Soup       |
| •Crackers                  | •Crackers                     |
| •Roast Turkey              | •Fried & Lemon Baked Pollock  |
| •Prime Ribs                | •Lasagna/ Spinach             |
| •Mashed Potatoes           | •Lasagna/Egg Plant Parmesan   |
| •Sweet Potatoes            | •Garlic Roasted Potatoes      |
| •Steamed Broccoli          | •Steamed Rice                 |
| •Seasoned Mixed Vegetables | •Seasoned Succotash           |
| •Seasoned Dressing         | •Harvard Beets                |
| •Turkey Gravy              | •Onion Gravy, Parmesan Cheese |
| •Au Jus                    |                               |
| •Cranberry Sauce           |                               |
| •Hot Rolls                 |                               |

April 3, 2009

- |                            |                            |
|----------------------------|----------------------------|
| <b>Lunch:</b>              | <b>Dinner:</b>             |
| •Bean w/w Bacon Soup       | •Vegetarian Vegetable Soup |
| •Nachos                    | •Salisbury Steak           |
| •Beef Fajitas              | •Rotisserie Chicken        |
| •Enchiladas                | •Mashed Potatoes           |
| •Chicken Fajitas           | •Seasoned Noodles          |
| •Burritos                  | •Green Beans               |
| •Taco Bar                  | •Seasoned Carrots          |
| •Chicken Quesadilla        | •Chicken Gravy             |
| •Oven Browned Potatoes     |                            |
| •Spanish Rice              |                            |
| •Seasoned Mixed Vegetables |                            |
| •Pinto Beans               |                            |
| •Refried Beans             |                            |
| •Enchilada Sauce           |                            |

April 4, 2009

- |                              |                         |
|------------------------------|-------------------------|
| <b>Lunch:</b>                | <b>Dinner:</b>          |
| •Vegetarian Vegetable Soup   | •Bean w/ Bacon Soup     |
| •Crackers                    | •Crackers               |
| •Trout Fried & Baked         | •Yakisoba               |
| •Beef Pot Roast              | •Hamburger w/ Spaghetti |
| •Mashed Potatoes             | •Grilled Pork Chops     |
| •Fried Rice                  | •Cheese Tortellini      |
| •California Blend Vegetables | •Spicy Potato Wedges    |
| •Calico Corn                 | •Seasoned Cauliflower   |
| •Brown Gravy                 | •Turnip Green           |
| •Lemon Wedges, Tartar Sauce  | •Brown Gravy            |

April 9, 2009

- |                          |                          |
|--------------------------|--------------------------|
| <b>Lunch:</b>            | <b>Dinner:</b>           |
| •Bean w/ Bacon Soup      | •Bean w/ Bacon Soup      |
| •Crackers                | •Crackers                |
| •Ham Pit Baked           | •Texas Style Corned Beef |
| •Swedish Meatballs       | •Fried/Baked Pollock     |
| •Seasoned Egg Noodles    | •Baked Macaroni & Cheese |
| •Garlic Roasted Potatoes | •Steamed Rice            |
| •Spring Blend Vegetables | •Succotash               |
| •Cauliflower Au Gratin   | •Vegetable Medley        |
| •Brown Gravy             | •Tartar Sauce            |
| •Applesauce              | •Lemon Wedges            |
| •Corned Bread            | •Seafood Cocktail Sauce  |
|                          | •Cheese Biscuit          |
|                          | •Brown Gravy             |

April 10, 2009

- |                            |                             |
|----------------------------|-----------------------------|
| <b>Lunch:</b>              | <b>Dinner:</b>              |
| •Vegetarian Vegetable Soup | •Vegetarian Vegetable Soup  |
| •Crackers                  | •Crackers                   |
| •Tuna Noodle Casserole     | •Jambalaya                  |
| •Chicken Fried Steak       | •Fried/Baked Chicken        |
| •Cream Country Gravy       | •Jambalaya                  |
| •Steamed Rice              | •Seasoned Rice              |
| •Seasoned Carrots          | •Baked Potato w/ Sour Cream |
| •Seasoned Broccoli         | •Seasoned Green Beans       |
| •Mushroom Gravy            | •Oriental Stir Fry          |
|                            | •Brown Gravy                |

April 11, 2009

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|-------------------------------|--|
| <b>Lunch:</b>                 | <b>Dinner:</b>                                       |
| •Chicken Noodle Soup          | •Cream of Mushroom Soup                              |
| •Crackers                     | •Crackers  |
| •Roast Turkey                 | •Breaded Pork Chops                                  |
| •BBQ Ribs                     | •Mongolian BBQ- Shrimp, Chicken, Beef, Pork Stir Fry |
| •Savoury Bread Dressing (Max) | •Fried/Steamed Rice                                  |
| •Mashed Potatoes              | •Garlic Mashed Potatoes                              |
| •Seasoned Mixed Vegetables    | •California Blend Vegetables                         |
| •Collard Greens               | •Fried Cabbage                                       |
| •Turkey Gravy                 | •Brown Gravy   |
| •Cranberry Sauce              | •Applesauce  |
| •Rice Pilaf                   |  |
| •Candied Yams                 |  |
| •Biscuits                     |  |

April 12, 2009

- |                              |                           |
|------------------------------|---------------------------|
| <b>Lunch:</b>                | <b>Dinner:</b>            |
| •Cream of Mushroom Soup      | •Chicken Noodle Soup      |
| •Crackers                    | •Crackers                 |
| •Chili Con Carne             | •Crab Cakes w/ Condiments |
| •Trout Baked & Fried         | •Prime Ribs               |
| •Steamed Rice                | •Mashed Potatoes          |
| •Seasoned Noodles            | •Steamed Rice             |
| •Hacienda Corn & Black Beans | •Spring Blend Vegetables  |
| •Fried Cauliflower           | •Pinto Beans              |
| •Brown Gravy                 | •Brown Gravy              |
| •Tartar Sauce                | •Horseradish              |
| •Lemon Wedges                | •Lemon Wedges             |
| •Seafood Cocktail Sauce      |                           |

April 17, 2009

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|----------------------------|-----------------------------|
| <b>Lunch:</b>              | <b>Dinner:</b>              |
| •Vegetarian Vegetable Soup | •Bean and Bacon Soup        |
| •Crackers                  | •Crackers                   |
| •Chicken Cordon Bleu       | •BBQ Beef Brisket           |
| •Creole Macaroni           | •Breaded Pork Chops         |
| •Baked Macaroni & Cheese   | •Mashed Potatoes            |
| •Mashed Potatoes           | •Jefferson Noodles          |
| •Collard Greens            | •Brown Gravy                |
| •Calico Corn               | •Broccoli Combo             |
| •Brown Gravy               | •Orange Carrot Almandine    |
|                            | •Sautéed Mushrooms & Onions |

April 18, 2009

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|----------------------------|------------------------------|
| <b>Lunch:</b>              | <b>Dinner:</b>               |
| •Tomato Soup               | •Vegetarian Vegetable Soup   |
| •Crackers                  | •Crackers                    |
| •Honey Glazed Cornish Hens | •Oriental Peppers Steak      |
| •Roast Beef                | •Breaded Scallops            |
| •Baked Potato              | •Macaroni & Cheese           |
| •Mashed Sweet Potatoes     | •Steamed Rice                |
| •Honey Dijon Vegetables    | •Brown Gravy                 |
| •Cauliflower Parmesan      | •Japanese Vegetable Stir Fry |
| •Sour Cream                | •Peas w/ Onions              |
| •Horseradish Sauce         |                              |

April 19, 2009

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|-----------------------|-------------------------|
| <b>Lunch:</b>         | <b>Dinner:</b>          |
| •Chicken w/ Rice Soup | •Chicken w/ Rice Soup   |
| •Crackers             | •Crackers               |
| •Beef Stroganoff      | •Spaghetti w/ Meatballs |
| •Grilled Ham Steak    | •Pork Ribs & Sauerkraut |
| •Seasoned Noodles     | •Mashed Potatoes        |
| •Devised Oven Fries   | •Brown Gravy            |
| •Stewed Tomatoes      | •Herbed Broccoli        |
| •Seasoned Green Peas  | •Mixed Vegetables       |

April 20, 2009

- |                           |                              |
|---------------------------|------------------------------|
| <b>Lunch:</b>             | <b>Dinner:</b>               |
| •Cream of Broccoli Soup   | •Cream of Broccoli Soup      |
| •Crackers                 | •Crackers                    |
| •Fried & Baked Chicken    | •Beef Pot Roast              |
| •Prime Rib w/Au Jus Sauce | •Gen. Tso Chicken            |
| •Mashed Potatoes          | •Chicken & Broccoli          |
| •Orange Rice              | •Vegetable Lo Mein           |
| •Chicken Gravy            | •Shrimp Lo Mein              |
| •Green Beans              | •Steamed Rice                |
| •Combo                    | •Parsley Seasoned Potatoes   |
| •Mexican Corn             | •Fried Cauliflower           |
|                           | •Beets in Orange-Lemon Sauce |

April 25, 2009

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|----------------------------|-------------------------------------|
| <b>Lunch:</b>              | <b>Dinner:</b>                      |
| •Vegetarian Vegetable Soup | •Bean & Bacon Soup                  |
| •Crackers                  | •Crackers                           |
| •Crab Cakes                | •Sweet & Sour Pork                  |
| •Cornish Hen               | •Turkey Cutlets (Baked and Breaded) |
| •Cheese Tortellini         | •Baked Potatoes                     |
| •Rice Pilaf                | •Steamed Rice                       |
| •Calico Corn               | •Steamed Broccoli                   |
| •Seasoned Green Beans      | •Succotash                          |
| •Parmesan Cheese           | •Sour Cream                         |
| •Corn Bread                |                                     |

April 26, 2009

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|-----------------------------|------------------------------|
| <b>Lunch:</b>               | <b>Dinner:</b>               |
| •Tomato Soup                | •Vegetarian Vegetable Soup   |
| •Crackers                   | •Cracker                     |
| •Roast Beef                 | •Spaghetti w/ Meat Sauce     |
| •Italian Style Veal         | •Fried/Baked/Blackened Trout |
| •Mashed Potatoes            | •Macaroni & Cheese           |
| •Seasoned Egg Noodles       | •Oven Brown Potatoes         |
| •Steamed Peas               | •Corn on the Cob             |
| •Fried Cabbage              | •Seasoned Carrots            |
| •Brown Gravy                | •Collard Greens              |
| •Sautéed Mushrooms & Onions | •Brown Gravy                 |
|                             | •Parmesan Cheese             |

April 27, 2009

- |                       |                         |
|-----------------------|-------------------------|
| <b>Lunch:</b>         | <b>Dinner:</b>          |
| •Chicken w/ Rice Soup | •Chicken w/ Rice Soup   |
| •Crackers             | •Crackers               |
| •BBQ Ribs             | •Pork Roast             |
| •Fried/Baked Chicken  | •Braised Beef & Noodles |
| •Mashed Potatoes      | •Potatoes Au Gratin     |
| •Cheese Tortellini    | •Rice Pilaf             |
| •Black Eyed Peas      | •Harvard Beets          |
| •Collard Greens       | •Seasoned Cauliflower   |
| •Chicken Gravy        | •Mushroom Gravy         |
| •Crab Salad           | •Applesauce             |
| •Cornbread            |                         |

April 28, 2009

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|-------------------------|--------------------------|
| <b>Lunch:</b>           | <b>Dinner:</b>           |
| •Cream w/ Broccoli Soup | •Cream of Broccoli Soup  |
| •Crackers               | •Crackers                |
| •Baked/Fried Pollock    | •Jambalaya               |
| •Swiss Steak w/ M&O     | •Meat Loaf               |
| •O'Brien Potatoes       | •Jambalaya Seasoned Rice |
| •Steamed Rice           | •Mashed Potatoes         |
| •Oriental Stir Fry      | •Seasoned Corn           |
| •Steamed Broccoli       | •Seasoned Tomatoes       |
| •Mushroom Gravy         | •Brown Gravy             |
| •Apple Sauce            |                          |
| •Tartar Sauce           |                          |

\*Menu Subject To Change

# April 2009 Menu

April 5, 2009

- |                      |                      |
|----------------------|----------------------|
| <b>Lunch:</b>        | <b>Dinner:</b>       |
| •Chicken Noodle Soup | •Chicken Noodle Soup |
| •Crackers            | •Crackers            |
| •Roasted Pork Roast  | •Cornish Hens        |
| •Chili Mac           | •Meatloaf            |
| •Oven Brown Potatoes | •Mashed Potatoes     |
| •Corn on Cob         | •Rice Pilaf          |
| •Peas and Carrots    | •Herbed Broccoli     |
| •Applesauce          | •Succotash           |
| •Cornbread           | •Brown Gravy         |

April 6, 2009

- |                              |   |
|------------------------------|---|
| <b>Lunch:</b>                | <b>Dinner:</b>                          |
| •Tomato Soup                 | •Tomato Soup                            |
| •Crackers                    | •Cracker                                |
| •Swiss steak w/ Tomato Sauce | •Puffed Pork BBQ & Buffalo              |
| •Baked/Fried Pollock         | •Shredded Chicken                       |
| •Macaroni and Cheese         | •Turkey Cutlet, Chicken Fried and Baked |
| •Devilleed Oven Fries        | •Steamed Rice                           |
| •Seasoned Green Beans        | •O'Brien Potatoes                       |
| •Glazed Carrots              | •Peas w/ Mushrooms                      |
| •Brown Gravy                 | •Seasoned Corn                          |
| •Tartar Sauce                | •Turkey Gravy                           |
| •Lemon Wedges                |   |

April 7, 2009

- |                         |                             |
|-------------------------|-----------------------------|
| <b>Lunch:</b>           | <b>Dinner:</b>              |
| •Cream of Broccoli Soup | •Cream of Broccoli Soup     |
| •Crackers               | •Crackers                   |
| •Roast Turkey           | •Breaded Pork Chops         |
| •Seafood Newburg        | •Lasagna /Spinach           |
| •Mashed Potatoes        | •Lasagna/ Eggplant          |
| •Bread Dressing         | •Parmesan                   |
| •Seasoned Green Peas    | •Garlic Bread               |
| •Corn O'Brien           | •Steamed Rice               |
| •Mushroom Gravy         | •Mashed Potatoes            |
| •O'Brien Potatoes       | •Herbed Broccoli            |
| •Cranberry Sauce        | •California Blend Vegetable |
| •Candied Yams           |                             |

April 8, 2009

- |                          |                               |
|--------------------------|-------------------------------|
| <b>Lunch:</b>            | <b>Dinner:</b>                |
| •Cream of Broccoli Soup  | •New England Clam Soup        |
| •Crackers                | •Crackers                     |
| •Egg Rolls               | •Ribeye Steak                 |
| •Gen. Tso Chicken        | •Lobster                      |
| •Chicken & Broccoli      | •Breaded Shrimp               |
| •Vegetable Lo Mein       | •Crab Bites                   |
| •Shrimp Lo Mein          | •Onion & Mushrooms            |
| •Asian Style Riblets     | •Rice Pilaf                   |
| •Spicy Potato Wedges     | •Baked Potatoes w/ Sour Cream |
| •Steamed/Fried Rice      | •Seasoned Green Beans         |
| •Oriental Stir Fry       | •Corn on the Cob              |
| •Seasoned Mix Vegetables | •Brown Gravy                  |

April 13, 2009

- |                         |                          |
|-------------------------|--------------------------|
| <b>Lunch:</b>           | <b>Dinner:</b>           |
| •Cream of Broccoli Soup | •Cream of Broccoli Soup  |
| •Crackers               | •Crackers                |
| •Braised Beef Cubes     | •Salisbury Steak         |
| •Rotisserie Chicken     | •BBQ Style Riblets       |
| •Mashed Potatoes        | •Spicy Potato Wedges     |
| •Seasoned Noodles       | •Baked Macaroni & Cheese |
| •Red Beans & Rice       | •Seasoned Peas           |
| •Turnip Greens          | •Seasoned Succotash      |
| •Black-Eyed Peas        | •Beef Gravy              |
| •Chicken Gravy          |                          |
| •Cornbread              |                          |

April 14, 2009

- |                         |                        |
|-------------------------|------------------------|
| <b>Lunch:</b>           | <b>Dinner:</b>         |
| •Chicken w/ Rice Soup   | •Chicken w/ Rice Soup  |
| •Crackers               | •Crackers              |
| •Spaghetti w/ Meatballs | •Breaded/Baked Catfish |
| •Roast Pork Loin        | •Pork Chop Suey        |
| •Steamed Rice           | •Oven Brown Potatoes   |
| •Grilled Potato Cakes   | •Steamed Rice          |
| •Seasoned Corn          | •Seasoned Carrots      |
| •Seasoned Green Beans   | •Cauliflower Au Gratin |
| •Brown Gravy            | •Brown Gravy           |
| •Parmesan Cheese        |                        |
| •Garlic Bread           |                        |
| •Applesauce             |                        |

April 15, 2009

- |                           |                             |
|---------------------------|-----------------------------|
| <b>Lunch:</b>             | <b>Dinner:</b>              |
| •Chicken Noodle Soup      | •Chicken Noodle Soup        |
| •Crackers                 | •Cracker                    |
| •Jagerschnitzel           | •T-Bone Steak               |
| •Meatloaf (Beef & Turkey) | •Breaded Shrimp             |
| •Mashed Potatoes          | •Onion & Mushrooms          |
| •Noodle Parmesan          | •Red Beans & Rice           |
| •Black-eyed Peas          | •Baked Potato w/ Sour Cream |
| •Broccoli                 | •Seasoned Green Beans       |
| •Cauliflower Medley       | •Corn on the Cob            |
| •Mushroom Gravy           | •Crab Salad                 |
|                           | •Lemon Wedges, Tartar Sauce |
|                           | •Seafood Cocktail Sauce     |

April 16, 2009

- |                              |                            |
|------------------------------|----------------------------|
| <b>Lunch:</b>                | <b>Dinner:</b>             |
| •Cream of Mushroom Soup      | •Cream of Mushroom Soup    |
| •Crackers                    | •Crackers                  |
| •Ground Beef                 | •Nachos                    |
| •Yakisoba w/ spaghetti       | •Beef Fajitas              |
| •Rotisserie Chicken          | •Enchiladas                |
| •Oven Browned Potatoes       | •Chicken Fajitas           |
| •Georgia Rice                | •Burritos                  |
| •California Blend Vegetables | •Taco Bar                  |
| •Succotash                   | •Chicken Quesadilla        |
| •Brown Gravy                 | •Oven Browned Potatoes     |
|                              | •Mexican Rice              |
|                              | •Seasoned Mixed Vegetables |
|                              | •Pinto Beans               |
|                              | •Refried Beans             |

April 21, 2009

- |                               |                              |
|-------------------------------|------------------------------|
| <b>Lunch:</b>                 | <b>Dinner:</b>               |
| •New England Clam Soup        | •New England Clam Soup       |
| •Crackers                     | •Crackers                    |
| •Chili Macaroni               | •Roast Turkey                |
| •Baked Salmon                 | •Stuffed Green Peppers       |
| •Aztec Rice                   | •Rissolo Potatoes            |
| •Mashed Potatoes              | •Italian - Style Baked Beans |
| •Brown Gravy                  | •Seasoned Carrot Slices      |
| •South of the Border Broccoli | •Bread Dressing              |
| •Peas w/ Onions               | •Mashed Potatoes             |
| •Lemon Slice                  | •Turkey Gravy                |
|                               | •Cranberry Sauce             |

April 22, 2009

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|------------------------------|----------------------|
| <b>Lunch:</b>                | <b>Dinner:</b>       |
| •Chicken Noodle Soup         | •Chicken Noodle Soup |
| •Crackers                    | •Crackers            |
| •Veal Parmesan               | •T-Bone Steak        |
| •Roast Pork                  | •Crab Legs           |
| •Steamed Rice                | •Breaded Shrimp      |
| •Cheese Tortellini           | •Baked Potatoes      |
| •Fried Cabbage               | •Pasta Provincial    |
| •Hacienda Corn & Black Beans | •Corn on the Cob     |
|                              | •Green Beans Creole  |
|                              | •Sour Cream          |

April 23, 2009

- |                              |                          |
|------------------------------|--------------------------|
| <b>Lunch:</b>                | <b>Dinner:</b>           |
| •Chicken Noodle Soup         | •Chicken Noodle Soup     |
| •Cracker                     | •Crackers                |
| •Baked Salmon                | •Beef Prime Rib          |
| •Grilled Pork Chops          | •Chicken Cordon Bleu     |
| •Oven Glow Potatoes          | •Garlic Roasted Potatoes |
| •Noodles Jefferson           | •Rice Pilaf              |
| •Stewed Tomatoes             | •Steamed Peas            |
| •California Blend Vegetables | •Seasoned Corn           |
| •Onion Gravy                 | •Turkey Gravy            |
| •Apple Sauce                 | •Cranberry Sauce         |
| •Lemon Wedges                |                          |
| •Tartar Sauce                |                          |

April 24, 2009

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|--------------------------|-------------------------|
| <b>Lunch:</b>            | <b>Dinner:</b>          |
| •Cream of Mushroom Soup  | •Cream of Mushroom Soup |
| •Crackers                | •Crackers               |
| •Pork Adobo              | •BBQ Beef Brisket       |
| •Salisbury steak         | •Rotisserie Chicken     |
| •Steamed Rice            | •Red Beans Rice         |
| •Mashed Potatoes         | •Spicy Potato Wedges    |
| •Seasoned Peas & Carrots | •Seasoned Carrots       |
| •Black-Eyed Peas         | •Herbed Broccoli        |
| •Brown Gravy             | •Chicken Gravy          |

April 29, 2009

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|--------------------------|-----------------------------|
| <b>Lunch:</b>            | <b>Dinner:</b>              |
| •New England Clam Soup   | •New England Clam Soup      |
| •Crackers                | •T-Bone Steak               |
| •Swedish Meatballs       | •Breaded/Baked Catfish      |
| •Baked Ham               | •Onions & Mushrooms         |
| •Steamed Rice            | •Baked Potato w/ Sour Cream |
| •Scalloped Potatoes      | •Seasoned Green Beans       |
| •Glazed Carrots          | •Corn on the Cob            |
| •Spring Blend Vegetables | •Brown Gravy                |
| •Cheese Biscuits         | •Crab Salad                 |
| •Pineapple Sauce         | •Lemon Wedges, Tartar Sauce |

April 30, 2009

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|----------------------------|-------------------------------|
| <b>Lunch:</b>              | <b>Dinner:</b>                |
| •Cream of Mushroom Soup    | •Cream of Mushroom Soup       |
| •Crackers                  | •Crackers                     |
| •Roast Turkey              | •Fried & Lemon Baked Pollock  |
| •Prime Ribs                | •Lasagna/ Spinach             |
| •Mashed Potatoes           | •Lasagna/Egg Plant Parmesan   |
| •Sweet Potatoes            | •Garlic Roasted Potatoes      |
| •Steamed Broccoli          | •Steamed Rice                 |
| •Seasoned Mixed Vegetables | •Seasoned Succotash           |
| •Seasoned Dressing         | •Harvard Beets                |
| •Turkey Gravy              | •Onion Gravy, Parmesan Cheese |
| •Au Jus                    |                               |
| •Cranberry Sauce           |                               |
| •Hot Rolls                 |                               |

## Specialty Meals

Monday: Pasta Bar

Tuesday: Taco Bar

Wednesday: Potato Bar & Steak Night

Thursday: Fajita Bar

Friday: Pasta Bar & Mongolian BBQ Night

Saturday: Chinese Bar

Sunday: Soul Food Night

# AIK Dining Facility

**WED. 01 APRIL 2009**

<b>LUNCH</b>	CRACKERS	EGG DROP SOUP	BORK ADOB	HAMBURGER	YAKISOBA	WILD RICE	CLUB SPINACH	BUTTER BEANS	BROWN GRAVY	TOSSED CALICO SALAD	WALDORF SALAD	DINNER ROLL			
<b>DINNER</b>	CRACKERS	EGG DROP SOUP	GRILLED STEAK	STEAMED CRAB LEGS	FRIED SHRIMP	TOSSED GREEN RICE	BAKED POTATOES	SWEET PLAS	STEAMED BROCCOLI	SAUTED ONIONS & MUSHROOM	BUTTER SAUCE	NATURAL PAN GRAVY	TOSSED CALICO SALAD	WALDORF SALAD	DINNER ROLL

**CHINESE BAR**

**STEAK & LOBSTER NIGHT**

**THU. 02 APRIL 2009**

<b>LUNCH</b>	CRACKERS	CHICKEN NOODLE SOUP	BBQ CHICKEN	SOUTHERN FRIED CAT FISH	CHEESE MACARONI	CANDIED YAMS	SOUTHERN STYLE GREENS	PARSLAY BUTTERED CARROTS	CORN BREAD	DEVILED POTATO SALAD	MARINATED BLACK BEAN SALAD	DINNER ROLL
<b>DINNER</b>	CRACKERS	CHICKEN NOODLE SOUP	BAKED LASAGNA	CHICKEN PARMESAN	LYONNAISE RICE	SWEET CORN	STEWED TOMATOES	GARLIC BREADS	DEVILED POTATO SALAD	MARINATED BLACK BEAN SALAD	DINNER ROLL	

**SOUL FOOD**

**FRI. 03 APRIL 2009**

<b>LUNCH</b>	CRACKERS	BEANS W/ BACON SOUP	EL-RANCHO STEW	CHICKEN CORDON BLEU	STEAMED RICE	MASHED POTATOES	ZUCCHINI	SEASONED CARROTS	CHICKEN GRAVY	CUCUMBER & ONION SALAD	JELLIED PEAR SALAD	DINNER ROLL
<b>DINNER</b>	CRACKERS	BEANS W/ BACON SOUP	BBQ HAM STEAK	TERIYAKI CHICKEN	SCALLOPED POTATOES	RICE PILAF	SEASONED BRUSSEL SPROUTS	SEASONED CORN	CHICKEN GRAVY	CUCUMBER & ONION SALAD	JELLIED PEAR SALAD	DINNER ROLL

**RABBIT BAR**

**SAT. 04 APRIL 2009**

<b>LUNCH</b>	CRACKERS	BEEF VEGETABLE SOUP	MUSTARD DILL BAKED FISH	ORIENTAL PEPPER STEAK	STEAMED RICE	EGG ROLLS	EGG DROP SOUP	SZECHWAN SPICY NOODLES	TERIYAKI SAUCE	MACARONI SALAD	COUNTRY STYLE TOMATO SALAD	DINNER ROLL
<b>DINNER</b>	CRACKERS	MONGOLIAN BBQ (CHICKEN, BEEF & SHRIMP W/ ALL FIXINGS)	STEAMED RICE	EGG ROLLS	EGG DROP SOUP	SZECHWAN SPICY NOODLES	TERIYAKI SAUCE	MACARONI SALAD	COUNTRY STYLE TOMATO SALAD	DINNER ROLL		

**MONGOLIAN BBQ**

**THU. 09 APRIL 2009**

<b>LUNCH</b>	CRACKERS	TOMATO NOODLE SOUP	BBQ RIBS	SOUTHERN FRIED CHICKEN	BAKED MACARONI W/ CHEESE	CANDIED YAMS	SOUTHERN STYLE GREENS	PARSLAY BUTTERED CARROTS	CORN BREAD	MEXICAN COLE SLAW	BROCCOLI SALAD	DINNER ROLL
<b>DINNER</b>	CRACKERS	TOMATO NOODLE SOUP	SEASONED BAKED FISH	BEEF PORCUPINE	ORIENTAL RICE	MASHED POTATOES	STEAMED CAULIFLOWER	FRENCH FRIED OKRA	BROWN GRAVY	MEXICAN COLE SLAW	BROCCOLI SALAD	DINNER ROLL

**SOUL FOOD**

**FRI. 10 APRIL 2009**

<b>LUNCH</b>	CRACKERS	DORITO GOOD CHICKEN SOUP	CHICKEN BEEGON BAHAR	SHRIMP MALAY CURRY	CHICKEN BIRYANI	STEAMED RICE	VENDI BHAI (VEGETABLE OKRA)	GODI MASALA (CAULIFLOWER)	MACARONI SALAD	CUCUMBER & ONION SALAD	HOT ROLL	
<b>DINNER</b>	CRACKERS	DORITO GOOD CHICKEN SOUP	DIJON BAKED PORK CHOPS	CHICKEN SCHNITZEL	GEORGIA RICE	PAPRIKA BUTTERED POTATOES	RAYATOUILLE	VEGETABLE STIR-FRY	VEGETABLE GRAVY	MACARONI SALAD	CUCUMBER & ONION SALAD	HOT ROLL

**INDIAN TACO BAR**

**SAT. 11 APRIL 2009**

<b>LUNCH</b>	CRACKERS	VEGETABLE WITH BEEF SOUP	BEEF POT PIE W BISCUIT	BAKED TURKEY WINGS	STEAMED RICE	FRANCONIA	GRILLED ZUCCHINI	SEASONED TECCOZASH	TURKEY GRAVY	GERMAN TOMATO SALAD	SPRING SALAD	DINNER ROLL
<b>DINNER</b>	CRACKERS	MONGOLIAN BBQ (CHICKEN, BEEF, & SHRIMP W/ ALL FIXINGS)	STEAMED RICE	EGG ROLLS	EGG DROP SOUP	SZECHWAN SPICY NOODLES	TERIYAKI SAUCE	GERMAN TOMATO SALAD	SPRING SALAD	DINNER ROLL		

**MONGOLIAN BBQ**

**SUN. 12 APRIL 2009**

<b>LUNCH</b>	CRACKERS	MINESTRONE SOUP	BAKED FISH W/ GARLIC BUTTER	SPINACH W/ MEAT SAUCE	HOME FRIED	SEASONED CORN	HOT SPICED BEETS	GARLIC BREAD	PASTA SALAD	KIDNEY BEAN SALAD	HOT ROLL	
<b>DINNER</b>	CRACKERS	MINESTRONE SOUP	ROAST VEAL W/ HERBS	TURKEY ALA KING	BUTTERED PASTA	ORANGE RICE	SEASONED GREEN BEANS	STEWED TOMATOES	NATURAL ORZOTTO	PASTA SALAD	KIDNEY BEAN SALAD	HOT ROLL

**VEGGIE BAR**

**Happy Easter**

**FRI. 17 APRIL 2009**

<b>LUNCH</b>	CRACKERS	CHICKEN CORN CHOWDER SOUP	BAKED LASAGNA	CORNISH HEN	ITALIAN ROASTED POTATOES	ASPARAGUS	CORN O' BRIEN	CHICKEN GRAVY	GARLIC TOAST	COLE SLAW	PICKLED GREEN BEAN SALAD	HOT ROLL
<b>DINNER</b>	CRACKERS	CHICKEN CORN CHOWDER SOUP	LEMON BAKED TROUT	STUFFED CABBAGE ROLLS	MASHED POTATO	RICE PILAF	SEASONED MIXED VEGETABLE	SEASONED BUTTER BEANS	BROWN GRAVY	COLE SLAW	PICKLED GREEN BEAN SALAD	HOT ROLL

**TACO BAR**

**SAT. 18 APRIL 2009**

<b>LUNCH</b>	CRACKERS	SHRIMP GUMBO SOUP	TOMATO MEAT LOAF	PORK CHOPS W/ STEAMED RICE	PASTA PRIMAVERA	LAYON HAISE CARROTS	SWEET PEAS W/ MUSHROOMS	BROWN GRAVY	ZESTY ROTINI PASTA SALAD	CARROT CELERY & APPLE SALAD	DINNER ROLL
<b>DINNER</b>	CRACKERS	SHRIMP GUMBO SOUP	MONGOLIAN BBQ (CHICKEN, BEEF, & SHRIMP W/ ALL FIXINGS)	STEAMED RICE	EGG ROLLS	SZECHWAN SPICY NOODLES	TERIYAKI SAUCE	ZESTY HOTINI PASTA SALAD	CARROT, CELERY, & APPLE SALAD	HOT ROLL	

**MONGOLIAN BBQ**

**SUN. 19 APRIL 2009**

<b>LUNCH</b>	CRACKERS	MID WESTERN TOMATO SOUP	CANTONESE SPARE RIBS	BAKED CHICKEN	VEG FRIED RICE	MASHED POTATOES	BROCCOLI COMBO	MIXED VEGETABLES	CHICKEN GRAVY	MARINATED CARROT SALAD	CUCUMBER & ONION SALAD	HOT ROLL
<b>DINNER</b>	CRACKERS	MID WESTERN TOMATO SOUP	CHICKEN BRASHLIC	ARAB CLAMS ROAST	CHICKPEA RICE	OKRA TOMATO GUMBO	CAULIFLOWER POLONAISE	HUMMUS SALAD	FATUSH SALAD	PITTA BREAD		

**VEGGIE BAR**

**ARABIC DINNER**

**MON. 20 APRIL 2009**

<b>LUNCH</b>	CRACKERS	CREAMED CARROT SOUP	TAMALE PIE	CHICKEN MEXICAN BAKED CHICKEN	WHITE RICE	BUTTERED NOODLES	FRENCH BEANS	SEASONED BEET CARROTS	BROWN GRAVY	MACARONI SALAD	COUNTRY STYLE TOMATO SALAD	HOT ROLL
<b>DINNER</b>	CRACKERS	CREAMED CARROT SOUP	KNOCKWURST W/ SAUERKRAUT	VEAL PARMESAN	CHICKPEA RICE	FRANCONIA POTATOES	RATATOUILLE	SEASONED CORN	BROWN GRAVY	MACARONI SALAD	COUNTRY STYLE TOMATO SALAD	HOT ROLL

**BBQ BAR**

**SAT. 25 APRIL 2008**

<b>LUNCH</b>	CRACKERS	NAVY BEAN SOUP	SWEDISH MEATBALLS	TEMPERA FISH	PAPRIKA MASHED POTATO	ORANGE RICE	SEASONED GREEN BEANS	CALICO CABBAGE	GARLIC BREAD	BROWN GRAVY	ITALIAN STYLE PASTA SALAD	MIXED FRUIT SALAD	DINNER ROLL
<b>DINNER</b>	CRACKERS	NAVY BEAN SOUP	MONGOLIAN BBQ (CHICKEN, BEEF, & SHRIMP W/ ALL FIXINGS)	STEAMED RICE	EGG ROLLS	SZECHWAN SPICY NOODLES	TERIYAKI SAUCE	ITALIAN STYLE PASTA SALAD	MIXED FRUIT SALAD	DINNER ROLL			

**MONGOLIAN BBQ**

**SUN. 26 APRIL 2009**

<b>LUNCH</b>	CRACKERS	NEW ENGLAND CLAM CHOWDER	BOMBAY CHICKEN	STUFFED GREEN PEPPERS	STEAMED RICE	MASHED POTATOES	PEAS & ONIONS	CAULIFLOWER W/ CHEESE SAUCE	BROWN GRAVY	GERMAN TOMATO SALAD	THREE BEAN SALAD	DINNER ROLL
<b>DINNER</b>	CRACKERS	NEW ENGLAND CLAM CHOWDER	BRASIED PORK RIBS	ROSEMARY ROAST TURKEY	AR GRATIN POTATOES	BUTTERED NOODLES	CORN O' BRIEN	CLUB SPINACH	TURKEY GRAVY	GERMAN TOMATO SALAD	THREE BEAN SALAD	HOT ROLL

**VEGGIE BAR**

**MON. 27 APRIL 2009**

<b>LUNCH</b>	CRACKERS	CHICKEN NOODLE SOUP	SWEET & SOUR PORK CHOPS	GRILLED CHICKEN BREAST	BUTTERED LINGUINI	STEAMED RICE	ITALIAN STYLE BAKED BEANS	SEASONED MIXED VEGETABLES	MACARONI SALAD	FRUIT COCKTAIL GELATIN	DINNER ROLL
<b>DINNER</b>	CRACKERS	CHICKEN NOODLE SOUP	BAKED HAM STEAK	BEEF STEW	LYONNAISE RICE	ROASTED PEPPER POTATOES	TEMPERA CAULIFLOWER	CALICO CORN	MACARONI SALAD	FRUIT COCKTAIL GELATIN	DINNER ROLL

**BBQ BAR**

**TUES. 28 APRIL 2009**

<b>LUNCH</b>	CRACKERS	MEXICAN ONION CORN SOUP	BEEF FAJITAS	CHICKEN & BEAN BURRITOS	CHEESE ENCHILADAS	SPANISH RICE	REFRIED BEANS	SEASONED SWEET CORN	ENCHILADA SAUCE	TORTILLA BREAD	PINEAPPLE MARSHMALLOW COLE SLAW	TOSSED CALICO GARDEN SALAD	DINNER ROLL
<b>DINNER</b>	CRACKERS	MEXICAN ONION CORN SOUP	ROAST BEEF	HONEY GLAZED CHICKEN	GARLIC CHEESE POTATOES	RATATOUILLE	SEASONED BROCCOLI	HINGER GLAZED CARROTS	FINEAPPLE MARSHMALLOW COLE SLAW	TOSSED CALICO GARDEN SALAD	DINNER ROLL		

**PASTA BAR**

**MEXICAN LUNCH**

\*Menu Subject To Change

# Tournament a success

After grabbing breakfast, most golfers found their way to the driving range to warm up their swings.

“I wanted to leave all my bad golf shots on the driving range before going out on the golf course,” joked Lt. Col. Nathaniel Flegler Jr., U.S. Army Central Public Affairs.

At 7:45am Darrell Crawford, AUSA Kuwait Chapter president, called all the golfers around to explain the rules and guidelines for the tournament.

Crawford then explained how the most important part of the event was being able to support and provide a service for the men and women in uniform.

After his speech, Crawford wished the golfers the best of luck and released them to start the tournament.

Each team located their designated golf cart; met their teammates for the game and drove to their assigned starting point on the course.

“I got a chance to play golf in the

desert and make three new friends in the process,” said Flegler, from Hemingway, S.C. “Playing in the golf tournament will definitely be the highlight of my deployment.”

Each team played all 18 holes while keeping their own score and used the honor system to help figure out which team would ultimately be the winner.

Upon completing their round of golf, the players drove back to the club house to turn in their scorecards and golf carts. Awaiting them in the dining hall was a lunch spread.

Directly after the luncheon, Crawford gathered all the golfers in the conference room and announced the winners of the different competitions of the tournaments. In addition, there was a raffle drawing that included Tag Heuer watches, Nokia phones, and other gifts.

“What struck me the most was the sincerity of Mr. Crawford and all of

the staff who enabled this event,” said Constantine, a Mobile, Ala., native. “They are truly dedicated to the Soldiers, Airmen, Sailors and Marines who participated. They, and their sponsors, are true patriots.”

This year’s golf tournament is just one of the many activities and events that MWR and AUSA coordinate each year to boost and enhance the morale of servicemembers who are deployed.

The night before the golf tournament, the AUSA held an appreciation banquet at the Arraya Ballroom in Kuwait City, Kuwait. During the banquet, Sgt. Maj. of the Army Kenneth O. Preston made a surprise visit and talked about the importance of noncommissioned officers in today’s Army and relayed a message from the Commander in Chief, thanking servicemember’s for serving our great nation. **A**

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***“The highlight of the event was just being there. It was exhilarating to just stare at 300 yards of green grass; I almost wanted to play barefoot.”***

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Lt. Col. Gary Constantine  
Executive Officer  
1184th DDSB

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# CH-46 helicopters return from their first



Photo by Marine Cpl. Patrick M. Johnson

**A CH-46E is parked on the flight deck of the USS Iwo Jima while the ship sails under the Peace Bridge during the ship's transit of the Suez Canal.**

Article by

Cpl. Aaron J. Rock

**26th MEU Public Affairs Office**

If you have been a Marine anytime since the start of the Vietnam War, you have seen revolutionary and evolutionary changes in the Corps.

New technology, equipment, weapons and vehicles have been assimilated and then replaced. But since 1964, one thing hasn't changed.

The CH-46 Sea Knight helicopter has served as the primary medium-lift helicopter for the Marine Corps since its introduction to the fleet, and despite over 40 years of improvements and upgrades, its distinctive shape would be familiar to anyone from multiple generations of servicemembers. It has been around so long that it has become the standard of measurement that aircraft on flight decks are arranged.

The CH-46, or phrog, as it is called by many, is now approaching something many long-serving veterans eventually see, retirement.

"We've reached a milestone," said Lt. Col. Mike D. Snyder, a phrog pilot since 1993 and commanding officer of the 26th Marine Expeditionary Unit's

Aviation Combat Element, Marine Medium Helicopter Squadron-264.

"We are the last active duty, East Coast phrog squadron."

The Sea Knight, a fixture on the flight deck of every Marine Air Ground Task force deployed aboard naval vessels since the 1970s, will soon be replaced by the MV-22 Osprey as the primary medium-lift aircraft for the Corps.

Just because this would prove to be its last float did not mean the aircraft came up with any kind of short timer's disease.

According to Snyder a month into the MEU's deployment, U.S. Central Command sent the MEU's CH-53E Super Stallion heavy-lift helicopters into Iraq, leaving the Sea Knights as the primary support aircraft for the next six months.

"The 46s stepped up and fulfilled all the requirements without the 53s here," said Snyder.

"What is especially impressive is the fact that the aircraft fulfilling those missions are, in many cases, often twice as old as the pilots flying them and crews keeping them in the air.

HMM-264's youngest aircraft hit the fleet in September of 1970; it's oldest, in October of 1966. Between

just those two aircraft, they have over 20,660 hours flown.

"The Marine Corps definitely got something right with the Sea Knight by continuing to maintain and upgrade the aircraft despite the fact that it was supposedly going to be replaced in the 90's," said Col. Mark J. Desens, commanding officer of the 26th MEU and a CH-46 pilot since 1987. "They told me in flight school that I would probably only be flying the 46 for three years before the Osprey would replace it, and now here I am as the MEU commander, my 53s are taken away, and the 46, old and tired, carries the MEU."

Desens and Snyder both said that while the Osprey will replace the CH-46 in the fleet, it can't replace the phrog in everything it does.

"The CH-46 is a proven technology," said Desens. "It is one of the most reliable aircraft in the inventory. It is stable and provides the perfect platform for things like fastroping, which will be problematical with the Osprey."

Snyder agreed.

"Even though we are replacing the aircraft, it is still fully capable of performing the mission," said Snyder. "[The Osprey] is not a replacement for



Photos by Marine Cpl. Aaron J. Rock

**Sea Knight helicopters from Marine Medium Helicopter Squadron-264 bring Fox Company, Battalion Landing Team 2/6, into combat. HMM-264 and BLT 2/6 are the Aviation and Ground Combat Elements of the 26th Marine Expeditionary Unit.**

# Final East Coast MEU deployment



**Helicopters land on the flight deck of USS San Antonio. Elements of the 26th MEU, are aboard the ship to participate in its operational evaluation trials, which will determine its readiness to support future expeditionary operations.**

the mission; it is a replacement for the aircraft.”

The seminal moment for the aircraft, during the float, came as USS Iwo Jima passed under the Peace Bridge spanning the Suez Canal carrying Sea Knights for the last time. It was a poignant moment for some, while for others it represents progress.

Snyder said it was bittersweet to know it would be the last time.

“It’s kind of sad,” said Snyder. “46s have been around so long and they’ve been such a stable workhorse it’s hard to see them go after flying them for almost 16 years.”

Desens said he can understand why some will miss it.

“It would be a little like bemoaning a horse and buggy,” said Desens. “Marines tend to be nostalgic, but in actuality we are innovators.”

“It really wasn’t sad, the phrog has served well,” added Desens. “[46s]

have earned and deserves their sunset. I thought to myself, ‘How cool is it to see the last East Coast phrogs headed under the bridge?’”

At the same time, he acknowledged how important the CH-46 is in the history and lore of the Corps. **A**



**A Landing Support Marine from 26th MEU clears a CH-46E to return to base with mock-casualties during a mass casualty evacuation exercise.**

# 4th SB "train the trainers" in unarmed combatives

Article and photos by  
Pfc. Alicia C. Torbush  
20th Public Affairs Detachment

The 4th Sustainment Brigade is conducting combatives courses to certify Soldiers in unarmed combatives.

"We hold the classes at least three times a month from 1800 to 2200 and they last roughly about a week," said Sgt. 1st Class Oran Spradley, plans noncommissioned officer in charge, 4th SB.

The program was started by Command Sgt. Maj. Erik Frey for the 4th SB and their subordinate units to train and certify Soldiers in combatives.

"It's an Army program that all Soldiers should know," said Frey.

The program trains Soldiers to be instructors.

"It was started as a train the trainer course," said Spradley. "When you go through the certification course, we are basically training you to train your squad or section."

The course takes place in a tent shared with the wellness center in the 4th SB's section of Zone 6 on Camp Arifjan, Kuwait.

According to Spradley, over 200 Soldiers have been successfully

completed in the program.

"I've seen a lot of junior Soldiers and noncommissioned officers gain confidence in their instructing skills and overall personality," said Spradley. "They open up a lot. Getting out there in front of their peers and seniors is kind of difficult, but in the combatives arena, everybody is on an even playing field. Junior Soldiers and NCOs open up and become more confident and that's what it's all about."

The course instructor agreed.

"Instructing puts you on a whole different level," said Sgt. Alisha Duncan, primary instructor, 4th SB. "It brings confidence in yourself and in skills that you learn."

Before starting a program like this, it is important to have the right support from all areas.

"You have to have chain of command support, then you have to have dedicated, knowledgeable instructors, you have to have Soldiers willing to participate in the program," said Spradley.

According to an article from a modern combatives website, the Modern Army Combatives program was developed by Matt Larsen.

MACP incorporates the basics of Brazilian Jiu-Jitsu ground fighting; the throws and takedowns of Judo and



**Soldiers partnered up to demonstrate and practice moves like the rear mount on each other during the 4th SB's unarmed combatives course.**

wrestling; and the strikes of boxing and Muay Thai, in a totally integrated system of fighting.

"You hear the word combatives and Soldiers who have never been in a fight before or never been hit before want to back down, but once they get in there, the instructors take over and start doing what they need to do; [the Soldiers] open up and become more receptive to the program," said Spradley.

An advantage of unarmed combatives training is that it requires very little equipment.

"You don't really need much equipment," said Spradley. "You can do it outside as part of your [physical training] program."

Another advantage is the camaraderie the sport promotes.

"It's a big motivation for people and it promotes unit cohesion because it brings everybody from the brigade together for the classes," said Duncan.

"It's an excellent program that builds esprit de corps, the warrior ethos and it's part of the warrior skills training," added Spradley. **A**



**Spc. Jayme Hestermann, left, an assistant instructor for the 4th Sustainment Brigade's unarmed combatives course, demonstrates how to properly get into the side mount position for two Soldiers taking the course. The Soldiers taking the course will be certified in Level 1 Modern Army Combatives Program.**

# CG Farewell Celebration



LTG Lovelace farewell celebration

April 17, 2009 (1700 - 2100)  
Zone 6 TAC Building

See your section representative for more details.

## Just One Question ...

**"What song can always brighten your day and why?"**



**"James Taylor, 'Carolina in My Mind;' he was a UNC graduate and so am I."**

Lt. Cmdr. Jennifer Espiritu  
Medical Officer  
EMF-Kuwait  
Berkley, Calif.



**"Martha and the Vandellas, 'Dancing in the Streets' because it is a long song that incorporates a lot of different instruments that relax me."**

Staff Sgt. Damon Wright  
Vehicle Operator  
586th ELRS  
Miami, Fla.



**"I like AC DC's 'Back in Black' because it's upbeat."**

Sgt. Lowell Hoff  
Truck Driver  
1133rd Transportation Company  
Creston, Iowa



**"The SpongeBob theme song because it perks you up and gets you going."**

Senior Chief Harold Esters  
Senior Enlisted  
NAVELSG- Forward  
Chicago, Ill.



**"The Zac Brown Band's song 'Fried Chicken' because it reminds me of home and the stuff we used to do."**

Airman 1st Class Matt Johnson  
Vehicle Operator  
424th MTD  
West Plains, Mo.

## NCO Spotlight:

Sgt. 1st Class Tyrone Adriano  
Battalion TOC, Battle NCO; HHT 1-299TH CAV



Adriano joined the USMC in 1987 in order to challenge himself. He deployed in support of Operations Desert Shield and Storm as a Force Recon team member. In 1995, Adriano decided to move to Hawaii and join the Army National Guard with the 29th Separate Infantry Brigade. He served as a WLC instructor at the RTI. He later transferred to Bravo Company, 1-299th CAV and is currently on his second deployment.

"Use the Army Values as your moral compass, BE a leader, KNOW your job, and DO your job to include instructing, teaching and sharing your knowledge with your fellow soldiers."

# What's happening around USARCENT

## **Financial Conference**

A Theater Banking and eCommerce Conference was conducted at Camp Arifjan, Kuwait, Mar. 23-25. The conference was attended by 62 financial management leaders from the Department of Defense, Department of State, U.S. Treasury, U.S. Army Finance Command and from organizations within U.S. Central Command and U.S. Army Central. The conference included workshops focusing on reducing cash operations in Afghanistan and Iraq while enabling electronic commerce and strengthening host nation banking infrastructures.



Photo by Pfc. Howard Ketter

## **NCO Induction**

Joint Logistics Task Force 28 inducted 36 new noncommissioned officers into the NCO Corps at the Zone 1 Chapel on Camp Arifjan, Kuwait, March 25. Command Sgt. Maj. C.W. Mitchell Jr. the guest speaker for the ceremony, spoke to the inductees about what it means to uphold all their duties as an NCO. The inductees' group included Air Force and Army servicemembers.



Photo by Pfc. Howard Ketter

## **Uniform Code of Military Justice**

Two Soldiers were recently convicted at court-martial for the sale and distribution of alcohol on Camp Arifjan, Kuwait.

On Feb. 19, 2009, Spc. Akeya Pullen, 92nd Chemical Company, pleaded guilty at a special court-martial to possessing, consuming, selling, and transferring alcoholic beverages in violation of General Order 1B. She admitted that she had been selling alcohol on behalf of Spc. Leonard Powell, and that she had consumed alcohol herself on several occasions, once becoming so intoxicated as to be unfit for duty. Pullen agreed to cooperate with the Government in prosecuting other individuals involved, and testified at the court-martial of Powell. In addition to the conviction on her criminal record, Pullen was sentenced by the military judge to be reduced to the grade of E-1, and confined for two months.

On Feb. 20, 2009, Powell, 160th Signal Brigade, pleaded guilty at a general court-martial to possessing, consuming, selling, and transferring alcoholic beverages in violation of General Order 1B. Powell was selling vodka packaged in half-liter water bottles for \$50 per bottle until a Oct. 14, 2008 search of his room by military police uncovered more than a dozen such bottles and several hundred dollars in cash.

Powell also pleaded guilty to conspiring with Pullen, to sell alcohol. Powell admitted to providing alcohol to Pullen to distribute to other Soldiers on Camp Arifjan. In addition to the convictions on his criminal record, Powell was sentenced by the military judge to be reduced to the grade of E-1, confined for four months, and to forfeit \$750.00 per month for four months.