

EXPEDITIONARY TIMES

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Vol. 2, Issue 14

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Joint Base Balad Tax Center

Taxes are prepared and filed for all Soldiers, Airmen, Sailors, Marines and Coast Guard, as well as DOD/DA/DAF Civilians; and for those filing a Form 1040EZ, 1040, or 1040A, as well as Schedules A, B, C and D.

The JBB Tax center is open until April 30, 2009; Monday, Tuesday and Friday 0800-1700 hrs; Saturday: 1600-2300 hrs; Closed: Wednesday and Sunday

The center is located at: 332 EMSG Building (Mission Support Group/JBB Info Center), directly across the street from DFAC 2

For more information, e-mail: Tech Sgt. Jerol Boyce at jerol.boyce@blab.afcent.af.mil, Spc. Jaelyn Mims at jaelyn.mims@blab.afcent.af.mil or call DSN: 443-8304 or stop by during business hours.

Personnel may be referred to a paid preparer for any tax returns that are complicated, or involve filing multiple forms and schedules.

Sustainers deploy to OEF from Iraq



Soldiers of the 100th Brigade Support Battalion load onto a C-130 aircraft as they prepare to leave for Afghanistan from Joint Base Balad, Iraq, March 28. Beginning in December 2008, the 100th BSB provided logistical support to Coalition forces in western and central Iraq as part of the 3^d Sustainment Command (Expeditionary).

STORY AND PHOTOS BY
SGT. ALEX SNYDER
Expeditionary Times Staff

JOINT BASE BALAD, Iraq – The unit may have seemed like an unlikely candidate to be the first to do anything. After all, it had virtually no lineage and, until a few months ago, had never stepped foot in a combat zone.

But a first it was when the 100th Brigade Support Battalion, an active-component unit from Fort Sill, Okla., deployed to Afghanistan from here March 28.

The 100th BSB has the distinction of being among the first Army units to deploy to Afghani-

stan from Iraq. This move comes as a result of the increased capabilities of Iraqi Security Forces.

According to the Army's 44th Military History Detachment here, this marks the first time a logistics unit deployed from one combat theater to another unattached to a larger combined arms formation.

"Historically, this is a big deal for this organization," said Lt. Col. Brent D. Bush, the commander of the 100th BSB. Bush, who deployed to the Middle East twice before, said he is very excited about his unit's move to Afghanistan and appreciates the opportunity to command it.

"It's a new chapter and a fast

See IRAQ TO AFGHANISTAN, Page 12



Sgt. 1st Class Mathew T. Greene, a resident of Philadelphia, and support operations fuel noncommissioned officer in charge with the 100th Brigade Support Battalion from Fort Sill, Okla., relaxes prior to leaving on a flight to Afghanistan with other unit Soldiers at the passenger terminal at Joint Base Balad, Iraq, March 28.

332 ESFS Blotter 17 Mar. – 24 Mar.

MINOR VEHICLE ACCIDENT:

A reporting party telephoned the law enforcement desk and stated a vehicle accident had occurred. The vehicle operator stated to the security forces that while backing their vehicle, he drove into a T-wall. The damage to the vehicle consisted of two holes in the driver's side tire.

LARCENY OF UNSECURE PERSONAL PROPERTY:

A reporting party walked into the law enforcement desk and reported a larceny had occurred. The RP/victim stated between 0630 hours and 1900 hours, his property was stolen from his residence. The victim left the property item on his footlocker and unsecured at 0630 hours when he left for work. Another victim stated between 1300 hours and 1900 hours, his property was stolen from his residence.

ARTICLE 121/LARCENY OF SECURED PROPERTY:

A reporting party entered the law enforcement desk to report a larceny had occurred at his CHU, and there was a suspect. The security forces were dispatched and contacted the suspect. The RP stated he secured his room before departing Joint Base Balad for fifteen days of leave and upon his return noticed his property missing. The RP also stated while he was sweeping his room out, he noticed the suspect open his door far enough for him to see his chair in the suspect's room. A witness stated he was with the reporting party at the time when the suspect approached the reporting party to give back the missing items. The suspect stated he was convinced the reporting party's room was vacant and he entered the room, which was unsecured and open. The suspect stated he entered the room on two separate occasions and took the property from the room.

NIPR- 443-8602

SIPR- 241-1171

Email- PMOdesk@iraq.centcom.mil



Replacement Prescription Optical On-Line
for the deployed Soldier

<https://g-eyes.amedd.army.mil>

Corrections : In the "Never lose a friendly force" article written by Sgt. Crystal G. Reidy, published in the March 25 Expeditionary Times, misidentified the laser eye incidents reported in Iraq to Acting Surgeon General (SG) Rear Admiral Steven K. Galson of the US Public Health Service Commissioned Corps. The reported information is from the Army Surgeon General according to the All Army Activities (ALARACT) message 144/2008 dated June 10, 2008.

EXPEDITIONARY TIMES

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Mission Statement: The Expeditionary Times Staff publishes a weekly newspaper with a primary mission of providing command information to all Servicemembers, partners, and Families of the 3rd Sustainment Command (Expeditionary) team and a secondary mission of providing a means for units on Joint Base Balad to disseminate command information to their audiences.

Chaplain's Corner

"Call to me and I will answer you and tell you great and unsearchable things you do not know."

-Jeremiah 33:3

There are two prayers that anyone can pray, any time, anywhere. They are: "Thank you God!" and "Help me LORD!" One prayer reflects our gratitude to God for His many blessings while the other recognizes our need for God's intervention when we are in a desperate situation.

The God of the Bible is a God who cares about His people. In this world there are going to be trials and tribulations. It would be nice if God insulated us from the evils of this world, but He doesn't. We experience pain and suffering, and disappointment and heartache just like everyone else. But for a person of faith there is hope. God promises to be with us

in the midst of all that we are going through. He tells us that if we call out to Him, He will answer. There are no conditions, no prerequisites. His response is not based on how good we are, how faithful we are or how religious we are. It is entirely dependent on how desperate we are!

The proud person doesn't ask for help. The self-sufficient person doesn't ask for help. The person who has it all going on, doesn't ask for help. But the hurting person asks for help. The lost person asks for help. The confused person asks for help.

Help is available. All we have to do is ask. Call on God and He will answer.

*Submitted by CH (CPT) Peter Strong
Brigade Chaplain, 304th Sustainment Brigade*

Hooah of the Week



U.S. Army photo by Spc. Brian A. Barbour

Sgt. Milton D. Madison is congratulated by Brig. Gen. Michael J. Lally, 3rd Sustainment Command (Expeditionary) commanding general, for being selected this week's Hooah of the Week. Madison, from Buckner, Ark., and an Army reservist with the 90th Regional Readiness Command out of North Little Rock, Ark., works as the 3rd ESC's G-6 fragmentary order manager. Madison was recognized for his work in securing communications for units in the field and also for his work maintaining the 3rd ESC gym.



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Defender awarded Purple Heart

BY STAFF SGT. DILIA AYALA
332nd AEW Public Affairs

JOINT BASE BALAD, Iraq – The 9th Air Force and U.S. Air Forces Central commander presented a 532nd Expeditionary Security Forces Squadron quick-reaction force Airman here with the oldest American military decoration March 28.

Lt. Gen. Gary North presented Senior Airman Luis Bermudez with the Purple Heart during a ceremony here attended by base leadership, JBB members and many of his fellow 532nd ESFS "Lions."

Established in 1782 by Gen. George Washington, the Purple Heart is awarded in the name of the president of the United States to any Armed Forces member who, while serving under competent authority in any capacity with one of the U.S. armed services, has been wounded or killed. There are several criteria for awarding the medal, including injury caused by enemy action.

Bermudez was injured March 9 when a stray bullet impacted the left side of his chest as he made his way across the 532nd ESFS HMMWV yard to meet with his squad for a mission, only a few hours into his first day of duty on his deployment.

During the ceremony, North said he felt privileged to present the medal and shared a message with those in attendance.

"It is an honor and a pleasure to be here at Balad, and to be able to stand in front of a young Airman who has answered his nation's call, and to be able to spend a moment to talk to you about the justness of our battle because the enemy on the ninth of March chose, inside the lion's yard, to send a message," he said.



U.S. Air Force photo by Senior Airman Tiffany Trojca
Senior Airman Luis Bermudez, 532nd Expeditionary Security Forces Squadron, is awarded the Purple Heart here March 29 by Lt. Gen. Gary North, 9th Air Force and U.S. Air Forces Central commander.

"The message was: they think they own the battlespace, and they think that at wanton will, they can deliver a message, and, in this case, they chose a warrior who had been in battle before," North continued. "(An Airman) who had been inside and outside the wire at Bucca, who had been deployed and done an exceptional job, and for whatever reason war goes -- timing is everything -- walking across this very battlespace, inside your own yard, the enemy chose to send that message."

North left the defenders with words of appreciation before presenting Bermudez with the Purple Heart.

"Whether it's inside the wire, whether it's outside the wire, whether it's on the

ground, whether it's air assault, you're doing incredible work," said the general. "I will tell you as your commander, we could not be prouder of each and every one of you."

For his part, Bermudez said he felt privileged to be presented with the medal by Lt. Gen. North and shared his feelings on what happened the eventful day that led to its presentation.

"I'd never thought I'd get to meet General North, it's an honor," said Bermudez, who is currently deployed here from Buckley Air Force Base, Colo. "It is overwhelming to have my medal presented in front of everyone because I'm not used to being the center of attention; but overall, these guys are my family, and it was great to have them here."

"I feel blessed to be standing here alive ... I was fortunate enough to survive through it and still be with my squad," continued the Chicago native. "I have a mission to do and as much as this was an unfortunate setback, I still have to press on. I have a family out there, Squad 3; they are the people who look out for me and I have to look out for them, and (my wife) understands."

"I plan to heal back up in a week and get back out there," added Bermudez. "There was talk about sending me home, but I immediately squashed it. I came out here with my squad; I will leave with my squad."

A fellow team member and the first of the medical personnel to respond to Bermudez's need for medical care the day he was injured was Capt. Laura Dart, a physician's assistant assigned to the 332nd Expeditionary Security Forces Squadron, deployed here from Offutt AFB, Neb.

"I wasn't surprised a bit when he decided to stay," said Dart, who works

hand-in-hand with the 532nd ESFS. "He wanted the bullet out of him, but even more so he wanted to stay. Whatever it took, he wanted to stay."

On the day of the event, Dart, who's from Beaumont, Texas, kept Bermudez stable until the ambulance arrived.

Bermudez was transported to the hospital, where he was treated and later released to return to his unit after a few weeks of bed rest.

Overall, Bermudez's leadership said they look forward to his full recovery and are very proud of him.

"I think it's a well-deserved honor," said Chief Master Sgt. Simon Cesareo, 532nd ESFS security forces manager. "He was very brave throughout the (incident). His first initial feeling about the whole thing was 'what do I need to do to get back to work?' The medical staff said his wounds would heal to where he was operational again, so we never explored that avenue. He didn't want to go home."

"He is a great example to all those who are here and those who have heard his story," the chief continued. "It's a motivator for them to stay vigilant and to know that anything can happen."

"He's a tremendous role model," Lt. Col. Brian Greenroad, 532nd ESFS commander concurred. "He represents all that is great about our Airmen serving in-country and worldwide."

On the mend, Bermudez said he is appreciative of all the care, concern and support he has been shown.

"I'd like to thank Captain Dart and the medical unit here because they were great," he said. "I trust Captain Dart with my life. I'd like to thank the first sergeant, my chief and commander; they all really took good care of me. They all knew I wanted to get back out there."

JBB celebrates arrival of Torah, ark

BY STAFF SGT. JOHN GORDINIER
332nd AEW Public Affairs

JOINT BASE BALAD, Iraq – Servicemembers celebrated the arrival of a Jewish Torah during a dedication ceremony at Gilbert Memorial Chapel here March 21.

A Torah is a big parchment leather scroll on which the Five Books of Moses are handwritten in Hebrew, said Chaplain (Capt.) Sarah Schechter, 332nd Air Expeditionary Wing rabbi. For thousands of years, this is how Jews have maintained their law, teachings, religion and society. Every congregation has a Torah scroll, which is kept in a special ark. A dedication ceremony takes place whenever a new Torah is incorporated into a Jewish faith community.

"A new Torah or even the repair of one is very costly," she continued. "A new scroll can easily take a year to make. In this case, the Jewish Welfare Board, an organization that endorses rabbis in the U.S. Armed Forces and supports Jewish military programs, donated this Torah for our use here."

"Getting the Torah to Iraq was not an easy task," Schechter added. "It was not something we could just give to someone to take through customs and know for sure it would get through. After several weeks of talking to different shippers, the JWB shipped it through U.S. postage, but had to insure it for a fraction of its true value. The day it arrived here was an emotional time for me. It was almost like seeing a beloved member of my own family."

The Torah is housed in a structure called an ark and Staff Sgt. Christopher Dudas, 332nd Expeditionary Civil Engineer Squadron structural craftsman, volunteered to make JBB's ark, which is made of wood.

"It took him 10-15 hours to build the ark and he did a beautiful job," Schechter said. "I am so proud that we have something that was made by the people ... for the people of Joint Base Balad. It is more special than anything we could have bought."

The rabbi started the afternoon service with a number of prayers in Hebrew and then launched into the Torah dedication. Tech. Sgt. Craig Lifton, 332nd Air Expeditionary Wing Public Affairs NCO-in-charge of journalism, read out loud from the new Torah as part of his bar mitzvah, which followed the dedication ceremony.

"We combined the dedication ceremony with an adult bar mitzvah," Schechter said. "A bar mitzvah is a rite of passage held traditionally for Jewish boys when they reach 13 years old and a day. Bar mitzvah literally means, 'son of the commandment,' -- meaning the person is now of age to fully participate in all aspects of the Jewish religion."

Sometimes history or a family situation, such as the death of a parent, overwhelms a family and the child never ends up receiving the training originally planned, Schechter said. This was the case for Lifton.

"For a lot of personal reasons, to include the loss of my mother when I was a child, I never fully became in-



U.S. Air Force photo by Senior Airman Elizabeth Rissmiller
Chaplain (Capt.) Sarah Schechter, 332nd Air Expeditionary Wing rabbi, describes the newly arrived Jewish Torah following a Torah dedication ceremony at Gilbert Memorial Chapel here March 21.

involved in my religion," Lifton said. "I have learned a lot from Rabbi Schechter about my faith and the Hebrew language. This is probably the most enriching thing I have ever done."

"I am very proud of Lifton," Schechter said. "He did a great job. Here we were celebrating a Torah dedication and with Lifton's bar mitzvah, we were also celebrating his dedication to the Torah; to learning it and to living it. He's a real inspiration because it takes a lot of humility and patience to learn something new like this."

To conclude the dedication ceremony, Schechter placed JBB's new Torah in the wooden ark.

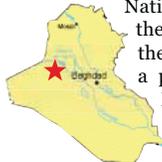
"It is a huge responsibility to have this in our possession and a great privilege," she said.

West Texas meets Middle-East

STORY AND PHOTO BY
CAPT. GEORGE HURD
UPAR, 2nd Bn.,

142nd Inf. Regt., 371 Sust. Bde.

AL ANBAR, Iraq – The Texas Army National Guard engaged the Iraqi Army – not on the battlefield, but on a poolside patio here, March 29.



The Lubbock, Texas based 2nd Battalion, 142nd Infantry Regiment “Task Force Avalanche” hosted members of the 7th Iraqi Infantry Division to a Texas style barbecue topped-off with country music and electrical flares.

Weeks of planning and construction went into the event.

Master Sgt. Kirk Smith and Spc. Jesse Vasquez, both welders in their civilian jobs, built an outdoor grill and meat smoker out of an old air-compressor tank and vehicle scrap metal. Staff Sgt. Roy Bowers and the Mayor Cell’s staff built a horseshoe pit, planted blossoming wild flowers around the



Iraqi Army officers dine with Soldiers from the Texas Army National Guard, 2nd Battalion, 142nd Infantry Regiment during a Texas style barbecue at Al Anbar, Iraq, March 29.

entry, and cooked the food. Decorations, ball-caps, and raffle items were provided by the Texas Rangers baseball club.

Normally, a sand storm would cause an outdoor event to be cancelled. Not in Iraq. The Iraqis are of course accus-

tomed to sand storms – so too are the predominantly west Texas Soldiers of Task Force Avalanche.

Twenty-two Iraqi Army officers attended the event including Col. Muhammad, commanding officer of the 7th Motorized Transportation Regi-

ment and Col. Tata, commanding officer of the 7th Logistical Command who both, through their interpreters, said they enjoyed the food and hospitality.

Lt. Col. Mark Burkett, commanding officer of the 2nd Bn., 142nd Inf. Regt., whose battalion shares the highways with the Iraqi Army, said to his guest “you all are our neighbors and asking you to join us today is the neighborly thing to do.”

Avalanche’s company commanders and Soldiers enjoyed the opportunity to mingle and take pictures with the Iraqi Army Officers.

Capt. Johnny Guerrero – Alpha Company, 2nd Bn., 142nd Inf. Regt., company commander, remarked on the positive changes he has observed within the Iraqi Army. “I have been impressed with their increased tactical proficiency compared to the last time I was here,” he said.

The relationship between American and Iraqi Soldiers has dramatically changed since the first years of the war. The U.S. and Iraq forces show partnerships in routing the residual insurgency from Iraq.

Sustainers welcome 63rd RRC to TEAM

BY SPC. MICHAEL BEHLIN
Expeditionary Times Staff

JOINT BASE BALAD, Iraq – The 3^d Sustainment Command (Expeditionary) welcomed 98 Soldiers from the 63rd Regional Readiness Command to their ranks here, March 20.



The 63rd RRC, a reserve command based out of Los Alamitos, Calif., provides: combat service support to other Army units dur-

ing deployments; supports troop projection by filling in for deploying active troops; provides port, rail and other transportation support; and acts as the training base during full mobilization.

The 63rd RRC personnel arrived at JBB as replacements for the departing 70th RRC, based out of Fort Lawton, Wash.

“Just as the 70th RRC has been critical to the 3^d ESC’s ability to synchronize and provide sustainment to MNC-I Forces, so will the 304th Sust. Bde. personnel,” said Col. Jarrold M. Reeves, 3^d ESC deputy command officer and an Atlanta native. “The in-

coming staff augmentees are key to our ability to execute our sustainment mission and plan and execute strategic reposturing in the future.”

The Soldiers were welcomed at the JBB passenger terminal by key leadership from the 3^d ESC to help ease the transition to their new surroundings.

“It is with great pleasure that we welcome our new teammates to the 3^d ESC and I am looking forward to working with everyone as we continue to plan, coordinate, and supply the logistics to this theater of operation,” said 1st Sgt. Jeffery W. Burnsworth, Headquarters and Headquarters Company, 3^d ESC,

first sergeant. “I have the utmost faith that the transition between the 70th RRC and the 63rd RRC will be seamless and logistics will continue to flow to the war fighter without a hitch.”

Though new to JBB, the 63rd RRC members are eager to get started with their respective jobs.

“Overall, I’m just happy to be here and I’m looking forward to this being a very good experience for me,” said Spc. Markus Hanni, a Portland, Ore., native and 63rd RRC human resource information system management specialist. “From what I’ve seen thus far, I like it here.”

On the Web






16TH SUSTAINMENT BRIGADE

16th Sustainment Brigade “Knights” at COB Q-West
<http://www.16sustainment.army.mil/>

3^d ESC chaplains renew at Jacob's well

BY SGT. CRYSTAL G. REIDY
Expeditionary Times Staff

JOINT BASE BALAD, Iraq – Chaplains from the 3^d Sustainment Command (Expeditionary) gathered together for Jacob's Well, an event for fellowship, training and spiritual fitness, here

March 24 - 25.

The spiritual retreat was attended by eight chaplains and chaplain assistants from three bases located around Iraq. Jacob's Well was an opportunity for unit ministry teams in the 3^d ESC to leave the stressful environment in which they work and engage in spiritual fitness, said Cpt. Joshua K. Ingertson, a chaplain for the 3^d ESC.

The purpose of the retreat was to provide training, devotion and facili-

ties discussion between senior chaplains and junior chaplains, Ingertson said.

The name Jacob's Well stems from a story in the Bible, Ingertson said. In the gospel of John, Jesus meets a Samaritan woman at Jacob's Well. He asks her for some water and the conversation turned to Jesus offering her living water that can renew her spiritually.

"That was the idea here, chaplains can come here to Jacob's Well for renewal of the living water," Ingertson said.

The chaplains are in different locations around Iraq, which keeps them from coming together for fellowship, said Chaplain (Cpt.) Kehms Lands, the chaplain with the 553rd Combat Sustainment Support Battalion. He said training while being deployed is important because it allows the chaplains the opportunity to share their ex-

periences with each other.

Chaplain (Cpt.) Daris Rice, the chaplain with the 55th Medical Company Combat Stress Control team, said he has enjoyed "getting to know the other chaplains in theater and hearing of the exciting things they are doing in their ministry."

The two-day event included two main blocks of training: compassion fatigue and traumatic event management. Traumatic event management training included conducting debriefings amongst Soldiers involved in critical traumatic incidents in a combat setting.

"It's important to have these classes because a lot of chaplains didn't get this training before arriving (in-country)," Ingertson said. "These classes are now offered in officer basic course, but for some it is new information."

Lands, who is from Fremont, Calif, said the training was less formal

than other types of training he has received.

"Here we could comment and share with the teachers," Lands said. "We could share our experiences and vice versa."

Rice, a native of Tuscaloosa, Ala., taught the class on compassion fatigue because he said chaplains have a high rate of the effects of emotional exhaustion. He said chaplains need to recognize compassion fatigue in its early stages.

"Chaplains are known for taking care of Soldiers but not taking care of themselves," Rice said. "They need to take time off to renew their mind, body and spirit."

Lands, who has been in theater for a year, said Rice did an excellent job presenting the class on compassion fatigue. He said he is ready to go back to his unit, refreshed, renewed and ready to serve again.

'Bravo' maintenance supports combat operations

BY SPC. CHELSEA MACK
*UPAR, Co. B, 181 BSB,
287th Sust. Bde.*

CONTINGENCY OPERATING BASE ADDER, Iraq – Bravo company, 181st Brigade Support Battalion, maintenance section Soldiers work hard to maintain their company vehicles. With more than 40 mission capable vehicles, they work with operators

to perform annual services and everyday maintenance, while working long hours to ensure their equipment is mission capable.

The Seattle, Wash., based Co. B transformed from an infantry support company to supporting logistics operations

by providing convoy support missions in Iraq. With constant missions and overdue services, the mechanics of Co. B has managed to substantially raise the level of vehicle readiness.

"Bravo company equipment averages a 90 percent readiness rating," said Chief Warrant Officer 3 Joey Litton, one of the unit's maintenance officers. He said the maintenance section can't take all of the credit for making Bravo company a success. Most of the Soldiers in the company have a strong maintenance background and assist whenever possible.

"One of our biggest strengths is that we have many mechanics in our company. We do a really great job of maintaining our equipment," said Sgt. Levi Bailey, a battle noncommissioned officer for Headquarters platoon.

"Being in the National Guard has re-

ally been an asset," said Sgt. 1st Class Joseph Bixler, the motor pool sergeant for the Co. B maintenance section. "Our Soldiers come from different MOSs (military occupational specialties) and civilian jobs that cross-over and give them a lot of extra knowledge and expertise. It has been crucial to making our section's mission successful."

Maintaining daily maintenance is a tough task, especially for Co. B's four mission capable convoy escort teams.

"We're keeping busy. We work 12-hour shifts," said Bixler. "CETS are always rolling out. When one CET rolls in from mission we try to correct all the faults on their 5988-E's [a Department of the Army maintenance and inspection worksheet] just as another CET rolls out on mission."

"Performing proper annual services on

all of our equipment has been one of our primary goals," said Chief Warrant Officer 3 Michael Davisson, a maintenance officer and a platoon leader for Co. B.

Bravo Company's mission is far from complete.

With many months of missions to come, the mechanics are committed to quality maintenance. They are constantly improving their techniques and keeping every vehicle as road worthy as possible, said Staff Sgt. Thomas Repass, shop foreman for Co. B maintenance.

"Our goal, as mechanics, is to keep our Soldiers safe when they roll out on mission," said Repass. "When we relinquish our vehicles to the unit that will be replacing us, we will know that the equipment is in the best possible condition," he said. "We want the Soldiers of our company to be proud of the work we have done."



The PROBLEM with Horseplay

SOMETIMES HORSEPLAY AND PRACTICAL JOSES ARE FUNNY.

A LITTLE HUMOR EVERY NOW AND THEN BREAKS UP THE MONOTONY.

BUT PLAYING PRACTICAL JOSES WITH POL CAN GET YOU INTO HOT WATER.

LET'S SAY, FOR EXAMPLE, THAT AFTER YOU'VE FINISHED SOME HYDRAULIC FLIP FROM A COMPONENT INTO A WATER BOTTLE WITH NO LABEL, YOU PUT IT NEXT TO ANOTHER SOLDIER'S WATER BOTTLE TO PLAY A TRICK.

WHAT DO YOU THINK WILL HAPPEN?

WELL, IN ONE CASE, A SOLDIER DIDN'T KNOW WHAT HIS SUPPLIES WERE UP TO.

HE PICKED UP WHAT HE THOUGHT WAS HIS RED DRINK AND BEFORE THEY COULD STOP HIM, IN AN INSTANT, HE TURNED UP THE BOTTLE TO HIS MOUTH AND TOOK A GULP.

THAT'S A SCARY SITUATION.

THE SOLDIER WAS RUSHED TO THE HOSPITAL, EXAMINED AND TREATED.

LUCKILY, HE DIDN'T SWALLOW ENOUGH TO INFLECT ANY HARM.

Safety Topic of the Week

Courtesy of PS Magazine. For service members using Army equipment needing more information for on-going equipment issues and challenges, visit PS Magazine online: <https://www.logsa.army.mil/psmag/psonline.cfm>

NEEDLESS TO SAY, HIS FRIGHTENED SUPPLIES MUST'VE THOUGHT THEY WERE IN A HORROR FILM AS THEIR SERGEANT READ THEM THE RIOT ACT ON MISHANDLING POL.

FLAMMABLE

DON'T PLAY AROUND WITH POL. IT'S NO JOKE!

HANDLE IT RIGHT AND YOU WON'T GET THE FRIGHT OF YOUR LIFE.

Hotel Company, 1-161 Infantry Soldiers' maiden voyage to Scania

Editors Note: *This article is part of a larger "Then and Now" series.*

BY CAPT. MIKE VINCENT
UPAR, 1st Bn., 161 Inf. Regt.,
304 Sust. Bde.

CONVOY SUPPORT CENTER SCANIA

— "You see the lights up ahead? That's Scania," said Sgt. 1st Class Elwin Farnsworth to an obviously impatient and haggard crew. The long seven-hour drive to Scania was wearing on the Soldiers as they pulled into the gate in time to see the sun rise over the familiar T-walls that surround this fortified "truck stop".

Farnsworth, the Hotel Company, 1st Battalion, 161st Infantry Regiment, convoy commander known as Hustler 21 is no stranger to the war in Iraq. A veteran of Operation Iraqi Freedom II, he has seen his share of combat and has seen the evolution of this conflict for the better.

"Back in 2004, the Iraqis seemed to be totally dependent on U.S. and Coalition forces, and the insurgency was out to kill the American Soldiers. Now, you see more electricity and sewer improvements, the Iraqi Police and Iraqi

Army seemed to be better equipped and the whole infrastructure has improved," said Farnsworth. "Iraq has so much potential. Iraq has all of the natural resources, the historical sites, warm weather and overall good natured people. I just hope they can get it together. It's the improvements in the quality of life for the Iraqi people I see that makes me feel better and reassures me that all of our sacrifice is worth it. It makes me proud to be here."

Many of the Co. H Soldiers hadn't been to Scania before and had little idea what to expect. This 24-hour operation in the middle of the Iraq desert is bustling with military and contractor trucks as far as the eye could see and would boggle the mind of even the most experienced logistician. Once vehicles were parked, the crews headed for the temporary overnight tents for a daylight slumber and recovery for the trip home.

As dusk approached, the familiar sound of engines and pungent diesel exhaust filled the evening air. The convoy security vehicles took their places in the order of march and the waiting began.

The lead scout, Sgt. Brodie Moberly

and his crew moved to the head of the column and waited for the order to depart. Moberly, a veteran of Afghanistan and two previous tours in Iraq volunteered for this tour. "I saw the flier in the armory back in Montana where I'm from and my buddies and I put together a squad to join the 1-161."

Moberly had just come off active duty and wanted to try civilian life for a change. But after a couple of years, he decided to return to active duty and deploy with the task force.

"I always wanted to be a Soldier ever since I was a little kid and I couldn't imagine doing anything else with my life," Moberly said. Upon his arrival in Iraq, he volunteered to be the lead scout for his platoon where he said he could have the most impact on the success of the platoon mission.

The convoy moved out just after sunset on the long road back to Baghdad. Minutes later, a contract driver started waving his hand and giving the thumbs down to signal that something was wrong. The tanker truck broke down and needed a recovery vehicle for the truck and its tank trailer. Within minutes, three convoy security vehicles arrived at the scene and took up

positions to protect the KBR recovery efforts. Not more than 25 minutes had elapsed when the convoy started pushing forward again. The training on recovery battle drills paid off.

Earlier that evening, Moberly talked about what made him favor the military over civilian life.

"In civilian life, there is nothing more to life than to serve your own needs," Moberly said. "But life here is different. It gives me a sense of something higher than myself (and) of being a part of something greater. Whether it's defending my country or giving the Iraqis a better life, I can say I had a hand in that and that is what makes me proud, knowing I can look in the mirror and say to myself I made a difference in the world."

Farnsworth, who postponed retirement to deploy, plans on returning to his construction business in Tacoma, Wash., and enjoying life with his wife and four sons. Farnsworth doesn't plan on deploying again, but knows he can't let his fellow Soldiers down if the call comes again. Moberly said he plans to return to his guard unit in Billings, Mont., and join them for their year-long deployment to Afghanistan.

Defense Department kicks off Sexual Assault Awareness Month with campaign, web Site

BY SGT. 1ST CLASS
MICHAEL J. CARDEN

WASHINGTON (American Forces Press Service, April 3) -- As part of a nationwide observance this month to raise awareness about one of the country's most under-reported crimes, the Defense Department launched a new Web site and campaign today that gives its military members fresh initiatives and new teaching methods to prevent sexual assault, the department's top prevention expert said.

"Sexual Assault Awareness Month is just our opportunity to heighten awareness and to make people aware of the programs in place to take care of them," Dr. Kaye Whitley, director of the Defense Department's Sexual Assault Prevention and Response Office, said in an interview with the Pentagon Channel here. "[The observance] gives us a chance to reaffirm

[the department's] commitment."

The Web site and social marketing campaign focus heavily on bystander interventions, encouraging military members to "take care of their buddies." The department wants every man and woman in uniform to take an active role in and be responsible for preventing sexual assault, Whitley said.

Much like the "Friends don't let friends drive drunk" slogan of the Mothers Against Drunk Driving nonprofit group, bystander intervention means anyone has the ability to stop sexual assault before it happens, she said.

"[Bystander intervention] is calling on everyone to look out after each other and intervene in situations before a sexual assault occurs," Whitley said. "This is a concept we're familiar with because we look out for our battle buddies; we look out for our wingmen.

"If you're out with your friends and

partying, don't leave your friends alone. And if someone has had too much to drink, make sure they get home safely. Everyone has a duty to prevent sexual assault."

The campaign's slogan is "Our strength is for defending," Whitley said, and beginning this month and from now on, the department will emphasize bystander intervention as an important aspect for prevention.

Department officials "want every soldier, sailor, airmen and Marine to know that it is their responsibility to intervene and prevent sexual assault from occurring," she said.

Throughout the month, a number of military installations around the globe are expected to host guest lecturers as well as hold education seminars, classes and various other events, Whitley said. The awareness month campaign will provide military members and their

leadership helpful tools to educate each other to enhance knowledge and awareness. Schedules of events and activities throughout the year as well as training tools and materials can be found on the new Web site.

"Commanders and leaders worldwide ... we want everyone involved," she said. "This new campaign calls upon everyone at every level of military society to prevent sexual assault.

"The goal of the department is to get people to come forward and report. We want to give you the care and the support you need. We want to decrease the stigma ... we want people to know that services are available to them around the clock."

*THE NEW DEPARTMENT OF DEFENSE WEBSITE LINK IS
[HTTP://WWW.MYDUTY.MIL/](http://www.myduty.mil/)*

Do you have a story idea?
Contact the Expeditionary Times
expeditionarytimes@iraq.centcom.mil

Eight Airmen assist and advise 11 fuel farms in Iraq

STORY AND PHOTO BY
SPC. AMANDA TUCKER
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – The 3^d Sustainment Command (Expeditionary)'s Air Force Petroleum, Oil and Lubricants Detachment here provides assistance and advice to the Army's command and conducts staff assistance visits to support operations at fuel sites across Iraq.

The POL detachment provides their expertise to ensure workers at fuel sites are conducting operations to the Defense Energy Support Center and Department of Defense and Army regulations accountability, maintenance and safety standards.

Air Force Master Sgt. Keith Acres, a POL detachment teamleader, and native of Lexington Park, Md., said the POL detachment is often seen as inspectors, but we are actually just there to provide assistance.

The Air Force POL detachment has eight Airmen to accomplish its mission. They send out small teams to visit 11 fuel farms, which consist of



The Air Force Petroleum, Oil and Lubricants Detachment here provides assistance and advice to the Army 3^d Sustainment Command (Expeditionary) and conducts staff assistance visits to support operations at fuel sites across Iraq.

bags containing between 50,000 and 210,000 gallons of fuel.

Arriving at each site, the Airmen provide an in-brief and agenda for their visits to inform the workers on what they will be doing at the base. They then proceed to the fuel farm to analyze the bases fuel operations.

First, they check the physical layout of the bag farm, confirming the bags are being well maintained and the fuel is being properly accounted for. The Airmen look at records as far back

as two years. Fuel fraud was stopped and the thieves apprehended because of these records. These records also bring attention to possible leaks or spills of fuel.

"For the amount of fuel that goes through here, operations not only would grind to a halt but have ground to a halt when fuel (operations) aren't done correctly," said Maj. William W. Wenzel, of Austin, Texas, and the commander of the POL detachment.

The POL detachment also looks at

the safety aspect of these farms. They check to make sure workers are wearing proper personal protective equipment such as eye protection, gloves and hearing protection. They also make sure the surroundings are safe by ensuring there is no equipment causing sparks or smoking areas nearby.

The Airmen also look to see what precautions are set in place for any mishaps. They check material safety data sheets to ensure there is information of every product used at the sites. They look at spill plans and spill kits, as well as inspect eye wash and shower stations. Spill plans are plans of action in the event of a spill of hazardous material.

According to Wenzel, one of the more impressive facts about this detachment is a majority of them have never worked together before this deployment. The Air Force service members are working together to support an Army command while overseeing DOD capitalized fuel.

"I think our greatest achievement is being able to pick up the challenge of going into these sites and giving them a very thorough examination without having done it before," Wenzel said. "That's a testament to the expertise of the enlisted force on this team."

Citizenship while serving in support of the War on Terrorism

BY 1ST LT. LINNEA DAVIS
UPAR, 398th CSSB, 10th Sust. Bde.

CAMP LIBERTY, Iraq - Pfc. Elmer Alfonso Alvarado Salinas, of Takoma Park, Md., was one of 251 Soldiers representing 65 countries, sworn-in as American citizens at Al Faw Palace in Baghdad, March

3. Alvarado, a supply specialist and native of San Miguel, El Salvador

came to the U.S. in 1992 with his parents and three siblings.

"My dad had always showed me that working hard will get you somewhere in life and even though he has passed, I always have everything he ... showed me," he said attributing his values to his father.

Qualifying under Executive Order 13269, an expedited Naturalization for aliens and noncitizen nationals serving in an active duty status during the War on Terrorism, Alvarado took advantage of this opportunity to become a U.S. citizen and said one day,

to work for the U.S. Border patrol.

"I want to work with the border patrol office to help secure this great nation and ensure that the same opportunities are afforded to others who chooses this path to citizenship."

As a Soldier, becoming a citizen involves showing good moral character within the principles of the Constitution, and favoring the good order and happiness of the United States.

Overall, he said, "I have learned that life gets hard and to have faith in God, that He is the only one that can help me in everything."

**Stressed?
Relax and
go see a
movie.**



**See page 21 for
movie schedule**

On the Web

**3D SUSTAINMENT COMMAND
(EXPEDITIONARY)**

http://www.army.mil/3rdesc

Unsung Heroes keep 'Highlanders' moving

BY SGT. DAVID ISAACS
UPAR, 1st Bn., 161st Inf. Regt.,
304th Sust. Bde.

JOINT BASE BALAD, Iraq -- There's an Army standard, then there's the Highlander standard. For the mechanics of the 1st Battalion, 161st Infantry Regiment, an Army National Guard unit from Spokane, Wash., keeping vehicles on roads for their respective companies is their only purpose and they fulfill it with near perfection.

These unsung heroes boast an operational readiness rate of 97 percent.

"The Army standard is 90 percent, but we try to go beyond that," said Capt. Jay O. Simon, a native of Kennewick, Wash., and the 1st Bn., 161st Inf. Regt., battalion maintenance officer. Since taking over the convoy security mission in November, the 1st Bn., 161st Inf. Regt. has driven more than 600,000 miles.

The mechanics and maintenance teams typically work on tanks, Bradley fighting vehicles and humvees. The Mine-Resistant Ambush-Protected vehi-

cles and Armored Security Vehicles are new to them and they weren't able to get much hands-on time with them until arriving in Iraq.

"The high (operational readiness) rate is because of a good maintenance program," said Chief Warrant Officer 4 Mark S. Morrow, a native of Spokane, Wash., and the 1st Bn., 161st Inf. Regt., battalion maintenance technician.

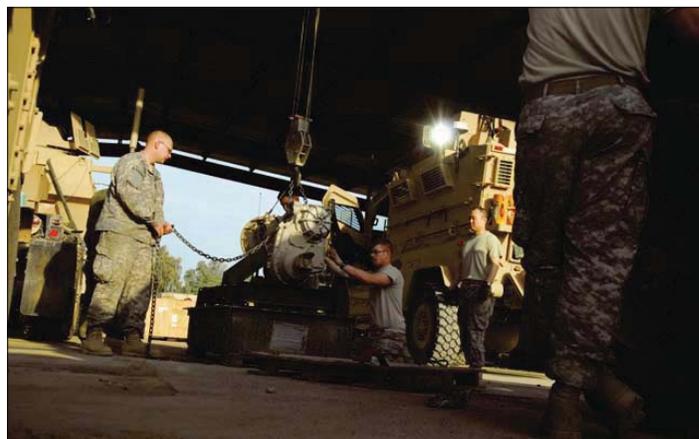
Part of the current program is quality assurance. While time consuming on the front end, it saves time and prevents bigger problems from surfacing.

"It takes time, but in a week we find fifty non-mission capable faults that are repaired on the spot, and that saves many of hours in repairs and even more time away from the line," Morrow said.

"Finding these faults prevents greater damage and bigger repairs. If a half-shaft bolt breaks, the brakes can become useless; If a generator bolt snaps, we lose a \$3,000 generator. But most importantly it prevents the breakdown on the road."

But Morrow was quick to point out it isn't the program that keeps the Highlanders moving.

"These guys are working ten to twelve hours a day so the troops can stay safe and not break down," said Sgt. Clark En-



Mechanics from Bravo Company, 1st Battalion, 161st Infantry Regiment, load a medium tactical vehicle transmission into a crate before shipping to be rebuilt.

nen, a native of Spokane, Wash. and a mechanic assigned to Bravo Company, 1st Bn., 161st Inf. Regt. He adds they receive positive feedback of their work from the platoons.

"The companies do all the work," Morrow said. "The Soldiers whose coveralls and hands are permanently stained with dirt and grease are the ones who truly

deserve credit." Overcoming the challenges didn't surprise Sgt. 1st Class Shawn Selfridge, a native of Yakima, Wash., and the Co. D, 1st Bn., 161st Inf. Regt., maintenance noncommissioned officer. "I have a lot of smart, mechanically-inclined guys. We just had to get under the trucks and learn them."

Change of Command brings reflection and challenge

BY MAJ. JOHN STRAHAN
555th Engineer Brigade

FORWARD OPERATING BASE WARHORSE, Iraq -- Soldiers of the 63rd Engineer Company (Combat Support Equipment) bid farewell to their Company Commander, Maj. James E. Curlee and welcomed Capt. James E. Flott, during a change of command ceremony here, March 27.

A change of command recognizes an outgoing commander and transfers his responsibilities to another leader in a formal ceremony.

Curlee, a Richmond, Va., native said the biggest challenge was deployment preparation and credits his Soldiers for the success of the company.

"This involved fielding new equip-

ment and training, while maintaining a high operational tempo," he said. "After receiving orders to deploy we transformed from where we were, to what we are today. We are performing outstanding missions in both the Diyala and Salah Ah-Din provinces."

"It has been an honor being your commander, and I thank you for your trust and confidence," Curlee said to his troops on his departure after nearly two years.

Flott, a resident of Mobile, Ala., is ready to step up to the challenges of his new assignment, which will be his first command.

Maintaining the unit's warrior edge will be the biggest challenge, and he looks forward to interacting with the Soldiers, said Flott.

He said he will "turn a few wrenches," and conduct missions: "Whether route clearing, construction or crater repair, I will not send my Soldiers to do something that I would not do my-

self."

Lt. Col. Joel Cross, battalion commander, 5th Engineer Battalion, said to the Soldiers of the Six Trey, they "truly demonstrate the Warrior Ethos."

The 63rd Eng. Co. (CSE), from Ft. Benning, Ga., is attached to the 5th Eng. Bn., during this deployment.

Maj. James E. Curlee passes the 63rd Combat Engineer Company guidon to 1st Sgt. Victor R. Goldner, marking the end of his command during a change of command ceremony at Forward Operating Base Warhorse, Iraq, March 27.



U.S. Army photo by Spc. Madeline Smith

On the Web

Task Force Muleskinner

10th Sustainment Brigade

10th Sustainment Brigade, Camp Taji <http://www.taskforcemuleskinner.army.mil/mm.asp>

Q-West Soldiers take first step to become warrant officers

STORY AND PHOTO BY
SGT. KEITH M. ANDERSON
16th Sustainment Brigade,
Public Affairs

CONTINGENCY OPERATING BASE Q-WEST, Iraq – Several Soldiers took their first steps to becoming warrant officers during a warrant officer recruitment seminar here, March 21.



Warrant officers from nearly every technical field met with several hopeful candidates to discuss the eligibility criteria and vocational benefits during a two-hour seminar in the Knight's Feasting Hall dining facility.

"We held the warrant officer recruiting seminar because warrant officers have a responsibility to uphold the traditions of the warrant officer corps, which leads to a stronger Army," said Chief Warrant Officer 4 Brent Ray, a Eagar, Ariz., native and support operations maintenance officer in charge, 16th Sustainment Brigade. "In order



Chief Warrant Officer 3 Jeffrey White, a Durbin, W.Va., native and electronic maintenance warrant officer, 16th Sustainment Brigade, discusses the criteria for becoming a warrant officer with Staff Sgt. Amencio Almanza (second from left), night battle non-commissioned officer, 16th Special Troops Battalion, 16th Sust. Bde., and other hopefuls, during a warrant officer recruitment symposium at the Knight's Feasting Hall dining facility at Contingency Operating Base Q-West, Iraq, March 21.

to accomplish this mission we must seek out those individuals that want to

make a difference in today's Army. In doing this we not only strengthen the

Army, but also the individual." The warrant officer field is small, comprising of less than two percent of the Army, said Ray. He explained that warrant officers are considered technical experts in their fields, and do not usually perform command functions like regular officers. Not all occupational specialties in the Army have warrant officer positions available.

Staff Sgt. Amencio Almanza, an Edinburg, Texas native and night battle non commissioned officer, 16th Special Troops Battalion, 16th Sust. Bde., attended the seminar because he has an interest in becoming a food service technician- a warrant officer position in his field.

"I think it's a great opportunity," Almanza said. "It offers different goals and challenges."

Almanza, who has more than 14-years of active duty service and on his second deployment, said the military is continuously changing.

"The military is evolving, therefore as Soldiers we need to evolve with it," Almanza said. "If you don't evolve you're going to be left behind."

Eagles' pay for the troops

BY SGT. CRAIG M. BIANCO
UPAR, D Det., 101st FM Co.,
10th Sust. Bde.

CAMP LIBERTY, Iraq -- Delta Detachment, 101st Financial Management Company, 10th Sustainment Brigade Troops Battalion, 10th Sustainment Brigade, from the 101st Airborne Division (Air Assault) of



Fort Campbell, Ky., has led the way providing financial support in the Baghdad area; specifically to Forward Operating Bases Victory and Liberty.

The unit's primary mission is assisting service members with any type of pay issues. The Soldiers execute their mission with accuracy and professionalism while handling any finance inputs and documentation.

The disbursing section is managed by four Soldiers, all trained on various systems such as cashiering and handling large amounts of currency.

The customer service section is responsible for conducting all re-deployment briefings for units. These briefs are instrumental for Soldiers returning home and to understand crucial information pertaining to their pay.

The 4th Infantry Division and the 208th FM Co. recognized the efforts and hard work demonstrated by the Liberty finance office personnel, and awarded several Soldiers with the Army Achievement Medal.

The customer service section played a



U.S. Army photo by Capt. Tawofik Ghazal
Soldiers from the customer service section, Delta Detachment, 101st Financial Management Company, 10th Sustainment Brigade Troops Battalion, 10th Sustainment Brigade provide financial support to troops at Camp Liberty, Iraq.

key role in the outstanding achievement.

Spc. Charles Richardson, a native of Montgomery, Ala., was recognized for creating an in-depth step-by-step presentation on how to correctly fill out the DD 1351-2 travel voucher form.

Other successes of the LFO personnel were training and assisting other finance detachments: the 208th Financial Management Company, 10th SBTB, 10th Sust. Bde., to ensure success.

Delta Det., 101st FM Co. has been deployed for eleven out of their fifteen-month tour and achieved a military pay accuracy rating of 99.33 percent or higher each month. This rating exceeds the Defense Finance and Accounting Service standard of 98 percent. To achieve such ratings, Soldiers had to conduct research and input documents into Soldiers' pay, while applying specific rules for each transaction.

Celebrating
"Month of the Military Child"
Everyday Heroes!

Check out the <http://www.armymwr.com/portal/family/childandyou/momc.asp> or <http://www.militarychild.org/> to find latest events, activities happening on military installations, the pentagon, National Guard and Reserves Families.

NCO publishes poetry book “From Within” while deployed

STORY AND PHOTO BY
SGT. KEITH M. ANDERSON
16th Sustainment Brigade
Public Affairs

CONTINGENCY OPERATING BASE Q-West, Iraq – Sgt. JoAnna Menzie Davis, a noncommissioned officer in charge of awards, 16th Sustainment Brigade, set some personal goals during her deployment here – one of which included publishing a book of poetry.

She accomplished her goal when the first shipment of twenty copies of her published book arrived here March 19.

“I was astounded,” Davis said. “I knew that all my hard work and dedication had paid off. I was elated. And I knew I could not stop there.”

Davis said the poems in her book, written under the pen name Jodi, aren’t directly from her experiences but are triggered by events in her life.

“They’re poems from living, seeing, knowing and understanding,” Davis said. “I can’t say they’re particularly from my life.”

Davis, with the help of Spc. Erin Smith, a graphics artist with the 16th Sust. Bde. public affairs office, published the 49-page glossy book through a self-publishing service called Lulu.

According to Lulu, the book is about

growing up.

“From Within’ comes from the challenges and obstacles we all face as we grow from a young adolescent into an adult,” reads the description of the book on the website www.lulu.com. “Life is filled with so many twists and turns that to understand and capture as many as possible [sic]. Here is a tribute to all who have been in these shoes!”

The multifaceted noncommissioned officer overcame many obstacles in her life. She said her mother left her and her siblings when they were young.

“I was told she left when I was around one-and-a-half,” Davis said. “I don’t remember much about those years – phone calls, a visit or two, but I don’t hold it against her. I don’t think I’d be who I am today if she’d stayed.”

Davis, raised by her father, James C. Menzie Sr., followed in his footsteps from attending the same school as her father, Southern Normal School, Brewton, Ala., and participating in various sports while growing up.

Throughout her school years, Davis played basketball, volleyball, tennis, ran track, and even debated.

Upon graduation, the driven NCO attended Wayne Community College and the University of Detroit-Mercy where she obtained a bachelor degree in developmental psychology. In college, she continued playing sports where she starred as a wide receiver, corner back, tight end and line backer



Sgt. JoAnna Menzie Davis, noncommissioned officer in charge of awards, 16th Sustainment Brigade, holds up a copy of her poetry book, “From Within,” that she published while at Contingency Operating Base Q-West, Iraq. She received the first 20 copies of the glossy, 49-page chapbook March 20. Davis, a native of Lake Wales, Fla., said the poems in her book, written under the pen name Jodi, aren’t directly from her experiences, but are triggered by events in her life.

for the Detroit Demolition, a womens professional football team in the National Women’s Football Association.

Later, her new career allowed her to work with developmentally disabled children, teaching at a public school, and working in adult foster care until she enlisted in the Army in August 2006.

“Situations told me it was time for a change,” Davis said. “If I hadn’t joined

the Army, I wouldn’t have been able to finish my book, pay (off) my car (note) early, or have the opportunity to meet my husband, Marcus Davis, whom I married after we deployed together.”

Although Davis said she misses her three children, she is making the most of this deployment. Davis hopes to release a second book of poetry this year and finish her studies to obtain her master’s degree.

Sustainer motivated by health and fitness

BY LT. COL. RENEE ROUSE
304TH SUST. BDE.
PUBLIC AFFAIRS OFFICER

JOINT BASE BALAD, Iraq -- Spc. Eric Mickelson, from Madison, Wis., of the 602nd Maintenance Company from Fort Hood, Texas, has been struggling with his weight and the Army physical fitness test since Jan. 2006.

Mickelson lost a total of 100 pounds since he first deployed in April 2008 and has gained more confidence after weighing 284 pounds and two failed APFTs. He passed his first APFT in September 2008 and weighed 184 pounds by March 2009.

“I started out motivating him and now he motivates me,” said Sgt. Cleveland Wright.

Wright, a resident of Savannah, Ga., and supply sergeant, became involved in helping Mickelson by spearheading a remedial APFT program to help meet

APFT and Army weight standards.

“My motivation began to change,” said Mickelson. His “outlook and motivation” about his weight and physical fitness began to change and became more positive.

“I learned to concentrate on myself,” Mickelson said.

Mickelson continues to participate in all 5K runs held at Joint Base Balad to help improve his run time.

Mickelson said the secret of his weight loss was following a high protein diet, taking multivitamins daily and walking everywhere on base. He also incorporated physical fitness in his daily schedule at least twice a day.

His advice to those who might be struggling with the same issues, “You got to check yourself and change your attitude first. Then, you got to want to do it and you can’t be forced to do it!”

With the help of his sister back home, Mickelson became a member of a 24-hour health club in Sun Prairie, Wis., and looks forward to continuing his physical fitness regime upon his re deployment.



U.S. Army photo by by Staff Sgt. Stephen Lee

Spc. Eric Mickelson, from Madison, Wis., with the 602nd Maintenance Company from Ft. Hood, Texas, lost 100 pounds and improved his Army physical fitness test score since arriving at Joint Base Balad, Iraq, in April 2008.

IRAQ TO AFGHANISTAN

Continued from Page 1

moving chapter for this battalion," Bush said.

According to current Department of Defense policy, the length of the 100th BSB's 12-month deployment will not be affected by the move; the unit is still expected to redeploy to the U.S. as scheduled next winter.

Beginning in December 2008, the unit of 86 Soldiers provided logistical support to Coalition forces in western and central Iraq as part of the 3d Sustainment Command (Expeditionary). The unit also worked closely with Iraqi Security Forces logistical units to increase their capabilities.

Now the 100th BSB is preparing to provide logistical support to forces in southern Afghanistan, marking the second occasion its colors have flown in a combat zone since its reactivation in 2006.

Command Sgt. Maj. Bryant D. Williams, the senior noncommissioned officer of the 100th BSB, said he too is excited for the move to Afghanistan.

"It's like anything – excited because we really get to

work, the Soldiers really get to see what they can do," Williams said. "And ultimately it makes the tour go by faster."

Williams, who has also deployed to the Middle East twice before, said the unit has kept busy by training for the new mission – training which included physical conditioning to prepare Soldiers for the environmental changes they will face in Afghanistan.

"Altitude is going to place some challenges on our Soldiers," Williams said.

After receiving warning about a mission change in early March, the 100th BSB began training on a number of other tasks that could prove useful to the mission in Afghanistan, including night vision goggle familiarization, Mine-Resistant Ambush-Protected vehicle training, combat lifesaver training and weapons familiarization.

When asked how the command has prepared Soldiers for a different combat environment, Williams re-

plied: "The first thing you have to do is tell them the truth ... (Joint Base Balad) is nowhere near what Afghanistan is going to be like."

Williams said he feels his unit is prepared for the new mission, with one allowance – the unknown. "You don't know what you don't know until you get there," he said.

"We've tried to give our Soldiers confidence in their training, their equipment and their ability," Williams said. "If they do what is right, then everything will be alright."

Bush said he also believes his unit is ready for the new mission. "They'll step up to this challenge," he said.

For now, the buildings here once occupied by the 100th BSB are empty – that is, except for the leftover furniture, power cables and a message scrawled across a whiteboard by a departed Soldier:

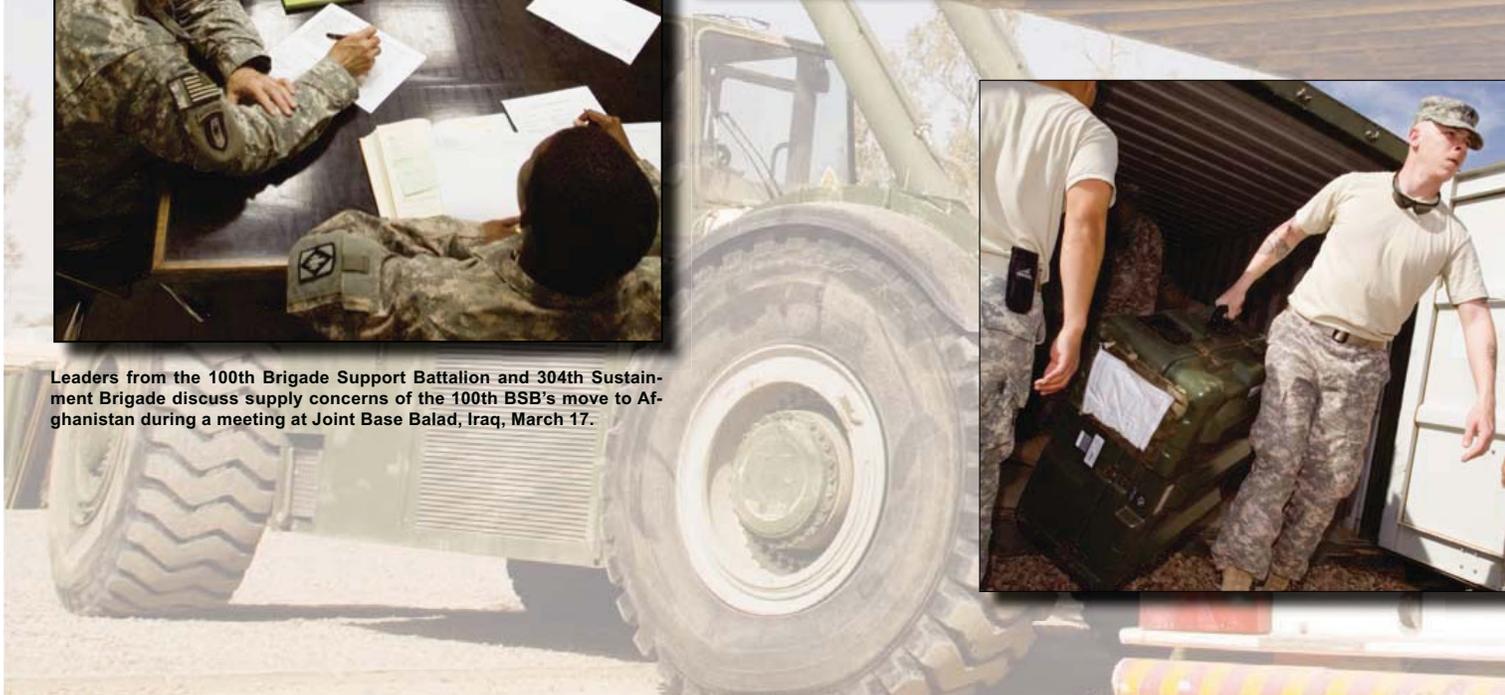
"From one fight to another ...100th BSB ... when we do it, we do it big!"



Leaders from the 100th Brigade Support Battalion and 304th Sustainment Brigade discuss supply concerns of the 100th BSB's move to Afghanistan during a meeting at Joint Base Balad, Iraq, March 17.



Staff Sgt. David Rodriguez, a resident of Lancaster, Penn., and a platoon sergeant with the 100th Brigade Support Battalion, demonstrates various methods to splint a fracture during a class given to other unit Soldiers at Joint Base Balad, Iraq, March 25.





Staff Sgt. Andrew I. Brown, a resident of Greenville, Miss., and a motor sergeant and Staff Sgt. Evens I. Leandre, a resident of Westbury, N.Y., and senior track mechanic, with the 100th Brigade Support Battalion, lower the hood of a Mine-Resistant Ambush-Protected vehicle during training at Joint Base Balad, Iraq, March 24. MRAP training was part of a larger train-up many 100th BSB Soldiers went through prior to repositioning to Afghanistan on March 28.



Brig. Gen. Michael J. Lally, the commanding general for the 3rd Sustainment Command (Expeditionary) talks with Soldiers of the 100th Brigade Support Battalion at the passenger terminal at Joint Base Balad, Iraq, March 28.



Three Soldiers with the 100th Brigade Support Battalion – Sgt. 1st Class Jay A. Winger, Chief Warrant Officer Robert C. Wing and Capt. Dean R. Ray – walk through the passenger terminal at Joint Base Balad, Iraq, March 21, as they prepare to leave as part of their unit's advance party to Afghanistan.



In a show of camaraderie, Soldiers of the 100th Brigade Support Battalion put their hands together after completing training on the Mine-Resistant Ambush-Protected vehicles at Joint Base Balad, Iraq, March 24.

Sgt. Anthony W. Muscato, a resident of Rochester, Wash., and an supply clerk and armorer with the 100th Brigade Support Battalion from Fort Sill, Okla., helps reorganize shipping containers at Joint Base Balad, Iraq, March 18. Packing shipping containers was just one step the unit took in preparation for its repositioning to Afghanistan on March 28.

West Point grads observe 'Founder's Day' at Q-West

STORY AND PHOTO BY
SGT. KEITH M. ANDERSON
16th Sustainment Brigade
Public Affairs

CONTINGENCY OPERATING BASE Q-WEST, Iraq — The 'Long Gray Line' from the U.S. Military Academy at West Point, N.Y., stretched to this logistics base in northern Iraq during an observance of 'Founder's Day' here March 15.



Maj. Gen. Robert L. Caslen Jr., commander, Task Force Lightning, Multi-National Division – North, said it was important to take a moment to remember the legacy, traditions and brotherhood of West Point.

Caslen, Class of '75, "Courage and Drive," and Commandant of Cadets from 2006 to 2008, was the guest speaker at the oldest graduate attending the event.

"It is truly an honor to take some time to celebrate the proud heritage we all share, the heritage of not only being Soldiers in the best Army in the world,



Maj. Gen. Robert L. Caslen Jr., commander, Task Force Lightning, Multi-National Division – North, wearing his West Point ring, addresses a crowd of U.S. Military Academy graduates during a Founder's Day observance at Contingency Operating Base Q-West, Iraq, March 15.

but also the heritage of the shared experience that is West Point, that which marks us members of the 'Long Gray Line,' defenders of freedom and democracy, the protectors of the innocent and weak," said Caslen to a group of West Point alumni and guests. "You are leaders, Soldiers, patriots, Americans."

West Point, the oldest of America's five service academies, was founded on March 16, 1802, after President Thomas Jefferson signed the document that established the academy. The history of the Founder's Day observance is more obscure, though often attributed to the period after the Civil War when West Point graduates from both sides met several times to re-kindle old friendships and to help rebuild and restore the nation.

The youngest West Point alumnus at the event, 1st Lt. John McGinn, civil affairs officer, 1st Battalion, 12th Cavalry Regiment, 3rd Heavy Brigade Combat Team, 1st Cavalry Division, and Class of '07, "Always Remember, Never Surrender," said the observance was special for him.

"It's kind of cool that everybody, even

in Iraq, (that we) can get together and recognize Founder's Day," said McGinn, from Commack, N.Y.

First Lt. Sarah Noyes, brigade adjutant, 16th Sustainment Brigade, who organized the event, said she felt that it is important to get together with other "old grads" and honor the traditions of West Point and catch up.

"It's even more meaningful in the deployed theater, seeing classmates and hearing about their deployments," said Noyes, Class of '06, "Never Falter, Never Quit." "For some of us, being deployed means missing formal reunions, so any chance to get together and reminisce is always memorable."

Caslen, the third highest-ranking general in the Iraqi theater of operations, told the academy graduates not to doubt themselves.

"You have what it takes, and do not for a moment doubt that you lack one bit of training or preparation necessary for success, for you are the steely-eyed, knuckle-dragging, flat-bellied, Oakley-wearing, door-busting, and when appropriate, compassionate and kind United States Soldier," Caslen said.

2009 JOINT BASE BALAD

Year of the NCO

Forum

Location: MWR East

Date: 20 April

Time: 1000-1230

Open to all Services NCO's

Guest Speaker:

MNC-I Command Sergeant Major

CSM Grippe

POC: SGM Miller, Anthony,
51st SB(E) at 483-2633
Anthony.b.miller@iraq.centcom.mil

Female Soldier pushes herself and others

BY SGT. 1ST CLASS
JENNY A. CANLAS
UPAR, 18th CSSB, 16th Sust. Bde.

CONTINGENCY OPERATING SITE MAREZ-EAST, Iraq — Spc. Patricia Mathis, 506th Quartermaster Company, 18th Combat Sustainment Support Battalion, 16th Sustainment Brigade, pushes her body past its limits to run in marathons and to compete in physically challenging events like the recent “Sustainer Challenger” at Joint Base Balad, March 18 to 19.

Mathis, a native of Philadelphia, Penn., was selected to represent her unit in the 3^d Sustainment Command (Expeditionary) “Sustainer Challenge” after winning the Marez-East Valentine’s Day 10-kilometer fun run here in the women’s bracket, Feb. 14.

“It was easy for me to select Specialist Mathis,” said 1st Sgt. Joseph T. Walden, first sergeant of the 506th Quartermaster Co. “I knew she would

out-perform the other participants.” Walden said Mathis is a natural Soldier.

“Mathis has always demonstrated exceptional versatility as a Soldier,” Walden said. “She has a natural talent. She is always focused on her mission and completes every task with little or no guidance, and loves doing physical events like running and competing.”

The “Sustainer Challenge” team consisted of one female and four male Soldiers. Mathis trained daily with the team to compete in the following events: a six mile road march, changing a humvee tire, M16 and M9 qualification ranges, disassembling and assembling an M2 .50-caliber machine gun and an M249 squad automatic weapon, 500-meter litter carry, Army physical fitness test (APFT) and Army combatives.

“Do not be terrified and do not be discouraged,” said Mathis. “Just have faith in yourself and you can accomplish anything you put your mind into.”

Mathis, who is on her first deployment, said physical fitness is impor-



U.S. Army photos by Spc. Robert Shedrick

Spc. Patricia Mathis, 506th Quartermaster Company, 18th Combat Sustainment Support Battalion, 16th Sustainment Brigade, does push-ups during the Army physical fitness test portion of the 3^d Expeditionary Sustainment Command’s “Sustainer Challenge” at Joint Base Balad, Iraq, March 18.

tant. “I would like to be able to pick up my battle buddies off the battlefield, and I would want them to do the same for me,” Mathis said.

Mathis, who admits to not being a

star athlete in other sports, said she plans to compete in all the upcoming marathons during her deployment.

“I love to run,” Mathis said. “I figured if I can’t play any other sport, I could run. That is my sport.”

Sustainers’ “Read Iraq” program continues to bring laughter and education to local Iraqi Schools

STORY AND PHOTO BY
SGT. HEATHER WRIGHT
287th Sust. Bde. Public Affairs

CONTINGENCY OPERATING BASE ADDER, Iraq – The 287th Sustainment Brigade Civil Military Operations team, along with Col. Robert Schmitt, commander of the 287th Sust. Bde., visited Al Soonobar School in Dhi Qar Province March 26.

The team read to the school children to foster good will and handed out school supplies.

Sgt. 1st Class Chris Baker, 287th Sust. Bde. postal supervisor, and Capt. Traci Earls, the 287th Sust. Bde. support operations plans officer in charge, were two team members who volunteered to read to the students of Al Soonobar.

Baker, a United States Postal Service letter carrier in Quincy, Mass., for 24 years, volunteered to help the Iraqi

children and is considering a change of careers when he returns to the States. “I’m inclined to go into teaching upon redeployment,” Baker said. “It seems like it would be a fulfilling career. I am in the process of finishing my BA (bachelor’s of arts degree) while deployed to allow me to pursue my teaching ambitions.”

With light shining through the small unframed window of the hardened mud and clay classroom, Baker read several stories to the 30-plus eight to ten-year-old children.

Knowing that kids enjoy and need physical activity, Baker took the children outside in the school’s small courtyard. Baker and Lt. Col. Clint Moyer, CMO chief showed the children how to play baseball and invited the children to practice swinging a bat. The children all enjoyed the activity, particularly when the ball flew into the teacher’s lounge.

Earls feels she made a difference by showing the importance of volunteering.

“Volunteering for the school mission

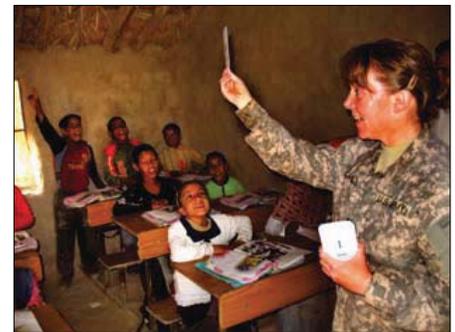
makes it personal,” Earls said. “You get to see the kids’ faces and interact with them. You get to put a face to Iraq. The kids see that we are good people and are here to help. This is the second time I have been to the school, and these two missions will be the highlight of my deployment.”

With the generosity of Earls Family and friends back home, the CMO team brought activity books and flashcards for the children. “They remembered me from last time which was pretty cool,” Earls said.

“They were eager to read to me and you could tell they were very proud of themselves.”

Like Earls, Baker had fun and felt the mission was rewarding.

“The ‘Read Iraq’ program is a well-conceived mission put forward by the



287th Sustainment Brigade Support Operations Plans Officer in Charge, Cpt. Traci Earls, plays a game of flashcards with students at Al Soonobar Elementary School in Dhi Qar Province, Iraq, March 26. Earls spent the afternoon with the children as part of the 287th Sust. Bde., initiative “Read Iraq” which brings Soldiers into classrooms to read to the children.

287th CMO,” Baker said. “Lt. Col Moyer and his co-workers display the commitment and energy to bring forth positive interaction with the Iraqi citizens and their precious youth.”




287th Sustainment Brigade, COB Adder
<http://www.287susdbde.com/>





U.S. Army photo by Spc. Brian A. Barbour

Service members and civilians line up for the start of the April 1st 5K fun run at Joint Base Balad, Iraq, April 1. Joint Base Balad hosts several runs annually for Service members and civilians.

Colorado Soldiers recognize their own

STORY AND PHOTO BY
1ST LT. ANGELA ROKEY
UPAR, 259th CSSB,
304th Sust. Bde.

JOINT BASE BALAD, Iraq – Members of the Denver, Colo., based 259th Combat Sustainment Support Battalion gathered outside their company headquarters to recognize eight Soldiers during a promotion and awards ceremony here on March 6.

Capt. Joshua Dalton, of Denver, Colo., the Headquarters and Headquarters Company, 259th CSSB commander awarded four Soldiers with certificates of achievement for exceptional Army physical fitness test scores and others for their outstanding performance.

Sgt. Daniel Slaughter and Spc. Sarah Hernandez, both natives of the Denver area, received awards for excellence in their driver's training skills and work conducted at the 259th CSSB consoli-

dated motor pool.

Master Sgt. John Bert, of Arvada, Colo., and Maj. James Ossey, of Northbrook, Ill., both recognized for scoring above 270 during the APFT with a badge. The APFT badge is given to Soldiers who receive a score of 270 or above on their APFT.

"It's a great day in the Army and our unit when we can get everyone out here and recognize the achievements of our fellow Soldiers," said Dalton.

Receiving the Army Achievement Medals are Master Sgt. Scott Berndt, of Castle Rock, Colo., for qualifying at Smith Range with a perfect 40 out of 40 rounds and Sgt. Darrell Smith, of Youngstown, Ohio for his outstanding work as the battalion mail clerk.

Dalton, with assistance from, 1st Sgt. J. Tesha Irvin, the HHC, 259th CSSB first sergeant, and Command Sgt. Maj. Michael Dobbs promoted two Soldiers, while recognizing their determination and dedication.

Pfc. Aaron Morton, of Denver, Colo., was promoted to the rank of Specialist



Members of the 259th Combat Sustainment Support Battalion recognized eight of their Soldiers during a promotion and awards ceremony at Joint Base Balad, Iraq, March 6.

and Sgt. Kelly Ford, of Aberdeen, S.D., was promoted to Staff Sgt.

tremely hard over the past seven months and I'm honored to see them advance in their military careers," said Dalton.

"These two Soldiers have worked ex-



Give a Shout Out!

Tell your family and friends how much you miss them.

Send a brief message to: expeditionarytimes@iraq.centcom.mil Subject line: "Shout Out"

Voodoo bids adieu as Pegasus wings to Joint Base Balad

STORY AND PHOTO BY
SPC. JODI KRAUSE

Task Force 34 Public Affairs

JOINT BASE BALAD, Iraq -- The transfer of authority ceremony, marking the departure of 1-244th Assault Helicopter Battalion (AHB) and the incoming of 1-137th AHB, took place in the west Morale, Welfare and Recreation (MWR) center here on March 30.

Welfare and Recreation (MWR) center here on March 30.

"Today marks a very special day for both of your commands. Soldiers of Task Force Voodoo, your superb professionalism across the battalion front, your long-enduring and high motivation over the last 12 plus months, along with your determination to flat out get the job done is very, very impressive," remarked Col. R. Clay Brock, Jr., Task Force 34 commander. "Soldiers of Task Force Pegasus, insurgent groups can, and will, target us if they have the means and opportunity. We must effectively work together to deny their course of action."

Outgoing 1-244th AHB Commander, Lt. Col. Patrick Bossetta, addressed the TOA audience following the casing



Outgoing 1-244th ASB Commander, Lt. Col Patrick Bossetta and Command Sgt. Maj. Myron Creecy case their colors at the transfer of authority ceremony from 1-244th Assault Helicopter Battalion (AHB) to 1-137th AHB at the west Morale Welfare and Recreation Center at Joint Base Balad, Iraq, March 30.

of the 1-244th AHB colors, signifying the departure of the unit.

"As I look at our own unit, Task Force Voodoo, out of the last 54 months, this unit has been deployed 37 of those months. We've completed two combat tours, and we were the lead force in the largest natural disaster this country has ever seen," Bossetta said. "And in that time, we have logged 42,000 hours, hundreds of thousands of man hours turning wrenches on aircraft and vehicles, pumping 6 million gallons of gasoline, all without loss of life or injury. And I will tell you to do that, there has to be a demand for an adherence to a standard that aspires in the Soldier."

Bossetta inspired the incoming Pegasus Soldiers, as well as the remaining Task Force 34 Soldiers, to create a history to be proud of.

"This is history and we are a living part of it, and when this book is written, and it will be, what will be said and what will be written is that there were people who were willing to sacrifice for that sanctity and that dignity of humanity, and that's what Soldiers need to take away," Bossetta said. "Task Force Pegasus, as you roll in, it is now your time to take your place in history, and to you we toss the torch. Fly efficiently, fly effectively, fly safely. I know you will."

Following the uncasing of the 1-137th AHB colors, incoming 1-137th AHB Commander, Lt. Col. Anthony Digiaco, spoke to the Soldiers who gathered to honor the event.

"We are falling in under an outstanding brigade and an outstanding battalion. Folks in the 244th have been outstanding in teaching us, mentoring us and telling us how to do business and setting us up for success. I know that our organization will function as well as they did," Digiaco said. "I am very proud of 1-137th; we've received accolades throughout our training and throughout upbringing into this theater of operation. I'm quite confident that we will all do well during our time here."

M240 Machine Gun...

UOC Makes All the Difference

Maintenance and Supply Topic of the Week

HEY, THAT'S AN M240 BARREL... AND I'M AN M240B!

GET ME THE RIGHT BARREL!!

YOU DIDN'T CHECK THE UOC, DID YOU?

UOC (USABLE ON CODE) MAKES ALL THE DIFFERENCE WHEN YOU ORDER PARTS FOR YOUR M240 MACHINE GUNS, ARMORERS.

IF YOU IGNORE THE UOC, YOU CAN END UP ORDERING A PART FOR YOUR M240H THAT WORKS ONLY ON THE M240B.

SO WHEN YOU'RE LOOKING UP REPLACEMENT PARTS IN TM 9-1005-313-23&P, CHECK THE PART'S UOC TO MAKE SURE IT'S FOR YOUR WEAPON.

BESIDES CAUSING FIRING PROBLEMS, THE WRONG PART CAN ALSO DAMAGE THE WEAPON.

HERE ARE THE M240 UOCs...

M240: G69
M240B: BB2
M240C: L04
M240D: BC2
M240E1: AG8
M240G: BC6
M240H: BN4
M240N: BJ8

TM

MAINTENANCE & SUPPLY

MAINTENANCE & SUPPLY



Courtesy of PS Magazine. Soldiers using Army equipment needing more information for on-going equipment issues and challenges, visit PS Magazine online: <https://www.logsa.army.mil/psmag/psonline.cfm>

JBB Religious Service Schedule

PROTESTANT

TRADITIONAL

Sunday 0200 Air Force Hospital Chapel
 0930 Provider Chapel
 1030 Freedom Chapel (West side)
 1100 Castle Heights (Bldg 4155)
 1400 Air Force Hospital Chapel
 1730 Gilbert Memorial Chapel
 2000 Air Force Hospital Chapel

GOSPEL

Sunday 1100 MWR East building
 1200 Freedom Chapel (West side)
 1230 Gilbert Mem. Chapel (H-6)
 1900 Provider Chapel

CONTEMPORARY

Sunday 0900 MWR East building
 1030 Gilbert Mem. Chapel (H-6)
 1400 Castle Heights (Bldg 4155)
 1900 Freedom Chapel (West side)
 Wednesday 2000 Gilbert Mem. Chapel (H-6)

LITURGICAL

Sunday 1500 Gilbert Chapel (H-6)

SEVENTH DAY ADVENTIST

Saturday 0900 Provider Chapel

CHURCH OF CHRIST

Sunday 1530 Castle Heights (Bldg 4155)

LATTER DAY SAINTS (MORMON)

Sunday 1300 Provider Chapel
 1530 Freedom Chapel (West side)
 1900 Gilbert Mem. Chapel (H-6)

ROMAN CATHOLIC MASS

Saturday 1700 Gilbert Mem. Chapel (H-6)
(Sacrament of Reconciliation Sat 1600 or by appointment)

Sunday 2000 Freedom Chapel (West side)
 0830 Gilbert Mem. Chapel (H-6)
 1100 Provider Chapel
 1100 Air Force Hospital Chapel
 Thursday 1100 Air Force Hospital Chapel
 Mon, Wed, Fri 1700 Gilbert Mem. Chapel (H-6)
 Mon - Fri 1130 555th Eng. Bde. Bldg 7200

JEWISH SHABBAT SERVICES

Friday 1700 Gilbert Mem. Chapel (H-6)
 Saturday 0930 Gilbert Mem. Chapel (H-6)
 1700 Gilbert Mem. Chapel (H-6)

ISLAMIC PRAYER

Friday 1230 Provider Chapel

PAGAN/WICCAN FELLOWSHIP

Thursday 1900 The Shack
 Saturday 1900 The Shack

GREEK ORTHODOX

Sunday 0900 Provider Annex

HISPANIC CHURCH SERVICE

Saturday 1930 Provider Chapel

For more information, call

Gilbert Chapel: 433-7703
 Provider Chapel: 433-2430
 Freedom Chapel: 443-6303
 AF Hospital Chapel: 443-2547/2546

JB BALAD ACTIVITIES

INDOOR POOL

Swim Lessons:
 Mon., Wed., - 6 p.m.
 Tue., Thu., Sat., -
 6:30 p.m.
 Aqua Training:
 Tue., Thu., - 7:30 p.m.,
 8:30 p.m.

EAST FITNESS CENTER

Open Court Volleyball:
 Sunday- 6 p.m.
 Aerobics:
 Mon., Wed., Fri.-
 5:30-6:30 a.m.
 Yoga Class:
 Mon., Fri.- 6-7 a.m.
 Step Aerobics:
 Mon., Wed., Fri.-
 5:30 p.m.
 Conditioning Training Class:
 Mon., Wed., Fri.-
 7:15-8 p.m.
 Brazilian Jui-Jitsu:
 Mon., Wed., Fri.-

8-9 p.m.
 Abs-Aerobics:
 Tue., Thu., 6-7 a.m.,
 5-6 p.m.
 Edge Weapons & Stick
 Fighting Combative
 Training:
 Tue., Thur., Sat., -
 8-10 p.m.

EAST RECREATION CENTER

4-ball tourney:
 Sunday- 8 p.m.
 8-ball tourney:
 Monday- 8 p.m.
 Karaoke:
 Monday- 8 p.m.
 Swing Class:
 Tuesday- 8 p.m.
 Table Tennis:
 Tuesday- 8 p.m.
 9-ball tourney:
 Wednesday- 8 p.m.
 Dungeons & Dragons:
 Thursday- 7:30 p.m.
 Poetry Night:
 Thursday- 8 p.m.
 6-ball tourney:

Thursday- 8 p.m.
 Caribbean Night:
 Friday- 8 p.m.
 Chess & Dominoes
 Tourney:
 Friday- 8 p.m.
 Salsa Class:
 Saturday- 8:30 p.m.
 Poker:
 Saturday- 7:30 p.m.

H6 FITNESS CENTER

Spin:
 Sunday- 9 a.m.
 Mon., Wed., Fri.- 2
 a.m., 8 a.m. 2 p.m., 7
 p.m.,
 9 p.m.
 Tue., Thu., -5:45 a.m.,
 9 a.m., 8:30 p.m.
 Saturday- 9 a.m., 7
 p.m.
 Boxing:
 Sunday- 4 p.m.
 Tue., Thu., - 2 p.m.
 Boot Camp:
 Sunday- 8:45 a.m.
 Tue., Thu., - 7 p.m.

Power Abs:
 Mon., Tue., Thu., - 8
 p.m.
 Friday- 9 p.m.
 CC Cross Fit:
 Monday-Saturday-
 10:30 p.m.
 Cross Fit:
 Mon., Wed., Fri., - 5:45
 a.m., 7 a.m., 3 p.m.,
 6 p.m.
 Tue., Thu., - 7 a.m.,
 3 p.m.
 Sunday- 5:45 a.m.,
 7 a.m., 3 p.m.

H6 RECREATION CENTER

Bingo:
 Sunday- 8 p.m.
 Texas Hold'em:
 Mon., Fri., - 2 p.m.,
 8:30 p.m.
 8-ball tourney:
 Tuesday- 2 a.m.,
 8:30 p.m.
 Ping-pong tourney:
 Tuesday- 8:30 p.m.
 Spades:
 Wednesday- 2 a.m.,
 8:30 p.m.
 Salsa:
 Wednesday- 8:30 p.m.
 9-ball:
 Thursday- 2 a.m.,
 8:30 p.m.
 Karaoke:
 Thursday- 8:30 p.m.
 Dominos:
 Saturday- 8:30 p.m.
 Darts:
 Saturday- 8:30 p.m.
WEST RECREATION CENTER
 Green Bean Karaoke:

H6 RECREATION CENTER

Sun., Wed., 7:30pm
 9-ball tourney:
 Monday- 8 p.m.
 Ping-pong tourney:
 Tuesday- 8 p.m.
 Foosball tourney:
 Tuesday- 8 p.m.
 Jam Session:
 Tuesday- 7:30 p.m.
 8-ball tourney:
 Wednesday- 8 p.m.
 Guitar Lessons:
 Thursday- 7:30 p.m.
 Game tourney:
 Thursday- 1 p.m., 8
 p.m.
 Enlisted Poker:
 Friday- 1 p.m., 8 p.m.
 Officer Poker:
 Saturday- 1 p.m., 8
 p.m.
 Squat Competition:
 Saturday- 8 p.m.

WEST FITNESS CENTER

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

CIRCUIT GYM

Floor hockey:
 Mon., Wed., Fri., -
 8-10 p.m.

Sudoku

Level: Medium

The objective is to fill the 9x9 grid so that each column, each row, and each of the nine 3x3 boxes contains the digits from 1 to 9 only one time each.

9	3		8	1				
		7			5			3
	5		4		2			
6	7		1					4
	4			8				2
3					9		6	5
			3		4		9	
7			5			4		
				6	8		1	7

Last weeks answers

6	3	2	8	5	9	4	1	7
5	4	9	1	2	7	8	3	6
1	7	8	4	6	3	5	2	9
2	6	4	9	7	5	3	8	1
7	8	1	6	3	4	9	5	2
3	9	5	2	8	1	7	6	4
8	1	3	7	4	6	2	9	5
4	2	6	5	9	8	1	7	3
9	5	7	3	1	2	6	4	8



UPCOMING SPORTS ON AFN

Wednesday 4/8/09

2009 NCAA Women's College Basketball Tournament - Championship Game: Teams TBD, Live 3:30 a.m. AFN/sports
 Los Angeles Dodgers @ San Diego Padres, Live 5 a.m. AFN/xtra
 Seattle Mariners @ Minnesota Twins, Tape Delayed 10 a.m. AFN/sports
 Washington Nationals @ Florida Marlins, Live 7 p.m. AFN/sports

Thursday 4/9/09

Portland Trail Blazers @ San Antonio Spurs, Live 2 a.m. AFN/sports
 Tampa Bay Rays @ Boston Red Sox, Live 2 a.m. AFN/xtra
 Utah Jazz @ Dallas Mavericks, Live 4:30 a.m. AFN/sports
 Milwaukee Brewers @ San Francisco Giants, Live 5 a.m. AFN/xtra
 Cleveland Indians @ Texas Rangers, Tape Delayed 10 a.m. AFN/sports
 Phoenix Suns @ New Orleans Hornets, Tape Delayed 3:30 p.m. AFN/sports
 Detroit Tigers @ Toronto Blue Jays, Live 7:30 p.m. AFN/sports

Friday 4/10/09

Philadelphia 76ers @ Chicago Bulls, Live 3 a.m. AFN/sports
 Denver Nuggets @ Los Angeles Laker, Live 5:30 a.m. AFN/sports
 NCAA Men's Final Four- Semifinal #1: Teams TBD, Tape Delayed 10 a.m. AFN/sports
 Kansas City Royals @ Chicago White Sox, Live 8 p.m. AFN/sports

Saturday 4/11/09

Miami Heat @ Boston Celtics, Live 2:30 a.m. AFN/sports
 Los Angeles Lakers @ Portland Trail Blazers, Live 5 a.m. AFN/sports
 Los Angeles Dodgers @ Arizona Diamondbacks, Tape Delayed 3:30 p.m. AFN/sports
 Pittsburgh Pirates @ Cincinnati Reds, Live 8 p.m. AFN/prime atlantic
 NASCAR Nationwide Series: Pepsi 300 (Nashville Superspeedway, Lebanon, TN), Live 11 p.m. AFN/xtra

Sunday 4/12/09

FC Dallas @ Toronto FC, Tape Delayed 5 a.m. AFN/prime atlantic
 San Francisco Giants @ San Diego Padres, Live 5 a.m. AFN/xtra
 New York Red Bulls @ Houston Dynamo, Tape Delayed 8 a.m. AFN/xtra
 Houston Astros @ St. Louis Cardinals, Tape Delayed 10 a.m. AFN/xtra
 HBO World Championship Boxing - Middleweight Bout: Winky Wright vs Paul Williams (Mandalay Bay, Las Vegas, NV), Tape Delayed 2 p.m. AFN/sports
 Chivas USA @ L.A. Galaxy, Tape Delayed 6 p.m. AFN/xtra
 New York Mets @ Florida Marlins, Live 8 p.m. AFN/prime atlantic
 Dallas Mavericks @ New Orleans Hornets, Live 8 p.m. AFN/xtra
 Boston Celtics @ Cleveland Cavaliers, Live 10:30 p.m. AFN/xtra
 Seattle Mariners @ Oakland Athletics, Live 11 p.m. AFN/prime atlantic

Monday 4/13/09

New York Mets @ Florida Marlins, Live 1 a.m. AFN/xtra
 Detroit Red Wings @ Chicago Blackhawks, Tape Delayed 3 a.m. AFN/prime atlantic
 Chicago Cubs @ Milwaukee Brewers, Live 3 a.m. AFN/sports
 Memphis Grizzlies @ Los Angeles Lakers, Live 4:30 a.m. AFN/xtra
 New York Rangers @ Philadelphia Flyers, Tape Delayed 7:30 a.m. AFN/xtra
 Philadelphia Phillies @ Colorado Rockies, Tape Delayed 10 a.m. AFN/xtra

Tuesday 4/14/09

San Deigo Padres @ New York Mets, Live 2 a.m. AFN/sports
 Chicago Bulls @ Detroit Pistons, Live 2:30 a.m. AFN/xtra
 New York Yankees @ Tampa Bay Rays, Tape Delayed 10 a.m. AFN/sports
 Chicago White Sox @ Detroit Tigers, Live 8 p.m. AFN/sports

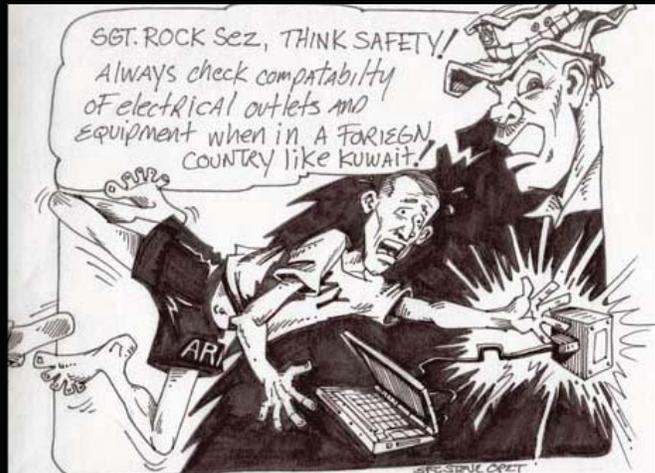


Test your knowledge

1. What pro wrestler nicknamed his baby daughter "Pebbles"?
2. What present-day country was the original source of both chocolate and vanilla?
3. What potent pill was the official sponsor for the aging Earth, Wind & Fire's 2001 summer tour?
4. What energy empire used its dark force to spawn dummy partnerships named JEDI and Chewco?
5. What coach urged players to stay celibate before Super Bowl XX, saying: "If wives and girlfriends can't wait, tell them to take a cold shower?"

- 5- Mike Ditka
- 4- Enron
- 3- Viagra
- 2- Mexico
- 1- The Rock

Iraq according to Opet



PVT. MURPHY'S LAW

JUST RELAX, AIRBORNE.
 YOU'RE DOING FINE.
 NOW...TELL US YOUR NEAR-TERM AND LONG-TERM GOALS.



NEAR-TERM: NOT TO THROW UP ON MY SHOES. LONG-TERM: NOT TO THROW UP ON YOURS!

Eastern Orthodox Services

For the Great Fast

Divine Liturgy
Every Sun 0900 ~ 1030

PreSanctified Liturgy
Wed 1900 ~ 2130
Mar 4, 11, 18, 25
Apr 1, 8, 15

Holy Week and Pascha

Apr 15 Unction 1900
Apr 16 Passion Gospels 1900
Apr 17 Royal Hours 1200
Lamentations 1700
Apr 18 St Basil Liturgy 0900
Great and Holy Pascha 2100

Eastern Orthodox Priest Chaplain Henry Close 433-2429
All services at Provider Chapel Annex

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behind the Education Center at JBB

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- Digital Senders
- LCD Monitors
- UPS
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We exchange:

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- Keyboards

We DX:

- HIIDE, PRC 112, HCLOS, TBC, CAISI

Printer Repair








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“Caring for the Warfighter’s Soul”

**Joint Base Balad Protestant
Easter Schedule**

Good Friday Service – Apr. 10
2100 - Gilbert Memorial Chapel (H6)
Easter Sunrise Service, Apr. 12
0600 - Holt Stadium

**JBB Catholic Lent &
Easter Schedule**

Good Friday

1130 - Provider Chapel
1900 – H6 Chapel
2000 - Freedom Chapel
Easter Vigil – 11 April
1900 - Gilbert Memorial Chapel (H6)
Easter Sunday – 12 April
0830 - Gilbert Memorial Chapel (H6)
1100 – Provider Chapel
1100 – Hospital Chapel
2000 – Freedom Chapel

JBB Purim and Passover

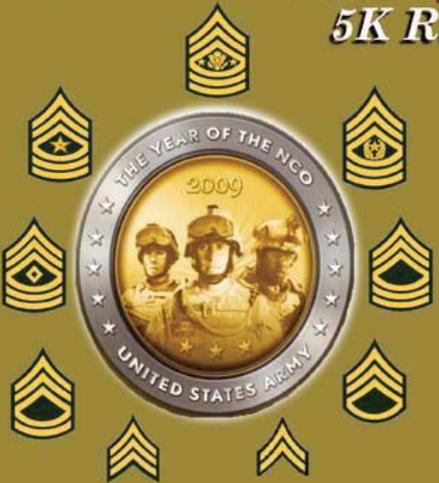
Passover:
First Night Seder - 8 April, 1600-2000
Second Night – 9 April, 1600-2000
DFAC-1, Audie Murphy Room, RSVP

*For more information, call
Gilbert Memorial Chapel: 443-7703*



2009 JOINT BASE BALAD Year of the NCO 5K Run/Walk





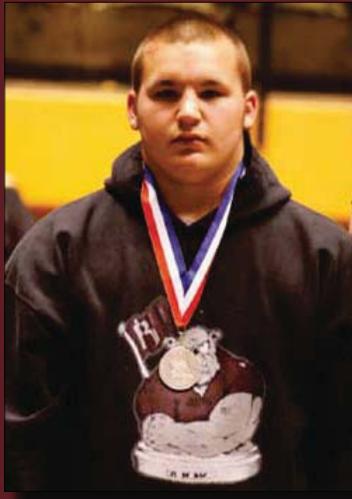
Date: 20 April 2009
Start Point: Holt Stadium
Opening Remarks: 0600
Run Start Time: 0615

*T-Shirts will be given out to
the first 900 finishers!*

POC: SGM Miller, Anthony
51st SB(E) at 483-2633
MSG Mitchell, Bernice
3D ESC at 433-2314







SFC Thomas Ceja,

Hi Dad, I did it. I placed 2nd at the Missouri State Wrestling Championship!!! I love and miss you.

Your Son, Thomas Jr.

GRAND OPENING OF NARSA SHOP



U.S. Army photo by Spc. LaTraell Lowe

Mukthar, Narsa shop owner, and Capt. Donald Tatum, a native of Ruston, La., cuts the ribbon to open the new morale, welfare, and recreation center at Camp Liberty, Iraq, March 11. Tatum is the company commander of the 317th Maintenance Company, 553rd Combat Sustainment Support Battalion, 10th Sustainment Brigade in support of Multi-National Division – Baghdad.

SUSTAINER REEL TIME THEATER

Movie Times

Wednesday, April 8

5 p.m. Push

8 p.m. The Pink Panther 2

Thursday, April 9

5 p.m. Monsters vs Aliens

8 p.m. Friday The 13th

Friday, April 10

2 p.m. Confession Of A Shopaholic

5 p.m. Fired Up

8:30 p.m. The International

Saturday, April 11

2 p.m. Fired Up

5 p.m. The International

8 p.m. Confession Of A Shopaholic

Sunday, April 12

2 p.m. The International

5 p.m. Confession Of A Shopaholic

8 p.m. Fired Up

Monday, April 13

5 p.m. **Fired Up**

8 p.m. Confession Of A Shopaholic

Tuesday, April 14

5 p.m. The International

8 p.m. Friday The 13th

(Schedule is Subject to Change)

Confession Of A Shopaholic

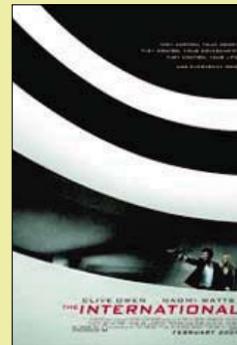


her credit card bills are as thick as a telephone book. If Rebecca could somehow manage to land her dream job at a high-profile fashion magazine, perhaps she could transform what is now a simple addiction into something that could really benefit her professionally.



A Manhattan shopaholic whose buying sprees have buried her in immense debt lands a columnist gig dishing out financial advice in this Touchstone comedy based on Sophie Kinsella's series of books. Rebecca Bloomwood can't seem to break her habit of making impulsive purchases, and while she's always decked out in the latest styles,

The International



Clive Owen and Naomi Watts star in RunLolaRun director Tom Tykwer's action thriller concerning an ambitious Interpol agent who targets corruption at the top levels of the world's largest banking institutions. The world's most powerful banks have become hopelessly corrupt, prompting Interpol agent Louis Salinger (Owen) and Manhattan assistant

district attorney Eleanor Whitman (Watts) to follow a dangerous money trail from Berlin to Milan to New York and Istanbul. But as determined as Agent Salinger and ADA Whitman are to ensure that justice is served,

their targets are equally determined to ensure that war and terror continue to propagate so the powers that be can continue to profit. John Woo, Terence Chang, and Jeff Lurie executive produced the film, which was penned by emerging screenwriter Eric Warren Singer. ~ Jason Buchanan, All Movie Guide

PHOTOS AROUND IRAQ



U.S. Navy photo by Miss Communication Specialist 2nd Class Walter J. Pels

U.S. Army Spc. Christopher Fry, from Recon Platoon, 1st Battalion, 24th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, searches for enemy bunkers south of Balad Ruz, Iraq, on March 22.



U.S. Army photo by Sgt. Kani Ronningen

U.S. Soldiers assigned to Delta Company, 1st Combined Armor Battalion, 63rd Armor Regiment, 2nd Brigade Combat Team, 1st Infantry Division, fire a 120mm Mortar System in Mahmadiyah, Iraq, in order to train Iraqi Army (IA) Soldiers from 17th IA Division, on properly using the system on March 26.



U.S. Navy photo by Petty Officer 1st Class Wendy Wyman

Female Iraqi recruits in basic training practice loading rifles during weapons training at the Iraqi Police Academy in Karbala, Iraq, on March 22.



U.S. Air Force photo by Senior Airman Eric Harris

Iraqi contractors and Iraqi policemen unload mattresses for prisoners at Attica Prison in Diwaniyah, Iraq, March 18. U.S. Soldiers from the 2nd Brigade Combat Team, 4th Infantry Division deliver over \$28,000 worth of blankets, mattresses, clothing and hygienic items to the prison.

NEWS AROUND IRAQ

Salman Pak leaders reopen industrial school

BAGHDAD – Multi-National Division – Baghdad Soldiers from Task Force 2nd Battalion, 6th Infantry Regiment, 2nd Brigade Combat Team, 1st Armored Division, attended the grand opening of the Salman Pak Industrial School, March 24. The USAID provided funding for the \$600,000 renovation project.

The Industrial School reopened its doors after major reconstruction work was completed after virtually being destroyed during insurgent led attacks at the height of sectarian violence in 2006-2007.

The Industrial school will offer eight courses available for up to 700 students to learn skills on sewing generator maintenance, welding, automotive repair, plumbing, electrical installation, masonry and carpentry. The Industrial school also received new equipment for a women's sewing room, a machine and metal working section and a computer room.

The Ministry of Education will maintain the building grounds, hire and retain qualified teachers for the school, and provide a full-time guard for the school.

"This school has a 30-year history and always represented a chance for learning and helping the youth of the Mada'in progress, but because of the violence in the area after the war it stopped," said Qassi Mrweh, Mada'in Qada Council Chairman.

The improved security situation brought by the ISF, CF and also by the local people who became tired of the instability, enabled contractors to rebuild the industrial school, according to Mrweh.

"This is an excellent example of cooperation between coalition forces and our Iraqi counter parts in the Mada'in Qada," said Christopher Crowley, mission director, USAID/Iraq.

Local leaders, partnered with MND-B Soldiers, continue to work to bring Salman Pak to its former glory days when the city was known for the Ctesiphon Arch and city amusement park and not as a battle ground of sectarian fighting.

Iraqi doctors practice medical techniques

KARBALA, Iraq – Iraqi medical staff participated in applied techniques and medical discussions with a team of 10 U.S. doctors during a medical symposium held at the Al-Husseini General Hospital here March 22-25.

Col. John P. Schriver, 10th Combat Support Hospital Chief Surgeon, has been working with the Iraqi doctors to modernize their medical procedures.

Schriver walked with them through patient wards at the hospital, discussing the best candidates for a joint surgery to be performed by Iraqi and American surgeons.

"By examining each patient's case, I am able to listen to what the staff here has diagnosed a patient with, and then we can design a care plan for those patients," Schriver said.

The Iraqi doctors and Schriver considered several candidates for the joint surgery. A pancreatic surgery, a colon surgery, a surgery to repair a hole in a patient's intestines and a stomach and esophagus surgery were among those considered. After discussing the candidates' cases, Schriver and the Iraqi doctors decided to perform the surgery on the stomach and esophagus.

The symposium also included classes taught by U.S.

doctors to help advance the techniques and procedures used by the medical staff.

"The goal is to help improve the medical care here in Karbala, and the staff has been very receptive of the information we're providing them," said Capt. Michael S. Cahill, 172nd Infantry Brigade Surgeon.

According to the medical staff here, Cahill's goals were achieved and the medical symposium was a success.

"I think this symposium was a good way to communicate with medical staff here," said Dr. Ihsan H. Musa, a physician at the hospital. "The training we received will help improve the health care provided here and, in the future, improve the health care in all of Iraq."

Chamchamal opens correctional facility

CHAMCHAMAL, Iraq – The Gulf Region Division, U.S. Army Corps of Engineers in Iraq completed the two-year, \$27 million Chamchamal Correctional Facility on time and on budget and were on-hand recently for the Ribbon Cutting Ceremony.

The project, managed by the Gulf Region North district, marked one of the largest partnership agreements in Iraq for USACE. GRD Commanding General Maj Gen. Michael Eyre presided over the Ribbon Cutting Ceremony – the final phase of the partnership initiated to build the facility.

In addition to the Corps of Engineers, the U.S. State Department's Regional Reconstruction Team and the Office of the Iraqi Prime Minister, other partners in the project include the Chroo Group – the general contractor; the Governor of Sulaymaniyah; the Mayor of Chamchamal; the Iraqi Correctional Services; and the Iraqi Ministries of Electricity, Roads and Bridges, Environment, Agriculture, Justice, Health and Work and Social Affairs.

In his opening remarks, Eyre said, "This [project] was no simple task to accomplish. However, with the combined team effort of all the partners and open communication and coordination we were able to overcome all the challenges associated with the project. I am extremely proud of the culmination of

our collective efforts that brought this project to a successful completion: on time and on budget."

"This is a remarkable accomplishment that sets the standard for all construction efforts."

According to Gary Lowe, the GRN project engineer for the correctional facility project, "The success of this project encompasses the entire USACE business model, which is proven and tested by the history of our organization. This Federal Correctional Facility project is the first of its magnitude and type completed on schedule and within budget and that is a USACE success story for the Iraq mission."

The correctional facility, located outside the city of Chamchamal in northeastern Iraq, will house 2,000 medium security inmates and 1,000 high security inmates. The facility will have a staff of 1,200 employees, which includes a large guard force. Most of the staff will be hired locally, providing a much-needed economic boost to the surrounding communities.

NCO Academy develops stronger IA leaders

BAGHDAD – Since the beginning of the war in Iraq, U.S. Army officials saw a need for training the reconstituted Iraqi Security Forces in many basic military tasks. Troop leading procedures, map reading, infantry tactics, and hand to hand combat, are all now standard training initiatives performed by the men and women who make up the nearly 160 Army Military Transition Teams (MiTT) currently operating in Iraq.

"The MiTT mission is vital to the stability of Iraq," said Makhayel Bey, civilian advisor, 11th Iraqi Army Division MiTT. "We are not here to be the occupying force, our job is to teach, train, and mentor the Iraqi force so they can train their own [military] to be a better military, protect their people, and be a more self sufficient military force once we pull out of here."

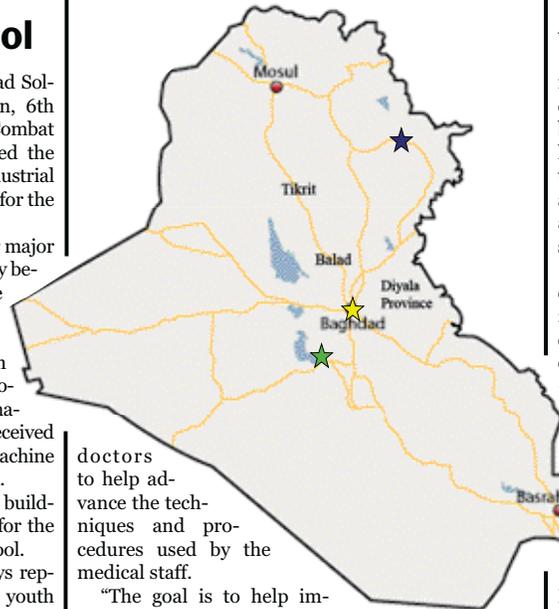
The 11th MiTT, and their Iraqi counterparts from the 11th IA Div. have worked and trained together over the past few months. Utilizing the Iraqi Non-commissioned Officer's Academy set up by the previous MiTT team, the 11th pushes for a higher standard, while continuing to nurture a growing confidence in their partnership force.

"What we are trying to do is change the imagery from an NCO academy to a TRADOC (Training and Doctrine Command), where we can capture all the material from intelligence, signal, and computer operations. Anything we can implement to help the 11th IA become more proficient," said Capt. Charlie Silva, the 11th MiTT intelligence advisor.

The idea, by American military standards, is not a revolutionary one. However for the newly-formed Iraqi Army, learning to conduct business "more constructively" through collective thought and goal-oriented processes, it is a key training point the 11th MiTT is implementing slowly but assertively.

Iraqi troops have taken the first and most important steps successfully, with the establishment of a working relationship within the 11th IA Div. and U.S. MiTT members.

"With every day that passes and every block of instruction, you see just how much you are affecting the big picture," Silva said. "They always show us something new every day that lets us know this program and our partnership is heading in the right direction."



Sustaining the Line



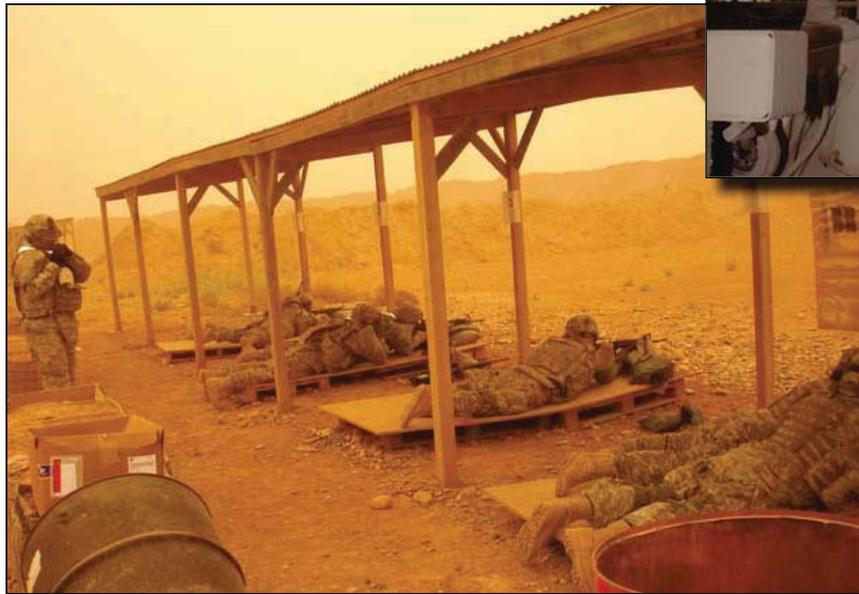
U.S. Army photo by Staff Sgt. Cain M. Bassett III

Sgt. 1st Class Shawn A. Thornton of Norfolk, Va., senior maintenance analyst, 497th Transportation Company, 30th Combat Sustainment Support Battalion, 16th Sustainment Brigade, takes a break in an Armored Security Vehicle in the company's motorpool at Contingency Operation Base Q-West, Iraq, March 10. Thornton and his Soldiers installed the new imaging equipment in the ASV to improve convoy security capabilities.



Lt. Col. Norman B. Green, brigade commander for the Riverside, Calif.'s, 304th Sustainment Brigade, speaks with a Joint Base Balad Soldier, Sgt. Justin Edick, about the heavy equipment transporters operations during his visit to the Material Handling Equipment yard at Joint Base Balad, Iraq, March 13

U.S. Army photo by Spc. Kelly Anne Beck



U.S. Army photo by Staff Sgt. Cain M. Bassett III

Soldiers from 16th Special Troops Battalion, 16th Sustainment Brigade, attempt to qualify at an M16 range during a sand storm at Contingency Operating Base Q-West, Iraq, March 28. "It was tough shooting with low visibility, but only a few didn't qualify, and several Soldiers shot expert as a result of leadership engagement," said Staff Sgt. Cain M. Bassett III, range safety noncommissioned officer.



U.S. Army photo by 2nd Lt. Robert Busby

Pfc. Charles Coffman, a Corsicana, Texas native, tests a generator during his daily preventive maintenance checks and services. The network extension platoon relies on 10-kilowatt generators as part of its power distribution plan to ensure continuous voice and data network operations. Coffman is currently deployed with Bravo Company, 10th Sustainment Brigade Troops Battalion, 10th Sustainment Brigade in support of Multi-National Division – Baghdad.