

EXPEDITIONARY TIMES

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Vol. 2, Issue 21

RESILIENT WARRIOR

Overcoming hardship
through self-control

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GOING HOME

330th Trans Bn returns
home; 49th Trans Bn takes
over mission

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YEAR OF THE NCO

Vietnam veteran, New York
Sustainer inspires young
Soldiers through fitness

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Are you deployed to Iraq with your father this Father's day?

Send us your Father's Day
messages with a HiRes photo by
June 10.

Photos and messages will be
published in the June 17 Expedi-
tionary Times.

Please include you and your
father's full name with rank, unit
information, base location in
Iraq and any message or shout-
out to your Family.

For more information or mes-
sage submission, send an e-mail
to Staff Sgt. Tonya Gonzales
at: expeditionarytimes@iraq.
centcom.mil

Coalition forces return history to Iraq



Several young Iraqi children were present in Tallil, Iraq May 13 during a ceremony when the Coalition forces handed control of Ur, an archaeological site, back to Iraqi Authorities.

STORY AND PHOTOS BY
MASTER SGT. CARL MAR
287TH SUST. BDE.
PUBLIC AFFAIRS

TALLIL, Iraq – Coalition forces
returned control
of the ancient arch-
aeological site
of Ur, the bibli-
cal birthplace
of Abraham,
back to Iraqi
authorities

here May 13.

In a grand ceremony staged
at the footstep of Ur's most
famous artifact - the partially
restored 4,100-year-old Zig-
gurat - several hundred distin-
guished guests were treated to
a program of music and guest
speakers.

"We officially announce the
taking over of Ziggurat of Ur
from our friends the Ameri-
cans. We are pleased with this
great success for the nation,"



Guests climb the steps of the Ziggurat after a ceremony when Coalition forces returned Ur, an archaeological site, to Iraqi authority in Tallil, Iraq, May 13. For many local Iraqis this was their first opportunity in over 30 years to explore the ruins of Ur.

said Talib Kamil al-Hassan, as the Iraqi flag was ceremoni-
governor of Dhi Qar province, ously hoisted atop the Ziggu-

rat.

"Abraham, peace be upon
him, was born here, the father
of prophets and religions," he
said.

Ur, until recently was situ-
ated within the fenced perime-
ter of the joint operations base,
Contingency Operating Base
Adder and Ali Airbase.

Staff Sgt. Mark Keevan, a
chaplain assistant for the 287th
Sust. Bde., said that more than
30 years ago, then president
Saddam Hussein, built the
Iraqi airbase of Tallil next to Ur
and had Iraqi security close off
Ur to the public.

"When the U.S. led invasion
of 2003 put the base under Col-
alition forces control, the site
was reopened for limited ac-
cess. Since then base chaplains
and chaplain assistants had

See Ziggurat,
Page 10

332 ESFS Blotter

May 14 - May 20

MEDICAL EMERGENCY

A reporting party notified the law enforcement desk of a medical emergency via a 911 call box. The RP advised that the victim was unconscious and experiencing what he believed to be a seizure. LED briefed fire department personnel along with the medical units. The medical unit responded and decided to transport the victim to the Air Force Theater Hospital for further evaluation.

VERBAL ALTERCATION

A reporting party entered the law enforcement desk and reported a verbal altercation. The RP stated via AF IMT 1168 Statement of Complainant that he was approached in a threatening manner after a competitive discussion on the basketball court. The RP stated that a subject made a derogatory comment towards them.

VEHICLE MISHAP:

A reporting party entered the law enforcement desk and stated a vehicle mishap had occurred. The RP stated via AF IMT 1168/Statement of Complainant he was conducting a preventative maintenance check on his vehicle, on the morning of May 13 when he noticed the damage. The RP further stated there was no damage prior to that morning.

MINOR VEHICLE DAMAGE:

A reporting party entered the law enforcement desk and stated a vehicle had been damaged. Operator #1 stated he was ground guiding vehicle #2 while operator #2 was repositioning the cargo load on vehicle #1 using vehicle #2. Vehicle #2's forks were positioned too low and hit the vehicle causing minor damage.

NIPR: 443-8602

SIPR: 241-1171

Email: PMOdesk@iraq.centcom.mil

Sun Protection

- Why should I protect myself from the sun?**
 Sunburn is the most common UV-related injury from sunlight exposure. In snow-covered areas, Soldiers risk both sunburn and "snow blindness," a brief painful swelling of the eye. High lifetime sun exposure increases the risk for skin cancer and cataract blindness.
- How can I protect my skin?**
 Seek shade, and use your uniform to cover your arms and legs. Wide-brimmed hats can protect the head and neck, or use sunscreens with high Sun Protection Factors (SPF) and reapply every couple of hours.
- How do I protect my eyes?**
 Sunglasses with wraparound design work well, protecting at the front and side. Wide-brimmed hats can also help. Use goggles in snow-covered areas.
- When should I protect myself?**
 Roughly midday, from 10 a.m. to 4 p.m. Use the rule "Short Shadow? Seek Shade!" Sensitive-skinned individuals get a light sunburn in about 35 minutes when their shadow is as long as their height, but need over 90 minutes when their shadow is twice as long.
- The Shadow Rule for UV Protection**
 Short Shadow, shorter than your height - Higher Risk.
 Long Shadow, longer than your height - Lower Risk.

See medical personnel if you have questions about sun injuries.

Lens/Optical Illusion Program USACHPPM U.S. Army Center for Health Promotion & Prevention, Network
 Toll: 800-436-2932 DSN: 364-2932

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 3^d 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

"Before you criticize someone, you should walk a mile in their shoes. That way, when you criticize them, you're a mile away and you have their shoes."
 -Author Unknown

What is the point of criticism? Is it to tear down or to build up? Most people who criticize do so without really knowing what is going on. They see something or hear something and they react, usually with strong words and even stronger opinions. It is like an enemy launching a surprise attack and taking a shot at you when you are unprepared. The results can be devastating.

The problem with those who criticize is that they make their statements before they have all the facts. They haven't "walked in our shoes." They hear just enough to assume they know the whole story but this is typically not the case. Without a complete understanding of the situation, they make assessments and decisions based on gut instincts and preconceptions rather than on factual information.

If you have ever been on the receiving end of criticism (and we all have) it doesn't feel good. When attacked (and that is what criticism feels like) we want to respond, we want to defend ourselves, we want to put the other person in their place. This isn't good.

Most of us are aware of our flaws and our shortcomings. We don't need someone to point out what we already know. But what would be helpful is if someone shared from their own experience some tips or advice on how we can do our jobs better. Someone to speak to us on our level who truly cared about us as people.

"Here are my shoes. Please take a long walk in them and WHEN YOU COME BACK, tell me what you think. I will be very eager to hear what you have to say."

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

Hooah of the Week



U.S. Army photos by Sgt. Crystal Reidy

Staff Sgt. Rosanne S. Niles, the supply sergeant for Headquarters and Headquarters Company, the 3^d Sustainment Command (Expeditionary) and native of Barbados is congratulated by Brig. Gen. Michael J. Lally, 3^d ESC commanding general, for being selected this week's "Hooah of the Week." Niles was recognized for her superior work ethic and dedication to the morale of her unit during the Joint Base Balad Olympics.

How to nominate a "Hooah of the Week"

Nominations must be turned in to Sgt. Gregory Gayfield by 1:00 p.m. on Wednesdays. For any questions, to request a nomination form or to submit a service member's name for nomination, e-mail: Gregory.Gayfield@iraq.centcom.mil.



"The Weekly Standard"

"You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You must do the thing you think you cannot do." - Eleanor Roosevelt

In recent weeks, our offices have received several anonymous complaints. While everyone is authorized to do so, it is not the most effective way to address an issue or concern. I can sympathize with those who fear reprisal for bringing an issue to the attention of the Inspector General. Fear can be debilitating, but also serves as a roadblock to conflict resolution.

Anonymous complaints are often too vague and leave us with more questions than answers. In order to address issues, the IG needs information such as names of individuals involved, potential witnesses, applicable dates and times, and what the complainant wants to happen. Should you still wish to submit a complaint anonymously, please make sure you include as many details as possible. And remember that anonymous complaints also prevent us from letting you know what we have done to resolve the issue.

As mentioned in last week's publication, the IG has a duty to protect an individual's confidentiality to the maximum extent possible. While IGs will never promise confidentiality, we will always endeavor to maintain it.

All we ask is that, if possible, you give us a call or come by one of our offices to discuss your concerns. Simply speaking with an IG does not commit you to filing a complaint. And you can trust that we will do our absolute best to protect your confidentiality while also working to address your concerns.

By Maj. Lee Kemp
 3^d ESC Command Inspector General

Our organization is comprised of nine Inspectors General dispersed throughout the 3^d ESC area of operations with five offices; each one co-located with a Sustainment Brigade in order to provide the command with the best possible support.

Joint Base Balad (304th SB): DSN 433-2125
 MAJ Lee Kemp (Command Inspector General)
 MAJ Scott Peters (Deputy)
 SFC Aaron Loos (NCOIC)
 SFC Danilo Egudin
 SFC Javier Cruz

Q-West (16th SB): DSN 827-6115
 LTC Kyle Peterson
 Taji (10th SB): DSN 834-3079
 SFC Tamera Wynn
 Adder/Tallil (287th SB): DSN 833-1710
 LTC Melanie Meier
 Al Asad (321st SB): DSN 440-7049
 LTC Timothy Norton

JET Airmen keep communication flowing

BY STAFF SGT. DILIA AYALA
332nd AEW Public Affairs

CAMP TAJI, Iraq — It is often said communication consists of three parts: the sender, the message, and the receiver of the particular message. It is also said that if there is a glitch with any of the three parts, the communication cycle is broken.

A team of Joint Expeditionary Tasking or JET Airmen here work to make sure the vital cycle is not broken, thus contributing to overall mission accomplishment.

“Our job as computer-system administrators is to issue, maintain and get (computer) accounts open,” said Staff Sgt. Juan Gallegos, 518th Tactical Instructor Company system administrator and 732nd Air Expeditionary Group JET Airman. “We manage the network and keep information available to all the users, as well as keep the network secure. Essentially, we keep the communication flowing.”

Sgt. Gallegos said he is one of a handful of JET Airmen assigned to the Army and charged with maintaining and managing the base’s computer network. All are responsible for keeping their customers happy by ensuring all their computer-system needs are taken care of in a timely matter.

“As a network administrator, I’m responsible for operating and maintaining the switches and routers on the strategic networks,” said Senior Airman Jerry Sanchez, also a JET Airman. “I’m part of a team that is responsible for ensuring that the lines of communications on the network are up and running.”

“Without us, the units on the camp would have a severe setback while trying to accomplish their missions,” added the Allen, Texas, native deployed from Lackland Air Force Base, Texas.

As part of his weekly duties, Sergeant Gallegos, who is deployed here from Hill Air Force Base, Utah, teaches a class that decreases the amount of time servicemembers have to wait for a computer issue to be resolved.

“I conduct information management officer training,” said the sergeant, a native of Robert Lee, Tex-

as. “We train these IMO’s so they will know the basic techniques to troubleshoot the computer system. That way it will make our job easier, and it keeps the customer satisfied.

“If it was just us, we’d have a bunch of computers lined up (waiting to be fixed),” he continued. “By training individuals at every unit, computers can be troubleshot instantly for certain issues and can be back up in minutes instead of a couple of days.”

One of Sgt. Gallegos’ newest IMO students, Chief Petty Officer Edward Brunner, Scan Eagle Sentinel Site 2 officer-in-charge here, is thankful for the training.

“We have a lot of personnel coming and going, a lot of equipment changes so we have to have a unit administrator, otherwise we’d be asking the (system administrators) to be coming over all the time,” said the Woodbridge, Va., native. “So by taking this course, I am able to take a lot of the workload off of them and fix it right there on-site. It’s a lot faster and more efficient that way.”

Sgt. Gallegos said IMO training is available to every unit here and encourages units to have members within their units trained as IMO’s.

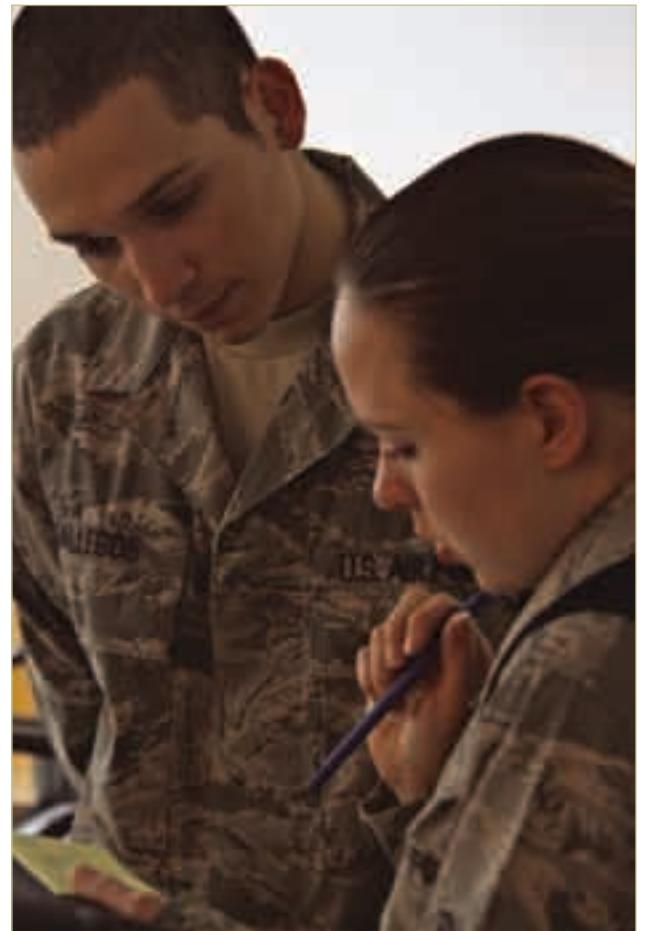
“This training is available to every unit out there that has a need for an IMO, someone who can serve as a direct point of contact for computer issues,” said the JET Airman.

“The main reason for this class is to keep the network up and running; to keep it available for the customer, for everyone on base. We need it to be up and running.”

Maintaining communications across base and throughout the area of responsibility is vital to mission accomplishment, said Sgt. Gallegos.

“If the network is down, the communication cycle is broken,” he said. “We keep the communication flow open, and it helps keep the mission going. We ensure the communication system is available 24/7 and decrease the amount of downtime as much as possible.”

Overall, 1,500 JET Airmen with the 732nd AEG serve at more than 60 locations throughout Iraq.



U.S. Air Force photo by Tech. Sgt. Lionel Castellano

Staff Sgt. Juan Gallegos, 518th Tactical Instructor Company system administrator, answers a question from Staff Sgt. Cheri Longenecker, Counterinsurgency Center for Excellence command, control, communications, and computer systems staff section NCO-in-charge, during the unit information management officer course here recently. Sergeant Gallegos and his team teach this course weekly to train servicemembers to be a direct point of contact to help resolve computer-system issues within their individual units. A 732nd Air Expeditionary Group Joint Expeditionary Tasking or JET Airman, Sergeant Gallegos is deployed here from Hill Air Force Base, Utah, and Sergeant Longenecker is deployed here from Ramstein Air Base, Germany.

JBB hosts USAFCENT conference on Iraq repositioning

BY MAJ. ELIZABETH ORTIZ
332nd AEW Public Affairs

JOINT BASE BALAD, Iraq — More than 80 Air Force, Army and Navy functional experts gathered here May 5 - 8 to lay the groundwork for U.S. Air Forces Central’s repositioning from Iraq over the next two years.

“The conference ensured AFCENT’s repositioning and responsible drawdown is synchronized with CENTCOM’s (Central Command) guidance and coordinated with MNF-I (Multi-National Forces-Iraq) planning,” said Lt. Col. David Moeller, USAFCENT A3X chief of strategy and long-range plans at Shaw Air Force Base, S.C., who led the conference. “It is important to view Air Force assets from a theater perspective and how the repositioning of forces in Iraq will affect operations theater-wide. We were able to move a giant step forward.”

The conference included representatives from USAFCENT; MNF-I; Multi-National Corps-Iraq; 332nd Air Expeditionary Wing; Combined Joint Special Operations Air Component, Task Force 34 Combat Aviation Battalion; and 3rd Sustainment Command (Expeditionary).

“The amount of work and collaboration we were able to get done in four days was amazing,” said Capt. Phil Gagnon, USAFCENT co-planner for the conference.

Divided into their respective functional working groups, the subject-matter experts conducted detailed analysis in a number of mission areas: air strategy; manpower, personnel and services; base-operating support, airfield and communications; security forces; and medical.

“The working groups provided information for interchange at a higher organizational level to enable the action required to responsibly draw down,” said Col. Moeller. “We achieved our objectives at the working level.”

By and large, the groups looked at the requirements, capabilities and options in specific phases -- such as the upcoming Iraqi national elections and seating of Parliament -- for the mission areas at installations throughout Iraq.

“It definitely paid dividends in terms of planning and synchronizing,” said Capt. Cassandra Antwine, USAFCENT co-planner for the conference. “This type of ‘boots-on-the-ground’ reality was very beneficial; we could all look at it together, get on the same page

and integrate planning.”

In addition, the mission analysis revealed the logistical piece of the Air Force’s repositioning from Iraq is just as important as the operational piece, noted Col. Moeller.

“There is an overarching logistical impact,” he said, “Especially since functions are different from base to base and are intertwined with joint forces. How do we synch functions to transfer?”

Along with the mission analysis, the planners looked at target dates and opportunities plus how to mitigate vulnerabilities, and developed an executive outline to prepare for the next step in the planning process.

“While the conference did not answer all our questions and raised new ones, it formed the foundation for future discussion on how to reposition from Iraq,” said Lt. Col. Donald Brien, 332 AEW chief of plans and programs. “We built a lot of momentum here.”

Once USAFCENT directorates validate this initial planning effort, the planning process will continue via monthly video teleconferences, a theater planning session, and quarterly repositioning conferences; the next conference is scheduled for October, possibly here at JBB again.



“The key to success in the planning effort is to make sure the ‘guys on the ground’ are informing the (USAFCENT) staff and vice versa. Constant review and good communication will be key,” said Col. Moeller, who also highlighted the “really outstanding support” from the 332 AEW and JBB.

As planning progresses, the objective remains the same: to responsibly draw down from Iraq based on the conditions and timeline established by CENTCOM and MNF-I.

“This is a breathing plan,” noted Col. John Dolan, 332 AEW vice commander, during the conference outline. “We’ll get more input as we go further down the road. The progress so far gives commanders something to chew on.”

MNC-I trains Soldiers to be 'resilient'

BY SGT. ALEX SNYDER
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – Soldiers theater-wide are receiving resiliency training as part of Multi-National Corps-Iraq's suicide prevention action plan.

Known as "Warrior Resilience and Thriving," the class encourages Soldiers to view stressful situations in a new light.

The training is broken down into several sections, or "insights," and encourages Soldiers to become stronger in the

face of adversity by embracing rational thought and learning to use adversity to strengthen one's character.

To build a resilient character, Soldiers must first acknowledge they will face hardship at times in their life, WRT says.

"If you know that adversity is going to come ... a resilient character can help you be prepared for adversity and hardship," said Staff Sgt. John McElroy, the noncommissioned officer in charge of the prevention team, 55th Medical Company, combat stress control unit.

The training differentiates between Post-Traumatic Stress Disorder and combat and operational stress, the lat-

ter of which is much more common and can be defined as stress resulting from military activities.

According to statistics provided by WRT, approximately 70 percent of Soldiers will experience combat or operational stress, and less than 20 percent of returning Veterans will experience major depression, acute anxiety or PTSD.

Part of the training introduces Soldiers to stoic values. Stoicism is a Greek philosophy that began around 300 B.C., and taught self-control and rational thought as a means of overcoming destructive emotions.

Like Stoicism, WRT teaches Soldiers to differentiate between what is within their control and what is only within their influence.

"You cannot completely control the things that happen outside of yourself," McElroy said, "But you can control how you react to those things that happen in your life. That's what this training is about."

According to WRT, part of controlling one's perceptions of life requires an avoidance of overgeneralizations, black-and-white thinking and emotional reasoning.

WRT also teaches Soldiers it's OK to get help.

"Don't feel ashamed about it," McElroy said, noting recent moves by the Army to reduce the stigma associated with getting help.

Although the training has been approved by MNC-I, it is still being reviewed for larger Army-wide distribution.

WRT was first developed in 2005 and 2006 by Maj. Thomas A. Jarrett, the clinical social work officer and prevention officer in charge of the 98th Combat Stress Control unit because there was "no comparable program that focused on virtue, character and 'warriorship' from a mental health perspective," he said.

Jarrett said he drew on his 15 years of experience as a clinical social worker, his work as a Rational Emotional Behavior Therapist and corporate resiliency coach to develop the training.

Jarrett's advice to someone going through stressful times? "Have a philosophy that would work in a concentration camp, see you through a divorce or when facing your own death," he said. "Anything else is a waste of time."

What makes a Stoic warrior?

BY MAJ. CHRISTOPHER EMMONS
123RD MOBILE PUBLIC
AFFAIRS DETACHMENT

JOINT BASE BALAD, Iraq – As a part of the Multi-National Force – Iraq suicide prevention action plan, a group of Soldiers was introduced to Stoic Philosophy and its relation to what an Army Stoic Warrior is during a training class here on Apr. 29.

The introduction was made by Staff Sgt. John L. McElroy, the noncommissioned officer in charge of the prevention team for the 55th Medical Company (Combat Stress Center) from Indianapolis, Ind., during the Warrior Resilience and Thriving class.

The Stoic Philosophy is a critical aspect of enabling the warfighter. It can re-structure their thinking and strengthen themselves as Soldiers, to better deal with their jobs, no matter what job that might be, said McElroy.

"This is the whole focus of mental health," he said.

McElroy, a native of the Chatsworth, a suburb of Los Angeles, Calif., describes a true stoic warrior as being in complete control of their emotions.

The Stanford Encyclopedia of Philosophy details the Stoic Philosophy and its development over more than 600 years from 344 B.C. through 180 A.D.

According to this encyclopedia, the works of Greek Philosopher Epictetus (55-135 A.D.) were a major

contribution to the Stoic Philosophy and one of only three written works about the philosophy.

According to Epictetus, a stoic person should focus solely on those things which they have the power to master and what can't be controlled should be a matter of indifference.

McElroy describes Stoic Philosophy as the basis for the Rational Emotive Behavior Therapy.

REBT teaches Soldiers how to adjust their thinking process and the beliefs that process generates. REBT can be the "medicine" for destructive suicidal thoughts and absolute thinking, he said.

The WRT course instructor manual states that the relationship between the stoic philosophy and REBT is illustrated by this quote from Epictetus:

"It is not the thing itself, but the view we take of it which disturbs us."

WRT teaches that no matter the gravity or danger of one's situation, the ability to apply adaptive meaning or alternate view of the situation is always in our control.

As an example, WRT highlights Adm. James Stockdale, a prisoner of war during the Vietnam Conflict for eight years in North Vietnam's "Hanoi Hilton" prison, his experience and his study of the Stoic Philosophy principles. It gave him the coping skills necessary to "return with honor" and adhere to the Code of Conduct, despite the torture and manipulation by his captors.

McElroy said he feels that his discussion of Stoic Philosophy during the WRT class has a definite positive impact. Approached by 30-40 Soldiers after the 11 WRT classes, he

has been thanked for his enthusiasm and presentation of Stoic Philosophy.

The phrase from the presentation most Soldiers could relate with was: "Am I reacting like a victim or responding as a warrior?"

McElroy said this demonstrates the Stoic Philosophy best because it requires a Soldier to analyze their response to a situation that is out of their control and determine whether they are responding as a victim who will suffer or as a Stoic Warrior who will rise to meet the challenge of adversity.

The WRT materials indicate that an early variant of the WRT class in 2005 was called Stoic Resilience Training.

For more information about WRT, feel free to contact Staff Sgt. McElroy at the Patriot Clinic located at Joint Base Balad, building # 4747 or john.mcelroy@iraq.centcom.mil or DSN:433-2402.

Additional information on the Stoic Warrior can be found in the book Stoic Warriors: "The Ancient Philosophy behind the Military Mind" by Nancy Sherman. Sherman delves deeply into ancient Stoic theory to shine light on the moral and psychological aspects of stoicism among today's military men and women.



Sustainment brigade visits Iraqi School

BY MASTER SGT. CARL MAR
287TH SUST. BDE. PUBLIC AFFAIRS

DHI QAR PROVINCE, Iraq – Soldiers from the 287th Sustainment Brigade and 167th Combat Sustainment Support Battalion performed a variety of tasks during a visit to Al Ashyabb School here April 23.

“The primary purpose was to take soldiers with specific skills as brick layers and have them look at an area of the school where they’re having trouble with cold winds blowing through the hallways during the winter,” said Lt. Col. Clint Moyer, 287th Sust. Bde. civil military operations chief and a native of Clearwater, Kan.

“The original idea was that they’d be able to erect a wall that would keep the

wind from disrupting the students’ ability to learn. Instead it looks now like they’re going to build doors at the end of each hall. When the winds are not blowing they’ll be able to get circulation by opening the doors,” he said.

Col. Robert Schmitt, commander of the 287th Sust. Bde., and a native of Kansas City, Kan., received a color printer from the Chiefs Coalition – a support group of fans for the Kansas City Chiefs football team -- to donate to the school.

The also brought along the “Read Iraq” program volunteers.

“This was the first school that we presented the program and this was the last time we could do it before the end of the school year,” said Moyer. The readers, he added, usually distribute out donated school supplies after their presentation to the students.

This trip had a “tremendous” amount of supplies given by the Chiefs Coalition

and Operation Iraqi Children for the students. Moyer also presented the school 75 books from Clearwater Elementary School, Clearwater, Kan., to build an English language library.

Moyer met with Shaykh Saleh Fahad Shershab of the Al Badur tribe, to improve relations between local Iraqi tribes and Coalition forces.

“Shaykh Saleh is interested in the kids having a good education out here and appreciates all of the things that we’re able to give to the school and to the kids,” Moyer said.

Participating in the “Read Iraq” for this mission were Lt. Col. David Lee, 287th Sust. Bde. support operations officer and Maj. Erica Christie, 287th Sust. Bde., S-1 adjutant.

Lee, a native of La Harpe, Kan., read to two classes of fourth and fifth-graders. Conversing with the students after his presentation he asked them what they

wanted to be when they grew up.

“They wanted to be basically one of two things – a teacher or a leader. I think they look at the teacher as a role model – and leaders in the same way. Just as we want to become president of the United States, they want to become a leader too,” he said.

Christie, a native of Wamego, Kansas, read to two classes: second and fourth grade.

“I really enjoyed my visit with the kids,” she said. “My son is 13 now and doesn’t let me read to him anymore. It was a nice treat to read to them. Seeing their bright, smiling faces just made it a big reward.”

“I can see the difference that we’re making to the kids, especially in changing their views of Americans and American Soldiers, especially of females and what they can offer to the community and to the world,” she said.

Safety Topic of the Week

SAFETY



SARET's job is to inspect and repair your weapons and get them back in fighting shape after your unit returns from SWA.

But if SARET's help also takes care of your required annual inspection and gaging for your small arms, you need to document that work. That way you can prove during other inspections the gaging was done. Use the SARET copy of DA Form 2404 or 5998-B to support a job order into the unit electronic record system. Keep a copy in your own files until the next required annual gaging or pre-embarkation gaging/inspection.

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>



SARET is ready to help any unit returning from SWA with their small arms. Normally, SARET plans for a brigade sized mission (5,000 to 6,000 weapons), but they will assist units with as few as 1,500 weapons.

- Inventory your weapons. SARET needs an accurate count of each weapon you have. That lets them estimate how many repair parts and people and how much time they'll need for the mission.

- Contact SARET. To schedule a visit, contact the POCs listed below or fill out the online request form on AEPS:

<https://arps2.ria.army.mil/commodity/saret/request.cfm>

Use your AKO name and password or connect access card (CAC) to access the form. Provide SARET your unit name; a POC with name, phone number and email; and a desired time frame for your visit. Units should receive a briefing on their SARET options 150 days before they return from SWA.

- SARET may also contact you with further instructions and requirements.

The best time to have a SARET visit is shortly after you return from SWA. Set a date by contacting them 60 to 90 days before you return home.



Do you have a story idea?

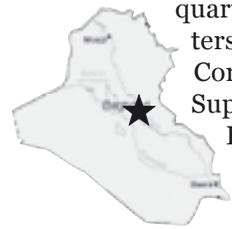
Contact the Expeditionary Times

expeditionarytimes@iraq.centcom.mil

Fort Hood Soldiers keep Families informed

BY 1ST LT. EDUARDO L. SALAZAR
UPAR, HHC, 553RD CSSB,
10TH SUST. BDE.

CAMP LIBERTY, Iraq – The Headquarters and Headquarters Company, 553rd Combat Sustainment Support Battalion from Fort Hood, Texas help make separation bearable by keeping Soldiers connected with their Families back home through newsletters and video



packages.

The “Leopard Print,” a battalion newsletter published bi-monthly and posted to the Family Readiness Group website is accessible to CSSB Soldiers and their Families.

In the newsletter, the battalion commander and command sergeant major reflect on the Soldiers’ individual contributions and express the gratitude they have for every Soldier and the support they receive from their families. Every unit and staff section has a desire to share any news such as reenlistments, promotions, or any other significant achievements with their

loved ones.

Along with keeping the families informed, the newsletter also reassures and eases worries or concerns families may have about their deployed Soldiers. Hearing good news and seeing pictures of their Soldiers doing well informs the Families that their loved ones are staying safe.

The unit chaplain started a story time program allowing service members to record themselves reading a storybook and sending it home for their children to watch; it lets Soldier parents to read a story via a television set.

Several families have participated and contributed to the success of this program allowing many children to briefly see their deployed parent.

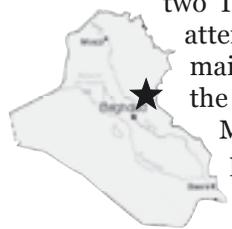
Video teleconference is another program that allows having a face-to-face conversation, an interactive form of communication for deployed Soldiers and their families. While there is a time restrictions on its use, both parties on each end agree a little time is better than none at all.

Deployments create physical absence of loved ones but various forms of communication definitely keep Families in touch.

Twenty-two Iraqi Soldiers graduate from Maintenance course

BY LT. COL. RENEE A. ROUSE
304TH SUST. BDE. PAO

DIYALA PROVINCE, Iraq –Twenty-two Iraqi Army Soldiers attending the humvee maintenance course at the Kirkush Third Line Maintenance Company graduated here April 29. Col. Raad Kalaf Marzok Al-Fhdawe said to his Soldiers, “I don’t want to waste your time. If there



is a problem I want to solve it. You are here to save your country and you have a responsibility to teach your Soldiers at your units. Lt. Col. Green came here from JBB to sign your diplomas and to see what you have done this month. You now have experience to fix trucks. It’s about the Iraqi Army and not about the pay.”

The Coalition Logistical Training Advisory Team old and new watched with pleased looks to know they had been apart of this auspicious occasion.

Sgt. 1st Class David Trejo, from the

602nd Maintenance Company of Ft. Hood, Texas said, “We had some challenging times because of the culture differences, but it would not have happened without the lieutenant, chief and Evans.”

Trejo said his team from the 602nd Maint Co. made the maintenance class a success.

The KTLM is commanded by Raad and representing Coalition forces were guests, Lt. Col. Norman B. Green commander of the 304th Sustainment Brigade from Riverside, Calif., and Com-

mand Sgt. Maj. Tracy E. Barlogio, of St. Louis, Mo.

Raad and Green commended each other and the LTATs for all the help with the school.

“Normally I give this out to the best Soldiers as a sign of excellence,” said Green while handing out his battalion commanders coin to the graduates. “Job well done.”

Both Green and Barlogio participated in the ceremony by passing out the diplomas and congratulating the graduates.

The 3d Sustainment Command (Expeditionary) presents

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330th Trans hands over the keys

STORY AND PHOTOS BY
SPC. AMANDA TUCKER
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – The 330th Transportation Battalion, out from Fort Bragg, N.C., conducted a transfer of authority with the 49th Trans. Bn., out of Fort Hood, Texas, during a transfer of authority ceremony here May 16.

For the past 15 months, the 330th Trans. Bn. provided logistics and distribution management across Iraq.

“Our troopers came trained and ready to meet the challenges that



Col. Ronald J. Ross, the commander of the 330th Transportation Battalion, and Command Sgt. Maj. Kevin A. McKeller, the senior enlisted member of the 330th Trans. Bn. case their battalion colors during a transfer of authority ceremony at Joint Base Balad, Iraq May 16.

were before them, some for the first time others we’ve lost count on their number of deployments,” said Col. Ronald J. Ross, the 330th Trans. Bn. commander “They are leaving here knowing that they made a difference and it’s worth the long 15 months and it’s all going to be worth it on the way home.”

The “Heart of the Dragon” processed more than 420,000 short tons of supplies, 250,000 pallets of cargo, and 210,000 standing transportation movement releases. They tracked more than 10,000 air movement requests, 53,000 transportation movement releases, more than 550,000 passengers and more than 34,000 convoys. They distributed more than 800 million gallons of fuel, 8,300 short tons of class five supplies and \$2.2 billion of class nine supplies. They have also processed more than 600 end of tour service awards.

“At no time in our history have we ever moved this much cargo,” said Brig. Gen. Michael J. Lally, 3^d Sustainment Command (Expeditionary) commanding general and guest speaker during the ceremony.

“They revamped and upgraded our convoy support center concept into an efficient operation that supported convoys with a one-stop shop principle,” Lally said. “The successes (they) created with the convoys support center resulted in fewer over nights, better intelligence, better support to our convoys and I’m confident that it



The color guard for the 330th Transportation Battalion and 49th Trans. Bn. pose together for one last photo after their transfer of authority ceremony at Joint Base Balad, Iraq May 16.

saved lives.”

The incoming unit will also take over the 330th Trans. Bn.’s command of 20 movement control teams spread throughout Iraq.

“We built a great team back at Fort Hood and trained hard in anticipation for this deployment and we are excited to finally take on this mission,” said Lt. Col. Peter M. Haas, the 49th Trans. Bn. commander.

“Clearly our first priority is accomplishment of our mission, our movement control and our highway regu-

lation missions and uninterrupted support to the combat forces in theater,” said Haas.

The official party consisted of Ross, Command Sgt. Maj. Kevin A. McKeller, the senior enlisted member of the 330th Trans. Bn., Haas, Command Sgt. Maj. Joseph L. Bivens, the senior enlisted member of the 49th Trans. Bn., Lally, and Command Sgt. Maj. Willie C. Tennant, the senior enlisted member of the 3^d ESC.



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“Bedouin Express” fosters relations in Dhi Qar province

STORY AND PHOTO BY
MASTER SGT. CARL MAR
287TH SUST. BDE. PUBLIC AFFAIRS

DHI QAR PROVINCE, Iraq – In an operation dubbed “Bedouin Express,” civil military operations team members from the 167th Combat Sustainment Support Battalion and 287th Sustainment Brigade took to the roads to meet with Bedouin families here May 14.

The mission’s goal, said Maj. Dale



A Bedouin father receives some blankets after visiting with the civil military operations team members from the 287th Sustainment Brigade and 167th Combat Sustainment Support Battalion during the mission “Bedouin Express” to Dhi Qar province, Iraq May 14.

Coparanis, 167th CSSB CMO and a native of Manchester, N.H., is to foster community relations with the migratory tribesmen and share a safety message. To his knowledge, this is the first time that Coalition forces established formal relations with the Bedouins.

“In the past, the Bedouins were largely ignored because they were transients in the area. They’d stay in a place a few days, sometimes a few weeks, but never for long,” he said. “The problem is that children of families camped by the roads run out when convoys pass by and try to get something from the Soldiers. That can be dangerous for them.”

“We’re telling (Iraqi) parents that Soldiers on convoys are not allowed throwing or handing out stuff to the kids. We hope they’ll explain that to their kids and keep them from running to the trucks. In turn, we would make regular visits in the area to drop off fresh water, blankets, clothes and toys for the children,” he said.

The CMO team, escorted by members of Charlie Company, 4th Battalion, 133rd Field Artillery, began the day not knowing what type of a reception they would receive. Driving past large concentrations of Bedouin camps, they finally chose an isolated group of about a half-dozen to make their first unannounced visit.

The Bedouins welcomed the convoy of Coalition Soldiers with warm greet-



“Bedouin Express” is a 287th Sustainment Brigade civil military operations mission to establish relations with the Bedouins in Dhi Qar province, Iraq May 14 and to share a road safety message. A Bedouin family waved goodbye after a visit by CMO team members.

ings and curiosity.

“This first mission was a success,” said Sgt. 1st Class. Alexander Parker, 287th Sust. Bde., CMO noncommissioned officer and a native of Topeka, Kan. He said they met with seven families and this trip allowed them to plan for future trips and continuing to meet with more families and repeat the pro-

cess of giving safety messages.

“We can’t meet with every Bedouin in the province, but we hope to meet with as many families as possible. Through the other Bedouins they come into contact with or through word of mouth, the ultimate goal is to spread our safety message as wide as possible in their communities.”

Radio station, 3d ESC partners to tell the Sustainer story

BY SPC. MICHAEL BEHLIN
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – Since May 2008, WQXE FM 98.3, a radio station located in Elizabethtown, Ky., partnered with the 3^d Sustainment Command (Expeditionary), to help tell the Sustainer’s story.

Located near the command’s home base of Fort Knox, Ky., WQXE, or “Quicksie” as commonly known, is a 25,000 watt Hot Adult Contemporary radio station that reaches 11 counties throughout Kentucky. As a result of its partnership with the 3^d ESC, WQXE has been instrumental in keeping Families and friends informed of what and how their Soldiers are doing while deployed here.

“Civilian listeners call or e-mail to say ‘thanks’ for giving them weekly up-

dates and that it makes them mindful of what our Soldiers are doing in Iraq,” said Hollie Sexton, a WQXE broadcaster and one-half of the “Greg and Hollie Everything You Need to Know When You’re On The Go Morning Show.”

WQXE began devising ideas for becoming more involved with Fort Knox and its surrounding communities, until one day, a post representative came to the station with a similar interest.

“Even before our partnership with the 3^d ESC, we were interested in developing a better relationship with Fort Knox,” said Greg Milby, the other half of the “Greg and Hollie Morning Show.” “Then one day, Maj. (Paul R.) Hayes (3^d ESC public affairs officer) walked into our office, introduced himself and expressed an interest with WQXE.”

What has developed since this introduction is a successful partnership that began with a tour of the 3^d ESC’s headquarters and continues to this day, with weekly broadcasts with Sustain-

ers. These broadcasts include a weekly interview with a 3^d ESC Soldier which is known as the “Weekly Phoner,” and the “Sustainer Minute,” a one minute-long broadcast produced by the 3^d ESC public affairs office.

According to Milby, the two 3^d ESC products are popular amongst their listeners as they give a unique perspective of life as a deployed Soldier. During the “weekly phoner” interview, Milby and Sexton converse with Soldiers to find out about the day-to-day rigors of their lives while in Iraq.

“Our listeners look forward to our interviews on Friday to hear what the day-to-day life of a deployed Soldier is like,” said Milby. “The partnership has worked out great for WQXE and the listeners by giving a better understanding of a Soldier’s life.”

From a 3^d ESC standpoint, the partnership has been meaningful as well.

“Everyone of those interviews is different, but one thing they all are

is meaningful—both to the Soldiers who do the interviews and those who hear them on the radio,” said Sgt. 1st Class David McClain, the 3^d ESC public affairs noncommissioned officer in charge and Brook Park, Ohio, native.

For the 3^d ESC Family members back in the Fort Knox community, this 3^d ESC partnership has been successful in getting them up to date information. Milby explained that because of their partnership with the 3^d ESC, WQXE feels as if it is a part of the Sustainer team, and ultimately, a part of the Family.

“We have been able to put ourselves in with many different Families. We’ve talked to Families about their children, like when they graduate and have talked to mothers who help their daughters buy prom dresses from Iraq,” said Milby. “Doing what we do with the 3^d ESC is the least we could do for Soldiers considering all they do for us.”

On the Web

3D SUSTAINMENT COMMAND
(EXPEDITIONARY)

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

Ziggurat From page one

maintained oversight and provided escorts of an Ur sightseeing tour while ensuring the preservation for the site," he said.

In April, base authorities pulled back their perimeter to place Ur outside the fence line and give Iraqis full access.

Saied Shehapp, headmaster of Ibn Rushed Secondary School, who brought 32 of his students to tour the site in early April, said that it has been over 30 years since he had been able to see Ur.

"None of the students here that day had ever seen it. We are grateful to the Americans for preserving our history and giving us the opportunity to examine the roots of our culture," said Shehapp.

Representing CF during the handover to the Iraqi authorities was Col. Phillip Battaglia, commander of the

4th Brigade Combat Team, 1st Cavalry Division.

"This ceremony represents another step in the growth and evolution of the Dhi Qar provincial government and Iraq security forces. I am proud to call the Iraqi security forces as our friends and brothers. We will always look back at our time here in southern Iraq as a very special moment in the history of this great nation," Battaglia said.

Anna Prouse, team leader for the Dhi Qar Provincial Reconstruction Team, told the audience her wishes for Ur's future.

"I whole heartedly hope that the Ziggurat will be open to children and to the people," she said. "Because every single Iraqi needs to see what their culture is about and that doesn't take place in classroom. That takes place here."



Talib Kamil al-Hassan, governor of Dhi Qar province, addressed several hundred distinguished guests attending the ceremony for the U.S. military's handover of the Ur archaeological site to Iraqi authority in Tallil, Iraq May 13.

Multi-faceted motor sergeant helps train Soldiers in combatives

BY SGT. 1ST CLASS ADAM SHAW
16TH SUSTAINMENT BRIGADE
PUBLIC AFFAIRS

CONTINGENCY OPERATING BASE SPEICHER, Iraq — "Being a non-commissioned officer is about leading, training and mentoring Soldiers," said Sgt. 1st Class Eric Helmer, battalion motor sergeant, 391st Combat Sustainment Support Battalion, 16th Sustainment Brigade.

Helmer, a Pineville, Mo., native, has been leading troops since 1997, when he became an NCO.

"Your job as an NCO is to enforce the standards," Helmer said. "Train your Soldiers hard at every opportunity. Do not be afraid to fail; there will be times when you will not succeed. Learn from the failure and move on. Inspect do not expect. Be motivated and motivate your Soldiers."

Helmer said he learned leadership at a young age from one of his neighbors, a

Korean War veteran, Phil Moomaw.

"He was very proud of his service and always spoke very highly of the military," said Helmer. "Listening to his stories about what he did in Korea and the struggles they had to overcome there really had an impact on me."

Since enlisting in 1992, Helmer has deployed five times. His deployments have spanned the globe and include: Panama, Egypt, Kuwait, Hungary and now Iraq.

"This deployment has been rewarding for me," Helmer said. "I have been afforded numerous opportunities to grow as a leader. During this deployment I have served as a platoon sergeant, battle captain and I am currently serving as the battalion motor sergeant. Each of these opportunities helped me become a more well-rounded and effective leader."

Helmer is currently in charge of the 391st CSSB's combatives program. He has trained and helped certify 94 level-one and 54 level-two combatants during this deployment, but nearly one-thousand Soldiers in his career.

"Sergeant First Class Helmer has al-

ways found the balance between accomplishing his assigned tasks and going out of his way to train Soldiers," said Command Sgt. Maj. David Emerick, command sergeant major, 391st CSSB. "No matter what implied or specified task, he takes it on and always completes it to standard."

It's not all work for Helmer, though. When he's not in uniform he likes to travel and go fishing. He's traveled throughout Europe to places such as England, Tenerife, Palma de Mallorca, and Belgium. But when it's time to relax, the promotable sergeant first class likes to pull out the rod and reel and head to the water with his wife of nine years, Monika.

"Fishing is a way to relive some stress and enjoy some time with my wife," said Helmer.

Like many deployed Soldiers, Helmer has had to find a balance between work and family.

"A 15-month deployment is hard on any family," Helmer said. "My wife and I have had to learn how to deal with being separated for such a long period. I



Courtesy photo

Sgt. 1st Class Eric Helmer, battalion motor sergeant, 391st Combat Sustainment Support Battalion, 16th Sustainment Brigade, Contingency Operating Base Speicher, Iraq, has been leading troops since 1997, when he became an NCO.

owe a lot of my success in the Army to the support I receive from my wife."



16TH SUSTAINMENT BRIGADE

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



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- Remind your buddy to drink. Refill your canteens at every opportunity.
- Monitor your urine output. If it is dark, then you need to drink more water. If, after rehydrating, you are not urinating, then consult medical staff.
- Eat enough food to maintain salt intake. Table salt may be added to food, but salt tablets are not recommended.
- Avoid drinking more than 1.5 quarts of water per hour or 12 quarts per day.
- Many medications and some nutritional supplements may make you more susceptible to heat illness. Ask the medical staff about medications you are taking and how they may affect you in the heat.



Notify medical staff if you:

- are dizzy or having trouble walking
- have a headache
- are nauseated or vomiting
- are feeling very tired or weak.
- are confused, or if your buddy notices you are "acting strangely"
- are sick or were sick yesterday.
- are on any medications that may affect you in the heat.

Sustainers complete effort

STORY AND PHOTOS BY
MASTER SGT. CARL MAR
287TH SUST. BDE. PUBLIC AFFAIRS

DHI QAR PROVINCE, Iraq – Soldiers from the Alpha Company, 56th Brigade Special Troops Battalion from Irving, Texas, filled a lot of empty rooms – and many Iraqi hearts – when they delivered 25 tables, 50 benches and five bookcases to the Hand of Mercy Orphanage here April 28.

The orphanage, located in the city of Al Batha, is a daycare facility for orphans and widows. The organization recently moved to an old three-story building which was barren of any furniture for their classrooms.

Maj. Dale Coparanis, 167th CSSB civil military operations chief and a native of Londonderry, N.H., had worked with the orphanage at their old site and was asked for assistance in furniture for their new location, mentioning the children and widows were sitting on floors.

“Alpha Company, 56th Brigade Special Troop Battalion, was basically an engineering company before this deployment. They have carpentry skills which I thought would be perfect for solving the furniture problem. I pitched the idea of them building desks and benches for the kids. I’m proud to say they took on the project in a big way,” said Coparanis.

Sgt. Chris Ravella, an Co. A, 56th BSTB assistant convoy commander who resides in Desoto, Texas and the project supervisor said, “Over 20 soldiers from the 56th BSTB and 636th Brigade

Support Battalion worked almost two weeks on the project, using excess wood from closed forward operating bases to build and paint the furniture”

“We actually built more than what the orphanage needed – 30 tables, 60 chairs and six bookcases. That gives us some extra furniture, I hope, which we can give to schools we visit on future CMO missions,” he said.

Despite their contribution to building the furniture, both Coparanis and Ravella said the Soldier who deserves the credit for the project’s success is Cpl. Andrew J. Ramer, and Co. A, 56th BSTB assistant commander from Bonham, Texas. Ramer not only was the foreman of the project, but the furniture designer. He lent a hand in crafting each piece from beginning to end and inspected each item to make sure it met standards.

“Hopefully, this furniture is something that the kids can remember that we did for them. While they’re growing up that memory might make a difference somewhere along the way. Personally, it’s a nice feeling to just do something good for kids,” said Ramer.

The orphanage was empty when Coparanis and the Soldiers of Alpha Company pulled their flatbed truck up to the building’s front door. The school was closed for the furniture delivery and to ensure the stairwell were kept clear for the Soldiers carrying the desks and tables.

After all the rooms were filled, Al Bathat District Councilman Mohammed Tayieh offered his gratitude to each Soldier who had worked on building and delivering the orphanage furniture.



A student helps carry in one of 50 benches built by Soldiers of the 56th Brigade Special Troops Battalion for the Hand of Mercy Orphanage in the city of Al Batha, Dhi Qar province, April 28. The Soldiers delivered a total of 25 desks, 50 benches and six bookcases to furnish the previously barren orphanage.

to furnish Iraqi Orphanage



Soldiers of the 56th Brigade Troop Support Battalion and 636th Brigade Support Battalion, 167th Combat Sustainment Support Battalion, are shown painting a bookcase, one of five which they delivered to the Hand of Mercy Orphanage in Al Batha, Dhi Qar Province, April 28.



Soldiers from the Texas Army National Guard, Alpha Company, 56th Brigade Troop Support Battalion delivered 25 desks, 50 benches and five bookcases-which they hand crafted- help furnish the Hand of Mercy Orphanage in Al Batha, Dhi Qar province, Iraq April 28.

LTAT accomplishes mission; Irwin Sustainers take control

BY MAJ. JOHN KOVAL
304TH SUST. BDE. ISF

DIYALAPROVINCE, Iraq – After working nine months with the Iraq Army’s 5th Division, 3rd Line Regional Maintenance Company at Kirkush Military Training Base, the Logistical Training Advisory Team transferred the mission to several Soldiers from the 699th Maintenance Company here May 2.

The outgoing LTAT, consisting of 11 Soldiers from the 356th Quartermaster Company, 602nd Maintenance Company and 259th Combat Service Support Battalion, assisted the KMTB since July 2008 while working with Iraqi Army Soldiers to develop their Iraqi Army Regional Maintenance Company.

The KMTB LTATs constructed a 120-day training schedule for the IA Soldiers on maintenance practices while also obtaining parts from Taji National Depot to 3rd Line Maintenance

according to their working operational procedures. However, the KMTB LTAT worked to achieve a normal operation while setting a work basis for their replacements.

The team was instrumental with ensuring over 4,350 lines of vehicle repair parts were processed, including former U.S. Army vehicles and a large, multi-national fleet of vehicles.

The 699th Maint Co. from Fort Irwin, Calif., has made progress continuing from where the outgoing LTAT mission ended. They had an integral role when 22 Iraqi Army Soldiers graduated from a 30-day class on transmission trouble-shooting.

Lt. Col. Shawn Daugherty, of Lacey, Wash., and 304th Sustainment Brigade operations officer, addressed the team saying “The LTAT is the best mission within the brigade. The LTATs are small, independent units, often in remote locations, in charge of their own destiny and work hand-in-hand with the Iraqi Army, and that’s what this is all about. This is a tough logistical challenge and you (all) have done an outstanding job.”



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

Soldiers from the 699th Maintenance Company, a Fort Irwin, Calif. based Army active component unit, formed the new Logistical Training Advisory Team and assumes the responsibilities of the LTAT mission at Kirkush Military Training Base, Iraq.

Both KMTB LTATs are examples of their ability to work while sustaining the brigade’s motto, “Bridge the Gap... Sustain the Force” and demonstrated the force with the Iraqi maintenance program.

ARACHNIDS OF IRAQ AND KUWAIT

SCORPIONS

Scorpions are arachnids with eight legs, two pairs of pincers (pedipalps) at the front, and a stinger (telson) at the rear. They are nocturnal and often found in dark, sheltered areas. Scorpion stings are painful and can be fatal in some cases, particularly for children and the elderly.

PREVENTING SCORPION, SPIDER, AND SOLPUGID BITES AND STINGS

Prevention is key to avoiding bites and stings. Use insect repellent, wear protective clothing, and avoid dark, cluttered areas. If you are bitten or stung, wash the area with soap and water, and seek medical attention if necessary.

SCORPION VENOMS AND THEIR EFFECTS

Scorpion venoms vary in toxicity. Some species cause only pain and swelling, while others can cause severe allergic reactions, paralysis, and even death. Symptoms include pain, swelling, and difficulty breathing.

SPIDERS

Spiders are arachnids with eight legs. Most spiders are harmless, but some species can bite and cause pain or allergic reactions. The most common spider bite is from the brown recluse spider, which can cause a severe allergic reaction.

HABITATS

Arachnids are found in a variety of habitats, including deserts, mountains, and urban areas. They are often found in dark, sheltered areas such as under rocks, in cracks, and in cluttered areas.

SOLPUGIDS

Solpugids are arachnids with eight legs and a segmented body. They are nocturnal and often found in dark, sheltered areas. Solpugid bites are painful and can cause swelling and redness.



Former Mr. America, NYPD officer continues service

BY SPC. KIYOSHI FREEMAN
EXPEDITIONARY TIMES STAFF

AL ASAD AIR BASE, Iraq – From the jungles of Vietnam to the streets of New York City to the deserts of Iraq, one noncommissioned officer proves his dedication through decades of service.

A 58-year-old veteran of the Vietnam War, Sgt. 1st Class Luis R. Laluz, 321st Sustainment Brigade, said he remembers spending 1969 and 1970 face down in a rice paddy with an NCO by his side. Only now, 40 years later, he's the veteran NCO all young Soldiers look up to for inspiration and advice.

Laluz, originally a member of the Army Reserves in New York City, admitted he thought he was done with overseas deployments; he did his time in a combat zone and that was enough.

"But how can you put a limit to it?" said the Staten Island, N.Y., native. "You can do five years, 20 years, 30 years—is it really enough when your country needs you?"

The war on terrorism hit particularly close to home for the New York City police officer, who lost two relatives on 9/11.

With a harsh, rapid fire New York

City accent and a stocky, muscular build, Laluz stands out from most Soldiers in the 321st Sust. Bde., a Reserve unit from Louisiana. The amateur bodybuilder, who started lifting weights when he was 12 years old, won the Mr. New Jersey Shore and Mr. America titles in 1983 and 1989, respectively.

Laluz said he was selected to promote physical fitness training in his unit by the command because of his extensive background in bodybuilding. He's personally taken Soldiers under his guidance to show them how to exercise properly, how to eat healthy and how to change years of bad lifestyle habits.

One such Soldier is Sgt. Joshua S. Moak, a senior land manager from Baton Rouge, La., 321st Sust. Bde.

Moak lost 40 pounds under Laluz's tutelage in two and a half months. He described his first day working out with Laluz as one of excruciating pain.

"When we were done, we couldn't raise our arms above our heads," he said. "The next day, I couldn't move my arms at all, but we kept at it."

An NCO's duty, Laluz said, is to look out for the welfare of his Soldiers. His proudest moment was helping a Soldier pass her physical fitness test for first time in years. They would exercise and eat together, to ensure she ate only



Sgt. 1st Class Luis R. Laluz, far right, of Staten Island, N.Y., offers Soldiers weight lifting tips in a gym at Al Asad Air Base, Iraq May 4. An Amateur bodybuilder and former bodybuilding champion, Laluz started a physical fitness program for Soldiers in his unit, the 321st Sustainment Brigade.

healthy, all-natural foods.

"The more they ask me questions, the more I get motivated, the more I want to help them," Laluz said. "Anybody can learn how to work-out. I could teach a chimpanzee how to pick up a dumbbell."

The most important thing to physical fitness, Laluz stresses over and over again to his Soldiers, is proper nutrition and lifestyle choices. That's the key to getting in shape and staying in

shape, he said.

For years, Moak said he's tried to lose weight and get in shape. It took the proper guidance and motivation of a man such as Laluz to put him on the path to success.

"I had no idea you could get in shape so quickly. His program's way better than anything I could have done on my own," he said, adding that he was told to exchange his uniforms for a smaller size—his were too big.



Sustainers selected for Sgt. Audie Murphy Club

BY SPC. KIYOSHI FREEMAN
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – Six Sustainment noncommissioned officers joined the exclusive Sergeant Audie Murphy Club here Thursday.

According to its Fort Knox website, the Sergeant Audie Murphy Club recognizes those NCOs "who have contributed significantly to the development of a professional NCO Corps and a combat ready Army. Members exemplify leadership characterized by personal concern for the needs, training, development and welfare of Soldiers and concern for Families of Soldiers."

"To me, the Sergeant Audie Murphy Club represents an organization of NCOs who have clearly distinguished themselves from their peers," said Master Sgt. Elbert A. Jackson, 3^d Sustainment Command (Expeditionary) command chaplain noncommissioned officer in charge, in a previous interview. Jackson is the only NCO in the 3^d ESC who was inducted into the SAMC.

Jackson, of Savannah, Ga., said he remembered the honor he felt when was



From left to right: Sgt. Nicole Carroll; Staff Sgt. Gabriel George; Staff Sgt. Janelle Jackson; Command Sgt. Maj. Willie C. Tennant, Sr.; Staff Sgt. Ronald White; Sgt. 1st Class Terence Bright; and Staff Sgt. Kenneth Weldon pose for a picture at Joint Base Balad, Iraq Thursday. All the noncommissioned officers featured, with the exception of Tennant, were inducted into the Sergeant Audie Murphy.

inducted into the organization alongside drill sergeants, some of the best leaders in the Army.

In order to qualify for induction into SAMC, NCOs must be nominated by their chain of command. Furthermore, NCOs must have a GT score of at least 110, a physical fitness badge, at least two Soldiers under their command, and certain weapons qualification scores.

All of these criteria must be satisfied before a candidate may go before a review board, which will make the final determination of admission based on practical skills tests and scenario-based questions.

Jackson said the process is rigorous and highly competitive, but worthwhile to the professional development of any NCO.

Those NCOs inducted into the SAMC were Sgt. 1st Class Terence Bright, 16th Sustainment Brigade; Staff Sgt. Ronald White, 16th Sust. Bde.; Staff Sgt. Kenneth Weldon, Jr., 16th Sust. Bde.; Staff Sgt. Gabriel George, 16th Sust. Bde.; Staff Sgt. Janelle Jackson, 10th Sust. Bde.; and Sgt. Nicole Carroll, 10th Sust. Bde.

Staff Sgt. Gabriel George, 16th Sust. Bde., said he started preparing three months ago, studying and conducting practice boards, euphemistically called

murder boards.

"It's been an outstanding experience and a long journey," he said. "I'm honored to now be a part of it."

The club, named after Audie Murphy, started in 1986 at Fort Hood, Texas, and expanded until it became an Army-wide organization in 1994.

A veteran of World War II, Murphy was one of the most highly decorated Soldiers in American military history. In addition to receiving the Medal of Honor, the nation's highest award for valor, Murphy was awarded 32 other medals or citations, including the Distinguished Service Cross, two Silver Stars, and three Purple Hearts.

Murphy went on to become an author, country music songwriter, and popular movie star featured in over 44 films. His most commercially successful film, "To Hell and Back," was based on an autobiographical book of the same name.

Born and raised in Texas, Murphy joined the Texas Army National Guard and served there until 1966, when he retired at the rank of major. Five years later, he died in a plane crash at the age of 46. Today, his gravesite is the second-most visited grave in Arlington National Cemetery, after President John F. Kennedy.



SHOUT OUT!!!

Contact the Expeditionary Times for more information.

E-mail: expeditionarytimes@iraq.centcom.mil



Running to stay fit in Iraq

STORY AND PHOTO BY
1ST LT. ROBYN BOEHRINGER, UPAR
HHC, 553RD CSSB, 10TH SUST. BDE.

CAMP LIBERTY, Iraq – A group of the Fort Hood, Texas based Soldiers participated in the 5.53-mile run at Victory Base Complex.

The Soldiers are members of the 553rd Combat Sustainment Support Battalion that is nearing the end of its 15-month deployment in support of Operation Iraqi Freedom.

The 5.53 mile course took participants through the streets of VBC, passing the Al-Faw Palace, Gen. Raymond T. Odierno's residence, and several of the area's man-made lakes. While the 553rd CSSB's "Leopard Run" was created for successful mission accomplishment, it also served as the pinnacle event for a group of dedicated runners in the battalion.

Capt. Christopher Etheridge, a native of Norman, Okla. and a member of the 553rd CSSB's running group, enjoys participating in the runs for vari-

ous reasons.

"I viewed them as a personal challenge," he said. "For example, I ran a 10-mile race recently and was surprised that I could finish it without stopping. Additionally, I looked for the races that supported a worthy cause such as the "Who's Your Hero Run" that enlightened the public on the devastating disease, Adenoid Cystic Carcinoma."

The 553rd CSSB's running group's motto of "Running for our Lives in Iraq" is a statement that was derived from several factors. One is the unpredictable Iraqi weather.

Sgt. 1st Class Joel Hernandez, a native of Aurora, Ill., recalls one 10K race – "That day was so dusty and windy that you could barely see the person in front of you. By the time I crossed the finish line I was completely covered in dust and my normally dark hair was white."

When Hernandez was asked why he would run in those conditions he stated, "It was cool. How many people can say they ran a 10K in a full-blown dust storm?"

"Running for our Lives in Iraq" helps soothe frustrations and anxiet-



Soldiers from the 553rd Combat Sustainment Support Battalion show their T-shirts after participating in the Peachtree 10k run at Victory Base Complex, Iraq July 4, 2008.

ies. For many of the 553rd CSSB runners, the simple act of running serves as a healthy substitute to maintaining fitness.

The 553rd runners understand the

benefits of running and will continue to lace up their running shoes and run the streets of VBC until they leave Iraq.



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BREAST
CANCER

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Start Time: 0600
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Phone: 732-427-5130 x 4574
Email: geraldj2@mmcs.army.mil
Phone: 732-427-5130 x 8704 or 6561

JOIN FORCES WITH TENS OF THOUSANDS OF AVON WALKERS BACK IN THE USA

Q-West Airmen get recognized for safety record

STORY AND PHOTO BY
SGT. KEITH M. ANDERSON
16TH SUST. BDE. PUBLIC AFFAIRS

CONTINGENCY OPERATING BASE Q-WEST, Iraq – A small Air Force detachment on this Army logistics hub in northern Iraq usually goes unnoticed.

The small group of more than 20 Airmen in Detachment 2, 332nd Expeditionary Logistics Readiness Squadron, 332nd Expeditionary Mission Support Group, load and unload the planes that fly in. They work around the clock, night and day in all weather conditions, with heavy equipment on an obstacle-course-like tarmac that is under repair.

But this time they were recognized for an accomplishment made more remarkable by the challenges of their mission. They went 90 days without an accident.

“As the Superintendent, it’s an honor to have received the 16th Sustainment Brigade 90-day Safety streamer,” said Air Force Master Sgt. Jason Aven, superintendent, Det. 2. “I know it wasn’t one person who you can contribute this

to, but a team effort. However, I do salute my front line leaders, in particular their hard work and determination to stay engaged each day.”

Col. Martin Pitts, commander, 16th Sust. Bde., and Q-West commander, presented the green safety streamer to the detachment during a ceremony on the tarmac May 11.

“It’s not often I get to recognize an Air Force unit,” Pitts said. “You all exemplify the Knight’s Pride standard, you own the edge.”

Pitts congratulated the Airman on the success of their safety program, and told them not to lose their focus as they near the end of their individual rotations.

Another challenge for the detachment is continuity, Aven said.

“Now the challenge is to keep this trend going and ensuring our replacements continue the important mission here and do it safely,” Aven said.

Airmen in the detachment provide airfield command and control, air freight handling for fixed wing aircraft and maintenance capabilities for Q-West Base Complex.

Since January they have moved more than 15,000 passengers and 6,000 pallets in excess of 5,900 tons. Their work has spared the Army from conducting thousands of dangerous



Col. Martin B. Pitts, commander, 16th Sustainment Brigade, presents a certificate of achievement for safety excellence to U.S. Air Force 1st Lt. Ryan Barrett, commander, Detachment 2, 332nd Expeditionary Logistics Readiness Squadron, 332nd Expeditionary Mission Support Group, on the tarmac at Contingency Operating Base Q-West May 11.

convoys.

“Being awarded this streamer reflects the attention to detail and overall diligence of the Airmen who work every day to move personnel and supplies in and out of theater while maintaining a safe working environment,” said Air Force 1st Lt. Ryan Barrett, command-

er, Det. 2. “A balance must be kept to where we provide timely support to the warfighter, while simultaneously ensuring safety standards. Safety is first and foremost in our operations and our young airmen and frontline NCO’s make sure that that standard is upheld.”

Maintenance & Supply

Topic of the Week

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

Put a STOP to Rubbing Tires

BEFORE YOU CLIMB IN YOUR HEAVY AND HEAD OUT FOR THE DIRT ROAD, TAKE A LOOK AT THE INSIDE OF THE FRONT TIRES.

SEE ANY WEAR MARKS? IF SO, STOP! IT'S TIME FOR A WHEEL ADJUSTMENT. HAVE YOUR TECHNICIAN ADJUST THE TIRE STOP SCREW TO KEEP THE TIRES FROM LETTING ANYTHING SLIDE BY.

FRONT TIRES THAT RUB AGAINST THE FRAME OR SUSPENSION BEARING SURFACES CAN EVENTUALLY TURN SO MUCH THAT THEY ARE NOT ENOUGH TO GRAB & BRIDGE.

Steering Gear Shaft Lube

Most or worse steering usually means the grease fittings on the Scott's steering gear shaft need lube.

These fittings are overlooked. Especially overlooked is the one at the U-joint under the steering pump protective cap.

To make sure each fitting gets four or five coats of grease during scheduled service:

PS 678 15 MAY 09

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Hawaiian Style

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'Real Warriors' takes aim at mental health stigma

BY C. TODD LOPEZ

WASHINGTON (Army News Service, May 21, 2009) -- A new Department of Defense campaign aims to minimize, if not eliminate the stigma attached to seeking mental-health assistance.

"The Real Warriors Campaign" is sponsored by the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury. The campaign is designed to help service members overcome the stigma associated with seeking psychological help and encourage service members to seek out help when they need it.

Lt. Gen. Eric Schoomaker, surgeon general of the Army and commander of U.S. Army Medical Command, explained that the Army works hard to encourage Soldiers to overcome the stigma associated with seeking out mental-health assistance.

"One of our challenges is to lower

the stigma of (Soldiers) getting follow-on counseling," Schoomaker said during a media roundtable Wednesday. "We are working in every venue we can to do that. The Army leadership, recognizing that stigma is a major part of that, has undertaken in the last two years very aggressive top-to-bottom sensitization and education of the force."

Some of that education has apparently worked. Results of a Mental Health Advisory Team survey from 2004 indicate some 41 percent of respondents would avoid seeking psychological health services because it would be "too embarrassing." By 2007, only 32 percent of respondents felt that way. Likewise, in 2004, some 65 percent of respondents believed seeking such services would make them "be seen as weak," while in 2007, that number dropped to less than half.

Schoomaker said when Soldiers return from deployment, they can experi-

ence symptoms from experiences they endure in combat -- and those symptoms are normal human reactions, and nothing to be ashamed of.

"Human beings exposed to trauma in life have fairly high frequency of developing symptoms later on. It's a normal human reaction," Schoomaker said. "You are not going crazy. It doesn't mean you are going to have a lifetime disability. It means you need sometimes to have some help and counseling, to prevent a longer and more resistant disorder we call Post Traumatic Stress Disorder -- that is a persistence of these symptoms that begin to interrupt and interfere with life."

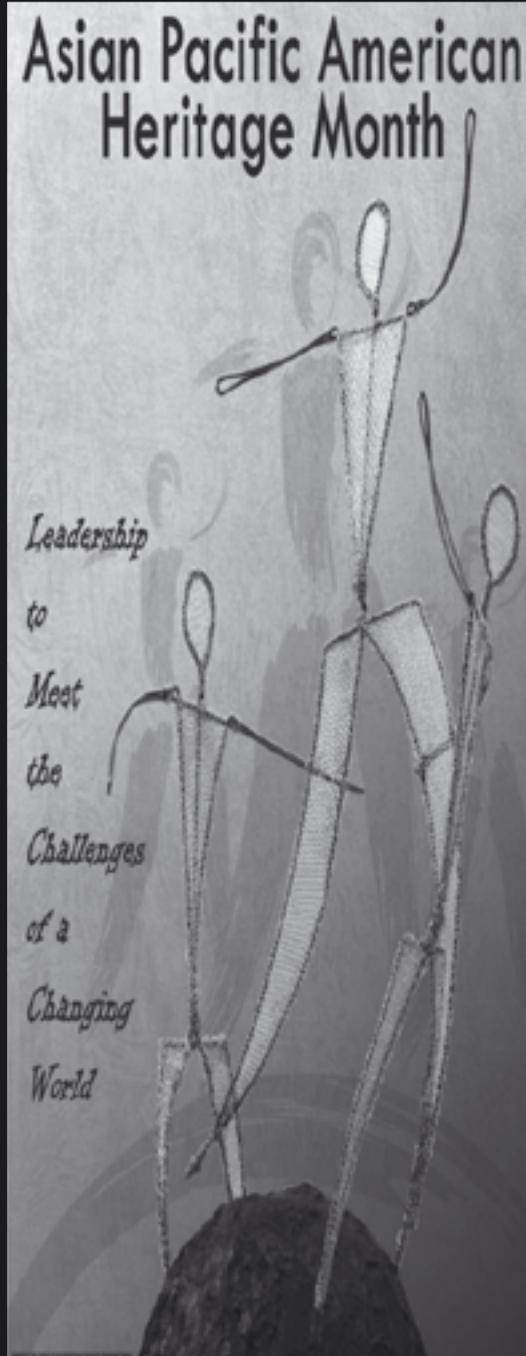
The Real Warriors Campaign uses social networking, radio, television, posters, flyers, and a Web site to reach active-duty service members, military veterans, members of the National Guard and the Reserve, as well as family members and health professionals.

The campaign features stories of real service members who have sought treatment and are continuing to serve.

The marketing campaign is designed to change the opinions of Soldiers, Sailors, Airmen and Marines about what it means to seek out psychological health treatment, so that eventually, those service members will be as comfortable seeking out assistance for mental health issues as they are seeking out assistance with physical issues.

"Real Warriors know that seeking care is a sign of strength that benefits themselves, their families and their units and Services," reads the campaign literature.

That literature, and more information is available on the Real Warriors Web site at www.realwarriors.net or call the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) Outreach Center at (866) 966-1020.



JOINT BASE BALAD
Present

Asian Pacific American Heritage Month
Observance

MWR East Facility
28 May 2009 at 1130 Hours

Guest Speaker: CSM Jose Crisostomo

Command Sergeant Major
402nd Army Field Support Brigade

Contact: MSG Tuynuykua Jackson, 3^d ESC EO Advisor @ 433-2527,
MSgt Matthew Wendel, 332 AEW EO Director @ 443-8459,
LTC James-Michael Yates, TF 34 EO PM @ 483-4589,
MSG Scott Shockley, 3^d ESC EO Advisor @ 433-2527,
MSG Rita Cossio, 3^d ESC EO Advisor @ 433-2527,
SFC Sidney Karneke, 555th EN BDE EO Advisor @ 483-4645,
SFC Lisa Paxton, 304th SB EO Advisor @ 433-2917,
SSG DaMon Walker, 51st ESB BN EOL @ 483-2217
MSG Bernice Mitchell, 3^d ESC Fusion Cell NCOIC @ 433-2314

Sudoku

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.

Level: Medium

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

Last weeks answers

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

TEST YOUR KNOWLEDGE

1. What is the most popular webcomic currently posting online (hint: it debuted in 1998)?
2. What is the name of the doctrine the U.S. government took as a "hands off" approach to the economy and let the market regulate itself?
3. What M*A*S*H star suffered from a bad case of Polio as a child?
4. Who hit the first home run in an All-Star game?
5. How many articles does the Military Code of Conduct contain?

1. Penny Arcade 2. Laissez-faire 3. Alan Alda 4. Babe Ruth 5. Six

JOINT BASE BALAD WORSHIP SERVICES

TRADITIONAL	MASS
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 (H-6) 2000 Air Force Hospital Chapel	Saturday 1700 Gilbert Memorial Chapel (H-6) (Sacrament of Reconciliation Sat 1600 or by appointment) 2000 Freedom Chapel (West Side) Sunday 0830 Gilbert Memorial Chapel (H-6) 1100 Provider Chapel 1100 Air Force Hospital Chapel Thurs 1100 Air Force Hospital Chapel Mon, Wed, Fri 1700 Gilbert Memorial Chapel (H-6) Mon-Fri 1130 555th Engineer Brigade Bldg 7200
GOSPEL	JEWISH SHABBAT SERVICES
Sunday 1100 MWR East Building 1200 Freedom Chapel (West Side) 1230 Gilbert Memorial Chapel (H-6) 1900 Provider Chapel	Friday 1700 Gilbert Memorial Chapel (H-6) Saturday 0930 Gilbert Memorial Chapel (H-6) Saturday 1700 Gilbert Memorial Chapel (H-6)
CONTEMPORARY	ISLAMIC PRAYER
Sunday 0900 Chapel-Near Iraq/MWR East 1030 Gilbert Memorial Chapel (H-6) 1400 Castle Heights (Bldg 4155) 1900 Freedom Chapel (West Side) Wednesday 2000 Gilbert Memorial Chapel (H-6)	Friday 1230 Provider Chapel
HISPANIC PROTESTANT	PAGAN/WICCAN FELLOWSHIP
Saturday 1930 Provider Chapel	Thursday 1900 The Shack Saturday 1900 The Shack
LITURGICAL -Episcopal, Anglican, Presbyterian	GREEK ORTHODOX
Sunday 1500 Gilbert Chapel (H-6)	Sunday 0900 Provider Annex
SEVENTH DAY ADVENTIST	
Saturday 1000 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 Memorial Chapel (H-6)	

For Further Information Please Call:
 Gilbert Chapel: 443-7703
 Provider Chapel: 433-2430
 Freedom Chapel: 443-6303

JB BALAD ACTIVITIES

INDOOR POOL Swim Lessons: Mon., Wed., - 6 p.m. Tue., Thu., Sat., - 6:30 p.m. AquaTraining: Tue., Thu., - 7:30 p.m., 8:30 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.	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.	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. Tue., Thu., - 7 a.m., 3 p.m. Sunday- 5:45 a.m., 7 a.m., 3 p.m. Monday-Saturday- 4:30 a.m., 4 p.m., 10 p.m. Tuesday- 4 p.m. 12 a.m. Soccer: Tue., Thu., - 8 p.m. Wednesday- 8 p.m. MACP Level 1: Friday- 8 p.m. Boot Camp: Saturday- 8:45 a.m. Sunday- 8 p.m.	H6 RECREATION CENTER Bingo: Sunday- 8 p.m. Texas Hold'em: Mon., Fri., - 2 p.m., 8:30 p.m. Cross Fit: 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:	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. Dodge ball Game: Tuesday- 7:30 p.m. Furman's Martial Arts: Mon., Wed., Sun., - 1 p.m. Gaston's Self-Defense Class: Fri., Sat., - 7 p.m. Open court basketball: Thursday- 7 p.m. Open court soccer: Mon., Wed., - 7 p.m. Zingano Brazilian Jui Jitsu: Tue., Thu., - 8:30 p.m.
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Check CHUdays

Each Tuesday Check The Following in Your CHU

1. Power strips are free of debris and clothing
2. Electrical devices not in use are unplugged
3. Power strips and outlets are not overloaded
4. Smoke detector is operational
5. Fire extinguisher is serviceable (in the green)
6. Room is neat and orderly

This Simple Act Could Save You, Your CHU and Your Buddy Too

Gain a new perspective.
 Own the Edge through Composite Risk Management, or CRM
<https://crc.army.mil>

U.S. ARMY
 U.S. ARMY COMBAT RESILIENCE CENTER
<https://crc.army.mil>
 own the EDGE
 Composite Risk Management

SHOUT OUT from Home!!



Hi Daddy (Sgt. Christopher Williams),

I am now an official 1st grader! I also wanted to tell you Happy Birthday! We made you a cake and I got to eat it. Yummy. I can't wait till I get to see you. I love you so much and miss you more than anything

Love,
Aryana

TOBYHANNA FRA

We are located at Bldg 6828 Victory Loop N
behind the Education Center at JBB

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We exchange:

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- A/C Adapters
- Keyboards

Printer Repair

We DX:

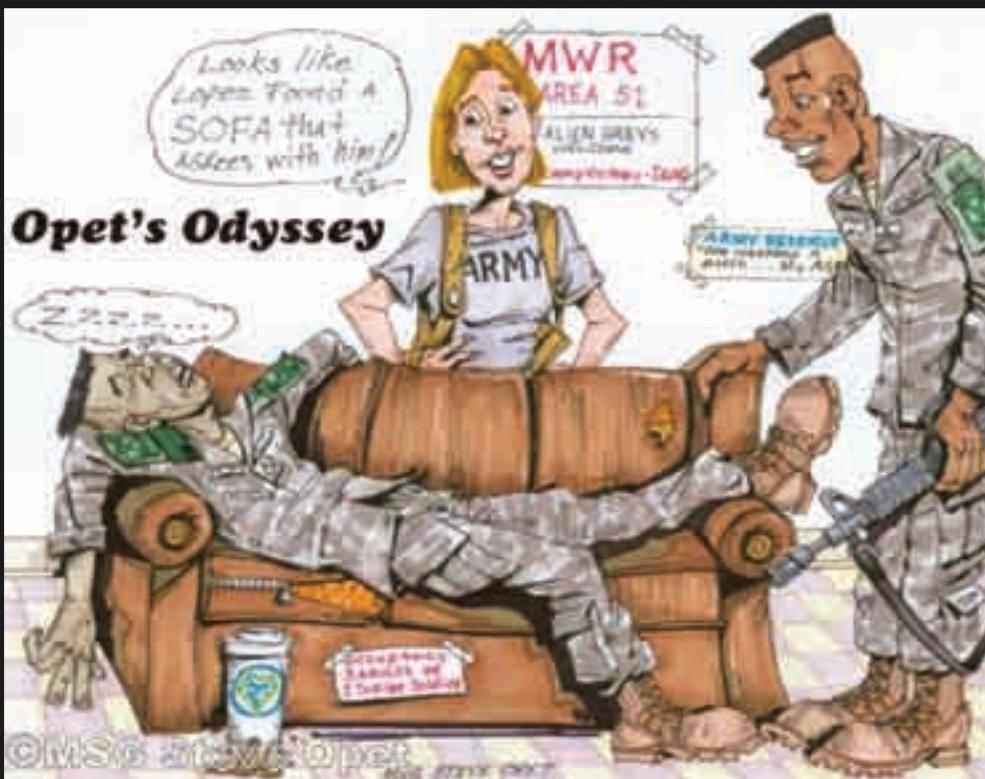
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SUSTAINMENT REEL TIME THEATER

Movie Times

Wednesday, May 27

5 p.m. Observe And Report
8 p.m. 12 Rounds

Thursday, May 28

5 p.m. 12 Rounds
8 p.m. Angels & Demons

Friday, May 29

2 p.m. Dragonball:Evolution
5 p.m. Night At The Museum
8:30 p.m. Night At The Museum

Saturday, May 30

2 p.m. Night At The Museum
5 p.m. Terminator Salvation
8 p.m. Terminator Salvation

Sunday, May 31

2 p.m. Terminator Salvation
5 p.m. Dragonball:Evolution
8 p.m. Crank 2

Monday, June 1

5 p.m. TBD
8 p.m. TBD

Tuesday, June 2

5 p.m. TBD
8 p.m. TBD

(Schedule is Subject to Change)

Night at the Museum



Ben Stiller returns as Larry Daley, the unfortunate night watchman who continues to encounter living and breathing museum exhibits in Night at the Museum 2: Escape From the Smithsonian, 20th Century Fox's tent-pole sequel from director Shawn Levy. Scott Frank, Robert Ben Garant, and Thomas Lennon provide the script, with Chris Columbus returning to handle producing duties. Amy Adams (Enchanted) and Hank Azaria join the

returning cast of Robin Williams, Ricky Gervais, and Owen Wilson in the 1492 and 21 Laps Entertainment co-production.



Terminator Salvation



In the fourth installment of the Terminator series, Christian Bale stars as John Connor, the eventual leader of mankind's fight against the machines. The setting is 2018, focusing on the war between the humans and the computer network Skynet. Anton Yelchin co-stars as soldier Kyle Reese, and Sam Worthington appears as new terminator Marcus Wright.



UPCOMING SPORTS ON AFN



Wednesday 5/27/09

2009 Stanley Cup Playoffs - Eastern Conference Finals, Game 4: Pittsburgh Penguins @ Carolina Hurricanes , Live 2:30 a.m. AFN/xtra
2009 NBA Playoffs - Eastern Conference Finals, Game 4: Cleveland Cavaliers @ Orlando Magic, Live 3:30 a.m. AFN/sports
Seattle Mariners @ Oakland Athletics, Live 5 a.m. AFN/xtra
2009 French Open: Early Round Coverage - Day 4 (Roland Garros; Paris, France), Live 8 p.m. AFN/sports

Thursday 5/28/09

2009 Stanley Cup Playoffs - Western Conference Finals, Game 5: Chicago Blackhawks @ Detroit Red Wings, Live 2:30 a.m. AFN/xtra

2009 NBA Playoffs - Western Conference Finals, Game 5: Denver Nuggets @ Los Angeles Lakers (If Necessary), Live 4 a.m. AFN/sports
Chicago White Sox @ Los Angeles Angels, Live 5 a.m. AFN/xtra

Friday 5/29/09

Detroit Tigers @ Baltimore Orioles, Live 2 a.m. AFN/xtra
2009 NBA Playoffs - Eastern Conference Finals, Game 5: Orlando Magic @ Cleveland Cavaliers, Live 3:30 a.m. AFN/sports
Chicago Fire @ Chivas USA, Live 5:30 a.m. AFN/xtra

Saturday 5/30/09

2009 Stanley Cup Playoffs - Eastern

Conference Finals, Game 5: Carolina Hurricanes @ Pittsburgh Penguins (If Necessary), Live 2:30 a.m. AFN/xtra
Chicago White Sox @ Kansas City Royals, Live 3 a.m. AFN/prime pacific
2009 NBA Playoffs - Western Conference Finals, Game 6: Los Angeles Lakers @ Denver Nuggets (If Necessary), Live 4 a.m. AFN/sports
St. Louis Cardinals @ San Francisco Giants, Live 5 a.m. AFN/xtra

Sunday 5/31/09

2009 Stanley Cup Playoffs - Western Conference Finals, Game 6: Detroit Red Wings @ Chicago Blackhawks (If Necessary) Live 3 a.m. AFN/prime atlantic
2009 NBA Playoffs - Eastern Conference Finals, Game 6: Cleveland Cavaliers @

Orlando Magic (If Necessary), Live 3:30 a.m. AFN/sports

Monday 6/1/09

Sunday MLB on TBS: New York Yankees @ Cleveland Indians, Live 12:30 a.m. AFN/xtra
Atlanta Braves @ Arizona Diamondbacks (JIP), Tape Delayed 10 a.m. AFN/xtra

Tuesday 6/2/09

2009 Stanley Cup Playoffs - Western Conference Finals, Game 7: Chicago 2009 NBA Playoffs - Eastern Conference Finals, Game 7: Orlando Magic @ Cleveland Cavaliers (If Necessary), Live 3:30 a.m. AFN/sports
Arizona Diamondbacks @ Los Angeles Dodgers, Live 5 a.m. AFN/xtra

On the Web



10th Sustainment Brigade
Task Force
Muleskinner



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

PHOTOS AROUND IRAQ



U.S. Army photo by Staff Sgt. Raul Elliott

U.S. Army Spc. Kaylin Martiniak from Santa Rosa, Calif., of Headquarters and Headquarters Battalion, 3rd Brigade Combat Team, 25th Infantry Division, provides security during a book delivery to a primary school in the Al Qudsiah district of Tikrit, Iraq, May 14.



U.S. Air Force photo by Senior Airman Kamaile O. Chan

U.S. Army Sgt. Joshua Smith, a native of Fort Wayne, Ind., with the 25th Infantry Division, Canine Section, provides water to his Military Working Dog Blacky, during a cordon and search mission in the Al Siha District of Mosul, Iraq, May 14.



U.S. Army Photo by Staff Sgt. Brendan Stephens

Iraqi Army Recruits of the 39th Brigade, 10th Iraqi Army Division, clean their weapons at the Regional Training Center in Camp Ur, Dhi Qar province, Iraq May 16.



U.S. Army Photo by Staff Sgt. Brendan Stephens

Construction crews build a new barracks complex to house soldiers of the 39th Brigade, 10th Iraqi Army Division, at Camp Ur in Dhi Qar province, Iraq May 16.

NEWS AROUND IRAQ

Diyala operation continues to show strength and unity

DIYALA, Iraq – A major operation involving Iraqi Security Forces, Peshmerga, and Coalition Forces continues to make progress throughout the Diyala Province.



Operation “Glad Tidings of Benevolence II” began May 1, and primarily consists of ISF and Peshmerga forces working together to clear and secure areas in Diyala.

Thus far, soldiers from both forces have continued to capture criminals, discover weapons caches and deliver humanitarian aid to local residents.

Soldiers of the Iraqi 2nd Brigade, 1st Division conducted a humanitarian aid mission to assist school children at the Al-Eloom Primary School May 13. The soldiers handed out school supplies to more than 200 children in separate classes.

More humanitarian missions are currently being planned by Iraqi forces at locations across Diyala. This assistance aids the people of the province and helps build strong partnerships between local residents and the Iraqi Security Forces.

“Glad Tidings of Benevolence II continues to cover both ends of the operational spectrum,” said 1st Stryker Brigade Combat Team, 25th Infantry Division spokesman

Maj. Chris Hyde. “The Iraqi Security Forces and Peshmerga are both ridding the province of criminal elements, their weaponry and safe havens, and assisting local residents with rebuilding and reestablishing their lives and communities.”

First U.S. graduation ceremony held in Iraq

CAMP VICTORY, Iraq – Cheers, applause and pride filled the room as 79 service members moved their tassels from left to right after graduating from college here May 17.

Beneath a flag hanging from the ceiling of the Al Faw Palace in Baghdad, the students from 21 different schools were presented various degrees.

Approaching the stage, Petty Officer 2nd Class Orlando Cepeda, assistant non-commissioned officer in charge of the Management Advisory Group Cell, was the first student to walk across the stage and accept his certificate.

“Iraq is a historical place and even to be a small part of its history is awesome,” said Cepeda.

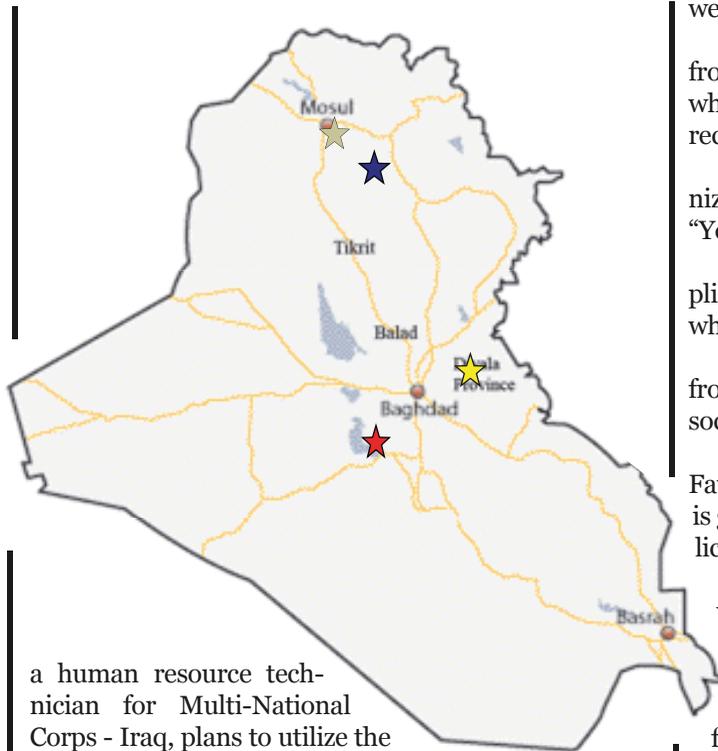
Many students hoped the historical moment would inspire other service members.

“We are in Iraq and we graduated,” said Sgt. 1st Class Jennie Jones, support operations officer for the Headquarters and Headquarters Detachment, Forward Support Battalion. “So, it’s possible for other Soldiers to do it. There’s always something to learn.”

The Education Center enables Soldiers to take online courses and offers core classes such as English to take in a classroom setting.

“It’s not like normal colleges, we have about 15 students per class,” said Lisa Brooks, a psychology instructor with the University Maryland University College in Iraq. “The one-on-one contact available to students provides personal interaction and builds camaraderie.”

A firm believer in the Army’s education opportunities, Chief Warrant Officer Michael-Paul A. McKoy,



a human resource technician for Multi-National Corps - Iraq, plans to utilize the Education Center to continue his education and begin his master’s degree.

“Furthering your education can boost you in many different ways -- whether it is to develop a job skill, score a promotion, or begin a new career. Higher learning can provide a myriad of opportunities,” said McKoy. “The hardest part is getting into classes and sticking to it.”

After pursuing their studies and officially graduating, students congratulated one another and thanked the Education Center employees and teachers who helped them.

“Watching these students graduate is the greatest feeling ever,” said Brooks. “I feel like a proud parent. So many have issues going on at home, but they push forward and finally they have achieved this monumental moment.”

Strengthening bonds with medals, soccer

TIKRIT, Iraq – Nine Iraqi Police in Kirkuk city received U.S. Army Achievement Medals, awarded by 3rd Battalion, 82nd Field Artillery Regiment, 2nd Brigade Combat Team, 1st Cavalry Division, May 14, at two IP stations in the city.

The first five awards went to IP who maintain safety of the city through effective patrolling.

Lt. Col. Terry Cook, the commander of 3rd Bn., 82nd FA Regt., said it’s vital that the IP continue to work hard since insurgent activity within the city still exists. He cited the case of a suicide bomber’s attempted attack at a local mosque thwarted by IPs.

The awardees are working to set an example for other members of the Kirkuk police, and they are teaching themselves and us what it means to serve tirelessly, said Cook.

“They [IP] do this and they serve without asking to be recognized,” Cook explained. “These medals are our way of saying thank you, not just for what you do for the city of Kirkuk, but also for helping U.S. military forces who work in the city as well.”

For the IP that received the awards, the event was a rare opportunity.

“I volunteered to be an IP so I could serve my country,” said Sgt. Rafeeq Qadir Khidir, a policeman in Kirkuk city. “We are doing our best and it is great that

we are being appreciated.”

After finishing the first award ceremony, Soldiers from 3rd Bn., 82nd FA Regt. moved to another station, where IP from the vehicle maintenance section were recognized.

“You work extremely hard, but you barely get recognized,” Cook told the four maintenance police officers. “You make it happen behind the scenes.”

Cook said police missions could not get accomplished within the city without the work of the police who maintain the vehicles.

Following the presentation of the awards, Soldiers from 3rd Bn., 82nd FA Regt. were treated to a friendly soccer match against their police counterparts.

“It was a great game,” explained 1st Lt. Danema Fatha Zaneel, a maintenance officer at the station. “It is great that U.S. military forces could reward these policemen, and also make time to play soccer with us.”

Although the Soldiers lost to the policemen 5-4, it was still a relationship building experience on both sides.

“We are building camaraderie and relationships, and it is great that we get to get out and have fun together,” said Capt. Stephen Clark, the information officer for 3rd Bn., 82nd FA Regt.

After the match, the Soldiers returned to Forward Operating Base Warrior and the IP continued on with their work in the city, nine with a shiny new medal in their pockets, and more with a victory on the soccer field fresh in their minds.

Students get unexpected visitors

FORWARD OPERATING BASE WARRIOR, KIRKUK, Iraq – Children from the small, rural primary school in Shubaykah attend school in less-than-ideal conditions. The 52 students who attend school are using outdated textbooks and suffer from a shortage of necessary supplies, like pencils, paper and notebooks.

Iraqi Army soldiers from 3rd Battalion, 15th IA Brigade, with assistance from Soldiers of 4th Squadron, 9th Cavalry Regiment, 2nd Brigade Combat Team, 1st Cavalry Division, came to the village school to offer a hand in the form of supplemental school supplies and medical screening for the children. It was the first visit to Shubaykah by IA or Coalition forces in nearly four years.

First Lt. Christopher Minter, a platoon leader with Troop C, 4th Sqdn., 9th Cav. Regt., met with village leaders to address the poor condition of the school. No timetable was set, but the unit was able to gather information on the building’s needs and offer advice on what the squadron could offer for renovation.

Meanwhile, 15th IA and Troop C medics set up a health screening station in the school.

Lt. Uday Saddam, an IA medic with 15th IA, screened children and distributed medicines to parents for a wide range of ailments.

“It is a great feeling to come and help [Shubaykah residents] by doing these medical screenings,” Saddam said.

Saddam said it was important for the Iraqi people to see Iraqi Security and Coalition forces working together, and that the combined visit to the school helps Iraqi children build trust in the IA and U.S. forces and reduce fears they may have.

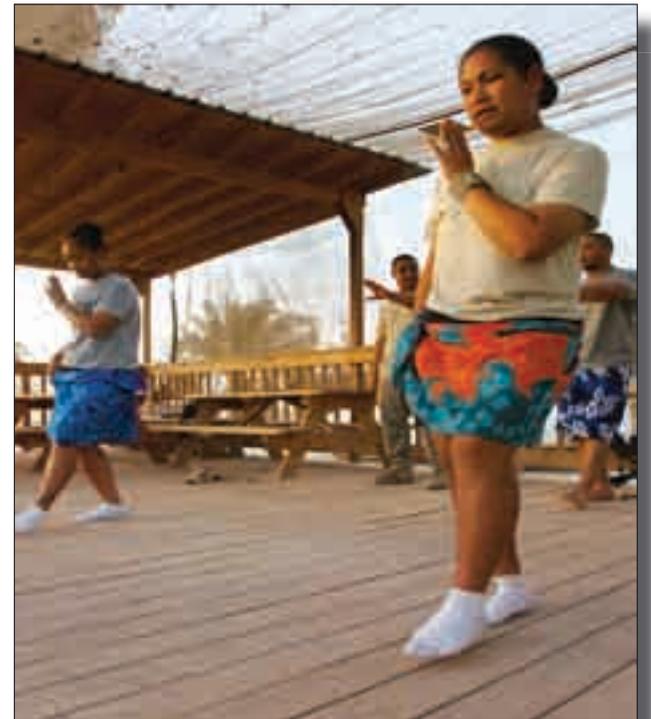
“When the Iraqi people see Iraqi and U.S. forces working together, it builds their confidence in the Government of Iraq,” Saddam explained.

Sustaining the Line



U.S. Army photo by Capt. Mike Vincent

Staff Sgt. Gregg O. Hutchinson of Sunnyside, Wash. and Headquarters and Headquarters Company, 1st Battalion, 161st Infantry Regiment medic examines an Iraqi girl's face and arms while her older brothers look on during a patrol outside Joint Base Balad, Iraq May 7.



U.S. Army photo by Spc. Amanda Tucker

Spc. Jayme Tauinaola-Curley, supply clerk with the 699th Maintenance Company, from Fort Irwin, Calif., and Sgt. Asoiva M. Thomsen, command executive assistant for the 304th Sustainment Brigade and Samoa native, practices dancing during a 304th Sust. Bde. Asian Pacific American Heritage Month barbecue at Joint Base Balad, Iraq May 17.



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

Spc. Alexander B. Wilson and Sgt. Ahmad M. Mahmoud stand with Command Sgt. Maj. Willie C. Tennant, 3d Sustainment Command (Expeditionary) command sergeant major, after winning the 3^d ESC Soldier and Noncommissioned officer of the Quarter board at Joint Base Balad, Iraq Friday. Wilson, from Connerce, Ga., a motor transport operator with the 51st Transportation Company and Mahmoud, from Houston, Texas, is a petroleum supply NCO with the 70th Transportation Company. Both Soldiers represented the 16th Sustainment Brigade and competed against other Soldiers from the 3^d ESC sustainment brigades.



U.S. Army photo by 1st Lt. Mary Kennedy

Col. Taha Husain Salih Derib Al-Shujayri, Al Asad Repair and Maintenance Company commander and Col. Samuel Bethel, 321st Sustainment Brigade commander stand together after presenting certificates of completion to the maintenance training program graduates in Anbar province, Iraq May 19.