

EXPEDITIONARY TIMES

Proudly serving the finest expeditionary Servicemembers throughout Iraq

www.dvidshub.net (search phrase: Expeditionary Times)

Vol. 2, Issue 28

FISHING IN IRAQ



New Hampshire's 167th CSSB relaxes at COB Adder

Page 8

MISSION PREPARATION



Inbound 155th BCT unit conducts drivers training in Kuwait

Page 12-13

SAFETY STANDARD



Knights gets streamed for going more than 90-days accident free

Page 14



56th LGRS coordinates air support

Page 9

U.S. Army photo by Spc. Amanda Tucker

Airmen from the 56th Logistics Readiness Squadron, a 49th Transportation Battalion subordinate unit, work behind the scenes to coordinate class I (rations) to class IX (repair parts) cargo and passenger transportation around Iraq using the C-23 Sherpa, a fixed-wing aircraft, while stationed at Joint Base Balad, Iraq.

I-BIZ owners, attorneys discuss Iraqi labor law

STORY AND PHOTOS BY
SGT. ALEX SNYDER
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – Business owners from the local Iraqi-Based Industrial Zone met to discuss Iraqi labor law here June 29.

The conference was coordinated by I-BIZ and Provincial Reconstruction Team officials here to educate I-BIZ employers on JBB about Iraq's labor

law.

“Even though the Iraqi labor law has been in existence since 1987, not everyone may be aware of the specifics the law,” said Lt. Col. Barbra A. Bachmeier from the 3^d Sustainment Command (Expeditionary) and I-BIZ officer in charge.

Bachmeier said some I-BIZ employees recently expressed concerns about not being paid, working extended hours and receiving pay cuts.

“We wanted to bring someone in to educate the businessmen so they know what

See IRAQI LABOR LAW,
Page 5



Local Iraqi businessmen listen to Iraqi lawyers discuss Iraqi labor law during a conference at Joint Base Balad June 29. The conference was coordinated by I-BIZ and Provincial Reconstruction Team officials to educate I-BIZ employers on Iraq's labor law.

332 ESFS Blotter

July 2 - July 8

MAJOR VEHICLE COLLISION:

Security force radioed the law enforcement office and reported a vehicle collision. SF arrived on scene and determined the collision to be a major vehicle collision. The vehicle driver #2 stated he was turning left from Hawk Blvd onto Victory Loop when he noticed a vehicle speeding towards him. He attempted to move his vehicle out of the way. Vehicle #1 struck his vehicle in the rear of the driver's side and continued south on Victory Loop and struck a third vehicle. Damage to all vehicles was disabling damage.

THEFT OF UNSECURE PERSONAL PROPERTY:

A victim telephoned the law enforcement office and reported a larceny had occurred. Security forces arrived on scene, made contact with the victim and assisted her in completing an AF IMT 1168/Statement of Complainant. The victim stated she walked from her location where she placed her personal property/bag containing a laptop and other personal items by the barriers and proceeded to DFAC 4. Approximately ten minutes later she returned from DFAC 4 and noticed the bag missing.

SECURITY FORCES TIP OF THE WEEK

The speed limit through ALL parking lots is 5 MPH. Speed Limit on Joint Base Balad is 20 MPH unless otherwise posted.

NIPR: 443-8602

SIPR: 241-1171

Email: PMOdesk@iraq.centcom.mil

Soldiers Charged for Lost /Damaged Equipment



DEPARTMENT OF THE ARMY
HEADQUARTERS, 3^d SUSTAINMENT COMMAND (EXPEDITIONARY)
JOINT BASE BALAD
APO, AE 09391

June 1-30, 2009

3^d ESC FLIPL Report

Unit leadership must ensure the proper accountability for sensitive items. Always ensure SOPs are in place and enforced.

Item	Description	Action	Cost
Comp Sys: AN/PYQ-10	Soldier left equipment on a tire of an ASV. The vehicle moved and the Comp Sys: AN/PYQ-10 was run over and crushed. Another unit found the equipment at the staging area.	No one charged	\$2,013.00
CTG 40MM M430 ammo	Discrepancies were found on ammo during 100% inventory. The LINS and QTY were correct but LOT numbers were incorrect.	No one charged	\$11,817.00
Several items (TPE)	While on mission, a vehicle was struck by multiple EFP, destroying the equipment inside.	No one charged	\$149,577.48
Several items(ORG)	While on mission, a vehicle was struck by multiple EFP, destroying the equipment inside.	No one charged	\$6,557.74
M4 Rifle 5.56MM	Soldier left his weapon on the back of his MRAP while he disposed of dunnage. Before leaving he instructed the driver to lock up the vehicle. While closing the ramp the weapon was crushed. A walk around of the vehicle was not conducted prior to closing the ramp.	2 Soldiers charged	\$587.00

ACofS G4
Joint Base Balad, Iraq
DSN: 318-433-2023

Soldiers Charged for Lost /Damaged Equipment

EXPEDITIONARY TIMES

3^d ESC Commanding General, Brig. Gen. Michael J. Lally

Expeditionary Times is authorized for publication by the 3^d Sustainment Command (Expeditionary). The contents of the Expeditionary Times are unofficial and are not to be considered the official views of, or endorsed by, the U.S. Government, including the Department of Defense or Operation Iraqi Freedom. Expeditionary Times is a command information newspaper in accordance with Army Regulation 360-1 and reviewed by the ESC G2 for security purposes. Expeditionary Times is published weekly by the Stars and Stripes central office, with a circulation of 5,000 papers. The Public Affairs Office is located on New Jersey Ave. Building 7508, DSN 318-433-2154. Expeditionary Times, HHC 3^d ESC, APO AE 09391. Web site at www.dvidshub.net

Managing Editor

Maj. Paul Hayes, 3^d ESC PAO
paul.r.hayes@iraq.centcom.mil

3^d ESC PAO NCOIC

Sgt. 1st Class David McClain, 3^d ESC
david.mcclain@iraq.centcom.mil

3^d ESC Staff Writers

Spc. Michael Behlin, 3^d ESC
michael.behlin@iraq.centcom.mil

Spc. Amanda Tucker, 3^d ESC
amanda.tucker@iraq.centcom.mil

3^d ESC G2, Security Manager

Lt. Col Dale Davis, 3^d ESC
dale.davis@iraq.centcom.mil

Contact the Expeditionary Times staff at:
expeditionarytimes@iraq.centcom.mil

123rd MPAD Commander
Maj. Christopher A. Emmons
christopher.emmons@iraq.centcom.mil

123rd MPAD First Sergeant

1st Sgt. Reginald M. Smith
reginald.m.smith@iraq.centcom.mil

123rd MPAD Production Editor

Staff Sgt. Tonya Gonzales
tonya.gonzales@iraq.centcom.mil

123rd MPAD Layout and Design

Spc. Mario A. Aguirre
mario.aguirre@iraq.centcom.mil

123rd MPAD Photo Editor

Spc. Brian A. Barbour
brian.barbour@iraq.centcom.mil

123rd MPAD Staff Writers

Sgt. Crystal G. Reidy
crystal.reidy@iraq.centcom.mil

Sgt. Alexander Snyder
alexander.snyder@iraq.centcom.mil

Spc. Kiyoshi C. Freeman
kiyosh.freeman@iraq.centcom.mil

Contributing Public Affairs Offices

10th Sustainment Brigade
16th Sustainment Brigade
287th Sustainment Brigade
304th Sustainment Brigade
321st Sustainment Brigade
332nd Air Expeditionary Wing
555th Engineer Brigade

For online publication visit:
www.dvidshub.net
keyword: Expeditionary Times

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

"He who dwells in the shelter of the Most High will rest in the shadow of the Almighty."

-Psalm 91:1

When the sirens go off signaling an incoming round, the safest place for us to be is in a bunker. These fortified structures are built to endure the hardest hits. However, a bunker is only able to protect us when we are inside of them. Believe it or not, there are some Soldiers and Airmen who do not think they need the bunkers. They don't take the threats seriously and refuse to head for cover. As a result they needlessly put their lives in danger.

In a similar way, when the "rounds" of life are coming in, the safest place for us to be is in the shelter of the Most High. God has promised to protect us from harm and shield us from danger. He is a strong tower, a mighty fortress, a place of refuge and peace. When the sirens of life are blaring, it is comforting to know that we can run to Him and find safety.

There is a catch, however - the Almighty's promise of protection is only for those who choose to place themselves in His care. Believe it or not, there are some people who do not think they need God. In spite of the dangers, they refuse to turn to Him in their time of trouble.

Trusting in God is not a sign of weakness. It is a recognition of God's power and our need for His protection. If we want to be safe, we would be wise to dwell in the "bunker" of the Most High.

Prayer for Shelter

Dear God, please keep us all safe. Watch over us and protect us from harm. Help us to find rest in the shadow of your presence. Amen.

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

HOOAH OF THE WEEK



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

Maj. Stephanie J. Requa is congratulated by Brig. Gen. Michael J. Lally, 3^d Sustainment Command (Expeditionary) commanding general for being selected this week's "Hooah of the Week." Requa, a native of Alpharetta, Ga., and the Class I (subsistence) officer in charge for the 3^d ESC, is recognized for her work developing the bottled water contract with the Oasis International Waters, Inc.,

How to nominate a "Hooah of the Week"

Nominations must be turned in to Sgt. 1st Class Caprice Walker 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: caprice.walker@iraq.centcom.mil.



"The Weekly Standard"



UPDATE to the Army Substance Abuse Program

During 2006-07, The Department of the Army Inspector General conducted an inspection of The Army Substance Abuse Program (ASAP) during unit deployments. The program was found to be antiquated, garrison-centric and not well suited for the contemporary operating environment.

This year, the Army recently completed a major revision of AR 600-85 (ASAP). The revised regulation provides specific guidance for deployed units. Listed are some changes to AR 600-85 units need to know. The updated regulation:

- Moves overall management of the military drug testing program to battalion level and changes the drug testing rate to 4 % of the battalion's Soldiers, weekly, unless excused by the brigade commander for short-term events.
- Adds additional duty position of Battalion Prevention Leader at the battalion/squadron level.
- Establishes Army policy against any Soldier or member of the Civilian Corps to dilute, substitute, alter, adulterate, or modify his/her own urine, or assist another in doing any of these actions.
- Expands guidance for drug testing Soldiers and members of the Civilian Corps while deployed, and permits brigade and higher commanders in deployed areas to set the military drug testing rate for those areas.
- Requires commanders to retest Soldiers whose urinalysis specimens were determined not testable due to collection procedural error or suspected adulteration.

If you have questions about ASAP ask your Battalion Unit Prevention Leader, your Chain of Command or your local Inspector General

By LTC Kyle D. Peterson
3^d ESC 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

Tuskegee Airmen welcome new commander

BY STAFF SGT. DILIA AYALA
332nd AEW Public Affairs

JOINT BASE BALAD, Iraq – Airmen from the 332nd Air Expeditionary Wing welcomed a new commander during a change-of-command ceremony in a hazy sandstorm here, July 4.

Brig. Gen. Craig Franklin assumed command of the 332nd AEW from Brig. Gen. Brian Bishop, who departed JBB to become deputy director, politico-military affairs (Western Hemisphere), Joint Staff, at the Pentagon.

“Today is a very humbling day for me, for it was one year ago that I had the privilege to assume command,” Bishop said as he addressed the Airmen of the 332nd AEW for the last time as commander.

“Every day since, you continued to amaze me with your abilities to not just meet the challenges that our nation places upon you, but exceed all expectations as you met those challenges head on.”

“I am humbled by your tenacity, by your dedication, by your professionalism under pressure and by your heart by wanting to accomplish the mission to the best of your abilities,” continued Bishop. “I can only say, ‘thank you.’”

Lt. Gen. Gary North, 9th Air Force and U.S. Air Forces Central commander, presided over the ceremony where he lauded Bishop for his exceptional leadership of the more than 8,000 Airmen assigned to the wing and everything they’ve accomplished in the last year un-



U.S. Air Force photo by Senior Airman Tiffany Trojca

(Left to right) Lt. Gen. Gary North, 9th Air Force and U.S. Air Forces Central commander, Brig. Gen. Brian Bishop, outgoing 332nd Air Expeditionary Wing commander, and Brig. Gen. Craig Franklin, incoming 332nd AEW commander, salute during the singing of the National Anthem at the 332nd AEW change-of-command ceremony here July 4. The 332nd AEW is the most forward-deployed combat wing in Iraq.



U.S. Air Force photo by Senior Airman Elizabeth Rissmiller

Brig. Gen. Craig Franklin assumes command of the 332nd Air Expeditionary Wing from Lt. Gen. Gary North, 9th Air Force and U.S. Air Forces Central commander, during a change-of-command ceremony in a sandstorm here July 4. With the passing of the wing’s guidon, Franklin takes responsibility for more than 8,000 Airmen deployed here as well as base-operating support-integration for JBB. The 332nd AEW is the most forward-deployed combat wing in Iraq. Its heritage is tied to the famous 332nd Fighter Group led by the Tuskegee Airmen in World War II. General Franklin is deployed here from Aviano Air Base, Italy.

der his command.

“It is my honor and a privilege and a pleasure to say, ‘mission accomplished,’ to Brig. Gen. Bishop,” said North. “You’ve (General Bishop) demonstrated superb leadership by commanding this combat unit in so many different locations across Iraq. The Airmen of the 332nd are clearly extraordinary as are the joint warriors of Joint Base Balad.”

“Your leadership has set the standard. The results clearly are outstanding,” then he continued. “You (General Bishop) may pass the flag today with the satisfaction of knowing the wing and Joint Base Balad have performed exceptionally well in its mission under your leadership.”

In addition, North expressed his confidence in Franklin, a U.S. Air Force Academy graduate and former executive assistant to the vice chairman of the Joint Chiefs of Staff, and his ability to lead and continue the legacy of excellence perpetuated by today’s 21st-century Tuskegee Airmen. Franklin came to the wing from Aviano Air Base, Italy, where he commanded the 31st Fighter Wing.

“General Franklin is a superior leader,” North said. “The mission is simple: uphold and advance the tradition of excellence here at Balad. You (General Franklin) will write the next chapter in the story

of how Airmen and our joint warriors integrate in the fight to drive to establish stability, security and posterity with our partner nations throughout not only Iraq, but partner nations throughout the AOR (U.S. Central Command area of responsibility).”

After assuming command, Franklin addressed the Airmen of the 332nd AEW.

“I’m very proud to take the lead of our 332nd AEW,” Franklin said. “Our mission remains steady ... and that is to support our fellow Soldiers, Sailors, Marines and Airmen on the ground with tactical airpower, surveillance, airlift and with our role as base operations and support integrator as the senior airfield authority.”

Furthermore, the new commander, who is from Morton Grove, Ill., shared his goal for the upcoming year with those in attendance.

“Our ultimate joint and national objective is to assist the people and government of Iraq in the development and security of their great nation; as you well know, we are making great progress,” he continued. “This is an historic task and I know you are each proud to be part of this endeavor.”

The heritage of the 332nd AEW is tied to the famous 332nd Fighter Group led by the Tuskegee Airmen in World War II. It is the most

forward-deployed combat wing in Iraq.

With a rally cry of “The Legend Continues,” the 332nd AEW employs the spectrum of airpower capability throughout the Iraqi theater of operations in support of ground forces and Iraqi capacity-building, including: strike, airlift/airdrop, combat search and rescue, aeromedical evacuation, and intelligence, surveillance and reconnaissance. Overall, the wing operates F-16, C-130, MQ-1B (remotely piloted), and MC-12 aircraft, as well as HH-60 helicopters.

On a monthly basis, the wing processes more than 3,250 cargo aircraft, 20,150 tons of cargo and 39,000 passengers. In terms of aircraft movements, the 332 AEW operates the busiest single-runway operation in the Department of Defense.

The 332nd AEW is based jointly with the U.S. Army’s 3^d Sustainment Command (Expeditionary), which is responsible for the operation of the largest Army logistics hub in Iraq.

“I thank each of you and your Families for what you are doing, for the sacrifice so that we and others may live under freedom’s banner,” Franklin concluded. “I am very proud to work with you and for you as we build upon the legacy of the Tuskegee Airmen and the 332nd AEW.”

IRAQI LABOR LAW Continued from page one

is within Iraqi labor law," Bachmeier said.

The conference included two local Iraqi attorneys who spoke on the specifics of the Iraqi Labor Law, addressing such issues as minimum wage, sick leave and written contract requirements. The lawyers also spoke on changes made in 2005 to the Iraqi labor law.

"The conference was very beneficial for the employees and the workers," said Raed Muzahim, an Iraqi business owner on JBB. Raed has operated on JBB since October

of 2008. "If a workers stops working because of illness or an accident as a result of his work, I learned how to help ensure his rights for him and his family."

Unlike the American labor system, which relies heavily on 'at-will' employment –generally meaning either employer or employee can terminate employment any time without liability – Iraqi labor code requires a labor contract for any job lasting more than one month.

"Several of them expressed now that they know what the

laws are, they will draft contracts with their employees to ensure they are in compliance with Iraqi law," Bachmeier said.

I-BIZ hosts seven businesses on JBB which employ 119 Iraqis.

Raed Muzahim, an Iraqi business owner, stands in his shop in the Iraqi Free Zone at Joint Base Balad, Iraq June 1. Hassan was one of ten business-owners that attended an Iraqi labor law conference at JBB June 29.



Q-West opens new ammunition supply point operations center

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

CONTINGENCY OPERATING BASE Q-WEST, Iraq

— A small detachment of Soldiers at the ammunition supply point here said

good-bye to their tiny "conex," or container express, and welcomed a new, air-conditioned building June 29.

The Romney, W.Va., Soldiers from the 351st Ordnance Company, 30th Combat Sustainment Support Battalion, 16th Sustainment Brigade, have worked out of the temporary shipping container since they took over.

The new \$84,000 and 1,680 sq. ft. office building contains administrative offices for most of the operations of the Scorpion ASP.

"This is the crown jewel of the 351st Ord. Co., 'Ragin' Bullets' accomplishments,"



Contingency Operating Q-West leaders cut a metal band to signify the opening of a new 1,680 sq. ft. operations center at the Scorpion Ammunition Supply Point at COB Q-West, Iraq June 29.

said Col. Martin B. Pitts, commander, 16th Sust. Bde. "You've taken ammunition management to the next level."

Pitts said the new facility

offered many advantages, including better network access for Soldiers and better flow of communication and allows for a more evenly-distributed workload.

Leaders, in proper protective equipment, cut a metal band instead of a ribbon to open the operations center.

"The metal band signifies the banding, blocking

and bracing that we do for the ammunition," said 1st Lt. Randall Holmes, detachment commander, 351st Ord. Co.

The ceremony was also an opportunity to recognize Soldiers and civilians with certificates of achievement. Holmes credited Soldiers and leaders from the 30th CSSB, the 16th Sust. Bde., and Soldiers and Iraqi workers at the Q-West Department of Public Works, for the construction of the building.

"The aim for this ceremony was to recognize everybody who participated in the construction of the new ASP operations building," he said.

Holmes said his Soldiers were ready to move into the larger, air-conditioned building.

"All of us are proud to celebrate the hard work that has been put into completing this new office, and we now finally have the chance to enjoy the finished product," said Holmes.



On the Web

3D SUSTAINMENT COMMAND
(EXPEDITIONARY)

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

TF 1-161 chaplain ensures spiritual fitness

BY CAPT. MIKE VINCENT
UPAR, 1ST BN., 161ST INF. REGT.,
304TH SUST. BDE. WASH., TF

JOINT BASE BALAD, Iraq — Whether stateside or in a deployed environment, a chaplain advises a commander in all matters of moral and spiritual fitness of the Soldiers under his command.

Chaplains can also work to maintain the psychological fitness of their Soldiers and provide guidance to Soldiers going through tough times.

"The key objective we try to do is build relationships with the Soldiers and leave them with the knowledge that they can talk to us anytime," said Chaplain (Maj.) Joseph R. Hammiel, the Task Force 1st Battalion, 161st Infantry Regiment chaplain and Surrey, British Columbia native. "We help them work out issues that are bothering them and provide guidance to help them work through these issues they are facing," said Hammiel.

The chaplain's daily schedule is carefully planned and can be very intense. According to many chaplains, their work is never done.

The average day for a chaplain begins with a review of the latest serious incidents from the previous

night. Afterward, they conduct many scheduled Soldier counselings pertaining mostly to relationship and stress issues here and at home.

Throughout the rest of the day, chaplains conduct scheduled ministries, bible study programs or prep for their next sermon. Afternoons are filled with the daily battle update meetings, staff meetings, chaplain meetings and meetings about having more meetings.

"The toughest part of this job is the Red Cross messages and delivering the news in the middle of the night; that's hard to do," Hammiel said. "I feel the pain with them and the sadness of the loss. I know how rough it must be for them to be so far from home, away from loved ones, Family and then to get this news on top of it all."

"The schedule is challenging, but what is really hard is the counseling. If I had four counselings in a day, I would be spent. Counselings are mentally challenging tasks because, to be a good listener, you must be involved in what they are saying," Hammiel said. "They want you to fix their problems, but in most cases, I can only help them endure and persevere through the hard times."

Hammiel said that although the job of a chaplain can be stressful

and challenging, the rewards outweigh the difficulties.

"I enjoy the chapel ministries. We build so many strong relationships and fellowship through the ministries," said Hammiel. "There is that one-on-one connection with the Soldiers and I see the smiles on their faces when they leave. That fills me with joy."

One of the most important services to the Soldiers on the road is the daily convoy prayer the chaplains provide.

Spc. Shane J. Geesey, of Tacoma Wash., a vehicle gunner for Alpha Company 1st Bn., 161st Inf. Regt., said he missed a chaplain's prayer once before a convoy. When he encountered an incident that night he said, "That's the last time I will miss the chaplain's prayer."

The chaplain's prayer, is rarely ever the same, nearly every time they pick a new topic or new theme to keep the Soldiers listening.

"During the convoy prayers, I had themes that we would cover — candles on Christmas Eve, learning about Lent on Mardi Gras, celebrating Mother's and Father's Day, plus studying the religious significance of Iraq's cities — Ur, Nineveh, and Babylon," said Chaplain 1st Lieutenant Kelly N. Hanson, a Seattle, Wash., native. "The latter was a favorite of mine since it connected

the year we spent on the road and at JBB to the spiritual history of this land. I hope each Soldier in TF 1-161 will be able to reflect on their time here from a spiritual, religious, and historical perspective both now and in the future."

Assisting the chaplain with their daily tasks such as scheduling, ministry and meeting preparation and preparing daily reports is the chaplains assistant. Without the help of the assistant, the chaplain's job could be extremely difficult.

"It's a highly rewarding job for me. I feel that we are helping people both emotionally and spiritually get through hard times," said Spc. Lawrence L. Softich, a Spokane, Wash. native and 1st Bn., 161st Inf. Regt. chaplain assistant. "It seems there has been a spike in family issues after coming back from leave. So, we make sure the word gets out that we are here to help and talk anytime," Softich said.

The chaplain's office is the place of great challenge, great sorrow and great reward. The job has its tough times, but also its moments that will always be remembered.

"I find it incredibly rewarding to talk with Soldiers about big and small things alike— relationships, Families, parents, battle buddies, stress and the deployment," Hanson said.

Safety Topic of the Week

M989A1 HEMAT Trailer...

I LEARNED MY LESSON THE LAST TIME!

I'M LOCKING THE TRAILER'S TOWBAR BEFORE BACKING UP!

SAFETY



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>

LOCK UP BEFORE YOU BACK UP



DRIVERS, DO YOU REMEMBER TO LOCK YOUR HEMAT TRAILER'S TOWBAR IN PLACE BEFORE YOU BACK UP?

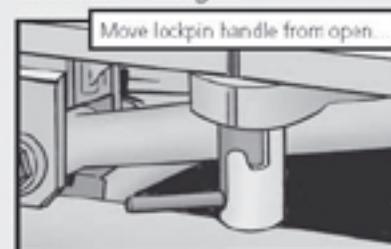
IF NOT, YOU COULD CREATE A PROBLEM FOR YOUR UNIT THAT CAN EASILY BE AVOIDED.

Not locking the tow bar in place can lead to damage to the trailer and the back of the truck when the trailer jackknifes. Your unit will end up replacing broken tow bar lock pins more often than necessary, too.

So before backing the trailer, get out of your truck and lock the trailer's towbar in place. Straighten the tow bar to get rid of the tension. Then remove the hitch pin, raise the lock pin handle, rotate it counterclockwise to the short slot, and replace the hitch pin. After that, get a couple of ground guides to help you back up.

If the hitch pin and chain are missing, replace them with NSN 4010-01-353-9428. You can also order the parts individually. The pin comes with NSN 53 15-01-098-6455 and the chain with NSN 4010-01-353-9368.

When you're finished backing, unlock the towbar so you don't forget when it's time to move out again.



Graf's Ordnance company supports two theaters

BY 2ND LT. THERESA FOUDA
UPAR, 80TH ORD. BN.,
304TH SUST. BDE.

JOINT BASE BALAD, Iraq — The 23rd Ordnance Company, from Grafenwoehr, Germany, has managed the Corps Storage Area here since arriving Nov. 2008. This LSA supplies ammunition



to all major ammunition supply points in Iraq and Afghanistan.

While providing Class V, or ammunition support, to two theaters, the 23rd Ord. Co. continues to improve their CSA operation. The residue yard and the turn-in section were re-organized and handle the increase of retrograde as more units turn-in their excess ammunition.

They also have a detachment of

13 Soldiers who run the ammunition transfer and holding point at Al Asad Air Base.

In eight months, Soldiers in the unit have seen an increase of retrograde shipments to Kuwait and supported several air missions to Afghanistan which have supplied the surge of Coalition forces there.

The 23rd Ord. has continued to provide non-stop support as they

issued more than 7,300 short tons of ammunition to Coalition units in Iraq.

Other improvements include consolidating ammunition within the CSA and reducing the amount of storage containers. Such improvements will assist their replacement's mission as the responsible drawdown of forces continues and setting the conditions for their success.

Deployed fathers take advantage of technology

BY 1ST LT. ROB FROBERG
UPAR, 96TH TRANS. CO., 419TH CSSB,
10TH SUST. BDE.

CAMP TAJI, Iraq - A deployed Soldier's toughest challenge may be separation from Family for an extended period of time, but many Soldiers here take advantage of various communication devices to remain in contact with their loved-ones in the states.



Soldiers from Fort Hood's 96th Transportation Company use the unit's morale and welfare facility or the "Dragon's Lair" to keep in touch with Family and friends back home.

With several months left to go until re-de-

ployment, the 96th Trans. Co. Soldiers remain in close contact especially during holidays like Father's Day.

Several of the unit's fathers recently reminisced about their holiday traditions and activities.

Spc. Andres Oliver, a supply specialist with the headquarters platoon, and resident of Killeen, said he celebrated this Father's day as a parent of two identical twin boys, Yandel and Adonis.

"Being away from them is hard. I can't wait to be home with them after being gone so long," he said. He will use the Dragon's Lair video room to chat with his boys.

Cpl. Wayne Raffety, a toolroom noncommissioned officer in maintenance platoon, and a Peoria, Ill. native, said his Father's Days are usually spent with his father - Wayne Raffety, Sr, riding

their motorcycles and going fishing or camping.

Sgt. 1st Class Thomas Wardale, 2nd platoon's senior NCO, and resident of Killeen, Texas, said his two sons usually wake him early, though it's his day to sleep in, and surprise him with breakfast.

He said the rest of the day usually consists of attending church and, playing the latest video games.

"Boys just want to beat their father at something. But they can't beat me," he said.

Sgt. Jeffery O'Millian, a Tiffin, Ohio native, and team leader in 3rd platoon, said he usually spends a quiet day with his daughter playing mini-golf followed by dinner at a restaurant.

The 96th Trans. Co. arrived in October 2008 and provides heavy-lift transportation support to Coalition units throughout Iraq.

Sustainers partner to provide IA medic training

BY SGT. CRYSTAL REIDY
EXPEDITIONARY TIMES STAFF

CONTINGENCY OPERATING BASE ADDER, Iraq — An ongoing Sustainer partnership provided combat life saver skills to the Iraqi Army during a five day training course here June 15 - 19.



Medics from the 287th Sustainment Brigade and 4th Brigade Combat Team, 1st Armored Division partnered to provide CLS training to four medics from the Iraqi Army 10th Special Forces Commando Battalion.

The goal was to conduct a "train the trainer" course so the IA medics could return to their units and train their own Soldiers on CLS skills after the responsible drawdown of Coalition forces.

"Now that we have four trained medics they can start training their own medics and eventually pro-

vide CLS training for their entire IA company," said Sgt. 1st Class Richard B. Howard, a medic on the mobile transition team, 4th BCT, 1st Armd. Div.

The tasks the medics taught are not tasks that can be learned overnight, said Howard. The team had to determine how to show the IA medics what American Army medics do so they can apply it in a way that works best with the IA, said the resident of San Antonio.

"The training is important because Coalition forces are not going to be in Iraq forever," Howard said. "The IA is taking the lead while my team is taking the backseat more every day."

CLS training is used to train Coalition Soldiers to provide immediate assistance on the battlefield; however, the skills can apply to Soldiers in non-combat situations. The students were taught various techniques to treat and stabilize injuries related to combat, to include, blast injury, amputation, severe bleeding, penetrating chest

injuries, simple airway management and evacuation techniques.

The CLS training the IA medics received is the same training American Soldiers receive, said Staff Sgt. Melissa M. Franz, warrior medical training center noncommissioned officer in charge, 287th Sust. Bde.

Members of a Military Transition Team went through her training and asked if they could send Iraqi Soldiers through it also, she said.

"I have limited resources to train the Iraqis so I asked to partner with the 287th because they have a great training center," Howard said. "It was a perfect partnership."

The 287th Sust. Bde. provided practice mannequins, first aid materiel, teaching supplies and instructor support.

"We try to make the CLS realistic by setting up CLS lanes using training moulage," said Franz, a resident Newton, Kan.

Mutman Kahoi, an IA platoon sergeant said he liked learning how to treat and then evacuate the

casualty. He said in the future he would like more classes from Coalition forces.

"They (IA) needs to continue to train with Coalition forces because I enjoy the different aspects of training their military brings," Kahoi said.

The language barrier is the biggest challenge but it did not limit the learning, Franz said.

"The Iraqis are picking the training up really good. Instructions are given in English and then translated to Arabic," she said. "They are picking up the skills quickly."

Howard said the training was a great success and he hopes to work with the 287th Sust. Bde. again to provide further training the Iraqis.

"I love to train. I love being a medic," Howard said. "The interaction with the IA and being able to take different resources from the 287th Sust. Bde and the 4th BCT, 1st Armd. Div. to train has been a great experience."

Do you have a story idea?

Contact the Expeditionary Times
expeditionarytimes@iraq.centcom.mil

Army's second oldest branch celebrates its 234th birthday

BY PFC. MICHAEL SYNER
10TH SUST. BDE. PUBLIC AFFAIRS

CAMP TAJI, Iraq - The Adjutant Generals Corps, the Army's "go-to" branch for nearly all things related to personnel, celebrated its 234th birthday here June 13 at an event hosted by 10th Sustainment Brigade Soldiers.

"June 16, marks the day that the AG was created, with the commission of Horatio Gates as a brigadier general, the first officer commissioned after George Washington, over 230 years ago," said 1st Lt. Tamara O'Neal, a native of Augusta, Ga., who read the history

of the AG Corps during a dinner ceremony.

O'Neal also read, "From 1839 to 1900, only West Point graduates could serve as adjutants general, since only the AG could speak for commanders," she said.

The ceremony began with a series of toasts, each one celebrating the Army, Soldiers, the 10th Sustainment Brigade and the AG Corps. Following the toasts, the reading of the AG corps history highlighting accomplishments of the branch since 1775.

"Today's Adjutant Generals Corps is at the forefront of transforming the way the Army manages its most important resource—people," she added.

After the history of the corps was read, the ceremony's guest speaker, Col. Steven L. Shea, took the

stand spoke of the current trend of the corps, and where the Army is transforming or redesigning its personnel field in the future.

"The Army is making it easier to train, organize and mobilize its AG Soldiers," he said. "With this new organization method, we will be able to provide greater service to more people with the number of personnel we currently have."

Col. Steven L. Shea, the director of the 14th Human Resources Sustainment Center, 1st Sustainment Command, spoke on the current and future capabilities of the Army's Adjutant General's Corps held at Camp Taji, Iraq June 13 during a dinner ceremony for the birthday of the corps.



U.S. Army photo by Sgt. Leonard Sparks

One cast, one catch for the 167th CSSB

BY SGT. CRYSTAL REIDY
EXPEDITIONARY TIMES STAFF

CONTINGENCY OPERATING BASE ADDER, Iraq - A New Hampshire Reserve unit has found a familiar way to relax in the evenings here.

A dozen Soldiers from the 167th Combat Sustainment Support Battalion fish at a man-made pond a couple times a week to relieve stress.

"When you go on a convoy and get back after a long day, fishing is

a way to burn off some energy and relax," said Sgt. 1st Class Brian A. Moss, the battalion S4 noncommissioned officer in charge for the 167th CSSB.

In May, Soldiers noticed fish in the "T" pond, named after the discerning shape of the pond, Moss said. A few Soldiers requested their fishing poles be sent from home while other Soldiers made makeshift poles out of sticks, he said.

"It's the first time I brought a gun to a fishing hole," Moss said referring to his M4.

The Soldiers fish two or three times a week and catch Asp and Catfish, said Sgt. 1st Class Floyd

Wilt, the human resources NCOIC. He said the fisherman figured out what kind of fish they were catching by comparing photos of fish they caught with photos on the web site FishinginIraq.com.

"Evening is the best time to fish, just before dark, which is perfect timing because we don't work then," Wilt said. "Mission first. Fishing second."

Moss said he wishes it was always, "one cast, one catch" but the catching comes and goes. He said a lot of variables are involved in successful fishing like the weather, the bait and just being at the right place at the right time.

"We can be out here for hours and no one catches anything and then everyone starts pulling fish in...that's why they call it fishing, not catching," Moss said.

They even have the traditional "one that got away story" because the first fish they caught was the biggest, but it got away before they got a picture of it, Wilt said. The largest catch on record was a two and half-foot catfish caught by Moss.

"We don't eat the fish, it's just catch and release," Moss said. "It's about relaxing and spending time with fellow Soldiers whether you catch anything or not."

Telling the Sustainer Story from all across Iraq

BALAD AND BEYOND

**Now airing on the
Pentagon Channel**

every Thursday at 0830 IZ
every Saturday at 1430 IZ

Or log on to

www.dvidshub.net
keyword: Balad and Beyond

NCOs need to practice what they preach

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

CONTINGENCY OPERATING
SITE MAREZ-EAST, Iraq — Sgt.



1st Class Jenny Anne Bright believes noncommissioned officers have to practice what they preach.

“Soldiers look up to NCOs because NCOs hold themselves and their Soldiers to the highest standards,” said Bright, shower laundry and clothing repair NCO, Headquarters and Headquarters Company, 18th Combat Sustainment Support Battalion, 16th Sustainment Brigade. “NCOs lead by example, take pride in the corps and are proud to be the backbone of the Army.”

Bright said she practices what she preaches. The former drill sergeant and current Sergeant Audie Murphy Club member holds herself and those around her to high standards.

“An NCO is a trainer, mentor and a coach,” said Bright. “They take care of Soldiers, not by giving days off, but by teaching their Soldiers everything they need to accomplish their mission, to survive in combat and help them become successful in the Army.”

Bright, a native of Virginia Beach, Va., even takes her stripes home with her. She encouraged her husband, Sgt. 1st Class Terence Bright, responsible officer at

the Q-West

bulk fuel farm, 574th Quartermaster Co., to attend the SAMC board. She studied with him over the phone and internet, and he became a SAMC member at the 3^d Sustainment Command (Expeditionary) SAMC board May 21.

“Jenny Anne is an outstanding NCO who always strives to improve daily as a leader,” Terence said. “She continues to encourage me to become a better NCO and leader; constantly learning and always teaching, mentoring, and training Soldiers to strive for excellence.”

Bright, met her husband, Terence while they were both drill sergeants at Ft. Lee, Va., in 2005. They married during their rest and recuperation leave, in Virginia Beach, Va., June 6.

“We were both assigned to the 262nd Quartermaster Battalion,” Bright said. “Afterwards, we both received orders to Germany. It just happened to be Grafenwoehr.”

Being a drill sergeant shaped her career, Bright said.

“Being a drill sergeant was the best job I have held so far in the Army,” Bright said. “It was very challenging, but in the end it was a rewarding experience. It was a great job because I was able to train so many Soldiers with different MOS’s to prepare them for the operational Army. This job enhanced my ability to lead. It sharpened my skills as an NCO.”

The versatile NCO has many additional duties in Iraq.

She writes stories and takes pictures that are used in military and civilian publications, she has also

served as the company equal opportunity leader and she serves as one of three small arms marksmanship masters for the company.

Bright, who entered the military in 1997 is on her second deployment. She said the thing she will remember most about her service in the Army is the opportunity to touch lives.

“When I look back at my career, what I will remember most about being an NCO is that it is great to be an NCO,” said Bright. “Throughout the years you look back and think of all the Soldiers you have trained and made an impact on. Training Soldiers is the best job to have. Being an NCO enabled me to teach a Soldier everything from marching, conducting personal hygiene, digging a fox hole and disassembling weapons to leading other Soldiers.”

The avid runner hopes to someday attain the rank of sergeant major in the Quartermaster Corps, and become an elementary teacher after retirement.

Bright had some tips for new NCOs.

“My advice to a new NCO is to take charge and fulfill the responsibilities that come with the rank,” said Bright. “Soldiers look up to you for direction, purpose and motivation. Soldiers are always looking at you even when you think they are not looking.”

She said doing the right thing is its own reward.

“Always train to standard to prepare them for combat,” Bright said. “The NCO rank is a powerful rank, use it to teach, coach and mentor

Soldiers. Take care of Soldiers to the best of your abilities and they will take care of you in return without question.”



Sgt. 1st Class Jenny Anne Bright, shower laundry and clothing repair noncommissioned officer, Headquarters and Headquarters Company, 18th Combat Sustainment Support Battalion, 16th Sustainment Brigade, re-enlists at Contingency Operating Site Marez-East, Iraq. The former drill sergeant and current Sergeant Audie Murphy Club member said she holds herself and those around her to high standards.

The 56th LGRS coordinates air support

BY SPC. AMANDA TUCKER
EXPEDITIONARY TIMES STAFF



JOINT BASE BALAD, Iraq — The airmen of the 56th Logistics Readiness Squadron have the mission to facilitate and coordinate air movement transportation for Coalition personnel and cargo by using Army Sherpa aircraft in theater.

The 56th LGRS works behind the scenes to coordinate class I (rations) to class IX (repair parts) cargo and passenger transportation quickly

using the C-23 Sherpa, a fixed wing aircraft. The Sherpa can transport approximately 3,000 pounds of equipment in one trip.

“Whenever we get cargo from any of our users, we can get it there normally overnight,” said Air Force Staff Sgt. Marvin A. Smith, the Sherpa noncommissioned officer in charge for the 56th LGRS, and Marshall, Texas, native.

The 56th LGRS, a subordinate unit of the 49th Transportation Battalion, provide support to various units, ranging from Coalition maintenance to medical units. The C-23 delivers to 16 locations in Iraq and Kuwait.

They prioritize cargo for air movement requests daily. Then, “Space A” information is provided to the passenger terminal for passengers if room is available.

“It’s good to know that I can help people that are in the little (forward operating bases) all over the place, especially the ones that need blood and other medical supplies that pass through here,” Smith said

“I think (the 56th LGRS) came in very motivated,” said Sgt. Paul S. Acosta, the Sherpa noncommissioned officer in charge for the outgoing 590th MCT, and Charleston, S.C., native. “Just by working with them the past couple of days, their

mission will be as successful as ours.”

The 56th LGRS ensures planes are used to their maximum potential. During each flight load, cargo can be grouped into different categories such as three pallets or 12 passengers, eight passengers and one pallet, or four passengers and two pallets.

“We’re kind of like a FEDEX for importing equipment,” Smith said. “So far everything is working out very well.”

The 56th LGRS has been in theater about a month and is comprised of approximately 20 airmen from different locations in the United States.

On the Web



287th Sustainment Brigade,
COB Adder

<http://www.287susbde.com/>



PLS vehicle: Backbone of distribution

STORY AND PHOTO BY
1ST LT. JOSEPH PITTARD
UPAR, 89TH TRANS. CO.,
10TH SUST. BDE.

CAMP LIBERTY, Iraq – The Palletized Load System is odd looking but is touted as the vehicle backbone of the Army's distribution and resupply system.



The 89th Transportation Company from Fort Eustis, Va., inherited sixty PLS: after driving M915 tractor-trailer vehicles for two of four deployments.

Traditionally an M915 company, the 89th Trans. Co., had to take extra measures in learning to operate the PLS. Like the M915s, the PLS can carry containers and all classes of supply during a mission, however, there are some differences.

Unlike the M915, the PLS is integrated with both the cab and trailer as one. The cab of the tractor is situated in front of the motor and the first two axles in a design that dates back to the 1950s.

In the mid-1950s, the Army started looking for a better cargo truck; one that could traverse all types of terrain, carry more equipment and keep up with its highly-mobile combat forces. To do that, the Army turned to commercially owned companies that designed earth moving equipment.

Beating out two other companies, Caterpillar won the contract design of the M520 "Goer." The Goer was an 8-ton cargo truck with articulating steering and am-



Staff Sgt. James Speegle, with the 89th Transportation Company and native of Fayetteville, W. Va., directs the driver to connect a container handling unit of a Palletized Load System to a container at Camp Taji, Iraq. Once the CHU is in place, the material handling equipment's suspension will pick the container up and place it onto the truck with just a flip of a toggle

phibious capabilities. It was first used during the Vietnam War, but its lack of suspension and slow top speed made it inadequate for traveling on hardened surfaces.

In the 1980s, the Army replaced the Goer with Oshkosh's Heavy Expanded Mobility Tactical Truck. The PLS is a variant of the HEMTT and entered the service in 1993, first being used in Bosnia by the 1st Infantry Division.

The PLS can carry its loads on a flat rack, which are interchangeable, and uses a hydraulically powered hook arm to lift or lower the flat rack. This greatly reduces the need for any type of material handling equipment such as a crane or forklift.

Spc. Michael Moore, a native of Deer Park, Texas, and a PLS opera-

tor said, "It's easy to pick up loads with the PLS. You don't have to wait for a fork lift; you just pick up the load and go."

According to Oshkosh, a driver can operate "without leaving the cab. The driver can load or unload the truck in less than one minute, and do the same for both truck and trailer in less than five minutes."

"The CTIS is nice too" Moore said. The central tire inflation system allows the operator to change the amount of air in the tires with just the touch of a button.

The design of the PLS also has some added benefits unseen before Operation Iraqi Freedom. Spc. Donald Blandini, a Saugus, Mass. Native, said "I feel safer in a PLS compared to a 915. It's a better concept."

While it does have advantages, the PLS has its share of disadvantages as far as the limited turning radius to maneuver in tight areas, especially in supply yards.

The 89th Trans. Co. mission has many logistical advantages as far as operating a PLS. One advantage is the container handling unit. This feature includes a big hand which extends to pick up a container without a flat rack. Some trucks also come with a material handling crane to allow loading of other various pieces of cargo.

The 89th Trans. Co., will return to its fleet of M915s but has made full-use of the PLS, a vehicle that lives up to the title "backbone" of the Army's distribution and resupply system.

On the Web



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

NCOs can resolve problems

BY STAFF SGT.
KEITH M. ANDERSON
16TH SUST. BDE.
PUBLIC AFFAIRS

CONTINGENCY OPERATING BASE SPEICHER, Iraq — Staff Sgt. Carlenna

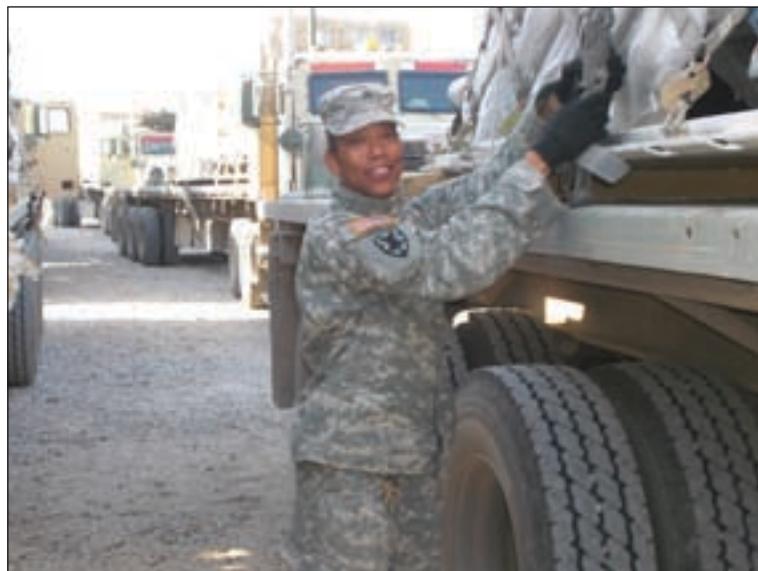


Hawkins said the worst thing for a Soldier to think is that they can't come

to their noncommissioned officer with their problems.

Hawkins, a squad leader in the 70th Transportation Company, 264th Combat Sustainment Support Battalion, 16th Sustainment Brigade, said she had one Soldier who felt overwhelmed and hopeless, but because he felt comfortable talking with her, she was able to help him turn his life around.

"I have had a Soldier reduced in rank and hit rock bottom," said Hawkins, a native of Austin,



U.S. Army courtesy photo

Staff Sgt. Carlenna Hawkins, a squad leader with the 70th Transportation Company, double checks the tie-down straps of equipment on a tractor-trailer prior to a mission at Contingency Operating Base Speicher, Iraq in Dec. 2008.

Texas. "He felt like there was no reason to do good anymore. I mentored that Soldier and gave him hope that he could overcome the bad that has happened to him. He turned his outlook on the military around and wanted to make a change."

Hawkins said the Soldier then turned his life

around.

"He earned his rank back and got promoted again to specialist," Hawkins said. "After he got his rank back, he told me that if it wasn't for me keeping his head in the game, he would have lost more than just his rank. Now the Soldier is studying for the promotion

board and will be attending the next board and attend a 'fast class' to raise his GT (general technical score, a part of the Armed Services Vocational Aptitude Battery used to determine what jobs a Soldier is eligible for), so he can become a warrant officer."

Hawkins, who has served in the Army for almost nine years, is on her second deployment. She said Soldiers have to know that their NCOs have their best interests at heart.

"Always place Soldier's needs above your own," Hawkins said. "There's one thing that good NCOs never want from their Soldiers: that is for Soldiers to not be able to come to them for any issues, not to be able to confide in that NCO for help of any kind. Trust is the biggest thing that Soldiers look for in their NCOs, as well as a knowledgeable NCO."

This deployment has had some stressful moments, she said.

"This deployment has

been stressful in some ways, due to the fact that I am a squad leader on this deployment and I have my hands full," Hawkins said. "I have more Soldiers than I did during my last deployment, and also I've been a convoy commander on this deployment. I have not only my own life in my hands, but I have my Soldiers' as well as the rest of the convoy."

When she can find time, she tries to better herself and her Soldiers.

"I have a couple of additional duties, just one of them being the unit prevention leader," Hawkins said. "I've taken several Soldiers to the promotion board and to the NCO and Soldier of the quarter boards. One of my NCOs won the boards all the way up to brigade level. I also try to better myself. I am preparing to go to the Sergeant Audie Murphy Club board. I know it will take a lot of hard work, but I know I can do it."

Brig. Gen. Lally visits 49th Trans. Bn.

STORY AND PHOTO BY
SPC. AMANDA TUCKER
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq — Brig.

Gen. Michael J. Lally, commanding general of the 3^d Sustainment Command (Expeditionary), from Fort Knox, Ky., met with leaders from the 49th Transportation Battalion to discuss the battalion's operations here July 2.

Fort Hood's 49th Trans. Bn. replaced Fort Bragg's 330th Trans. Bn., and provides command and control for more than 20 movement control teams with contracted augmentation.

"Clearly our first priority is accomplishment of our mission, our movement control and our highway regulation missions and uninterrupted support to the combat forces in theater," said Lt. Col. Peter M. Haas, the 49th Trans. Bn. commander.



Lt. Col. Peter M. Haas, the 49th Transportation Battalion commander briefs Brig. Gen. Michael J. Lally, commanding general of the 3d Sustainment Command (Expeditionary) about 49th Trans. Bn. operations during Lally's visit to the 49th Trans. Bn. headquarters at Joint Base Balad, Iraq July 2.

Haas and more than 20 senior leaders from the 49th Trans. Bn. attended a meeting to brief Lally of their mission, highlight the draw-

down plan for their movement control teams and ideas for contractors to replace redeploying service members.

The 49th Trans. Bn. detailed their drawdown plans in four phases which includes plans to move approximately two division headquarters, two sustainment brigades and nine MCTs out of country.

During the meeting, the leadership also showed Lally some base initiatives planned by the 49th and their predecessor the 330th Trans. Co. One project of the 49th Trans. Bn. includes adoption of Killeen field that according to 49th Trans. Bn. leaders, servicemembers in the unit will clean the field three times a week as a base community service.

Before departing the 49th Trans. Bn. headquarters, Lally presented several coins to Soldiers for excellence in their sections.

"You have a big, tough mission over here," Lally said. "It's that positive control to keep on track, because in theater it is very important. We have a sustainer mission and as we get into the drawdown that is a tough mission so you really have to stay on top of that."

Give a Shout Out!
Tell your family and friends how much you miss them.
Send a brief message to: expeditionarytimes@iraq.centcom.mil Subject line: "Shout Out"

Kentucky Soldiers train in

STORY AND PHOTOS BY
SGT. ALEX SNYDER
EXPEDITIONARY TIMES STAFF

CAMP BUEHRING, Kuwait – Soldiers from the 301st Chemical Company, an Army National Guard unit from Moorehead, Ky., will soon assume their mission of escorting VIPs in the Baghdad Area.



Before they enter Iraq, however, this group of nearly 170 Soldiers is completing additional training in Kuwait – training which includes lessons on the military's Mine-Resistant Ambush-Protected vehicle.

Like other troops here, these Kentucky Soldiers are participating in drivers training designed to get Soldiers familiarized with vehicles not always available for training at home-station.

The drivers training was implemented in June by the 3^d Sustainment Command (Expeditionary) and is intended to help reduce the number of vehicle rollovers in Iraq.

This training creates “a foundation that they can use in-country during their tour,” said Sgt. Donald E. Graves, one of the MRAP trainers here and a Soldier with Company F, 949th Brigade Support Battalion, 10th Sustainment Brigade.

In the past, units waited until they arrive in Iraq to train with their replacing unit. Graves, however, is part of a recent 3^d ESC initiative that brings experienced Soldiers from Iraq back to Kuwait to help train incoming units before they ever step foot in Iraq.

In Kuwait, training time behind the wheel often means contending with high winds that kick up dust and reduce visibility.

Still, Graves said the foul weather here isn't all bad; instead it produces some “real-world scenarios” for drivers to train in.

“It's nice to be able to get out here and drive them in these conditions,” said Spc. James G. Hopkins, a truck commander with the 301st Chem. Co. and personal security detail officer for his squad.

Hopkins, who is a resident of Berea, Ky., said he feels the familiarization with MRAPs is a confidence booster for Soldiers who may not have had an opportunity to drive or ride in one before.

“Without a doubt the MRAP is a totally different beast than anything we've ever driven,” Hopkins said. “It's unlike anything I've ever driven in the military.”

With all the training, Hopkins said he feels his unit is prepared for the mission that lies ahead.

“We've trained hard,” Hopkins said. “We're prepared to do it.”

“They're ready for the job,” Graves said. “No doubt about it.”



Kuwait to prepare for Iraq



Soldiers of the 301st Chemical Company, a National Guard unit from Moorehead, Ky., wait to move out during drivers training at Camp Buehring, Kuwait July 4. The training taught by Spc. Guillermo Dominguez, a trainer from company F, 949th Brigade Support Battalion, is designed to get Soldiers familiarized with the vehicles they will likely be using before assuming their mission in Iraq.



Spc. Guillermo Dominquez, a trainer from the Texas Army National Guard's Company F, 949th Brigade Support Battalion, 10th Sustainment Brigade motions forward a Mine-Resistant Ambush-Protected vehicle during drivers training near Camp Buehring, Kuwait July 4. The training is designed to get Soldiers familiarized with the vehicles they will likely be using before assuming their mission in Iraq



The Kentucky National Guard patch, as seen on the shoulder of a Soldier of the 301st Chemical Company, a National Guard unit from Moorehead, Ky., at Camp Buehring, Kuwait July 4.

Transportation Soldiers double-up on safety

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

CONTINGENCY OPERATING
BASE Q-WEST, Iraq — Col. Martin B. Pitts, commander, 16th Sustainment Brigade, tied green safety streamers to the guidons of two companies from the 30th Combat Sustainment Support Battalion, 16th Sust. Bde., during a ceremony at the Morale, Welfare and Recreation base complex here June 30.

Pitts awarded a green safety streamer to the 574th Quartermaster Company for going 90-days without an accident. The Soldiers of the 574th QM Co., based out of Grafenwoehr, Germany, are on a 15-month deployment.

The brigade commander also awarded a green safety streamer to the 51st Transportation Co., for going 180 days without an accident. It was the second safety streamer awarded to the Mannheim, Germa-



Col. Martin B. Pitts, commander, 16th Sustainment Brigade, presents Capt. Paul Moran, 574th Quartermaster Company, 30th Combat Sustainment Support Battalion, 16th Sust. Bde., with a certificate of appreciation for going 90 days without an accident, during a ceremony at the Morale, Welfare and Recreation base complex at Contingency Operating Base Q-West, Iraq June 30.

ny-based unit. The transportation Soldiers assumed authority July

2008, and are also on a 15-month deployment.

After tying streamers to the guidons, and presenting the units with certificates of appreciation, Pitts huddled the Soldiers around him and spoke a few words.

"You all have made safety a lifestyle," said Pitts. "But don't rest on your laurels. Take what you have learned and apply it forward. Don't lose your edge; you want to own the edge. Manage your risk and continue to stay engaged."

Capt. Joshua Kerton, commander, 51st Trans. Co., said he was proud of his Soldiers, who were the first in the brigade to earn two safety streamers, the first for 90 days, the second for 180 days.

"It's just a great achievement that shows how dedicated our Soldiers are to each other and to accomplishing this mission," said Kerton.

The 16th Sust. Bde., based out of Bamberg, Germany, assumed authority for Q-West and for logistics operations in northern Iraq after an Aug. 2008, transfer of authority ceremony. The brigade is on a 15-month deployment.

MPs make a difference at Q-West

BY SGT. 1ST CLASS
ADAM V. SHAW
16TH SUST. BDE. PUBLIC
AFFAIRS

CONTINGENCY OPERATING
BASE Q-WEST, Iraq — Sgt. 1st Class Robin Forrey, 16th Special Troops Battalion, 16th Sustainment Brigade, and Spc. Catherine Albright, 181st Brigade Support Battalion, 16th Sust. Bde., both work for the Mayor's Cell as military police.

They provide security and safety to the personnel on Q-West.

Forrey, a native of Winston Salem, N.C., volunteered to work with the mayor's cell provost marshal section for two units. He assisted 76th STB with MP duties prior to the arrival of the current mayor's cell, Headquarters and Headquarters Company, 181st BSB.

"He has been a great asset to the team and has provided great support and knowledge to other Soldiers he works with," said 1st Lt. Alan Conway, 181st BSB.

Forrey volunteered to be the customs program manager for Q-West to assist units with customs inspections and expedite their departure from the base. He also has assisted the PMO section with traffic safety and patrols, investigations and training.

"Forrey has mentored Soldiers in the PMO section and was a great resource for special events and missions," said Conway.

The Veteran also volunteers as a lifeguard at the base pool.

"I only work at the pool to look good for my wife when I go home," said Forrey, a Winston Salem, N.C. native.

Forrey's MP comrade, Albright also volunteers at the pool, which has been beneficial to her the past few weeks after her level-two combat training.

"I am bruised and sore after one week, but it is worth it," said Albright.

The Lacey, Wash., native has gained a wealth of experience during her deployment.

"She has learned a lot being deployed and has been a great asset to the team with her great personality and spirit," said Conway.

Where do you read your Expeditionary Times?

For distribution, contact the 3^d ESC PAO located throughout Iraq

Joint Base Balad	318-483-4603
COB Adder	318-833-1002
Camp Taji	318-834-1281
COB Q-West	318-827-6101
Al Asad Air Base	318-440-4103
COB Speicher	318-849-2501

e-mail: expeditionarytimes@iraq.centcom.mil

On the Web

Task Force Muleskinner

10th Sustainment Brigade

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





Sustainers, Iraqis partner to build business initiatives

BY SGT. CRYSTAL REIDY
EXPEDITIONARY TIMES STAFF

CONTINGENCY OPERATING
BASE ADDER, Iraq – Coalition



Soldiers will partner with local Iraqi business leaders to teach business skills at an extravaganza bazaar here July 4.

The civil military operations office of the 287th Sustainment Brigade invited 14 local Iraqi businesses to take part in a shopping extravaganza that will serve both Soldiers wanting to purchase items from Iraqis and as a way for Iraqis to learn how to build strong business strategies. The goal is for the Iraqis to sustain their business after the drawdown of Coalition forces.

“The vision of the extravaganza is to teach the average Iraqi business owner to set up a shop, establish a customer base and expand their business,” said Capt. Margo Flores, the business coordinator from the 287th Sust. Bde.

One of the lessons the vendors are learning is to build a client base, said Flores, a resident of Estelle Manor, N.J. She said the business owners learn to track who is buying what and when they are buying it.

“We are trying to teach them more than just Business 101,” Flores said. “Even if they move to Basrah or Baghdad they can do well as long as they take these business skills and apply them in the new location.”

Flores said they showed the business owners statistics based on two

similar extravaganzas they hosted in the past. The primary customers are young Soldiers who spend \$20 and want something usable. The 35 to 45-years-olds will spend more money on one item to mail home.

“We want to show the concept that it is sometimes better to sell lower cost items but more of it instead of a higher cost item that doesn’t sell as much,” Flores said.

“We explain to them if you sell items for \$50 you may only sell \$200 worth of product. If you sell \$20 items, you can sell \$2,000 of that item which brings in more revenue.”

The business lessons are building confidence in the business owner, Flores said. The business owners build a stronger Iraqi economy, which helps makes their

nation stronger, she said.

“Once they build their confidence they can take their business anywhere because they know how to establish a new customer base, they know their products sell and which ones sell the best,” Flores said.

A good lesson Flores shared with future vendors on product selection was in a past extravaganza vendors sold blankets and small carpets. The vendors learned blankets won’t sell in the summer but the carpets sold great because they were less expensive and could be rolled up and shipped home, she said.

“We’re getting great feedback from the business owners,” Flores said. “They want to participate and are very eager to learn how to establish their business.”

AS YOU RETURN HOME AND TELL YOUR STORY...



Keep in mind what you say to others can inadvertently find it’s way into enemy hands through...

- Blogs
- Public Discussions
- Interviews

REMEMBER THOSE WHO ARE STILL HERE.

Don’t talk about:

- Tactics, Techniques, and Procedures
- Unit Capabilities/Vulnerabilities
- New Technology
- Classified Aspects of your Job



DON'T LET YOUR WORDS PUT THEM IN HARM'S WAY.





**I.A.M.
STRONGSM**
INTERVENE ★ ACT ★ MOTIVATE

Sexual Harassment and Assault Prevention

INTERVENE

When I recognize a threat to my fellow Soldiers, I will have the personal courage to **INTERVENE** and prevent Sexual Assault. I will condemn acts of Sexual Harassment. I will not abide obscene gestures, language or behavior. I am a Warrior and a member of a team. I will **INTERVENE**.

ACT

You are my brother, my sister, my fellow Soldier. It is my duty to stand up for you, no matter the time or place. I will take **ACTION**. I will do what's right. I will prevent Sexual Harassment and Assault. I will not tolerate sexually offensive behavior. I will **ACT**.

MOTIVATE

We are American Soldiers, **MOTIVATED** to keep our fellow Soldiers safe. It is our mission to prevent Sexual Harassment and Assault. We will denounce sexual misconduct. As Soldiers, we are all **MOTIVATED** to take action. We are strongest...together.

www.preventsexualassault.army.mil

Q-West Soldiers compete in triathlon

BY SGT. 1ST CLASS KEN MATTINGLY
UPAR, 1ST BN., 184TH INF. REGT.,
16TH SUST. BDE.

CONTINGENCY OPERATING BASE
Q-WEST, Iraq — As the sun began

to rise in the northern Iraqi sky, Capt. Peter Lewis, commander, Bravo Company, 1st Battalion, 184th Infantry Regiment, 30th Combat Sustainment Support

Battalion, 16th Sustainment Brigade, briefed a group of Soldiers here June 28. The brief was not of routes or military maneuvers but a briefing for the first triathlon held in northern Iraq.

The Bushmaster's Triathlon consisted of a 400-meter swim, an 11-kilometer bicycle course, and a three-kilometer run. It was the culmination of over 25 hours of planning and rehearsals with over 40 Soldiers involved with operating various parts of the triathlon.

The event coordinators, Lewis and Sgt. 1st Class Eric Hernandez, Bravo Company, 1st Bn., 184th Inf. Regt., watched as 55 competitors from the Army and Air Force, along with civilian contractors formed lines to start the first leg of the triathlon, the 400-meter swim.

Soldiers were able to compete as individuals or as teams. For many who participated, there was a great sense of pride and accomplishment for their efforts.

"This is something cool, a good memory," said Maj. Darrin Bender, Task Force Speicher. "It was painful for most of the race — you are in the red zone the whole time — but it was a lot of fun."

First Lt. Samantha Holys, 16th



U.S. Army photo by Sgt. 1st Class Adam V. Shaw

First Lt. Samantha Holys and 1st Lt. Marshall Kulp, took the first place trophy after winning the Bushmaster's Triathlon at Contingency Operating Base Q-West, Iraq June 28.

Special Troops Battalion, 16th Sust. Bde., was the first female to finish the race with a time of one hour and seven minutes. This wasn't her first triathlon. The Flagstaff, Ariz., native ran triathlons while she attended the University of Arizona.

"I've never done a triathlon with a tank rolling by, that was definitely a first," said Holys. "The pool was fast, but what made the race challenging was the road and weather conditions."

First Lt. Marshall Kulp, 574th Quartermaster Company, 30th CSSB, 16th Sust. Bde., finished first in the men's race with an overall time of 53 minutes and seven seconds.

Although there had been biathlons and fun runs, this was the first triathlon held at Q-West this summer.

"The military, by nature, is athletic," said Lewis. "What better way to train than with a triathlon? The most enjoyable part is building a community. It started with 30 to 35 racers running biathlons and now we are well over 50."

ONE YEAR AGO THIS WEEK



U.S. Army photo by Spc. Charlotte Martinez

Brig. Gen. Michael J. Lally, 3^d Sustainment Command (Expeditionary) commanding general, places the 3^d ESC combat patch on the right shoulder of Col. Jarrold M. Reeves, the deputy commanding officer of the 3^d ESC at Joint Base Balad, Iraq July 15, 2008. The patch marks the 3^d ESC's first month in theater and its active participation in operation Iraqi Freedom as the senior logistics headquarters under Multi-National Corps-Iraq.

Maintenance & Supply Topic of the Week



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



MRAP... CAIMAN AIR TANK DILEMMA

Caiman MRAP users need to take a close look at the vehicle's primary, secondary and wet tanks. These tanks are known to rupture, causing the air brake system to fail. **Not good!**

Get down on your hands and knees and see if the tank has RDS Manufacturing on the end of the tank. If you find a tank with these markings, use red spray paint and mark a red X on both ends of the tank. This doesn't mean your vehicle is non-mission capable, but it does mean you have to drive at reduced speeds and allow additional space between traveling vehicles until a mechanic removes the bum tank.



NEVER

ACCEPT

DEFEAT



Getting Help is a Sign of Strength

Suicide Can be Prevented. Get Help.

Talk to your Chaplain or a Behavioral Health Professional or Call Military OneSource **1-800-342-9647**

www.militaryonesource.com

TA-061-0107

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

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

Last weeks answers

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

TEST YOUR KNOWLEDGE

1. What British group got its name from the title of a 1950 Muddy Waters song?
2. What mobster's 1927 earnings would have amounted to \$600 million in 1987 dollars?
3. What Apollo 11 astronaut claimed he was the "first man to wet his pants on the moon"?
4. What role in The Godfather did Robert De Niro test for?
5. What director earned a Bronze Star and a Purple Heart during his tour of duty in Vietnam?

1. The Rolling Stones 2. Al Capone's 3. Buzz Aldrin 4. Sonny Wortzik 5. Oliver Stone

JOINT BASE BALAD WORSHIP SERVICES

TRADITIONAL

Sunday	0200	Air Force Hospital Chapel
	0930	Provider Chapel
	1030	Freedom Chapel (West Side)
	1100	Castle Heights (Bldg 4155)
	1400	Air Force Hospital Chapel
	1730	Gilbert Memorial Chapel (H-6)
	2000	Air Force Hospital Chapel

GOSPEL

Sunday	1100	MWR East Building
	1200	Freedom Chapel (West Side)
	1230	Gilbert Memorial Chapel (H-6)
	1900	Provider Chapel

CONTEMPORARY

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)

HISPANIC PROTESTANT

Saturday	1900	Provider Chapel
----------	------	-----------------

LITURGICAL -Episcopal, Anglican, Presbyterian

Sunday	1500	Gilbert Chapel (H-6)
--------	------	----------------------

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)

MASS

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
--	------	---------------------------

Thu	1100	Air Force Hospital Chapel
-----	------	---------------------------

Mon, Wed, Fri	1700	Gilbert Memorial Chapel (H-6)
---------------	------	-------------------------------

Mon-Fri	1130	555th Engineer Brigade Bldg 7200
---------	------	----------------------------------

JEWISH SHABBAT SERVICES

Friday	1700	Gilbert Memorial Chapel (H-6)
--------	------	-------------------------------

Saturday	0930	Gilbert Memorial Chapel (H-6)
----------	------	-------------------------------

Saturday	1700	Gilbert Memorial Chapel (H-6)
----------	------	-------------------------------

ISLAMIC PRAYER

Friday	1230	Provider Chapel
--------	------	-----------------

PAGAN/WICCAN FELLOWSHIP

Thursday	1900	The Shack
----------	------	-----------

Saturday	1900	The Shack
----------	------	-----------

GREEK ORTHODOX

Sunday	0900	Provider Annex
--------	------	----------------

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. Aqua Training: Tue., Thu.- 7:30 p.m., 8:30 p.m.	Tue., Thu., 6-7 a.m., 5-6 p.m. Edge Weapons & Stick Fighting Training: Tue., Thur., Sat.- 8-10 p.m.	Friday- 8 p.m. Chess & Dominoes Tourney: Friday- 8 p.m. Salsa Class: Saturday- 8:30 p.m. Poker: Saturday- 7:30 p.m.	Saturday- 10:30 p.m. Cross Fit: Mon., Wed., Fri.- 5:45 a.m., 7 a.m., 3 p.m., 6 p.m. Tue., Thu.- 7 a.m., 3 p.m. Sunday- 5:45 a.m., 3 p.m. P90x: Monday- Saturday- 4:30 a.m., 4 p.m., 10 p.m. 12 a.m. Soccer: Tue., Thu.- 8 p.m. Yoga: Wednesday- 8 p.m. Saturday- 8:30 p.m. 1: Friday- 8 p.m. 5 on 5 Basketball: Saturday- 8 p.m.	p.m., 8:30 p.m. 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: Wednesday- 8 p.m. Saturday- 8:30 p.m. Darts: Saturday- 8:30 p.m. WEST REC- REACTION CENTER Green Bean Karaoke: Sun., Wed., 7:30pm 9-ball tourney: Monday- 8 p.m. Ping-pong tourney: Friday- 7 p.m.	Tuesday- 8 p.m. Foosball tourney: Tuesday- 8 p.m. Jam Session: Tuesday- 7:30 p.m. 8-ball tourney: Wednesday- 8 p.m. Guitar Lessons: Thursday- 7:30 p.m. Game tourney: Thursday- 1 p.m., 8 p.m. Enlisted Poker: Friday- 1 p.m., 8 p.m. Officer Poker: Saturday- 1 p.m., 8 p.m. Squat Competition: Saturday- 8 p.m. Darts: Saturday- 8:30 p.m. WEST FIT- NESS CENTER 3 on 3 basketball tourney: Saturday- 7:30 p.m. 6 on 6 volleyball tourney: Friday- 7 p.m.	Aerobics: Monday, Wednesday, Friday- 7 p.m. Body by Midget Toning Class: Tue., Thu., - 7 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. CIRCUIT GYM Floor hockey: Mon., Wed., Fri., - 8-10 p.m.
--	--	--	---	---	---	--

UPCOMING SPORTS ON AFN



Wednesday 7/15/09

Los Angeles Sparks @ Connecticut Sun, Live 2 a.m. AFN/xtra
80th MLB All-Star Game, Live 3 a.m. AFN/sports
2009 National Heads Up Poker Championship, Tape Delayed 5 a.m. AFN/xtra
MotoGP World Championship: Catalunya Grand Prix, Tape Delayed 8 a.m. AFN/xtra
2009 Tour de France - Stage 10: Limoges - Issoudun, Tape Delayed 10 a.m. AFN/sports

Thursday 7/16/09

The Ultimate Fighter Season 9 XTRA Special Marathon, Tape Delayed 5 a.m. AFN/xtra
The Ultimate Fighter Season 9 XTRA Special Marathon, Tape Delayed 6 a.m. AFN/xtra
2009 Tour de France - Stage 11: Vatan - Saint Fargeau, Tape Delayed 10 a.m. AFN/sports

Friday 7/17/09

Milwaukee Brewers @ Cincinnati Reds, Live 2 a.m. AFN/sports
New York Mets @ Atlanta Braves, Live 2 a.m. AFN/xtra
Houston Astros @ Los Angeles Dodgers, Live 5 a.m. AFN/xtra
2009 Tour de France - Stage 12: Tonnerre - Vittel, Tape Delayed 10 a.m. AFN/sports

Saturday 7/18/09

Detroit Tigers @ New York Yankees, Live 2 a.m. AFN/xtra
Arizona Diamondbacks @ St. Louis Cardinals, Live 3 a.m. AFN/sports
Los Angeles Angels @ Oakland Athletics, Live 5 a.m. AFN/xtra
Houston Astros @ Los Angeles Dodgers, Live 5 a.m. AFN/prime pacific
2009 Tour de France - Stage 13: Vittel - Colmar, Tape Delayed 10 a.m. AFN/sports
Detroit Tigers @ New York Yankees, Live 8 p.m. AFN/prime atlantic

Sunday 7/19/09

Tampa Bay Rays @ Kansas City Royals, Live 2 a.m. AFN/prime atlantic
Minnesota Twins @ Texas Rangers, Live 3 a.m. AFN/sports
NASCAR Nationwide Series: Gateway 250, Live 4:30 a.m. AFN/xtra
Detroit Tigers @ New York Yankees, Live 9 p.m. AFN/sports
Los Angeles Angels @ Oakland Athletics, Live 11 p.m. AFN/xtra

Monday 7/20/09

New York Mets @ Atlanta Braves, Live 1 a.m. AFN/sports
Minnesota Twins @ Texas Rangers, Live 3 a.m. AFN/prime atlantic
Chivas USA @ New England Revolution, Tape Delayed 8 a.m. AFN/xtra
Houston Astros @ Los Angeles Dodgers, Tape Delayed 5 p.m. AFN/xtra

Tuesday 7/21/09

UFC 99 THE COMEBACK: Franklin vs Silva, Tape Delayed 2 a.m. AFN/xtra
2009 Home Run Derby, Live 3 a.m. AFN/sports
2009 All-Star Legends & Celebrity Softball Game, Tape Delayed 5 p.m. AFN/sports

SUSTAINER REEL TIME THEATER

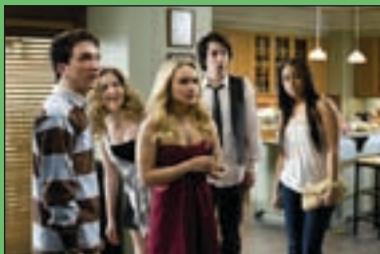
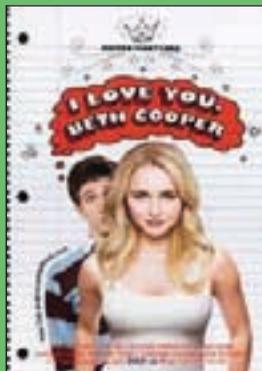
Movie Times

Wednesday, July 15 5 p.m. Dance Flick 8 p.m. Terminator Salvation	Sunday, July 19 2 p.m. I Love You Beth Cooper 5 p.m. Land Of The Lost 8 p.m. Night At The Museum 2
Thursday, July 16 5 p.m. Drag Me To Hell 8 p.m. Ice Age: Dawn Of The Dinosaurs	Monday, July 20 5 p.m. Night At The Museum 2 8 p.m. I Love You Beth Cooper
Friday, July 17 8:30 p.m. TOPS IN BLUE WORLD TOUR '09	Tuesday, July 21 5 p.m. I Love You Beth Cooper 8 p.m. Land Of The Lost
Saturday, July 18 2 p.m. Night At The Museum 2 5 p.m. I Love You Beth Cooper 8 p.m. Land Of The Lost	

(Schedule is Subject to Change)

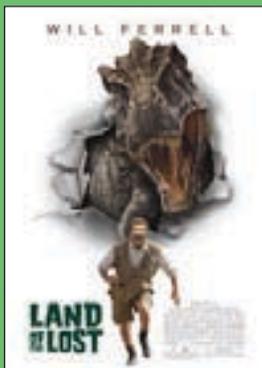
I love you Beth Cooper

Nerdy teenager Denis Cooverman (Paul Rust) harbors a secret crush on Beth Cooper (Hayden Panettiere), the hottest girl in high school. During his graduation speech, Denis lets the cat out of the bag and declares his love for Beth, who, instead of dissing Denis, shows up at his house later that day and promises to show him the time of his life.

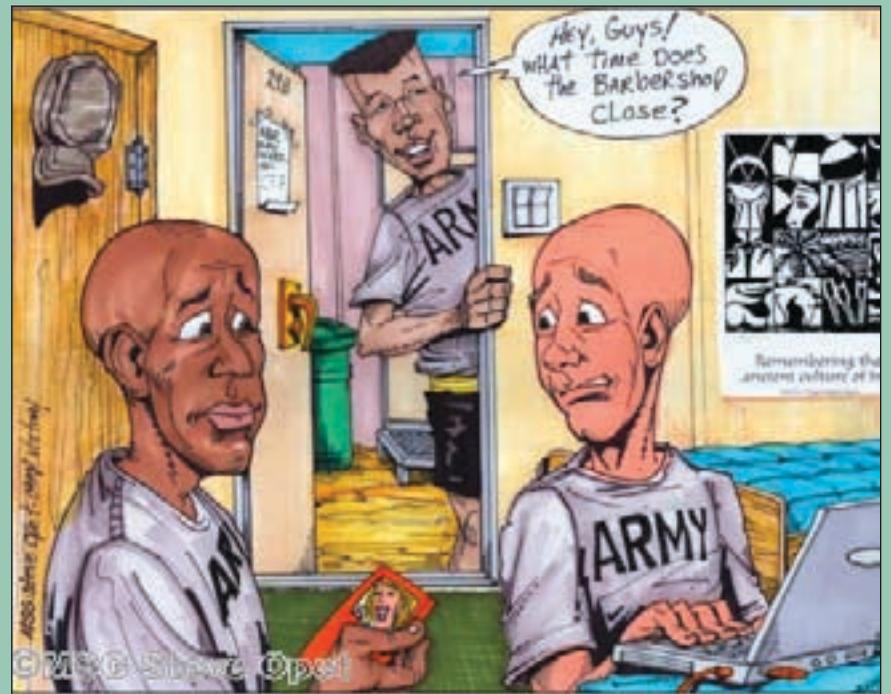


Land of the Lost

Has-been scientist Dr. Rick Marshall, sucked into one and spat back through time. Way back. Now, Marshall has no weapons, few skills and questionable smarts to survive in an alternate universe full of marauding dinosaurs and fantastic creatures from beyond our world—a place of spectacular sights and super-scaled comedy known as the Land of the Lost. Sucked alongside him for the adventure are crack-smart research assistant Holly (Anna Friel) and a redneck survivalist (Danny McBride) named Will. Chased by T. rex and stalked by painfully slow reptiles known as Sleestaks, Marshall, Will and Holly must rely on their only ally—a primate called Chaka (Jorma Taccone)—to navigate out of the hybrid dimension. Escape from this routine expedition gone awry and they're heroes. Get stuck, and they'll be permanent refugees in the Land of the Lost.



Iraq according to Opet



PVT. MURPHY'S LAW



PHOTOS AROUND IRAQ



U.S. Army photo by Staff Sgt. James Selesnick

U.S. Soldiers of the 73rd Cavalry Regiment, 3rd Brigade Combat Team, 82nd Airborne Division, Iraqi soldiers and Iraqi policemen board a U.S. Army CH-47 helicopter for a joint air assault operation led by the Iraqi Army and Iraqi National Police at Forward Operating Base Hammer, Iraq June 26. The mission is one of the largest air assault operations since the start of Operation Iraqi Freedom.



U.S. Air Force photo by Staff Sgt. Chrissy Best

U.S. Army 1st Lt. Jeremy Poisson, from Atlanta, Ga., with the 178th Military Police Company, attached to the 2nd Brigade Combat Team, 4th Infantry Division, and Iraqi Lt. Col. Mohamed Ali, Executive Officer for the 50th Iraqi Army Battalion, hug after lowering the front gate of the Old States Building, indicating the return of control of Combat Outpost Perry and the Old States Building, two key Basra bases, to the Iraqi Army, in Basra, Iraq June 28.



U.S. Navy photo by Mass Communications Spc. 1st Class Carmichael Yopez

U.S. Army Spc. Lucia Arballes of Jamaica, N.Y., assigned to the 3rd Brigade, 215th Brigade Support Battalion, 1st Cavalry Division, stands next to a 10-K forklift she has been working on at the battalion's mechanic shop at Forward Operating Base Marez in Mosul, Iraq July 7.



U.S. Navy Photo by Mass Communications Spc. 1st Class Kirk Worley

U.S. Army Sgt. Eric Kay with 3rd Battalion, 21st Infantry Regiment, yells instructions to fire an 81-millimeter mortar shell during a live-fire demonstration for members of the Iraqi Army, in Diayala, Iraq June 28.

NEWS AROUND IRAQ

Bucca TIF detainee population lowest of three facilities

CAMP BUCCA, Iraq — The Theater Internment Facility (TIF) detainee population at Camp Bucca drops to the lowest of the three facilities between Camps Cropper and Taji.

As of today there are 3,312 detainees at Bucca. At its “high water mark,” Bucca once held over 22,000 detainees in November 2007. This is the lowest population at Camp Bucca since early 2004. The other two facilities under coalition control include Camp Cropper which currently has 3,872 detainees and Camp Taji with 3,588 detainees.

The current detainees will be released or transferred to Taji or Cropper detention facilities prior to the Bucca TIF closing during mid September.

Many detainees participate in education classes, vocational programs, voluntary Islamic Discussion Groups, and civics classes inside the TIF. These productive and viable skills help the released detainees reintegrate into Iraqi society.

In accordance with the Security Agreement, Joint Task Force-134 is releasing or transferring all detainees in a safe and orderly manner. Many of the 3,794 total detainees who have been released since Jan. 1 participated in the educational and vocational programs at the US-run detention facilities, and are better equipped to become a productive member of Iraq's future.

The quality of treatment that each detainee receives as well as that of the family visitors that come to our facilities daily influences the overall perception of US forces throughout Iraq. Care and respect for the detainees and their families is a critical factor to our long-term success. JTF-134 takes great care to ensure detainees are treated well and given the tools to succeed.

All detainees receive the same high-quality medical care that our service members receive. Members of both the Iraqi Ministry of Human Rights and the International Committee of the Red Cross perform regular visits and inspections of all detention facilities.

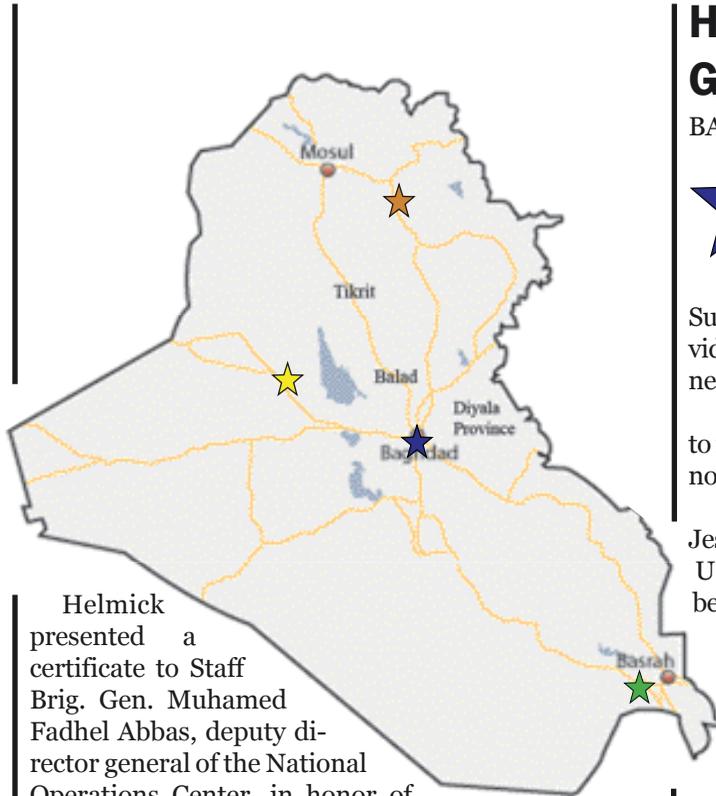
Camp Bucca, operated by the 89th Military Police Brigade from Fort Hood, Texas, once had the capacity to house 30,000 detainees. Now, due to the drawdown and dismantling of detainee compounds, its maximum capacity is approximately 4,300.

The water purification, pumping stations and power generation plants that are present in the camp will be handed over by Multi-National Force-Iraq to the local government at an undetermined time in the future, but actions are currently ongoing to allow the citizens of Umm Qasr and Safwan to use the plants until the property is properly given to back to the Government of Iraq.

Camp Bucca is a forward operating base along the Kuwaiti border near the port city of Umm Qasr, Iraq's southernmost city.

Center Declared Fully Operationally Capable

BAGHDAD, Iraq — U.S. Army Lt. Gen. Frank Helmick, commander, NATO Training Mission- Iraq visited the National Operations Centers here July 6 to declare Full Operational Capability.



Helmick presented a certificate to Staff Brig. Gen. Muhamed Fadhel Abbas, deputy director general of the National Operations Center, in honor of the NOC achieving this status.

The three National Operations Centers in Baghdad have now achieved full operational capability. They are the Prime Minister's National Operations Center, Ministry of Interior National Command Center and Ministry of Defense Joint Operations Center. This marks a significant milestone and represents considerable progress made over the past three years. Having full operational capability is an important achievement for Iraq in building a sustainable and effective operational capability that supports the national security infrastructure and supports the needs of the Iraqi people.

NATO and the Coalition forces will continue to support the operations centers through further development, consolidation and building sustainability. NATO will operate with smaller, more focused teams in each of the operations centers, where they will continue to identify and develop future training needs, including specialist training and out-of-country training courses. NATO will also continue to help support and build on Iraqi planned and executed national-level command and control crisis response exercises.

The evaluation process used to measure full operational capability is multi-fold; a combination of personal observation, tangible factors and a monthly evaluation report that was developed by NATO and approved by the Iraqis. It covers six targeted areas: organization, security, logistics, procedures, training and exercises and situational awareness.

NTM-I trains, mentors and advises officers in the Iraqi Security Forces, in order to assist the Government of Iraq resume its important place in the international community and to improve the security of all Iraqi people with democratic security forces.

NTM-I mentors and supports the INDU, INDC and the Defence Strategic Studies Institute. Other cooperation projects for NATO in Iraq are out of country training courses for Iraqi nationals at NATO schools as well as National Police training led by Italian Carabinieri and at Ar Rustamiyah the Iraqi Military Academy along with the Joint Staff College and Command College.

NTM-I officers also provide mentoring and advice to the Prime Minister's National Operations Centre, the Iraqi Ministry of Interior Command Centre and the Iraqi Ministry of Defence Joint Operations Centre.

Historic Hospital Transitions to Government of Iraq Control

BAGHDAD, Iraq — Baghdad's historic Ibn Sina Hospital will return to Iraqi Government control this Fall. In accordance with the Iraq Security Agreement, U.S. forces are scheduled to return the facility to the Iraqis Oct. 1.

Currently operated by the U.S. Army's 10th Combat Support Hospital (CSH), the staff will continue to provide quality healthcare for all patients throughout the next two months of transition.

Col. Raphael De Jesus, 10th CSH Commander, wants to reassure service members and civilians that they need not worry about care.

“The mission of the 10th CSH is sustaining,” says De Jesus. “Our ability to provide excellent healthcare to U.S. and Coalition forces during the transition will not be interrupted.”

Coalition service members and civilians will be treated for minor medical issues at Ibn Sina until Jul. 15, when a new outpatient clinic opens on Forward Operating Base Prosperity, also located in Baghdad's International Zone.

Hospital staff will continue to offer Emergency Room and inpatient services until Ibn Sina Hospital temporarily closes its doors Aug. 15, in order to prepare the facility for return to the Government of Iraq's Ministry of Health.

Coalition forces will continue to receive current levels of care at medical facilities throughout Baghdad and Iraq, and Iraqi patients will receive care at Ministry of Health facilities. No one will be refused emergency care at any facility.

Ibn Sina Hospital was established by a group of physicians in 1964. Known as “The People's Hospital,” the facility used a progressive payment system based on patients' income and ability to pay.

The hospital was hailed as one of the finest healthcare facilities in the Middle East, and offered services ranging from emergency care to optometry and gynecology for average citizens. The Baath Party took control of the hospital in 1974, and reserved its use for ranking members and their families. Coalition medical units reopened the hospital after the fall of the Saddam Hussein regime in 2003.

“Signs” of the Security Agreement

FORWARD OPERATING BASE WARRIOR, KIRKUK, Iraq — Residents of Kirkuk city can expect to see a new addition to the U.S. military vehicles that sometimes drive through their city.

Since the withdrawal of U.S. combat forces from Iraqi cities, in accordance with the Security Agreement, the 2nd Brigade Combat Team, 1st Cavalry Division, has begun adding signs reading “Iraqi partnership provincial approved convoy. Thank you for your patience and support” to the sides of their vehicles.

U.S. Forces serving in an advisory and assistance role continue to travel within the city to meet with their Iraqi counterparts or government officials.

“These signs show that we are working with our partners and that we're abiding by the Security Agreement,” explained Maj. Frazier Epperson, an Information Operations officer for 2 BCT. “These signs explain to the Iraqis that our vehicles are allowed by the Iraqi government in this province to be in the cities,” he added.

The signs also give the message that the vehicles are part of a coordinated effort with Iraqi Security Forces,

are part of a Provincial Reconstruction Team movement or performing other non-combat related activities in coordination with their Iraqi partners, explained Maj. Andy Liffing, 2nd BCT's engineering officer.

By adding the signs, the brigade is reinforcing and showing that the U.S. military is committed to the Security Agreement, and that it's in a supporting role rather than being directly involved in the day-to-day operations of the city, Liffing said.

Residents of the city can expect to see the signs on the first and last vehicles within the convoys, until all the vehicles are outfitted with the new signs.

Vice President welcomes new American citizens in Baghdad

 CAMP VICTORY, BAGHDAD – Beneath a 50-foot American flag, 237 service members from 59 countries became U.S. citizens. They recited the Oath of Allegiance in the rotunda of the Al Faw Palace, Camp Victory, Iraq during a naturalization ceremony on Independence Day.

"On this Fourth of July I'm reminded that you're carrying the torch of our founding fathers from 233 years ago, and yes, as of today they are your founding fathers," said Vice President Joseph R. Biden, Jr.

Biden was here to participate in high level meetings with Iraqi officials, as well as to participate in the ceremony.

The words, "give me your tired, your poor, your huddled masses yearning to breathe free..." are found on the Statue of Liberty, but General Raymond T. Odierno, commanding general, U.S. forces – Iraq, did not believe it fit the crowd before him.

"If I had to write a description of the soon to be citizens in this rotunda I would say: give me your brightest and your bravest. Give me your warriors and your heroes who will enhance our great nation and strive to keep her safe," he said.

Spc. Tamaleilau Mose, a paralegal specialist with the 81st Brigade Special Troops Battalion, 16th Sust. Bde., travelled over 300 km to get to Camp Victory, hopping Blackhawk helicopters and sleeping in transient tents along the way. All the while, she had a single mission in mind -- that mission was to become a United States citizen.

Mose, a native of American Samoa, had not originally intended on naturalizing here. She became aware of the possibility through the work she was doing for other Soldiers.

Her excitement was apparent in her beaming smile and the gleam in her eyes.

"Being in the Judge Advocate General's office at Contingency Operating Base Q-West with the 16th Sustainment Brigade, we provide services such as legal assistance, which included naturalization," said Mose. "From the beginning, a lot of Soldiers came in for their naturalization packets. I didn't know anything about it and so quickly got to know the whole process. I got in touch with U. S. Citizenship and Immigration Services in Rome and started sending packets through them and got a feel for everything," she added. So in April, Mose sent in her own packet.

Her family in Kent, Wash. since 1993, is unaware that she will get her citizenship on the Fourth of July. Indeed, this will be quite a surprise for the holiday.

"It feels great to help Soldiers. I understand a lot of them come from different backgrounds," Mose said. "It's tough trying to get anywhere, especially being in the United States without having citizenship. I understand the frustration of being in the military and not even being able to vote. Something as simple as that, it means a lot to someone who isn't a citizen," she continued.

Mose added one last comment that summarized her feelings about her participation in this process.

"For me, it's like watching your kids grow up. Me be-

ing here and having helped all these other Soldiers... I feel very fulfilled. "

Ending the ceremony was the sound of 237 Service members standing at attention proudly reciting the Pledge of Allegiance as citizens of the United States.

HMLA-169's OIF detachment to join squadron in Afghanistan

 AL ASAD AIR BASE, Iraq – After serving in Iraq for approximately three months, a detachment of Marines from Marine Light Attack Helicopter Squadron 169 will soon join the remainder of their squadron serving in Afghanistan.

"This is an amazing opportunity for every Marine within the squadron, because there aren't a whole lot who get to serve in two operational theaters within one deployment," said Maj. Gerry Kearney, detachment officer-in-charge for HMLA-169.

More than half of the squadron is already in Afghanistan, and the remaining Marines will soon join their counterparts.

"We have been operating with about a third of the personnel, but we still have half a squadron's worth of aircraft," said Master Sgt. Sean McBride, senior enlisted advisor for the HMLA-169 detachment. "It's been difficult and taxing on the Marines, but Marines do what they do best, and they have adapted to what the mission requires."

McBride says leaders within the squadron recognize and appreciate all of the Marines' hard work.

While in Iraq, HMLA-169 has flown approximately 500 hours throughout the Al Anbar province.

"Since arriving in Iraq, we've supported a wide variety of missions to include convoy escorts, medical evacuation escorts, leader's reconnaissance missions and air security patrols," said Capt. Jake Olson, operations officer for the HMLA-169 detachment.

The mission of the "Vipers" in Afghanistan will be to continue to provide offensive air support and utility support for units currently serving in Operation Enduring Freedom.

"We wouldn't be able to carry on our mission without the effort and dedication of every single Marine," said McBride.

HMLA-167 will take over HMLA-169's mission on Al Asad Air Base.

"We're here to support [Multi National Force – West] to the best of our ability, so we are thrilled to be continuing the mission here aboard Al Asad," said Maj. Michael Johnson, executive officer for HMLA-167. "We're just picking up where HMLA-169 left off."

The detachment was previously deployed to Al Taqqadum, Iraq and many Marines throughout HMLA-167 have an abundance of experience to bring with them from previous deployments and are familiar with Al Asad.

"Most of our Marines are already on their third or fourth deployment here, so it's almost like coming home," said Gunnery Sgt. Paul Daniel, senior enlisted advisor for the HMLA-167 detachment.

With Iraqi Sovereignty, U.S. Advisors Adapt to Lower Profile

 BAGHDAD – As Coalition combat forces have lowered their public profile by pulling back from Iraqi cities, towns and villages, so, too, have the trainers and advisors to Iraqi Security Forces.

The Multi National Security Transition Command-Iraq's mission is to train, mentor and advise ISF, at the request of the Iraqi government.

This role is a key element of the U.S.-Iraq Security Agreement.

Although the public may see them less often, MN-STC-I advisors and trainers continue their important jobs, in accordance with the terms of the Security Agreement. With the Iraqi government, they share a common goal of safety and security for the Iraqi people. The ISF continues to grow, develop capabilities, and step up its security operations, as demonstrated recently by their simultaneous operations in Basrah, Mosul, Sadr City, Amarah and Diyala.

The important relationships that have been established between U.S. advisors and trainers and their Iraqi counterparts will continue to ensure that the ISF is a professional force operating under the rule of law to bring peace and stability to Iraq.

Iraqi liaison officers new addition to U.S. brigade in Kirkuk

 FORWARD OPERATING BASE WARRIOR, KIRKUK, Iraq – A group of Iraqi liaison officers have begun working side-by-side with Soldiers from 2nd Brigade Combat Team, 1st Cavalry Division, to improve security and coordination.

The liaison officers come from the Iraqi Army, Iraqi Police, Kurdish Army and Iraqi Oil Police, who work together on Forward Operating Base Warrior in Kirkuk, Iraq to share information and coordinate key assets with the U.S. military and one another.

The officers began working together one week ago and have already begun to see the positive results of their coordination.

"It is very easy to share information when you are working this closely together," explained Brig. Gen. Mohammed Sala Abass, an IP working as a liaison officer on FOB Warrior. "This coordination has given promising results and has sped up the process of dispersing information between different agencies. It should have happened a long time ago."

"It gives us a common operational picture between IA, IP, OIP and the Kurdish Army," said Maj. Kevin Capra, brigade planner for 2nd BCT. "We are [all] sharing information on operations, coordinating movements and sharing intelligence."

During a recent vehicle-borne improvised-explosive device attack in Kirkuk city, the liaisons proved to be a vital asset.

The IP liaison spoke directly to the first police responders on the scene and was able to give the brigade a clear idea of what was going on, explained Capra.

Another benefit of the coordination is bringing together groups that have had conflicts in the past, primarily the Kurdish Army and IA.

"[We are] being open and transparent," said Capra. "If there is any question on what different elements are doing, such as IA moving through contentious areas, we are able to notify all the leaders who need to know very quickly. This open dialogue really helps avoid unnecessary tension and overreactions due to misunderstandings."

The fact that the liaisons represent multiple military organizations allows them to share information that enables them to hunt terrorists wherever they may be.

If the Kurdish Army, for example, were to have information on a suspected terrorist inside of a police-patrolled city, they can use the liaison to pass information to the IP in the city that need to know, explained 2nd Lt. Nabil Abdulla Mahmood, a Kurdish Army liaison.

"The process is very fast now," he said.

The liaison partnership will hopefully continue to thrive even when U.S. troops are gone.

"I want to see it stay like this," said Abass. "We are going to try and keep this intact."

Sustaining the Line



U.S. Army Photo by Staff Sgt. Keith M. Anderson

Soldiers from the 181st Brigade Support Battalion, Washington Army National Guard, celebrate Independence Day at a dining facility at Contingency Operating Base Q-West, Iraq July 4.



U.S. Army photo by Sgt. Beau R. Stefka

Sgt. 1st Class Joel Hernandez, a native of Aurora, Ill., and transportation noncommissioned officer in charge with the 553rd Combat Sustainment Support Battalion renders a hand salute during the playing of the National Anthem during the 553rd CSSB end of deployment awards ceremony at Camp Taji, Iraq in June. Hernandez received a Bronze Star Medal for his dedication and hard work during the 15-month deployment during Operation Iraqi Freedom.



U.S. Army photo by Sgt. 1st Class Adam V. Shaw

Col. Martin B. Pitts, commander, 16th Sustainment Brigade, pins a Purple Heart Medal on Sgt. David Leos, team leader, Bravo Company, 1st Battalion, 184th Infantry Regiment, 30th Combat Sustainment Support Battalion, 16th Sust. Bde., during a ceremony at Contingency Operating Base Q-West, Iraq July 7.



Lt. Gen. R. Steven Whitcomb, the Army's Inspector General, speaks to Soldiers of the 776th Maintenance Company at Camp Taji, Iraq June 13. Whitcomb visited multiple locations in Iraq to spend time with Soldiers.

U.S. Army photo by Pfc. Michael Syner