

EXPEDITIONARY TIMES

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Vol. 2, Issue 32

Going the Distance



Taji Soldiers walk for cure
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Sign of Friendship



Iraqi leader hosts feast, honors American friends
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Change of Plans



Mission change offers variety for Soldiers
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13th ESC takes the reins

Pages 12-13

U.S. Army Photo by Sgt. Ryan Twist

Lt. Gen. Charles H. Jacoby, commanding general, MNC-I, Brig. Gen. Michael J. Lally, commanding general, 3d ESC, Command Sgt. Maj. Willie C. Tennant, Sr., senior enlisted adviser, 3d ESC, Brig. Gen. Paul L. Wentz, commanding general, 13th ESC, and Command Sgt. Maj. Mark D. Joseph, senior enlisted adviser, 13th ESC, render honors to the flag during the singing of the National Anthem at the Transfer of Authority Ceremony here at Joint Base Balad Aug. 7. The 13th ESC assumed command and control of all logistics elements in the Iraq theater from the 3d ESC.

3d ESC Soldiers receive end-of-tour awards

PHOTOS AND STORY BY
SPC. LISA COPE
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – Soldiers of the 3d Sustainment Command (Expeditionary) received awards honoring their service and accomplishments in a ceremony here Aug. 4, marking the end of their tour in Iraq.

The 3d ESC will soon return to their home base in Fort Knox, Ky., after a 15-month deployment in support of Operation Iraqi Freedom.

Brig. Gen. Michael J. Lally, the 3d ESC commanding general, presented the Soldiers with awards and thanked them for their service.

“Take pride in the fact that you helped make hope and pride the norm, rather than the exception on these Iraqi faces, young and



Chaplain, Lt. Col. Willie E. Ailstock provides the invocation before the 3d ESC end-of-tour awards ceremony here at Joint Base Balad Aug. 4.

old, during this tour,” said Lally.

The various awards Lally presented to the 3d ESC Soldiers included the Bronze Star Medal, the Meritorious Service Medal, the Army Commendation Medal and the Army Achievement Medal. Individuals who earned a Military

Outstanding Volunteer Service Medal, and those with physical training scores higher than 270 were also recognized for their achievements. The 123rd Mobile Public Affairs Detachment was also recognized for its contributions to the mission.

“Hats off to all these men and women, young and old, for their commitment to serve and for their professionalism,” said 3d ESC Command Sgt. Maj. Willie C. Tennant Sr. “It’s been absolutely breathtaking and rewarding just to see the Soldiers do their jobs to the best of their ability.”

At the end of his speech Lally quoted Vince Lombardi.

“Individual commitment to a group effort, that is what makes a team work, a company work, a so-

ciety work, a civilization work,” he said. “Your commitment to our team made our mission work. You set the conditions for our brigades, battalions, companies and our Soldiers to be successful.”



Brig. Gen. Michael J. Lally presents Army Achievement Medal to Pfc. Akya Gossitt at the 3d ESC end-of-tour awards ceremony here at Joint Base Balad Aug. 4.

332 ESFS Blotter

July 29 - August 4

LOST PROPERTY:

PROPERTY #1: (1) LG television remote control

PROPERTY #2: (1) pair of black sunglasses

A complainant telephoned the law enforcement desk and reported losing the above property. Complainant stated property #1 was last seen on the evening of 2 August. Complainant stated a search for property was conducted but had negative findings. Complainant further stated on 3 August a volunteer for the Red Cross placed property #2 on the back of a sofa and went outside to get water, upon returning property #2 was missing. A search for the missing property was conducted with negative findings

DAMAGE TO GOVERNMENT PROPERTY/FIXED OBJECT/HIT AND RUN:

A complainant notified the law enforcement desk by telephone of a van driving through the entry control point and the vehicle's bumper caught on the rope, which is used as a physical demarcation into the restricted area. The rope pulled the concrete block, breaking the rope and causing the concrete block to fall on its side. The vehicle failed to stop and continued to its destination. The vehicle description was provided to responding patrols. The subject was charged with Article 134 (Fleeing the Scene of an Accident) and Article 108 (Military Property of the United States-Sale, Loss, Damage, Destruction and Wrongful Disposition.)

PATROL RESPONSE/MEDICAL EMERGENCY:

The law enforcement desk was notified via 911 line of a medical emergency involving a victim who was unconscious. Medical personnel began to treat victim for possible dehydration. Victim was transported to the Air Force Theater Hospital for further evaluation.

NIPR: 443-8602

SIPR: 241-1171

Email: PMOdesk@iraq.centcom.mil

CHAPLAIN'S CORNER

"What does the Lord require of you? To act justly and to love mercy and to walk humbly with your God." -Micah 6:8

Just as there are standards that govern the behaviors of Soldiers, so too are there standards that govern the behaviors of people. These standards do not change; they are inviolable. Society may change, morality may change, attitudes may change, but these standards will always remain constant and true.

In the military, standards are necessary for maintaining good order and discipline. It is the same way in life; God has given us standards to guide us in our relationships with one another. If we keep the standards, things will go well for us; if we fail to follow the standards, unit and societal integrity will fall apart!

God only requires three things of us: to be just in our actions, to be merciful in our treatment of others, and to be humble in our relationship with our Creator. To act justly is to be fair and impartial. It is to do the right thing no matter what and to treat all people with respect. To love mercy is to be passionate about reaching out to the poor and the oppressed. It is to give someone a helping hand or a second chance.

To walk humbly with God describes the nature of our relationship with the Maker of the universe. God leads the way and we follow. We willingly place ourselves under His authority and command. We keep our pride in check and acknowledge His power and control.

Standards answer the simple question: What do you expect from me? God has made His requirements very clear. Our challenge is to live up to the standards He has set for us.

Prayer

Dear God, you have given us clear directions for living, but your requirements are not easy. Help us to keep your standards. Amen

Submitted by Chaplain (Maj.) Peter Strong
Brigade Chaplain, 304th Sustainment Brigade

EXPEDITIONARY TIMES

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Mission Statement: The Expeditionary Times Staff publishes a weekly newspaper with a primary mission of providing command information to all Servicemembers, partners, and Families of the 13th 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.

Commanding General

Brigadier General Paul L. Wentz

As I reflect on my 29 year career, the assignments I've held, and the people I have served with, I am reminded of the reason I'm still here serving. That reason is you – the outstanding service members and civilians who continue to sacrifice comfort, family, and time to sustain our warfighters.

Words cannot express how proud I am to serve with the over 21 thousand Soldiers, Airmen, Sailors and Civilians that comprise the Sustainment Command in Iraq.

You will take part of a historical event that will be included in the pages of our modern military history. In the next couple of months, we will begin coordination, synchronization, and execution of the largest strategic reposturing of forces and equipment in the last 40 years.

I'm empowering each and every one of you, who serve under this command, to take ownership of this mission. There will be many challenges ahead, but we are professionals. We are trained, prepared, and



ready to safely and successfully execute our mission.

I look forward to working with you. I know we will accomplish great things.

Phantom Support!

Ceremonial Raising of the Flag



Command Sgt. Maj.

Command Sergeant Major Mark D. Joseph

I can think of nothing more appropriate than taking on the biggest challenge of Operation Iraqi Freedom 2009 during the Year of the Noncommissioned Officer.

The strategic reposturing of military forces will be successful due to the hard work, devotion and personal courage from the service members and civilians of the 13th Sustainment Command (Expeditionary).

The leadership skills of every Soldier, from the most newly enlisted private to the commanding general will be tested at every step along the way. I have no doubt we are up to the challenge.

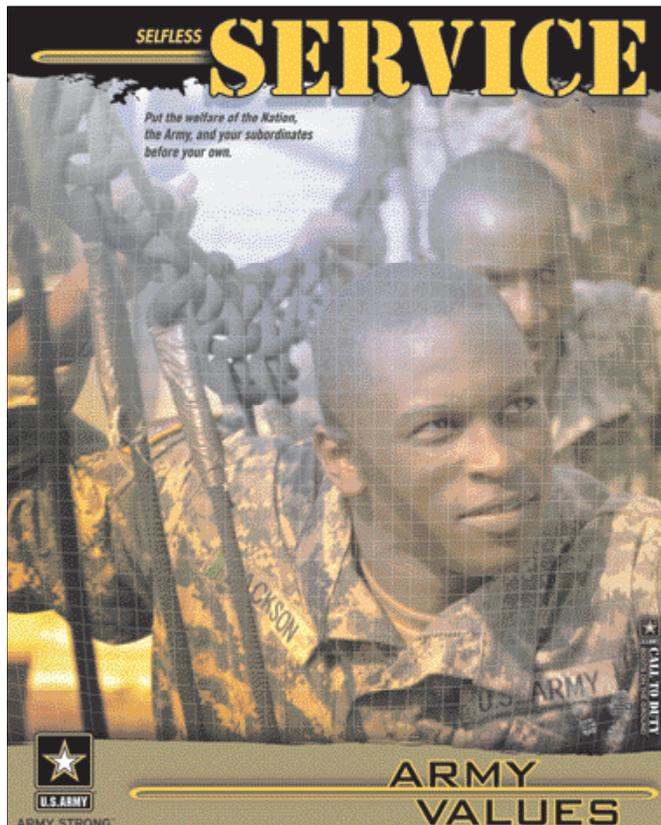
The warfighter cannot complete his mission without fuel, ammunition and sustenance. They are the tip of the spear, and logistics is the arm that drives the spear.

I want to thank the Soldiers of the 3rd



ESC for the warm welcome and guidance they have given to me and to the Soldiers of the 13th. You set the bar high for logistics operations in theater, and it is our duty to raise the bar.

Service to the Soldier!



13th Sustainment Command (Expeditionary)
"Phantom Support"

On the Web



<http://www.hood.army.mil/13sce/>

Deployed or not, USAF PJs keep on training

BY SENIOR AIRMAN
ANDRIA J. ALLMOND
332nd AEW
Public Affairs

JOINT BASE BALAD, Iraq



"Is she alive?"

"Copy. Still alive."

The pararescuemen load their patient onto a litter and carry her off to the safety of an awaiting vehicle.

But the mission isn't over; this mission never really ends.

This is a crisis-action training scenario, one of the many exercises employed by Air Force pararescuemen, tasked with the recovery and medical treatment of people in friendly and hostile environments.

"Readiness is a major Air Force term that a lot of conventional military folks strive for – to be combat ready," said Tech Sgt. Bob 'Scarecrow' Roberts, 64th Expeditionary Rescue Squadron pararescue jumper. "Once our PJs are out of the pararescue pipeline, they are ready to start the initial familiarization training. After completion of IFAM, and under supervision, they can perform all tasks civil, combat or any other situation that presents itself – they are ready to deploy. But, the training never stops."

Training is a way of life for these U.S. Air Force Special Forces operatives.

Along with physical preparation, which includes ruck marches, mountaineering, scuba diving, rock climbing, all-terrain vehicle operations, hand-to-hand combat and land navigation, PJs participate in extensive medical-trauma training, which also certifies them as fully-qualified paramedics.

"Our medical training takes about seven months, with classes every day non-stop," said Senior Airman Asher Woodhouse, 64th ERQS pararescueman, who spent the last two years attaining his 5-level certification. "We continually get hands-on training by working in (civilian) fire departments, emergency and operating rooms. We also put ourselves through scenarios and situations that focus on the type of patients we will most likely see."

Deployed PJs are the only members of the Department of Defense specifically trained for recovery operations in hostile or austere environments. Their ongoing ground training exercise missions fall into one of two categories.

"The first of the two types of ground training scenarios is a deliberate-plan rescue scenario," said Capt. Travis Shepard, 64th ERQS combat rescue officer. "During this kind of mission, the course of action is prepared over 24 hours or more. The other is a crisis-action mission. In crisis action, the planning is limited to 20 minutes or less and is a response to an event that has just occurred. The focus of it is time and team management, to watch a guy under pressure and see how he handles stress."

Maintaining readiness while in the combat zone requires these highly-regarded warriors to be primed for a real-world alert at all times.

"There is the added tension that we can be training



U.S. Air Force photo by Senior Airman Christopher Hubenthal

Senior Airman Asher Woodhouse, 64th Expeditionary Rescue Squadron pararescueman, provides rear security as the rest of his team carries a mock casualty toward an evacuation point during a training exercise here Aug. 2. The training exercise is a requirement for Airman Woodhouse to attain his 5 skill level upgrade training.

one minute and the next called to recover someone who was injured and in harm's way," said Woodhouse. "We have to step up our game while we're here because we never know when something bad is going to happen."

While most Airmen put job-related training on hold in the AOR, Roberts said holding off on upgrade training while deployed is not an option for PJs.

"We only have a small number of pararescuemen world-wide and if we were to wait, we wouldn't have the ability to cover alerts in theater," he said.

While training and preparedness ensure their skills and knowledge are compatible, it is also the glue which binds the band together.

"I need to know I have them right behind me when I'm going into a room, or down a fast rope, or into a building

where I'm picking up isolated personnel," said 15-year veteran Roberts. "I need to know that (the team) is absolutely with me. I'd give my life for any of these guys."

The mix of team, training and toughness creates a



U.S. Air Force photo by Senior Airman Christopher Hubenthal

Senior Airman Jelly Larsen, 64th Expeditionary Rescue Squadron pararescueman, scans his sector as the rest of his element team enters a building during a training exercise here Aug. 4. The 64th ERQS provides combat search and rescue support to Coalition forces in the Iraqi theater of operations.

synergy necessary for the extreme lifestyle of today's pararescuemen jumpers, who continually put their lives in each other's hands – that others may live.

Iraqi brothers open mall at Q-West

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

CONTINGENCY OPERATING BASE Q-WEST, Iraq — In the largest Iraqi investment on a contingency operating base so far, two Iraqi brothers opened a \$500,000 retail mall here at this remote logistics base in northern Iraq July 28.

The Al Rwad Mall is not the first of its kind here — there are several Turkish-owned shopping centers on the base — but it is the first Iraqi-owned and operated mall on the base.

“Through a coordinated effort, the Iraqi-Based Industrial Zone retail section, along with brothers Nibras and Mustafa Khudir, were able to accomplish opening a large Iraqi-owned shopping center that will provide services for American Soldiers and Iraqi forces into the future,” said Capt. Allen Legere, officer in charge, IBIZ retail section,

2/198th Combined Arms Battalion, 16th Sustainment Brigade.

The mall, located at the corner of 8th Street and Indiana Avenue on Q-West, consists of an electronics store, a carpet store, an antique and souvenir shop, an athletic apparel store, a clothing boutique, a barber shop and salon, a free internet café for Soldiers, a gift shop, and a snack shop.

The brothers said they plan to add a bicycle repair and sales shop, a muscle therapy salon, and a coffee and beverage area around the shopping center, and they plan to offer outdoor movie nights on their terrace.

Nibras Khudir, who runs Al Rwad in Irbil, Iraq, said he opened the branch on base because he supports the Coalition Soldiers in Iraq.

“Frankly, I’d like to help the U.S. Army and help the U.S. Soldiers,” Nibras said, through his brother, who translated.

The venture is not the first for Nibras at Q-West. He

also ran a small internet concession on the base.

“The Al Rwad Shopping Center is the largest Iraqi-owned facility on Q-West,” said Legere, “and it has provided numerous jobs for local Iraqi’s wanting to work and contribute to their own villages. Since many of the workers live in the surrounding villages, the center helps provide economic growth and stability to the local area surrounding Q-West.”

Nibras pointed out that he hired people of many different backgrounds, including Arabs, Sunnis, Shiites, Kurds and Turkomen to work at his center.

Legere said the opening of the business is good for Soldiers.

“As the IBIZ retail OIC, I have heard a lot of talk by the other vendors about updating their stores and offering better services and prices to the Soldiers and civilians living and working on base,” Legere said.

“The opening of a new shopping center of this size will allow customers to shop at more competitive prices.”

Small-arms support center keeps Soldiers and weapons battle-ready

By 3D ESC PUBLIC AFFAIRS

JOINT BASE BALAD, Iraq — Walking through the doors of the 402nd Army Field Support Brigade’s Small Arms Support Center here, the smell is unmistakable — the salty, acrid scent of weapons cleaner and lubricant fills the air.

Since May 2005, the Soldiers and civilians working here have done more than simply fix weapons for the one or two problems they were brought in for; each time a weapon is serviced, it is carefully inspected for anything the operator might have missed.

“Instead of just checking to make sure that the weapons function ... we’re making sure they’re perfect,” said Spc. Clancy A. Pratt, a Soldier from the 699th Maintenance Company, a unit from Fort Irwin, Calif., who has worked at the center for the last four months. Pratt said that in the time he’s been at the center he can’t recall when a weapon was ever returned for the same fault it came in with.

Pratt, who is a resident of Lebanon, Ore., is one of three Army Soldiers who work at the support center alongside seven Department of the Army civilians from An-

niston Army Depot and the U.S. Army’s Tank-automotive and Armaments Command. Together, they service a full spectrum of Army weapons ranging from a pistol to a 120mm mortar.

To date, the facility has repaired more than 30,000 weapons, issued at least 8,700 more, while maintaining an inventory of nearly 600 weapons-replacing weapons which can’t be repaired.

“We are the only location in theater that, if we cannot repair a weapon, we can replace it on the spot,” said Michael D. Cohorst, the site lead for the support center.

While the staff at the repair center can fix many weapons — sometimes rebuilding entire guns from a bare receiver and a box of parts — there are some weapons that cannot be fixed in theater. These are



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

Spc. Clancy A. Pratt does an annual technical inspection and servicing on a M2 .50 caliber machine gun at the 402nd Army Field Support Brigade’s Small Arms Support Center on Joint Base Balad, Iraq July 25. Pratt, from Lebanon Ore., and a member of the 699th Maintenance Company from Fort Irwin, Calif., is a small arms repair specialist and has been working in the facility for 4 months.

time, but the problems are the same,” Cohorst said. “It’s proper headspace and timing.”

Part of the support center’s mission includes installing special Army-mandated modifications to certain weapon systems — such as an upgrade for the M2 that gives the weapon a manual safety on the weapon’s back plate.

For the last 80 years, the “flex-mounted” variant of the M2 — a moveable version of the weapon commonly used on humvees and MRAPS — lacked any safety to prevent the weapon from firing when the trigger was pressed. It wasn’t until recently that an actual safety was designed for this variant of the M2 — a feature the support center here can install or train direct support level personnel to perform for their units. These kits are issued to direct support units after coordination with the SASC, Cohorst said.

Although the center services weapons from any military branch, it can only swap out entire weapons for Army units.

The 402nd’s small-arms support center also provides a unique learning opportunity to many Soldiers who work here alongside the experienced workers from Anniston.

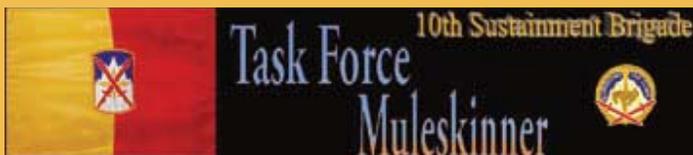
“I spent a year over in Korea,” Pratt said. “That whole year hasn’t touched what I’ve learned in the last four months.”

shipped back to Anniston for repair and rebuilding.

Cohorst said the M2 .50-cal machine gun is one weapon his shop sees often, and a lot of the problems are directly related to damages caused by improper headspace and timing — both of which must be verified before every mission, or when the barrel is removed or replaced.

“The weapon has been around a long

On the Web



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

“The Weekly Standard”

BY LT. COL. KYLE D. PETERSON
13TH ESC DETAILED IG

The term “in loco parentis” is Latin for “in the place of a parent” or “instead of a parent”. In order for the Army to correctly process several personnel actions such as emergency leave, insurance and disposition of personal effects the Army must correctly determine parental status.

Army Regulation 600-8-10 defines a person in loco parentis as “one who stood in place of a parent to the Soldier or the Soldier’s spouse for 24 hours a day, for at least a 5-year period before the

Soldier or the Soldier’s spouse became 21 years of age. The person must have provided a home, food, clothing, medical care, and other necessities as well as furnished moral and disciplinary guidance and affection. A grandparent, or other person, normally is not considered to have stood in place of a person when the parent also lived at the same residence. A person is not considered in loco parentis for performing baby-sitting or providing day care services.”

Generally for a person in loco parentis, the Soldier must sign a statement verifying loco parentis. If you have questions about loco parentis ask

your chain of command, legal office or your local Inspector General.



Our organization is comprised of nine Inspectors General dispersed throughout the 13th 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.

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MAJ Scott Peters (Deputy)
MSG Roy Thacker (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

Night Vision Goggle Safety...

IT'S A LIFE AND DEATH ISSUE



Dear Editor,

There are enough unavoidable deaths in war that we don't need to lose Soldiers or civilians to avoidable ones. We lost a gunner in a vehicle rollover that would have been avoided if night vision goggle safety had been used.

In a nutshell, a patrol approached a convoy in blackout and the patrol leader made the decision to go to blackout and don NVGs. Although the patrol halted for a moment, at least one HMMWV driver did not have time to halt and properly don NVGs because they were still in their case. Instead, the assistant vehicle commander held their NVGs over the face of the driver while they attempted to retrieve the driver's NVG from the case. As a result, the driver was disoriented and rolled the vehicle over killing the gunner.

What was the tipping point that made this practice unsafe? Well, it could have been:

- the driver had to use goggles other than those assigned to him.
- the driver did not allow time for his eyes to adjust to the optics.
- the driver did not stop the vehicle to put the goggles on and the commander did not order a momentary halt.
- the patrol leader did not realize that every element in his convoy was not ready to change over to goggles.
- the driver was not prepared for night operations and should have had the NVG at the ready.

I'm very concerned about this death and don't want it to happen again. Help me spread the word.

K. W.
Transportation Branch Safety
Pz Buehls, VA

Editor's note: Thanks, Sir, for this extremely important message. Commanders, ensure every Soldier under your command has been trained to use night vision goggles and that this training is documented on their driving record. Give refresher training often.



Safety Topic of the Week

Transportation Soldiers help move Cargo during drawdown

By SGT. CRYSTAL REIDY AND SPC. KIYOSHI FREEMAN
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – As Coalition forces prepare for one of the biggest logistical challenges since the Vietnam War, military planners continue to examine the best ways to move the mountains of equipment accumulated in Iraq since 2003.

During a recent conference here, senior logisticians traveled from around the world to discuss the ongoing drawdown of forces and equipment in Iraq and the repositioning of assets to Afghanistan. One of the key issues addressed were the shipping containers scattered across bases in Iraq, and the thousands more Coalition forces would need for drawdown operations.

Working with Coalition units across Iraq, the 368th Seaport Operations Detachment, a transportation unit from Fort Story, Va., manages the Empty Control Collection Point and the Transship Point Container Yard at Contingency Operating Base Adder.

"All containers leaving Iraq go through this yard," said

1st Lt. Jevon E. Taylor, the detachment commander for the 368th SOD. "To get the troops out of Iraq, you have to get the equipment out, and that includes getting the containers out."

According to a recent Army report, 31 million items must be moved; including 100,000 pieces of rolling stock and 34,000 tons of ammunition, and most of it will be shipped out of Iraq in a steel shipping container.

All empty shipping containers from across Iraq are collected at the COB Adder's ECCP, where they're inspected for serviceability and then dispatched to units which require them.

Once shipping containers are filled, they're shipped back to the TSP Container Yard here before they continue to Kuwait for retrograde shipment to the United States. All of it is a part of the process for the responsible drawdown of forces in Iraq, Taylor said.

"We would be wasting money having empty, leased containers lying around [Iraq], not being used," he said.

Each week the transportation cargo yard receives approximately 135 shipping containers, enough to fill 15 football fields. The yard also ships out approximately 108 shipping containers to Kuwait each week.

"The goal is to get the containers that have been here for years, and are not needed, and move it out of Iraq [with retrograde equipment]," said Taylor, a native of Virginia Beach, Va. "The first month we were here, we doubled the amount of containers we downloaded off the trucks."

The 368th SOD also inspects shipping containers to determine if they are seaworthy, Taylor said. If repairs are needed, and if Mobile Repair Teams cannot fix the shipping container here, they're sent to the Container Repair Yard at Joint Base Balad.

The 53 Soldiers in the 368th SOD realize they are part of a bigger picture, said Sgt. 1st Class Jermaine A. Taylor, senior noncommissioned officer for the 368th SOD. It is not just about receiving, moving and shipping containers out of Iraq, it's about drawing down forces in Iraq, he said.

"What our unit is doing now will allow for a smoother transition when it comes to the final days of the withdrawal," Taylor said. "Basically, if we were not conducting this mission, it would make it very difficult to get the troops and equipment out of Iraq in a reasonable time."

"It's all about being prepared and thinking ahead," he said.



110th Quartermaster Company Moves up in the Ranks

PHOTO AND STORY BY
1ST LT. DEZERIE JEMMOTT,
UPAR, 110TH QM CO.,
10TH SUST. BDE.

CAMP LIBERTY, Iraq – Many Soldiers deploy with various goals to meet during their time away from home. For many within the

110th Quartermaster Company, their goal was to enhance their careers through promotion or obtaining leadership positions during the company's 12 month deployment to Camp Liberty, Iraq.

Throughout the deployment, the 110th QM Co. has encouraged every Soldier and Leader to participate in opportunities that will better them as Leaders and potentially lead to promotion. Each month the company has sent an average of three Soldiers to the promotion board and sent a noncommissioned Officer and Soldier to the NCO/Soldier of the Month board. Every month



Cpl. Rico Holman, a native of Memphis, Tenn., was promoted from Spc. to Cpl. by the 110th Quartermaster Company Commander, Captain Anthony Hall, a resident of Live Oak, Fla. Becoming a Cpl. is the first step in Holman's career as a Non-Commissioned Officer.

110th Soldiers continue lead the way, consistently placing first or second and averaging 149 points at the promotion boards.

Although the company's deployed mission to provide direct supply, service and transportation support throughout the

Multi-National Division Baghdad area has proven to be demanding and at times difficult. First Sgt. Robert Dix, from Sumter, S.C., along with the company's senior NCOs, ensured each deserving Soldier was given the opportunity and resources to prepare for their

boards. The amount of Soldiers within the company who are eager and worthy of participating in the various boards is many, so a Soldier's chain of command judges whether he or she is ready to attend the boards, based on their physical fitness, weapons qualification and overall performance. Soldiers have the opportunity to attend board study groups twice a day and company mock boards once a week. Dix said, "My job is to ensure that the company is proficient in our jobs. Soldiers are rewarded for their work and discipline and we ensure that they get promoted. We are the 'Top It Off' company, and that is what we do, we 'Top It Off!'"

Although the company is very proud of the amount of success at promotion and Soldier boards that were successful this year, the command is extremely proud of the potential and ability of each individual Soldier. Capt. Anthony Hall, 110th QM Co. commander from Live Oak, Fla. makes it known that he believes that, "the ultimate measure of a unit striving for perfection is

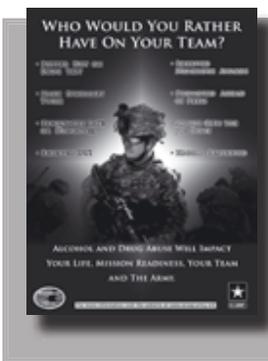
not determined by exceeding the amount of Soldier promotions and recognition expectations, but rather by obtaining both recognition through promotions and providing tireless contributions in every regard to successful mission accomplishment despite demanding Soldier responsibility, particularly while deployed."

Throughout the company's time in Iraq, they have successfully promoted six sergeants to staff sergeants, eight Soldiers to sergeant, six specialists to corporal, more than 25 Soldiers to the next rank and 18 Soldiers obtained their promotable status. The company was also honored to receive one battlefield promotion from corporal to sergeant, approved by Multi National Corps – Iraq and inducted one NCO into the Sergeant Audie Murphy Club. These great accomplishments are a testament to the dedication of the 110th QM Co., and another proud reason as they begin to return home to Hunter Army Airfield, Ga., with a stronger and more motivated collection of Soldiers "Topping It Off!"

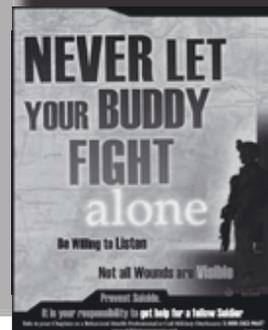
Check CHUsdays

Each TUESDAY Check The Following in Your CHU

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



Other Soldiers are counting on you to do the right thing!



Are you invested?

By 3D ESC PUBLIC AFFAIRS.

JOINT BASE BALAD, Iraq – Considered your retirement savings lately?

If you haven't, now might be a good time to consider the Thrift Savings Plan, a retirement savings plan offered to federal employees that's similar to the 401(k) plans offered by civilian employers.

Although the TSP has been available to military personnel since 2002, many service members are not taking advantage of its benefits.

According to TSP statistics for June and July 2008, the Army

had the lowest participation rate of any branch of service – about 25 percent. The Navy ranked highest, averaging a 50 percent participation rate.

Understanding the TSP

Service members can start making contributions to their TSP from the myPay website (<https://mypay.dfas.mil>).

Contributions to the TSP are considered tax-deferred, meaning contributions are made before income taxes are calculated.

These contributions (and interest earnings from them) remain tax-deferred until withdrawals are made – such as during retirement when an individual may be in a lower tax bracket.

But what if a service member makes contributions from tax-

free combat zone pay?

The principal will remain tax-exempt, even when it is withdrawn years down the road; on withdrawals, an amount proportional to the tax-exempt contribution will not be taxed. Interest earned on those tax-free contributions, however, will be considered tax-deferred.

Service members may contribute any amount of their basic pay, special pay, incentive pay and bonuses towards their TSP, however the Internal Revenue Code limits your total yearly contributions.

For 2009, tax-deferred contributions may not exceed \$16,500. Although this limit does not apply to contributions from pay that is tax-exempt (such as combat-zone pay), contributions from all sources may not exceed \$49,000

per year.

Investment options

When it comes to TSP investment funds, service members have several options to consider. For starters, a service member has the choice of investing of managing their money themselves or having their contributions managed for them.

If a service member chooses to manage his or her own contributions, there are five different funds to choose from, each carrying its own advantages and risks.

If, however, a service member chooses to have his or her contributions managed by the TSP, the service member's money is invested into a "lifecycle" fund that is managed according to a "professionally-determined" allocation of funds based on when the

money will be needed.

For example, if retirement is still many decades away, the TSP may invest contributions in funds that carry more risk but have a higher yield potential. As time passes, this money will gradually be reallocated to funds carrying less risk.

While this type of investment is not without risk, it is designed to "provide the highest possible rate of return for the amount of risk taken," according to the TSP website.

For a complete list of rules, regulations and frequently-asked questions, visit the TSP website at www.tsp.gov.

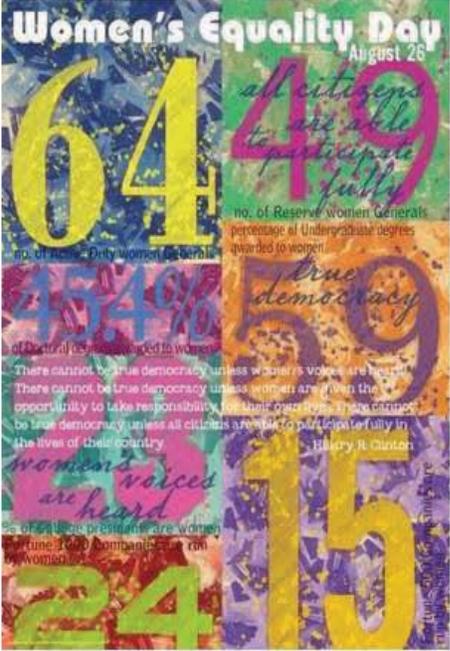
To review the different investment fund options visit: <http://www.tsp.gov/forms/fundsheetsheetpkg.pdf>



JOINT BASE BALAD

Presents

Women's Equality Day ESSAY WRITING CONTEST



- **Open to all on JBB**
- **12 point font size, Double space, 2-pages or less**
- **Must pertain to the National Theme: "Women's Right To Vote."**
- **Submit all essays by 1800 hours, Aug. 21, 2009**

Send essays to:

johnnie.mitchell@iraq.centcom.mil
matthew.wendel@blab.afcent.af.mil
rita.cossio@iraq.centcom.mil

Prizes for the top three essays will be presented at the
Women's Equality Day Luncheon on Aug. 26 ,
1130 hours at the JBB MWR East

POC: SFC Mitchell, Johnnie EO Advisor 13th ESC at 433-2695
MSgt Wendel, Matthew EO Director 332 AEW at 433-8459
MSgt Cossio, Rita EO Adviser 13th ESC at 433-2527
SFC Karnek, Sidney EO Adviser 555th EN BDE at 483-4645
SFC Paxton, Lisa EO Adviser 304th SB at 433-2917

Mississippi Guardsmen recover stolen merchandise at Q-West

PHOTO AND STORY BY
CAPT. MURRAY SHUGARS,
UPAR, 2/198TH CAB, 16TH
SUST. BDE.

CONTINGENCY OPERATING BASE Q-WEST, Iraq — Military Police officers with the 2/198th Combined Arms Battalion, Mississippi Army National Guard, detained five Sri Lankan contract workers here July 23, and recovered approximately \$11,000 in stolen merchandise.

The Mississippi Military Police officers initially took custody of three third-country nationals, the military term for personnel not from Iraq or Coalition nations.

After a swift investigation, they apprehended another two, all of whom were fired and returned to their home country.

"This is the largest recovery of stolen goods I have seen in five years in Iraq," said Michael R. Reyana, a contract security

manager from Houston. "The MPs did an outstanding job of tracking down the stolen items and uncovering what we believe was a theft-ring that had operated here for a few months."

Staff Sgt. Jonathan E. Williams, a native of Grenada, Miss., said he was flagged down by a salesman from Katar Plaza, one of the Turkish-operated shopping facilities on base, during a routine patrol, who told him that three TCNs had stolen from his store.

The shoplifters were caught trying to enter a secure facility.



Sgt. 1st Class Kenneth E. Guess (left), and Staff Sgt. Jonathan E. Williams, newly arrived Military Police, inventory stolen merchandise they helped recover from a theft ring involving at least five contractors at Contingency Operating Base Q-West, Iraq July 23. The MPs estimate the worth of the stolen items at more than \$10,000.

"I saw them running from the Katar Plaza salesman," said Edgar Mugabi, a security specialist from Kampala, Uganda. "When they would try to enter our compound, I stopped them with my weapon."

MPs found missing merchandise on the men.

"We searched the TCNs and found a backpack full of watches, shoes, women's clothing, t-shirts, pants, cologne, perfume, and other stuff from Katar Plaza," said Sgt. 1st Class Kenneth E. Guess, a native of Nettleton, Miss. "When we expanded our investigation to their living area, that's when we

realized this was more than just a few guys shoplifting."

The MPs recovered hundreds of retail items, many still carrying price tags from Katar Plaza.

Two additional TCNs were at work during the search, but the MPs coordinated with the contract security team to apprehend them.

"We have not had problems like this before. When we noticed the shelves getting empty over the last days, we were so happy that business was good. Then we saw the thieves," said Abit Basak, supervisor of Katar Plaza.

The Turkish civilians operating Katar Plaza, which is akin to a small strip mall, said they appreciated the help from the MPs.

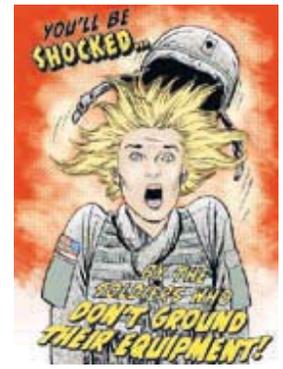
"The MPs helped us a lot," said salesman Asalan Kasim, of Sanliurfa, Turkey. "We are very grateful."

"We just want to show the community that we're here for their well-being," said Capt. Demetrius Q. Wilson, provost marshal, and native of Crawford, Miss. "Also, we want to show anyone thinking about committing a crime that we mean business."

The Dirty Dozen

- o Lack of Crew Coordination
- o Complacency
- o Distraction
- o Exceeding Your Limitations/Abilities
- o Indiscipline
- o Fatigue
- o Stress
- o Peer Pressure
- o Lack of Knowledge
- o Lack of Training
- o Lack of Leader Involvement
- o Lack of Pre-mission Planning

Message from the U.S. Army (United Readiness) Safety Center



Sustainers conduct LTAT periodic review

By 3D ESC PUBLIC AFFAIRS

JOINT BASE BALAD, Iraq — More than a dozen 3d Sustainment Command (Expeditionary) officials from across Iraq met here July 31 to discuss the status of ESC subordinate brigades' logistics training and advisory teams.

The conference was held in an effort to maintain uniformity of efforts in IA sustainment development and to give Soldiers of the various LTATs a chance to discuss different techniques as IA logistics units move toward self-sustainment.

Currently, the 3d ESC is partnered with 10 IA units and facilities throughout Iraq. The conference gave LTAT Soldiers a chance to discuss future operations with the incoming 13th ESC, who will assume command and control of logistics operations from the 3d ESC.

Each sustainment brigade reported on major achievements within the last 90 days as well as obstacles partnered IA logistics units are facing.

Most LTATs reported to be transitioning from the "training" to the "partner with a purpose" phase of their IA partnerships. However, while many LTATs reported gains in IA unit training and increased self-reliance, commonly-cited issues include shortages of repair parts and lack of cooperation between some IA units.

Where do you read your Expeditionary Times?

For distribution, contact the 13th 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

13th Sustainment Command (Expeditionary) and 332 Air Expeditionary Wing

"Intervene! Act! Motivate!" Walk

August 14, 2009, 2100-2200

Join us in banishing sexual assault from Joint Base Balad!

The walk will start at the circle by DFAC #1 at 2100 and continue along the sidewalk to the circle by Taco Bell and back. We request that all walkers carry flashlights and wear reflective belts.

This walk allows everyone who would like to get some evening exercise a battle buddy or wingman to walk with. Remember, sexual assault has no place in our military — it's up to each of us to prevent assaults by watching out for our fellow Airmen and Soldiers. Join us in standing up and saying "No more!" and offering our support to survivors of this crime.

Sexual Assault Prevention & Response Program

I.A.M. STRONG

U.S. ARMY

Taji Soldiers walk for the cure

PHOTO AND STORY BY
SGT. BEAU R. STEFKA
10TH SUST. BDE. PUBLIC AFFAIRS

CAMP TAJI, Iraq – Camp Taji hosted the fourth annual Avon Walk for Breast Cancer 5K in the early hours of July 12.

In July 2006, the Camp Taji Mayor's Cell and Moral Welfare and Recreation teamed up for the first Walk. This is done in conjunction with the Walks in San Francisco, where participants are shown pictures of Soldiers in Iraq walking to support the same cause.

Avon supports the event by providing T-shirts, hygiene products and information about breast cancer awareness. This helps more Soldiers and civilians deployed to Iraq get the information they need to help prevent breast cancer in themselves and members of their family.

"This year's walk was the best we have ever had," said Lee Davis, MWR coordinator for Camp Taji. "Not only did this mark year four for the walk, but I think this year's attendance was a true testament to the spirit within the troops, as well as how breast cancer has directly or indirectly touched the lives of so many people."

Many Soldiers showed up not only to walk, but



also to lend a hand. The 949th Brigade Support Battalion, 10th Sustainment Brigade "Muleskinners," and many others volunteered their time and energy to ensure the event's success.

"This is such a great event," said Command Sgt. Maj. Al-

Sgt. Maurice Rue-Whitfield, a native of Trenton, N.J., and the 10th Sustainment Brigade motor pool shop foreman, walks with his battle buddy Staff Sgt. Albert Berlo from Vermilion, OH who works as a transportation

len Fritzsching, the 10th Sustainment Brigade's senior enlisted advisor. "I first heard of the program in my last unit when I had the privilege to serve with Mrs. Judy Matthews, a Department of the Army civilian who is a breast cancer survivor."

"She is a magnificent woman, full of life, always working tirelessly to help others, and that inspires me."

"When I heard about this event the first person I thought about was Mrs. Matthews and all that she does for others and wanted to be a part of it," he said.

"I was excited and equally proud to see all of the Muleskinners that came out and supported this incredibly important program," said Fritzsching. "We all have women in our lives, mothers, sisters, daughters, and spouses that mean very much to us."

"The bottom line is we need to find a cure for this disease. If we remain committed to events like these, someday soon we will find that cure," he said.

Camp Taji goes Postal

PHOTOS AND STORY BY
1ST LT. CHRISTIAN ROLDAN,
UPAR, 271ST HR CO., 10TH
SUST. BDE. PUBLIC AFFAIRS.

CAMP TAJI, Iraq – The Postal Platoon of the 22nd Human Resources Company, currently under the command and control of the 271st Human Resources Company out of Camp Liberty, Iraq, is responsible for postal operations at Camp Taji.

The unit's mission involves evaluating and overseeing the civilian contractor employees, training mail clerks, and inspecting unit mail rooms.

The 13 personnel that comprise the postal platoon have two major sections that they oversee on a daily basis, the APO, and postal warehouse operations.

The most important priority in postal operations, no matter what capacity worked, will always be the mail. Every effort is made to keep the mail from being lost, stolen, or damaged. When receiving packages from the of Camp Taji, Soldiers of the 4-22nd and Kellogg, Brown and Root place mail in a secure area protected from the elements, until the end of the day when the it is loaded and sealed in a 20-foot container for transport.

The same actions are per-

formed at mail distribution locations, where mail is kept inside warehouses until collected by certified mail handlers.

As an additional security measure, 4-22nd Soldiers exit the warehouse with unit mail handlers to ensure the mail is properly loaded. This helps prevent loss, theft, or destruction of mail prior to leaving the postal area of operations.

Second highest on the 4-22nd's list of priorities is the prevention of non-mailable items, which are items that are prohibited from being mailed from theater, such as: ammunition, weapons, flammables, shrapnel, and pork products, to name a few. They accomplished this by enforcing

Spc. Elizabeth Dycus, a native from Mobile, Alabama, shows a new civilian contractor inspector hot spots for non-mailables. She is the technical inspector of Camp Taji Army Post Office for the 4-22nd Postal Platoon, 271st Human Resources Company, 10th Sustainment Brigade Troops Battalion and also works at the APO Annex.

policies, increasing awareness, and predicting the location of non-mailables.

Despite the fact the 4-22nd has a large mission with a direct impact on morale, they are just a small member of a larger team at Camp Taji. Platoon Leader, 2nd Lt. Charles Castillo from Brook-

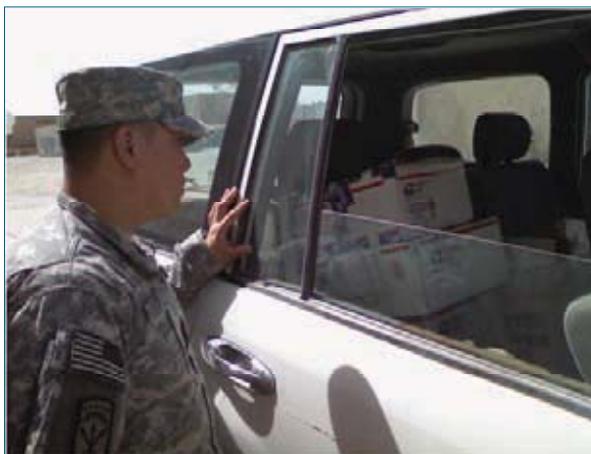


lyn, N.Y., and Platoon Sergeant, Sgt. 1st Class Calvin Foster from

Pensacola Fla., understand how imperative it is for them to be involved in activities and functions throughout Taji.

Involvement has become a way of life for the platoon, furthering the professional growth of its Soldiers, and strengthening Esprit de Corps.

The 4-22nd Postal Platoon has great leaders and outstanding Soldiers, who have had a positive impact as members of Team Taji.



Sgt. Han Cho, a native from La Habra, California, and postal supervisor from Camp Taji Army Post Office, is in the process of transporting the mail from the APO to Camp Taji Postal Annex. He is ensures all mail is properly placed and secure for the 4-22nd Postal Platoon, 271st Human Resources Company, 10th Sustainment Brigade.



Taking care of business

PHOTO AND STORY BY SGT. STEPHEN THENSTEAD,
UPAR,
A Co. 125th FM Co.
10th SUST. BDE. PUBLIC AFFAIRS

CAMP LIBERTY, Iraq- Prior to A Co. 125th's deployment, Private 2nd Class Douglas Paterson, a native of Cambridge, Minnesota was assigned as an alternate member to his unit. He knew the possibility of deploying was minimal but wanted very much to be a part of the team. He conducted all the pre-deployment training, to include rifle marksmanship, convoy live fire training, the detachment field training exercise, certification exercise, and all the medical requirements. His bags were packed and he was ready to deploy. Although he was not required to, Paterson showed up at 0100 on Jan. 3, the day the detachment was schedule to depart. Paterson assisted the detachment in weapons draw and movement to the transportation point. He was devastated that the detachment was leaving Hawaii without him, but was appeased that he would deploy six months later with the headquarters detachment.

Fortunately for Paterson, the detachment had a Soldier that was permanently released from theater in April. When

asked who should be the replacement, the choice was unanimous; Paterson would be just the Soldier for the duty. The Soldiers in the detachment were delighted that Paterson would soon be a part of the team again. Within two weeks, he arrived at Camp Stryker and he was picked up from the airport at around 0930 and said he was ready to work. His squad leader had to be persistent in telling him to get some rest, get his room situated then he can start work the following day.

Paterson immersed himself into his duties as a cashier at the Stryker Finance Office. He quickly grasped his responsibilities: cashing checks, accepting collections for the Savings Deposit Program and from the Army and Air Force Exchange Service, casual pays and Eagle Cash Card loads and sales. Paterson was not restricted to the office; he volunteered to be a part of the Mo-



Pvt. Douglas Paterson, a Cambridge, Minn., native, works as a Commander's Emergency Response Program clerk for A Co., 125th Financial Management Company, 10th Sustainment Brigade Troops Battalion, 10th Sustainment Brigade.

Paterson is currently assigned as a Pay Clerk at the Commander's Emergency Response Program Office on Camp Liberty. He is responsible for ensuring that Pay Agents have the appropriate documents prior to drawing government funds and upon reconciliation, that all funds are accurately accounted for with the appropriate signatures and stamps is in place.

Iraqi leader hosts feast, honors American friends

PHOTO AND STORY BY
CAPT. MURRAY SHUGARS,
UPAR,
2/198TH CAB
16TH SUST. BDE.

CONTINGENCY OPERATING BASE Q-WEST, Iraq - A local Iraqi leader hosted a traditional feast to say goodbye to two battalions from the Washington Army National Guard at Katar Restaurant, a Turkish owned and operated eatery, here July 30.

Dr. Muhammed Ismail Ahmed, known as "Doc Mo" to military leaders here, acts as a liaison to Coalition forces for more than 50 rural villages surrounding Q-West. He said his farewells to Soldiers and leaders from the 81st Brigade Special Troops Battalion and the 181st Brigade Support Battalion, and welcomed Soldiers from the 2/198th Combined Arms Battalion, Mississippi Army National Guard, during the meal.

"It is an ancient Iraqi custom to share food and drink as a sign of friendship and brotherhood," said Ahmed, who holds a medical degree from the University of Mosul. "I want to show that we are brothers, that we are one family. I want to thank all our brothers, those who have been with us this last year and those who have arrived to be with us during the coming year."

The 81st BSTB managed the



Dr. Muhammed Ismail Ahmed, a general practitioner and tribal liaison, speaks with Col. Martin B. Pitts, brigade commander, 16th Sustainment Brigade, during a dinner hosted by Ahmed at Katar Restaurant at Contingency Operating Base Q-West, Iraq July 30.

base defense operations center and the 181st BSB ran the Mayor Cell. The two units transferred authority to the 2/198th CAB during a ceremony here July 27.

Col. Martin B. Pitts, 16th Sustainment Brigade commander, thanked Doc Mo for the dinner and the opportunity to say goodbye to many leaders he has worked closely with for the past ten months.

"I am grateful that Dr. Ahmed has given us this opportunity," said Pitts. "He has been a friend

to U.S. Soldiers, and he has played an important role in strengthening U.S. and Iraqi relations in the region, helping us achieve our shared goal of building a safe and secure Iraq."

Lt. Col. William B. Smith, Q-West Mayor, 2/198th CAB, said that working closely with Iraqi leaders is essential to success.

"The U.S. military's approach has changed, and we have a smaller footprint in the sovereign nation of Iraq," said Smith, a native of Hattiesburg, Miss.

"For us to continue our success here, we must sustain and further strengthen relations at the local level, with regional and city leaders, especially with those who reach out to us as Dr. Ahmed has done over the years."

Smith said that the 2/198th CAB will continue to work with Doc Mo, as the 181st BSB had done before.

"He is a respected figure in the local Iraqi community, and we want to build on the relationship we have with him," said Smith.

Ahmed said he was born into this role.

"It is a tradition in my family to build bonds with different tribes," said Ahmed. "My grandfather, who owned a thousand sheep and a thousand goats, built strong relationships with the tribes 80 or 90 years ago, and so did my father in his day. The Americans are to me like another tribe. They are different, with different customs and religions, but they are here and we must work together."

13th ESC Ta

STORY BY SPC. NAVEED ALI SHAH
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – The 13th Sustainment Command (Expeditionary) took command and control of all logistics operations in the Iraqi theater from the 3d Sustainment Command (Expeditionary) in a ceremony here August 7.

The ceremony officially marked the end of a 15 month deployment in support of Operation Iraqi Freedom for the 3d ESC, based out of Fort Knox, Ky.

During its deployment, the 3d ESC headquarters oversaw five sustainment brigades, which included roughly 17,000 Soldiers, Sailors, and Airmen and provided logistical support to more than 300,000 Soldiers and civilians in theater.

"Today we say goodbye to Iraq," said Brig. Gen. Michael J. Lally, commanding general, 3d ESC, during the unit's Transfer of Authority Ceremony. "The accomplishments of this command were built on the backs and strong hands of its Soldiers. For that, you have my thanks."

The 3d ESC headquarters is one of the last units to complete a 15 month deployment,

rather than the standard 12 month tour.

"This last 15 months, the 3d ESC has been historic and heroic. It has been difficult for the Soldiers," said, Lt. Gen. Charles H. Jacoby, commanding general, MNC-I, "But we should remember it's the Families who shouldered the load at home and for that we are grateful."

As dictated by its history, the Fort Hood based 13th ESC will take control during a very difficult and challenging time for US forces in Iraq.

During OIF II, the 13th ESC was in the center of the Sunni Triangle during the volatile Sunni Uprising. For OIF 06-08, the 13th ESC helped engineer the Surge implemented by then Multi-National Forces– Iraq commander, Gen. David H. Petraeus. Now, the 13th will oversee yet another overhaul in operations here.

"(MNC-I) will require from your command some remarkable planning, rapid adaptability, and herculean effort as we embark on the largest strategic reposturing of forces in 40 years."

The most recent drawdown of this scale was the US withdrawal from Vietnam during which the U.S. went from 553,000 boots on the ground in 1968 to zero by April 30, 1975.

The complete handover of security duties to Iraqi forces in late June 2009 was the first step in the long drawdown process, scheduled to be completed by 2011.

"I think sometimes you have to give up

some tactical risk for strategic gain and I think this is the case," Gen. Raymond Odierno, commander, MNF-I, said of the security handover in a July 30 CBS interview. "There might be still some little bit of tactical risk in some place but I believe it is well worth it for the strategic gain."

As the higher headquarters for all logistics operations in Iraq, the 13th will play an integral role in the strategic scale-back of forces over the coming months.

"As we continue to provide support to

our Iraqi partners, the 13th's focus will shift to the coordination, synchronization, and execution of (the drawdown)," said Brig. Gen. Paul L. Wentz, commanding general, 13th ESC. "This is a mission that requires tactical patience and technical diligence. It will be a marathon, not a sprint."

The next goal in the process is just more than 11 months from now, when U.S. forces in Iraq will shrink from the current 130,000 boots on ground to about 50,000.

"Our entire effort of Operation Iraqi Freedom has depended on our ability to execute world-class logistics and the future of our efforts here will continue to

depend on that," said Jacoby. "To put it simply: We're counting on you."



U.S. Army photos by Sgt. Ryan Twist

Brig. Gen. Paul L. Wentz, commanding general, 13th ESC, and Command Sgt. Maj. Mark D. Joseph, senior enlisted advisor, 13th ESC, render honors to the flag during the singing of the National Anthem at the Transfer of Authority Ceremony with the 3rd ESC here at Joint Base Balad Aug. 7. This is the 13th ESC third deployment in support of OIF.

Soldiers stand during the Transfer of Authority Ceremony between the 13th Sustainment Command (Expeditionary) and the 3d Sustainment Command (Expeditionary) here at Joint Base Balad Aug. 7. The 3d ESC is one of the last units to complete a 15 month deployment.



kes Charge



Brig. Gen. Paul L. Wentz, commanding general, 13th ESC, and Command Sgt. Maj. Mark D. Joseph, senior enlisted advisor, 13th ESC, uncase their unit's colors during the Transfer of Authority Ceremony with the 3d ESC here at Joint Base Balad Aug. 7. The 13th ESC will be the higher headquarters for five sustainment brigades which provide logistical support for the entire Iraq theater

U.S. Army photos by Sgt. Ryan Twist

The incoming command team of the 13th ESC, Brig. Gen. Paul L. Wentz, and Command Sgt. Maj. Mark D. Joseph, pose for a photo following the Transfer of Authority Ceremony with the 3rd ESC here at Joint Base Balad Aug. 7. The 13th ESC will play an integral role in the largest strategic repositioning of forces to occur since the Vietnam War.



U.S. Army photos by Sgt. Ryan Twist



Army photos by Sgt. Ryan Twist

Seven 13th ESC Soldiers Experience Déjà Vu

PHOTO AND STORY BY
SPC. NAVEED ALI SHAH
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – Most Soldiers get a new job in a new unit every few years, but seven Soldiers assigned to Headquarters and Headquarters Company, 13th Sustainment Command (Expeditionary), are on their 3rd tour in support of Operation Iraqi Freedom, under the same unit, in the same place.



“It feels like I never left,” said Sgt. 1st Class Gloria R. Storey, class I supply non-commissioned officer in charge, about her 3rd deployment with HHC here.

Much has changed in the four years following their first deployment under the 13th ESC, in support of OIF II, and their second deployment in support of OIF 06-08.

“The accommodations are better this time,” said Omaha, Neb., native, Warrant Officer Robert B. Barta, petroleum/water technician, a sentiment echoed by the other third timers.

“The first time we lived in tents, so this is much better,” said Chief Warrant Officer Paul Orthel, supply system technician.

“Also, the security situation is a whole lot better,” said Orthel, a Titonka, Iowa, native.

The much disparaged burn pit was also a topic the third timers were passionate about.

“I’m really glad they greatly decreased the burning,” said Sgt. 1st Class Thomas Marbury, supply liaison with the distribution management center.

“Last time the smoke from the burn pit enveloped everything,” said Marbury, the Grand Prairie, Texas, native.

Other seasoned veterans focused on the brighter side, and appreciated the history and natural beauty of the land formerly known as Mesopotamia.

“I tried to learn Arabic so I could communicate with the local populace and I realized this culture goes back thousands of years,” said Lt. Col. Bob Crouch, chief of plans.

“I’ve seen this country from the air, and it’s a beautiful country,” said Crouch, the Coral Springs, Fla., native. “From



From Left, Sgt 1st Class Thomas Marbury, supply liaison, distribution management center, Warrant Officer Robert B. Barta, petroleum/water technician, Lt. Col. Richard J. Tate, deputy support operations officer, Lt. Col. Bob Crouch, chief of plans, Chief Warrant Officer Paul Orthel, supply system technician, Master Sgt. Dorothea Goodson, support operations administrative assistant, and Sgt. 1st Class Gloria R. Storey, class I supply NCOIC. These seven Soldiers are on their third rotation here at Joint Base Balad with the Headquarters and Headquarters Company, 13th Sustainment Command (Expeditionary).

the mountains to the deserts, it’s just beautiful.”

Despite various experiences the Soldiers have during the deployment, they all miss their Families more than anything else.

“Personally, I miss my Harley Road King,” joked Orthel. “But being away from home, missing Family, its all part of the job we have.”

“I really miss the simple things, like mowing the lawn, cooking, things that we take for granted at home, but can’t do here,” said Crouch.

For one senior NCO, the milestones and changes that occur in her Family as they grow and mature are the most

cherished events.

“All the special events, the monumental times, are what I’m going to miss the most,” said Copperas Cove, Texas, native, Master Sgt. Dorothea Goodson, support operations administrative assistant.

While in Iraq, most Soldiers average a 14 hour workday, seven days a week and must maintain their regular physical fitness in addition to their work schedule. These long hours can easily become overwhelming to the unprepared.

“It’s all about getting into a good battle rhythm,” said Harker Heights, Texas, native, Lt. Col. Richard J. Tate, deputy support operations officer. “You have to hit the right priorities everyday to take care of yourself.”

Every Soldier has different things they do to break the monotony.

“I think getting involved with church is one of the best ways to enjoy your time here,” said Goodson.

Orthel agreed, “Church is something I look forward to

every week.”

Barta said he doesn’t need to do anything out of the ordinary. “Just talking to fellow Soldiers helps me relax,” he said.

With the 13th ESC playing an integral role in the U.S. drawdown during the coming months, these Soldiers will no doubt be busy, but they give their regards to the Soldiers on the front lines.

“I’ve got a lot of respect for the Soldiers conducting operations with the Iraqi Security Forces,” said Crouch, “Living on JBB is easy, they’re out there every day. They’re the real heroes.”

Mission change has Soldiers on base security

PHOTO AND STORY BY SPC. ANITA VANDERMOLEN
41ST IBCT PUBLIC AFFAIRS

SCANIA, Iraq – Company A, 2-162 Infantry Regiment, set out on their first – and last –convoy mission to Scania, Iraq, July 31.



Since then, Co. A’s mission has changed from convoy security to base security in Scania.

“We will operate the base defense operations center and tactical operations center, provide base defense, the quick reaction force and the immediate reactionary force for Scania,” said 1st Sgt. Geoffrey A. Miotke, Co. A, 2/162 Inf. Regt.

The company’s QRF will supply wreckers for military and military-related vehicles that break down on Main Supply Route Tampa, a major north to south road from Kuwait



to Mosul. The IRF is prepared to deal with base security issues in the case of indirect fire.

The change made a positive difference for Soldiers stationed there.

Company A, 2/162 Infantry Regiment, 41st Infantry Brigade Combat Team, Oregon National Guard, prepare to move out on the first and only convoy mission of their deployment. The company’s mission changed to base security and quick response force for Scania and the surrounding area.

“There is more variety and we are better trained for that than sitting in vehicles all day,” said Sgt. Jason Schimoniz, a truck commander for Co. A. “I’m okay without having to do convoy security.”

In the past, units have passed through Scania staying 90 days and moving on. Co. A is prepared to stay in Scania for the duration of their deployment.

“We are ready to start our duty,” said Sgt. Moises Becerra, a team leader for Co. A “We are no longer waiting for training or transportation. We are here on the ground, ready to do our job.”

On the Web  16TH SUSTAINMENT BRIGADE 
16th Sustainment Brigade “Knights” at COB Q-West <http://www.16sustainment.army.mil/>

Video Technology Links Soldiers with Young Adults

PHOTO AND STORY BY
MAJ. JOHN STRAHAN
UPAR,
555TH ENG. BDE.

JOINT BASE BALAD, Iraq – Eight Soldiers from the 555th Engineer Brigade recently volunteered their time to meet with a group of young adults from Davenport, Iowa.

Using video conferencing technology, 16 members of Military Explorer Post #9044 were given the opportunity to talk with the Soldiers, ask questions and receive a first-hand account of life here.

The Explorer program is part of the Boy Scouts of America, and typically focuses on a specific activity or career field. Post members range in age from 14 to 18 years old. In addition to studying military careers, members of Explorer Post #9044 also learn to be good citizens and patriots.

Post Advisor, retired Command Sgt. Maj.

Paul Herrera, wanted to give the Explorers a chance to communicate directly with deployed Soldiers. Using his vast network of Army contacts, Herrera went to work coordinating the teleconference. His efforts led him to Sgt. Maj. James A. Mitchell of the 555th. Mitchell asked for volunteers and eight Soldiers from the "Triple Nickel" offered to participate.

Spc. Derrick Keyser from Capron, Va., said "I enjoyed the chance to give something back."

Keyser, 24, spent nine years in the Boy Scouts and achieved the coveted rank of Ea-



Soldiers from the 555th Engineer Brigade at Joint Base Balad, Iraq, participate in a video teleconference with young adults from Military Explorer Post #9044, located in Davenport, Ia.

gle Scout.

Another Soldier who volunteered was Sgt. Larry Leach from Cleveland, Ga. Leach, 22, thought it would be a good way to tell others what life is really like in Iraq.

"I really liked the Army when I was young," said Leach. "I wish I

had been given the chance to do something like this when I was growing up."

The teleconference started with introductions, followed by an explanation of the basic force protection equipment and weapons commonly used by Coalition forces in Iraq. Leach stood in view of the camera, outfitted

for a mission, as 1st Lt. Jennifer McCowin described the equipment and answered questions from the Explorers.

One Explorer asked Keyser how Scouting had prepared him for the military. "Scouting prepared me to be part of a good team, like the Army," said Keyser. "It also taught me leadership and discipline."

Other questions from the Explorers focused on a Soldier's daily routine, the weather and living conditions.

Older Explorers asked questions focused more on mission success and Iraqi capabilities. The 555th took turns answering questions and giving the group an insight into life while deployed.

When the teleconference was finished, Herrera thanked the Triple Nickel Soldiers for their support. He labeled the event a success as the Explorers took away good information and had the chance to speak with Soldiers who are currently deployed and serving their country in Iraq.

287th Sustainers deliver medical supplies

STORY AND PHOTO BY STAFF
SGT. BRIAN GONZALES,
UPAR, C BATTERY, 4TH
BN., 133RD FA REGT., AND
MASTER SGT. CARL MAR,
287TH SUST. BDE. PUBLIC
AFFAIRS

CONTINGENCY OPERATING
BASE ADDER,
Iraq – Soldiers
from the 287th
Sustainment
Brigade and
C Battery,
4th Battalion,
133rd

Field Artillery, attached to the 167th Combat Sustainment Support Battalion, delivered medical supplies to Health Care of Hamuraby, a rural medical clinic located north of An Nasiriyah, in Dhi Qar province, July 26.

Lt. Col. Clint Moyer, the 287th Sust. Bde. civil affairs chief, and Maj. Sean McGann, executive officer of the 2nd Battalion, 162nd



Lt. Col. Clint Moyer, 287th Sustainment Brigade civil affairs chief, shows one of many home sewn arm slings donated by members of the Mount Hope Church in Webb City, Mo., to the Health Care of Hamuraby medical staff, July 26.

Infantry Regiment oversaw the mission.

Moyer, a native of Clearwater, Kan., said he visited the medical clinic earlier in the summer and noticed its shelves were empty of medical supplies.

The clinic's two doctors and two nurses, who provide care to approximately 40 patients each day, have not been able to treat their patient's health problems for lack of bandages and other medical aids.

Enlisting support from clinics in the United States,

Moyer began receiving medical supplies for distribution in July.

"We received 52 boxes, each the size of a small refrigerator carton," said Moyer. "There were bandages, leg braces, prescription eye glasses, first aid kits, stethoscopes,

and many other items."

He also received hand-sewn arm slings made specifically for children."

Seven boxes of supplies, which completely filled a trailer, were taken to the clinic on this first delivery trip.

When Moyer and McGann arrived at the clinic, they were met by Kadhim Khidhip Abbass, clinic director, and the Hamuraby medical staff. As the security escort team moved the boxes into the medical facility, the leaders discussed the needs of the facility. Abbass expressed his thanks for the new supplies, but stressed that his facility still needed more.

"People of the community rely on us to serve them through the day, but the electricity is not reliable," said Abbass. "When we lose it, it becomes difficult to help everyone. We need power generators, back-up refrigeration and glucose meters for the clinic."

Moyer recounted the efforts of

the 287th.

"We have mainly focused on schools and orphanages during our deployment," said Moyer. "This is the first time we have been able to bring medical supplies to a clinic, so for me it was a really special event. The clinics in Iraq are poorly stocked with supplies, and those we brought will help a lot of Iraqis."

For McGann, a native of Springfield, Ore., the delivery trip to Health Care of Hamuraby reinforced his concepts on conducting civil military operations.

"I am impressed with the 287th SB and 167th CSSB CMO missions," he said. "They have set up visits on a rotating basis to sustain the areas they deliver to and also keep in contact with the same people. This is similar to my own personal experience in community policing," he said.

"You have to know the people whom you serve to understand their needs."

41st Brigade uncases its colors

BY 41ST IBCT. PUBLIC AFFAIRS

CONTINGENCY OPERATING BASE ADDER, Iraq – The 41st Infantry Brigade Combat Team unveiled their colors during a military transfer of authority ceremony here Aug. 1.

"Know what your legacy will be and live up to it, said Col. Daniel Hokanson, the 41st IBCT commander. "What lies

ahead are long days that make up a short year."

Brig. Gen. Michael Lally, commanding general of the 3d Sustainment Command (Expeditionary), highlighting the rich history of the 41st IBCT, including heroic contributions during World War I and II, and vital humanitarian aid during Hurricanes Katrina and Rita.

Lally also spoke of the IBCT's role during 2004-05 Operation Iraqi Freedom, where they helped to pave the way for the first free election in Iraq in over 35 years; of the

1200 Soldiers from the brigade who trained the Afghanistan Army and police.

Finally, he spoke of the eight soldiers in the brigade's 2nd Battalion, 162 Infantry Regiment who paid the ultimate price for their country.

Lally then reminded the 41st that they will be writing another chapter in their honorable history this year, as they join the 3d ESC to perform convoy security and force protection missions.

TELL YOUR FAMILY AND FRIENDS HOW MUCH YOU MISS THEM
E-mail: expeditionarytimes@iraq.centcom.mil

Outstanding postal contractor honored at Q-West

By 1ST LT. MICHELE D. ISOME
UPAR, 16TH STB, 16TH SUST. BDE.

CONTINGENCY OPERATING BASE Q-WEST, Iraq — Col. Martin B. Pitts, commander, 16th Sustainment Brigade, presented Gregory M. Wade, supervisor, Q-West Army Post Office, with a certificate of achievement here July

20.

Pitts, on behalf of Brig. Gen. Reuben Jones, Army Adjutant General, presented the certificate to Wade for his dedication and commitment to postal excellence.

"I could not have done it without the team," said Wade.

Wade is responsible for management of processing more than 12 million pounds of mail with service to Contingency Operating Bases Marez and Sykes; Habur Gate, Irbil,

Al Kasik, and Combat Outpost Heider.

Since his arrival at the Q-West APO in August 2008, Wade has placed a renewed emphasis on teamwork and cooperation. According to several employees, he has had a tremendous impact on the morale of the post office contractors. He also made sure that the "Stars and Stripes" newspaper made it to COB Sykes, a remote base that often went without newspapers.

During his tenure, Wade created a contingency plan for runway closures, ensuring there would be no impact to mail delivery, created a board depicting prohibited items for patrons and re-routed the mail to Irbil in order to expedite delivery after identifying a mail delay.

Under Wade's management, the Q-West APO was the only APO in Iraq to receive a rating of "Excellence," from the Postal Operation Directorate's postal assessment and assistance team.



U.S. Army photo by Spc. Cory E. Grogan

Ziggurat of UR

41st Infantry Brigade Combat Team Commander, Col. Dan Hokanson, and 3d Sustainment Command (Expeditionary) Commander, Brig. Gen. Michael Lally, lead a group of Soldiers down the steps of the Ziggurat of Ur during a tour July 31, outside Camp Adder, Iraq. The Ziggurat used to be part of Camp Adder and was recently put back under Iraqi control.

The 321st cuts extra weight

By
1ST LT. JONATHAN MCGUIRE
UPAR, 89TH TRANS. CO.,
10TH SUST. BDE.

AL ASAD, Iraq — A noncommissioned officer from Headquarters and Headquarters Company, 321st Sustainment Brigade, created a program inspired by the television series, "The Biggest Loser," focused on Soldiers within his brigade who don't meet Army weight control program standards.

Sgt. Michael Conroy, a Baton Rouge native, has dedicated his time and energy to this program. He has organized events, coordinated trainers, developed classes on nutrition and exercise, and created T-shirts.

"My main mission for this program was to help soldiers who were overweight lose the pounds to qualify for the awards and promotions they deserved from this deployment," said Conroy. "I feel that these Soldiers wanted the help, they just didn't know who to ask."

As a result, "The Army Goes AWOL" (Army Without Overweight Leaders) program was approved.

AWOL is more than just another special physical training program; it is a weight loss competition for the participants. The progress is measured in body fat percentage loss rather than weight, with females and males being measured and competing separately for first, second, or third place.

Regardless of ranking, the goal is to eventually achieve

and maintain an ideal body fat percentage.

The program consists of four teams with trainers, and some with assistant trainers. Each team consists of three participants. These 12 have lost a total of 120 pounds and a total of 108 percent body fat in four weeks.

"This program is more than just working out, it takes heart and dedication to fulfill all the requirements of this program," said Conroy. "We have to ensure they are eating properly, ensure they are able to sleep at least eight hours, constantly raise the intensity of the workouts, and ensure they are burning more calories than they are eating to reach the results we are pushing for."

The program also features weekly "challenges," such as obstacle courses and team building exercises.

"We have weekly challenges that we organize for the participants to compete in, not only just to lose weight or work out, but also to build teamwork and leadership skills," said Conroy.

A typical week in the AWOL program consists of a last chance workout and weigh-in on Monday mornings. Monday through Friday, the trainers lead their teams in vigorous workouts twice a day, said Conroy.

Saturday morning is the weekly "challenge," as well as a workout in the evening. Sundays most teams focus on cardio, Conroy said.

The participants are given one day off from workouts to recover and allow their body to rest.

"This extensive routine is building some amazing results," Conroy said, "I have watched "The Biggest Loser" many times, and pay attention to the types of workouts they per-

form and the details behind nutrition and sleep time."

"I am taking a personal training course through AFTA, which is teaching me a lot about nutrition and exercise. One of our trainers is a qualified nutritionist who teaches the participants classes on diet and nutrition. He is qualified through both the Navy and Bally Fitness Center," Conroy said.

Overall, eight of the 12 participants now meet Army height and weight standards since the beginning of the program. Conroy and the trainers are now focused on their goal of reaching 100 percent.

The program is scheduled to end August 10, with an award ceremony August 15, at the local theater. Trainers are pushing these Soldiers to ensure they meet standards prior to this date.

The opening weight of all participants was 3,442 pounds. "As the days go by, the weight loss increases amazingly," said Conroy, "The motivation and dedication these Soldiers have to this program is unbelievable. I knew that this program would work, but I was worried about the motivation the participants would have."

"We have worked countless hours researching exercise routines, diets, and details from "The Biggest Loser." All we needed was the motivation and dedication from them and we got it."

"I greatly appreciate this program, and just like the real Biggest Loser show, it has changed my life, said Master Sgt. Tracey Bacon, S-1 noncommissioned officer in charge, 321st Sust. Bde. "I will never be a couch potato again."

Bacon is the leading female participant in the competition.

Do you have a story idea?

Contact the Expeditionary Times

expeditionarytimes@iraq.centcom.mil

3d ESC celebrate Chaplain, Chaplain Assistant anniversaries

PHOTO AND STORY BY
SGT. CRYSTAL REIDY,
EXPEDITIONARY TIMES
STAFF

Army. After the infantry, the Chaplain Corps is one of the oldest branches in Army history.



Sgt. Jamie Proudfoot, a chaplain assistant for Task Force 421 Multifunctional Medical Battalion, prays during the 3rd Sustainment Command (Expeditionary) luncheon to celebrating the 234th anniversary of the Chaplain Corps and the 100th Anniversary of the chaplain assistant position at Joint Base Balad, Iraq July 25.

with a renewed motivation to bring Soldiers to God and God to Soldiers," he said.

Approximately 30 chaplains and 32 chaplain assistants have served under the 3d ESC in the last 13 months and have provided more than 81,000 religious programs, more than 3,000 marriage counseling sessions and trained 19,000 Soldiers on phase one and phase two Warrior Resiliency Training and suicide prevention, Harrison said.

Harrison, who served as a chaplain for 22 years, said he always wanted to be in the Army so he could give back to his country. He said when he was called to the ministry, he felt the Army Chaplain Corps was the best way to do

both.

"I enjoy the troops and troop ministry," Harrison said. "I also like meeting other chaplains and learning about the different faith groups. It is very exciting."

Chaplains could not do their job successfully without the chaplain assistants - who celebrate their anniversary on December 28, Harrison said. He said

chaplain assistants are the eyes and ears of what's going on in the battalions.

"The chaplain assistant also plays a vital role with the Chaplain as a protector because Chaplains are non-combatative and do not carry weapons," Harrison said. "They protect us in a physical capacity as well."

JOINT BASE BALAD, Iraq
- The 3d Sustainment Command (Expeditionary) hosted a luncheon celebrating the 234th anniversary of the Army Chaplain Corps and the 100th Anniversary of the chaplain assistant here July 25.

The Continental Congress officially established the Chaplains Corps on July 29, 1775, the same year George Washington assumed command of the Continental

"When you think of the anniversary of the Chaplain Corps, you think history because we have served in all of the United States wars," said Chaplain (Lt. Col.) Wilbert C. Harrison, senior chaplain for the 3d ESC.

During the ceremony, Col. Jarrold M. Reeves, the 3d ESC deputy commander, quoted General George Washington who said over 233 years ago "the blessing and protection of heaven is at all times necessary especially in times of public distress and public danger."

"The Chaplain Corps has played a vital role in main-

taining the mental and spiritual needs of American Soldiers, Airman, Marines and

Sailors," Reeves said. "I challenge the religious support teams here to leave this place



Topic of the Week

Maintenance & Supply

Small Arms...

What's the Difference in Lubes?

SO MANY CLEANING AND LUBING CHOICES. I JUST DON'T KNOW WHAT'S BEST FOR ME!

Dear Half-Mast,
The -10 TM for our small arms list a number of lubes and/or cleaners for our weapons, but many of us aren't exactly sure what the differences are among them. Can you help?
SGT J.D.

Dear Sergeant J.D.,
Sure can. Small arms lubricants differ in viscosity (how easily they flow), chemical composition and heat resistance. These characteristics dictate which lubricant to use according to the environmental conditions. Generally, your -10 TM is the best guide for lubricants, but here are some general guidelines to help you take care of your weapons:

RBC (rifle bore cleaner) is not a lubricant, it's strictly for cleaning out carbon and powder from the chamber and bore. Save it for really tough cleaning jobs. Remember when you're finished using it you still need to lube your weapon.

CLP (cleaner, lubricant, preservative) is usually the best choice for taking care of your weapon since it cleans, lubes, and preserves in one step.

CLP IS USUALLY THE BEST FOR YOUR WEAPON.

LSA (lubricant, semi-fluid, automatic weapons) and **LSA-T** (lubricant, semi-fluid, automatic weapons with Teflon) are strictly lubricants. So before using them, you first have to clean your weapon with dry cleaning solvent, MIL-PRF-680 Type II. Always de-grease thoroughly when changing lubes.

CLP and **LSA** can be used on most weapons as long as the temperature is -10°F or higher. When the temperature drops below 10°F, you can use **LAW** (lubricating oil, arctic, weapons). If it's below -10°F, use only **LAW** on most weapons.

There are exceptions, though. For the **M249 machine gun** and the **M3 recoilless rifle**, use only **CLP** regardless of the temperature.

On the **M231 firing port weapon**, don't use **CLP**. Use only **LSA** in normal conditions and **LAW** in extreme cold.

For the **MK 19**, never use **CLP** - it's not strong enough. Use **GMD** (grease, molybdenum disulfide) if you can get it. If you can't, use **LSA** or **LSA-T**. If the temperature drops to 0°F or below, it's OK to use **LAW**.

USE ONLY CLP ON YOUR M249 MACHINE GUN.

USE GMD, LSA, OR LSA-T.

BUT DON'T USE CLP ON YOUR MK 19.

When you're lubing, remember a light lube means a film barely visible to the eye. A heavy lube means a film thick enough to spread with your finger.

If you need the NSNs for these lubricants and cleaners, see your -10 TM or Page 23 in PS 671 (Oct 08) at <https://www.logsa.army.mil/psmag/archives/PS2008/671/671-23.pdf>

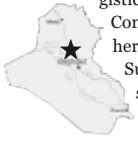
Half-Mast

PS 679 24 JUN 09

Team Stryker Keeps Soldiers Safe on Mission

By SGT. CRYSTAL REIDY
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – A partner logistician of the 3d Sustainment Command (Expeditionary) here, the 402nd Army Field Support Brigade's Stryker section repairs and maintains a ready to fight fleet of Interim Armored Vehicle Strykers daily and providing replacement vehicles to Coalition units when necessary.



The IAV Stryker is a family of eight-wheeled armored vehicles which are primarily employed in Stryker Brigade Combat Teams.

Several civilian contractors working with the 1st Battalion, 402nd AFSB, repairs IAV Stryker's on-site and returns the vehicle to get Soldiers back to their missions. In addition, their mission requires maintaining more than 30 ready-to-issue replacement vehicles to the Stryker BCT when a vehicle becomes non-mission capable.

"When you have a unit on ground with live missions, you got to rapidly get them back supporting their missions," said Tony Borris, a quality assurance supervisor and a civilian contractor. "It's important to have this facility here in Iraq so when they need support; we give it to them and get them back on the road."

In the past six months, 49 Strykers have either been repaired here or sent back to the states.

"It's all about enabling the warfighters and keeping Soldiers safe," Borris said.

Borris said the Stryker section will assess the requested repairs and do more to document the vehicles history by sending a report back to the manufacturer and allow for future improvements of the vehicles performance, capabilities to protect Soldiers on the battlefield including armor protection kits.

"Anything that needs repaired, we analyze to the armor or the design, anything that might help protect the Soldier in the future," Borris said. "It's all about what is best for the Soldiers and their mission."

MNC-I CSM visits Fort Drum Soldiers

PHOTO AND STORY BY
SGT. BEAU R. STEFKA 10TH
SUST. BDE. PUBLIC AFFAIRS

CAMP TAJI, Iraq – The Multi-National Corps-Iraq senior enlisted leader visited several Fort Drum Soldiers here July 13, during one of his battlefield rotations around Iraq.

Command Sgt. Maj. Frank Grippe visited the 10th Sustainment Brigade to check on the Soldier's partnerships with the Iraqis and provide moral support to every Soldier down to the lowest ranking.

The 10th Sust. Bde.'s Logistics Training Advisory Team works hand in hand with Iraqi forces each day training and mentoring Iraqi allies in maintenance, shop operations, quality assurance, quality control, and other logistic areas.

During Grippe's visit to the LTAT area, Sgt. 1st Class Dwight Aguirresanz, the 10th's senior enlisted leader for LTAT, showed him how far the Iraqi teams had come since taking over the team last December.

"It is important for our senior leaders to see the accomplishments first hand and how changes are being made each and every day," said Aguirresanz. "Our Soldiers are working hard as well as



The Multi-National Corps-Iraq Command Sgt. Maj. Frank Grippe, a native of Utica, N.Y., presents Spc. William Hofmann with a coin of appreciation for his hard work and dedication to training Iraqi Soldiers on maintenance and shop office procedures. Hofmann, a native of Mansfield, Texas, works as a Logistics Training Advisory Team specialist for the 10th Sustainment Brigade Troops Battalion.

the Iraqi Soldiers, working hard to make this transition of responsibility smooth and efficient."

"The Iraqi Soldiers have much more capabilities and are using them to complete larger tasks every

week."

While visiting with the LTAT, Grippe told the Iraqi Soldiers, "You are true Iraqi patriots, and you are the future of your country and I thank you for all you are doing."

During his visit, Grippe spoke of the overall mission of the U.S. Army in Iraq, making sure Soldiers understood changes will continue to happen each day.

"My main goal is to make sure

you Soldiers know how important it is to take advantage of each opportunity you have to teach and mentor our Iraqi partners," Grippe said. "I personally want to let you Soldiers know just how important each one of you are to the Operation Iraqi Freedom mission, the U.S., and the world."

Grippe also reminded Soldiers of the danger of complacency.

"Tranquility lasts only a fraction of a second," he said.

Grippe spoke about sexual harassment and suicide prevention. He asked Soldiers their opinions on how they can combat such acts within the Army, and said that, "These acts are unwelcomed and need to be addressed immediately."

Throughout his visit, Grippe shared his knowledge and mission statement with the Soldiers and took time to

listen to individual's concerns and needs.

"I love visiting Soldiers and taking time to get out and see them in such a great feeling," said Grippe.

Navy Customs making redeployment inspections easier

By SPC. AMANDA D. TUCKER
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – A group of Sailors from the Navy Expeditionary Logistics Support Group D Company here provide customs inspections to redeploying units, medical evacuation flights and personnel leaving the country.

These Sailors provide various customs support for departing units and personnel. One is checking baggage at the passenger

terminal-outbound gate to check for restricted or prohibited items.

"We're helping them get back home safely," said Petty Officer 3rd Class Joe D. Hay, a customs inspector.

The inspectors will check each baggage to prevent any personnel from smuggling illegal or unauthorized items out of the country. Dirt, bugs and even handmade crafts made from unauthorized wood are also not allowed.

"Through our training we were informed that there is certain types of bugs, and organisms here that are only from this part of the world and any one of those bugs

... could cause \$30 billion in agricultural damage," said Petty Officer 2nd Class Patrick J. Williams.

Service members taking home hand made wooden crafts from the any Self Help Centers on Coalition bases should be aware that certain types of wood are not allowed into the states because they are unsafe and might contain insects that could harm the environment.

The Sailors have developed an expedient process, where they have a room with tables divided into sections so troops can put all their belongings up for inspection. Once inspected, the Sailors mark the bag-

gage or footlockers with red tape once it's locked and loaded into a container for transport home.

According to Williams, even though it is a serious job, there are plenty of laughs as well. "Seeing a six-foot-eight, 250-pound Soldier with a little pink teddy bear is pretty interesting," Williams laughed.

Since the beginning of their mission in June, the Sailors completed 500 customs-related missions inspecting any bags or containers leaving Iraq for Coalition units.

"We help them get home faster," Williams said. "They don't have to go through a customs line when they get home."

SUSTAINER REEL TIME THEATER

Movie Times

Wednesday, August 12
5 p.m. My Sister's Keeper
8 p.m. The Taking of Pelham
123

Thursday, August 13
5 p.m. The Proposal
8 p.m. Aliens in the Attic

Friday, August 14
2 p.m. District 9
5 p.m. Public Enemies
8:30 p.m. G.I. Joe

Saturday, August 15
2 p.m. G.I. Joe
5 p.m. Transformers 2
8 p.m. District 9

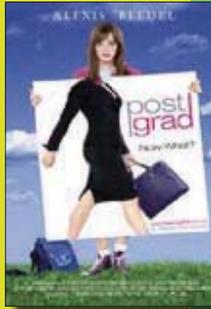
Sunday, August 16
2 p.m. Public Enemies
5 p.m. District 9
8 p.m. G.I. Joe

Monday, August 17
5 p.m. G.I. Joe
8 p.m. Public Enemies

Tuesday, August 18
5 p.m. Public Enemies
8 p.m. Transformers 2

(Schedule is Subject to Change)

Upcoming Movies



Iraq according to Opet



PVT. MURPHY'S LAW



District 9

Aliens become refugees in South Africa where they are kept isolated from any human contact. While being contained in the refuge being ignored of their welfare, their weapons become the sole interest of Multi-National United (MNU). But only one man, Wikus van der Merwe (Sharlto Copley), can activate these weapons. He becomes hunted for and only one place can give him refuge, District 9.

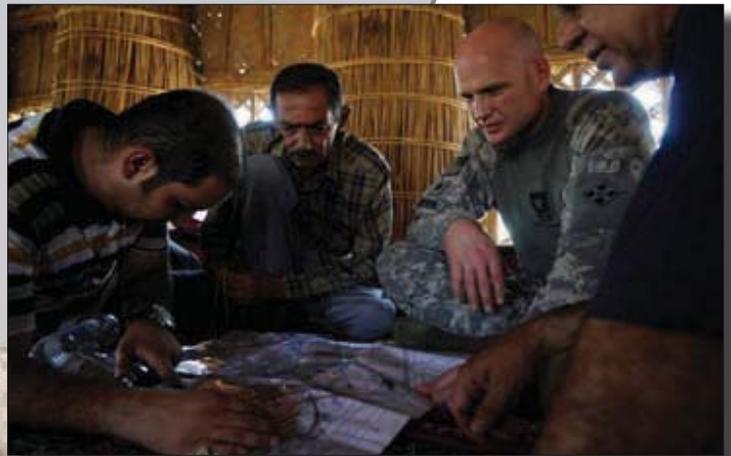


PHOTOS AROUND IRAQ



U.S. Navy photo by Mass Communication Specialist 1st Class Carmichael Yeppez

An Iraqi Air Force pilot performs a pre-flight check on a UH-1H Huey helicopter, before going on a joint mission over Iraq, at Forward Operating Base Diamondback, in Mosul, Iraq, July 31.



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

U.S. Army Lt. Col. Gregory Jacobsen, assigned to 2nd Battalion, 4th Brigade Combat Team, looks over a map with family members of Shaykh Saeed Hassan Al Batat, during a key leadership engagement, held to build rapport and determine causes of instability in the Qarmat Ali District, Basra, Iraq, July 28.



U.S. Army photo by Pfc. Ernest E. Siva III

Iraqi construction workers push a new culvert from the side of a canal wall, while U.S. Soldiers from the 642nd Engineer Support Battalion supervise, near Almarah, Iraq, Aug. 2. The culvert replaces a temporary bridge that connects parts of a route to Arnhem.



U.S. Army photo by Pvt. Albino Mendoza III

Iraqi Security Forces Patrolman 1st Class Muhammad Salih Moslah Hasn and translator/mechanic Abduiuhid Adnan, learn how to conduct preventive maintenance, check and service a vehicle in the service motor pool at Forward Operating Base Loyalty, Iraq, July 22

NEWS AROUND IRAQ

590 Iraqi Army Soldiers Complete Warrior Training Program

AN NUMANIYAH, Iraq - Five-hundred ninety soldiers from 1st Battalion, 33rd Brigade, 8th IA Division completed a 20-day Warrior Training Program here July 20.

The WTP is an intensive exercise that trains battalion-sized units on individual soldier tasks and unit collective combat tasks. Individual training includes: small arms familiarization, basic rifle marksmanship, hand grenade training, first aid, map reading, GPS, individual movement techniques, tactical communications, and tactical vehicle driver and maintenance training.

The battalion personnel also receive unit collective training focused on counter insurgency operations, staff battle tracking, patrolling, battle drills, urban operations, tactical checkpoints and platoon/company/battalion offensive operations. The culminating event for the program is a battalion collective exercise in which the battalion commander is tasked to locate and secure enemy opposing forces in a 1x1 kilometer urban training site using all battalion assets.

After completion of the final mission, the 1/33/8th IA Commander, Col. Hussein, said, "It was the best training that my unit has received as it tasked every individual in his unit and required my men and staff to work as a team."

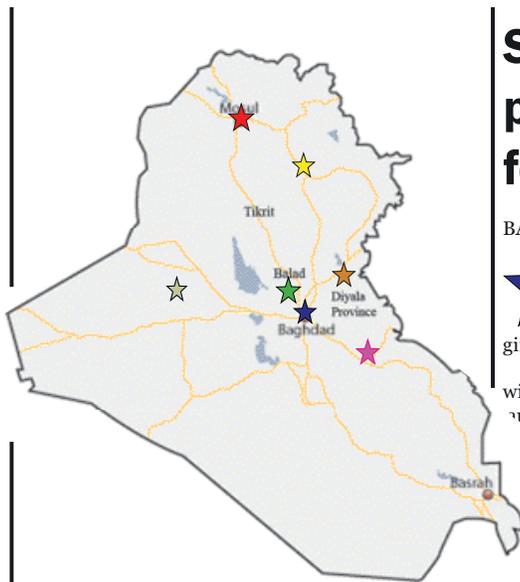
Capt. Hameed Abass, 1/33/8th 1st company commander said, "It was the first time we have ever seen an Iraqi Battalion Maneuver as one element and for that reason alone, the training was the best I have had since joining the Iraqi Army." The Warrior Training Program concluded with a graduation ceremony. Iraqi Army Gen. Jasim, inspector for the Tactical Training Directorate, was the guest speaker and congratulated the men of the 1/33/8 IA Div for their accomplishments. The graduation ceremony also included squad demonstrations on room/building clearing and 60 mm mortar crew drills by the mortar teams. Following the graduation, Col. Hussein, the 3rd RTC Commander, said, "The 1/33/8 and 8th IA Divisions will return to their home units and apply the newly-learned techniques and skills to better their units and continue their efforts to maintain a secure and stable Iraq."

An Numaniyah will host its sixth Warrior Training Program in September of 2009.

Iraqi National Police Renamed Federal Police

BAGHDAD – The Iraqi National Police received a new name as the Federal Police when the name change became effective Aug. 1.

The name change to Federal Police



"goes side by side with the objectives of the national unity government," said a spokesman for the police.

Lt. Col Mohammed Al Baydani said the Federal Police have a plan to set up a brigade headquarters in every province, including the self-ruled Kurdistan region, over the next two years. He said the Federal Police's role is to protect all of the citizens of Iraq. In many areas of Baghdad, Basra, Mosul and Amara, the National Police have proven their ability to restore peace and order for the good of all citizens.

Over the past three years, the former National Police nearly doubled in size to 42,000 members. Under the command of Lt. Gen. Hussain Al-Awadi, the police force has raised its training to a higher standard of professionalism. All brigades have now completed advanced individual training courses and more than 5,700 policemen have completed the specialized Carabinieri training taught by the Italian Police and NATO forces.

Al-Awadi has also removed corruption and improved the ethnic and religious diversity in the ranks of the Federal Police and implemented a police code of ethics.

Today, the Federal Police is comprised of four divisions and 17 brigades, including a mechanized and sustainment brigade and the Al-Askari Brigade that is dedicated to providing security for Al-Askari mosque in Samarra during the its reconstruction.

The organization's history dates to Aug. 15, 2004 when it was formed as the Special Police to provide a national rapid respond capability to counter armed insurgency and large-scale civil disobedience and riots. The name was changed to the Iraq National Police March 30, 2006.

Since June 30, the Federal Police have also performed another role, providing escort duty of U.S. military convoys through the cities of Iraq.

"Forces from the Iraqi Federal Police have accompanied U.S. convoys in the streets of Baghdad to support the American Army mission to move forces to different locations," said a federal policeman. The escort operation is also a part of the U.S.-Iraq Security Agreement and shows the Iraqi's abilities to provide security and execute its responsibilities under the agreement.

Sadr City school provides education for hundreds

BAGHDAD, Iraq – The Gulf Region Division, U.S. Army Corps of Engineers in Iraq recently completed a 12-classroom school in Sadr City that will provide educational opportunities for approximately 600 boys and girls ages six through 12.

A ceremonial ribbon-cutting was held July 29 with family tribal leaders, officials from the district authority council, the general director of the 3rd Safa Education Headquarters, and contractor employees who worked on the \$1 million Ammar bin Yasir School project.

Project Engineer Inez Bergerson from the Gulf Region district's Loyalty Resident Office said, "it's a real pleasure to see projects such ... this completed in an area of Baghdad that has so little."

When possible, building materials were purchased from local markets in an effort to help local business owners, Bergerson said.

As Iraq strives to build a secure, stable and self-governing nation, the Gulf Region Division, U.S. Army Corps of Engineers in Iraq, has completed thousands of projects in support of Iraq reconstruction. Since 2004, GRD has completed 4,619 projects throughout Iraq valued at more than \$7.2 billion, and has 285 projects ongoing.

U.S. Forces Send Medical Aid to Ashraf

CAMP VICTORY, Iraq – A team of medical professionals from Multi-National Force-Iraq arrived at Ashraf, Iraq, to provide assistance to the city's residents.

The medical assessment team evaluated patients, provided treatment and identified the facility's medical evacuation needs. Some of the more seriously injured residents were transported to a U.S. military facility for further treatment.

The team also determined if the medical facility required any additional support to care for patients. The team was assisted by a number of Iraqi doctors who arrived separately.

Coalition Force medical personnel will continue to provide assistance to Ashraf residents in coordination with Government of Iraq officials.

Validating Iraqi Police in Kirkuk

FORWARD OPERATING BASE WARRIOR, KIRKUK, Iraq – For more than 35 years, the doors of the Yaychi Police Sta-

tion outside of Kirkuk remained closed; its windows shut and its hallways empty.

In 2006, as a combined effort between the Government of Iraq and the U.S. military, Iraqi Police finally returned to work at the station.

For three years, these policemen trained continuously and worked closely with their U.S. counterparts. With every training iteration and mission, the Yaychi IP honed their skills and ultimately proved they were capable of providing security for their community.

To commemorate the IPs' efforts, a validation ceremony of the Yaychi IP station was held July 29.

"There are good things happening here," said Yaychi's Mayor, Falah Khalil Jalal. "Compared to other cities in the area, Yaychi has hardly any crime or acts of terrorism," he continued. "Our [community] is very safe because of the IPs."

"It makes everyone happy to see the Yaychi IP station be validated," said Falah.

"Learning how to conduct vehicle searches, traffic control procedures, training on crime scene investigation and assessments are only a few of the things that the IPs have worked on with U.S. military police," said 1st Lt. Carl Yeane, a platoon leader with the 2-18th MP company at Forward Operating Base Warrior in Kirkuk.

"The IP have been very receptive to the training, and they have also taken it on themselves to conduct their own training, which they do before every mission," he continued. "They [now] do everything that a functioning police station in the United States would do," he said.

"We had to prove that we were capable," said Maj. Sabar Shehah Ahkmed, the executive officer of the Yaychi station.

"We have detained more than 80 bad guys and found more than 500 mortars and rockets," he continued. "I am very proud of the progress the policemen have made."

For the Soldiers of 1st Battalion, 8th Cavalry Regiment, 2nd Brigade Combat Team, 1st Cavalry Division, the IP have been a vital partner.

"We have seen a willing and trustworthy partner in our combined security operation," said Lt. Col. David Lesperance, the commander of 1st Bn., 8th Cav. Regt., of the Yaychi IP Station. "...since June 30 and even before, we have seen an eager and proficient force that has fully and capably taken the lead."

"In Yaychi, we see a diverse community," said Lesperance. "Arab, Kurd, and Turkoman, Sunni and Shi'a, live alongside one another in peace and respect. The harmony achieved here stands as an example for all of Iraq, and the police who serve and protect the people of Yaychi have the monumental responsibility of preserving that harmony; they deserve a great deal of credit for preserving it thus far."

Following validation, Yaychi IP can expect to see less of their U.S. military police trainers, but will continue to partner closely with 1st Bn., 8th Cav. Regt. in the area.

"God willing, all of Iraq will follow the example you have set here," said Lesperance to the station's policemen.

Iraqis Receive Engineer Help From U.S. Forces

DIYALA, Iraq – As a sign of Iraq's growing self-confidence and sovereignty, the walls around the Diyala Governance Center are being moved closer to the building and out of the



street, July 25.

To reduce the "bunker" appearance of the Diyala GC, engineers of the 887th Engineer Support Company, 37th Engineer Battalion, used two large cranes and shear manpower to move the more than 30 one-ton, concrete barriers and guard towers closer to the buildings of the Governance Center and out of the street, allowing traffic to flow more freely.

The work is being done at the request of Diyala's Governor, Abdul Nasser al-Mahdawi, to reduce the "fortress-like" appearance of the Governance Center and reduce the footprint of the area without jeopardizing security of those who work within the walls, said Col. Burt Thompson, commander of the 1st Stryker Brigade Combat Team, 25th Infantry Division, the unit that operates across Diyala province.

"We are working to assist the Governor and the Diyala Operations Center commander in their efforts to continue to improve security and stability in Diyala. We have been working this deal for several weeks now. The provincial Governor wants to make changes to the footprint here," said Thompson. "He wants to send a signal showing things are different now, showing sovereignty while maintaining security and looking less intimidating and bunkered and get back to normal."

U.S. forces transfer three joint security stations in Mosul

MOSUL, Iraq – Three joint security stations within the city of Mosul were transferred to the government of Iraq July 26, in accordance with the U.S-Iraq Security Agreement.

Joint security stations Hotel, Castle and Mountain were originally agreed upon by U.S. and Iraq officials to remain open past the June 30 deadline; however, stable security and increased capability by Iraqi Security Forces allowed for the additional closures.

JSS Hotel was the first base of the day to be transferred. The mayor of Mosul, 3rd Federal Police Division commander, Mosul Brigade commander, and U.S. military leaders from 3rd Battalion, 8th Cavalry Regiment, 3rd Brigade Combat Team, 1st Cavalry Division, presided over the ceremony.

"Today is a day that all Iraqis should be proud of because the efforts and success of the Iraqi army and police are such that transfers like these are possible," said Lt. Col. Phil Brooks, commander of 3rd Battalion, 8th Cavalry Regiment, 3rd Brigade Combat Team. "We look forward to our continued relationship with 3rd Battalion, the other units in 2nd Iraqi Army Division, and the Zanjili District Iraqi Police as we maintain vigilance in our efforts to protect Mosul residents."

Immediately after the transfer ceremony at JSS Hotel, the Secretariat went to JSS Castle, where the Gogjali District IP commander, Col. Sheet Admeer, and Maj. Scott Carpenter, operations officer for 3rd Brigade Special Troops Battalion, awaited his arrival.

Behind closed doors, only a few men sat together inside the IP commander's office and went over the paperwork prior to signing over the property. There were no formal speeches or special ceremony. Maj. Carpenter and the Secretariat spoke briefly then signed the paperwork inside the office.

JSS Castle was home to the Gogjali District Iraqi Police Transition Team from the 351st Military Police Company. The 351st MP Company is now moving to Forward Operating Base Sykes and focusing



on a new mission with 6th Battalion, 9th Cavalry Regiment, 3rd Brigade Combat Team.

"Since 30 June the IP in Mosul haven't asked for our help," said Sgt. Guy Weber, a platoon sergeant with 351st Military Police Company. "So now we're going to conduct security operations with the IP along the Syrian border."

The final transfer of the day was that of JSS Mountain, located in the neighborhood of Judaydat Al Mufti. Both the U.S. and Iraqi forces jointly put together a ceremony to mark the day that USF would hand over Mountain to the ISF.

After Maj. West, executive officer of 2nd Battalion of the 82nd Field Artillery Regiment, and the Secretariat officially signed over JSS Mountain to the Iraqis, the U.S. Soldiers said their goodbyes to their Iraqi Army counterparts. The IA expressed a desire to continue their relationship in the future.

"The happiest moment is at the signing of the property," said Receivership Secretariat, Sameer Alhaddad. "You see the excitement in the eyes of the Iraqis as they officially take ownership for security and the Americans as they are happy to hand it over."

To date, 3rd Brigade Combat Team has closed or transferred seven joint security stations within Mosul since Jan. 1. Only three joint security stations now remain in the city.

Combat outposts in Anbar turned over to Iraqi control

ANBAR PROVINCE, Iraq – Throughout July, Multi National Force - West returned Combat Outposts Rawah and Sedgewick to Iraqi control in the Al Anbar province.

In accordance with the Security Agreement between the U.S. and Iraq, when the U.S. withdraws from a base or facility, it will be returned to the control of the appropriate Iraqi entity or demilitarized and closed.

These facilities are able to be transferred to Iraqi control because the Iraqi Security Forces have assumed full responsibility for the outposts and security in their respective areas.

Sons of Iraq Program Continues Integration

BAGHDAD – More than 3,000 members of the Sons of Iraq (SoI) program were transitioned Sunday for employment into Iraq's civil services.

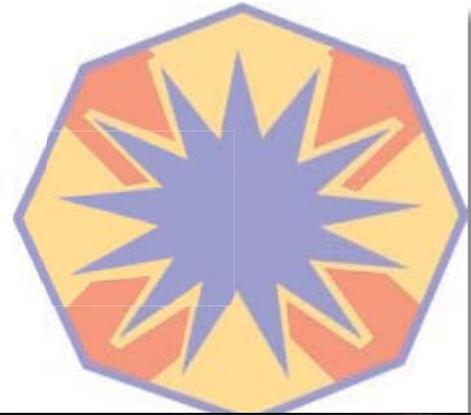
The Government of Iraq assumed responsibility for the program in April and has paid the salaries of all 95,000 members since then. At that time, they committed to transitioning a majority of its members to civilian employment, with the others being integrated into the security forces.

In this latest step, they provided employment opportunities in various ministries throughout the government as well as public service departments.

The integration reflects the improved security situation in Iraq that the SoI program helped bring about.



Phantom Support



U.S. Army photo by Pfc. Lisa A. Cope

Brig. Gen. Michael J. Lally, 3d Sustainment Command (Expeditionary) commanding general, and 3d ESC Command Sgt. Maj. Willie C. Tennant Sr. give a certificate of appreciation to the staff of the Joint Base Balad Post Exchange, August 6. Lally and Tennant visited 11 different locations on base to express their gratitude for their hard work over the last 14 months.



U.S. Army photo by Staff Sgt. Rex Tran

Spc. Hope Carrasco, a native of El Paso, Texas, as a truck driver for F/949th Convoy Security Company, 419th Combat Sustainment Support Battalion, 10th Sustainment Brigade, receives an Army Commendation Medal during an end of tour awards ceremony. The "Mustangs" arrived at Camp Taji, Iraq, December 1, 2008. They provided nightly security for the 419th CSSB Convoys and secured movement from Taji to Mosul, Caldwell, Victory Base Complex, Tallil and Basra, protecting transports and much needed supplies.



U.S. Army photo by 1st Lt. Dezere Jemmott

July 17, Soldiers of the 110th Quartermaster Company, 260th Combat Sustainment Support Battalion, 10th Sustainment Brigade, prepare the company containers for redeployment to Hunter Army Airfield, Ga. The 110th QM Co. is currently finishing a year long deployment in support of Operation Iraqi Freedom at Camp Liberty, Iraq.



U.S. Army photo by Capt. Eduardo Pumarejo

Pvt. Andrew Tanner of Rome, Ga., and Spc. Jeffrey Kuhn of Cleveland, OH, both with Headquarters and Headquarters Company, 260th Combat Sustainment Support Battalion, 10th Sustainment Brigade, help with base improvements using Class IV materials to renovate deteriorating work areas.