

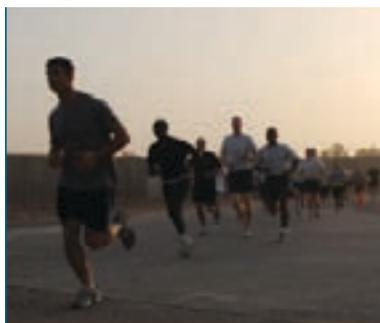
EXPEDITIONARY TIMES

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Vol. 2, Issue 33

Going the Distance



JBB runs for service members, Families
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Mr. Fix-its



514th is Jack-of-all-trades for JBB

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A day off?



JBB Fire Department holds Fire Muster

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Green Tab Huddle brings leaders together
Pages 12-13

U.S. Army Photo by Spc. John Stimac

Col. Knowles Y. Atchison, deputy commander, 13th ESC talks to Capt. Major Robinson, MNF-W, 1177th Movement Control Team commander, a unit out of Kaiserslautern, Germany at the Green Tab Huddle luncheon held here at Joint Base Balad Aug. 11.

Soldiers and Airmen walk to end sexual assault

STORY AND PHOTO BY
SGT. KEITH S.
VANKLOMPENBERG
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – Soldiers and Airmen at Joint Base Balad showed their support for victims of sexual assault and the Sexual Assault Prevention and Response program in the “Intervene! Act! Motivate!” Walk here Friday night.

The 13th Sustainment Command (Expeditionary) and 332nd Air Expeditionary Wing held the event to give service members looking for evening exercise a battle buddy or wingman to walk with, as well as show their support for this important cause.

“We conducted this late in the evening to inform our Soldiers



Soldiers and Airmen walk in support of sexual assault victims and the Sexual Assault Prevention and Response program Friday.

that most sexual assaults occur in the evening or early morning hours and to be vigilant and have a battle buddy,” said Master Sgt. Rita A. Cossio, Deployed Sexual Assault Response Coordinator and Equal Opportunity Advisor for the 13th ESC.

With flashlights in hand, and reflective belts around waists, roughly 125 participants took to the streets for some light exercise with a message.

“We are trying to make a statement to those individuals who think about committing

this crime that we will not tolerate sexual assaults on ourselves, our Soldiers, or our battle buddies,” said Cossio.

“We want to raise awareness in a safe and fun environment,” said Air Force Capt. Vanessa Vanden Bout, the JBB SARC of the 332nd.

Vanden Bout said the walk could eventually turn into a monthly event.

“We just want to keep the dialogue going about sexual assault in the military,” she said.

Cossio said the walk helped educate people about the presence of the Equal Opportunity offices at JBB and the Department of Defense’s intent to eradicate sexual assault from the military through the SAPR program.

“We want those who see us walking to ask, ‘who are they’ and ‘what are they doing,’” said Cossio. “Our answer is ‘sexual assault has no place in the military or on Joint Base Balad.’”

332 ESFS Blotter

August 4 - August 10

PATROL RESPONSE/PHYSICAL ASSAULT:

Victim telephoned the law enforcement desk (LED) via Call-box #13 and reported a physical assault and verbal altercation had occurred. Contact was made with victim and assisted him accomplishing AF IMT 1168/ Statement of Suspect/Witness/Complainant. Victim stated he could not sleep due to his neighbors being extremely loud. Victim went outside and saw subject who was standing outside at the above about keeping the noise down or he would notify Security Forces (SF). Subject threatened victim he would not call SF and should go back inside to his pod. When victim said again he would call SF, subject grabbed him by the throat and punched him twice in his face. Subject then threatened his friends would "take care of this" if victim was to call SF. Victim then made contact with LED and went back to his room. Subject continued to threaten victim after making contact with the LED.

ARTICLE 92:

Complainant approached Security Forces in DFAC and reported an unknown SOC Guard gave her property and told her to purchase a laptop off of Amazon.com. At the time complainant did not realize subject was not allowed to have any electronic items in his possession. Witness stated via AF IMT 1168/Statement of Witness, witness was informed he had to escort subject to the LED for trying to purchase contraband. Subject informed the unknown SOC Guard he knew an army female who could purchase the laptop for him. Subject received property from the unknown SOC Guard and gave the property

MAJOR VEHICLE ACCIDENT/DISABLING DAMAGE:

Complainant telephoned the law enforcement desk (LED) and reported a vehicle accident. Operator stated via AF IMT 1168/Statement of Witness he was traveling five (5) miles per hour in a drift area headed to Bldg 2540, when he drove into a ditch causing damage. Operator stated he did not know the ditch was there. Damage to vehicle consisted of dented front bumper and an oil leak.

NIPR: 443-8602

SIPR: 241-1171

Email: PMOdesk@iraq.centcom.mil

CHAPLAIN'S CORNER

"He has a right to criticize, who has a heart to help."
- Abraham Lincoln

The best teacher is the one who not only tells us how to do something, but also shows us how and then corrects us if we are doing it wrong. In the military we talk about teaching, coaching and mentoring. This is necessary because, no matter what our rank, we all need guidance and instruction. Continuous improvement is the key to achieving personal and professional growth.

To be the best Soldiers we can be, we need instructive correction. We need to be told what we are doing wrong, and we need to be shown how to do it right. Unfortunately, in the military there are a number of nit-pickers and naysayers in the ranks. "Sharp shooters" we call them. These are negative people who are quick to zero in on our flaws but who are unwilling to lend a hand to make things better.

A person has earned the right to criticize only when their hands are dirty, there is sweat upon their brow and their back aches. To all the critics out there, answer this simple question: Where is your heart? If we are on the same team, we need to help each other out. If you don't like something, find a way to make it better. Be a part of the solution, not a continuation of the problem. If someone doesn't care enough to get involved and help make things better, then they are merely taking target practice at someone else's expense.

Good leaders care about their Soldiers. Good leaders correct their Soldiers in caring ways. Good Soldiers welcome the correction of caring leaders.

Prayer for Help

Dear Lord, I need help to get better. Please protect me from the sharpshooters and send me a teacher, coach or mentor who cares. Amen

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

EXPEDITIONARY TIMES

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16th Sustainment Brigade
287th Sustainment Brigade
304th Sustainment Brigade
41st Infantry Brigade Combat Team
155th Heavy Brigade Combat Team
332nd Air Expeditionary Wing
555th Engineer Brigade

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13th ESC Commanding General, Brig. Gen. Paul L. Wentz

Mission Statement: The Expeditionary Times Staff publishes a weekly newspaper with a primary mission of providing command information to all service members, 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.

“The Weekly Standard”

SUBMITTED BY SGT. 1ST CLASS DANILO EGUDIN
3D ESC ASSISTANT INSPECTOR GENERAL

Certain relationships between Soldiers of different ranks are a violation of the Army Command Policy, AR 600-20. The policy not only applies to relationships between Soldiers but also applies to the relationships of Soldiers with members of the other uniformed services.

Fraternization is an unduly familiar personal relationship between Soldiers that does not respect the difference in rank or grade. Such conduct is destructive to the unit, breeds contempt among Soldiers, is injurious to the leadership, and dimin-

ishes unit effectiveness.

AR 600-20, states that relationships between Soldiers of different rank are prohibited if they:

- Compromise or appear to compromise, the integrity of supervisory authority or the chain of command.
- Cause actual or perceived partiality or unfairness.
- Involve, or appear to involve, the improper use of rank or position for personal gain.
- Are, or are perceived to be, exploitative or coercive in nature.
- Create an actual or clearly predictable ad-

verse impact on discipline, authority, morale, or the ability of the command to accomplish its mission.

All military personnel share the responsibility for maintaining professional relationships. However, in any relationship between Soldiers of different grade or rank, the senior member is generally in the best position to terminate or limit the extent of the relationship. Nevertheless, all members may be held accountable for relationships that violate this policy. Commanders should seek to prevent inappropriate or unprofessional relationships through proper training and leadership by example.

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.

Joint Base Balad: DSN 433-2125
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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



Weapons Safety



Negligent Discharges

➤ It is the easiest accident to prevent.

Muzzle Awareness

- Always keep muzzle pointed in a safe direction.
- Use proper clearing procedures.
- It is everyone's responsibility!
- Biggest Thing to remember treat the weapon as if it is loaded till you have physically cleared it yourself.

Treat every weapon as if it is loaded.
Handle every weapon with care.
Identify the target before you fire.
Never point the muzzle at anything you don't intend to shoot.
Keep the weapon on safe and your finger off the trigger until you intend to fire.

WEAPONS SAFETY!

ARMY STRONG
 U.S. ARMY COMBAT READINESS CENTER
<http://cra.army.mil>
 OWN THE EDGE
 Leading on the Edge

JBB runs for service members, families

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

JOINT BASE BALAD, Iraq – The JBB First Four Council sponsored the first-ever “Run for A Reason” 5K to raise awareness and funds for the Fisher House Foundation, while promoting fitness and morale at JBB Aug. 8.



“My intent was to start a legacy that would impact everyone on base,” said Senior Airman Jamael Skeete, 332nd Expeditionary Civil Engineer Squadron fire protection journeyman and FFC president. “At my first base, I volunteered at the Fisher House. After learning about the charity, I decided it would be a great organization for us to represent here at JBB. Also, a 5K gives us a great boost in morale and fitness. We can see where we stand prior to our (physical training) tests, while getting to spend time together in a less hectic, non-work setting.”

The Fisher House Foundation builds homes on the grounds of major military and Veterans Affairs medical centers, enabling servicemembers to be close to their families while they are hospitalized. To date, the foundation has helped more than 120,000 families, saving them an approximate \$105 million in travel and hospital costs.

Before the run began, Kenneth Fisher, the Fisher House CEO and nephew of founder Zachary Fisher, personally addressed the crowd of runners.

“My friends asked me why I was coming back to Iraq,” said Fisher, who visited JBB and surrounding forward operating bases in 2006. “I returned because of the men and women serving the nation with distinction, who have offered to do a benefit for the Fisher House Foundation in theater – which has never happened before.”

Each participant who completed the five-kilometer run, which kicked-off at 6 a.m., received a Fisher House Foundation patch. The first 50 finishers were



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

Service members participate in the “Run For a Reason” 5K here Aug. 8. The run, organized by the JBB First Four Council, raised more than \$1,500 in donations. The Fisher House Foundation provides free housing near military hospitals for loved ones of service members under medical care.

awarded a Fisher House Foundation t-shirt.

While cash contributions totaled \$1,070 by the end of the race, additional donations may be made through www.active.com/donate/1st4forFisherHouse. They can also be given directly to Senior Airman Brittany Lovebryant at building 8400, room 24, until Aug. 31.

JBB’s goal is to contribute a total of \$5,000.

“This foundation has been blessed,” said Mr. Fisher. “We’ve had some really tremendous days, but

this – by far – is the best. Having men and women deployed in theater take time out of their busy and stressful day to do this for us is probably the most incredible thing I have ever heard of in my time with the association. We look forward to the day that the foundation is no longer needed. But until then, we’ll continue to be here for those who do.”

More information on the Fisher House Foundation is available at <http://www.fisherhouse.org/>.

Salah Ad Din deputy governor visits JBB medical facilities

BY STAFF SGT. JAKE RICHMOND
332nd AEW
Public Affairs

JOINT BASE BALAD, Iraq – Ahmed al-Krayem, the deputy governor of the surrounding Salah Ad Din province, visited the Air Force Theater Hospital and Sgt. Ivory L. Phipps Clinic here Aug. 5 to develop ideas for improving health care within his district.

Several members of the AFTH briefed Mr. al-Krayem as he toured various units within the facility. Maj. David Carnahan, the hospital’s chief of medical staff, tailored the tour to trace the progress of a seriously injured patient through admission, emergency room care, the intensive care unit, and the intermediate care ward.

“The way the hospital staff welcomed us impressed me,” said Mr. al-Krayem, via an interpreter. “They were extremely generous with their time and explanations. It makes us feel even more like everyone is willing to help.”

The deputy governor and his staff then visited the Army’s Phipps Clinic, and got a feel for a smaller-scale medical mission that involves triage, blood work, physical examinations, immunizations, x-rays, and ophthalmology.

Mr. David Stewart, a U.S. State Department foreign service officer and leader of the Salah Ad Din Provincial Reconstruction Team, saw clear benefits to both stops on the tour.

“The (AFTH) staff, from command on down to the individual briefers, provided a big welcome and an impressive level of professional attention to the deputy governor,” he said. “But the clinic might actually be a more realistic immediate goal for the local leadership.”

“The kind of technology at the hospital might not be attainable right away, but the clinic is simple. It showed (the dignitaries) a model of organization, cleanliness and efficiency. That’s something they can accomplish in the short-term.”

Deputy Governor al-Krayem echoed some of those sentiments.

“It made me excited and happy to see such a big, effective hospital right here in the area,” he said. “But I also saw something that made me sad. Seeing the capabilities of the U.S. hospital made it clearer what we lack out in the cities.”

“The hospitals in Salah Ad Din are just not good enough. There’s not enough medical expertise. After looking into it, we found that we needed some evolution in the health system. It’s extremely important to the citizens. If we can improve the medical care, then we can move on to other quality-of-life issues.”

The deputy governor said he hopes to continue to get help from U.S. forces in the areas of idea-sharing and specialized training for Iraqi doctors.

“The first step is working with the coalition forces in civil matters, which is much different from military security,” he said. “The civil issues were being ignored for a while by both sides, since both were more focused on military goals. Now, we want to focus on improving the coordination between our respective agencies.”

Stewart emphasized the value of the new civil affairs-oriented mission and how it depends on a clear-cut conceptual process.

“We want to connect the goals of the Iraqi leadership with the capacities of the U.S. military,” he said. “If you start with the Iraqi leadership, then move to the PRT coordination stage, then integrate military resources, something good happens. If you take any part of the equation out, it can’t work.”

“In this case, my first meeting with (Mr. al-Krayem) identified health services as one of his key priorities. One good way to help him with that is to show him how a world-class hospital and a high-efficiency clinic operate, and present him with potential training opportunities.”

The deputy governor said he learned plenty from the visit and hopes it’s not the last of its kind.

“Once I leave here, we’ll have another meeting with the PRT leadership and figure out what we can do,” he said. “My message to the American forces is to please give us whatever you can. We are your partners. Please join with us as equals to rebuild our country. It needs a lot of work.”

Mechanics add to Soldiers' safety

STORY AND PHOTO BY SPC. JOHN STIMAC
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD - A steady flow of vehicles arrive daily at the 402nd Army Field Support Battalion to receive upgrades to the M1151 Humvee through ITT, a civilian contractor.

The upgrades help ensure the vehicles are safe for everyday use. The vehicles are brought in from all units assigned to Joint Base Balad and Baghdad via a transportation movement request.

David J. Peters, Frag Kit 7 maintenance manager, said the process starts with an initial inspection of the vehicle, then the team performs any minor re-

pairs at the shop.

The maintenance teams also install a new FK 7 upgrade on the M1151 called the vehicle escape enhancement window system, which allows Soldiers to push out the front windows and egress the vehicle in case of a rollover.

Daniel Andrade, senior leader of the FK 7 team at JBB, said the VEE windows are an upgrade not many Soldiers know about and he is happy they can make these vehicles safer for all Soldiers in Iraq.

Peters said the additional upgrades to the M1151 include an enhanced suspension system, a new fire suppression system, additional armor and an overhead cover on the turret.

Andrade said ITT employees work six days a week on 24-hour shifts to get



Francisco Tarusan, a crewmember for ITT, begins the installation of the Frag 7 kit on the M1151 Humvee at Joint Base Balad. Members of the team work 24 hours a day, six days a week to have the vehicles ready for units across Iraq.

tive units pick them up.

Peters said they upgraded most of the vehicles from the 3d Sustainment Command (Expeditionary), which came primarily from the 25th Infantry division based out of Hawaii, and hope to service vehicles from the 13th Sustainment Command (Expeditionary).

"Knowing that we have a part in protecting the Soldiers is the most enjoyable thing for me here, because we believe in what we do and we are happy to do it," said Andrade.

the vehicles through the FK 7 process. They require an average of 65 hours of manpower per vehicle.

After the process is complete, members of the maintenance team move the vehicles to the central receiving/shipping point for staging until their respec-

Master Sgt. Napier in the house

By SPC. LISA A. COPE
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq - The East Side Main Gym Combatives room at Joint Base Balad was dedicated to Master Sgt. Jonathan F. Napier, the 3d Sustainment Command (Expeditionary) communications chief, in a ceremony held July 31 at the gym.

Napier, a certified level 4 instructor who studied combatives for nine years, ran the Modern Army Combatives Program on here for the past 14 months. The renaming and dedication of the combatives room commemorated Napier's hard work and commitment to excellence.

As a former drill sergeant, Napier is no stranger to teaching the combatives program.

"I see a need for it and Soldiers want to do it," he said.

Napier is scheduled to redeploy back to Fort Knox, Ky., where he has been selected to fill the slot of first sergeant for Headquarters and Headquarters Company, 3d ESC.

Spc. Nigel Davis, along with Cpt. Carlos Comas, both of the 80th Ordnance Battalion HHC, will take control of the combatives program on Joint Base Balad after Napier returns to Fort Knox.

They will hold level 1 classes three weeks a month as well as level 2 classes. Although it is an Army program, it is available to Air Force, Navy and Marines as well, Davis said.

"I believe this program is set up to make you a better Soldier and make you realize what you swore in to



U.S. Army photo by Sgt. Ryan Twist

Command Sgt. Maj. Willie Tennant, senior enlisted advisor, 3d Sustainment Command (Expeditionary), congratulates Master Sgt. Jonathan F. Napier, a level 4 instructor with the Modern Army Combatives Program. The East Side Main Gym combatives room was dedicated to Napier in recognition of his service to Joint Base Balad, Iraq July 31.

do, which is serve your country," Davis said.

"As Soldiers come and go, this program will impact thousands."

Zharko Popovski, Morale, Welfare and Recreation supervisor for the East Side Main Gym, expressed his respect and appreciation for Napier. He said the MWR put Napier's name on the room because everyone who uses the combatives room will follow in Napier's footsteps.

"Master Sgt. Napier in the house, forever!" Popovski said.

910th QM helps in a big way

By SPC. MICHAEL V. CAMACHO
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq - The 910th Quartermaster Company's mission has changed a bit since they arrived in Iraq.

Okay, make that a lot.

When the unit arrived here four months ago, their mission was to supply fuel to units at JBB. However, the mission evolved into large scale logistics supply.

"Essentially, we run the warehouses up north that provide for all the units in this theater," said Maj. Darrin Husmann, 910th QM Co. commander.

The 910th runs the largest supply support activity in theater, providing multiclass and direct support both within and outside the 304th Sustainment Brigade's area of responsibility, he said.

The forward redistribution point serves as a regional hub for multi-class serviceable access and redistribution, significantly reducing the inefficiencies of sending all materials to different areas, said Husmann.

All warehouses and storage areas that fall underneath the 910th, including supply support activities, are housed in the corps redistribution center. In this way, the CDC acts much like a public works hub.

The change from a fuel to multi-class supply company was not without hitches. The unit was formed with three platoons from Mississippi, Pennsylvania, and Oklahoma, with three different methods of communication, said Sgt. 1st Class Curtis Campbell, 910th first sergeant. Adjustments had to be made.

The integration and unity the 910th now works with came with time, he said.

In the end, the 910th stands ready to serve the logistical needs of JBB and the troops serving in theater, said Husmann.

On the Web

13th Sustainment Command (Expeditionary)
"Phantom Support"

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



Oil analysis program protects service members, saves money

STORY AND PHOTO BY
SPC. BRANDY M. OXFORD
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – Behind the scenes at Joint Base Balad stands a man who keeps service members safe and saves the government money, but he and his crew remain back stage until something goes wrong.

Army Oil Analysis Program Site Lead Mark J. Bass and his team of three technicians check used oil samples from aviation components, generators and military tracked vehicles for breakdown of metals, sand contamination and ways to extend the oil life in that equipment.

These checks can help extend oil life, which is especially beneficial at JBB where some generators take up to 50 gallons – five gallons short of a barrel – of oil each, he said.

“On these generators, manufacturer warranty requires you to change the oil every 250 hours,” Bass said. “You’re going through a drum of oil every time you have to do an oil change. We can extend that life up to 1,500 hours easily on most generators, unless it’s a problem child.”

Each component’s oil reg-

ulations are different, but without the labs to check that oil, service members must do hard interval changes averaging every three months, Bass said. Most of those vehicles could go six months to a year under normal use without the oil change, he said. While hard changes are proactive, the labs provide preventative maintenance while saving money, he said.

“It’s hard to get (oil) over here, oddly enough,” Bass said.

He said service members often view contact with AOAP as a frustration because they only hear back from the technicians if they find a problem.

“We’re always the bad guys,” he said. “We’re here to help save the government money, to help save the Soldier work and, hopefully, to help save the Soldier by finding problems before they’re real issues. We are here to support.”

The program has five labs in southwest Asia. Each lab has its own chief who, like Bass, stays in place longer than the technicians who often move from lab to lab, he said.

The JBB AOAP lab was opened in 2004 as a mobile lab, following the troop mobilization here, but it is now a stationary facility, Bass said.

“We try to move into a fixed facility if we’re going to



Technician Jamie I. White, from Kingstreet, S.C., prepares an oil sample at the Army Oil Analysis Program lab at Joint Base Balad, Iraq, August 5. The techs are working hard to extend the oil life of equipment being used in Iraq.

be somewhere for a while because that gives us more room to expand and allows us to add a few additional tests that we

can’t have in mobile laboratories due to space,” Bass said. “It allows us to have backup equipment as well, which is

nice over here since we have to fix everything ourselves because techs don’t come out here.”

Bass said it takes a year to fully train someone to do his job, so he plans to stick around JBB, even as troops pull out. VT Aepco, the contracted AOAP company here, places no time constraints on its employees stay, Bass said.

“I keep saying I’m going to go home, just as soon as I can get a replacement trained, but I get somebody trained, then they go home,” he said. “Somebody’s got to do the job.”

Roughly two years ago, the government contracted with VT Aepco for a set number of labs in theater, but revamped the contract when it renewed late last fall to allow for a reduction or increase in the number of labs based on need, Bass said.

Technician Jamie I. White, from Kingstreet, S.C., said he enjoys his job but the JBB lab’s workload is heavy with only four technicians.

“The first couple days it’s kind of a shell shock,” he said. “You come in here working 12-hour days and it’s seven days a week.”

“It kind of blows your mind, but once you’ve been here for a while and settle into a routine, it’s really kind of interesting.”

Fort Lee Soldiers care for fallen comrades

BY SGT. CRYSTAL REIDY
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – It is one of the most difficult jobs for a Soldier deployed in a combat zone – to care for our dead. However, a team of Fort Lee, Va., mortuary affair specialists here at Joint Base Balad care for the remains of our fallen Soldiers, while ensuring a dignified and rapid return to their Families.

In Iraq, there are six mortuary affairs collection points working under

the 13th Sustainment Command (Expeditionary), providing care to those who have paid the highest price for freedom.

Sgt. 1st Class Daniel S. Wright, senior mortuary advisor for the 13th ESC and a resident of Hutchinson, Kan., said he and his co-workers approach their job solemnly and with all due honors.

“When it comes to working with a Soldier’s remains, the 54th Quartermaster Company takes the job of caring for Soldiers who died for their country very seriously,” said Wright. “We work with the most dedicated mortuary affairs specialists and work very hard to get the Soldiers back to the United States and back to their Families. (The

Fort Lee Soldiers) are the best I have ever seen.”

“The collection point on Joint Base Balad, supported by the 304th Sust. Bde., is the second busiest collection point in theater,” said Sgt. David M. Manness, mortuary collection point noncommissioned officer in charge for the 54th QM Co. “They can handle 20 remains per week and can handle all 20 in a 24-hour period if needed.”

Spc. John Asvedo, from New York, said the Soldiers of the 54th appreciate it when their work load lacks volume.

“Thank God we are not busy,” he said. “In mortuary affairs, not being busy is a good thing for Soldiers, their units and all the chains of command.”

He said his job is an unfortunate necessity, but one he is honored to do.

“For me, the hardest part is when you open the personal bags and see pictures of kids. It’s really hard to see their kids,” he said. “When we are called to take care of a Soldier, everyone feels honored, but we all have an aspect of our job that is the hardest for us.”

Mortuary affairs personnel are also trained to conduct battlefield searches, recovery, treatment, collection and evacuation of remains with the honor, dignity and respect they deserve.

“We are helping our nation, the Army and the Soldier’s Family when we prepare the Soldier to go home with dignity,” Asvedo said. “It is an honor.”

Do you have a story idea?

expeditionarytimes@iraq.centcom.mil

Blackjack warns against gambling with online degrees

By SGT. KEITH S. VAN KLOMPENBERG
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq - For deployed Soldiers, the opportunity to go to college is often only a click away. Many universities offer classes online and some schools have entire degree programs on the Internet with low tuition rates.



But they are not all what they seem.

"If it looks too good to be true, question it, because it probably is," said Jacki Hollis, the Education Services Officer at the Blackjack Education Center here.

Hollis said many online schools offer degree programs and even provide students with official transcripts and diplomas, but are not nationally or regionally accredited.

According to a message from the Pentagon Telecommunications Center to all Army education centers,

aggressive and deceptive marketing by education institutions to the military continues to be a problem.

Advertisements for unaccredited schools often aim at Soldiers, claiming it will help them get promotions, said Hollis, and although these schools can provide continuing education certificates, the credits cannot be used for promotion points.

Because Army Tuition Assistance only covers tuition at accredited schools, education centers often catch these phony schools before the Soldier enrolls, said Hollis.

"Soldiers who are flagged are the most vulnerable," she said.

If a Soldier is flagged for suspension of favorable personnel action, they cannot use the Active Duty Tuition Assistance and have to pay for school out of their own pocket. These students often try to go to a school not on the Council for Higher Education Accreditation, said Hollis.

Hollis said the safest thing to do, if possible, is to take courses at a school with locations on Army posts,

such as the University of Maryland.

"If you can't go to a co-located school, check with us first," she said.

Both the Blackjack Education Center and the Pentagon Telecommunications Center recommend Soldiers review any university or college program with their Army Education Center counselor prior to signing up.

For a list of accredited schools, check out:

- <http://www.goarmyed.com>
- <http://www.chea.org>
- The book or cd "Accredited Institutions of Post Secondary Education"
- Visit the Education Services Officer at your local education center.

123rd MPAD looks back on mission successes

By SGT. KEITH S.
VAN KLOMPENBERG
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq - Soldiers from the 123rd Mobile Public Affairs Detachment ended their year-long deployment and transferred authority to the 139th MPAD in a ceremony held at Joint Base Balad Aug. 10.

The 123rd MPAD, an Arizona National Guard Unit, supported the 3d Sustainment Command (Expeditionary), operating a weekly newspaper and producing a video newsreel to highlight the ESC's accomplishments in Iraq.

"Our mission was to make heroes of the sustainers who run the operations that might not seem exciting to everyone, but are extremely important," said Maj. Christopher Emmons, commander of the 123rd.

"My print and video Soldiers did a fantastic job."



U.S. Army photo by Spc. Michael V. Camacho

Soldiers of the 123rd Mobile Public Affairs Detachment, natives of Phoenix, stand in formation following a transfer of authority ceremony held at Joint Base Balad August 10.

The photojournalists and broadcasters in the 123rd, out of Phoenix, travelled the entire country over their tour telling the story of the 3d ESC and documenting the responsible drawdown of troops from Iraq.

Some of the most memora-

ble and rewarding experiences came from covering the training of Iraqi troops, said Sgt. Crystal Reidy, a staff writer with the 123rd MPAD.

"They were always grateful for the training," said Reidy.

Reidy said one of the missions that stuck with her was

in Talil, where she covered Iraqi soldiers receiving the Combat Lifesaver class for the first time.

"These were Iraqi medics, and some of them had never even given an IV before," said Reidy. "For us, CLS is once a year training; for them, it was once in a lifetime."

For others, the fondest memories came from travelling to cover humanitarian efforts.

"I had an all-access pass on account of my uniform," said Spc. Roger Bemis, a broadcast journalist with the 123rd, who said he spent about one-third of his deployment travelling to cover the efforts of the 3d ESC.

Bemis said one of the most memorable missions he was part of was covering a 3d ESC chaplain, a carpenter in his civilian life, and a group of volunteers in Talil, who re-

furbished and delivered desks and backpacks to a new, all-girls school.

"The girls were camera shy, so it was hard to get video, but you could see they were happy," Bemis said.

Bemis said the mission, a joint effort between the Army and Air Force, wasn't about rebuilding desks for a one-time donation, but was also to train the Iraqi Security Forces to carry on the mission in an effort to increase the Iraqi civil capacity.

The mission of the 123rd was not just to tell the story of the Soldiers of the 3d ESC, said Reidy, but to tell the story of Iraq and its people.

"It's just starting to build up, but you can really see that this is a country with a great future and I take great pride in having been a part of that," she said.

As the 123rd hands responsibility to the 139th MPAD, so does the 3d ESC to the 13th ESC. With that comes a brand new story to tell, and new heroes to document.

Transportation Soldiers participate in Warrior Resilience Training

By 1ST LT. CHARLES YORK, UPAR
233RD TRANSPORTATION CO.

CONTINGENCY OPERATING LOCATION SPEICHER, Iraq - Soldiers from the 233rd Transportation Company, 264th Combat Sustainment Support Battalion, 16th Sustainment Brigade, took time to participate in Warrior Resilience and Thriving training here June 17.

Soldiers who deploy to a combat zone sometimes struggle with operational stress.

The 233rd took a moment to recognize this problem and implement a different type of training, one that covered the many areas and different types of stress that are common to military personnel serving in Iraq and Afghanistan.

WRT training is meant to be a proactive way of informing Soldiers of the tools available to them in dealing with operational stress.

"I think that this type of training has advantages over other stress related training," said Staff Sgt. Jason Underwood, a squad leader with the 233rd, from Buena Vista, Va. "We usually cover these topics in suicide prevention training and I think it is good that we have found another means to be proactive in

helping Soldiers deal with stress."

The training allowed them to reflect and challenge themselves.

"Is this event that has bothered me fully in my control or not?"

"Am I reacting like a victim or responding as a Warrior?"

These questions were meant to spark deep thought among the Soldiers and give them a different mindset when interpreting their problems.

The open discussion offered participants the opportunity to ask questions and was intended to empower them and help them cope better with the aftermath of combat situations.

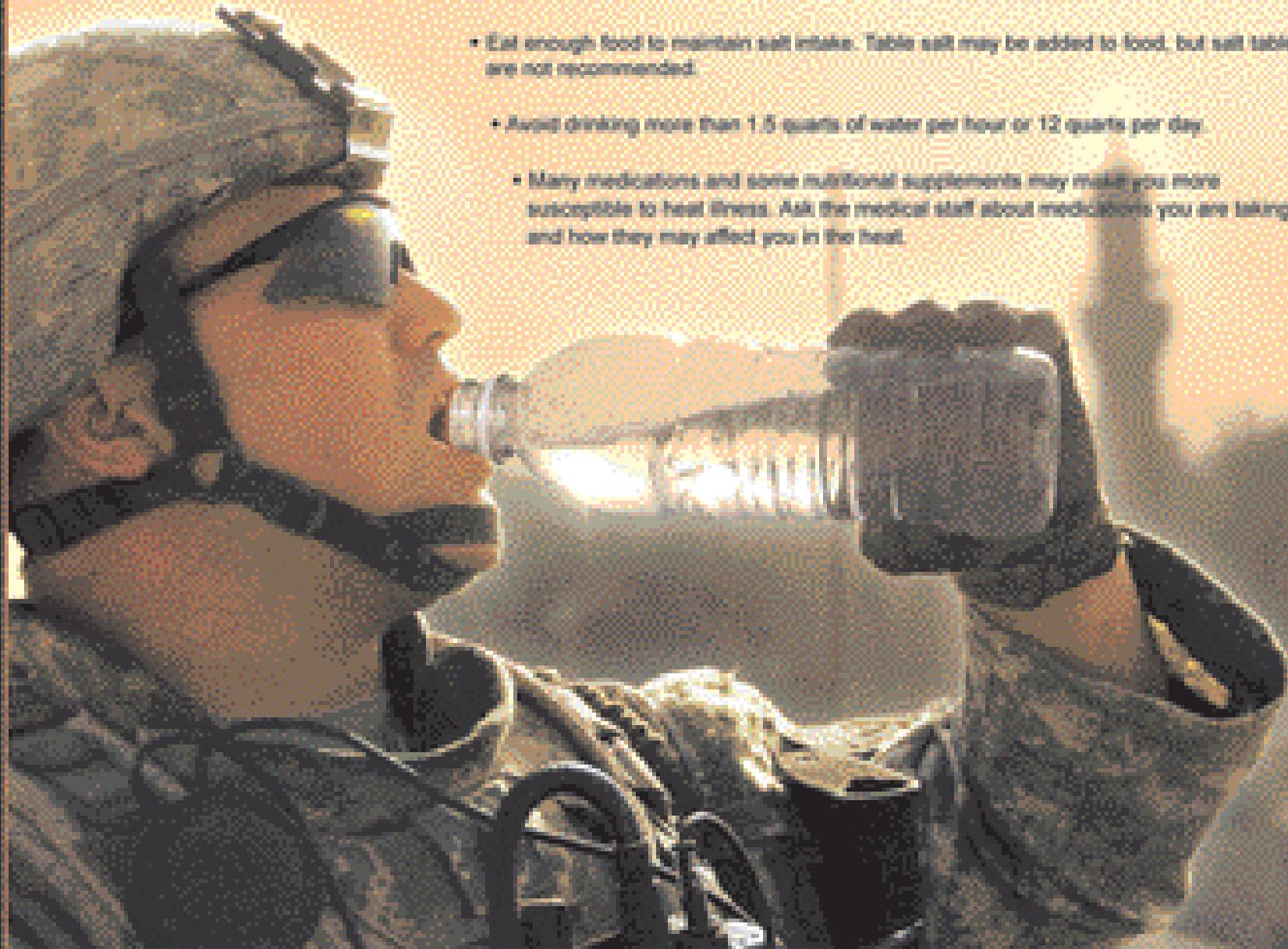
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Prevention Works

- Hydrate! Drink plenty of water to replace the fluid you lose when you sweat.
- Hydrate early - don't wait until you feel thirsty. During exertion your body needs water long before you feel thirsty.
- Maintain good eating habits - don't try low calorie diets while training in a hot environment.
- Remind your buddy to drink. Refill your canteens at every opportunity.
- Monitor your urine output. If it is dark, then you need to drink more water. If, after rehydrating, you are not urinating, then consult medical staff.
- Eat enough food to maintain salt intake. Table salt may be added to food, but salt tablets are not recommended.
- Avoid drinking more than 1.5 quarts of water per hour or 12 quarts per day.
- Many medications and some nutritional supplements may make you more susceptible to heat illness. Ask the medical staff about medications you are taking and how they may affect you in the heat.



Notify medical staff if you:

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

Martha Stewart Living in Iraq

STORY AND PHOTO BY
LT. COL. RENEE A. ROUSE,
UPAR
304TH SUST. BDE.

JOINT BASE BALAD, Iraq
—The 304th Sustainment Brigade and Joint Base Balad have their own Martha Stewart tucked in the H-6 housing area here.

Maj. Gina Garbedian, a native of Los Angeles, moved into her containerized housing unit (CHU) November of 2008, and has made it her home away from home.

“It was like moving into a warehouse,” she said.

She immediately began to think of ways to make it seem a little cozier and more like home. Garbedian said she visualized, “Creating a little sanctu-



Maj. Gina Garbedian, with the 304th Sustainment Brigade, use her creative ingenuity to decorate her containerized housing unit at Joint Base Balad. She used materials around post to create an environment more like home.

ary where I could recharge my battery.”

For her first project, she replaced her mini blinds with curtains made from two bath

towels and a shower curtain. Garbedian found an old piece of pipe in the yard next to the self-help woodshop and cut it down to the appropriate length.

She used ribbon to cover the exposed sides and placed a bow at each end to cover hooks. She said no one could have known these materials were used had she not pointed them out because the curtains looked professional.

“It became like a game for me to find things around post that could be reused,” she said.

As time went by, Garbedian tackled several other projects. She tapped the self-help resources on post and got her husband in on the act by having him go to fabric stores to purchase and ship materials she could use to glamorize her CHU.

When Garbedian went home on leave, she had a lot of ideas for her CHU, she said. She bought foam, fabric, thumb tacks and dust ruffles with plans to use them when she returned to JBB. Much like Martha

Stewart, Garbedian has always drawn inspiration from her surroundings, she said.

Each project took approximately two months to complete, and the final unveiling of the completed CHU took six months.

“I would do a little bit every night,” she said.

Her creative vision resulted in a tastefully decorated CHU in hues of light green and yellow. Garbedian made her own sanctuary in the desert and now shares the knowledge she gained through the interior decorating process.

She said the project showed she is resourceful enough to decorate with limited time and resources.

“I no longer have to wait until I retire to decorate my home,” said Garbedian. “I can do a little bit each night until it is finished.”

858th MCT helps convoys roll out

STORY AND PHOTO BY SPC. LISA A. COPE
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – In an immense yard with staging lanes that hold up to 2,000 vehicles, a giant machine loads connexes onto a flatbed truck. As convoys roll in from the night before, each needs reconsolidation and reorganization to ensure mission success and efficiency.

This is a typical morning for the 858th Movement Control Team located at the Convoy Support Center on Joint Base Balad, where Soldiers and contractors are responsible for accommodating convoys arriving at, and passing through JBB.

The primary job of the MCT is to track each convoy from its starting point until it arrives here. JBB is the central hub of the transportation system in Iraq, meaning the team here is in charge of moving cargo from central Iraq to the rest of the country.

The Soldiers of the CSC work long hours – 12 hours a shift, seven days a week—and maintain the operation 24 hours a day. The CSC moves an average of 12 civilian and military convoys per night through their facilities, with each convoy comprised of up to 500 trucks.

“As far as efficiency, (Central Receiving and Shipping Point) here at JBB is the quickest I’ve seen,” said Air Force Tech. Sgt. Timothy S. Smith, convoy commander for the 424th Medium Truck Detachment, 57th Joint Logistics Task Force.

The 858th operates two traffic control points to help track the convoys, not allowing the convoys to leave until everything is accounted for.

Among the most time-consuming tasks is ensuring trucks do not leave JBB without a full load, said 1st Lt. Randell J. Krug, battle captain for the 858th MCT. Of the 4,000 to 5,000 trucks travelling from Kuwait to Balad every month, less than 1 percent are empty, he said.

The CSC is operated by a mixture of Soldiers, Kellogg Brown and Root Inc. contracted employees and foreign nationals.

“I don’t divide our MCT between KBR and Soldiers,” said Krug. “They are here specifically to augment the



1st Lt. Randall J. Krug, battle captain for the 858th Movement Control Team, and Spc. Carl J. Raymer, movement specialist for the 858th, plan the loading of cargo at the Convoy Support Center at Joint Base Balad, Iraq, August 8.

MCT. They can do everything the Soldiers do.”

“I take a great degree of pride in our high level of quality control,” said Krug.

SHOUT OUT!!!

Contact the Expeditionary Times for more information.
E-mail: expeditionarytimes@iraq.centcom.mil

“Star Trek” lights the screen of Q-West outdoor theater

By CAPT. MURRAY SHUGARS,
UPAR
2/198TH CAB

CONTINGENCY OPERATING LOCATION Q-WEST, Iraq — “Star Trek” (2009), lit the outdoor movie screen in the second of a series of open-air showings here August 9.



Before the 8 p.m. viewing, more than 50 attendees participated in a trivia contest with prizes including a \$25 Army and Air Force Exchange Service gift card, a wooden puzzle box, coupons for free haircuts at the Troya Barber Shop — a Turkish operated salon — and a mystery gift that turned out to be a pair of black lights.

This is the first time in more than a year the outdoor the-

ater has shown movies. Sponsored and coordinated by the 2/198th Combined Arms Battalion’s Morale, Welfare and Recreation directorate, the festive event drew an enthusiastic crowd.

“It’s nice to watch movies outside,” said Staff Sgt. Clarence J. Sipp, an Army National Guard member with Headquarters and Headquarters Company, 2/198th CAB, out

of Senatobia, Miss. “There’s a cool breeze and you get to socialize with people. It’s better than sitting cramped indoors.”

“It was a great movie, and the trivia questions were entertaining, even though I didn’t win anything,” said Sgt. Joshua C. Stroud, human resources noncommissioned officer for the 2/198th CAB, a native of Horn Lake, Miss. “The

MWR should keep up outdoor movie night. It’s the best way to see action movies.”

Resuming outdoor movies is the brainchild of Maj. John B. Herd, director of MWR, 2/198th CAB.

“This is a chance for Soldiers to gather and enjoy a fun-filled evening,” said the Florence, Miss., native. “There are more outdoor movies to follow.”

Speicher Soldiers learn to multitask

By 1ST LT. KAILEY VILCHES, UPAR
70TH TRANSPORTATION Co.
16TH SUST. BDE.

CONTINGENCY OPERATING LOCATION SPEICHER, Iraq — Transportation Soldiers at Contingency Operating Location Speicher, Iraq, are performing a mission very different from the one they originally expected.

The 70th Transportation Company, a Mannheim, Germany-based company assigned to the 264th Combat Sustainment Support Battalion, 16th Sustainment Brigade, was deployed to conduct general cargo and bulk fuel transportation, but were reassigned a month into their deployment to do area and heavy equipment recovery missions.

The 70th performs the mission with multiple functions and requirements. Half the company is responsible for recovering disabled vehicles out of Speicher, while a small detachment performs heavy equipment transporter recovery missions at COL Marex-East.

The unit, deployed since July of 2008, had to adapt to changes including security agreements, base closures and share the road policies.

Experienced personnel enabled the company to successfully adapt to its new mission and structural outfitting.

Staff Sgt. Jack V. Hervey, HET recovery non-commissioned officer in charge, a Water Valley, Miss., native, said before arriving at Marex, his experience on the HET system was very limited.

“Before you knew it I was changing (trailer tires), doing roll-outs on the trailer — in order to make sure the bogies were all in a straight line — and winching and un-winching disabled vehicles,” said Hervey.

Master drivers and truck masters in the unit were challenged to run a drivers’ training program to train and license recovery escort personnel to standard on the various tactical vehicles within the section.

Heavy-wheeled operators in recovery escort undergo this training for HET systems, wreckers, armored security vehicles, mine resistant ambush protected vehicles and humvees.

These Soldiers can then successfully perform non-standard missions outside the scope of their normally assigned duties and responsibilities, said Hervey. He said this emboldens the unit with a sense of pride and confidence.

“In today’s Army, the ability to train on, and proficiently execute, unfamiliar tasks has become second



Courtesy photo

Soldiers from the 70th Transportation Company, 16th Sustainment Brigade, out of Mannheim, Germany, work to load a heavy equipment transporter. The unit’s mission transitioned into HET recovery from cargo and fuel transport operations shortly after their arrival at Contingency Operating Location Speicher, Iraq.

nature,” Hervey said. “However, few units accomplish this exceptionally well. Those that do achieve superior morale.”

The HET system requires 80 hours of training and drive time for licensing, and is often used for vehicle recovery.

The 70th also had to adapt to the changing policies that govern practices and standards of operation, due to many socio-political and strategic military factors.

Iraqi police and security forces were strengthened and transitioned into manning checkpoints. These actions were immediately noted in recovery escort operations.

“From what I could see, they were up on their tactics, techniques and procedures and maintained visual gun truck security until the vehicle being recovered was secured,” said Spc. Richard Crow, a heavy-wheeled vehicle operator from Conway, Ark.

Other significant changes occurred during the transportation company’s deployment. One that affected operations was the share the road policy, which allowed Iraqis to travel through and pass military convoys on the road.

Another change was the June 30, 2009, deadline for withdrawal of Coalition forces from major cities in Iraq.

The experiences of the Soldiers of the 70th Transportation Co. this deployment were by no means unique during Operation Iraqi Freedom 08-10. Units throughout Iraq have adapted to similar challenges during this transitional time.

Soldiers from the 70th said they have narrowed down the keys to success, which can be achieved by any disciplined force: adaptability, flexibility in developing progressive techniques and the ability to swiftly execute missions in a rapidly evolving environment.

514th is jack-of-all-trades for JBB

STORY AND PHOTOS BY
SPC. BRANDY M. OXFORD
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – With a mission “unlike” any other ordnance company assigned to Joint Base Balad, the Soldiers of the 514th Ordnance Company, out of Fort Drum, N.Y., have learned to adapt as they perform a myriad of missions not organic to their organization.

The 180-man company operating here and at Contingency Operating Location Speicher, Iraq, runs an artillery support center, a woodshop, a metal fabrication shop, and other direct support shops that manage mechanical missions from performing preventative maintenance checks on vehicles, to changing out large components, to providing maintenance support to convoys passing through JBB, said 1st Sgt. Vincent L. Autry.

“This is a really large mission,” he said. “We’re a maintenance company, so pretty much anything that needs repair – weapons, electronics, vehicles – we are capable of repairing.”

Autry said the company is highly diverse, but works well as a team to accomplish each mission efficiently.

One of their most grueling missions is heavy equipment transport trailer repair, which takes a team of 10 Soldiers an average of 20 days per trailer, Autry said.

The unit is also responsible for repairing connexes across base and oth-



Pfc. Colby D. Herndon, from Dolthan, Ala., welds a hazardous material cage at the 514th Ordnance Company's Allied Trades metalworking shop.

er parts of Iraq in preparation for the drawdown from the country in the coming months, Autry said.

Across from the connex repair group, the unit's metalworkers fabricate flagpoles, grills, hazardous material cages

and other unit requested items.

Allied Trades, as named by the Army and managed by Staff Sgt. Margaret A. Armstrong, of Hazelton, Pa., has grouped together metalworkers, machinists and woodworkers to ensure all requests are completed and delivered.

She said this diverse group includes an artist and rapper, a work horse, a good old southern boy and a number of other characters who make the job entertaining.

“We have every imaginable personality,” she said.

Spc. Dominick C. Brown, the artist and rapper from Los Angeles who painted the unit's T-wall, said this is his third time in Iraq and he enjoys the increased level of organization this time around.

He said the unit knows how to enjoy their work as they do it.

“It can get exciting,” he said. “We like to have fun, but at the same time, do work.”

Brown's woodworking counterparts find fun in special projects, such as replicating an old wooden chair without a blueprint.

Sgt. Steven L. Gorzell, from Lake City, Calif., is building a curing box to allow varnish and lacquer to dry more quickly by using Plexiglas to block dust

and use sunlight to speed the drying process, he said.

“There's not a whole lot we can't do,” he said. “We've done roofing, construction, furniture, glass ... a dominoes board.”

Gorzell, who has done this work on three deployments, said he had to buy his tools in the past, but fell in on a good shop with useful equipment on this deployment. He said he appreciates the hand-me-down shop and the two Soldiers he works with there.

Down the road, the unit's artillery support center provides small arms and field artillery support along with fire control, said Sgt. Joshua J. Cardwell, from Scranton, Pa. He said his office may soon help convoys as they pass through JBB's Small Arms Support Center

“Small arms goes from 9mm to 25mm on the Bradleys,” he said. “They're contemplating starting up that (quality assurance/quality control) mission where we'll take over the weapons portion of that too, for convoys coming in through the gate.”

The 514th's Soldiers at the SASC also service and exchange weapons for units that pass through JBB, Cardwell said.

Although their missions are widespread and varied, Autry said he has complete faith in his unit's ability to complete them.

“We're willing to provide support to anyone on JBB, as well as anyone that passes through JBB and needs assistance,” Autry said. “As far as the mission, we're going to succeed. That's just how this company is.”



Sgt. Steven L. Gorzell, from Lake City, Calif., builds a curing box at the 514th Ordnance Company's Allied Trades woodworking shop. The box will help varnish and lacquer dry more quickly by using Plexiglas to block dust and using sunlight to speed the drying process.

Green Tab Huddle brings

STORY AND PHOTOS BY SPC. JOHN STIMAC
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – It was a busy three days for senior leaders of the 49th Transportation Battalion as they hosted their 20 Movement Control Team leaders during their first Green Tab Huddle Aug. 10-12 here.

During the GTH, the battalion commander and his staff imparted mission related guidance and training upon MCT's senior leaders.

The 49th, a Fort Hood, Texas, unit, organic to the 13th Sustainment Command (Expeditionary), is responsible for providing command and control for 20 MCTs, including Air Force, Army Reserves and Regular Army, operating in 17 locations across the Multi-National Corps-Iraq battle space.

The battalion also provides movement control and highway regulation for the 13th ESC and MNC-I to ensure the effective movement of cargo, personnel and units according to command priorities.

"It had such a tremendous impact on movement control team leadership that the 49th decided to continue the program and take it to a higher, 'team building' level," said Master Sgt. Joseph Sepulvado, 49th Trans. Bn., operations noncommissioned officer in charge of the program originally started by the 330th Transportation Battalion.

Sepulvado said the intent of the GTH was to provide subordinate commanders and detachment sergeants an opportunity to gain professional development as well as receive additional mission related training.

The meeting began with a message from Command Sgt. Maj. Joseph L. Bivens, 49th senior enlisted advisor, and Alabaster, Ala. native.

"Our goal is to accomplish our mission, protect our Soldiers, Airmen and civilians throughout our stay here," he said.

Day one included battalion commander and command sergeant major's counseling sessions with their respective commanders and detachment sergeants.



Capt. Timothy Crispin, 612th Movement Control Detachment commander out of contingency operating location Adder, Talil, Iraq, connects on a base hit during the 6th inning of the commanders versus detachment sgts. softball game that started off the day's events for the Green Tab Huddle here at Joint Base Balad Aug. 12. The officers were victors in a hard fought 12-5 game.



(From left) CW2 David Marriott, 514th Maintenance Company, a St. Petersburg, Fla. native, Spc. Jason Kelley, 111th Multi-Functional Medical Battalion, an Erie, Pa. native and John Williams, assistant deputy site lead, 402nd AFSB, an Austin, Texas native, perform a song at the 49th Trans. Bn. prayer breakfast here at Joint Base Balad Aug. 11.

Leadership staff also had the opportunity to meet the Soldiers under their command and staff supervisors from Kellogg, Brown and Root Inc.

Day two began with a prayer breakfast, led by Capt. Carlos A. Molina, the 49th Trans chaplain, with a focus on leadership and its values.

Lt. Col Peter M. Haas, the battalion commander, presented his list of four priorities he felt every MCT commander and detachment sergeant should know: accomplish the mission, protect service members and civilians, improve operations and conduct transfers of authority.

"Interaction with fellow detachment sergeants and commanders may be the most beneficial thing you get out of this Green Tab Huddle," said Haas.

KBR managers and supervisors discussed their involvement and responsibilities within the battalion.

"KBR and the Army work as a team," said Haas. "The responsibility falls on the Army, but without KBR, we could not complete our mission."

John Worthy, KBR logistics manager, echoed the same sentiments. "We are not successful unless the Army is successful. We are working closely with



ings leaders together

the battalion operations officer and we aim for full integration.”

The GTH was not all business, however. A softball game pitting commanders against detachment sergeants got things going early on Aug. 12; the officers won with a final score of 12-5.

Brig. Gen. Paul L. Wentz, commanding general, 13th ESC, dined with the GTH participants at the luncheon that marked the end of the conference and spoke about the upcoming drawdown of logistical forces throughout Iraq and the reduction of personnel here by August of 2010.

Haas ended the GTH with a reminder for the leaders to stay engaged, to know what's going on in their Soldiers' lives and to maintain discipline and standards in all facets of operations.



Col. K. Knowles Y. Atchison, deputy commander, 13th Sustainment Command (Expeditionary) talks to the leaders of the 49th Transportation Battalion at the Green Tab Huddle luncheon held here at Joint Base Balad Aug. 11.



Capt. Carlos A. Molina, chaplain, 49th Transportation Battalion gives words of encouragement on leadership to the attendees of the Green Tab Huddle prayer breakfast here at Joint Base Balad Aug. 11.



(From left), Lt. Col Peter M. Haas, 49th Transportation Battalion commander, Brig. Gen. Paul L. Wentz, commanding general, 13th ESC, and Command Sgt. Major Mark D. Joseph, senior enlisted advisor, 13th ESC field questions from the participants in the Green Tab Huddle luncheon here at Joint Base Balad Aug. 12. This was the final day of the three day event.

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WE STAND TOGETHER

First Joint DFAC in the AOR opens at JBB

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

JOINT BASE BALAD, Iraq – While Joint Base Balad is both an Army and Air Force installation, there are few, if any, truly joint operations here where Soldiers and Airmen work directly hand-in-hand.

That all changed when the first dining facility in the Iraqi Theater staffed by both Soldiers and Airmen began daily operation this month.

The 72,000 square foot Mirage Dining Facility, commonly known as DFAC 2, opened last month.



Master Sgt. Tilwanja Lucas, manager, Dining Facility 2, Sustainment Services Flight, 332nd Expeditionary Force Support Squadron, 332nd Air Expeditionary Wing, and Sgt. 1st Class Richard L. Grays, assistant manager, DFAC 2, 72nd Expeditionary Signal Battalion, check over the preparation of food at the 72,000 square foot Mirage Dining Facility at Joint Base Balad.

Currently it serves 6,500 meals a day and when it's running at capacity will be able to serve more than 18,000 meals every day. The facility goes through about \$1.7 million worth of groceries every week.

"With this super-sized dining facility we foresee being able to easily serve 6,000 meals per three-hour meal period, even though our LCD flat screens do make it hard for some diners to leave," said Master Sgt. Tilwanja Lucas, manager, Dining Facility 2, Sustainment Services Flight, 332nd Expeditionary Force Support Squadron, 332nd Air Expeditionary Wing.

The 16 Airmen and nine Soldiers who make up the contracting officer technical representative team help each other to see the bigger picture.

"We're very glad to have the opportunity to pull a joint operation," said Senior Master Sgt. Carl W. Loveless, superintendent, SSF, 332nd EFSS, 332nd AEW.

"The Soldiers are a stellar team; they bring a lot of food service expertise to the table," he said.

For many of the Soldiers and Airmen, this is the first time they have worked in a joint environment. They are able to solve problems more efficiently and assist each other when dealing with inter-services issues.

"It's interesting to work with the Air Force for the first time," said Sgt. 1st Class Richard L. Grays, assistant manager, DFAC 2, 72nd Expeditionary Signal Battalion.

"It's a great opportunity," he said. "We can mesh a lot of the experience that we have and our guys can learn a lot about the customs and courtesies of the Air Force."

The Soldiers and Airmen provide oversight for the third-country-national staff. They assist in every step of the process, from food preparation, to serving, to clean-up. The service members ensure every task is



The first dining facility in the Iraqi Theater staffed by both Soldiers and Airmen began daily operation this month here at Joint Base Balad. The 72,000 square foot Mirage Dining Facility currently serves 6,500 service members a day, and at capacity is able to serve 18,000 service members a day.

done to standard so as to best serve the consumer.

"The toughest thing our guys have to deal with is the language barrier with the workers," said Grays, "but it's a great facility and we're getting around these minor hurdles so we can serve the Soldier."

The previous location of Dining Facility 2 was closed due to force protection issues and Dining Facility 3 is slated to be closed Aug. 31 for the same reasons.

"The mortar shielded structure provides better protection for the warfighters than the previous location which required evacuation to the bunkers," said Lucas.

The new DFAC 2 will serve as the consolidated food service center for all service members who previously dined at DFAC 3.

A shuttle will run from Housing Area 7 to DFAC 2 during meal times beginning Aug. 31.

From American Soldier to American citizen

STORY AND PHOTO BY
STAFF SGT. KIMBERLY D. CALKINS,
UPAR, 138TH QM SUPPORT CO.,
10TH SUST. BDE

AL ASAD AIRBASE, Iraq – A Soldier's dream of citizenship came true in a ceremony at Al-Faw Palace in Baghdad, July 4.

From Angeles City, just north of Manila, Philippines, near Mount Pinatubo, Spc. Genesis Liwanag, a mechanic with the 138th Quartermaster Support Company, could only dream of U.S. citizenship.

Liwanag came to the United States in 2004 when his aunt petitioned to be his sponsor for citizenship.

He was forced to leave his wife and daughter behind in order to pursue his dream.

With a permanent resident card in hand, Liwanag secured a job as a service manager with Wal-Mart Automotive and joined the Indiana Army National Guard in November 2007.

During his mobilization training for Iraq, Liwanag started the paperwork to become a U.S. citizen. Little did he know his dream would come true in a country where freedom was still being established.

After the paperwork was processed and passport pictures taken, Liwanag traveled to Baghdad for his naturalization ceremony. Liwanag capped off this very special day by shaking hands with Vice President Joe Biden and receiving a coin from Gen. Raymond Odierno, commanding general, Multi-National Force – Iraq.

He also received an American flag from Command Sgt. Maj. Lawrence Wilson, senior enlisted advisor, MNF-I.

"It was very overwhelming, but fun," said Liwanag.

More than 230 service members from all branches were sworn in together as citizens of the United States.

The dream does not end there for Liwanag. His long-term dream is to achieve citizenship for his wife and daughter. In order to do so, he will become a sponsor for them.

Liwanag is saving as much of his deployment income as possible. When asked what freedom meant to him, he jokingly replied, "I legally get to pay taxes – that is a good thing."

Liwanag will return to Angeles City during his leave time and celebrate with his family.

Upon his return to Indiana in December 2009, Liwanag wants to pursue a technician position with the Indiana Army National Guard.



Maj. Gen. R. Martin Umbarger, Adjutant General, Indiana National Guard, congratulates Spc. Genesis Liwanag, mechanic, 138th Quartermaster Support Company, on becoming a U.S. citizen. Liwanag, originally from the Philippines, was granted citizenship on July 4, 2009, during a ceremony held in Baghdad.

JBB Fire Department holds Fire Muster

STORY AND PHOTOS BY
SPC. MICHAEL V. CAMACHO
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – The Joint Base Balad Fire Department held this year's second Fire Muster Aug. 9, at the H-6 recreation area here.

The Fire Muster consists of activities for both teams and individuals to compete against each other in events simulating firefighting tasks.

The muster showcases some of the

job skills firefighters perform, said Air Force Tech. Sgt. Jason Bernard, a JBB FD station chief.

The events are a competitive way for teams from different service branches to compete against each other while building camaraderie amongst themselves, he said.

"It's Sunday, it's 110 degrees and it's a day off," said Staff Sgt. Joshua Sekutara, leader of team El S-4 and a supply sergeant with the 163rd Military Intelligence Battalion. "It builds morale and it's a challenge, and we like challenges."

Almost 10,000 gallons of water were used during the events, said Bernard, for filling buckets, fueling hoses and adding to the overall realism.

The Drag and Carries event is a simulated victim movement, where teams have to buddy-carry each other and then team-lift a dummy.

In the Bucket Brigade event, teams must use buckets to throw water on a "burning" house.

The main event was the Fire Fighter Combat Challenge, which tests strength and physical



Airmen navigate through pylon cones while carrying a dummy on a litter to simulate casualty movement.



Spc. Kristina Heller, a Ham Lake, Minn. native, with the 874th Human Resources Company, drags a fire hose down the length of a basketball court during the Fire Fighter's Combat Challenge, during the Fire Muster at Joint Base Balad Aug. 9.

endurance, said Bernard. Here, individuals must perform the same motions and actions a fire fighter would when responding to a major fire emergency, all while wearing body armor and a helmet, said Bernard.

Approximately 30 teams participated in the Fire Muster, with all branches represented, said Bernard.

The turnout was good and the participation from the service members was motivating, he said.



(From back to front) Team El S-4: Spc. Osvaldo Martinez, Sgt. Bernice Macias, Spc. John Green and Staff Sgt. Joshua Sekutara, all from the 163d Military Intelligence Battalion, move out in line with buckets at the ready in the Bucket Brigade competition, where teams must douse a "burning" house, as part of the Fire Muster that took place at Joint Base Balad Aug. 9. The event is complete when the water thrown from the buckets drains and fills a barrel.



Staff Sgt. Joshua Sekutara, supply sergeant with the 163d Military Intelligence Battalion, throws a bucket of water on a "burning" house during the Bucket Brigade competition at the Fire Muster held at Joint Base Balad Aug. 9.

Fuel bugs become water dogs

STORY AND PHOTO BY SPC. MICHAEL V. CAMACHO
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – Soldiers drink it every day, but how many wonder where it comes from, or how it is processed to make it drinkable?



The 102nd Quartermaster Company from Fort Campbell, Ky., can answer that. Originally a fuel supply unit, the 102nd now conducts water supply and purification operations for Soldiers on the contingency operating locations surrounding Joint Base Balad.

Before deploying to Iraq, the 102nd sent teams to Fort Story, Va., where they received training on how to operate and maintain a Reverse Osmosis Water Purification Unit, said Sgt. Daniel Robosky, a 102nd QM Co. ROWPU operator.



Pfc. Kashif McCormick, a Springhill, Fla. native, and ROWPU operator with the 102nd QM Co., attaches raw water hoses into the ROWPU.

“Essentially, the systems are the same,” said Robosky. “The filters are different and the processes are slightly different, but it was a really easy transition from fuel.”

With the change from fuel to water, the 102nd received assistance from Soldiers from other units with extensive experience in ROWPU operations.

“There are two really good NCOs from the 910th QM Co. here, Staff Sgt. (Douglas) Robinson and Sgt. (Ron) Edison, who have been giving us a lot of help and teaching us how to operate the things better than how we were trained,” said Spc. Samuel Carney, a Paris, Ohio native, and 102nd QM Co. ROWPU operator.

While Kellog, Brown and Root Inc. processes the potable water on JBB, the 102nd is responsible for potable water on surrounding COLs Normandy, Caldwell and Poliwoda. The water is processed on site where it can be used for showers and other running water facilities, said Robosky.

The water comes from local, natural sources such as canals and wells, then it is processed and made into water Soldiers can use, said Capt. Charles Allen, 102nd QM Co. commander.

“It makes us feel good that we can supply water to everybody out here,” said Carney.

Maintenance Topic of the Week



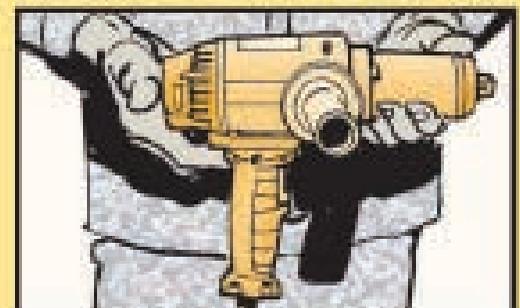
Dear Hal-Mast,
We have to be “NASCAR quick” out there to change tires on our M1114s. That’s why I’m searching for a good portable impact wrench, but I haven’t found one yet. Can you help?

1LT L.A.

Dear Lieutenant L.A.,
Either NSN 5130-01-536-6492 or NSN 5130-01-363-0964 will get you a good portable, electric impact wrench. But you’ll need to buy a 7/8-in socket to remove the lug nuts since the socket you need isn’t provided. Use NSN 5130-01-400-0177 to get the socket.

The additional authorization list (AAL) in TAF 9-2320-387-10 will be updated to reflect these NSNs.

Hal-Mast



NSN 5130-01-536-6492 or NSN 5130-01-363-0964 brings a good portable, electric impact wrench

Training scenarios keep medics on point

STORY AND PHOTO BY
SGT. RYAN TWIST
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq—Medics rush to the casualty lying motionless on the ground. They assess the situation, check for vital signs, and begin to treat the patient, hoping to save a life.

The 284th Area Support Medical Company Emergency Response Team is responsible for providing health services to Joint Base Balad. As such, they simulate scenarios like the one above, to maintain a high level of proficiency.

"We're continuously training ourselves so that we can be proficient out in the field," said Spc. Tocarra L. Brown, a medic with the 248th ASMC ERT. "We make sure we know all the procedures to take."

Brown said the unit has drills to help them practice placing intravenous lines and performing patient assessments to keep their skills honed.

"I constantly review our patient assessment and past trip logs to see what instances occur more than others," said Spc. Thomas A. Jones, a medic with the 248th. "You have to know where you're going before you pull out of the bay."

Sgt. 1st Class Phillip M. Reynolds, platoon sergeant for the 248th's ERT, said they are



Spc. Anthony J. Raines, a native of Savannah, Tenn., with the 248th Area Support Medical Company Emergency Response Team, gives air to the casualty, Sgt. 1st Class Phillip M. Reynolds, platoon sergeant with the 248th ASMC ERT, during a training scenario here at Joint Base Balad Aug. 13. Training scenarios like this one help hone the medical skills of Soldiers assigned to the company's emergency response team

starting to deal with more non combat-related injuries. Therefore, the ASMC trains more like civilian emergency agencies in order to handle different types of emergencies.

"The biggest difference I have found in Iraq is dealing with

the environment," said Jones, of his second deployment here. "The dust is the big problem; it not only covers all the equipment, the people who live here breathe it in constantly."

"It also alters our perceptions of what signs and symp-

toms are present, as a lot of them have upper respiratory problems because of the dust," he said.

To help them in their mission, the ERT communicates with the fire department, police and those who work at the

hospital, finding out what they have to offer each other, said Jones.

"My favorite part of the job is actually going out and helping the people who need it," said Brown.

Senior enlisted meet with CSM

BY SGT. RYAN TWIST
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – A meeting with the senior enlisted corps of the outgoing 3d Sustainment Command (Expeditionary) and the incoming 13th Sustainment Command (Expeditionary) was held at the Provider Chapel Annex Aug. 7.

Command Sgt. Maj. Lawrence Wilson, Multi-National Force-Iraq's command sergeant major, expressed his praise for a job well done by the noncommissioned officers corps of the 3d ESC.

Wilson said the NCOs enabled the

fight; that it could not have been done without them. The accomplishments of the Logistics Training and Advisory Teams, who trained the Iraqi logisticians on requesting, moving and tracking supplies, was greatly appreciated, he said.

He then welcomed the 13th ESC, saying he knows they are highly trained and ready for the task at hand.

As Wilson addressed the assembled NCOs, he shifted focus to the entire group, saying he was there "To preach strategy today, not tactics."

Wilson said he encourages every NCO to read security articles and get a good vision of where the military is headed in the upcoming years. He said focus has shifted, with brigade combat teams switching to an advise-and-assist type of

mentality.

"You and your warriors are going to make this happen," Wilson told 13th's NCOs.

He also said the structure of the force is going to change; that there will no longer be a Multi-National Force-Iraq but a consolidated command of all troops on ground.

However, as the structure of military operations in theater change, the backbone of the Army stays the same, said Command Sgt. Maj. Mark D. Joseph, 13th ESC command sergeant major.

"I would like NCOs to remain vigilant and professional as we take on this new mission and prepare for the responsible drawdown," said Joseph.

He then thanked the 3d ESC for a safe

and successful 15-month deployment.

Wilson told the 3d ESC to go home and tell their stories, to take pride in their accomplishments in Iraq, and share their experiences with their communities.

He also put emphasis on both the individual and the family at home.

"How can you take care of them, if you haven't cared for yourself," he said. "Take care of each other, take care of yourselves."

Joseph said it will take the leadership of every NCO in theater to execute the drawdown in a safe and timely fashion.

"Remember we are the backbone of the Army and this is the year of the NCO," said Joseph. "No one is more professional than I."

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

Sudoku

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

Level: Hard

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

Last weeks answers

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

TEST YOUR KNOWLEDGE

1. How many swings of the ax did Sir Walter Raleigh's executioner require?
2. What U.S. president advised: "If you can't stand the heat, get out of the kitchen"?
3. What was the first war in which one jet plane shot down another?
4. What physicist's last words were not understood because his nurse did not speak German?
5. What president had to read a news ticker to discover that his daughter Luci was engaged?

1. Three 2. Harry S. Truman 3. The Korean War 4. Albert Einstein's 5. Lyndon B. Johnson

JOINT BASE BALAD WORSHIP SERVICES

TRADITIONAL

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

GOSPEL

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

CONTEMPORARY

Sunday	0900	Chapel-Next Iraq/MWR East
	1030	Gilbert Memorial Chapel (H-6)
	1400	Castle Heights (Bldg 4155)
	1900	Freedom Chapel (West Side)
Wednesday	2000	Gilbert Memorial Chapel (H-6)

HISPANIC PROTESTANT

Saturday	1930	Provider Chapel
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LITURGICAL -Episcopal, Anglican, Presbyterian

Sunday	1500	Gilbert Chapel (H-6)
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SEVENTH DAY ADVENTIST

Saturday	1000	Provider Chapel
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CHURCH OF CHRIST

Sunday	1530	Castle Heights (Bldg 4155)
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LATTER DAY SAINTS-(MORMON)

Sunday	1300	Provider Chapel
	1530	Freedom Chapel (West Side)
	1900	Gilbert Memorial Chapel (H-6)

MASS

Saturday	1700	Gilbert Memorial Chapel (H-6)
		(Sacrament of Reconciliation Sat 1600 or by appointment)
	2000	Freedom Chapel (West Side)

Sunday	0830	Gilbert Memorial Chapel (H-6)
	1100	Provider Chapel
	1100	Air Force Hospital Chapel
Thu	1100	Air Force Hospital Chapel

Mon, Wed, Fri	1700	Gilbert Memorial Chapel (H-6)
Mon-Fri	1130	555th Engineer Brigade Bldg 7200

JEWISH SHABBAT SERVICES

Friday	1700	Gilbert Memorial Chapel (H-6)
Saturday	0930	Gilbert Memorial Chapel (H-6)
Saturday	1700	Gilbert Memorial Chapel (H-6)

ISLAMIC PRAYER

Friday	1230	Provider Chapel
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PAGAN/WICCAN FELLOWSHIP

Thursday	1900	The Shack
Saturday	1900	The Shack

GREEK ORTHODOX

Sunday	0900	Provider Annex
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For Further Information Please Call:

Gilbert Chapel: 443-7703
 Provider Chapel: 433-2430
 Freedom Chapel: 443-6303

JB BALAD ACTIVITIES

INDOOR POOL Swim Lessons: Mon., Wed., - 6 p.m. Tue., Thu., Sat., - 6:30 p.m. Aqua Training: Tue., Thu., - 7:30 p.m., 8:30 p.m.	a.m., 5-6 p.m. Edge Weapons & Stick Fighting Combative Training: Tue., Thur., Sat., - 8-10 p.m.	p.m. Caribbean Night: Friday- 8 p.m. Chess & Dominoes Tourney: Friday- 8 p.m. Salsa Class: Saturday- 8:30 p.m. Poker: Tue., Thu., - 7 p.m.	CC Cross Fit: Monday- Saturday- 10:30 p.m. Cross Fit: Mon., Wed., Fri., - 5:45 a.m., 7 a.m., 3 p.m. Tue., Thu., - 7 a.m., 3 p.m.	Hold'em: Mon., Fri., - 2 p.m., 8:30 p.m. 8-ball tourney: Tuesday- 2 a.m., 8:30 p.m. Ping-pong tourney: Tuesday- 8:30 p.m. Spades: Wednesday- 2 a.m., 8:30 p.m. Salsa: Wednesday- 8:30 p.m. 9-ball: Thursday- 2 a.m., 8:30 p.m. Karaoke: Thursday- 8:30 p.m. Yoga: Wednesday- 8 p.m. MACP Level 1: Friday- 8 p.m. 5 on 5 Basketball: Saturday- 8 p.m.	Ping-pong tourney: Tuesday- 8 p.m. Foosball tourney: Tuesday- 8 p.m. Jam Session: Tuesday- 7:30 p.m. 8-ball tourney: Wednesday- 8 p.m. Guitar Lessons: Thursday- 7:30 p.m. Game tourney: Thursday- 1 p.m., 8 p.m. Enlisted Poker: Friday- 1 p.m., 8 p.m. Officer Poker: Saturday- 1 p.m., 8 p.m. Squat Competition: Saturday- 8 p.m.	Friday- 7 p.m. Aerobics: Monday, Wednesday, Friday- 7 p.m. Body by Midget Toning Class: Tue., Thu., - 7 p.m. Dodge ball Game: Tuesday- 7:30 p.m. Furman's Martial Arts: Mon., Wed., Sun., - 1 p.m. Gaston's Self-Defense Class: Fri., Sat - 7 p.m. Open court basketball: Thursday- 7 p.m. Open court soccer: Mon., Wed., - 7 p.m. Zingano Brazilian Jiu Jitsu: Tue., Thu., - 8:30 p.m.
EAST REC- REACTION CENTER 4-ball tourney: Sunday- 8 p.m. 8-ball tourney: Monday- 8 p.m. Karaoke: Monday- 8 p.m. Fri., - 2 a.m., 8 a.m. 2 p.m., 7 p.m., 9 p.m. Tue., Thu., - 5:45 a.m., 8:30 p.m.	EAST FIT- NESS CENTER Open Court Volleyball: Sunday- 6 p.m. Aerobics: Mon., Wed., Fri., - 5:30-6:30 a.m. Yoga Class: Mon., Fri., - 6-7 a.m.	H6 FITNESS CENTER Spin: Sunday- 9 a.m. Monday- Wed., a.m., 4 p.m., 10 p.m. 12 a.m. Soccer: Tue., Thu., - 8 p.m. Wednesday- 8 p.m. Saturday- 9 a.m., 7 p.m. Boxing: Sunday- 4 p.m. Tue., Thu., - 2 p.m. Boot Camp: Sunday- 8:45 a.m. Tue., Thu., - 7 p.m. Power Abs: Mon., Tue., Thu., - 8 p.m. Friday- 9 p.m.	Monday- Saturday- 4:30 a.m., 4 p.m., 10 p.m. 12 a.m. Soccer: Tue., Thu., - 8 p.m. Wednesday- 8 p.m. Saturday- 9 a.m., 7 p.m. Boxing: Sunday- 4 p.m. Tue., Thu., - 2 p.m. Boot Camp: Sunday- 8:45 a.m. Tue., Thu., - 7 p.m. Power Abs: Mon., Tue., Thu., - 8 p.m. Friday- 9 p.m.	Monday- Saturday- 4:30 a.m., 4 p.m., 10 p.m. 12 a.m. Soccer: Tue., Thu., - 8 p.m. Wednesday- 8 p.m. Saturday- 9 a.m., 7 p.m. Boxing: Sunday- 4 p.m. Tue., Thu., - 2 p.m. Boot Camp: Sunday- 8:45 a.m. Tue., Thu., - 7 p.m. Power Abs: Mon., Tue., Thu., - 8 p.m. Friday- 9 p.m.	Monday- Saturday- 4:30 a.m., 4 p.m., 10 p.m. 12 a.m. Soccer: Tue., Thu., - 8 p.m. Wednesday- 8 p.m. Saturday- 9 a.m., 7 p.m. Boxing: Sunday- 4 p.m. Tue., Thu., - 2 p.m. Boot Camp: Sunday- 8:45 a.m. Tue., Thu., - 7 p.m. Power Abs: Mon., Tue., Thu., - 8 p.m. Friday- 9 p.m.	Monday- Saturday- 4:30 a.m., 4 p.m., 10 p.m. 12 a.m. Soccer: Tue., Thu., - 8 p.m. Wednesday- 8 p.m. Saturday- 9 a.m., 7 p.m. Boxing: Sunday- 4 p.m. Tue., Thu., - 2 p.m. Boot Camp: Sunday- 8:45 a.m. Tue., Thu., - 7 p.m. Power Abs: Mon., Tue., Thu., - 8 p.m. Friday- 9 p.m.

UPCOMING SPORTS ON AFN



Wednesday 8/19/09

Atlanta Braves @ New York Mets, Tape Delayed 12 a.m. AFN/sports
 Seattle Mariners @ Detroit Tigers, Tape Delayed 6 a.m. AFN/sports
 Kansas City Royals @ Chicago White Sox, Live 11 a.m. AFN/sports
 Atlanta Braves @ New York Mets, Live 7 p.m. AFN/xtra
 Chicago Cubs @ San Diego Padres, Live 7 p.m. AFN/xtra

Thursday 8/20/09

MLS Game of the Week: Los Angeles Galaxy @ Chicago Fire, Tape Delayed 12 a.m. AFN/sports
 St. Louis Cardinals @ Los Angeles Dodgers, Tape Delayed 5 a.m. AFN/sports
 NFL Preseason - Week 2: Philadelphia Eagles @ Indianapolis Colts, Live 5 p.m. AFN/sports

Friday 8/21/09

NFL Preseason - Week 2: Cincinnati Bengals @ New England Patriots, Tape Delayed 8 a.m. AFN/sports
 Chicago Cubs @ Los Angeles Dodgers, Live 7 p.m. AFN/prime pacific
 Detroit Tigers @ Oakland Athletics (JIP), Live 7:30 p.m. AFN/xtra

Saturday 8/22/09

Philadelphia Phillies @ New York Mets, Tape Delayed 12 a.m. AFN/sports
 New York Yankees @ Boston Red Sox, Tape Delayed 5 a.m. AFN/sports
 NFL Preseason - Atlanta Falcons @ St. Louis Rams, Tape Delayed 9 a.m. AFN/prime atlantic
 Los Angeles Angels @ Toronto Blue Jays, Live 10 a.m. AFN/sports
 NASCAR Rolex Series: Porsche 250 (Barber Motorsports Park, Birmingham, AL), Tape Delayed 10 a.m. AFN/xtra

Sunday 8/23/09

Texas Rangers @ Tampa Bay Rays, Tape Delayed 12 a.m. AFN/sports
 Philadelphia Phillies @ New York Mets, Tape Delayed 3 a.m. AFN/xtra
 HBO Boxing After Dark: Juan Diaz vs Paul Malignaggi (Toyota Center, Houston, TX), Tape Delayed 4 a.m. AFN/sports
 Toronto FC @ Chivas USA, Tape Delayed 6 a.m. AFN/xtra

Monday 8/24/09

Seattle Sounders FC @ Houston Dynamo, Live 3:30 a.m. AFN/xtra
 San Francisco Giants @ Colorado Rockies, Tape Delayed 10 a.m. AFN/xtra
 NHRA Full Throttle Drag Racing Series: Toyo Tires NHRA Nationals (Reading, PA), Tape Delayed 5 p.m. AFN/xtra

Tuesday 8/25/09

Tampa Bay Rays @ Toronto Blue Jays, Live 2 a.m. AFN/xtra
 Oakland Athletics @ Seattle Mariners, Live 5 a.m. AFN/xtra
 Texas Rangers @ New York Yankees, Live 2 a.m. AFN/xtra
 Chicago Sky @ Los Angeles Sparks, Live 5 a.m. AFN/xtra

SUSTAINER REEL TIME THEATER

Movie Times

Wednesday, August 19
5 p.m. Transformers 2
8 p.m. District 9

Thursday, August 20
5 p.m. District 9
8 p.m. G.I. Joe

Friday, August 21
2 p.m. Ice Age 3
5 p.m. The Time Travelers Wife
8:30 p.m. The Time Travelers Wife

Saturday, August 22
2 p.m. Bruno
5 p.m. The Time Travelers Wife
8 p.m. Ice Age 3

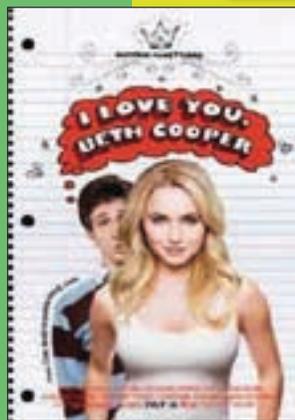
Sunday, August 23
2 p.m. The Time Travelers Wife
5 p.m. Ice Age 3
8 p.m. Bruno

Monday, August 24
5 p.m. Bruno
8 p.m. The Time Travelers Wife

Tuesday, August 25
5 p.m. The Time Travelers Wife
8 p.m. Ice Age 3

(Schedule is Subject to Change)

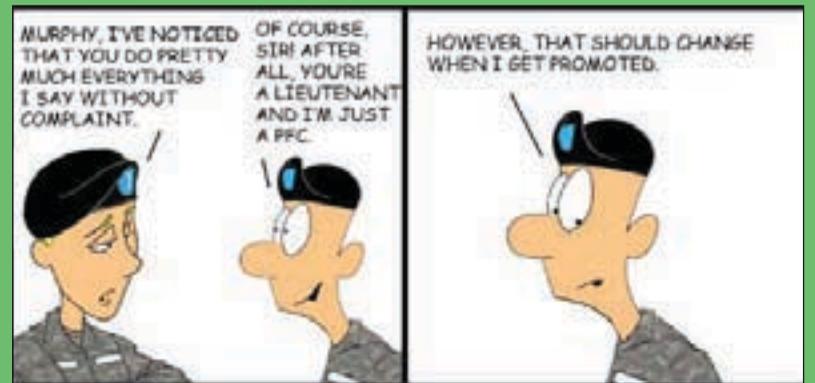
Upcoming Movies



Iraq according to Opet

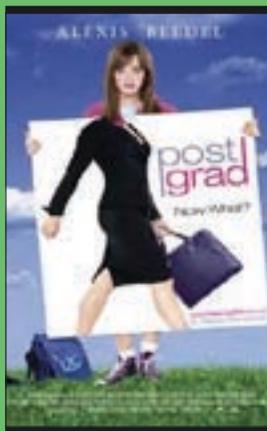


PVT. MURPHY'S LAW



Post Grad

Recent college graduate Ryden Malby (Gilmore Girls star Alexis Bledel) has just survived four years of higher education, but when she's forced to move back into her childhood home, the stress of dealing with her eccentric family, landing a job, and finding the right guy leaves her with precious little time to ponder where her life is truly heading.



PHOTOS AROUND IRAQ



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

An Iraqi dog handler makes gestures to his dog as they wait for an instructor to evaluate the dog's obedience level, at Contingency Operating Location Marez, in Mosul, Iraq, Aug. 8, 2009. The Iraqi dog handlers are part of the first K9 unit in Mosul.



U.S. Army photo by Pfc. Ali Hargis

A local Shaykh watches as Iraqi police and an interpreter look through paperwork at a detainee release in Taji, Iraq, Aug. 4, 2009.



U.S. Navy photo by Mass Communication Specialist 2nd Class Edwin L. Wriston

Gen. Abud Qanbar Hasim Khayun al-Maliki, Commander, Baghdad Operations Center, and judges from the Central Criminal Court, Iraq, view latent fingerprints illuminated by laser during a Judges Training Conference at Camp Victory, near Baghdad, Iraq, Aug. 4, 2009. The conference is for judges to become more familiar with how coalition forces handle and process forensic evidence.



U.S. Army Photo by Pfc. Ernest E. Sivia

Iraqi soldiers, from the 10th Iraqi Army Division, receive a class on basic written language skills on Camp Ur, in Dhi Qar, Iraq, July 30, 2009.

NEWS AROUND IRAQ

Basrah SWAT arrests suspected terrorist commander in southern Iraq

 BAGHDAD – Iraqi police from the Basrah Special Weapons and Tactics team, along with U.S. Forces advisors, arrested a suspected terrorist commander Aug. 5, during an Iraqi-led operation in southern Iraq.

During the early-morning mission, the SWAT team operated under the authority of a warrant issued by the Basrah Court. Court documents indicate the police force arrested the suspected insurgent leader in accordance with the Republic of Iraq's terrorism laws.

The suspected terrorist commander of the Basrah-based insurgent group is allegedly responsible for conducting and coordinating improvised explosive device and indirect fire attacks in the area.

The detainment of this individual may reduce the insurgent organization's effectiveness to conduct attacks against the local populace, Iraqi Security Forces and Government of Iraq officials living and working in the area.

U.S. political advisors focus on civil-military cooperation in Iraq

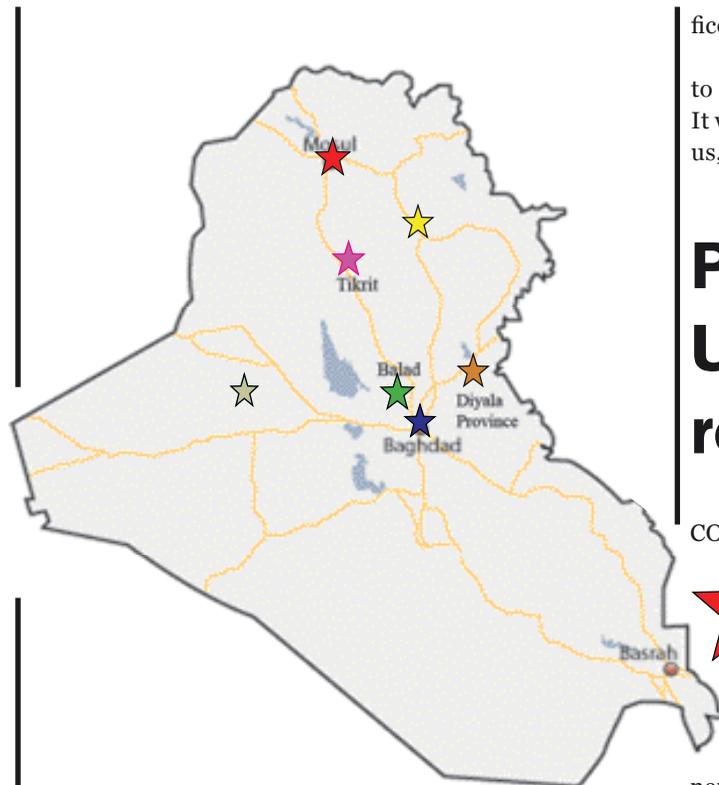
 BAGHDAD – More than a dozen political advisors to various military commands and U.S. State Dept officials gathered here Aug. 7-8 for a roundtable to enhance civil-military cooperation.

On behalf of Multi-National Security Transition Command-Iraq, its Commanding General, U.S. Army Lt. Gen. Frank Helmick called this first-ever meeting of U.S. political advisors in Iraq. MNSTC-I sponsored the meetings between Defense and State professionals to ensure their efforts remain in sync with overall U.S. government policy.

"We must meet to ensure our political and military goals and objectives are moving in the same direction," Helmick said. "This conference helps with that, allowing us all to share information and understand a common operating picture."

"Our goal is to have the absolute best working relationship with our U.S. Embassy that any military organization can have," Helmick said. "We use our POLAD to enhance and solidify our relationship with the US Embassy. That takes effective communication and a common understanding of our individual roles and responsibilities."

In the coming months, MNSTC-I will continue to implement the U.S.-Iraq Security Agreement, transform the command eventually into an 'Office of Security Co-



operation' type organization. With the upcoming Iraq national elections, Helmick said, MNSTC-I's ability to provide seamless information and coordination with the U.S. Embassy will be critical.

The political advisors are all State Department diplomats of Department of Defense civilian officials who are ordinarily assigned to a U.S. embassy when serving overseas or the Pentagon.

"The advisors are foreign service officers with vast interagency experience and regional knowledge," said Horacio Ureta, a State Department diplomat now assigned as Political Advisor to MNSTC-I. "The work of political advisors is international politics and policy, not partisan politics. Our history stretches back to World War II."

The political advisors attending the two-day conference discussed expectations for their roles with senior military leaders and ambassadors from the U.S. Embassy in Iraq.

Iraqi Police, Iraqi Army and Sons of Iraq execute warrants, find weapons in Taza

 CONTINGENCY OPERATING LOCATION WARRIOR, KIRKUK, Iraq – A team of Iraqi Army soldiers, police and Sons of Iraq served warrants against four individuals and discovered a weapons cache in the town of Qadasiyah, August 5.

Iraqi Police from the Taza district, soldiers from 2nd Battalion, 15th Brigade, 12th Iraqi Army Division and Sons of Iraq planned and executed the entire operation with minimal support from 4th Squadron, 9th Cavalry Regiment, 2nd Brigade Combat Team, 1st Cavalry Division.

The cache consisted of 50mm mortars and one 80mm mortar.

"This operation demonstrated teamwork by the Iraqi Security Forces," said Maj. Ian Palmer, the operations of-

ficer for 4th Sqdn, 9th Cavalry Regt.

"They planned everything, brought in the Sons of Iraq to help secure the area and not a single round was fired. It was a perfect operation and required minimal help from us," Palmer said.

Partnership between U.S. and Iraqi Forces recognized

 CONTINGENCY OPERATING LOCATION DIAMONDBACK, MOSUL, Iraq – Key leaders from the U.S. and Iraqi Security Forces gathered Aug. 4, to recognize the continuous partnership that has led to many successes in northern Iraq.

Lt. Gen. Charles Jacoby Jr., Multi-National Corps-Iraq commander, and Lt. Gen. Ali Ghaidan Majeed, ISF ground forces commander, presented the Partnership Excellence Award to Maj. Gen. Robert Caslen, Multi-National Division-North commander, and Maj. Gen. Hassan Karim, Ninewa Operations Command commander.

The first-time award was created to recognize the combined combat operations that took place in July, which resulted in the apprehension of one of Iraq's 10 most-wanted terrorists that had been wanted since 2003.

"That capture sent a shock wave through enemy networks, and we want to recognize these two great commands for that work," stated Jacoby.

The citations were read in both Arabic and English. Hassan and Caslen took a few moments after receiving their awards to address the group.

"We are the fortunate ones because the events and operation that led to this award reflect really on the great work of the operational command of Iraqi Soldiers -- we were only in support," stated Caslen. "We are honored to be part of this partnership."

GRD resident engineer recognized by engineer regiment

 MOSUL, Iraq – Patrick Addison, Mosul Area Office resident engineer for the Gulf Region Division, U.S. Army Corps of Engineers in Iraq, received the prestigious Bronze de Fleury medal during a recent ceremony at the Camp Marez compound.

Addison, a member of the Gulf Region District, was commended for "exceptional meritorious service to the Engineering Regiment for his 26 years of service as a government civilian with the U.S. Army Corps of Engineers," according to the award citation. "His dedication to duty and remarkable leadership skills throughout each of his myriad assignments have earned him a reputation of excellence and are worthy of the highest recognition by the Engineer Regiment."

As the Mosul Area Office resident engineer, Addition supervises engineers working on a variety of GRD reconstruction projects in partnership with the government of Iraq. The Mosul Area Office covers Iraq's northern Ninawa, Irbil and Dahuk provinces, stretching from the Turkish border in the north to the Syrian border to the west.

Projects include schools, hospitals, medical clinics, border crossing facilities, Iraqi military bases, police stations and provincial courthouses.

Addison hails from USACE's Omaha District, where he began working for the Corps after graduating from the University of Nebraska with a degree in civil engineering. Addison will finish his third tour in Iraq in September.

Commenting on the award, Addison said, "I am extremely grateful to the Gulf Region District and the USACE commander who have bestowed on me this very prestigious award. When an award like this is given, it is very much indicative of the great people around me. I was certainly in the right place at the right time and accept this incredible award on behalf of the entire Gulf Region District team that to a person, is accomplishing great things in Iraq."

Addison has a son who'll be a freshman at the University of Nebraska and a daughter starting medical school this fall.

The de Fleury awards program is administered by the Army Engineer Association, a nonprofit organization dedicated to preserving the history and traditions of the Corps of Engineers of the United States. The award is named after Capt. Francois Louis Tesseidre de Fleury, a French Army engineer who served with the Continental Army during the Revolutionary War and was one of the original signers of the Declaration of Independence. Capt. de Fleury was credited with capturing Stony Point, a strategic base on the Hudson River. For his actions, the Continental Congress awarded de Fleury a medal struck in his honor. The Engineering Regiment later adopted the de Fleury Medal because of its special significance to Army engineers.

The Gulf Region Division, U.S. Army Corps of Engineers in Iraq has completed thousands of reconstruction projects in partnership with the U.S. government and the government of Iraq. Since 2004, GRD has completed 4,626 projects throughout Iraq valued at more than \$7.2 billion, and has 287 projects ongoing.

U.S. Forces capture grenade attacker

 CONTINGENCY OPERATING LOCATION WARRIOR, KIRKUK, Iraq – An Iraqi man was wounded and detained after attacking a U.S. convoy with a grenade in the northern town of Hawijah, in Kirkuk province Aug. 7.

U.S. Soldiers positively identified the thrower and responded with small arms fire after the assailant tossed the grenade at their convoy as the vehicles were returning from a local police station to their base outside the city.

Local Hawijah police arrived on scene to take custody of the attacker and transported the man to a hospital in Kirkuk. Two civilians also received minor injuries associated with the incident and were treated at a local hospital.

A U.S. explosive ordnance disposal team was called when the RKG did not detonate.

Iraqi police are investigating the incident.

Humvee repair program saves millions of dollars

 CAMP TAJI, Iraq – Iraqi and American welders at the Taji National Maintenance Depot recent-

ly completed more than five months of repairs on 800 Humvees and helped to save more than \$7 million in contractor costs by completing the work themselves.

The project came about through the M1114 transfer program, which was created to deliver upwards of 7,200 vehicles to the Iraqi army as part of the ongoing transition between U.S. forces and the Iraqi army, said Lt. Col. Jimmie Swims, from Memphis, Tenn., deputy commander, Multi-National Security Transition Command – Iraq, J4 Taji.

"We came across 800 of those vehicles that unexpectedly needed a manufacturer's work order," Swims said. "The work order was supposed to be completed by the coalition forces prior to being submitted into our program here."

The 800 damaged humvees had cracks in their frame rails, Swims said, which required modification to withstand the weight of the vehicle's armor equipment.

"We had to get this done because the contractors, in their statement of work, are not required through the transfer program to do this work," Swims said. "So we would have to pay the contractor millions of dollars to do this."

A team was put together using trained welders and technical experts from the Army Material Command, MNSTC-I J4 personnel and the Iraqi army to repair the frames in the shortest time possible, Swims said.

"We scrounged equipment from all over post, got a location locked in and started to train the Iraqi's on this particular modification," Swims said. "We started this knowing we had at least 600 vehicles to repair and we have ended with 820 (repaired) in this program."

By using American and Iraqi welders, the amount of money saved was phenomenal, Swims said.

"This program ended up saving the U.S. government more than \$7 million by having Iraqi forces participating," he said. "It's been a great success."

It also helps the Iraqi's in their future development, Swims added.

"What this has been able to do is put an additional two months of work back into the fight of vehicles being used by the Iraqi Army," Swims said. "This increases their security efforts and obviously lets the Iraqi's sustain themselves."

Project to provide clean water for Iraqi villages

 CONTINGENCY OPERATING LOCATION WARRIOR, KIRKUK, Iraq – For residents of the villages of Qalata and Khalkhalan, Iraq, access to a cup of clean drinking water is not always as easy as going to the faucet and pouring one. The current water purification plant that supplies both villages no longer produces clean, drinkable water, requiring residents to travel to a nearby city.

But soon the nearly 7,000 residents of the villages will only have to travel to their water pumps to get purified water.

"Local contractors are set to begin refitting the old water purification plant so it produces water people can actually drink," said Hameed Faqi, the director of municipality for the villages.

"Right now all you can use the water from the old plant for is washing clothes and showering," said Othman Hasen, a member of the district council.

The residents of the village are basically getting water straight from the river pumped to them, said Hameed.

Othman said he and other villagers get drinkable water from sources outside the village, but after the plant gets updated they will not have to make the trip anymore.

The plant will be outfitted with four new containers

and new water filtration systems that will allow it to produce 200 cubic meters per hour of clean drinking water, Hameed said.

"This project is being funded by the U.S. Military, and was brought to light by local council members," said Capt. Juan Cantu, operations officer for 3rd Battalion, 82nd Field Artillery Regiment, 2nd Brigade Combat Team, 1st Cavalry Division.

"This was the number one project on their list," he continued. "Projects like this build the trust that residents have for their city council members because it shows they are taking the initiative and making things better."

"Everyone is very excited about the renovations," said Othman. "The people of the villages will no longer have to worry about getting sick from drinking this water; it will be safe."

With the renovations, the water purification plant will be able to supply everyone in both villages, said Hameed. "They will notice a big difference."

Tikrit ERB arrests suspected terrorist assassin

 TIKRIT, Iraq – The 4th Emergency Response Battalion, with U.S. forces advisors, arrested a suspected terrorist Aug. 2 during an operation in the Salah ad-Din province, with a warrant issued by the Salah ad-Din Court of Appeals.

The arrested individual is suspected of assassinating a member of the 4th ERB in February and participating as a member of a terrorist cell which targets Iraqi Security Forces.

With a warrant in hand, the ERB entered the suspect's residence, arrested him, and departed the area.

NATO Training Mission-Iraq Celebrates its Fifth Anniversary

 BAGHDAD – NATO Training Mission-Iraq celebrated its fifth anniversary Aug. 4.

Lt. Gen. Frank Helmick, Commander, NTM-I, and Maj. Gen. Giuseppe Spinelli, Deputy Commander, addressed staff and personnel during a ceremony held at NTM-I's headquarters.

Both generals highlighted mission accomplishments and achievements during their remarks.

Helmick stressed that the agreement with NATO allows NTM-I to continue in its training, mentoring and advising role of the Iraqi Security Forces.

"Iraq is now a new country," Helmick said. "It is developing and building relationships with other countries' organizations."

Spinelli expressed his satisfaction for the work done so far by the mission, saying that, "The signature of the Long Term Agreement provides us with an important responsibility and awareness to keep going on with our mission."

"We will continue on this successful path," Spinelli continued. "I am conscious that we will have to face new challenges, but together with our allies and friends we will succeed."

Phantom Support



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

Staff Sgt. Kiman Sylvester, 16th Special Troops Battalion, 16th Sustainment Brigade, rounds second during the first game of a double-elimination softball tournament at Contingency Operating Location Q-West, Iraq, Aug. 9. Sylvester's defending champion "Knights" defeated the "Fo' Nasty" Soldiers of the 497th Transportation Company, 395th Combat Sustainment Support Battalion, 21-9.



U.S. Army Photo by Spc. Naveed Ali Shah

The Headquarters and Headquarters Company, 13th Sustainment Command (Expeditionary) command team, Capt. L. Pilar Restrepo, commander, and 1st Sgt. Francis Halmsteiner, senior noncommissioned officer, pin the 13th ESC patch on several Soldiers during the unit's patching ceremony Aug. 11 here at Joint Base Balad.



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

Soldiers from around Q-West come together Aug. 7 to share stories and memories from their time together in the 123rd Maintenance Support Battalion, 1st Armored Division, formerly based in Dexheim, Germany. The unit was deactivated in June, 2008, but many of the Soldiers ended up in Iraq together in different units.



U.S. Army photo by Capt. Eduardo Pumarejo

Sgt. Bernard Villa, from Oxnard, Calif., the battalion convoy staging noncommissioned officer in charge within the Headquarters and Headquarters Company, 260th Combat Sustainment Support Battalion, 10th Sustainment Brigade, performs pre-combat checks on the Blue Force Tracker in his MAXX Pro Plus Mine Resistant Anti-Personnel Vehicle as he prepares to convoy to Contingency Operating Location Falcon.