

EXPEDITIONARY TIMES

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Vol. 2 Issue 38

A helping hand



Maintaining more than water pumps
Page 4

The fighting spirit



A year of success: Camp Taji Combatives
Page 12-13

Teamwork is the key



419th Hosts last hoorah
Page 16

Many hands make light work



First Lt. Jessica Burton, with the 2/664 Ordnance Detachment, 620th Combat Sustainment Support Battalion, 10th Sustainment Brigade, and a Fort Hood, Texas, native, watches as a child with the Iraqi Boy Scouts and Girl Guides places a hand print on the wall of one of the rooms in the Flintstone Palace Aug. 2 in Baghdad. The Iraqi children spent the afternoon painting over graffiti to make the local landmark beautiful once again.

STORY AND PHOTO BY
1ST LT. JAMES LAVELLE
620TH CSSB, 10TH SUST. BDE.

CAMP SLAYER, Iraq – Multi-colored handprints replaced years of graffiti at the Flintstone Palace in Baghdad, as service members worked with Iraqi Boy Scouts and Girl Guides Aug. 2 to revamp the dilapidated building.

A group of roughly 40 Soldiers, Sailors, Airmen and Marines at Victory Base Complex, Baghdad, joined the children in an effort to clean up and beautify the structure.

Saddam Hussein had the Flintstone Palace constructed to mirror the town of Bedrock, from Hanna-Barbera's "Flintstones" cartoons. Few children ever played here as Hussein restricted its use to his own family members and close friends.

In recent years, the Flintstone Palace has suffered neglect and vandalism.

On a sunny Sunday afternoon, service members and Iraqi children took the time to make the palace a little nicer.

SEE HANDS ON PAGE 3

90th Sustainment Brigade colors deployed for first time since World War II

STORY AND PHOTO BY
SGT. RYAN TWIST
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – The 304th Sustainment Brigade transferred command to the 90th Sustainment Brigade in a transfer of authority ceremony held Sept. 15 here at Joint Base Balad, Iraq.

The ceremony marked the end of a year-long deployment for the 304th Sust. Bde., out of Riverside, Calif., and the beginning for the 90th Sust. Bde., out of Little Rock, Ark.

Brig. Gen. Paul L. Wentz, commanding general of the 13th Sustainment Command (Expeditionary), addressed service members at the ceremony.

"Let me take this opportunity to thank the service members here in attendance," said Wentz. "You are the most professional military force in the world, confident, competent and disciplined. We are successful because of your dedication, hard work and sacrifice."

During the last 11 months, the 304th has executed 1,532 convoys for a total of more than 6.6 million miles, delivering more than 100 million gallons of fuel, 34 million gallons of

bulk water, 75 million bottles of water and multi-class supplies.

"For the last 11 months, the 304th Sust. Bde. has provided world class sustainment and distribution support in support of the theater mission," said Wentz.

The 304th did an exceptional job in a tough environment and led the mission with professionalism



Lt. Col. Norman Green, commander of the 304th Sustainment Brigade, out of Riverside, Calif., and Command Sgt. Maj. Tracy Barlogio, also with the 304th, case their unit colors during a transfer of authority ceremony Sept. 15 here at Joint Base Balad, Iraq. The 90th Sustainment Brigade, out of Little Rock, Ark., replaced the 304th.

and resolve, said Wentz. They did everything asked of them
SEE TOA ON PAGE 2

Balad Blotter

September 10 - September 17

MINOR VEHICLE ACCIDENT:

A witness called the law enforcement desk to report that a vehicle accident occurred at Victory Loop and Snake Street circle drive. The patrol arrived on scene and came in contact with the driver of the vehicle, who stated he was driving down Pennsylvania Avenue and ran into the fence. The witness who was assisted by a different patrol stated he heard a vehicle traveling at a high rate of speed, squealing brakes and a crash into the fence. He drove over to see if anyone was hurt. An investigation revealed the operator was traveling too fast for traffic circle and lost control. No injuries were reported on scene.

MAJOR VEHICLE ACCIDENT:

A complainant telephoned the law enforcement desk and reported a major vehicle accident. The driver, while conducting Mine Resistant Ambush Protected vehicle training at the accident site, operated a vehicle with 6 other passengers on board. The operator stated the instructor approved driving anywhere on the training course. While operating the vehicle at approximately 30mph, the operator said they attempted to slow the vehicle approximately 15 feet away from a "bump" that obstructed the MRAP course. The MRAP then went airborne approximately five feet above the ground and landed on the front side of the vehicle. She said that everyone in the vehicle was wearing their seatbelt with the exception of the instructor. Witness #2 said he was enrolled in an MRAP class that had been scheduled for his unit. After his turn operating the vehicle, the operator had been driving for approximately five minutes when she had approached a small dirt mound at 20-25 mph. Upon impact, the vehicle landed on the opposite side of the dirt mound. Witness#1 said he felt that the vehicle was traveling too fast when it hit the dirt mound, so he braced himself for impact. He also said he did not recall the instructor telling the operator to slow the vehicle before hitting the dirt mound. Witness#2 stated he was the training cadre during the time of the accident and that the operator approached the ramp and he yelled for her to slow down. He also said she approached the ramp at approximately 25 to 30mph and she inadvertently accelerated instead of braking. As the vehicle came to a halt he asked all passengers if they needed medical attention, and two of the passengers did. Damage to the vehicle consisted of a cracked/broken front axle, the left front tire bent off axle, possible radiator damage and a moderate amount of fluid leaking from vehicle.

NIPR: 443-8602
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Chaplain's corner...

By LT. COL. WILLIE AILSTOCK
DEPUTY COMMAND CHAPLAIN, ESC 13TH



Just last week there was a mini-marathon here on Joint Base Balad. I read of another race, called the Comrades Marathon, held annually in South Africa. This race is unique in that it covers 56 miles rather than 26. You have probably not heard the name Bruce Fordyce, but he dominated this race in the 80s, winning nine consecutive times. His record time of 5 hours, 24 minutes and 7 seconds stood for 21 years. He continued running even after his record was broken.

I'm not a runner and to be honest I hate it. However, I have come to realize our lives are much like a marathon. The one common thread in the marathon and the race of life is the concept of endurance. The 100-yard dash ends in less than 10 seconds; the race of life takes years. Those who have been running the race know about the wall, the voice that says just quit, no one will notice. How can we stay in the race and finish?

First, remember we are never alone; we don't run in seclusion. It always helps me when I'm running

and I look to my left and to my right and see a fellow runner. A word of encouragement goes a long way to a fellow runner. Sometimes all that is needed is just your presence. Don't forget you're not alone. If you want encouragement, be an encourager.

Secondly, remember struggle and hardship are a part of the race of life. We have all heard it said, "How could we appreciate the sunshine if it were not for the storms that come our way?" Paul described his struggle in the race of life in the book of Philippians. He said, "I press toward the goal for the prize of the upward call of God in Christ Jesus" (Phil. 3:14). The race of life is not easy, but with encouragement from each other, realistic expectations and a no quit spirit, we can do it.

Finally, know your goal; know where the finish line is. For the runner, the finish line is clearly marked. However, in the race of life all bets are off. None of us knows when, where or how the race of life will end. We also know there is no first, second or third place; all that is important is that we finish the race.

Look around, be an encourager; there is always someone who needs help. One song writer put it in these words, "life is hard, but God is good." When you hit the wall look to your left and right; we are in this race together.

COLORS: 90th takes control from 304th

TOA FROM PAGE 1

with class and courage, and their efforts were critical in improving the security here in Iraq, Wentz said.

"I am confident that the 90th is prepared and ready to assume the enormous task that lies ahead," said Wentz.

He said he looks forward to working with the brigade as they spearhead the responsible withdrawal of equipment and personnel from Iraq.

Lt. Col. Norman Green, commander of the 304th, who was awarded a Bronze Star at the ceremony, praised the incoming brigade.

"The Soldiers of the 90th Sust. Bde., you are the right brigade at the right time to replace the 304th," said Green. "You will inherit a very complex mission and I know that you will continue to refine and modify the current mission to set the

stage for a responsible withdrawal."

Col. Gary L. Spry, the commander of the 90th, said the unit is ready.

"The 90th stands ready to accept this challenging mission," said Spry. "I challenge the Soldiers of the 90th Sustainment Brigade to exceed the high standards set by the 304th."

Spry said the transfer of authority marks a historic point in the 90th's colors history, as this is the first time since World War II the colors were deployed to a theater of war. He said the mission will change, but it is imperative Soldiers remain flexible and committed to success.

Spry, reciting General George Patton, said, "All the real heroes are not storybook combat fighters. Every single man in this Army plays a vital role. Don't ever let up. Don't ever think your job is unimportant. Every man has a job to do and he must do it. Every man is a vital link in a great chain."

EXPEDITIONARY TIMES

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

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16th Sustainment Brigade
90th Sustainment Brigade
15th Sustainment Brigade
36th Sustainment Brigade
41st Infantry Brigade Combat Team
155th Heavy Brigade Combat Team
332nd Air Expeditionary Wing
555th Engineer Brigade

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Mission Statement: The Expeditionary Times Staff publishes a weekly newspaper with the 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

Whistleblower reprisals

By LT. COL. TIM NORTON
13TH ESC INSPECTOR GENERAL

Whistleblower reprisal is taken very seriously within the Department of Defense, and each Soldier should know that Army Regulation 600-20, Army Command Policy, and Department of Defense Directive 7050.06, Military Whistleblower Protection, make explicit prohibitions against reprisal of DoD personnel.

Within the Army, military and civilian leaders will not take, or threaten to take, an unfavorable personnel action or withhold, or threaten to withhold, a favorable personnel action as reprisal for a military member making a lawful, protected, communication with an Inspector General, a law enforcement organization, anyone in the chain of command or with special staff such as equal opportunity advisers or safety officers. A lawful communication is information that a Soldier believes provides evidence of a regulatory violation, gross mismanagement of resources, an abuse of authority or a danger to public health or safety.

In a nutshell, IGs use interviews, sworn statements and a timeline to systematically understand the key events, how or if these events are linked, and

if these events are related to an unfavorable personnel action. IGs base their conclusions upon the "preponderance of credible evidence" and the answer to the critical question: Would the adverse personnel action have occurred anyway without the protected communication?

Remember, IGs can always answer questions, give advice, reference reprisals and other similar issues.

Joint Base Balad: DSN 433-2125
LTC Reginald Howard (Command Inspector General)
MAJ Scott Peters (Deputy)
MSG Roy Thacker (NCOIC)
SFC Danilo Egudin
SFC Javier Cruz

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LTC Kyle Peterson
Taji (10th SB/ 155 BCT): DSN 834-3079
LTC Timothy Norton/ LTC Paul Bird
Adder/Tallil (287th SB/ 41 BCT):
DSN 833-1710
LTC Melanie Meier/ MAJ Jeffrey Copek
Al Asad (321st SB): DSN 440-7049
SFC Tamera Wynn

Sexual Assault Response Coordinator

Sexual violence can occur in any type of relationship, but most perpetrators of sexual assault are known to their victims. Among victims ages 18 to 29, two-thirds had a prior relationship with the offender. The Bureau of Justice Statistics reports, in 2000, six in 10 rape or sexual assault victims said they were assaulted by an intimate partner, relative, friend or acquaintance. Call the Joint Base Balad sexual assault response coordinator at 443-7272 or contact via pager 443-9001, pager 159 for help. Army members should seek assistance with their unit victim advocate or Deployed SARC; you may also call 433-7272 or 443-9001, pager 122/135 for assistance.

Interested in a movie?

Check the movie schedule
on page 20

Legal Assistance Office is here to help

By 1ST LT. MELVIN RAINES II
CHIEF, LEGAL ASSISTANCE
13TH ESC JUDGE ADVOCATE GENERAL



The Joint Base Balad Legal Assistance Office recently added new members to the staff. First Lt. Melvin Raines, Sgt. Tammy Peshlakai

and Sgt. David Dawley are ready and willing to assist you with a litany of legal issues. This article is intended to provide information to the Joint Base Balad community regarding the services performed at the JBB Combined Legal Center and how to benefit from the services

available through the Office.

Legal assistance consists of such services as notarizing documents and providing powers of attorney or wills. It also includes providing advice regarding issues such as: family law (divorce, child custody and support, etc.), the Servicemembers Civil Relief Act, landlord-tenant law, bankruptcy or debtor/creditor issues, financial liability investigations of property loss and other issues of law that may affect the military community.

If you need to apply for U.S. citizenship, you should make an appointment to get assistance with this process. Also, the office can assist with first-time applications for passports. This service,

however, is limited to 20 customers per month.

You are eligible for legal assistance if you are a military member or dependent, retired military member, or Department of Defense civilian. Foreign nationals and contractors are generally not eligible for legal assistance unless they provide proof their contract with the U.S. government specifically entitles them to such assistance.

Office hours are 9 a.m. to 6 p.m., Monday through Saturday. Walk-in appointments are taken all day every day, but are subject to the availability of appointments. We recommend you call ahead to schedule an appointment. If

you seek legal advice, it is important to bring all relevant documents with you. We will do our best to accommodate anyone coming in from a remote forward operating location, however, if you make an appointment it is easier to ensure you will be seen.

The legal assistance office is located in the CLC on JBB. The building is in the middle of Pennsylvania Avenue, in a building painted to look like a castle with a blue sky above it. Hawk Avenue is the nearest intersection. The building number is 7235.

For further assistance, please feel free to contact our office at DSN 318.483.2560.

HANDS: Improving Iraq with their own hands

HANDS FROM PAGE 1

Maj. Gary Farley, with the Iraqi Ground Forces Command Military Transition Team, and 1st Lt. Jessica Burton, with the 2/664 Ordnance Detachment, 620th Combat Sustainment Support Battalion, 10th Sustainment Brigade, led the cleanup. Farley said the project's vision was to provide the Iraqi children with an opportunity to work together on a cause bigger than them.

"Instead of just accepting an undesirable condition, we wanted to teach them you can take action and make a difference," he said.

With help from their U.S. friends, the Scouts worked together to clean and paint portions of the palace.

The project kicked off with a tour of the palace. The Scouts were surprised to find the rooms covered in graffiti, but excited to learn they could paint over it and make their own mark.



An Iraqi boy with the Iraqi Boy Scouts and Girl Guides, and a Soldier prepare to paint over graffiti in a room of the Flintstone Palace Aug. 2 in Baghdad.

The scouts soon covered the walls, themselves and their service member friends with a fresh coat of white paint. As the children painted, Abdul Sajad, a local Iraqi artist, hand painted a mural full of colorful flowers and birds on one wall.

Once the paint dried, the scouts put their handprints on the wall, leaving a bit of themselves behind.

At first, the children were hesitant to make their mark, but after a demonstration by Burton and gentle encouragement, the wall was soon covered with handprints.

One of the goals of the project was to teach the children about service, said Burton, a Fort Hood, Texas, native.

"This was an opportunity for the kids to improve their country with their own hands," said Burton. "They are learning to take pride in their work and their community."

As the children and service members cleaned the paint off their hands and picked up tools, a small group attached a commemorative plaque to the entryway of the palace.

It read, "Restoring Iraq one place at a time. Iraqi Boy Scouts and Girl Guides worked to improve this site. Please keep this site beautiful. The future of Iraq thanks you."

Finance Soldiers prepare for US withdrawal

By CAPT. DAVID CERRATO
125TH FINANCIAL MANAGEMENT CO.

CONTINGENCY OPERATING LOCATION SPEICHER, Iraq – The 125th Financial Management Company, 16th Special Troops Battalion, 16th Sustainment Brigade, turned in millions of dollars of excess equipment Sept. 8, at Contingency Operating Location Speicher, Iraq, as part of the withdrawal of U.S. forces and equipment in Iraq.



The finance company identified equipment that was not fully mission capable or was not being used to execute their wartime mission. For the 125th, this included six detachment hand receipts worth of equipment.

Detachment commanders inventoried all items and weighed their operational needs in selecting items.



Courtesy photo

Overall, the unit turned in nearly 10 percent of its equipment.

Capt. David Cerrato, with the 125th Financial Management Company, 16th Special Troops Battalion, 16th Sustainment Brigade, and Staff Sgt. Ronald Oyardo, a supply sergeant with the 125th, inventory equipment for turn in Sept. 8 at Contingency Operating Location Speicher, Iraq.

“I am just glad to get this old equipment off my books,” said Capt. John Schulke, the commander of C Detachment, 125th FM Co. “It will allow me to focus less on all my excess equipment and put more focus on what is important, my Soldiers and the mission at hand.”

The turn in was also a milestone for some Soldiers, since it meant their time in Iraq was coming to an end.

“I feel good knowing that I am personally helping the drawdown in Iraq,” said Staff Sgt. Ronald Oyardo, a supply sergeant with the 125th. “When all is said and done, I think everyone who has served in Iraq can feel a sense of accomplishment.”

It is flu season - remember what your mama taught you

By CAPT. JOHN ROSS
332ND AIR EXPEDITIONARY WING
PUBLIC AFFAIRS

JOINT BASE BALAD, Iraq – Eat your greens. Say thank you. Change your underwear. Stop hitting your brother.



Our moms taught us a lot of small things that came in handy later in life.

As flu season begins, two of those little tidbits will save Joint Base Balad a lot of time and trouble: Cover your mouth and keep your hands clean.

The Centers for Disease Control and Prevention list droplet spread as the main way various strains of the flu virus – including influenza A (H1N1) – are spread from person to person.

“It can happen when droplets from a cough or sneeze of an infected person are propelled through the air and deposited on the mouth or nose of people nearby,” said Lt. Col. Don Savage, public health officer at the 332nd Expeditionary Aerospace Medicine Squadron Air Force Clinic. “This facilitates the spread of the virus very quickly. Not only will it take you out but it can easily spread to your wingman or battle buddy.”

In addition to getting a seasonal flu vaccination, there are simple, common-sense steps JBB service members can take to prevent spreading the virus and to ensure maximum mission capability:

- Cover your nose and mouth with a tissue when coughing or sneezing. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after a cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.

• Try to avoid close contact with sick people.

• While sick, limit contact with others to keep from infecting them.

• Use sanitizing wipes to wipe down common-use items, such as phones and gym equipment.

“In the deployed setting here at JBB, service members and contractors are all living and working in close contact with each other,” said Savage. “If everyone makes a concerted effort to practice good hygiene, we can break the chain of disease transmission and limit the impact flu will have on us this season.”



COMBINED FEDERAL CAMPAIGN

5K “FUND” RUN

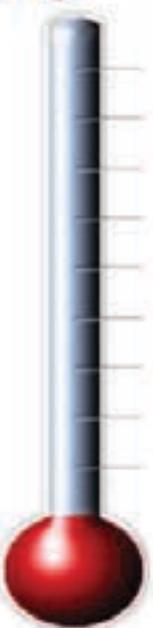




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49th Transportation Battalion (MC)

Maintaining more than water pumps

STORY AND PHOTOS BY
SGT. KEITH S. VAN KLOMPENBERG
EXPEDITIONARY TIMES STAFF

CAMP ADDER, Iraq – Soldiers with the 546th Maintenance Company’s water-pump team work tirelessly to keep the water flowing at Camp Adder, Iraq, and the surrounding areas.

“It’s essential to get water out here for drinking, showers, sewage, everything,” said Staff Sgt. Jeffrey King, noncommissioned officer in charge of the pump team and an East Orange, N.J., native.

The team, out of Fort Polk, La., maintains the pumps that bring water from the Euphrates River to Camp Adder to be treated and filtered for use. Because Camp Adder sits higher above sea level than the river, it takes multiple systems to pull the water up and channel it into the base.

The team travels to pump sites, run by Iraqi civilians, every couple of days to make sure they work properly and have plenty of fuel.

“We are trying to get the water level back up, so we give them as much fuel as possible,” said Spc. Steven Paul, a power-generator mechanic with the unit and a Providence, R.I., native.

The Warfighters of the 546th work just as hard to maintain friendships with the local population as they do to maintain the pumps, and they do this by taking care of the local children.

“As long as we have the kids around, it’s making the families happy and we feel like we’re doing something positive with our mission,” said King.

King said his team receives donations from chari-

ties in the U.S., as well as the families of his Soldiers, to provide the children in the villages surrounding Camp Adder with clothes, shoes, school supplies and snacks.

These children have grown accustomed to visits from King and his team and flock to the pump sites whenever they stop by. While the fuel handlers take care of the pump generators, other Soldiers line the children up behind one of the vehicles. They wait eagerly in line for anything the service members have to offer.

“Handing out stuff to the kids, that’s the best part of the mission,” said Paul.

The children come from an impoverished village without adequate healthcare, so the team also provides medical care when they can, Paul said.

“We do what we can with the supplies we have, and try to bandage the kids up if they need it,” he said.

Paul said he and the rest of the team share a sense of pride in taking care of the local children, while fulfilling the water needs of Camp Adder.

“It’s a good feeling at the end of the day to be doing this,” said Paul. “This being my first tour, I’ll remember it for a long time.”



Spc. Steven Paul, a power generator mechanic with the 546th Maintenance Company and a Providence, R.I., native, walks an Iraqi child toward his team of Soldiers as they hand out clothing and snacks outside Camp Adder, Iraq.



Iraqi boys from a nearby village line up as Soldiers from the 546th pump team prepare to hand out clothing, school supplies and snacks outside Camp Adder, Iraq.



Sgt. Dionicio Barron, a petroleum supply specialist with the 546th Maintenance Company pump team and an Anson, Texas, native, works with a local child to refuel a generator that powers one of the pumps supplying water from the Euphrates River to Camp Adder and the surrounding contingency operating locations in southern Iraq.



Staff Sgt. Jeffrey King, the noncommissioned officer in charge of the 546th Maintenance Company pump team and an East Orange, N.J., native, gives ice and water to local Iraqis as his team refuels the water pump generators outside Camp Adder, Iraq.

New Mexico Guardsmen earn combat patch

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

CONTINGENCY OPERATING LOCATION MAREZ, Iraq – Soldiers from Headquarters and Headquarters Co., 515th Combat Sustainment Support Battalion, of the New Mexico National Guard, were awarded a combat patch Sept. 5 at a ceremony at Contingency Operating Location Marez, Iraq.

During the ceremony, leaders placed the 16th Sustainment Brigade patch on the right arm of nearly 120 Soldiers. The combat patch is awarded to Soldiers who serve in a combat environment.

“I’m proud to wear the combat patch,” said Spc. Gil-

bert Murillo, the unit’s guidon bearer. “I will wear it as I go from this unit to another.”

For unit leaders, it was a reminder of the mission at hand.

“It feels like I am serving my country in the best possible way that I can,” said Sgt. Cimarron Gonzales, the unit’s property book non-commissioned officer and a Belen, N.M., native.

Col. Martin B. Pitts, commander of the 16th, gave Soldiers a brief history lesson about the 16th Sust. Bde., and described the meaning of the patch.

Command Sgt. Maj. Paul T. Martinez, with the 515th CSSB, said the 515th and the 16th are now intertwined.

“It is an honor to wear the patch of the 16th Sustainment Brigade and to unite our units’ history forever,” he said.



Volunteers recognized for thousands of hours of service

STORY AND PHOTO BY
SPC. JOHN STIMAC
EXPEDITIONARY TIMES STAFF

CONTINGENCY OPERATING LOCATION Q-WEST, Iraq – A banquet was held at the Sgt. Audie Murphy room at Q-

West, Iraq, Sept. 15. to recognize volunteers with the 16th Sustainment Brigade’s chaplain programs.

The 16th Sust. Bde., out of Bamberg, Germany, is serving its last few weeks of a 15-month deployment at Q-West.

Maj. James R. Boulware, the 16th’s chaplain and a Radcliff, Ky., native, said the Soldiers used volunteer work to keep their minds off the long deployment.

“It kept up their spiritual, emotional and mental fitness, and was a great morale booster,” said Boulware. “If things were not going well at work, the volunteer work seemed to bring joy and satisfaction to them when they were at the chapel.”

Boulware said the volunteers serve weekly – conducting chapel services and



Col. Martin B. Pitts, commander, 16th Sustainment Brigade, and Maj. James R. Boulware, 16th Sust. Bde. chaplain, present a certificate of appreciation to Sgt. Joseph Hernandez, the 16th Sust. Bde. night operations noncommissioned officer in charge and a Portsmouth, Va., native. Hernandez volunteered as a drummer for the entire 15-month deployment.

programs such as music ministries, making bulletins, teaching and simply providing an extra pair of hands.

Throughout the course of the deployment, volunteers have also helped with events including prayer breakfasts, women’s and men’s conferences and a Mother’s Day lun-

cheon, Boulware said.

The volunteers, who arrived in July 2008, implemented and hosted the conferences, he said.

“These Soldiers started a lot of new programs,” said Boulware. “We provided them with the resources, encouragement and guidance, and

they did the rest.”

Sgt. Maj. Betty Bowers, the 16th Sust. Bde. support operations sergeant major and a Mount Pleasant, S.C., native, said she participates in the gospel service and has been the head usher for the entire deployment.

“It brings me a great joy

that I can serve others,” said Bowers. “That is what volunteering is all about.”

Roughly 40 Soldiers were recognized for their service, with certificates of appreciation handed out by Boulware and Col. Martin B. Pitts, commander of the 16th Sust. Bde.

Two Soldiers were distinguished as volunteers of the deployment, including Capt. Antinita Graham, the 16th Sust. Bde. support operations officer and a Houston native.

Graham said she has led the multi-cultural gospel service, planned both women’s conferences, assisted in baptisms and volunteered in whatever capacity was needed.

“Everybody has a purpose in life; my purpose is to serve God and help people live better, happier and stress-free lives,” said Graham. “Volunteering makes it a lot easier to cope with all the issues and stress that go along with long deployments.”

The dinner ended with a cake-cutting ceremony and closing words from Boulware.

“We want to just say thank you for the thousands of hours you have given to volunteer,” he said. “Thank you for all your hard work and for sharing your gifts and talents.”

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Wagonmasters land in the sands of Kuwait

STORY AND PHOTO BY
STAFF SGT. ROB STRAIN
15TH SUST. BDE. PUBLIC AFFAIRS

CAMP BUEHRING, Kuwait – Three weeks after casing their colors at Fort Hood, Texas, roughly 400 Soldiers from the Special Troops Battalion, 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary), arrived at Camp Buehring, Kuwait, Sept. 10 and 11 in support of Operation Iraqi Freedom 09-11.

The Soldiers are scheduled to conduct their final round of pre-deployment training before moving north into Iraq, said Lt. Col. Paula Lodi, the brigade commander.

Lodi said the unit took advantage of two types of training in Kuwait – mandatory and focused.

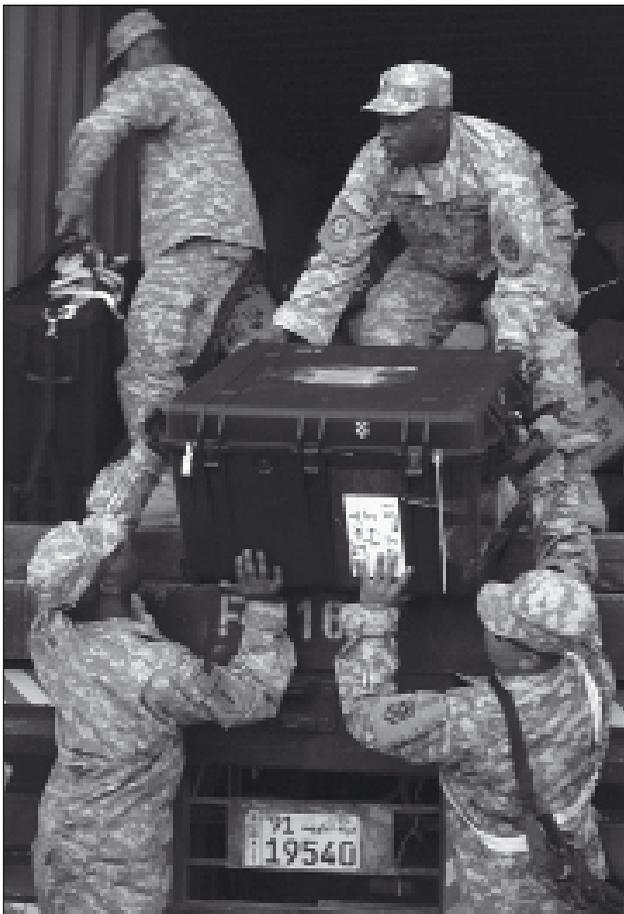
Mandatory training included a weapons test fire, close quarters marksmanship, vehicle rollover training and counter-improvised explosive device training, Lodi said.

“Mandatory training makes up the core foundation of our mission,” she said.

Focused training is more specific, consisting of classes on counterinsurgency, staff enabler training and medical training for the medics.

Lodi said the training gives Soldiers an opportunity to “get their heads in the game” and focus on the mission, without the distractions of home.

The training in Kuwait also gives Soldiers time to adjust to the heat, with daily temperatures over 100 degrees.



“We’ve tried to stress hygiene, nutrition and physical endurance as ways to push Soldiers and get them

Staff Sgt. Ronald Boast hands a tough box to two other Soldiers from the Headquarters and Headquarters Company, Special Troops Battalion, 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary), Sept. 10, after the unit’s arrival to Camp Buehring, Kuwait. The 15th Sust. Bde. Soldiers are scheduled to do final training at Buehring before moving north into Iraq.

to understand that they can survive in this heat,” Lodi said.

For one Soldier, the heat did not live up to the pre-deployment hype.

Spc. Latchmi Mooteram, a supply clerk with the brigade Headquarters and Headquarters Company, was told by her peers Kuwait would be extremely hot.

“It’s a lot like Texas,” said Mooteram, a New York native.

Mooteram said her favorite part of the training was close quarters marksmanship—training in which Soldiers engage targets in all directions, while both standing still and moving.

“It was fun, and a little bit scary,” she said.

Aside from the training, Mooteram said she struggled to adjust to the time difference – Kuwait is eight hours ahead of Texas – and missed some of the comforts of home.

“I miss home cooked food and civilian clothes,” she said.

With the unit’s time in Kuwait winding down, Mooteram said she wants to complete the training in Kuwait and move north to Iraq.

“I’m excited,” she said. “I just want to go there, get settled and do my job.”

Sustainer convoy relocates Stryker vehicles

BY SPC. MICHAEL V. CAMACHO
EXPEDITIONARY TIMES STAFF

CONTINGENCY OPERATING LOCATION SPEICHER, Iraq – As the drawdown of U.S. military forces in Iraq continues, the 2025th Heavy Equipment Transportation Company plays a key role in the consolidation of those forces.

During the course of nearly a week, the 2025th HET Co. relocated roughly 150 Stryker vehicles belonging to 1st Battalion, 25th Stryker Brigade Combat Team, from Contingency Operating Location Warhorse to Joint Base Balad.

The heavy equipment transport is a tractor and semi-trailer system designed for the movement and transportation of large vehicles. It is capable of carrying payloads of up to 70 tons.

The HET system is composed of two components, the tractor and semi-trailer. The tractor is equipped with front and rear-axle steering. The semi-trailer’s axles make it possible for the trailer to turn in unison with the tractor, making tight turns possible.

The 2025th, originally a light and medium vehicle transportation company, was converted to a HET company prior to its deployment.

“We went through HET training back in the states and qualified on the

(HET systems), but really we’re getting most of our experience in country,” said Sgt. 1st Class Wendell Thompson, the 2025th HET Co. 2nd platoon sergeant.

The 2025th, along with 32 of their HET systems, security escorts and additional support vehicles, left Speicher heading toward Warhorse.

Thompson said the convoy made a routine stop at JBB, where the Soldiers conducted preventive maintenance checks and services before continuing to Warhorse.

These checks are important elements in the prevention and mitigation of blown-out tires and vehicle malfunctions on the road, said Thompson, a native of Jacksonville, Ala.

After leaving JBB, the convoy faced the obstacle of crossing a pontoon bridge across the Tigris River. The HET systems are wide and had roughly eight inches of space on either side while crossing the bridge, said Maj. Earnest Hearn, commander of the 2025th. It was a challenge for several of the less experienced drivers, but something they were able to overcome, he said.

Once at Warhorse, the Soldiers inspected their vehicles again and performed necessary maintenance, said Thompson. The Strykers were then loaded onto the HET trailers and the convoy returned to JBB.



Courtesy photo

Drivers navigated a heavy equipment transportation system on a pontoon bridge over the Tigris River on their way to Contingency Operating Location Warhorse, during a week-long mission that started Sept. 1. The narrow bridge allowed the HET systems roughly eight inches on either side of the vehicles as they passed.

The convoy repeated this process five times, unloading the Strykers at JBB, he said.

Thompson said the drivers became more accustomed to the road and crossing the bridge with each trip.

Hearn said this is the largest mis-

sion the unit has conducted since arriving in theater. He said it tested their skills and abilities as transporters.

“They have proven themselves to be very versatile and determined to prove themselves as capable drivers,” said Hearn.

Medic on a mission to improve MRAP

STORY AND PHOTO
BY SPC. JOHN STIMAC
EXPEDITIONARY TIMES STAFF

CONTINGENCY OPERATING LOCATION Q-WEST, Iraq — Mine-Resistant Ambush-Protected vehicles provide unparalleled protection for service members throughout Iraq, but one sergeant took his MRAP to a whole new level.

Staff Sgt. Michael Shaw, a medic for the 16th Sustainment Brigade and part of the unit's personal security team, spent the last year upgrading an MRAP to function as a medical vehicle, in addition to its standard operating capabilities.

"Being in the back of the vehicle, it was obvious something needed to be done to make a viable trauma platform for any Soldier," said Shaw.

Shaw, a native of Kinnelon, N.J., said this vehicle is one of a kind — a non-medical MRAP adapted to perform a medical mission.

"This is probably the only MRAP in theater to be modified to this extent, so the team and I nicknamed it the MEDRAP," said Shaw.



The upgrades Staff Sgt. Michael Shaw made to the Mine-Resistant Ambush-Protected vehicle help accommodate his medical mission. The tags are color-coated and strategically placed so they are easily accessible to the medics.

Shaw said the vehicle's support arms come too high for patient accessibility.

"The standard MaxxPro Plus may give a patient six inches or less headroom and, if you are trying to do a thorough assessment, it can't be done when the patient is six inches from the roof," said Shaw. "The only other alternative would be to put the patient on the floor."

Placing patients on the floor could leave them open to additional injuries, including being impaled or crushed by equipment in the vehicle when it

is traveling on rough terrain, Shaw said.

He placed the litter on the seats to solve the problem.

"I used a four-point system to make sure the litter remains in place, even in the event of a rollover," said Shaw. "In addition to using my own strength, I put in a ratchet system as well. The patient is strapped to the litter and the hooks so they won't be going anywhere."

Sgt. 1st Class Michael T. Garcia, the PST platoon sergeant, with the 16th Sustainment Brigade, said one of the

stipulations of Shaw's project was that he not make permanent changes to the vehicle's functionality.

"I gave him the left and right limitations," said Garcia. "My big thing was not to take any seats out and he accommodated me on that."

Shaw said all of the upgrades are collapsible and could be taken down in 30 seconds if needed.

"Nothing has changed the ability of this vehicle," said Shaw. "If need be, the vehicle could hold its full passenger capability."

Shaw said he also changed the way the litter is placed in the vehicle, going feet first so the patient's head is not directly under the weapons' rack.

"If I didn't do that, brass and ammo would be possibly falling in the persons face," said Shaw.

Shaw also color-coded all of his medical supplies and strategically placed them on the wall.

"I made the oxygen and airway passage items blue and the extreme trauma items in red," said Shaw. "In the heat of the moment, I will know exactly where everything is, and any of the other medics or passengers

could read what is what on the wall."

Shaw used some of his own funds to upgrade the vehicle and had the tags made at the local sewing shop.

"Price doesn't matter," said Shaw. "It is all about what I need to do to be proficient in my job, or to possibly save someone's life if something happens."

Shaw's upgrades to the vehicle did not go unnoticed by his team.

"Staff Sgt. Shaw took a basic MaxxPro Plus vehicle and turned it into a rolling medical facility that could rival any TMC in country," said Garcia.

Although the unit has had no serious trauma patients, the vehicle is ready for that type of situation, Shaw said.

"We have treated a local national that was in an accident when we were out one time," said Shaw.

He said his unit secured the area, the patient accepted their care and they stabilized her until the Iraqi Army took her to a hospital.

Shaw said he takes a lot of pride in his mission.

"My job is to keep them alive, stabilize them and get them on to the next level of care," he said.

Trans. Soldiers pull some overtime

BY 1ST LT. KAILEY VILCHES
70TH TRANSPORTATION COMPANY

CONTINGENCY OPERATING LOCATION SPEICHER, Iraq — Most Soldiers in Iraq serve a 12-month tour, but this transportation company is working overtime.

The 70th Transportation Company, 264th Combat Sustainment Support Battalion, 16th Sustainment Brigade, was the last unit to deploy for 15 months, as part of the surge in forces to Iraq in support of Operation Iraqi Freedom.

The company touched down in Kuwait just days before the Aug. 1, 2008 cutoff for 15-month deployments.

Initially, the 70th was deployed to support line-haul transportation missions in the Al Anbar province of Iraq, based out of Al Asad Air Base. Due to the repositioning of forces in Iraq in September of last year, however, the unit received a change of mission and orders relocating them to Contingency Operating Location Speicher in Tikrit, Iraq.

The company's mission changed from a traditional medium-truck transportation company to a multi-tasked unit. This meant primarily serving in area recovery escort and continuing to carry line-haul support with a fleet of 16 semi-tractors.

The transportation company dealt with other changes during its deployment. In January, the new security agreement went into effect, as well as the share-the-road policy, which gave roadways back to the Iraqi people.

"It was really hard to adapt to the share-the-road pol-

icy," said Spc. Yuriy Matviyenko, a combat recovery wrecker operator and a Meriden, Conn., native. "I still feel uncomfortable with Iraqi vehicles passing me, but I have to accept it and trust the decisions of our gunners."

Another milestone came June 30, as Coalition forces pulled out of the cities of Iraq. This made the rural roadways even more potentially dangerous.

Consequently, the unit focused on gunner training such as escalation of force, to counteract this challenge and to help Soldiers remain vigilant on the roadways.

"As a gunner, the entire time I've been in recovery escort I can honestly say that I eat, breathe and sleep escalation of force and the mechanics of the .50 cal." said Spc. Laura Bulvas, a recovery team specialist with the 70th.

Bulvas, a Chicago native, spent 13 months as a recovery escort for the company.

Many Soldiers in the unit have seen the transforma-



Sgt. 1st Class Shannon Gordon, a motor sergeant with the 70th Transportation Company, supervises Soldiers unpacking and laying out tough boxes in preparation for a customs inspection Sept. 10 at Contingency Operating Location Speicher, Iraq.

tion of Iraq from previous deployments and said they are glad the country is headed in the right direction.

"I feel better about leaving this place and redeploying this time around," said Staff Sgt. Colan Roberts, a platoon sergeant with the 70th. "I always knew I'd be coming back; now it feels more like a job completed."

36th Sust. Bde. commander meets tribal leaders

STORY AND PHOTO BY
SGT. KEITH S. VAN KLOMPENBERG
EXPEDITIONARY TIMES STAFF

CAMP ADDER, Iraq – As the 287th Sustainment Brigade transferred authority to the 36th Sustainment Brigade this week, they also handed over the key to much of their success here, a partnership with the shaykhs of the Al Ghizzie tribe.

The commanders of the 287th and 36th, Col. Robert Schmitt and Col. Sean Ryan, respectively, their command sergeants major, Command Sgt. Maj. Timothy Newton and Command Sgt. Maj. Elizabeth Shockley, and the chief of civil military operations for the brigades, Lt. Col. Clinton Moyer, met with the shaykhs for dinner at the home of Shaykh Ali Manshed.

“The goal of the dinner was for Col. Schmitt to thank the shaykhs for their friendship and to introduce them to Col. Ryan,” said Moyer, a Clearwater, Kan., native.

“The shaykhs have been really instrumental in a lot of ways for us,” he said.

Moyer said the tribal leaders helped the 287th throughout the deployment by talking to the families on their land to ensure the local children stayed away from the convoys and out of harm’s way.

The Al Ghizzie tribe owns much of the land outside Camp Adder, and all the water pumps that bring water to Adder and the surrounding contingency operating locations.

Ryan said the partnership with the



Col. Sean Ryan and Col. Robert Schmitt, commanders of the 36th and 287th Sustainment Brigades, respectively, joke with the leaders of the Al Ghizzie tribe after dinner Sept. 17, at the home of Shaykh Ali Manshed, outside of Camp Adder, Iraq.

tribe will be vital to the mission. He said meeting the local leaders is paramount on an operational and tactical level because it keeps them informed of the local populace’s attitude and their operational environment.

“We appreciate what they are doing with the pump houses,” said Ryan. “I wanted to reassure the shaykhs that

we will continue partnering with them.”

After the dinner, Manshed invited his guests inside for tea and friendly conversation, where Ryan told them about his home and showed pictures of his family.

“You are among your friends and family,” said Manshed through an in-

terpreter. “This is like your tribe.”

As Ryan spent time getting to know his new friends, Schmitt said goodbye and thanked the shaykhs, who, for the first time, all gathered to meet with the 287th.

“This was the best meeting we’ve had,” said Schmitt. “It was a fantastic way to end our deployment.”



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

JOINT BASE BALAD, Iraq – A loud, thunderous rumble accompanies the bright tracers which illuminate the night whenever there is an indirect-fire attack here, but this sound and light show should be comforting to the residents of Balad.

The counter-rocket, artillery, and mortar gun addresses the various indirect-fire threats faced by JBB personnel on a daily basis.

The C-RAM, also called the land based phalanx weapons system, fires about 4,500 rounds a minute in order to bring down any sort of missile launched by enemy combatants, said Petty Officer 2nd Class Cody Gilbert, land based phalanx weapons system technician, with the Headquarters and Headquarters Battery, 33rd Air Defense Artillery.

"JBB doesn't get attacked all the time, but when it does, we have the C-RAM," said Gilbert, a native of Washougal, Wash.

The C-Ram protects Balad in three ways: sensing imminent attacks, warning service members in the vicinity of the attacks, and intercepting the object by firing 75 rounds a second, bringing it down, said Gilbert.

"It's very impressive," said Staff Sgt. Alfred Salazar, force protection operations NCO, 13th Sustainment Command (Expeditionary). "How fast and how far it is able to fire without hurting anybody is surprising."

Salazar said, "It's very important to the personnel at Balad. It helps us sleep at night."



Petty Officer 2nd Class Cody Gilbert, land based phalanx weapon system tech, 33rd Air Defense Artillery, cleans the barrel of a counter-rocket, artillery, missile weapon system. The C-RAM provides security for personnel here at Joint Base Balad.

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Humor reaches JBB Airmen – on a serious subject

BY SENIOR AIRMAN ANDRIA J. ALLMOND
332ND AIR EXPEDITIONARY WING PUBLIC AFFAIRS

JOINT BASE BALAD, Iraq – Most Airmen do not associate sexual assault prevention training with theater lighting and comedic banter, but that is just what they got from "Sex Signals" Sept. 16 at the Sustainer Theater here.

The 90-minute semi-improvisational comedic production offered entertainment

and information to more than 200 Airmen in three separate shows. Led by two professional stage performers, the program incorporated audience interaction to confront issues dealing with sexual offenses, stereotypes and misconceptions.

"Sex Signals is such a great program because it keeps the dialogue going," said Capt. Vanessa Vanden Bout, 332nd Air Expeditionary Wing sexual assault response coordinator. "The production is funny, unique and presents the information in a down-to-earth way that is likely to hit home with our service members."

The program, which was mandatory for Airmen on base under the age of 26, was intended to align with the Air Force's commitment to eliminate incidents of sexual assault through awareness and prevention training, education, victim advocacy, response, reporting and accountability.

"Sexual assault is rarely a misunderstanding. It's a deliberate crime that can be prevented through intervention," said Vanden Bout. "It's each Airman's, Soldier's, Sailor's and Marine's job to step up and prevent sexual assault. Sex Signals encourages us to look at the real nature of assault."

Though originally geared toward a college audience,

the program founders created specialized versions for the military. Using customized scripts, the production reflects the military jargon, customs, courtesies and core values of each particular branch. The shows aim to empower military personnel to be allies in sexual assault prevention.

"We try to set the show up like it's a conversation, not a lecture series where we talk at our audience with (slides) behind a podium," said Sharyon Culberson, one of the performers. "It's very easy going. That helps us relate to the target ages (of 18- to 24-year olds) about the way people speak and think when they're in relationships, whether an intimate relationship or friendship, and when relating to each other. It gets people to open up and speak honestly about their feelings on the subject matter."

The two-person team said humor is a key ingredient in the show being a hit with audiences.

"Through (performing) this show, I have experienced how successful learning through entertainment can be," said Chris Sanders, Culberson's show partner. "It's funny because you feel like you know (the characters) and they're just arguing about sex. But, there are a few times during the show that we are blatantly saying, 'Here's some education - learn this.'"

The production made a positive impression on Airman 1st Class Evan Albeck, 332nd Expeditionary Civil Engineer Squadron electrician.

"It was a different and more effective way of saying the same information we've heard a thousand times," said Albeck. "I think we all appreciated that it told the message in an amusing way."

To obtain training, education or outreach relating to sexual assault, all JBB personnel may contact the SARC office at 443-SARC.



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

Sharyon Culberson and Chris Sanders, Catharsis Productions actors, interact with their audience Sept. 14 during the "Sex Signals" presentation at Sustainer Theater at Joint Base Balad, Iraq. Catharsis Productions plans to present Sex Signals to seven different locations in Iraq this year.

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A year of success: Camp

STORY AND PHOTOS BY PFC. MICHAEL P. SYNER
10TH SUST. BDE. PUBLIC AFFAIRS

CAMP TAJI, Iraq – When the 10th Sustainment Brigade arrived at Camp Taji, Iraq, in November, there was no program in place to teach and expand the Modern Army Combatives Program, a curriculum adopted as part of the core Soldier skills.

Instead, the unit worked with a few enthusiastic martial artists and a rough-around-the-edges gym, converted from a mechanic's shop, to revamp the MACP program at Camp Taji.

"The building has a lot of cracks in the walls, broken windows and a lack of door seals which don't prevent the outside environment from coming inside," said Sgt. 1st Class Leonardo Munoz, one of the MACP cadre, the noncommissioned officer in charge of the brigade's transportation branch and a LaPorte, Texas, native.

At Fort Drum, N.Y., the unit's home station, combatives classes were a weekly training event during Sergeant's Time.

Although the brigade changed locations, they did not change their habits. Command Sgt. Maj. Allen G. Fritzsching, the brigade's senior enlisted adviser and a Houston native, said he is a strong supporter of the Army's unarmed combat system.

"Our Soldiers are logistics warriors who sustain the force and

enable our combat units to conduct full-spectrum operations on an asymmetrical battlefield," said Fritzsching. "We are Warfighters first and it is vital that we know how to fight. MACP gives us those skills."

Even before the deployment, Fritzsching knew he wanted to make the program readily available for Soldiers.

"Prior to our departure, the sergeant major wanted to start up a combatives school similar to what he has done before, during his last deployment with noncommissioned officer education system schooling," said Munoz. "With the brigade commander's blessing, we purchased items that we felt would be needed in order to have a successful school environment."

The procurement of supplies was one of the largest issues the program faced, said Sgt. 1st Class Jimmie L. Blockett, the NCO in charge of the program, as well as the legal NCOIC and a Little Rock, Ark., native.

According to Army Field Manual 3-25—the regulations pertaining to MACP—the only requirements



Sgt. Joe Spera with 1/111 Recon, 56th Stryker Brigade, resists a failed single-leg takedown during the Modern Army Combatives tournament, hosted by the 10th Sustainment Brigade Aug. 29 at Camp Taji, Iraq.



Spc. Douglas Adkins, with the 10th Sustainment Brigade, secures a keylock submission against an opponent in his battle for 3rd Place of the light-heavyweight division, during the Modern Army Combatives tournament Aug. 29 at Camp Taji, Iraq.

for MACP are a certified instructor and a soft-floored area, such as grass or sand, to effectively and safely train. Sgt. 1st Class Jason M. Boorn, another cadre member who is an electronic warfare operator with the brigade, and Tampa, Fla., native, said he would have appreciated better accommodations.

"Air conditioning," he said. "The building we used was like a sauna some days."

Other complaints included the difficulty in maintaining a clean training environment as far as weather-proofing.

"It's pretty close to training outside," said Munoz.

Fritzsching said, despite the less-than-ideal accommodations, the cadres' ability to adapt shone through.

"It was demanding because we were resource- and time-constrained," said Fritzsching. "A lot of the suc-

Camp Taji Combatives



Sgt. 1st Class Harvey Martinez, with the 10th Sustainment Brigade, completes an arm bar from the guard, finishing a fight during the Modern Army Combatives tournament, hosted by 10th Sustainment Brigade Aug. 29 at Camp Taji, Iraq

“The benefit of this system is that Soldiers are able to improve their skills through regular competition,” Boorn said. “Being able to compete instills esprit de corps, brings units closer together and makes Soldiers comfortable with having to deal with someone who fights back. Basically, it allows them to pressure-test what they’ve learned and find out that it actually works.”

The brigade’s training program lasted a solid year while deployed, turning out a number of fighters with both grappling and striking skills. Just after the last course’s graduation, a camp-wide tournament was held.

Weigh-ins were held the day prior, with six different weight classes for competitors.

Cpl. Corey Minatani, a training NCO with the 1161st Transportation Company, 419th Combat Sustainment Support Battalion, 10th Sust. Bde., joked during the weigh-ins.

“I feel fine now, but wait until after the tournament; then I’ll be broken,” said the Moses Lake, Wash., native.

Fighting started at 9 a.m., following a brief from Boorn about the rules of the competition.

The tournament rules were divided into two different sets: the preliminary and finals. In the preliminary fights, competitors were only allowed to grapple, with certain throws and submissions ruled out for Soldiers’ safety.

The finals followed the same rules, but allowed open-handed strikes to the face and closed-fist strikes to the body. Kicks were outlawed in both rounds.

More than 94 fighters submitted paperwork to compete with 15 teams formed between different units.

The tournament received sponsorship from <http://thejitz.com>, an online fight-apparel store owned by Scott Bauer and Michael Cascia.

“It’s absolutely important for troops to learn hand-to-hand combat,” said Bauer, a former Soldier who is deployed as a civilian here. “We want to help support that.”

The Web site offered gift certificates and shirts for the winners of the tournament, and Bauer said the company intends to get more involved with service members and their training.

“We are hoping to get some instructors of our sponsored professional fighters to visit Soldiers, but nothing is set yet,” said Bauer.

In the meantime, the company offers discounts for service members who live at Camp Taji.

“I’ve got a lot of love for the military,” said Bauer.

The tournament served as the culmination of a year’s worth of blood, sweat and tears for the 10th, which will soon depart Camp Taji, leaving behind MACP knowledge and training for future service members.

week level one certification courses and three, one-month level two courses, both of which were available to anybody at Camp Taji.

“When we started the training, it generated a lot of interest among units on the camp,” said Fritzsching. “We train Soldiers, despite what unit they are assigned to. We are all in the Army; we are all one big team.”

The training produced roughly 185 fighters.

Pfc. Henry Handwerker, a support operations specialist, graduate of the level one certification course, and a Hartsville, S.C., native, said MACP has become a healthy hobby to help him through the deployment.

“I did a little wrestling in high school,” said Handwerker, “but I love doing this. It’s great, choking people out, and it’s good exercise.”

Staff Sgt. Natasha Scott, a certified level-two fighter, with the brigade intelligence section, and a Philadelphia native, said she gained many things from MACP, including confidence.

“I have never been in a fight before in my life,” said Scott. “After going through MACP, I no longer have the fear of being hit or facing my opponent. It was a great experience.”

One of the main concepts behind MACP is live training, meaning the concepts can be employed against fully-resisting opponents, without a large risk of serious injury.



A Soldier secures the mount position during the Modern Army Combatives tournament, hosted by 10th Sustainment Brigade Aug. 29 at Camp Taji, Iraq.

cess is a result of the professionalism and relentless dedication of the cadre. They made it work.”

Despite these challenges, the Muleskinners established a camp-wide training program with seven, two-

Soldier answers call to refuel aircraft

STORY AND PHOTO BY
SPC. BETH GORENC
TASK FORCE 38 PUBLIC AFFAIRS

BAGHDAD, Iraq – The newest addition to the Riflestock forward area refueling point team blends into the workflow as though she belongs below the blades of a helicopter.

Spc. Theresa Welsh, of Harrisburg, Pa., was not slotted to work at the FARP during her deployment in Iraq. She was a logistics specialist but, when Riflestock needed more Soldiers to help complete the refueling mission, FARP personnel reached out to the 28th Combat Aviation Brigade for extra Soldier support and Welsh stepped up.

Welsh, who has been with the group roughly a month, said she did not want to be “stuck in an office” and wanted to “see the action,” so she answered the call to work at the Baghdad refueling point with E Company, 1st Regiment, 137th Assault Helicopter Battalion.

As Welsh learns to be a petroleum

specialist through on-the-job training, she has a hand in every aspect of the refueling process – from standing by with fire extinguishers as a fireguard, hooking up the hose, refueling the aircraft and operating the fuel truck to using her logistics background to file and track paperwork.

“It’s a good learning experience,” she said. “You get to meet tons of people and learn a lot about the job.”

Assisting with her on-the-job training, Staff Sgt. Brian Pierce, a Hershey, Pa., native, said Welsh has a high level of comprehension and learned the different jobs quickly.

“We have to slow her down,” he said. “She’s a get up and go type person.”

Working as the first shift leader, Pierce assists and observes Welsh regularly as she learns the refueling craft.

“She wants to get on every bird,” said Pierce. “Across the board she is an outstanding Soldier, and I hope to have five or 10 more like her.”

When Welsh returns to the U.S., she said she plans to attend school to re-class and officially become a petroleum specialist.



Spc. Theresa Welsh, a logistics specialist from the Pennsylvania National Guard, refuels a UH-60 Black Hawk Aug. 24 at Riflestock forward area refueling point as part of her on-the-job training.

The Dirty Dozen

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

Mississippi Guardsmen clean house

STORY AND PHOTO BY CAPT. MURRAY SHUGARS
2/198TH COMBINED ARMS BATTALION

CONTINGENCY OPERATING LOCATION Q-WEST, Iraq – When Mississippi Guardsmen cut the locks on five unclaimed shipping containers Sept. 15 at Contingency Operating Location Q-West, Iraq, they found \$75,000 in unused supply items and unclaimed equipment.

Members of 2nd Battalion, 198th Combined Arms, out of Senatobia, Miss., opened containers near the Base Defense Operations Center as part of a theater-wide initiative to account for all containers and their contents during the responsible drawdown of U.S. troops and equipment from Iraq, said Capt. John E. Satterfield, director of public works and container manager for the 2/198th CAB Mayor Cell and a Midway, Ga., native.

Command supply needs determine how the unit handles the property, said Capt. Dirk Waldrop, the battalion logistics officer and a Senatobia, Miss., native.

“Technically, we classify these unclaimed containers as found-on-installation, FOI,” said Waldrop.



Capt. William D. Waldrop, a logistics officer with the 2nd Battalion, 198th Combined Arms, out of Senatobia, Miss., opens an unclaimed shipping container Sept. 15 near the Base Defense Operations Center at Contingency Operating Location Q-West, Iraq.

Following command supply discipline procedures, the property book officer inventories the equipment and material, records any serial numbers, submits the inventory to higher command, and awaits dispo-

sition of the unclaimed items.

“Some of the stuff has been in those containers for at least three years,” said Staff Sgt. Sheldon W. Pope, battalion property book team chief with the 2/198 CAB and a Senatobia, Miss., native. “During our transfer of authority, I conducted an inventory of excess property on the books and found some of it in those (containers), such as communications and computer equipment, a surveillance system and other such items.”

The unclaimed items included numerous pallets of printer paper worth roughly \$10,000, printers and ink cartridges, desktop and laptop computers, hand tools, mechanic tools, electrical equipment, office furniture, small arms paper targets, four industrial air conditioners, old handheld radios and base stations, and spools of cable.

“The Mayor Cell is accountable for 317 shipping containers across the base, and we have to account for each of them on a monthly basis,” said Satterfield. “As we find unclaimed containers, we will have to open them. This is an ongoing process, all part of our efforts to assist a responsible draw-down of forces and equipment across Iraq.”



To: Pvt. Bryan Cornish

From: Tiffany and ‘Baby’ Nadiyah Tierre-Rene Cornish (born Aug. 28, 2009)

“I love you, Daddy.”



419th hosts last hoorah

STORY AND PHOTOS BY
STAFF SGT. OSHAWNA TACKETT
10TH SUST. BDE. PUBLIC AFFAIRS

CAMP TAJI, Iraq – Soldiers with the 419th Combat Sustainment Support Battalion, 10th Sustainment Brigade, nicknamed “Wolfpack,” participated in a five-lap swim, a 5K tactical march and a 5K run Sept 7 at Camp Taji, Iraq.

The competition resembled a relay race, with numbered D-rings handed off to the next competitor as each event was completed.

Staff Sgt. John Harlow, a Lakewood, Wash., native, who helped organize the event, and Command Sgt. Maj. Paul Swanson, a Perris, Calif., native, with the 419th, gave an overview of each event and provided a risk assessment to Soldiers. Medics and lifeguards stood by at the swim meet and 5K routes.

Soldiers began the competition with five laps in the pool, then took their numbers just outside of the pool area, where their partners waited at a table with their weapons disassembled.

The marchers assembled their rifles and left on the 5K journey wearing full body armor, which weighs roughly 35 pounds.

The competition was complete when runners crossed the finish line to meet cheering fans.

The first team to finish was B Troop, 2nd Squadron, 107th Cavalry Regiment, 419th Combat Sustainment Support Battalion. The winners were Spc. Mitchell Daugherty, a native of Athens, Ohio, along with Staff Sgt. Steven Hartman and Capt. Louis Longhenry, both from Cincinnati.



First Lt. Otto Vindekilde, a Corpus Christi, Texas, native, with the 96th Transportation Company, assembles his rifle after his teammate completed the swimming portion of the triathlon, hosted by the 419th Combat Sustainment Support Battalion Sept. 7 at Camp Taji, Iraq. Upon assembling the rifle, he marched 5 kilometers for the second portion of the event.

Daugherty and Hartman had just returned from a mission that night, but were geared up and ready to go at the pool by 5:30 a.m.

“They almost made it too easy for me,” said Longhenry of his two teammates.

Daugherty finished the swim in first place, as did Hartman in the march. Their total time was 1:05:44. After the competition, the Soldiers of B Troop left for yet another mission to Contingency Operating Location Adder, Iraq.

The final competition involved two teammates entering the pool while the other teammate stayed on the side, hat in hand. One hundred battalion coins were placed in the shallow end, while Soldiers waited on the other side. On the command go, participants swam to the other side, picked up one coin at a time and swam back to place the coin in the hat.

The group that collected the most coins won the contest, and the number of coins gathered was added to or subtracted from the final times for the teams.

Seventeen teams, 54 participants and more than 20 volunteers participated in the event.

After the competition, the winning teams were announced and awarded. All volunteers for the competition were called forward and Lt. Col. Kristan L. K. Hericks, the commander of the 419th CSSB, awarded them with coins.

“They have done an incredible job and that is the memory I want them to take home,” said Hericks.

Swanson said he wanted to give back to the unit through the event.

“We just wanted to do something fun for the troops,” Swanson said. “The lieutenant colonel and I will really miss the Soldiers here. They’ll always be a part of the Wolfpack Family.”



Enthusiastic participants wait for their teammates to put coins in their hats and helmets during the mystery event of the 419th Combat Sustainment Support Battalion’s triathlon Sept. 7 at Camp Taji, Iraq. Two members of each three-person team swam the width of the pool until all 100 battalion coins were retrieved.

Eagerly waiting for Sgt. Britt Hawke, a Salt Lake City native, to finish the marching portion of the triathlon, Spc. Lucia Enriquez, from Benton City, Wash., raises her hand to catch the team’s D-ring. Enriquez ran a 5K as the final part of the triathlon Sept. 7 at Camp Taji, Iraq.



Staff Sgt. Steven Hartman (left), from Cincinnati, and Sgt. Jeremy Bowden of Laguna Beach, Calif., battle for the lead during the marching portion of the triathlon hosted by the 419th Combat Sustainment Support Battalion Sept. 7 at Camp Taji, Iraq. Hartman stayed the course and won the march.

49th Transportation adopts Killeen Field

By SGT. RYAN TWIST
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – Since the 49th Transportation Battalion adopted Killeen Field at Joint Base Balad, Iraq, they have worked to revamp everything but the field's name.



The Battalion out of Fort Hood, Texas adopted Killeen Field – named after Killeen, Texas – in July and immediately began cleaning it, making repairs and laying the groundwork for large-scale improvements.

Spc. Adrian B. Lee, a transportation management coordinator with the 49th Trans. Bn. and a Marianna, Fla. native, said the field is only used for football, but he and his unit would like to expand its functionality to include soccer and other sports.

“We want to tell people it's a place you can go to have fun and hang out,” said Lee. “It's not rundown anymore and we would like to get more people involved out there.”

He said they plan to look into getting a scoreboard, grill and a concession stand at the field. These improvements would benefit service members and civilians who look for a full, sporting-event experience, he said.

Staff Sgt. Winston C. Purchase, the unit's non-commissioned officer in charge of in-processing for Mobile Control Teams and an Austin, Texas, native, said the unit kept the field's name because it lent itself to the hometown feel.

“Killeen Field was adopted for the morale of the Soldiers,” said Lee. “It was basically a field just sitting there and nobody was taking care of it. It was

an eyesore.”

Lee said the 49th Trans. Bn. adopted it, put a sign on the fence with their name on it and began to clean.

He said they want to keep the field maintained and opened for more events.

The unit plans to put a cover over some of the bleachers because the field and seating give no protection from the sun, he said.

Some smaller projects the unit would like to address include fixing the gate, adding new cones and improving the field's aesthetics, he said.

“We have to start small,” said Lee. “There are soccer goals on the field, but they also need to be fixed.”

Purchase said he wants more service members and civilians to use this field and to know the 49th maintained it for them. When they see the work the unit has done, he said he hopes they will continue to



Staff Sgt. Winston C. Purchase, an Austin, Texas native, and Spc. Adrian B. Lee, a Marianna, Fla. native, transportation management coordinators with the 49th Transportation Battalion out of Fort Hood, Texas, are part of the team that cleaned up Killeen Field after the unit adopted it in July.

care for it as his unit has.

“We want to leave our name,” said Purchase.

Lee said he volunteered with Habitat for Humanity in high school, building houses, and the experience made him want to make the field better than it was when he arrived here.

“It's a good feeling knowing something we're doing is going to be here after we leave,” he said.



80th ORD BN and 102nd QM CO
Present : 10 October 2009



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Joint Base Balad**



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Managing a critical aggressor: Case example I



**"The Stress Doc"
Mark Gorkin**

Let's try a mind exercise. You've just given a presentation at an important meeting. As the meeting concludes, you turn to a colleague (a casual acquaintance) and ask, "How did the presentation go?"

And in a decidedly judgmental and unfriendly tone this colleague declares, "Frankly, you fumbled the data. Obviously, you didn't prepare very well!"

Imagine being the presenter. How would you feel receiving such critical feedback? What would you say or do in return? Let's assume that punching this guy in the nose is not a good intervention strategy. Actually, this is the scenario I pose to attendees of my Managing Anger and Difficult People Program – also subtitled, "When Going Postal is not an Option." As a former stress and violence prevention consultant for the U.S. Postal Service, I feel entitled to my attitude.

Let me begin this analysis by illustrating three common emotional and behavioral reactions to this critical aggressor exercise:

1. **Feeling Rejected or Exposed.** If this instance applies, you likely feel hurt and put down by the antagonist's harsh words. Or you are surprised by the stinging critique; you believed your presentation had been at least satisfactory. Now you may feel exposed. Feelings of guilt, "I could have tried harder or done better," or shame "this criticism confirms my inadequacy or worthlessness," may dominate. Now the only means available to counter the criticism is with hastily conceived self-justifying explanations or face-saving rationalizations.

2. **Feeling Attacked and Becoming Aggressive.** In this scenario you quickly feel defensive and reactive.

You might think, "How dare this jerk be so hostile?" Or you might say, "How the hell do you know how I prepared? And what makes you such a hot shot expert, you bozo?" And while immediately counterattacking and feeling entitled – an eye for an eye, an ego for an ego – your reactivity may well indicate wounded pride.

3. **Feeling Fearful or Humiliated and Withdrawing.** Whether lowering your eyes in defeat or turning pale in a state of shock, you now feel intimidated and helpless. Incredulous at the brazen verbal harassment, some sensitive individuals or folks with underdeveloped assertive muscles, become immobilized. A target's suppressed rage may also add to a sense of impotence. Now you likely sit passively or withdraw ignominiously from the battlefield. (Of course, a tactical withdrawal may be a productive and purposeful step. But more on this shortly.)

Positive Limit-Setting Strategic Interventions

Having delineated three defensive reactions, it's time to describe a constructive and strategic approach to setting limits on a harsh aggressor. Consider these basic assumptions, attitudes and actions:

1. **Understanding the Difference Between Reaction and Response.** The aforementioned feelings, thoughts and behaviors are defensive reactions – defensive in this sense does not mean healthfully self-protective. A target quickly feels attacked and psychically wounded; he or she is being verbally mistreated or abused by the aggressor. And whether lashing out in anger or feeling humiliated and quickly retreating, the "victim" is in reactive mode: "You've hurt me" or "You made me upset" or "It's your fault" or "You caused me to strike back."

However, there's a strategic alternative: you can experience and process your feelings and thoughts before behaving in a knee-jerk manner. You can acknowledge feelings of pain, shame and anger, and then get centered. You

can begin to place this person's behavior in context: Is the critic's assessment objective – even if his manner of delivery is woefully subjective – or does he have an agenda? Or, might she be jealous?

By processing your thoughts and feelings and by assessing or, at least, questioning the aggressor's behavior patterns and situational constraints you are now ready to transform a reaction into an assertive and effective response.

2. **Metacommunicate.** Here's my conflict management axiom in dealing with a critical aggressor: Before justifying or explaining your behavior, comment upon – whether tactfully or directly – the aggressor's harassing tone and/or content. Using our mind exercise as an example, you might say, "I'm open to feedback, but I don't appreciate being attacked," or "such global and un-specific comments are not useful and, frankly, I find them hostile. Can you be more specific and be professional?"

Along with staying centered and non-reactive, you are setting appropriate boundaries. You've returned the harsh critic's verbal hand grenade, as opposed to freezing up or to hurling it back in an enraged or vengeful state.

3. **Use Assertive "I" Messages.** Underlying this tactfully assertive approach to defusing hostility is the recognition that assertive "I" messages, unlike blaming "You" messages, don't add static to communication channels. "You made me" or "It's your fault" transfers all the power to the aggressor. In reality, one-sided blaming often rationalizes an immature reaction or counterattack. In contrast, a constructive I message acknowledges your experience as a target: "That hurts" or "I'm angry right now." Such a message also states what you don't like or what you do prefer: "I don't appreciate being attacked and I don't listen well. I can hear and consider more specific feedback." I messages help reaffirm your integrity while establishing healthy boundaries. So abstain from those reactive yous or

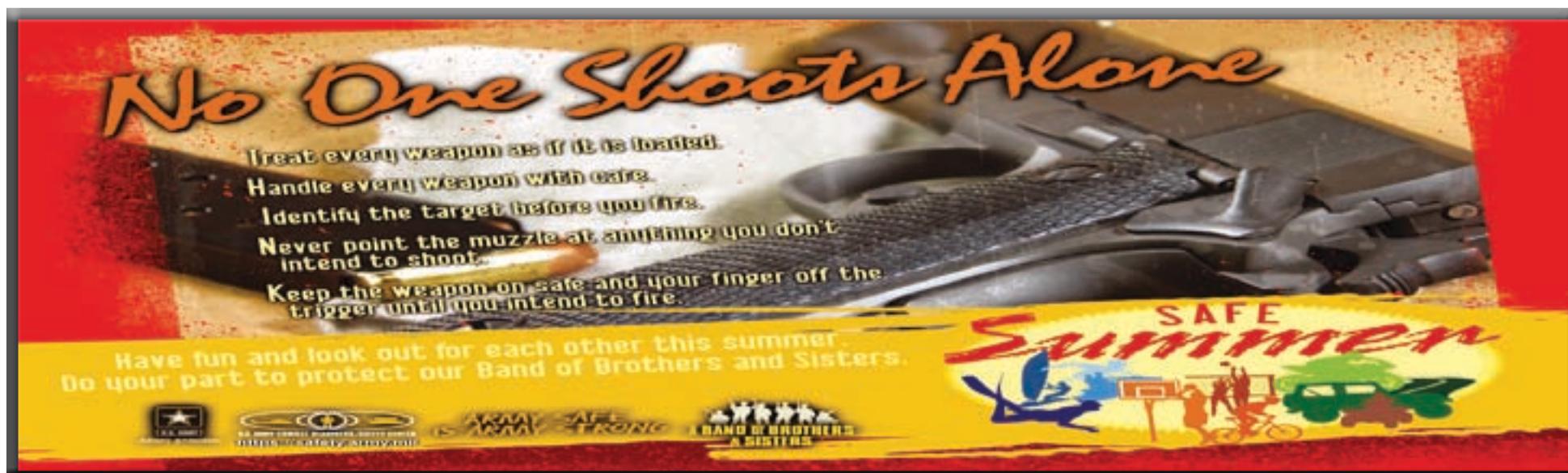
risk becoming a blameaholic.

4. **Take a Time Out.** Finally, if the aggressor's initial barrage leaves you stunned or speechless, you don't have to stay in the ring desperately trying to summon up a counterpunch. Basically you can state, "I won't be a party to this kind of verbal barrage (or "harassment" if encounter is more hostile than just heated). Or, if feeling centered, you can declare: "I need a time out before responding." You also can say, "I believe we need a time for us to have a professional discussion."

Remember, it's okay if you don't have a perfect comeback to an aggressor's spewing. Take time to think about and sleep on the problem and a response ... then you'll nail the jerk tomorrow! Just kidding. Seriously, taking a time out is not a sign of weakness. Basically it is a strategic retreat to help you cleanse a wound, get centered and to formulate an I response. Hitting the pause button affirms your integrity while setting limits and boundaries on a charged exchange.

Mark Gorkin, LICSW, "The Stress Doc"™, is an acclaimed keynote and kickoff speaker, training/OD & team building consultant, psychotherapist and "Motivational Humorist." He is the author "Practice Safe Stress: Healing and Laughing in the Face of Stress, Burnout & Depression" and "The Four Faces of Anger: Transforming Anger, Rage, and Conflict into Inspiring Attitude & Behavior." A kickoff speaker for Estrin Legal Education Conferences, the Doc is America Online's online psychohumorist™ and pioneer of a USA Today Online "HotSite" – <http://www.stressdoc.com> – recognized as a workplace resource by National Public Radio. For more info on the Doc's speaking and training programs and products, email stressdoc@aol.com or call 301-875-2567.

This issue of the Expeditionary Times contains a reader submitted article written by Mark Gorkin, also known as "The Stress Doc." Mr. Gorkin's views are not necessarily those of the Department of Defense and the inclusion of his submission is not meant in any way as an endorsement of his services.



No supplement for hard work

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

JOINT BASE BALAD, Iraq – Stores on Joint Base Balad, Iraq, carry products promising to help consumers lose weight or gain muscle, using words such as explosive, massive, premium, super and advanced to market their product as the best.

These supplements are neither food nor drug and therefore not regulated by the Food and Drug Administration, which Col. Richard C. Wahl, command surgeon for the 13th Sustainment Command (Expeditionary), said concerns him.

“The reason for my concern with muscle-building supplements is, in general, you don’t know exactly what you are getting,” said Wahl, a Fountain, Colo., native.

Lt. Justin M. Hyde, dietician for the 332nd Expeditionary Medical Support Squadron, said diet adjustments are more cost-effective and usually yield better results than taking supplements.

A jar of peanut butter can be as effective in providing calories and protein as a jar of protein powder, said Hyde, a Minneapolis, Minn., native.

Wahl said he had a similar opinion about the use of protein supplements.

“I think the end result is about the same,” said Wahl. “When you eat a bunch of (protein) powder you get it slightly quicker. When you eat a bunch of beef you get it slightly tastier.”

Instead of taking supplements, simply consuming caffeine before a workout can provide athletes with more energy, which leads to improved performance, said Hyde.

“If you are trying to lose weight, you really don’t need any supplements,” he said.

Capt. Vanessa A. Vanden Bout, the sexual assault response coordinator for the 332nd Air Expeditionary Wing, and a level one certified CrossFit trainer, said hard work is the answer to achieving personal fitness goals.

Vanden Bout quoted 1984 Olympic champion runner Evelyn Ashford in reference to her own fitness:

“Whatever muscles I have are the product of my own hard work and nothing else.”



Airman 1st Class Corey A. Menhart does ring dips during his daily workout Sept. 8 at the H-6 Fitness Center at Joint Base Balad, Iraq.

Do you
have a
story
idea?

Contact us at:

expeditionarytimes@
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Lone Wolf comedians inspire howls of laughter

STORY AND PHOTO BY LISA A. COPE
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – Three comedians with the Lone Wolf Comedy Tour performed Sept. 15 at Morale, Welfare and Recreation Center West at Joint Base Balad, Iraq, as part of a 10-day tour in country.

Comedians Olivia Arrington, Thea Vidale and Paul Myrehaug said they performed the four-show tour to help raise the morale of the troops stationed in Iraq, each comedian citing different personal reasons for choosing to perform.

This is Arrington’s fourth tour in Iraq. She said she has been entertaining the military for more than 15 years and has performed in 21 countries.

“I feel a passion and a drive to do this for the military, and to go into these little remote places and see them smile, even if it’s just for 90 minutes,” said Arrington.

Arrington said she has never felt unsafe while with the military; she feels confident in their abilities and trusts in her personal faith.

“My faith in God is way bigger than my fear of man,” said Arrington.



Vidale, a Los Angeles native, said she has a family tie to the military.

Comedian Paul Myrehaug performs Sept. 15 at Morale, Welfare and Recreation Center West at Joint Base Balad, Iraq, during the Lone Wolf comedy tour.

“My father was in the military for 28 years,” said Vidale. “It’s a tribute to him.”

Paul Myrehaug, a native of Vancouver, British Columbia, Canada, said as a stand-up comic, one of his heroes is comedian and actor Bob Hope and he was inspired to follow in his footsteps and perform for the troops.

Sgt. 1st Class Karen R. Stokes, the noncommissioned officer in charge of personnel for the 49th Transportation battalion, 13th Sustainment Command (Expeditionary), said the show was a great opportunity for Soldiers to come together and take some time off.

“Comedy is something you need here, to release all of your stress,” said Stokes, a Virginia Beach, Va., native.

Master Sgt. Michael A. Stansbury, an automated logistics specialist with Port of Entry Transition Team 4130, said he attended the Sept. 15 show to relax and enjoy a break from his everyday routine.

“All the comics brought something different to the table, and each one of them kept me laughing pretty much the whole show,” said Stansbury.

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

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

Last week's answers

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

TEST YOUR KNOWLEDGE

1. What boxing class is heaviest - flyweight, bantam weight or feather weight?
2. Who beat Michael Moorer in a 1994 heavyweight title fight hyped as "One for the Ages"?
3. Who did Joe Frazier say he wanted "like a hog wants slop"?
4. How old was George Foreman when he became the oldest heavyweight champ in history?
5. Who reigned as heavyweight boxing champ of Uganda from 1951-1960?

1. Feather weight 2. George Foreman 3. Muhammad Ali 4. Forty-five 5. Idi Amin

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

LITURGICAL (Episcopal, Anglican, Presbyterian) - Sunday

1500 Gilbert Chapel (H-6)

SEVENTH DAY ADVENTIST - Saturday

1000 Provider Chapel

CHURCH OF CHRIST - Sunday

1530 Castle Heights (Bldg. 4155)

LATTER DAY SAINTS (MORMON) - Sunday

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

MASS - Saturday

1700 Gilbert Memorial Chapel (H-6)
 2000 Freedom Chapel (West Side)

Sunday

0830 Gilbert Memorial Chapel (H-6)

Thursday

1100 Air Force Hospital

Mon., Wed., Fri.

1700 Gilbert Memorial Chapel (H-6)

Monday-Friday

1130 555th Engineer Bde. (Bldg. 7200)

JEWISH SHABBAT SERVICES- Friday

1700 Gilbert Memorial Chapel (H-6)

Saturday

0930 Gilbert Memorial Chapel (H-6)

1700 Gilbert Memorial Chapel (H-6)

ISLAMIC PRAYER - Friday

1230 Provider Chapel

PAGAN/WICCAN FELLOWSHIP - Thursday

1900 The Shack

Saturday

1900 The Shack

GREEK ORTHODOX - Sunday

0900 Provider Annex

FOR FURTHER INFORMATION PLEASE CALL:

Gilbert Chapel: 443-7703

Provider Chapel: 433-2430

Freedom Chapel: 443-6303

JB BALAD ACTIVITIES

INDOOR POOL Swim Lessons: Mon., Wed., - 6 p.m. Tue., Thu., Sat., - 6:30 p.m. Aqua Training: Tue., Thu., - 7:30 p.m., 8:30 p.m.	a.m., 5-6 p.m. Edge Weapons & Stick Fighting 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: Saturday- 7:30 p.m.	CC Cross Fit: Monday- Saturday- 10:30 p.m. Cross Fit: Mon., Wed., Fri., - 5:45 a.m., 7 a.m., 3 p.m., 6 p.m. Tue., Thu., - 7 a.m., 3 p.m.	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. Darts: Saturday- 8:30 p.m. WEST REC- NESS CENTER Green Bean Karaoke: Sun., Wed., 7:30pm 9-ball tourney: Monday- 8 p.m.	Friday- 7 p.m. Aerobics: Monday, Wednesday, Friday- 7 p.m. Body by Midgett Toning Class: Tue., Thu., - 7 p.m. Dodge ball Game: Tuesday- 7:30 p.m. Furman's Martial Arts: Mon., Wed., Sun., - 1 p.m. Gaston's Self-Defense Class: Fri., Sat - 7 p.m. Open court basketball: Thursday- 7 p.m. Open court soccer: Mon., Wed., - 7 p.m. Zingano Brazilian Jui Jitsu: Tue., Thu., - 8:30 p.m.
EAST REC- REATION CENTER 4-ball tourney: Sunday- 8 p.m. 8-ball tourney: Monday- 8 p.m. Karaoke: Sunday- 9 a.m. Mon., Wed., Fri., - 2 a.m., 8 a.m. 2 p.m., 7 p.m., 9 p.m. Tue., Thu., - 5:45 a.m., 9 a.m., 8:30 p.m. Soccer: 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.	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. Step Aerobics: Mon., Wed., Fri., - 5:30 p.m. Conditioning Training Class: Mon., Wed., Fri., - 7:15-8 p.m. Brazilian Jui-Jitsu: Mon., Wed., Fri., - 8-9 p.m. Abs-Aerobics: Tue., Thu., 6-7	H6 FITNESS CENTER Spin: Sunday- 9 a.m. Monday- 9 a.m., 2 p.m., 7 p.m., 9 p.m. Tue., Thu., - 5:45 a.m., 9 a.m., 8:30 p.m. Saturday- 9 a.m., 7 p.m. Boxing: Sunday- 4 p.m. Tue., Thu., - 2 p.m. Boot Camp: Sunday- 8:45 a.m. Tue., Thu., - 7 p.m. Power Abs: Mon., Tue., Thu., - 8 p.m. Friday- 9 p.m.	H6 RECRE- ATION CENTER Bingo: Sunday- 8 p.m. Texas	WEST REC- NESS CENTER 3 on 3 basketball tourney: Saturday- 7:30 p.m. 6 on 6 volleyball tourney: Fri., - 8-10 p.m.	CIRCUIT GYM Floor hockey: Mon., Wed., Fri., - 8-10 p.m.	

UPCOMING SPORTS ON AFN



Wednesday 9/23/09

MLB TBD, Live 3 a.m. AFN/xtra
 MLB TBD, Tape Delayed 10 a.m. AFN/sports
 New York Yankees @ Los Angeles Angels, Live 8:30 p.m. AFN/sports

Thursday 9/24/09

Wednesday Night Baseball: Teams TBD, Live 2 a.m. AFN/sports
 Texas Rangers @ Oakland Athletics, Live 5 a.m. AFN/xtra
 MLB TBD, Tape Delayed 10 a.m. AFN/sports
 NFL RePLAY - Game 3: Teams TBD, Tape Delayed 3 p.m. AFN/ sports
 NFL RePLAY - Game 4: Teams TBD, Tape Delayed 4:30 p.m. AFN/ sports
 2009 FedEx Cup - The TOUR Championship: First Round (East Lake GC, Atlanta, GA), Live 8 p.m. AFN/sports

Friday 9/25/09

ESPN College Football: Mississippi @ South Carolina, Live 2:30 a.m. AFN/sports
 Thursday Night Baseball: Teams TBD, Tape Delayed 10 a.m. AFN/sports
 2009 FedEx Cup - The TOUR Championship: Second Round (East Lake GC, Atlanta, GA), Live 8 p.m. AFN/sports

Saturday 9/26/09

MLB on TBS - Friday Night "Pennant Race" Special Edition: Boston Red Sox @ New York Yankees, Live 2 a.m. AFN/xtra
 ESPN College Football: Missouri @ Nevada, Live 4 a.m. AFN/ sports
 Strikeforce Challengers: Kennedy vs Cummings (SpiritBank Event Center; Bixby, OK), Live 6 a.m. AFN/xtra
 ESPN College Football: Missouri @ Nevada, Tape Delayed 2 p.m. AFN/ sports

Sunday 9/27/09

Summer Action Sports Tour: Toyota Challenge, Tape Delayed 8 a.m. AFN/xtra
 2009 FedEx Cup - The TOUR Championship: Third Round (East Lake GC, Atlanta, GA) (JIP), Tape Delayed 10 a.m. AFN/sports
 NASCAR Nationwide Series: Dover 200 (Dover International Speedway, Dover, DE), Tape Delayed 10 a.m. AFN/xtra

Monday 9/28/09

Denver Broncos @ Oakland Raiders (JIP), Live 1 a.m. AFN/xtra
 NHRA Full Throttle Drag Racing Series: O'Reilly Super Start Batteries NHRA Fall Nationals (Dallas, TX), Live 2 a.m. AFN/xtra
 Sunday Night Football: Indianapolis Colts @ Arizona Cardinals, Live 3:15 a.m. AFN/sports

Tuesday 9/29/09

Monday Night Football: Carolina Panthers @ Dallas Cowboys, Live 3:30 a.m. AFN/sports
 Texas Rangers @ Los Angeles Angels, Live 5 a.m. AFN/xtra
 New York Yankees @ Los Angeles Angels, Live 5 p.m. AFN/xtra

Arts & Entertainment

A mediocre love story about weirdoes

BY SGT. JAYSON A. HOFFMAN
EXPEDITIONARY TIMES STAFF



“Good Dick” is what would happen if Lloyd Dobler from “Say Anything” fell in love with Lisa Rowe from “Girl, Interrupted” – the stalker type somehow convinces the crazy girl, and the audience, his motives are pure. In the long run, he wins her over, and the movie’s quirky characters win the audience over. It’s not great; it’s not awful, but it’s worth checking out.

Jason Ritter (“Freddy vs. Jason”) plays a video-store clerk that lives in his car and desperately seeks companionship. One day, Marianna Palka’s character

(writer/director/actress) comes into the video store and Ritter’s character decides to go after her. He looks up her address in the store computer and pretends to run into her at her apartment. Slowly, they develop a painful give-and-take relationship. He wants to know what she’s feeling on the inside but she just keeps pushing him away, until all the cards are thrown out on the table.

The acting in this film was quite solid. Ritter comes off as charismatic and outgoing, but still in need of some company. The audience vaguely learns of his past drug addiction, which really adds to the disparity of his character. He is lonely, but he sees something in Palka’s character he can’t resist. Palka does a great job. She’s a weird introvert who only rents 1970’s soft-core eroti-

ca films, and has intense sexual issues. The audience learns of her past and watches as she works through her demons.

There are plot points that may frustrate the average moviegoer. The audience never completely learns why Palka’s character has such extreme social issues. There are vague hints, allowing the audience to create their own conclusion, but never the direct explanation most people want. The ending is also a little too easy for such a complicated love story, but overall the film works.

This movie, to put it bluntly, is weird, but the characters are intriguing. This film keeps the audience wanting to know what is going to happen next. It’s not a great love story, or like any love story on film, but it’s worth the 86 minutes it will take to watch it.

EA releases a terrible new chapter in Madden

BY STAFF SGT. JOEL GIBSON
EXPEDITIONARY TIMES STAFF



I’ve been purchasing Igames in the Madden franchise since 1994, and Madden 2010 for the Playstation 3 is the second-worst installment I have ever owned.

The latest edition of the much ballyhooed football video game is proof positive that monopolies make mediocrity. For those unfamiliar with the monopoly comment, Electronic Arts secured exclusive rights to make NFL videogames after Sega released a vastly superior product in “ESPN NFL 2K5.”

The Madden series peaked with the 2007 edition for Playstation 2. Every next-generation (Xbox 360 and PS3) version has been garbage.

After purchasing the 2007 edition of Madden for the Xbox 360, I decided

not to buy another installment until EA showed a real commitment to making a quality product again. Man, did they fool me this year.

The public-relations blitz and obviously-planted <http://www.amazon.com> “customer” reviews suckered me into believing 2010 was going to be a good product. In reality, the new features equate to putting makeup on a pig.

New features for 2010 include Pro-Tak, a cute name for a new animation system that allows nine-man gang tackles and fight-for-the-ball mini-games, online franchise mode, the Extra Point Show and online co-op mode.

It’s just a little amusing to me that it took EA five years to come up with a decent gang-tackle system, considering “ESPN NFL 2K5” had a seven-man gang-tackle feature.

The mini-games wherein players fight for a loose ball during a fumble pile

are finicky, unrealistic and have nothing to do with ability, other than hitting the right button as it pops up on the screen.

The last aspect of Pro-Tak is the replacement of intuitive running with the right control stick. Just press the stick in a direction and the ball-carrier will do a semi-random avoidance move. This feature makes it feel like the game is taking the player for a ride, rather than the player controlling the action.

Online franchise mode seems pretty cool, but I can’t comment on it because I don’t have internet in my room and, even if I did, it probably wouldn’t be fast enough for me to play Madden online. I will, however, comment on the fact that if you want to play online franchise mode, you should really buy the game new. If you buy it used, your authentication code will most likely have been used by the original purchaser, rendering it useless.

Also, playing games online is free,

but playing games that count toward a ranking system costs an additional \$5. That’s not a huge sum, but definitely e-blackmail.

The Extra Point Show is kind of interesting and definitely worth watching ... the first two or three times. After that you can figure out exactly what is going to happen.

Superstar mode is extraordinarily lame and provides none of the attachment to your fake player the 2007 edition did. Franchise mode is cumbersome and lacks personality. Really, the only games worth playing are exhibition games against human opponents, and I’ve come to expect a lot more from this franchise.

On a scale of 1 to 10, I give Madden 2010 a solid 2, mainly because the graphics are incredible.

By the way, feel free to send comments my way, negative or positive, via email at joel.gibson@iraq.centcom.mil.

PVT. MURPHY



Sustainer Reel Time Theater

Wednesday, Sept. 23

5 p.m. The Hurt Locker
8 p.m. Aliens in the Attic

Sunday, Sept. 27

2 p.m. Chance of Meatball
5 p.m. Bandslam
8 p.m. A Perfect Getaway

Thursday, Sept. 24

5 p.m. Whiteout
8 p.m. Funny People

Monday, Sept. 28

5 p.m. A Perfect Getaway
8 p.m. Chance of Meatball

Friday, Sept. 25

2 p.m. Bandslam
5 p.m. G.I. Joe
8:30 p.m. Chance of Meatball

Tuesday, Sept. 29

5 p.m. Chance of Meatball
7 p.m. G.I. Joe

Saturday, Sept. 26

2 p.m. G.I. Joe
5 p.m. Chance of Meatball
8 p.m. A Perfect Getaway

Wednesday, Sept. 30

5 p.m. G.I. Joe
8 p.m. The Hurt Locker



PHOTOS AROUND IRAQ



U.S. Army photo by Spc. Canaan Radcliffe

U.S. Soldiers assigned to 1-150th Company, B Troop, 3rd Platoon, discuss where to set up concertina wire, with Iraqi soldiers, in Jumabi Village, Yusifiyah, Iraq, Sept. 10. The U.S. Soldiers help members of the Iraqi Army close off roads in the village at an Iraqi Army security checkpoint.



U.S. Army photo by Spc. Canaan Radcliffe

Iraqi Air Force students Kareem Karwan, Hameed Ali and their instructor Steve Cawthon, perform a pre-flight inspection before their training-exercise flight in a UH-58D Bell helicopter on Contingency Operating Location Warrior, near Kirkuk, Iraq, Sept. 13.



U.S. Army Spc. Chris Wingate, attached to C Company, 5th Battalion, 20th Infantry Regiment, 3rd Stryker Brigade Combat Team, 2nd Infantry Division, demonstrates how to insert an IV needle during first-aid training for Iraqi soldiers attached to 3rd Battalion, 18th Iraqi Army Brigade, in Diyala Province, Iraq, Sept. 16.

U.S. Navy photo by Mass Communication Specialist 1st Class Kirk Worley



U.S. Army photo by Spc. Gavriel Bar-Tzur



U.S. Air Force photo by Staff Sgt. Luke P. Thelen

U.S. Army 1st Lt. Hugo Flores-Diaz from the 25th Special Troops Battalion Security Detachment, 25th Infantry Division speaks with a local resident during a routine patrol to hand out toys and hygiene kits to residents, near Tikrit, Iraq, Sept. 10.

Iraqi soldiers from Shaeba unit in Nasariyah fire a mortar during an M-252 81 millimeter mortar system certification program training exercise, near Gharaf, Iraq, Aug. 24.

NEWS AROUND IRAQ

Ceremony opens new life-support facilities at Camp Mejid

CAMP MEJID, Iraq – The Al Asad Location Command opened a roughly \$8 million improvement to its life-support facilities in a Sept. 10 ceremony at Camp Mejid, Iraq.

The 10-month construction effort improved the location command and 7th Iraqi Army Division sustainment capacity with the addition of three barracks, a fire station and a distribution facility for petroleum, oil and lubrication products.

The commanding general of 7th IA Div. and the commander of the location command toured the complex after a ribbon-cutting ceremony.

The barracks will house location command Soldiers. The fire station will provide the camp with its first firefighting capability. The POL distribution facility will provide the 7th IA Div. with increased fuel capacity.

The United States Army Corps of Engineers-Gulf Region South provided quality control during the project to ensure the Iraqi Army received quality facilities.

Gulf Region Division builds new facilities for Iraqi army

AL ASAD, Iraq – With U.S. Marine units set to leave the base at Al Asad in the coming months and a reduction in strength for the U.S. Army units replacing them, more emphasis is being placed on the Iraqi Army.

Those Iraqi army units are now better equipped to provide protection to the western Al Anbar province following the recent completion of the Al Asad Location Command.

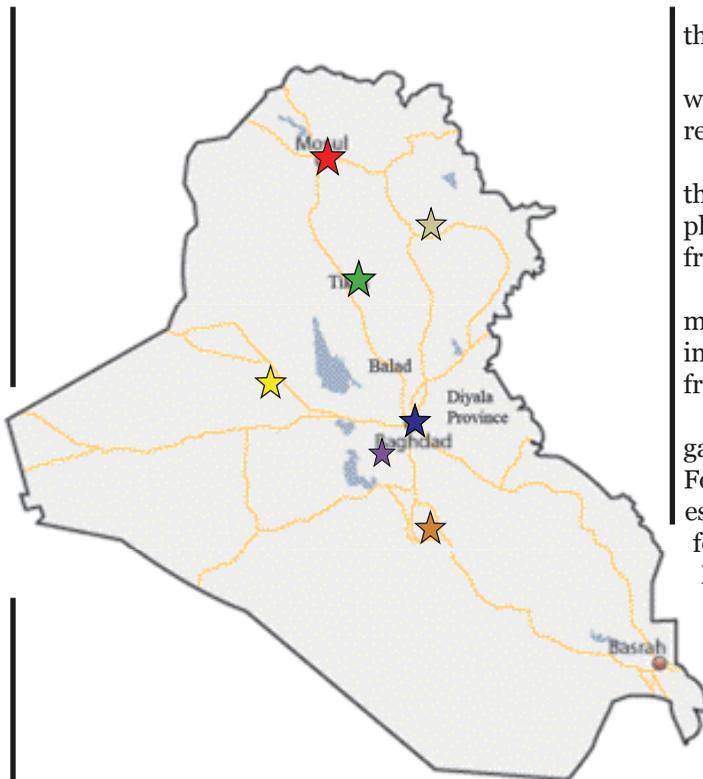
The \$8.7 million location command project, managed by the Gulf Region Division, U.S. Army Corps of Engineers in Iraq, was formally turned over to the Iraqi Army following a ribbon-cutting ceremony Sept. 10.

U.S. and Iraqi dignitaries attending the ceremony included Col. Dan Anninos, commander of the Gulf Region District; Maj. General Abdullah, commander of the Iraqi Seventh Army and Col. Khalid Noori, commander of the Al Asad Location Command.

“Today we celebrate a major step toward the completion of the Al Asad Location Command,” said Noori. “This command will have a major impact in the support of Iraqi units in the western region by managing administrative and technical support and providing security for both the base and the mobile convoys.”

Anninos called the completion of the project a proud event for the Gulf Region District’s Al Asad Resident Office and the Iraqi Army.

“My team is very proud of these facilities and we hope it increases the Iraqi army’s readiness level as they assume more responsibility for their country’s



security,” said Annino. “Together, we built this facility one brick at a time with our collective hands, minds and hearts.”

The scope of the project included the construction of a fire station, a flammable materials point, platoon warehouse and three new barracks capable of housing 250 Soldiers. The project also included the construction of a bulk lubricant storage facility and distribution points with a capacity to hold 2.3 million liters of diesel fuel, 800,000 liters of benzene and 100,000 liters of kerosene.

The Turkish-owned Emta Insaat A. S. Company was the general contractor for the 12-month project. Funding for the facility was provided through the Iraqi Security Force Fund.

The Gulf Region Division, U.S. Army Corps of Engineers in Iraq completed thousands of reconstruction projects in partnership with the U.S. government and the government of Iraq. Since 2004, GRD has completed 4,642 projects throughout Iraq valued at more than \$7.2 billion, and has 311 projects ongoing.

Greywolf staff officers get a taste of Iraqi culture

MOSUL, Iraq – Staff officers from 3rd Heavy Brigade Combat Team, 1st Cavalry Division, enjoyed an evening of dinner and relaxed conversation with their Iraqi Army counterparts Sept. 7, at Contingency Operating Location Diamondback, Iraq.

The Greywolf brigade commander and staff hosted the dinner for their colleagues from 2nd Iraqi Army Division to show their respect for the Muslim holy month of Ramadan.

The Iftar, an Arabic word for the evening meal when Muslims can eat after fasting all day during Ramadan, was an opportunity for the American staff to experience Iraqi customs and culture.

“I started to fix a plate and then realized that I was expected to stand and share the food on the platter,” said Capt. Julie Hundertmark, battalion surgeon with

the 215th Brigade Support Battalion.

Hundertmark said she was initially surprised, but welcomed the hospitality when a few of IA officers reached over and refilled her plate for her.

“As an American, I was surprised to see them use their hands to serve me, but I quickly realized that by placing meat on my plate they were showing an act of friendship,” said Hundertmark.

For most of the Greywolf staff, this was the first time meeting their Iraqi Army counterpart. The personnel, intelligence, logistics, civil affairs and signal officers from both sides were formally introduced.

“This is to be expected because primarily the Brigade Support Battalion is tasked with Iraqi Security Forces interaction while I support the American forces,” said Maj. Kevin Anderson, brigade logistics officer for the 3rd HBCT. “It is always good to meet with our Iraqi counterparts and develop the relationships that help to strengthen the bond between our militaries.”

Overall, the mood was light and the topic of work was avoided. One IA officer talked about his upcoming vacation, while others conversed about their families.

“It was nice to share pictures and talk about our children,” said Hundertmark. “Even though there was a language barrier, it was easily understood that they were proud parents just like we are. The love of our children is a common bond.”

Despite differences in culture and religion, and the language barrier, it was clear there was a mutual respect between the two forces.

“Knowing that this type of event normally involves those of the Islamic faith, I was honored that they would allow us to participate with them,” said Maj. Robert Collins, a brigade signal officer for the 3rd HBCT. “We are such a multi-cultural military ourselves, that if it is important to respect our own diversity then we should respect theirs as well.”

Iraqi children go from mud hut to new school

CONTINGENCY OPERATING LOCATION WARRIOR, KIRKUK, Iraq – The school children in the village of Chemin in Kirkuk province, Iraq, have always known the small mud house on the outskirts of their village as their school.

Although the classrooms were so small only a few children could fit in at one time, with only a couple of desks for the more than 30 kids to share, they made do with what they had.

But this is all about to change for the children of this small village as a new school enters the final stages of construction thanks to help from the 2nd Brigade Combat Team, 1st Cavalry Division.

The new school, which will serve children up to the sixth grade, would accommodate many more students than the previous school, said Sgt. 1st Class Carl Lay, the essential services liaison officer for 2nd BCT and a Carrollton, Texas, native.

“The children just didn’t have enough room in their old school,” Lay said.

The school has been under construction for roughly 80 days and will soon be furnished with new equipment, including desks, chalkboards, curtains and other

needed supplies.

"We had to rent the hut for the school before," said the village mukhtar, Jyhad Muhammed. "This is going to make a big difference to this area."

Jyhad said he was excited at the prospect of what the children in his village could accomplish with the education they would receive at the new school.

"They will be able to go much further in life with a good education," he said. "We are so happy they will have the chance."

"When they see the new school, they will be excited to learn again," said Jyhad.

The youth in the village were more excited about the new school than their elders.

"Our last school was built of mud," explained 10-year-old Hussein Qasim. "We are really excited about the new school. It's much better to have a bigger and a newer school. I will be able to study much better and do new things there."

Lt. Col. Hugh McNeely, the deputy commanding officer of 2nd BCT, said the unit wanted to give the students an environment conducive to learning.

The building of the school also had an added benefit to the community.

Jyhad said many of the villagers are unemployed and were able to get jobs working on this project.

Lay paid his fourth visit to the site Sept. 8, and said he was pleased to see the school construction was on track.

"If you all are willing to put your kids in this school, then I'm willing to put my kids in this school," he said to one of the engineers at the site of the project.

Iraqi Air Force officer takes control of the sky

 KIRKUK REGIONAL AIR BASE, Iraq – Iraqi Air Force First Lt. Waad Shuhatha became the first post-war Iraqi service member to earn a certification in air traffic control from the International Civil Aviation Organization, continuing the transition of military training and assets to the Iraqi armed services.

He began training in 2006 by taking a basic course in English, the language of aviation.

He then moved on to learn basic air traffic control, airfield operations and the rules that govern the occupation. In July 2007, he began on-the-job training with U.S. Air Force controllers using Federal Aviation Administration techniques.

One his biggest challenges was obtaining certification by the International Civil Aviation Organization. The agency differs from the FAA in that it oversees all aspects of international air navigation, while the FAA is the standard for the United States.

The certification ensures Waad meets all standards in accordance with the ICAO, but also helps the Iraqi Civil Aviation Authority get closer to being recognized under the ICAO.

Waad shared his experience with other Iraqi trainees to help them understand and work through the language barriers.

"The most challenging thing for me was the language, because we take the English word and put it in Arabic in our mind, and then from Arabic translate to English ... but now we work pretty good in English," Waad said.

Despite the challenges the Iraqi officer faced, he said he is now ready to serve as an example for his fellow Iraqi service members.

"It's a great feeling, we feel like we are taking control from the U.S. air traffic control and Iraqi air traffic control is very proud," he said. Waad said his next goal is to earn the Local Control certification from the Iraqi Civil Aviation Authority.

Gulf Region Division completes repairs to Taji water treatment facility

TAJI, Iraq – Engineers will soon fire up two jet engines, but not at the Baghdad airport.

 In partnership with the Government of Iraq, the Gulf Region Division, U.S. Army Corps of Engineers has completed the repair of twin Rolls-Royce jet turbines at the Karkh Water Treatment Plant.

Successful liability testing of the turbines could equate to 40 percent of Baghdad area residents enjoying an uninterrupted water supply.

The testing is the culmination of an extensive repair project to the Taji-based facility, managed by the Gulf Region District's Taji Resident Office.

The roughly \$8 million project entailed rebuilding the backup generating system for the plant, which was damaged by a bomb in 2005.

Project Engineer Reginald Terry said the project is vital to residents of Taji, providing more than 345,000 gallons of water per day to local residents.

The unreliability of the Baghdad electrical power grid makes it essential for a backup system to be online to keep the plant fully functional, said Terry.

A power outage can cause up to a four-hour delay to restart the water treatment system. The backup power system at the facility utilizes twin Rolls-Royce jet turbine engines that produce 8.5 megawatts of electricity.

The project also involved reconstruction of the generator building, the installation of a new turbine-generator control system, repairing the fuel delivery system to the turbines and the rehabilitation of the butterfly valves to increase the flow and capacity of water through the treatment process.

The Iraqi-based Aws Mohey Ahmed Company was the general contractor for the repair project. The Houston-based HPI LLC is providing the equipment and technical expertise for the turbine control systems. The project was financed through the Iraqi Economic Support Fund.

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 completed 4,642 projects throughout Iraq valued at more than \$7.2 billion, and has 311 projects ongoing

Ninawa reconstruction team sets plans to rebuild bomb sites in Shrekhan, Khazna

 MOSUL, Iraq – Two bombsites in Mosul are undergoing reconstruction by the Ninawa Provincial Reconstruction Team who, along with the 130th Engineer Brigade, 8th Theater Sustainment Command, visited and assessed the sites Sept. 2 and 3.

Vehicle-borne improvised explosive devices hit two villages: Shrekhan Sufla, located northwest of Mosul and Khazna Tabtah, located east of Mosul Aug. 7 and 10, killing 79 residents and injuring 379.

Various humanitarian aid organizations improved minor damage to the sites, but reconstruction of severely damaged areas will be managed by the PRT, who will coordinate the reconstruction effort with the

provincial government.

As this was the first part of the planning stages of the project, the PRT had many decisions to talk about with other members of their team and the local government.

"Today was the first day of a two-day effort to do preliminary assessments of the villages," said Brian Jalbert, the head of the PRT reconstruction section. "We were counting the number of structures that had been severely damaged or completely destroyed, of which there were a great number, to get a sense of how much rubble there is to remove and how many houses will need extensive repair or were completely destroyed and will require rebuilding."

Jalbert said they wanted to understand the magnitude of the problem by making preliminary assessments and evaluating options. The PRT has different choices as they decide how to approach the reconstruction of these destroyed villages. One option is giving the communities enough cash to repair their own homes; this puts the families at risk of being robbed or threatened. Another method, repairing all the structures themselves with in kind donations of building materials is also risky, said Mark Schapiro, head of the PRT economics section.

"The other option is to contract out and take care of everything for them. That has its own drawback – we do not know what the boundaries are and how they want their houses rebuilt," he said.

This particular project is urgent because the families whose homes were destroyed will live on the streets or in temporary housing when the cold winter months come.

As the PRT spent time assessing the sites, locals asked them questions about the outcome of the visit, wanting to know what to expect.

"Our answer to them was, 'There is a time constraint. We want to get this done before winter. If we can pull this off, then we can eat together and celebrate,'" said Schapiro.

ISF arrest 10 suspected terrorists, disrupt VBIED and criminal networks

 BAGHDAD – During operations throughout the Baghdad area, Iraqi Security Forces, with U.S. forces advisers, arrested 10 suspected terrorists under the authority of various warrants issued by the Government of Iraq Sept. 11.

Soldiers with Iraqi Special Operations Forces arrested four suspected terrorists in the Al-Rasheed area of Baghdad with a warrant issued by the Central Investigative Court of Al Khark. The men are suspected of IED attacks against Iraqi Security Forces and the citizens of Iraq.

During a separate mission in the Lutifiyah and Mahmudiyah areas of Babil province, Soldiers with the Emergency Response Brigade arrested six suspected terrorists with warrants issued by the Court of Criminal Investigation of Al Karkh.

The individuals are suspected of being affiliated with terrorist networks, one of whom law enforcement suspect is a leader of a local cell. The suspects were arrested for forced displacement of Shia families, setting up illegal checkpoints and kidnappings.

In both missions, the Soldiers entered the suspects' residences and arrested them without incident.

Phantom Support



U.S. Army photo by Sgt. Edward J. Monell

Sgt. Timothy Burton of South Hill, Va., from the Communications Section, Headquarters and Headquarters Company, 260th Combat Sustainment Support Battalion, 10th Sustainment Brigade, teaches Soldiers in the battalion's Pre-Warrior Leader's Course how to put tactical Army radios into operation. The battalion recently restarted the Pre-Warrior Leader Course in late August.



U.S. Army photo by Staff Sgt. Kimberly Caulkins

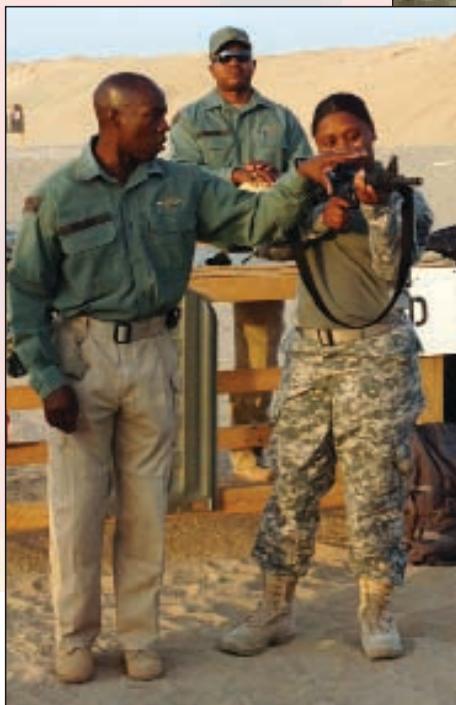
The 10th Sustainment Brigade's Command Sgt. Maj. Allen G. Fritzsching, a native of Houston, discusses traffic flow of the Fuel Farm with the 138th Quartermaster Support Company Fuel Farm officer in charge, 1st Lt. Erin Jayne, from Brazil, Ind.

Spc. Brian Matus of Cedar Rapids, Iowa, from the Communications Section, Headquarters and Headquarters Company, 396th Transportation Company, 260th Combat Sustainment Support Battalion, selects a radio for use in the company's night convoy operation.



U.S. Army photo by 2nd Lt. William O. Horton II

A civilian trainer explains the basics of close quarters marksmanship to a Headquarters and Headquarters Company, 15th Special Troops Battalion, 15th Sustainment Brigade Soldier during training at Camp Beuhring, Kuwait, Sept. 12. The "Wagon-masters," like other Army units, are required to complete certain training requirements in Kuwait before making their move to northern Iraq.



U.S. Army photo by Sgt. Matthew C. Cooley



U.S. Army photo by Sgt. Kory Smith

Soldiers from the 89th Transportation Company, with the 260th Combat Sustainment Support Battalion, 10th Sustainment Brigade, received their awards for a successful deployment at Al Faw palace on Aug. 31. The company is out of Ft. Eustis, Va., fell under four different battalions and relocated twice over the duration of the deployment.