

EXPEDITIONARY TIMES

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Vol. 2 Issue 39

For the children



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Gearing up



PSD Soldiers perform final training in Kuwait

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Game time



Flag football season kicks off at JBB

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Vice president visits Victory

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Official White House photo by David Lienemann

Vice President Joseph Biden talks to Sgt. 1st Class Gavin Bell, a Portland, Ore., native, in the Pegasus Dining Facility at the Joint Visitors Bureau Hotel on Camp Victory, Baghdad. Bell is the hotel's noncommissioned officer in charge and a platoon sergeant with the Klamath Falls based C Troop, 1st Squadron, 82nd Cavalry, that provided security for the vice president and the White House Press Corps during motorcade operations in and around Victory Base Complex and the International Zone.

13th ESC signs \$31 million contract with Iraq

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

JOINT BASE BALAD, Iraq
—The 13th Sustainment Command (Expeditionary) and the Miran Village Company, an Iraqi-owned and operated business, signed a multi-million dollar contract during a ceremony Sept. 29, at the container repair yard here at Joint Base Balad, Iraq.

The \$31 million contract calls for the repair of roughly 30,000 shipping containers in the course of the next fiscal year, to facilitate the responsible drawdown of U.S. forces and equipment from Iraq.

"The new contract represents a remarkable opportunity and achievement in terms of supporting Multi-National Force-Iraq's responsible drawdown requirements," said Air Force Maj. Jack L. Nemcef, the commander of the regional contracting center here.

The previous contract covered the repair of 3,000 shipping containers annually.

Repairing used containers has proven cost-effective for Coalition forces because, at an average cost of \$5,000 for a new container, the savings add up to anywhere from \$2,000 to \$4,000 per container, said Maj. Brian Steele, the comptroller for the 13th ESC.

MNF-I's economic engagement strategy calls for Iraqi
SEE DEAL ON PAGE 4



Brig. Gen. Paul L. Wentz, commanding general of the 13th Sustainment Command (Expeditionary), Hashim Abdalmir Mhadi, owner of the Miran Village Company, Air Force Maj. Jack L. Nemcef, commander of the regional contracting center here, and Air Force Col. David DiMartino, signed a historic \$31 million contract that will provide valuable services to facilitate the responsible drawdown of forces in Iraq, while continuing efforts to create jobs and invigorate the local economy.

Balad Blotter

September 23 - September 29

UNSECURED GOVERNMENT PROPERTY:

A patrol received an M-16 rifle that was found at the Green Bean Coffee House in the H-6 housing area. The patrol arrived on the scene and acquired the rifle. The patrol transported the property to the law enforcement desk for safe keeping.

UNSECURE PRIVATE PROPERTY:

A complainant reported losing a black bag containing one white MacBook laptop, one Sony PlayStation Portable, a copy of his military orders, a cellular phone, and various USB cables at the East Base Exchange bus stop. The complainant boarded and rode the bus for approximately five minutes when he noticed his property was missing. The complainant then went back to the bus stop and noticed the property was not at the bus stop.

UNSECURE PRIVATE PROPERTY:

A complainant reported a larceny at the East Base Exchange parking lot. The complainant said after leaving the BX he returned to his vehicle and found that one iPod, one pair of ProSpecs glasses, one black bag and one U.S. Passport were missing from his vehicle. The complainant also said the vehicle was left unsecured.

UNSECURE PRIVATE PROPERTY:

A complainant reported someone had taken one Camelbak, one 32GB iPhone with case, one PlayStation Portable and four PlayStation Portable games, one 16GB micro SD chip, one pair of Ray-Ban sunglasses, one M-16 magazine holder, two M-9 magazine holder, one nametag and one Alaska state flag from outside the Dining Facility 2 area. The complainant said he left the property prior to entering DFAC-2. When he returned to the location, he found the property missing.

SUSPICIOUS ACTIVITY:

A complainant reported an unknown third country national wearing a yellow shirt with blue jeans in the vicinity of H-5L for the past 5 days. The complainant said the subject was observing Coalition forces.

NIPR: 443-8602

SIPR: 241-1171

Email: PMOdesk@iraq.centcom.mil

Chaplain's corner...

By LT. COL. WILLIE AILSTOCK
13TH ESC CHAPLAIN



So, let me ask you: what drives your life? Are you driven by principles or are emotions in control of your life's direction?

We need to have a sense of purpose to survive. If you really want to live, you must go beyond just having any purpose. You need to seek how you make this world a better place. A clue to finding this is analyzing how others around feel and think about you. Are you bringing joy and investing in the lives of those around you? I hope so.

You only have one life, so I invite you to make the best of it. Perhaps you are thinking about your past

failures or even your victories, and focusing on the past is preventing you from moving forward. I have a suggestion for you; forget the past. Check out what Paul, the apostle, suggested to Christians in his generation in Philippians 3:13-14.

"Forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us," Paul wrote.

Although this advice was given in the context of Christianity, the principle can apply to you even if you are not a Christian. That principle is: have a great and selfless reason for living. The past is gone. Victory or failure, it does not matter. Choose today to have a great purpose and go out and do it.

Have a great day filled with positive thinking and a great purpose.

It only takes an instant

By CAPT. STEVE BRASINGTON
COMBAT STRESS CONTROL PSYCHIATRIST

Life can change in an instant. The enemy tried to eliminate you in the flash of an explosion, in the supersonic flight of a bullet, or the flames of battle. You survived. You never quit and you defeated the enemy. You stayed alive by remaining vigilant, by completing the mission, and by watching out for your battle buddy. Look out for your battle in the rear, while off duty.

Don't leave a fallen comrade. If a Soldier has had too much to drink, stay with him or her. Can you tell the difference between alcohol poisoning and alcohol intoxication? Ensure that you stay in control by remaining sober and effective. Beware of Soldiers drinking as fast as they can or as much as they can. They are trying to become the next casualty. Take action. You could save a life or a career.

Do more than take the keys. Escort the person to safety. Seek medical attention if the individual is vomiting or falling. A person can choke on his or her own vomit and die. Imagine letting a drunken Soldier fall asleep alone in a room. The Soldier chokes and never wakes up. It only took an instant.

Imagine an impaired driver gets behind the wheel. In an instant, as the driver careens through an intersection crushing another vehicle, lives are changed forever. "Good time Charlie" has eliminated another human being, who very likely had a family or folks who were waiting for the dead driver to come home. Guilt and regret remain years after the fateful event.

See "Joe" drink at the bar. Listen to Joe charm the ladies. Watch Joe try to hook up. Later, our Joe follows his object of romantic interest out of the bar and into the night, looking for love. Shortly after, Joe utters something akin to "come on baby, I know you want me." Joe commits sexual assault.

In each case, the choice to drink excessively has eliminated the Soldier from the fight. A sequence of poor decisions accomplished what the enemy never could. Do you think drinking more than one or two servings of alcohol will actually improve your decision making? The evidence says no, it won't.

Soldiers will go home on leave to reunite with friends and spend time with family. Show them you are a professional, who understands you are always accountable for maintaining the image of the United States Army and your unit. Some say, "This is what we do; we are Soldiers; we drink a lot, we like to get rowdy and have a good time." This is a sorry excuse for flagrant disregard of health and safety.

Your chain of command wants you healthy and mission ready. The call to report might come on a Sunday morning. Are you too hungover to answer the call? On Monday, after a weekend of excessive drinking, is your buddy moving a little slow? Do you joke with your buddy or make it clear that excessive use of alcohol is not acceptable? Drunkenness is never a part of good order and discipline. Will you allow it to be part of your unit's behavior off duty? Be courageous. Report unsafe behavior to your noncommissioned officer. It only takes an instant.

EXPEDITIONARY TIMES

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15th Sustainment Brigade
36th Sustainment Brigade
90th Sustainment Brigade
41st Infantry Brigade Combat Team
155th Heavy Brigade Combat Team
332nd Air Expeditionary Wing
194th 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.

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

The Weekly Standard Dignity and respect

By SGT. 1ST CLASS TAMERA G. WYNN
13TH ESC ASSISTANT INSPECTOR GENERAL

“I never abused anyone who didn’t deserve it.” Although a leader may believe this to be a true statement, it falls short of the Army’s intent to treat Soldiers with dignity and respect. This article is an attempt to avoid allegations against officials pertaining to their failure to treat subordinates with dignity and respect as noted in Army Regulation 600-100, “Army Leadership.” In reality, leadership may be more easily described than defined. In an article by Col. George E. Reed, titled “Toxic Leadership,” he explored the concept of toxic leadership. He defines a toxic leadership style as one characterized as self-aggrandizing, petty, abusive, indifferent to the unit climate and interpersonally malicious.

While there are no elements of proof to address a Soldier’s concern that his or her leader behaved maliciously, three sources should serve as the basis for development of the appropriate standard: 10 USC 3583, Requirement of Exemplary Conduct; the Joint Ethics Regulation, Department of Defense Directive 5500.7-R, paragraph 12-500; and AR 600-100, paragraph 2-1. In addition, Field Manual 6-22, Army Leadership, serves as a good reference document. In his article, Reed identified three key elements of toxic leadership syndrome:

- a) an apparent lack of concern for the well-being of subordinates;
 - b) a personality or interpersonal technique that negatively affects organizational climate; and
 - c) a conviction by subordinates that the leader is motivated primarily by self-interest.
- Such leaders are seen by the majority of their subordinates as arrogant, self-serving, inflexible and petty. “There are some hard-driving, high-achieving, compassionate leaders who understand the importance of good climate still exist in the Army to belie the myth that rule by fear and intimidation is necessary,” Reed said.

Joint Base Balad: DSN 433-2125
Lt. Col. Reginald Howard (Command Inspector General)
Maj. Scott Peters (Deputy)
Master Sgt. Roy Thacker (NCOIC)
Sgt. 1st Class Danilo Egudin
Sgt. 1st Class Javier Cruz
Q-West (16th SB): DSN 827-6115
Lt. Col. Kyle Peterson
Taji (10th SB/ 155 BCT): DSN 834-3079
Lt. Col. Timothy Norton/ LTC Paul Bird
Adder/Tallil (287th SB/ 41 BCT):
DSN 833-1710
Lt. Col. Melanie Meier/ Maj. Jeffrey Copek
Al Asad (321st SB): DSN 440-7049
Sgt. 1st Class Tamera Wynn

Sexual Assault Response Coordinator

If someone you know has been sexually assaulted DO NOT:

- attempt to seek revenge.
- make jokes.
- be angry with your friend.
- force them to talk and/or take control from them.
- ask your friend how they could “let this happen.”
- assume you understand how your friend feels.
- discuss the incident with others unless you have permission from your friend.

If someone you know has been sexually assaulted DO:

- be supportive and listen to them.
- communicate to your friend that he or she is not responsible for what happened.
- allow your friend to regain control by making his or her own decisions.

Call the Joint Base Balad Sexual Assault Response Coordinator at 443-7272 or contact via pager 443-9001, 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, 122/135 for assistance.

Interested in a movie?

Check the movie schedule on Page 20

Your legal rights under the SCRA

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



The Servicemember’s Civil Relief Act is a law with significant protections to service members and their families. This article is intended to provide an overview of this law. Of course, if you have further questions, you should make an appointment to meet with a legal assistance attorney for free consultation regarding your specific situation.

The Servicemember’s Civil Relief Act (50 U.S.C. App. Sections 501–596) is a federal law that applies to any entity in the United States and its territories. Most SCRA protections begin the day you receive your orders to active duty or deployment. As a practical matter, you should expect to present a copy of those orders to whomever you ask for a right or benefit under the SCRA.

The Servicemember’s Civil Relief Act (50 U.S.C. App. Sections 501–596) is a federal law that applies to any entity in the United States and its territories. Most SCRA protections begin the day you receive your orders to active duty or deployment. As a practical matter, you should expect to present a copy of those orders to whomever you ask for a right or benefit under the SCRA.

Service members’ rights in judicial proceedings:

Service members are entitled to a stay of proceedings or, in some cases, a stay of the execution in the proceedings. This applies if the person is in military service or is within 90 days after termination of or release from military service. This only applies to civil cases – including family law matters; it does not apply to criminal cases. To invoke this right, the service member should make a request, in writing, to the court in which the action is pending. The request should state when the service member will be available to defend the case and any other pertinent information the court would need to support the request. Your commander has the ability to send a letter on your behalf. The Legal Assistance Office can assist with the preparation of such letters.

In addition, the SCRA prevents a default judgment from being taken against a military member during periods of mobilization or deployment. If a default judgment is entered against a military member, the judgment may be reopened if the member makes an application within 90 days after leaving active duty, shows he was prejudiced due to his service obligation and shows that he had legal defense to the matter at hand.

Finally, the SCRA affects statutes of limitation. A service member’s time in service cannot be used to compute the time limits for bringing any action or proceeding by or against a service member, whether in court or elsewhere. However, this does not apply to any period of limitation prescribed by or under the Internal Revenue Service laws of the United States.

Service members may also be entitled to have the interest rate on some of their debts reduced to 6 percent for the time they are on active duty and/or deployed. There are a number of special requirements. A service member may be eligible if the following criteria are met:

Installment contract protections and the 6 percent interest rate cap:

Service members may also be entitled to have the interest rate on some of their debts reduced to 6 percent for the time they are on active duty and/or deployed. There are a number of special requirements. A service member may be eligible if the following criteria are met:

- You took out the loan during a time when you were not on any form of active duty in any branch of the military.
- The interest rate is above 6 percent per year.

Your military service affects your ability to pay the loan at the regular (pre-service) interest rate. Generally this requirement means that you make less money in the military than you made as a civilian. There are some special legal issues here - you should be ready to talk to your legal assistance attorney about your entire financial situation.

A service member who, prior to entry into active duty, entered an installment contract for the purchase of real or personal property (including a motor vehicle), is protected under the SCRA if the service member’s ability to make payments is materially affected by his military service obligation:

- The service member must have paid, prior to entry on to active duty, a deposit or installment under the contract.
- The seller is then prohibited from exercising any right or option under the contract to rescind or terminate the contract, to resume possession of the property for nonpayment of any installment due, or to breach the terms of the contract, unless authorized by a court.

13th Sustainment Command (Expeditionary)

“Phantom Support”

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



ON
THE
WEB

CONTRACT: 'represents a remarkable opportunity'

DEAL FROM PAGE 1

businesses and industries to receive priority, and this large-scale contract fulfills that requirement, said Nemcef, a Newport News, Va., native.

"The speed in which we were able to get this contract in place – in less than 30 days – represents a truly joint, focused and well-coordinated effort," said Nemcef.

Hashim Abdalmir Mhadi, the owner of the Miran Village Company, said the occasion brings good prospects for the families of Iraq.

"We have more than 80 families represented in our work force, with each worker earning an average of \$700 U.S. a month," said Mhadi. "We hope to have the same salary for more than 600 families in the near future."

Not only does the new contract provide jobs, but the Ministry of Labor certifies the laborers as carpenters and welders, which helps them get jobs elsewhere after the contract expires, said Capt. Jason Vivian, action officer for the container repair yard, with the

80th Ordnance Battalion, 90th Sustainment Brigade, 13th ESC.

"The community surrounding JBB is largely a poor farming community and this influx of money and jobs will allow for expansion and growth," said Vivian.

The contract faced challenges from its inception. "The biggest challenges were the constraints placed by the current timeline for withdrawal," said Steele, a Pittsfield, Mass., native. "We don't have much time to work with and we have more than 100,000 (Soldiers and contractors) to move out of the country.

"In addition to the timeline, we also wanted to get this done within the fiscal year, so we had to work fast to beat the October 1st deadline," he said.

Despite the time and effort put into the project and the work ahead, Mhadi said he is grateful the Iraqis will have a chance to rebuild their country and reinvigorate their economy.

Mhadi said, "This is actually a great opportunity for the families of Iraq to make a new, bright future for themselves."



Waed Raad Dawoud, an employee with the Miran Village Company, paints a shipping container Sept. 24 at the Container Repair Yard here at Joint Base Balad, Iraq. The container repair contract between U.S. forces and the Miran Village Company, an Iraqi-owned and operated company was signed during a ceremony at the container repair yard here Sept. 29.

Sustainment brigades train, prepare for transition

STORY AND PHOTO BY
SPC. JOHN STIMAC
EXPEDITIONARY TIMES STAFF

CONTINGENCY OPERATING LOCATION Q-WEST, Iraq – As the 16th Sustainment Brigade, out of Bamberg, Germany, prepares to re-deploy, the mission of the personal security detachment continues.

Members of the 16th PSD are training the 15th Sustainment Brigade PSD, out of Fort Hood, Texas, to take the reins and prepare them for their first mission.

Staff Sgt. Michael Shaw, a PSD team member with the 16th Sustainment Brigade, and a Kennelton, N.J., native, said the 16th PSD is teaching the 15th PSD everything from battlefield drills with Mine-Resistant Ambush-Protected vehicles, to maintenance on those vehicles.

"The main thing is, we don't want them to be afraid to ask questions," said Shaw. "Whether you've been deployed before or not, the person next to you may be thinking the same thing but is afraid to ask."

The team has conducted training for more than a week on various scenarios and drills that will help the new PSD adapt and be proficient in their mission.

"We've went over all the battlefield drills, vehicle injuries, vehicle recovery, radio



Pfc. Todd Whelehan, personal security detachment team members with the 15th Sustainment Brigade, and Palm Bay, Fla., native, fills in Sgt. Kenneth Hagstrom, a San Bernadino, Calif., native about the maintenance the team is performing on the Mine-Resistant Ambush-Protected vehicle. The 15th PSD team will conduct their first mission soon.

communications and weapons training to include crew served and individual weapons," said Shaw.

Shaw said the Iraqi security agreement that took effect Jan. 1 has made it possible for service members to travel more safely through cities. The 16th Sust. Bde. incorporated

the new policies into its training for the Soldiers of the 15th Sust. Bde. PSD.

"The escorts and the missions are a little different now; we now have the signs posted in Arabic on the side of the MRAP that state the applicable part of the security agreement which enables us to travel through

the cities," said Shaw.

Sgt. Nicholas Nipitella, a PSD team member with the 16th Sust. Bde., said the units also focused on safety in their training.

"This has been a big thing lately," said Nipitella. "There have been cases of Soldiers recently losing their eyesight

because they got flagged with lasers."

Nipitella, a Brooklyn, N.Y., native, said leadership is the key to success in training or conducting a mission.

"Active leaders help engagement," said Nipitella. "You have to be engaged, hands-on with your Soldiers."

Spc. Thomas Winkfield, a PSD gunner with the 15th, said the training was very beneficial.

"With the training we received, I feel very confident," said Winkfield. "Practice makes perfect; the more drills we do, the more proficient we will become."

Winkfield, a Woodland, Calif., native, said the 16th gave his unit a lot of tips.

"They have given us unlimited access to training and whatever resources they have to make sure we complete our mission," said Winkfield.

Shaw said he wishes nothing but success for the 15th Sust. Bde., and that all Soldiers come home safely.

"They received a lot of training but, no matter how much training they get, there are no experiences like real-world experience," said Shaw.

Nipitella said most of his knowledge gained during the deployment came primarily from experience.

"We gave them the foundation of what they need to do," said Nipitella. "Now they need to be active and engage in the training they received."

Soldiers deliver hearing aids, strengthen partnership with Iraqis

STORY AND PHOTO BY
CAPT. SARA S. LEAKEY
41ST IBCT

AR RUMAIYTHA, Iraq – Soldiers from the 41st Infantry Brigade Combat Team partnered with the Muthanna Provincial Reconstruction Team and the 287th Sustainment Brigade Sept. 14 to assist in the delivery of 80 hearing aids and other much-needed supplies to The Al Amal Deaf Institute in Ar Rumaiytha, Iraq.

Al Amal, a two-room school house and primary education facility to more than 40 girls, was identified by the Muthanna PRT in 2008 as a facility in need of support and resources. The school has a staff of six teachers, with education responsibilities for children from elementary school through high school – each with varying degrees of deafness.

Albert Hadi, the media adviser for the Muthanna PRT, credits the identification of the school and initiation of the project to former Muthanna PRT public diplomacy officer, Aaron D. Snipe.

“Aaron thought to reach out to somewhere no one’s ever been before—no Iraqis or other agencies,” Hadi said.

Since the identification of Al Amal, the Muthanna PRT has partnered primarily with the 287th Sust. Bde. and Iraqi Security Forces to assist the school. “Without any one of them, the mission would not be possible,” said Maj. Sean T. McGann, the execu-



A student at the Al Amal Deaf Institute takes a break Sept. 14. The school received 80 hearing aids, two flat-screen televisions with DVD players, school supplies, toys and a generator from the 287th Sustainment Brigade, Provincial Reconstruction Team, Muthanna, and the 41st Infantry Brigade Combat Team. The delivery of these items is a culmination of a 10-month long project to improve the partnership between U.S. forces and the people of Iraq.

tive officer and civil military officer in charge of 2nd Battalion, 162nd Infantry Regiment, who provided security.

The mission came just in time for Lt. Col. Clinton R. Moyer, the civil military officer for the 287th Sust. Bde. This mission was the culmination of a deployment full of relationship building and hard work, as his unit prepared to redeploy this month.

“It’s been a long process and it took us 10 months to deliver,” Moyer said. “We try not to promise anything, but this was something we said we would do and wanted to do.”

An audiometer, small generator and two flat-screen TVs were donated in addition to the 80 hearing aids. The children also eagerly accepted toys and candy provided by the 41st IBCT.

“It was a great opportunity for the U.S. military and the PRT civilians to work together with the local Iraqis to effect some real change at a very tangible, grassroots level, with a population that is really important – the children of this province,” said John M. Kuschner, the team leader for the Muthanna PRT.

In his 10 months working with Al

Amal and the Muthanna PRT, Lt. Col. Richard Allan White, an audiologist for the 287th, taught Al Amal teachers how to use an audiometer and conducted numerous audiometer tests to identify children who would benefit from the use of the donated hearing aids.

Hadi said donating hearing aids to the school, instead of directly to the children, was essential.

“We support education,” Hadi said. “When we donate to the school, this will stimulate the (Iraqi parents) and encourage them to send their kids to the school.”

Kelli Cook, the public diplomacy officer for the Muthanna PRT, explained how these hearing aids will support more children through the school than they would through individual students.

“The lifespan of these 80 hearing aids could benefit a thousand students,” Cook said. “This small project is going to sustain the school for generations.”

Hadi said the plan is working – enrollment has increased more than 35 percent, with several weeks still left before school starts this fall.

Spc. Anita Vandermolen, a photo journalist for the 41st IBCT and a civilian educational sign language interpreter, said this program has the potential to change the girls’ lives.

“Adding sound and awareness of the girls’ surroundings can only benefit their lives,” she said. “The hearing aids and all the work that has gone into getting them to the students is truly a blessing.”

Making history in Iraq

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

JOINT BASE BALAD, Iraq – History is being made every day in Iraq and the members of the 45th Military History Detachment out of Ft. Gillem, Ga., are at Joint Base Balad, Iraq, to record it.

Lt. Col. Steven L. Logan, commander of the 45th MHD, coordinates the three-Soldier unit’s mission to cover all of the units under the 13th Sustainment Command (Expeditionary) throughout Iraq.

“The 45th Military History Detachment is covering the 13th Expeditionary Sustainment Command and all of its subordinate units,” said Logan, a Lexington, Ky., native. “Specifically, we are covering the coordination, synchronization and execution of the largest strategic re-posturing of forces and equipment in the last forty years.”

The detachment interviews a number of Soldiers proportional to the size of each unit, said Logan. The 45th attempts to find a diverse selection, in order to



Lt. Col. Steven L. Logan, commander of the 45th Military History Detachment, interviews U.S. Navy Lt. Cmdr. Dustin A. Demorest, the 13th Sustainment Command (Expeditionary) electronic warfare special projects officer, Sept. 25 at Joint Base Balad, Iraq.

get a better idea of how the unit works on all levels, he said.

The information collected from these interviews

is stored, and, at the end of the tour, the information will be given to the 13th ESC for their records and the Center of Military History at Ft. McNair, Washington – where all history detachments submit their findings. This will then be permanently archived as part of the official Army record, said Logan.

“The information we collect is not for quick turnaround purposes; it’s for long-term history books to be written years down the road,” said Logan.

Lt. Col. Peter M. Haas, commander of the 49th Transportation Battalion out of Ft. Hood, Texas, was interviewed by the 45th MHD Sept. 21. Haas said the 45th interviewed roughly 12 of the 72 Soldiers who work in the 49th Trans. Bn. Headquarters and Headquarters Company.

He was asked a variety of questions about his background information, pre-deployment training, and challenges the unit faces in theater and in the rear detachment, he said.

“It was more a documentary interview than it was a news interview,” said Haas.

“We’re capturing the achievements and success of every Soldier,” said Logan

Teamwork helps bring water to Q-West

STORY AND PHOTO BY
CAPT. MURRAY SHUGARS
2/198TH CAB

CONTINGENCY OPERATING LOCATION Q-WEST, Iraq



Efforts to end the water shortage at Contingency Operating Location Q-West, spearheaded by Mississippi Guardsmen and civilian

contractors, have begun to show results.

The Mayor Cell's Water Operations Team, 2nd Battalion, 198th Combined Arms, out of Senatobia, Miss., and civilian contractors collaborated successfully since July to increase raw water delivery.

A dry summer, coupled with years of drought, caused a water shortage at Q-West.

To save water, the swimming pool was closed, water consumption by all residents and vendors was limited, non-essential shower units were closed and residents were restricted to three-minute combat showers. These conservation measures will continue, but the water situation improves daily, said Lt. Col. William B. Smith, Jr., 2/198th CAB commander and a Hattiesburg, Miss., native.

"The key to sustaining (COL) Q-West is our ability to pump water from the Tigris River," said Smith. "This is the most important Mayor Cell operation. The Q-West water team, comprised of military and contractor personnel led by Capt. James "J.J." Hatcher, Jr., has done an outstanding job of aggressively attacking the water shortage, pursuing numerous courses of action."

The operation began with two, simultaneous seven-day missions operating from the pump house. One was a maintenance and repair mission on the pump house and Tigris River lift-pumps. The other was a pipeline reconnaissance mission aimed at cataloging valve boxes and unauthorized taps of three or more inches. This detailed map assisted Smith, the COL mayor, with planning future missions.

A third mission involved the water team and contractors pulling valve gates to prevent local Iraqis from illegally closing the pipeline, which occurred



The lift station (far right) and cistern (middle) of the Al-Qayyarah pump house (far left) that supplies raw water to Al-Qayyarah and to Contingency Operating Location Q-West, Iraq. An exceptionally dry summer, coupled with years of drought, caused a water shortage at Q-West.

periodically to divert water to various unauthorized taps. During this mission, the water team and contractors also cut a number of unauthorized taps.

A fourth effort provided greater supervision and training of Iraqi workers at the pump house. A five-day pump house mission was fundamental to this effort. Moreover, the water team implemented standard operating procedures for maintenance and daily operational duties of the pump house technicians, translating these into Arabic documents and using an interpreter to ensure understanding.

On a fifth mission, the water team and contractors installed temporary air vents to relieve air pressure in the line and allow water to flow with less resistance up the long climb, from the river to Q-West.

A sixth effort employed the assets and assistance of the 395th Combat Sustainment Support Battalion to install a tactical water distribution system pump roughly a mile from the base, where the terrain levels in its climb from the Tigris River.

"All these missions, along with recent rains, have combined to increase water flow ten-fold in recent weeks," said Hatcher, the officer in charge of water operations and a Clarksville, Tenn., native.

The Mississippians deserve credit for their efforts to bring water to Q-West, the civilian employees said.

"I am very impressed with the strong commitment of the 2/198th CAB in attacking the water problem," said Mark Crow, a civil general foreman and a

Louisville, Ky., native who manages support missions off Q-West. "First thing I noticed was them agreeing to a seven-day pump house mission for maintenance and evaluation. In five years here, I have never seen a pump house mission longer than three days. As a result of that mission and follow-on missions, the pump house has run more consistently."

Buddy B. Winborn, facilities supervisor and an Alma, Ark., native, said he likes working with Guardsmen.

"The average (National) Guard Soldier has a good amount of civilian work and business experience," Winborn said. "Those are important qualities during sustainment operations."

Hatcher said he is proud of the two water team noncommissioned officers' work, and accredited much of the team's success to them. Neither of the NCOs had civilian or military training for this kind of mission, but learned on the job, said Hatcher.

"I love doing this mission, but it has turned out to involve a whole lot more than I expected," said Sgt. James C. Haycraft, water team noncommissioned officer-in-charge of off-base missions, and a Brandon, Miss., native. "It's more labor-intensive, and I've learned a lot about plumbing. The water team doesn't just oversee the civilian contractors. We roll up our sleeves and help turn wrenches. This is truly a group effort."

Sgt. Eric S. Pettis, NCOIC for on-base water operations, and an Oxford, Miss., native, said he learned from the workers and from hands-on experience.

"When I first got here, I had no experience with plumbing and water treatment," Pettis said.

Both Soldiers also acknowledge the importance of building and sustaining good relations with local Iraqis.

"It's great to get to know the locals," said Haycraft. "The farmer who owns the pump house property brings us chai tea, flat bread and sometimes lamb. He brings the tea in an old, battered pot, and I'm having my wife send a new pot to give him."

Although the water operations team and contractors lead the pump house and pipeline operations, they receive outside support. Foremost among these is A Company, 2/198th CAB out of Hernando, Miss., the COL Q-West force protection company. A Co. provided security for every mission. However, other participants deserve recognition as well, said Hatcher.

In addition to the TWDS pump, the 395th CSSB, Army Reserve from New Haven, Conn., supplied fuel trucks and heavy equipment hauling assets. The 1174th Transportation Company, Tennessee Army National Guard from Memphis, provided heavy equipment transportation vehicles and drivers, and the 506th Quartermaster Company, out of Ft. Lee, Va., also supported the mission down range, said Capt. Jay G. Sullivan, support operations officer with the 395th CSSB, from Winsted, Conn.

"This has been a team effort all the way," said Hatcher. "No single group or mission can take credit for improving the water situation. Even the weather played a helpful role."

1. Power strips are free of debris and clothing.

2. Electrical devices not in use are unplugged.

3. Power strips and outlets are not overloaded.

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Each TUESDAY Check The
Following
in Your CHU

4. Smoke detector is operational.

5. Fire extinguisher is serviceable (in the green)

6. Room is neat and orderly

Iraq bazaar brings culture to Soldiers

STORY AND PHOTO BY
SPC. JOHN STIMAC
EXPEDITIONARY TIMES STAFF

CONTINGENCY OPERATING
LOCATION- Q-

West, Iraq – Sept. 26 a souq bazaar at Q-West, gave Soldiers an opportunity to buy souvenirs of Iraq from Iraqis escorted on post for the event.

Maj. John B. Herd, Mayor Cell officer in charge of Morale, Welfare and Recreation, with the 2nd Battalion, 198th Combined Arms, said the rough translation for souq is Iraqi marketplace.

“This is an event for the Soldiers to buy some authentic Iraqi items and interact closely with the Iraqi vendors,” said Herd.

Items on sale ranged from traditional Iraqi garb to carpets and rugs.

Capt. Allen Legere, officer in charge of retail and the Iraq-Based Industrial Zone, with the 16th Sustainment Brigade, said the souq is held monthly.

“Since the villages are a little farther away from post, as opposed to other contingency op-

erating locations, it is harder to have these kinds of events here more often,” said Legere.

Herd said the souq takes roughly two weeks to plan.

“This is a coordinated effort between all units on post,” said Herd. “We have to supply medical support, security, maintenance and vendor relations and event promotion. There are a lot of things to consider when we plan these types of events.”

Herd said members of the finance team also assist, by converting U.S. dollars into Iraqi dinars.

“The preferred method is to pay with the dinar, however, many of the vendors will take dollars to accommodate the Soldiers who buy items that do not cost as much,” said Herd.

Salih Wasmy, the head vendor at the souq who also owns SW Supply, an IBIZ and Army and Air Force Exchange Service-supported vendor, said he enjoys the monthly bazaar.

“I have about 12 guys who come to work with me,” said Wasmy. “Many of them are my family and we are here every month to sell Arabic goods to the Americans.”

Wasmy, who resides in Qeyara, a village near Q-West,



Sgt. Carlos Rivera, with the 1174th Transportation Company out of Memphis, Tenn., and a Loretto, Tenn., native, looks at some items for sale at the souq bazaar on Contingency Operating Location, Q-West, Iraq. Rivera said he looks for items he cannot get in the states.

brought his camel along for the day.

“I brought the camel with so the Soldiers can take free pictures with it; they seemed to enjoy it last time so I made sure I brought him back this time,” said Wasmy.

Herd said this was an oppor-

tunity to bring local nationals on post and establish working relationships with them.

“That is what it is all about, promoting communications with the members of the outlying villages,” he said.

Wasmy, who has worked in the area for five years, said

he likes working with the Soldiers.

“Working here has greatly helped me and my family,” said Wasmy. “Everybody in my family looks forward to coming here once a month and working here and talking with the Soldiers.”

Tough ‘Ombres uncase for first time since WWII

BY SGT. CHARLES DIXON
90TH SUST. BDE.

JOINT BASE BALAD, Iraq – The story of the 90th Sustainment Brigade can be traced back to 1917, when it were activated as the 90th Infantry Division and mobilized a year later to face the Germans during World War I. Upon their return from the war in 1919, the 90th ID was inactivated.

After the Japanese attack on Pearl Harbor propelled the United States to commit its forces during World War II, the 90th ID’s skills became too valuable to be shelved. The unit was activated once again March 25, 1942, to fight the enemies of the United States and aid the Allies in the European theater.

The first elements of the division saw action on D-Day, June 6, on Utah

Beach, Normandy. The remainder entered combat June 10, cutting across the Merderet River to take Pont l’Abbe in heavy fighting.

Aug. 12, the division drove across the Sarthe River, north and east of Le Mans, and took part in the closing of the Falaise Gap.

The 90th then raced across France, through Verdun to participate in the siege of Metz, capturing Maizières-lès-Metz and crossing the Moselle River at Koenigsmacker.

In December 1944, the division participated in the Battle of the Bulge.

In February, the division smashed through Siegfried Line fortifications to the Prüm River.

After a short rest, the 90th continued across the Moselle River to take Mainz, March 22, 1945, and crossed the rivers Rhine, Main and Werra in rapid succession.

The division was en route to Prague when they came upon the Flossenbürg

concentration camp. Today, a memorial wall at the former camp honors the 90th as the liberators of Flossenbürg concentration camp.

Sept. 15, 2009, the 90th, under the new designation of sustainment brigade, but proudly bearing the patch, colors and history of the decorated World War II infantry division, embarked on an entirely new mission—assisting the 13th Sustainment Command (Expeditionary) with the largest reposturing of American forces in 40 years, and a transition of authority to Iraqi Security Forces.

Col. Gary Spry, the commander of the 90th, uncased the unit’s colors in a combat zone for the first time since Maj. Gen. Herbert L. Earnest cased them in Europe in 1945.

The transfer of authority ceremony at the Morale, Welfare and Recreation east building here marked the end of the 304th Sustainment Brigade’s mission and the beginning of the 90th’s.

“The legacy of the 90th and our Army will largely be determined by the successful execution of responsible withdrawal and with the success of the Iraqi Security Forces and sovereign government of Iraq,” Spry said.

Just like the 304th, the 90th will operate a large-scale support hub, with several subordinate units to fulfill logistical and maintenance needs, and conduct a training program integrated with the Iraqi Security Force.

Spry spoke with his “Tough ‘Ombres” and laid out what he expected from them, “Our mission will be ever-changing, so it is imperative that our Soldiers remain flexible, but also committed to mission accomplishment.”

Editor’s note: The history of the 90th Infantry Division, now the 90th Sustainment Brigade, in this article came from “The Army Almanac: A Book of Facts Concerning the Army of the United States,” from the U.S. Government Printing Office, 1950.

TELL YOUR FAMILY AND FRIENDS HOW MUCH YOU MISS THEM

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Two Soldiers revamp old education center

BY SGT. DALENE MARSH
515TH CSSB

CONTINGENCY OPERATING LOCATION MAREZ, Iraq - The 515th Combat Sustainment Support Battalion maintains a knowledge center which provides a place where Soldiers can go to improve in their military and civilian professions.

When 1st Lt. Mario Chaparro, the officer in charge of the S-6 communications section, and Chief Warrant Officer 2 David Vaughn, the S-6 information assurance manager, settled into Mosul, Iraq, they realized Soldiers had no place to go to remain up-to-date in their civilian career field, Vaughn said.

Chaparro and Vaughn pooled their talents to create the Seis Knowledge Center, Vaughn said.

Built on the foundation of the Staff Sgt. Powell Education Center, the Seis Knowledge Center will provide a place for Soldiers to maintain their existing skills, stay up to date on changes in their career fields and further their educations, Chaparro said.

"It is hard being away from home and trying to keep up with the competition in their work place," Chaparro said. "Now there is a place where they can test and take classes to keep up. That makes better Soldiers and better civilians. It's good for the military and



Courtesy photo

First Lt. Mario Chaparro, the officer in charge of the S-6 communications section, and Chief Warrant Officer 2 David Vaughn, the S-6 information assurance manager, both with the 515th Combat Sustainment Support Battalion, converted the Staff Sgt. Powell Education Center into the Seis Knowledge Center at Contingency Operating Location Marez, Iraq, to allow Soldiers to remain up to date in their career fields.

it's good for the 515th. "

Upon arrival at Marez, they immediately realized the center was not sufficient to meet the Soldier's needs, he said. They rolled up their sleeves and started working. As they worked, Chaparro and Vaughn found the available equipment was old and outdated,

with limited capabilities, said Chaparro.

Vaughn said they reached out to the Base Defense Operations Center, which contributed unused desk top computers it had in storage. The computers were immediately put to use and with the help of Joe Tomsone, a civil-

ian contractor, Chaparro and Vaughn were able to open the Seis Knowledge Center, Vaughn said.

The two Soldiers are working to obtain additional internal computer memory, which would increase the computers' capabilities and expand the center's capacity, said Vaughn.

Their goal is to have 12 units available for Soldiers to use within roughly a month, for everything from online college courses to military correspondence courses, Chaparro said.

"It feels good to be able to give Soldiers an opportunity to excel and to improve themselves, whether it is in their military field or their civilian profession," Chaparro said. "The Center will also help Soldiers who are currently unemployed. By using the center they can acquire skills so that they can find a job when they get back home."

Available tests include the Graduate Records Examination, Graduate Management Admission Test, Cisco tests and Microsoft tests. The center is open on Tuesday and Thursday by appointment, and is located behind the 158th Service Maintenance Company maintenance bay.

"It makes me feel good knowing that this center will produce future subject matter experts and possibly potential warrant officers," says Vaughn. "The center will be the only one at (COL) Marez and it will be available to everyone on the (COL)."

US, Iraqi Transportation Network working on drawdown

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

JOINT BASE BALAD, Iraq - As U.S. military assets are consolidated throughout Iraq, Iraqi national trucking companies have joined in the transportation effort - experiencing safer travels than their U.S. counterparts.

The Iraqi Transportation Network is an Iraqi civilian-operated, commercial organization that regularly conducts missions supporting the drawdown of personnel and equipment throughout the country, said Capt. Scott Poznansky, operations officer with the 49th Transportation Battalion,

Commercial Movement Division.

In roughly the last three months, the 858th Movement Control Team and the ITN have coordinated, increasing the capabilities of the ground movement portion of their mission of transporting military assets, said Pfc. Brian Johnides, a transportation manager with the 858th MCT and a Grosse Woods Point, Mich., native.

"The Iraqi Transportation Network incorporates ground, rail and sea movement types," said Johnides.

Upon the ITN's arrival at their destination, they go through strict security inspections of their identification credentials, vehicles and cargo, including checks for contraband, said Pfc. Joseph Holland, an ITN security escort with the 699th Maintenance Company and a Columbus, Ohio, native. Entry control point personnel then search the drivers and allow them on base, he said.

The trucks are then escorted by Soldiers of the 699th Maint. Co. and taken to the central receiving and shipping point, where they upload or download their cargo, said Holland.

The ITN has operated in Iraq for roughly a year and a half and continues to develop, said John Ariaza, an ITN liaison and a Brooklyn, N.Y., native.

The idea was started in al-Anbar province, said Ariaza. As it showed potential for growth, it expanded to the central, southern and eastern regions, he said.

Spc. Edwin Ronquillo, an Iraqi Transportation Network security escort with the 699th Maintenance Company and a San Pedro, Calif., native, stands by as an Iraqi flat bed is loaded for an ITN convoy at the central receiving and shipping point Sept. 30 at Joint Base Balad, Iraq.



The network is composed of tribes throughout Iraq, said Ariaza. The ITN business incentive helps the tribes peacefully interact with each other, to work together instead of fighting, he said.

"They're being led by somebody in their own community and not an outsider," said Ariaza.

The company employs 16 subcontractors, Ariaza said. When the military sends work or transportation movement requests to the ITN, a travel adviser speaks with local shaykhs to coordinate which subcontractor gets the job, he said.

Local nationals view ITN drivers differently than military personnel, he said. Although ITN convoys do not travel with security teams, they have had no hostile incidents in the time they have operated, said Ariaza.

The ITN is a means of getting the Iraqis to work to better their country and offers secure areas of transportation, said Ariaza.

"Everything is logistical," Johnides said. "It needs to go from point A to point B. If you don't have an efficient or organized way of doing it, you have no shipping infrastructure."

This infrastructure will be important as U.S. forces leave Iraq, he said.

"The idea is to set up the economy for success, to provide and leave behind a middle class," said Ariaza.

ITN offers jobs and helps its workers provide for their communities while setting positive examples, Ariaza said.

"It's more of a strategic partnership that the military has with ITN - not only to support the 13th ESC and its subordinate units (as they) move things across the country, but also to help Iraq build an infrastructure," said Poznansky.

‘One suicide is too many’

Providers discuss suicide prevention

By SPC. MICHAEL V. CAMACHO
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – September is National Suicide Prevention Awareness Month, but this subject is one providers must keep in their minds all year.

“Suicide is a permanent solution for a temporary problem,” said Maj. Saul Cardona, 13th Sustainment Command (Expeditionary) family-life chaplain and an Añasco, P.R., native. “We all have a responsibility and play a role in (suicide prevention). It is important to understand, recognize the symptoms and to act if we need to for the sake of a fellow Soldier.”

Lt. Col. Willie Ailstock, the deputy command chaplain of 13th ESC, said only human relationships can save human lives.

People who commit suicide sometimes believe no one cares about them and life is hopeless, said Ailstock, a Dry Ridge, Ky., native.

It is the bonds with battle buddies, coworkers and the chain of command that creates an Army family, the base of their positive emotional support system during deployment, said Ailstock.

“Battle buddy to battle buddy, they know each other very

well because they talk to each other about the things that are important to them,” he said.

When a Soldier commits suicide, it impacts the unit, the Army family and the military community as a whole, said Ailstock.

It is vital for Soldiers to look out for one another and provide support when a fellow Soldier displays symptoms of depression. Decreased work productivity, mood swings and emotional extremes are some of the warning signs, he said.

Problems from home, a death in the family and “Dear John” letters can be sources of major stress that lead to feelings of despair and suicidal thoughts, he said.

“Every Soldier needs to realize that they are a part of suicide prevention,” said Ailstock. “When you see a Soldier who is struggling and it is evident they are having problems, then you need to ask them. Do not assume somebody else will do it. Take the initiative to care for them, and when they say ‘yeah I do need help,’ escort them to the people that can help them.”

Cardona said a stigma exists when it comes to Soldiers admitting they need help.

“For many, many years, we were led to believe that it was a sign of weakness when in fact it is not. It is a sign of responsibility,” Cardona said. “As

Soldiers we all have responsibilities. Take a shower, shave, put on a clean uniform. We are also responsible to keep our minds and ourselves in tip top working condition. It is OK to get help. It is OK to seek assistance from somebody that can help.”

If he has suicidal thoughts, that does not mean he is crazy, said Cardona. These thoughts can be caused by emotion, stress or a chemical imbalance, he said.

If the person asks for help, they can and will receive it through the resources available, he said.

“The Army has established people in key positions to help those who are in need,” said Cardona.

Soldiers can go through their chain of command, the chaplain or behavioral health for support channels.

Oftentimes, Soldiers carry the burden of overwhelming stress and need an outlet – someone to speak to in confidence, to help them work through their issues and find peace, Ailstock said.

“We put on the uniform and we go on fighting wars, but we are still human and part of our human condition is at times we need help,” Cardona said. “We only have one Army; we need to strengthen the people that we have in the system. One suicide is too many.”

The Dirty Dozen

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

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PSD Soldiers perform final training in Kuwait

STORY AND PHOTO BY
SGT. MATTHEW C. COOLEY
15TH SUSTAINMENT BRIGADE
PUBLIC AFFAIRS

CAMP BUEHRING, Kuwait – An explosion halted the four-vehicle convoy of armored Humvees, as they made their way through the small village.

Thick clouds of white and green smoke enveloped the Soldiers as they poured out of the trucks onto the sandy desert road. They took cover behind their vehicles and returned fire, providing cover to a team of Soldiers clearing a nearby house.

This was not a real roadside bomb, nor were the Soldiers hardened infantrymen.

These were the 15th Sustainment Brigade “Wagonmasters” – firefighters, cooks, mechanics, and myriad other occupations – forming the unit’s personal security detachment.

The PSD’s four-day training exercise culminated with live-fire scenarios Sept. 18 at Camp Buehring, Kuwait, testing their ability to deal with combat situations, both in vehicles and on the ground.

“We accomplish our mission so boss-man can get where he’s going,” said Staff Sgt. Stuart Gimble, the PSD pla-



A team of 15th Sustainment Brigade Personal Security Detachment Soldiers rush to clear a building for use as a safe house during a training exercise Sept. 18 at Camp Buehring, Kuwait.

toon sergeant, with Headquarters and Headquarters Company, 15th Special Troops Battalion, 15th Sustainment Brigade. Gimble, a Washington native, said he appreciates being pushed hard in his work.

The PSD’s mission is to safely protect key leaders, such as the brigade’s

commander, called the “principal.” The platoon’s training in Kuwait was overseen by civilian contractors, many of whom are former special operations Soldiers.

The first day consisted of classroom training and dry rehearsals, preparing the Soldiers for live-fire exercises. The

second day included live-fire exercises without vehicles.

By day three, the PSD had moved on to live-fire exercises with vehicles.

Day four was not originally on the schedule, but leadership decided to continue training while they still had the opportunity to use Buehring’s resources.

Scenarios included getting the principal back into a vehicle after coming under fire while on foot, moving the principal from a damaged vehicle into a working one, and clearing and using an available building as a safe house.

Clothed target dummies lined the streets of the mock village and Soldiers had to make split-second decisions as to who was friend or foe. Explosive effects, smoke grenades and moving targets were all used to make the training as realistic as possible.

“They should be proud of how far they’ve come,” said Lt. Col. Paula Lodi, the 15th Sust. Bde. commander.

She said these Soldiers set themselves apart with their desire to be there, even though they all came from different occupational specialties.

Gimble said they had developed well into a team.

“This is probably the best group of Soldiers I’ve ever worked with,” she said.

US, Iraqi Army works to improve IA maintenance

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

CAMP TAJI, Iraq – Soldiers from the U.S. Army met with officers in the Iraqi Army to discuss the progress made at the IA maintenance sites, Sept. 30 at Camp Taji, Iraq.

In the last several months the maintenance sites, called medium workshops, transitioned from handwritten work orders and inventory logs to a new computerized database called the Iraqi Army Maintenance Program.

At the meeting, Lt. Col. Brian Coleman, adviser to the IA’s director of electrical and mechanical engineering program and a Fitchburg, Mass., native, presented statistics from each workshop’s IAMP database and discussed how the system will help the workshops work together to get what they need.

“This partnership is not only between the IA and the U.S. Army, but between the IA themselves,” said Maj. Robert Catlin, program manager for the Logistics Training and Advising Team with the 90th Sustainment Brigade, and a Nashville, Tenn., native.

Each workshop site has a list of parts they need and if they make an accurate inventory and share parts with other sites, they can complete their work orders, said Catlin.

During the meeting, IA members expressed con-

cern that the IAMP inventory numbers were inaccurate.

Coleman said the IA Soldiers need to take a bigger role in using the IAMP, which is currently being used mostly by civilian contractors whose contract is scheduled to end later this year.

“What we want to do is fix it for tomorrow,” said Coleman. “When the contractors leave, it will be the responsibility of the Iraqi Army.

“This is just the first step toward automated management for maintenance,” he said. “The real goal is to make sure the computer information is accurate after the meeting.”

As the IA prepares to take the reins from civilian contractors, their U.S. Army trainers are under-

going an exchange of their own. The LTAT of the 699th Maintenance Company, which trains the IA maintenance units at the Kirkush Military Training Base, is about to transfer authority to the LTAT of the 90th Sust. Bde.

Catlin’s Soldiers will take over the maintenance training of the Iraqi Army, in support of a responsible drawdown of troops from the country this fall, he said.

“When you do a relay, the handoff is the most important part,” said Catlin.

Catlin also said getting the different IA workshops to sit down together and talk was a big step forward.

“We know we have some cultural disparities,” he said, “but the end result is getting their officers, (noncommissioned officers) and Soldiers to know their job.”

Coleman said they are planning to have these meetings every 90 days to ensure progress is made.

“You can see there has been some improvement,” he said. “It’s only going to get better from here.”

Lt. Col. Brian Coleman, adviser to the Iraqi Army’s director of electrical and mechanical engineering program, takes questions from officers in the IA regarding the Iraqi Army Maintenance Program, an electronic database designed to assist the maintenance workshops with organizing work orders and documenting inventory, Sept. 30 at Camp Taji, Iraq.



HHC, Task Force 38 Soldiers sport combat patch

STORY AND PHOTO BY
STAFF SGT. JEFF LOWRY
TASK FORCE 38 PUBLIC AFFAIRS

JOINT BASE BALAD, Iraq – Soldiers with Headquarters and Headquarters Company, Task Force 38, took part in a combat patch ceremony Sept. 15 at Joint Base Balad, Iraq.

The unit waited until its 38th day in theater to hold the ceremony, even though regulations state Soldiers may wear the shoulder sleeve insignia on their first day in a combat zone.

“I wanted to wait to make it significant,” said the task force commander, Col. David Wood. “Today is day 38, and we are Task Force 38.”

The patching ceremony was a first for Sgt. Marcus Lindsey, a logistics sergeant and an Anderson, Ind., native, with TF 38.

“There’s honor in it,” he said. “Now I can say I served in theater like so many have done before me and so many after me will do.”

Soldiers within the division refer to it as the CY patch – referring to the division’s nickname, “Cyclone Division” – when it is worn on combat uniforms. If Soldiers wear one on each shoulder, they are called a “CY sandwich.”

“The CY patch means a lot to the people of Indiana, and I get to be a part of that,” said Sgt. Drew Mayer, a forward observer and an Evansville, Ind., native, with TF 38.

Mayer deployed to Iraq in March 2008, with the Indiana National Guard’s 76th Infantry Brigade Combat Team as a vehicle commander on convoys.

Capt. Paul Polyniak, an automation officer for TF 38 and an Indianapolis native, said he earned his first combat patch in 1991 while working with the 82nd Airborne Division during Operation Desert Storm.

“I think for somebody who doesn’t have a patch, it’s very important,” said Polyniak. “It was a special day for me when I got my first patch.”

Roughly 140 Soldiers are deployed with the headquarters company, out of Shelbyville, Ind., with nearly 40 having previously deployed to a combat zone.



Indiana National Guard 1st Lt. Brian Adkins, commander of Headquarters and Headquarters Company, Task Force 38, attaches a 38th Infantry Division patch to Spc. Katie Modderman, an aviation operations specialist, during the unit’s combat patch ceremony Sept. 15 at Joint Base Balad, Iraq.

41st Infantry Guardsmen put civilian skills to work for Iraq mission

STORY AND PHOTO BY
SPC. CORY GROGAN
41ST IBCT PUBLIC AFFAIRS

AL ASAD, Iraq – A group of Oregon National Guard Soldiers use their diverse backgrounds to take their mission a step farther than the average unit – to improve Camp Korean Village at Al Asad, Iraq, in ways most transient units would not consider.

First Sgt. James Terrel, a civil engineer and land surveyor from Roseburg, Ore., said his Soldiers ordered a couple of thousand feet of lumber upon arriving at CKV, a stopover for convoys in western Iraq close to the Jordanian border.

“People in Al Asad were asking, ‘What is a light infantry unit doing ordering lumber?’” Terrel said.

However, C Company, 1st Battalion, 186th Infantry Regiment, with the Oregon National Guard’s 41st Infantry Brigade Combat Team, is providing more than typical infantry support to CKV, he said.

Terrel said CKV has been a survival post that units pass through on 30, 60 or 90-day rotations, so no one took ownership of the rundown operating location. He said his unit wanted to be the group that finally took CKV under its wing.

Shortly after arriving, C Co. requested – and was allowed – to take control of the Mayor’s Cell that handles facilities and infrastructure at the base.

Terrel said one of the group’s first projects was to remove 30, ten-yard dump trucks. They also began improvements on the Southwestern Asian huts they live in – setting up Internet, working with local villagers, putting up new structures

and making security improvements.

“If you want to eat here, you have to fill a sandbag before going into the chow hall because they are used for (COL) security,” said Terrel.

This is all in addition to their base mission providing convoy security, quick reaction force and base defense, said 1st Lt. Troy Halacka, the officer in charge of the Tactical Operations Center at CKV, and a Gresham, Ore., native.

“It is a sense of pride claiming some ownership and taking responsibility here,” said Halacka. “They have done a lot in a real short period of time.”

Spc. Blaine Williams, a Roseburg, Ore., native, said their sense of pride is accompanied by hard work.

“Sometimes it’s hard when you go to finally relax and someone says, ‘Hey, we need a detail to go do this, and go do that,’ but after you are done,

you feel a sense of accomplishment,” Williams said.

The Soldiers in C Co. were quick to mention their civilian jobs when talking about the improvements made at CKV. Terrel said they have electricians, carpenters, plumbers, engineers, a surgical nurse and even Cpt. Frank Klug, an executive officer who is also a rocket scientist.

“We don’t know if we will be staying, but the oldest motto I can remember is always leave it better than when you found it,” said Terrel. “We’re all about making this a better place.”

Spc. Josef Lewis said most of the bases in Iraq are like small cities, but Camp Korean Village is like a small town and C Co. takes pride in making it a better place.

“The commander is pushing for us to stay out here, because we’ve got a whole lot of nothing that we can make into something,” Lewis said. “It’s a

good adventure and life experience, and I like coming out here because it breaks up the monotony.”

Trash, trenches or bunkers, the unit has seen some major changes, said Williams. Everyone, including the Kellogg, Brown and Root, Inc. employees, participates in the improvements.

“You have to be industrious and a jack of all trades out here,” Wilson said.

Terrel said what C Co. does at CKV shows what the Guardsmen bring to the table.

“With the National Guard you have plumbers, you have construction workers, you’ve got carpenters – we have a higher skill pool to draw from, so we can fix things up ourselves without having to rely on KBR as much to re-build a building, or fix up a place, or re-wire something,” said Terrel. “It helps us accomplish the mission more effectively.”

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Vice president

BY 1ST SGT. GAVIN L. MCILVENNA
1/82ND CAV. SQDN.

CAMP VICTORY, Iraq – When Vice President Joseph Biden visited Camp Victory, Iraq, Sept. 17 to meet with Iraqi senior officials, his safety, security and even his meals required extensive planning and behind-the-scenes action.

Biden serves as the White House high-point of contact for Iraq during the responsible drawdown of U.S. troops and equipment.

To the Soldiers of the Klamath Falls-based C Troop, 1st Squadron, 82nd Cavalry, 41st Infantry Brigade Combat Team, deployed to Camp Victory, the visit was the culmination of more than 10 days of planning.

C Troop deployed in May with the brigade and was assigned to the Multi-National Forces-Iraq Joint Visitors Bureau. The troop provides security, transportation and lodging to distinguished visitors, both military and civilian, in and around the Iraqi theater of operations.

Since the unit arrived in Iraq in July, the troop

has conducted more than 210 missions from the Victory Base Complex, 110 missions in the International Zone, flown more than 4,100 miles, driven more than 13,000 miles, and provided lodging to more than 839 distinguished visitors, including the vice president, secretary of defense, Gen. David Petraeus, country musician Mark Chesnutt, actor Joe Pantoliano and the band Spin Doctors.

Capt. Peter Wood, the troop commander, orchestrated the unit-level planning with U.S. Secret Service special agents who arrived before Biden.

"The planning and coordination involved in these types of missions are extremely important to the overall success and execution of the mission," Wood said.

Keeping with the 82nd Cavalry's motto of "Scouts Out," the troop spent countless hours conducting advance reconnaissance of possible venues, primary and alternate vehicle routes, and detailed outer and inner security rehearsals.

The first hurdle the troop planned for was a quick movement to the International Zone in central Baghdad after arriving at Sather Air Force Base.

"Logistically, a visit like this is very demanding," said Maj. Michael Burghardt, the troop's senior personal security officer. "The large number of person-

nel, equipment and baggage that have to be moved, in synchronization with the tight schedule that included several locations, made the normal planning process just that much more difficult."

During the visit, Burghardt, a Clatskanie, Ore., native, worked directly with the vice president's military aide and coordinated asset requirements through Multi-National Division-Baghdad and the troop. This involved developing the logistical matrix to ensure seamless movement of personnel, baggage and equipment to and from the Embassy and JVB Hotel.

In addition, Burghardt assisted with the development of a contingency plan for inclement weather and acted as the communication conduit between the vice president's civilian staff and JVB for specific requests. During execution, he was the MNF-I military escort officer on VBC, participating in all ground movement operations.

Staff Sgt. Jesse Ginestar, from Klamath Falls, Ore., was the noncommissioned officer in charge of the motorcade portion of the operation.

The unit has conducted small motorcade operations in Baghdad for months, however, this involved more than 25 different vehicles. Ginestar worked shoulder to shoulder with the Secret Service.



visits Victory



“The Secret Service agents kept me intimately involved throughout the planning process and the execution of the mission,” Ginestar said.

Although the unit provides security at the JVB Hotel for all of its guests, this mission required more detail. With the unit’s first sergeant as the Sergeant of the Guard, two squads provided security on a continual basis for more than 48 hours and met the Secret Service requirements for a dignitary of the vice president’s stature.

The squads planned for road closures, night operations, pedestrian traffic, service vehicles and the motorcade movements.

Sgt. Antonio Molina, a team leader with 2nd Platoon and a Clearwater, Fla., native, praised the guards’ work.

“The two squads at some point during those long hours had to reach within to find the strength and values needed to complete their mission,” Molina said.

With only a few hours notice, the troop culinary

section, led by Sgt. 1st Class Alan Humphrey, a Hermiston, Ore., native, had to quickly prepare to meet the special needs of the vice president and all the staff that accompanying him. With a section of six Soldiers, they quickly prepared a late night dinner for 120 travelers and a special breakfast for the vice president the next day.

At the same time, breakfast was prepared for more than 225 unit personnel and staff, and 65 bag lunches for the White House Press Corps and Communication Sections, Humphrey said.

“The entire culinary section pulled together at the last minute and put out a meal that received numerous positive comments,” said Humphrey.

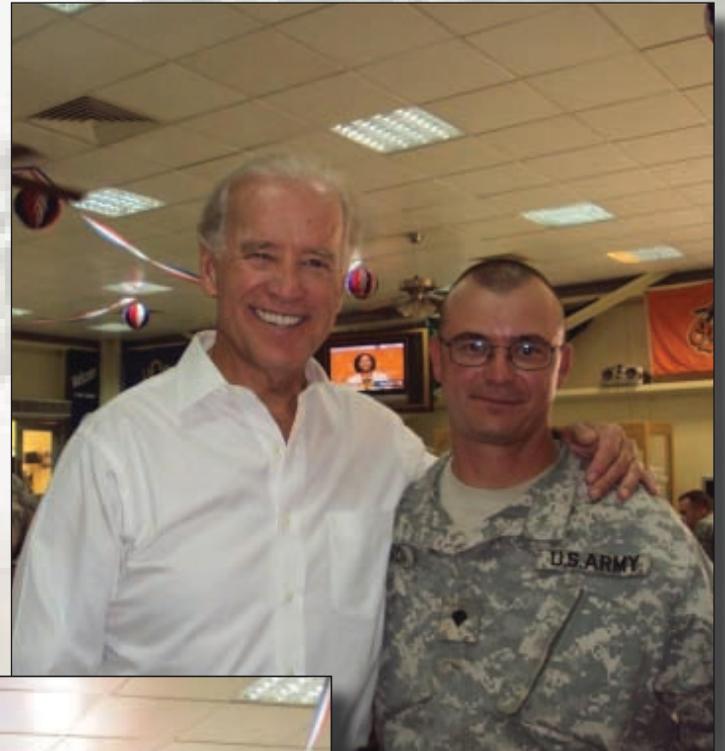
Sgt. 1st Class Gavin Bell, the JVB Hotel NCOIC, a native of Portland, Ore., sat down with Biden upon his arrival to the hotel.

“The vice president said he was very appreciative of the sacrifices the Guardsmen and their families were making,” said Bell.



U.S. Army photo by 1st Sgt. Gavin McIlvenna

The vice presidential motorcade lined up and ready to move. Members of C Troop, 1st Squadron, 82nd Cavalry, 41st Infantry Brigade Combat Team out of Klamath Falls, Ore., provided security for the vice president and the White House Press Corps during motorcade operations in and around Victory Base Complex and the International Zone.



U.S. Army photo by Pfc. Allison Shaw

Vice President Joseph Biden and Spc. Terry Thompson, a Klamath Falls, Ore., native, (above) and Spc. Lori Vermillion, a Burns, Ore., native, (left) pose for the camera during Biden’s visit to the Pegasus Dining Facility on Camp Victory in Baghdad. Thompson and Vermillion are members of the Klamath Falls-based C Troop, 1st Squadron, 82nd Cavalry, that provided security for the vice president and the White House Press Corps during motorcade operations in and around Victory Base Complex and the International Zone.



U.S. Army photo by 1st Sgt. Gavin McIlvenna

Vice President Joe Biden eats lunch with troops Thursday, Sept. 17 at the Pegasus dining facility in Camp Liberty, Iraq.

Flag football season kicks off at JBB

STORY AND PHOTO BY
SGT. 1ST CLASS TERRANCE MANN
90TH SUST. BDE. PUBLIC AFFAIRS

JOINT BASE BALAD, Iraq – The opening kick-off of flag football season, Sept.

19 at Joint Base Balad, Iraq, had the intensity of ESPN's College Game Day minus the tailgating fans and green fields.

Killeen Field offered only stones and sand, but football enthusiasts from units throughout JBB formed teams to compete in a 12-game league.

"The flag football league has 24 teams representing different units and services across JBB," said Army Sgt. Sergio Saucedo, a generator mechanic with the 699th Maintenance Company and a Stockton, Calif., native. "The league has three divisions: West, East and North."

The league was launched in May by the 3rd Sustainment Command (Expeditionary). Saucedo volunteered to continue it when the 3rd ESC left JBB, by handling the scheduling and administrative functions.

A final schedule will place teams within divisions and pit them against competitive opponents based on the pre-season results.

The season will feature a play-off sys-

tem and a Super Bowl, during the week preceding Thanksgiving, followed by an All-Star Game.

Post-season game details are not yet available.

Two of the teams that met on opening day Sept. 19 were the Tough 'Ombres, with the 90th Sustainment Brigade, out of Little Rock, Ark., and the Odin Diamondbacks, a combined team from C-26, Target Acquisition Battery, 2nd Battalion, 4th Field Artillery Brigade, 1st Infantry Division out of Fort Sill, Okla., and the Target Acquisition Battery, 151st Field Artillery, out of Anoka, Minn.

"We're going to bring a South Eastern Conference style of football – fast and physical," said Sgt. Marcus L. Washington, a supply sergeant with the 90th Sust. Bde.

At home in Little Rock, Washington said he is a correctional officer and a fan of the SEC's Arkansas Razorbacks.

"The football league is awesome in making time go by, because it's a great stress release and lets us leave work behind and play football," said Washington. "It gives players something to talk about with friends and family back home, other than work or being here."

During World War II, the nickname Tough 'Ombres was given to the Fort Hood-based infantry unit composed of



The Odin Diamondbacks wide-receiver, Spc. Corey Jones, C-26, Target Acquisition Battery, makes a leaping catch over safety, Spc. Allen D. Agee, Jr., of the Tough 'Ombres. Despite Jones' effort, the Tough 'Ombres won 7-0 over the Odin Diamondbacks, during opening games at Killeen Field on Joint Base Balad Sept. 19.

citizen-Soldiers from Oklahoma and Texas.

The Tough 'Ombres won their opening game 7-0 against the Odin Dia-

mondbacks, with a touchdown in the closing minutes of the game.

"Chemistry and teamwork on defense allowed us to have a complete game with minimal mistakes," said Sgt. Charles R. Dixon, an automated logistics specialist with the 90th Sust. Bde. "We are happy with our performance and hope it carries on to the next game."

Today, the 90th Sust. Bde. is composed of a mixture of citizen-Soldiers from roughly 30 states.

"We formed a team for the physical training aspect and camaraderie," said Washington, who is also the defensive coordinator and a team member. "We don't see each other at work, so it's a good way to come together and show unit spirit."

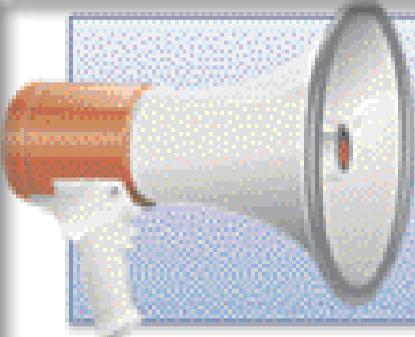
The Odin Diamondbacks, a combination of the 151st Field Artillery and C-26 TAB, is named after Odin, a god of Norse mythology, and the C-26 TAB's Diamondback mascot.

The Diamondbacks' fast-paced offense relied on a strong passing attack led by quarterback Spc. Mario Martin, a supply specialist with the C-26 TAB and a Chicago Heights, Ill., native.

"It was a good game," said Martin. "It builds esprit de corps during the work day, because we talk about the game and toss a ball around when we have free time."



Tough 'Ombres defensive linemen, Capt. Taylor Jones, Ill., (left) and Sgt. 1st Class William Pedigo, prepare for the snap while linebacker Sgt. Charles R. Dixon keys on the quarterback. The Tough 'Ombres' four interceptions led to a 7-0 victory over the Odin Diamondbacks in their opening game of Joint Base Balad's flag football league, Sept. 19 at Killeen Field.



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Service members walk, welcome German tradition

BY SGT. RYAN TWIST
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – More than 500 service members walked to celebrate a German tradition, the Volksmarch, sponsored by the 64th Medical Detachment Veterinary Services, Sept. 26 at Holt Stadium at Joint Base Balad, Iraq.

“A Volksmarch is not a race, it’s an event made so you can appreciate nature, appreciate fellowship and just get out,” said Lt. Col. David S. Galloway, the commander of the 64th MDVS. “You’re not working, you’re just enjoying yourself. That is the German culture. It is a much slower culture than America.”

Galloway, a Memphis, Tenn., native, said the event boosts morale – getting everyone out of their offices or rooms, and away from the grind of their deployments. He said it gives the service members a chance to experience a part of German culture in Iraq.

“It’s the first Volksmarch I have ever heard of,” said Sgt. 1st Class Suzannie A. Wilkins, the 80th Ordnance Battalion noncommissioned officer in charge of support operations.

Wilkins, a Tacoma, Wash., native, said she did not know much about Germany other than what she learned in high school. She said she heard there would be interesting facts at stations during the walk where she could learn about Germany. She received a beer mug in a drawing and was given a T-shirt for her participation.



U.S. Army photo by 1st Sgt. Aangi Mueller

Three hundred beer mugs were given out at Holt Stadium after service members participated in the Volksmarch Sept. 26, on Joint Base Balad, Iraq.



U.S. Army photo by 1st Sgt. Aangi Mueller

Service members walk toward a checkpoint during the Volksmarch Sept. 26, at Joint Base Balad, Iraq.

“This is like (physical training) for us,” said 1st Lt. Yao T. Pone, the officer in charge of direct contracts, with the 90th Sustainment Brigade out of Little Rock, Ark. “This is fun, no pressure. You come out, sweat and have fun with everybody.”

Pone also won a mug in the drawing. He said the mug and T-shirt were beautiful and he appreciated the generosity of the 64th.

Pone, a Soloman Island, Md., native, said he has had previous experience with the German culture, but not with the Volksmarch. He

said he spent a couple of weeks for annual training in Germany and went to some of the festivities there.

“The first Volksmarch, people’s walk, was held in the early 1950s in a small town of Wald, Germany, as a non-competitive sporting event that everybody could attend,” said Sgt. 1st Class Michelle D. Zuckert, the 64th noncommissioned officer in charge of operations. “Since then, the Volksmarch has happened in 14 countries around the world.”

Zuckert said when her local chapter, the International Wandering Club from Heidelberg, Germany, asked for volunteers, she hesitated at first. With her family and friends in Germany and everybody in the unit missing home, the detachment decided to bring the Volksmarch here.

“Here we are making history,” she said. “This is the first Volksmarch in Iraq.”

Zuckert, who travels throughout Germany and other countries doing Volksmarches, said the Heidelberg International Wandering Club sponsors a 2-day event every year. She said she, her family and the Girl Scouts USA participate in the Heidelberg walk, where she can enjoy the community as a whole.

Zuckert said her club, Soldiers’ Angels Germany, and the JBB New Car Sales

helped procure 624 German, St. Pauli Girl, non-alcoholic beers, 350 Volksmarch T-shirts, 150 “Never Back Down from a Challenge” Iraq, 2009 T-shirts, 3,000 packs of German gummy bears, 101 pounds of pretzel rods, 120 dozen cookies, 120 Rice Krispy treats, 200 neck cooling wraps, 40 gallons of sweet tea and 20 cases of Gatorade, for the event.

She said all the volunteers helped bring as much German culture to the event as possible. Her family, along with the girl scouts, acquired and individually wrapped 300 beer mugs from Germany, she said.

“Part of the march was actually through the only wooded area here on JBB,” said Zuckert. “That was intentional, so people would think about Germany and not necessarily about being here in Iraq.”

The event had five stations along a five km trail, manned by the 8th Medical Logistic Company, out of Miesau, Germany, and 64th MDVS Soldiers. Each station had different information, trivia and music.

Galloway said the service members celebrated in the spirit intended, walking and visiting with each other.

“We had over 500 people show up,” said Galloway. “It was a really good event.”

80th Ordnance Battalion hosts combatives tournament

STORY AND PHOTO BY SGT. RYAN TWIST
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – The 80th Ordnance Battalion hosted a Modern Army Combatives Program tournament Sept. 27 at the East Gym on Joint Base Balad, Iraq.

“The importance of Army Combatives is to let everyone know that we’re Soldiers first, regardless of whatever our (military occupation specialties) may be,” said Spc. Nigel Davis, the noncommissioned officer in charge of the Modern Army Combatives Program, with the 80th Ordnance, Headquarters and Headquarters Detachment, out of Fort Lewis, Wash.

Davis said competition is in his blood and he looks forward to competing in the next tournament, in which he expects participation from more service members.

“I was very shocked,” said Davis. “I never expected to see so much technique, so much professionalism and so much joy out of competing in this tournament, and the fact they are ready for more.”

“I feel great,” said Pfc. Ismael Roman, the operations administrator for the 37th Engineer Battalion out of Fort Bragg, N.C., who competed and won the middleweight division. “It was one of the best times I’ve had here. I didn’t expect to win.”

Roman, a Puerto Rico native, said he has competed in other tournaments, but this was his first Army combatives tournament. Before he joined the Army, he studied grappling, wrestling and Aikido, and plans to compete in the next tournament, he said.

“I’m going to try to get into every tournament there is here; I encourage everybody to,” said Staff Sgt. Oscar F. Narvaez, noncommissioned officer in charge of training for the 72nd Signal Battalion (Expeditionary), out of Manheim, Germany, who competed in the lightweight division and finished runner-up.

Narvaez, a Brooklyn, N.Y. native, who has studied combatives for three years, said watching the event grow from one year to another was remarkable. Although the Army adopted the program in 2002, bet-



Staff Sgt. Oscar F. Narvaez, noncommissioned officer in charge of training for the 72nd Signal Battalion (Expeditionary), from Manheim, Germany, competed in the 80th Ordnance Battalion’s Modern Army Combatives Program tournament Sept. 27 at the East Gym at Joint Base Balad, Iraq. Narvaez, a Brooklyn, N.Y., native, was runner-up in the competition that included service members from the Army, Navy and Air Force.

ter marketing has resulted in an increase in training facilities and instructors, he said.

“I encourage all Soldiers to actually go out and get involved in the Modern Army Combatives Program,” said Narvaez. “It’s something positive and it’s going to lead to nothing but positive things in the Army.”

Davis said he has only done combatives for a year, but has trained in boxing and has knowledge of martial arts in Aikido, Judo, and Brazilian Jiu-Jitsu.

“My goal is to go to level four and to continue on training Soldiers,” he said. “For me to train someone and to see them utilize the technique that I have trained them on, is just like an architect putting a brick in a building. They can always look at that building and see something they were a part of ... A major-

ity of the combatants were my students.”

Davis teaches MACP level-one class, three times a month.

“Right now, we have graduated a total of 198 students,” he said.

Davis said he was grateful to the Morale, Welfare and Recreation East Gym staff members for setting up the event, because without them it would have taken much longer.

“I would also like to thank my assistant instructors,” said Davis. “If it wasn’t for them, the program wouldn’t be as strong as it is today. It is easy for me to go in and sign a certificate but they actually train and teach the class, and we’re looking to have more students. So, bring them on.”

‘Stay fire smart! Don’t get burned’

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

JOINT BASE BALAD, Iraq – In support of fire prevention week, Oct. 4 through Oct. 10, the Joint Base Balad Fire Department is scheduled to host events to promote fire safety.

“Stay fire smart! Don’t get burned,” is the motto for fire prevention week.

Sgt. Joshua E. McGinnis, a fire crew chief with the 23rd Ordnance Company out of Grafenwoehr, Germany, and a Springfield, Mo., native, said many of the fires on JBB are avoidable.

“It is a lot of common sense stuff for fire safety,” said McGinnis.

If fire alarms are old or faulty, service members can bring them to the fire prevention office where they can be swapped out for new ones, he said.

“Check your fire extinguishers and

make sure they are up to date,” said McGinnis. “If you need to switch out a fire extinguisher take it down to (KBR, Inc.) down on Smith Range Road and swap it out for a brand new one.”

Air Force Staff Sgt. Brian Cotner, an engineering assistant for the 332nd Expeditionary Civil Engineer Squadron, said an Iraqi kids day, through the JBB Kids of Iraq program, is scheduled for Oct. 10, from 9:30 a.m. until 4 p.m., during which service members will escort Iraqi kids from local villages on a one-on-one basis to allow them to take part in activities such as fire safety exercises and making paper airplanes.

“Only uniformed military will be escorting a kid, but civilians can volunteer as well, working booths and helping with the set up and take down,” said Cotner, a Portland, Ore., native.

Activities will be at the H-6 Recreation Center where toys, crayons, candy and gift bags will be handed out to the kids as part of the festivities, Cotner said.

During the Iraqi kids day at the JBB Fire Station, the firefighters will demonstrate their equipment, give the children a tour of the facility, give them fire safety tips and let them use some of the equipment said Tech. Sgt. Kevin M. Ferrara, a fire inspector for the 332nd ECES and a Hampton Va., native.

The fire station also scheduled an open house Oct. 4 and fire extinguisher training Oct. 5, Oct. 6 and Oct. 8, said Ferrara.

He said overloaded power strips, improper use of extension cords and transformers, bad light ballasts and general electrical issues are the biggest cause of fires on JBB. A lot of dumpster fires are caused by service members smoking near the dumpsters and not extinguishing their cigarettes before they throw them away, said McGinnis.

“Look at your surroundings and make sure everything is fire-safe,” said Ferrara.



Sgt. Joshua E. McGinnis, a fire crew chief with the 23rd Ordnance Company out of Grafenwoehr, Germany, and a Springfield, Mo., native, demonstrates proper donning of his safety gear Sept. 30 at the Joint Base Balad Fire Department.

Disarming power struggles: case example II



**"The Stress Doc"
Mark Gorkin**

Now for the second exercise. As a supervisor, imagine you are caught in a power struggle with a problematic individual, let's say an employee. For this mind game, the specific issue is not critical. Let's say the general content involves issues of control, status or who has, or doesn't have, the right or power to make a decision. Let's call the employee Person A and the supervisor Person B. In this

exercise, the battle begins with the employee declaring, "You can't make me!" and the supervisor countering, "Oh yes I can!" My workshop instructions specifically caution antagonists about getting out of their chairs. But the players can be as aggressive or as whiny as they wish. After a couple of verbal volleys, the participants are encouraged to say what they would really like to say to their antagonist.

Not surprisingly, at some point during this exchange, for many folks there is an eruption of laughter. Perhaps it's the somewhat artificial and absurd nature of the interaction. Also, some people cover up intense emotions, such as raw aggression, through nervous laughter. However, for me, the number of people who get hooked by the battle, who want to win seems significant. Why are people so quick to get caught up in a power struggle? I've come up with "The Five 'C's of Power Struggles:"

1. Control. Who will be in control? I believe this is connected to authority issues and, ultimately, the parent-child dynamic.

2. Competition. This also has family roots, such as sibling rivalry issues. Who is better? Who is the favorite?

3. Change. During periods of transition, there's much uncertainty. Who is in charge? Do the rules and operational procedure still apply? Some people will try to fill the void, appropriately or inappropriately. Change often stirs uncertainty and anxiety and may push some to become overly rigid, manipulating or controlling.

4. Cultural Diversity. Surely the variety of socio-cultural and demographic dynamics shape how we give meaning to experience, including meaning to the motivations, beliefs and behaviors of self and of others. Personal maturity is often required if difference and disagreement are not reflexively equated with disapproval and disloyalty.

5. Communication Skills. Finally, effectively negotiating the aforementioned Cs – Control, Competition and Cultural diversity – especially in the context of an actual or potential emotionally charged power struggle requires a communicator who can be both assertive and empathic – a communicator who can both affirm limits and respect boundaries.

Key Communication Principles

Now let me provide four communication tips and tools for preventing a conflict or misunderstanding from turning into a full-fledged struggle or an ongoing battle:

1. Drop the Rope. How do you not take the bait when someone is provocatively fishing for an argument or power struggle? The challenge becomes not instinctively pulling back when someone offers you a rope and then yanks your chain. You don't have to prove you

can give, or be, as big a jerk. In fact, you can just drop the rope. This is not a sign of weakness. Your message is, "I don't want to play this self-defeating or dysfunctional game. Can we come up with a more productive way to address the grievance or solve the problem?"

2. Use the "Four 'P' Process of Empathic Engagement." One or both parties in a power struggle are usually angry or anxious about something. Your antagonist may be upset about your actions as a supervisor or about a common problematic situation. For example, in an employee's mind, are you playing favorites in the department? In order to quickly connect to a belligerent or injured party – after setting limits on any harassing behavior, of course – attempt to engage the other person around his pain and passion, or her purpose and sense of power, or feelings of powerlessness or helplessness. These Ps are definitely a pathway to empathy and possibly more peaceful coexistence.

3. Reduce the Status or Power Differential. As a manager, or parent of a teenager, unless absolutely necessary, don't lead with your authority trump card. As much as possible, try to level the playing field and strive for adult-to-adult communication. Somehow, this issue of use of status and power reminds me of a politically incorrect, somewhat tongue-in-cheek observation by a bank vice-president regarding his biggest source of stress.

"I can't beat my employees and I can't fire my children," he said.

Actually, if used consistently this step will likely free the other person to be more forthright in their communication. And if you are fortunate, your antagonist will even provide critical feedback. Why do I say fortunate? In the long run, I believe nothing builds trust more than when a person expresses clean and clear anger and finds the recipient doesn't fall apart, run away or abandon them, doesn't viciously blast back or seek revenge. You may not agree with the other person's argument but you have demonstrated acknowledgement and respect.

4. Avoid Black or White Thinking. An argument that must result in one person being right the other party wrong clearly tightens the tension in the tug of words if not war. Dividing antagonists into winners and losers doesn't foster lasting conciliation and working partners. Oftentimes, a sign of real strength is the capacity for some comfort with uncertainty or even being tentative in the heat of battle: "I'm not sure about that" or "Right now, I don't agree. Still, you make a good point. Let me think more about this." We've already discussed the strategic value of taking a time out.

Again, allowing for uncertainty or delayed decision-making creates subjective space for opinions and strategic options. You are inviting the other to be a genuine problem-solving participant. Setting aside black or white thinking encourages power sharing instead of power struggle. Both managers and employees can generate an array of leading and colorful ideas.

Disarming Words of Wisdom

With the four cs of power struggles and the above communication principles in mind, as a manager what might you say to a provocative employee who declares, or in so many words infers, "you can't make me"? Consider this response: "I don't know if I can make you or I can't make you. That's not where I'm coming from ..." – resisting the provocative bait. Not quickly playing the authority trump card; you are tentative without giving up your power potential – "If we have a problem

– if I'm bugging you or our situation is problematic – I'd like to hear about it ..." Can we assume that if there is a serious power struggle someone is pained or upset about something? I think so. And inviting criticism often elicits real feedback and can help build trust. "I need your contribution to meet our goals. I believe I'm in a position to support you. For us to succeed we have to be pulling together not pulling apart" – affirms the process – from dropping the rope to forging a partnership in power and performing.

Closing Summary

Two mind game exercises have been delineated. The first exercise, interaction with a critical aggressor, highlighted defensive reactions to a verbal barrage:

- 1) feeling rejected, surprised or exposed;
- 2) feeling attacked and becoming aggressive;
- 3) and feeling fearful or humiliated and withdrawing.

Positive strategic interventions were also outlined:

- 1) differentiating reaction and response,
- 2) metacommunication,
- 3) using assertive I messages,
- 4) and taking a time out.

The disarming power struggle exercise noted the five cs that spur on self-defeating or ego-driven battles – control, competition, change, cultural diversity and communication skills.

Next, four communication tips and tools for disarming dysfunctional power games were detailed:

- 1) drop the rope,
- 2) use the four ps for engagement,
- 3) reduce the status or power differential,
- 4) and avoid black or white thinking.

And finally, a power sharing to power struggle response in the face of employee provocation is provided. Surely these are all concepts and tools to disarm aggressors and power struggles, to forge more productive working relationships, and to help us all ... Practice Safe Stress!

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.

Warfighters take to streets for rabies awareness

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

JOINT BASE BALAD, Iraq – More than 700 service members and civilians participated in the 5k Rabies Awareness Run Oct. 2 at Joint Base Balad, Iraq.



The run was sponsored by the 64th Medical Detachment (Veterinary Services) and Hill's Pet Nutrition, Inc., who supplied more than 600 T-shirts for participants.

"There have been rabies awareness runs on nine installations and this was the last event," said Pfc. Ashley Stinnett, a veterinary food inspection specialist with the 64th Med. Det. and a Granite Falls, N.C., native.

Stinnett said the races, which took place throughout Iraq, were part of the American Veterinary Medical Association's Rabies Awareness Month. The AVMA held World Rabies Day Sept. 28.

"We're trying to inform people about the disease," said Spc. Carlos Hernandez, a human resource specialist with the 64th Med. Det. and a San Antonio, Texas, native.

Master Sgt. Dorothea Goodson, noncommissioned officer in charge of operations for Headquarters and Headquarters Company, 13th Sustainment Command (Expeditionary

and a Chicago native, said she used the run as a training event.

"This is my training for the Army 10-miler," said Goodson. "I didn't even know rabies was prevalent here."

Stinnett said the Army spent \$64,000 on rabies treatment in Iraq since January, treating roughly 40 Soldiers and civilians with bites from potentially infected mammals.

According to the AVMA, rabies is a virus that affects the central nervous system and is fatal without preventative treatment. A series of vaccinations after exposure to an infected animal can prevent the disease, but once symptoms appear there is no treatment, according to the AVMA.

Early symptoms include irritability, headache, fever and itching or pain at the bite site. Eventually, symptoms progress to paralysis, spasms of the throat muscles, convulsions and delirium, according to the AVMA.

The AVMA reports that rabies kills one to two humans every year in the U.S., but kills more than 55,000 worldwide. According to the National Research Council, animal rabies is said to have a low occurrence in Afghanistan and Iran but, in Iraq, infection in dogs is widespread.

To combat this, the Department of the Army has included guidance for deployed Soldiers in general order number one. According to the policy, adopting as pets or mascots, caring for, or feeding any type of domestic or wild animal is prohibited.



Warfighters run to raise awareness of rabies in a 5km race, sponsored by the 64th Medical Detachment (Veterinary Services) and Hill's Pet Nutrition, Inc., Oct. 2 at Joint Base Balad, Iraq.

Chaplains share personal experience, learn about suicide prevention

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

JOINT BASE BALAD, Iraq – A suicide prevention class for all Army and Air Force Unit Ministry Teams on Joint Base Balad, Iraq, was held on Oct. 2, at the Provider Chapel Annex here.

The training and open-forum discussion lasted from 9 a.m. to 11:30 a.m., led by Maj. Saul E. Cardona, the family-life chaplain for the 13th Sustainment Command (Expeditionary) and an Añasco, Puerto Rico, native.

"The main goal for to-

day's training was to provide advanced knowledge to the chaplains and chaplain assistants on the subject of suicide, and how that knowledge that we all carry can be used to help other Soldiers in our command," said Cardona.

Cardona said he spent roughly two weeks reading about, preparing for and writing the information-based—as opposed to intervention-based—training.

Cardona spoke about the perception of suicide and how it has changed throughout history.

He said he has experience with suicide both personally, with the loss of a family member, and professionally. While stationed at Fort Campbell, Ky., with the 3rd

Brigade, 101st Airborne Division roughly 10 years ago, Cardona presented suicide prevention training with the key message of "take action." Roughly a month later, a Soldier in the unit took 114 pills in an attempt to commit suicide, said Cardona.

When two service members tried to escort the Soldier to the hospital, he refused to go, said Cardona.

"The Soldier put a headlock on the Soldier who took the pills, the other grabbed him by his legs and threw him into the back of the car," he said.

They escorted the Soldier who took the pills to the hospital, where his stomach was pumped, said Cardona.

"Five pills would have

killed him, he took 114," he said. "He was saved because that Soldier wrestled him to the ground and drove him to the hospital."

The training allowed chaplains to share their personal stories and experiences and learn from each other, said Master Sgt. Michael Bair, the command chaplain's noncommissioned officer in charge with the 13th ESC and a San Diego native.

"The most helpful part of the training for me was listening to the different perspectives of the chaplains and their faith backgrounds, and some of the assistants; how even though they have their own faith backgrounds, they are able to disconnect from that and look for (what) Sol-

diers need," he said.

Bair said he attended the training to better understand the motivation behind a Soldier committing suicide.

"It is important for chaplains and assistants, that we have a deeper understanding of suicide and some of the root causes," he said.

Soldiers experiencing personal difficulties sometimes find it easier to talk to a chaplain assistant because they feel more comfortable with enlisted personnel, said Bair.

Bair said, "I believe, personally, that suicide is never the answer, that every person has a reason to live, and that through our help, and Soldiers' help, and leadership's help, maybe we can find their reason to live."

Sudoku

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

Level: Hard

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

Last week's answers

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

TEST YOUR KNOWLEDGE

1. What is the minimum number of musicians a band must have to be considered a "big band?"
2. What 1976 chart-topping song did Barry Manilow sing, but not write?
3. What band is named after a sculpture in Seattle that hums in the wind?
4. What Beatles single lasted longest on the charts, at 19 weeks?
5. What Pink Floyd song was banned by the South African government after it became an anthem for black school children?

1. Ten 2. I Write The Songs 3. Soundgarden 4. Hey Jude 5. Another Brick In The Wall

JOINT BASE BALAD WORSHIP SERVICES

TRADITIONAL - Sunday

0200 Air Force Hospital Chapel 0930 Provider Chapel
 1030 Freedom Chapel (West side) 1100 Castle Heights (Bldg. 7562)
 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)

CONTEMPORARY - Sunday

0900 Chapel- Next Iraq/MWR East
 1030 Gilbert Memorial Chapel (H-6)
 1400 Castle Heights (Bldg. 7562) 1900 Freedom Chapel (West Side)

Wednesday

2000 Gilbert Memorial Chapel

LITURGICAL (Episcopal, Anglican, Presbyterian) - Sunday

1700 Provider Chapel

SEVENTH DAY ADVENTIST - Saturday

1000 Provider Chapel

CHURCH OF CHRIST - Sunday

1530 Castle Heights (Bldg. 7562)

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)

ISLAMIC PRAYER - Friday

1700 Gilbert Memorial Chapel (H-6)

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 Combative Training: Tue., Thur., Sat., - 8-10 p.m.	p.m. Caribbean Night: Friday- 8 p.m. Chess & Dominoes Tourney: Friday- 8 p.m. Salsa Class: Saturday- 8:30 p.m. Poker: 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. Squat Competition: Saturday- 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 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	EAST REC-REATION CENTER 4-ball tourney: Sunday- 8 p.m. Karaoke: Monday- 8 p.m. 8-ball tourney: Monday- 8 p.m. Spin: Sunday- 9 a.m. Monday- 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. 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 FITNESS CENTER Spin: Sunday- 9 a.m. Monday- 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. Saturday- 9 a.m., 7 p.m. Boxing: Sunday- 4 p.m. Tue., Thu., - 2 p.m. Boot Camp: Sunday- 8:45 a.m. Tue., Thu., - 7 p.m. Power Abs: Mon., Tue., Thu., - 8 p.m. Friday- 9 p.m.	Monday- Saturday- 4:30 a.m., 4 p.m., 10 p.m., 12 a.m. Soccer: Tue., Thu., - 8 p.m. Wednesday- 8 p.m. MACP Level 1: Friday- 8 p.m. 5 on 5 Basketball: Saturday- 8 p.m.	Monday- Saturday- 4:30 a.m., 4 p.m., 10 p.m., 12 a.m. Soccer: Tue., Thu., - 8 p.m. Wednesday- 8 p.m. MACP Level 1: Friday- 8 p.m. 5 on 5 Basketball: Saturday- 8 p.m.	Wednesday- 8:30 p.m. Thursday- 1 p.m., 8 p.m. Saturday- 8 p.m. Darts: Saturday- 8:30 p.m. WEST REC-REATION CENTER Green Bean Karaoke: Sun., Wed., - 7:30pm 9-ball tourney: Monday- 8 p.m.	WEST FIT-NESS CENTER 3 on 3 basketball tourney: Saturday- 7:30 p.m. 6 on 6 volleyball tourney: Friday, - 8-10 p.m.

UPCOMING SPORTS ON AFN



Wednesday 10/07/09

2009 NBA Europe Live: Chicago Bulls vs Utah Jazz (London, UK), Tape Delayed 3 a.m. AFN/xtra
 College Football Primetime: Middle Tennessee @ Troy, Live 3 a.m. AFN/sports
 San Jose Sharks @ Los Angeles Kings, Live 5:30 a.m. AFN/xtra

Thursday 10/08/09

NHL Phoenix Coyotes @ Pittsburgh Penguins, Live 2:30 a.m. AFN/xtra
 MLB TBD, Live 4:30 a.m. AFN/sports
 MLS FC Dallas @ San Jose Earthquakes, Live 5 a.m. AFN/xtra
 2009 WNBA Finals - Game 4: Teams TBD (If Necessary), Tape Delayed 12 p.m. AFN/sports

Friday 10/09/09

2009 MLB Divisional Series - Game TBD; Teams TBD, Live 1 a.m. AFN/sports
 Chicago Blackhawks @ Detroit Red Wings, Live 2:30 a.m. AFN/xtra
 2009 NBA China Games: Denver Nuggets vs Indiana Pacers (Taipei, Taiwan), Tape Delayed 5 a.m. AFN/xtra

Saturday 10/10/09

ESPN College Football Primetime: Louisiana Tech @ Nevada, Live 4 a.m. AFN/xtra
 NHL Dallas Stars @ Calgary Flames, Live 4a.m. AFN/prime pacific
 2009 MLB Divisional Series - Game TBD; Teams TBD, Live 4:30 a.m. AFN/sports

Sunday 10/11/09

2009 MLB National League Division Series - Game 3: Teams TBD, Live 1:30 a.m. AFN/xtra
 College Football Armed Forces Appreciation Day: TCU @ Air Force, Live 2:30 a.m. AFN/prime atlantic
 2009 Presidents Cup: Third Round (Harding Park Golf Course, San Francisco, CA), Tape Delayed 10 a.m. AFN/sports

Monday 10/12/09

2009 MLB American League Division Series - Game 3: Teams TBD, Live 2 a.m. AFN/prime atlantic
 NHRA Full Throttle Drag Racing Series: Virginia NHRA Nationals (Richmond, VA) (JIP), Live 2:30 a.m. AFN/xtra
 Sunday Night Football: Indianapolis Colts @ Tennessee Titans, Live 3:15 AFN/sports

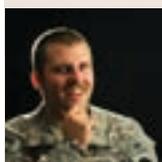
Tuesday 10/13/09

2009 MLB American League Division Series - Game 4: Teams TBD (If Necessary) Live 2:30 AFN/xtra
 Monday Night Football: New York Jets @ Miami Dolphins, live 3:30 a.m. AFN/sports
 Indy Car Racing Series: Firestone Indy 300 (Homestead-Miami Speedway; Homestead, FL), Tape Delayed 8 a.m. AFN/xtra

Arts & Entertainment

A great film full of 'Funny People'

BY SGT. JAYSON A. HOFFMAN
EXPEDITIONARY TIMES STAFF



"Funny People" is a great blend of hilarity and reality. At times it's eye-wateringly funny and at others it's downright depressing. This is one of the most well-crafted films this year, and Judd Apatow ("Knocked Up") keeps going strong with his string of heartfelt, raunchy comedies.

This film is the story of an up-and-coming comic who works in a sandwich deli, a huge comedy movie star, and a married mother of two. Ira Wright (Seth Rogen) is an ambitious stand-up comedian, who, by a stroke of luck, performs his set in front of George Simmons (Adam Sandler), the comedy star, and George hires Ira as his assistant and joke writer. George suffers from a terminal illness and wants to get back together with the love of his life, Laura (Leslie Mann). The story is about George's ups and downs with his illness, and trying to win Laura's heart back

from her Aussie husband Clarke (Eric Bana). Ira, a nerdy romantic, gets stuck in the middle of all of this as he tries to figure out life.

The cast for this movie was fantastic. The supporting roles filled by Jason Schwartzman ("Rushmore"), Jonah Hill ("Superbad"), Aubrey Plaza ("Parks and Recreation") and Eric Bana ("Star Trek") were great.

Schwartzman and Hill, who play Rogen's roommates, are fantastic when interacting each other and with Rogen. The moments these three share together are perhaps the funniest the film has to offer. Their scenes consist of the hilarious, raunchy banter that audiences have grown to love and expect from an Apatow movie. Their friendship with one another seemed very genuine.

The three leads were equally great. Leslie Mann is great as a former B-quality actress turned mother. She's funny and she shows great emotion at the end of the movie.

Rogen, easily the most likeable character in the movie, is great as Ira. He's shy, awkward and hilari-

ous. He is the righteous innocence of the movie. Rogen portrays a vision of what George Simmons was like as a young comedian, enthusiastic about life.

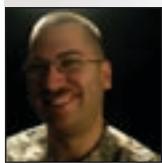
Sandler pulled off his best acting role to date. He was funny, but he was also a troubled man who was never satisfied with anything. He aimlessly lashed out at Ira when all Ira wanted to do was appease his childhood idol. He was a complex character, and Sandler pulled it off.

The overall story was solid. The first half of the movie is pure hilarity, while the second half turns into a drama about adultery and forgotten love. The second half drags a little and the story suffers just slightly, but the comedy in it more than makes up for it. The running time of 2 hours and 22 minutes may seem excessive, but it works for this film.

"Funny People" is a hysterical ride full of highs and lows of human emotions that will make the audience genuinely care for the characters. You will be sucked in and forget about your worries for a couple of hours, and if you're a fan of Judd Apatow's work, then go see this movie.

Cornwell: historical fiction at its very best

BY STAFF SGT. JOEL F. GIBSON
EXPEDITIONARY TIMES STAFF



Bernard Cornwell's "Rebel," tells the story of the Battle of First Manassas and, based solely on the title, it is unsurprisingly told from the Confederate viewpoint.

This is not a textbook version of the battle, but an engaging story about a fictional Bostonian who finds himself fighting for the southern cause.

The protagonist, Nathaniel Starbuck, starts his journey in Richmond, Va., right after Fort Sumter falls. An

angry mob threatens to tar and feather Starbuck, who is rescued by his college roommate's affluent father, a pillar of Virginian society.

The setup in any multi-volume work is critical and Cornwell was on target in creating a plausible back story for an abolitionist preacher's son becoming a Confederate Army officer without bludgeoning the reader to death with minutia.

Anyone familiar with Cornwell's ridiculously successful Sharpe chronicles will immediately recognize the formula in "Rebel," wherein the stubborn officer (Starbuck) wins over the truculent noncommissioned officer (an outlaw

named Thomas Truslow), and they become good friends and go on to great military success.

Starbuck struggles with difficulties both literal and figurative as he fights to gain acceptance as a stranger in a strange land and with his conscience for the sins he has committed.

While the trials and tribulations of Starbuck and Truslow make great stories, where "Rebel" shines is in the depiction of battle scenes.

The level of research is phenomenal; the small details about the battlefield immerse the reader completely into the environment.

Fictional characters are great, but

some of the most interesting are those based on real people.

Col. Nathan Evans, the Confederate officer responsible for holding the left flank of the battle until reinforcements arrived, had an enlisted orderly named Otto who carried a stone backpack full of whiskey for the colonel's refreshment. Evans affectionately referred to the backpack as "Barrelito."

I never read that nugget of information anywhere until I picked up "Rebel."

On a scale of 1 to 10, I give "Rebel" a solid 9, and I suggest everyone interested in the Civil War or historical fiction to pick up a copy.

PVT. MURPHY



Sustainer Reel Time Theater

Wednesday, Oct. 7

5 p.m. The Goods
8 p.m. Post Grad

Sunday, Oct. 11

2 p.m. Surrogates
5 p.m. District 9
8 p.m. Shorts

Thursday, Oct. 8

5 p.m. The Goods
8 p.m. Jennifer's Body

Monday, Oct. 12

5 p.m. Post Grad
8 p.m. Jennifer's Body

Friday, Oct. 9

2 p.m. District 9
5 p.m. Shorts
8:30 p.m. Surrogates

Tuesday, Oct. 13

5 p.m. Surrogates
8 p.m. District 9

Saturday, Oct. 10

2 p.m. Shorts
5 p.m. Surrogates
8 p.m. The Hurt Locker

Wednesday, Oct. 14

5 p.m. Shorts
8 p.m. The Hurt Locker



PHOTOS AROUND IRAQ

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



U.S. Soldiers from A Troop, 2nd Platoon, 1st Battalion, 150th Armored Reconnaissance Squadron, 30th Heavy Brigade Combat Team, 1st Cavalry Division, from Bluefield, W. Va., conduct a weapons cache patrol along with Iraqi soldiers Sept. 23, north of Yusifiyah, near Baghdad.



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

Mukhtar Adil Ayid Kurdi, local leader for the Sons of Iraq in the city of Mahazem, leads U.S. Soldiers from the 25th Special Troops Battalion Security Detachment, 25th Infantry Division, from his home after meeting to discuss possible security concerns Sept. 22 in Mahazem, Iraq.



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

A member of the Iraqi National Police Command observes closely during a class led by U.S. Army Spc. Chance McGraw from Southern Pines, N.C., assigned to 1st Platoon, A Troop, 5/73rd Cav. Sqdn., Brigade Special Troops Battalion, 82nd Airborne Division, about how to make a terrain model, Sept. 8, at Forward Operating Location Sallie, Iraq.



U.S. Air Force photo by Spc. Ernest E. Siva III

An Iraqi Police officer takes a bite on a protective arm wrap from Rossi, a military working dog, during a training mission Sept. 24 on Contingency Operating Location Adder, Dhi Qar, Iraq. The Iraqi Police officers watched demonstrations on explosives searching techniques with canines, provided by U.S. Airmen and Sailors.



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

Iraqi Prime Minister Nuri al Maliki and the official party disembark a C-130 Hercules during a Sept. 14 visit to Contingency Operating Location Adder, in southern Iraq. The visit was part of a tour to assess the standard of living in Nasariyah.

NEWS AROUND IRAQ

11th police basic recruit training class graduates at Maysan Center

MAYSAN, Iraq – One thousand, six hundred Iraqi police officers graduated from Basic Police Recruit Training Sept. 17 at the Maysan Police Training Center here.

Training for BRT Class 09-07 consisted of a four-week, 240-hour training curriculum which included courses in Iraqi Police organization, police conduct and discipline, uniform and equipment, drill and ceremony, defensive tactics, firearms and less than lethal weapons, physical skills training, and human rights.

Graduating students were from multiple district stations throughout the Maysan Province.

During his commencement speech, Training Center Dean, Iraqi Lt. Col. Gazi Hameed Samare, said the graduating students will return to their assignments better prepared to serve their communities throughout the Maysan Province in a modern, effective, community-police fashion.

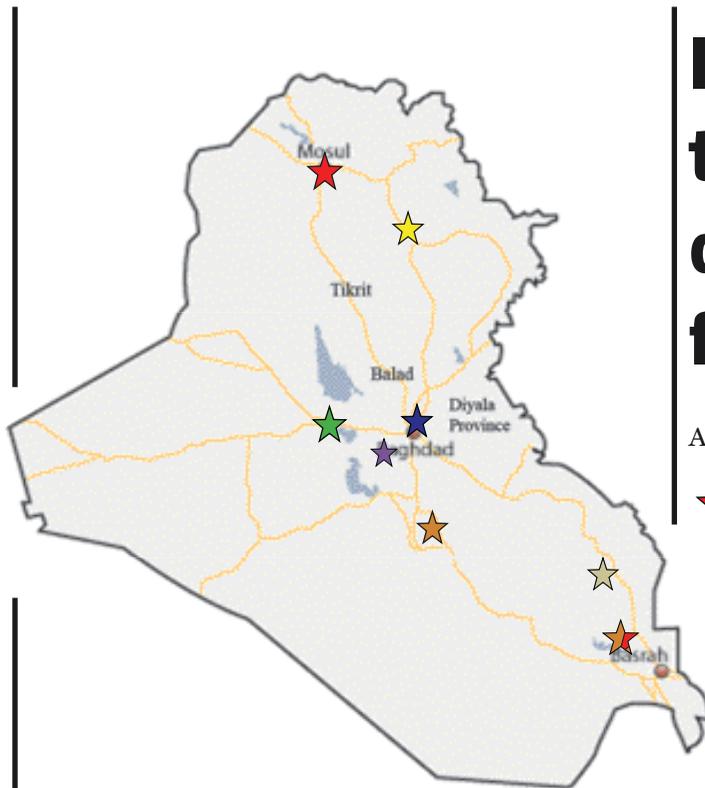
The graduation ceremony was attended by officials from the office of the Provincial Chief of Police, Provincial Emergency Response Units, MND-S Task Force 4-6 Battalion Commander, Lt. Col. Robert Menist and members of Maysan Police Transition Team stationed at Combat Outpost Station Gary Owen. The mission of the team is to train, advise, assist and enable the Maysan Provincial Training Center and district police stations to progress towards self-sustainment and Iraqi Police primacy.

Upon completion of the graduation ceremony, students said their BRT training was great and it prepared them for many upcoming challenges in Iraq. They said that they are committed to helping improve the internal security and stability of Iraq and the Maysan Province, and appreciate the training and assistance they continue to receive from the multi-national forces.

The Maysan Provincial Training Center is expected to commence a 12th BRT class in late September with a class size of nearly 2,000 IP recruits. In addition to basic recruit training, the MPTC and the MPTT are scheduling multiple, specialized in-service training courses in preparation for upcoming elections in January.

ISF conducts partnered cordon and search

MOSUL, Iraq – Iraqi Army Soldiers and an Iraqi Police Special Weapons and Tactics team, assisted by U.S. forces, conducted a cordon and search mission Sept. 14 at Tall Sunam, in western Ninawa province, Iraq.



The IA and IP conducted house-by-house searches while Soldiers from Apache Troop, 6th Squadron, 9th Cavalry Regiment, 3rd Heavy Brigade Combat Team, 1st Cavalry Division joined IA Soldiers and the IP special weapons and tactics team to provide security.

Intelligence reports suggested the small town was harboring suspected foreign terrorist fighters. With this information, the Iraqi Army decided to conduct a cordon and search to verify the reports and possibly apprehend the foreign fighters.

The Apache Troop Soldiers began the mission in the pre-dawn hours of Sept. 14. Second Lt. Sean Buchanan, platoon leader for 2nd Platoon, Apache Troop, and Capt. Jason D'Amato, the Apache Troop commander, met with Iraqi Army Lt. Ali and Iraqi Police Capt. Basam, team leader for the IP SWAT team. After assessing the situation, the Iraqi Soldiers began clearing the village house by house.

One U.S. Army platoon positioned Bradley fighting vehicles in key positions around the village to provide outer security and use optics to prevent the possible escape of suspected insurgents.

"I hadn't been out at night in a Bradley yet this deployment," said Spc. Tony Biernacki, gunner for the platoon. "It was certainly nice to have the optics there to use."

IA Soldiers and the IP SWAT team moved through the houses, holding more than 30 potential suspects for questioning. After initial questioning by the IA, additional background information was collected on 10 of the suspects and one was detained by the IA for further questioning.

For some of the second platoon's enlisted Soldiers, this was their first nighttime mission and this was the first mission they had conducted in this area. They said they were satisfied with the overall success of the mission and confident in themselves and their non-commissioned officers.

"I was nervous and excited," said Pfc. Robert Devolld, a rifleman with the platoon. "It was great to know that I had Sergeant (Joshua) Lawton and Sergeant (Patrick) Zeigler by my side the entire time to make sure I was always doing the right thing."

Iraqis, US work to support the drawdown of forces

ALI BASE, Iraq – A joint visit here Sept. 24 by an Iraqi Air Force general and an American Air Force general provided the Iraqi Air Force a better understanding of what assets will be available to support them during the and U.S. drawdown of troops and equipment from Iraq.

Iraqi Air Force commander, Staff Lt. Gen. Anwar, and U.S. Air Force Maj. Gen. Robert Kane, director of the Iraq Training and Advisory Mission – Air Force, a part of Multinational Security Transition Command-Iraq, visited the 407th Air Expeditionary Group at Ali Base.

Together they conducted a site survey of the airfield and facilities and spoke to local media from An Nasiriyah about the future of the base.

"We are working together to ensure the base is transferred smoothly to the Iraqi Air Force according to the security agreement," Anwar said. "We have tremendous support from the prime minister, the minister of defense, and the U.S. Air Force."

The generals were provided an overview of local airfield operations and saw many of the ongoing construction projects across the base including an air traffic control tower facility, which will increase safety and operability at the airfield with improved technology. They also saw several ramp expansion projects.

Anwar praised the U.S. Air Force for upgrading and maintaining the airfield.

"I had visited the base before, but today we saw many new construction projects," said Anwar. "I want to send my thanks to the U.S. Air Force for their current and future support."

Five new police stations under way in Mosul

MOSUL, Iraq – The Nineveh Governorate Council and Iraqi governmental officials, with the assistance of the Gulf Region Division, U.S. Army Corps of Engineers in Iraq, have taken steps to bring civil stability back to the city of Mosul.

The recent renovation of the Mosul Courthouse and construction of the police academy are evidence of that commitment.

The Gulf Region District's Mosul Resident Office, in partnership with the Iraqi government, is again taking steps to stabilize the region through the construction of five expedient Iraqi police stations – with a heavy emphasis on expedient.

The Iraqi Police and the Multi-National Security Transition Command-Iraq are placing the stations in heavy urban areas of the city to beef up the police force and provide additional security during the January 2010 elections.

Mosul's significance to the future of Iraq can be drawn from a direct correlation to its Arabic translation, "linking point." The city of 1.8 million people, situated on the Tigris River in northern Iraq, has long been recognized as a center of diversity in Iraq with its ethnic population of Sunni Arabs, Kurds, Assyrians and Iraqi Turkmen. The deteriorating security conditions following the annexation of Iraq have plagued this once proud, 2,500-year-old city.

Mike Fellenz, a project engineer for Gulf Region District, said the new police stations will give police in the Nineveh Province sufficient infrastructure to support their force generation.

"These police stations are designed for rapid construction and provide both office space and living quarters for police officers and the administrative staff," said Fellenz.

Rather than use the traditional Iraqi construction method of bricks and mortar, the stations will use prefabricated buildings without compromising security. All the new police stations will have security fencing and T-walls, guard towers, a parking area and entry control point. The administrative offices, armory, living quarters, showers and lavatories are containerized housing units. A CHU is the size of a single-wide house trailer and is used throughout Iraq on all military installations for housing and offices.

The Nanocon Engineering and Technology Company, Cosmopolitan, Inc., and Albial Group Construction Company, LTD are the general contractors for the five police stations. The stations will cost between \$490,000 and \$674,000 each, based on the size of the station. Funding for the project is provided by the Iraq Security Force 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 has completed 5,257 projects throughout Iraq valued at more than \$8.9 billion, and has 361 projects ongoing.

NATO training mission-Iraq opens new HQ

BAGHDAD – With a slice from a scissor, the ribbon was cut and NATO Training Mission-Iraq inaugurated their new headquarters Sept. 13 at Contingency Operating Location Union III in the International Zone.

Participating were U.S. Army Lt. Gen. Frank Helmick, commanding general for NTM-I; his deputy commanding general, Italian Maj. Gen. Giuseppe Spinelli; and U.S. Admiral Mark Fitzgerald, commander, NATO Allied Joint Force Command in Naples.

NTM-I moved here from its previous base at the Baghdad Culture Centre. Its move fulfils actions directed by the Security Agreement and the NATO Long-Term Agreement with Iraq, by which the Government of Iraq has asked NATO to continue its assistance.

"The relocation of this headquarters enables the Government of Iraq to put the Baghdad Cultural Centre compound to another use of value to both the Government and the people of Iraq," Helmick said in a statement.

NTM-I's mission is to advise in Iraq's various military and police academies, Helmick said. NTM-I personnel continue to work and train alongside their Iraqi counterparts.

"These important relationships will continue un-

interrupted," he said. "Though Iraq's military and police forces are performing increasingly well, more remains to be done.

Since 2004, NTM-I has been helping Iraq develop security forces that are professional, operate in accordance with the rule of law, and respect human rights. NTM-I consists of 210 personnel from 12 NATO countries and one Partnership for Peace country. NTM-I is a non-combat operation.

NTM-I has been training, mentoring and advising officers in the Iraqi Security Forces since 2004, in order to assist the Government of Iraq resume its important place in the international community and to improve the security of all Iraqi people with democratic security forces.

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

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

Combined force clears dangerous route

KIRKUK, Iraq – A combined force consisting of Iraqi and U.S. Soldiers, Iraqi Police and Sons of Iraq conducted a large-scale clearing operation, Sept. 23, along a key road in Kirkuk province to prevent insurgents from staging attacks with improvised explosive devices.

The road between Kirkuk and Hawijah has recently been the scene of multiple improvised explosive device attacks targeting both Iraqi Security Forces and U.S. Forces.

"This road is the main artery from Hawijah to Kirkuk," said 1st Lt. Patrick Merriss, the executive officer of C Company, 1st Battalion, 8th Cavalry Regiment, 2nd Brigade Combat Team, 1st Cavalry Division. "We were attempting to find and clear out possible weapons caches and anything (insurgents) might have emplaced there."

The operation began before dawn, when U.S. Soldiers met with their IA counterparts to begin checking the route. Both sides placed Soldiers in the fields on either side of the road and began the nearly 18-kilometer walk.

"We are showing power in the area," said Lt. Col Ganem Hussein Shabeeb, an officer with 2nd Battalion, 47th Brigade, 12th Iraqi Army Division. "This lets the people know that we work together."

This mission will also help keep the civilians traveling the road out of harm's way, Merriss said.

"This is a very important road to keep safe," said Ganem. "There is normally a lot of traffic."

While the IA and U.S. Soldiers searched the fields and road, SoI and IP kept civilian vehicles off the road and ensured no insurgents traveled on the road to retrieve hidden weapons.

Merriss said this was the first time an operation like this has been conducted along this route since his unit began operating there.

In addition to providing Soldiers to clear the fields, U.S. forces also provided aerial support and military working dogs specially trained to find explosives.

Although no weapons were discovered during the operation, multiple command wires used to trigger IEDs were found along the route.

"The operation was also successful in its secondary purpose, in identifying points of interest, confirming and denying cache locations and trigger points, and allowing reconnaissance of combined ambush emplacement locations," said Merriss.

Ganem explained this operation showed insurgents in the area that the military can go anywhere it needs to go to conduct operations and keep people safe. He added insurgents will think twice about emplacing IEDs on this route in the future after seeing this operation.

Soldiers seek out, arrest suspect in Iraqi taekwondo team murders

RAMADI, Iraq – Soldiers from the 9th Regional Commando Battalion, Iraqi Special Operations Forces, with U.S. forces advisers, arrested a suspect in the 2006 kidnapping and murder of at least 13 Iraqi taekwondo team members Sept. 24 near Khalidiyah, Iraq.

A warrant was issued by the Magistrate Court in Karmah, Iraq, for the suspect's alleged involvement in the kidnapping and murder of the team members.

In May 2006, while driving to Jordan for a training camp, the team's vehicle was stopped and all 15 team members were abducted between Ramadi and Fallujah. In June of the following year, several sets of remains were found and believed to be those of the missing team.

The suspect is also believed to be involved in multiple terrorist activities and crimes against the country of Iraq.

Operations such as this by Iraqi Security Forces are in adherence to Iraq's Rule of Law.

US, Iraqi Federal Police bring gift of clean water

BAGHDAD – In Iraq, purified drinking water is a luxury not everyone receives.

Soldiers of C Troop, 5th Squadron, 73rd Airborne Reconnaissance Cavalry Regiment, 3rd Brigade Combat Team, 82nd Airborne Division, found a simple filter can have a profound impact Sept. 21, during their visit to the village of al-Tameem, in eastern Baghdad here.

U.S. troops and Iraqi Federal Police from 2nd Battalion, 3rd Brigade, 1st Federal Police Division arrived in the village and set up their operations in an open area. From there, the combined goodwill team moved on foot from street to street with an FP truck laden with water filters.

"What we did was we went house to house and met with the people," said Capt. Jeffrey Black, commander of C Troop. "The FPs hadn't been in there in a while, so we went in to talk to them just to get to know the people, let them know that the FPs and the U.S. forces are here for them."

Each person who answered the knock received a water filter for their home and the knowledge that U.S. and Iraqi Security Forces had come to help.

They were also given information to use should the need arise, Black said.

"We passed out little tip-line cards, saying, 'Hey, if there's a problem, call us; call the FPs,'" he said.

The act was one of charity, which was more meaningful than the typical aid mission, said 1st Lt. James Teeter, assigned to C Troop.

"That's like the poorest area that we've got and those people desperately need it," Teeter said.

Phantom Support



U.S. Army photo by Sgt. Tajuana Harrison

Staff Sgt. Carlos Franco, from Guatemala, ensures Charleston, S.C., native, 1st Sgt. Frances Simmons' weapon is clear of any ammunition before she leaves the rifle Qualification Range Sept. 16, held for Headquarters and Headquarters Company, 260th Combat Sustainment Support Battalion.



U.S. Army photo by Spc. Anita VanderMolen

Students of the Al Amal Deaf Institute, at Al Rumaiytha District, Muthanna Province, Iraq, receive equipment needed for education and information access Sept. 14 from the U.S. Army and the Provincial Reconstruction Team, Muthanna, based at Camp Adder.



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

The 419th Combat Sustainment Support Battalion's senior officer, Lt. Col. Kristan Hericks, of Irvine, Calif., looks over, and the land the battalion convoys have traveled for the past 10 months. The 419th CSSB will be redeploying soon after nearly a year-long tour at Camp Taji, Iraq.



U.S. Army photo by Sgt. 1st Class Tad Browning

Soldiers of the 36th Sustainment Brigade and 36th Special Troops Battalion stand ready after receiving their new combat patches Sept. 23 on Contingency Operating Location Adder, Iraq. The patch, showing a phoenix over a field of red, white, and blue is being worn for the first time.



U.S. Army photo by 2nd Lt. Nathaniel Hause

Spc. Israel Morse, an integrated family of test equipment operator/maintainer, from San Diego, finishes repairing a broken power supply. Morse is a member of the communications and electronics section with the Ground Support Equipment Platoon, 659th Maintenance Company out of Fort Bragg, N.C.



U.S. Army photo by Sgt. Joshua Dunklee

The 639th Maintenance Company, 620th Combat Sustainment Support Battalion, 10th Sustainment Brigade, has the mission of supporting the Class I, transportation, the Supply Support Activity, and fuel farm. This translates into a fleet of palletized loading systems. Pfc. Darryl Bird, from Browning, Mont., is checking the transmission on one of the PLSs for leaks.