

The Expeditionary Times

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Trevino



Country singer
Rick Trevino
entertains Soldiers

Page 7

Bedford Boys



Virginia's 'Bedford
Boys' carry history
into deployment

Page 10

Pre-WLC



Soldiers, honors
fallen comrade

Page 11

RFS escorts casualties to Turkish aircraft



A Turkish medical worker aids victims of a May 2 roadside bomb in a Turkish military C-130 Wednesday at the Mosul International Airport.

STORY AND PHOTOS
BY SGT. CHAD MENEGAY
EXPEDITIONARY TIMES STAFF



MOSUL INTERNATIONAL AIRPORT, Iraq— Military police in Chevrolet Trailblazers and Humvees rolled into Mosul International Airport, escorting waves of casualty filled ambulances, Wednesday just outside of Contingency Operating Base Marez, Iraq.

Members of the force protection team with the Regimental Fires Squadron, 278th Armored Cavalry Regiment, 13th Sustainment Command (Expeditionary) out of Winchester, Tenn., and Soldiers with Alpha Company, 2-3 Brigade Troops Battalion, 2nd Brigade Combat Team, 3rd Infantry Division, led 25 Iraqi and Turkish casualties of a May 2 roadside bombing incident through checkpoints to a Turkish military cargo aircraft at Mosul International Airport.

The Turkish Consulate agreed to medivac victims for advanced medical treatment at an undisclosed location in Turkey, said Maj. Austin Maxwell, the base defense operations center officer in charge for COB Marez, with the RFS and a Murfreesboro, Tenn., native.

"This is a sign of international support for Iraq," said Michael H. Corbin, the deputy assistant secretary for the U.S. Department of State.

"This is one of the most difficult parts of Iraq, and we're very pleased to see the support and cooperation that brings the Turkish cargo aircraft here for medical evacuation," he said.

Corbin, who flew in from Washington D.C., and other senior officials visited the airport to express condolences, praise the Iraqi-Turkish cooperation for the humanitarian assistance and condemn the violence.

Two bombs blasted Christian students and other civilians as a bus traveling to the University of Mosul, and escorted by the Iraqi Army, left a security checkpoint.

The explosion caused many serious injuries, including lost limbs, facial wounds, neurological damage and shoulder injuries.

"We condemn all violence here," said W. Patrick Murphy, team leader for the Provincial Reconstruction Team in Ninawa Province, Iraq. "The targeting of minorities and Christians in particular is unacceptable. We are coordinating with Iraqi authorities to improve security, so that all citizens here, including
SEE RFS ON PAGE 14

Kalsu in early stages of operation as logistical hub

STORY AND PHOTO
BY SGT. KIMBERLY JOHNSON
EXPEDITIONARY TIMES STAFF



CONTINGENCY OPERATING LOCATION KALSU, Iraq— The Convoy Support Center and Central Receiving and Shipping Point at Contingency Operating Location Kalsu, Iraq received its first logistical convoy May 1 as part of the responsible drawdown of troops and equipment from Iraq.

After successfully completing a rehearsal of operations for the CSC and CRSP March 15, COL Kalsu is in the early stages of convoy operations that have

been redirected from COL Scania as the U.S. prepares to facilitate the upcoming responsible drawdown from Iraq, which requires equipment to be shipped out of theater permanently.

The preparation of COL Kalsu as a transportation hub has taken months of planning and numerous hours of troop construction to get the camp where it is today, said Maj. Stephen E. Miller, the brigade engineer with 3rd Brigade, 3rd Infantry Division out of Fort Benning, Ga., and a native of Columbus, Ga.

Miller has overseen the entire transition of COL Kalsu into a hub, he said.

SEE KALSU ON PAGE 14



A convoy enters Contingency Operating Location Kalsu, Iraq May 4. COL Kalsu is being established to facilitate the upcoming responsible drawdown of COL Scania, the current logistical hub in theater.

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Eggs, carrots and coffee

LT. COL. GARRY W. LOSEY
13TH ESC DEPUTY COMMAND CHAPLAIN



One day a young man approached his father in a very bad humor.

Complaining and throwing everything he could find to the floor, he shouted, "I'm tired of fighting with situations that seem, the more I try to fix them, the more complicated they get. How can I handle this dad?"

The wise father asked his son to put three pots with water on the stove to boil, and then put an egg in one, a carrot into the other, and in the last one, add a little amount of coffee.

The son got angrier and asked, "What does this have to do with my question?"

"Just do it," the father responded boldly.

Grumbling, the son walked towards the stove and started the experiment. As the minutes ran by he got more and more irritated and asked, "How much longer dad?"

"Just a few more minutes, son." The father replied.

Finally the old man granted him permission to turn off the stove and come look into each of the pots. "Son, tell me what you see?," he said.

"The same things I put in it, an egg, a carrot and coffee," the son responded.

To which the father replied, "Take them out of the pot and now what do you see?"

"The same father, what's the point," the son asked.

"Do you see any change," the father responded.

"Well yes, the egg is hard, the carrot has softened and coffee smells good," he said.

The father explained, "Exactly, we all are put under the boiling waters of life but not all react in the same way. Some, like the egg became hardened and bitter, whereas others, like the carrot give in to pressure and stop fighting. Now the moment in which the coffee releases its best aroma is when it is be-

ing submitted to the high temperature of the water. Son we either become hardened, softened or give the best we have in us during challenging times."

Let us remember the eggs, carrots and coffee not as a menu for us to prepare, but as how important our attitude is in the midst of challenges. Many times in life we are going to be put under the heat of water and we cannot avoid that reality. But we can decide how we are going to come out of that experience.

In the face of the adversity, many people become so hardened by a spirit of criticism that they have little compassion. Others began with firm convictions and beliefs, but lose their strength and any problem can destroy them. Finally, there are those that before the pressure builds up they decide to give the best they have in them. They do not allow the pain, the challenges, and the frustrations to tear them apart.

John Lubbock said it very well, "Most of us can, as we choose, make of this world either a palace or a prison."

There is a time when we must firmly choose the course we will follow, or the relentless drift of events will make the decision for us. One of the most valuable lessons we can get from our deployment is the freedom of choice. You are the creator and selector of your thoughts. You can change them at will. No one can have control of your thoughts without your consent. So choose to avoid thoughts that weaken you, and you will know true wisdom. It is your choice!

It is your God-given inheritance; it is your corner of freedom that no one can take away.

As the Apostle Paul wrote in 2 Corinthians 4:7-9, 16: "Now we have this treasure in clay jars that this extraordinary power may be from God and not from us. We are pressured in every way but not crushed; we are perplexed but not in despair; we are struck down but not destroyed. Therefore we do not give up; even though our outer person is being destroyed, our inner person is being renewed day by day."

How are you going to react today, as an egg, carrot or coffee?

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

Mission Statement: The Expeditionary Times Staff publishes a weekly newspaper with the primary mission of providing command information to all service members, partners, and Families of the 13th Sustainment Command (Expeditionary) team and a secondary mission of providing a means for units on Joint Base Balad to disseminate command information to their audiences.

The Weekly Standard: CAB award approval

BY SGT. 1ST CLASS ALEXANDER Q. ARCE
13TH ESC ASSISTANT INSPECTOR
GENERAL



The Army chief of staff, then Gen. Peter J. Schoomaker, approved the creation of the combat action badge May 2, 2005 to provide special recognition to Soldiers who personally engaged, or are engaged by the enemy.

The requirements for receiving the

award are not restricted by an individual's branch or military occupational specialty. Assignment to a combat arms unit or performing offensive combat operations is not required to qualify for the CAB. However, it is not intended to award all Soldiers who serve in a combat zone or imminent danger area.

The CAB may be awarded to members of the U.S. Air Force, U.S. Marine Corps or Soldiers of a foreign service as well, but only if assigned to a U.S. Army unit and all basic requirements

are met. Awards to other U.S. armed forces must be submitted to their respective services for approval prior to awarding the CAB to meet their awards policies.

All requests for the CAB are submitted on a Department of the Army Form 4187 and must include deployment, assignment, attachment, or operational control orders, enlisted or officer records brief or DA Form 2-1, chain of command endorsement using DA Form 4187-1-R and a one-page narrative describing the qualifying in-

cident, DD 214 if applicable and any other supporting documents deemed necessary. For more specific eligibility requirements and approval authority for the CAB, see Army regulation 600-8-22, Chapter 8 and U.S. Forces - Iraq wartime awards policy.

Although complaints regarding awards are usually not appropriate for inspector general, the office may provide assistance regarding an award issue after the Soldier has given his chain of command a chance to solve the issue.

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Combat Stress: Surviving distance relationships

BY CAPT. MIKE KNIGHT
1908TH MED. DET.



Any type of long distance relationship can be stressful. Maintaining that relationship while deployed and dealing with the everyday stressors we encounter only adds to the difficulty.

Similar to the way in which a soldier must physically prepare for the stressors of combat, they must emotionally prepare for the separation that deployment brings with it. It is important to remember the small things we sometimes take for granted to ensure that relationships can, not only survive the

deployment, but flourish and become better because of it.

One of the most important things to remember about maintaining any important relationship is to keep communicating. It is easy to let the miles that separate us become factors that limit our ability to communicate effectively. It is also easy to become complacent in a relationship and assume that the other person knows what we are thinking.

With increases in technology, it has never been easier for a deployed Soldier to stay in touch with loved ones back home. Instant messaging, cell phones and video conferences have made their way to the battlefield, allowing soldiers to stay current with even the most mundane details of life at home. It is important to use the increased ac-

cess wisely and productively to examine the relationship and learn more about each other. Life continues for both parties while the Soldier is deployed so it is crucial to keep communicating so that you are both working toward the same goal.

Another thing to remember about long distance relationships is that there are going to be up's and down's along the way. Knowing that there are going to be rough patches ahead of time can lessen the impact when they actually occur. Expect some "give and take," such as which family to visit during the holidays or where to go for vacation.

Let's face it; even the best relationships have troubled times, but the difference in a healthy relationship is that both sides become closer because

of those moments. By letting small issues fester under the surface, animosity and jealousy may begin to emerge. It is important to not let little obstacles turn into barriers that prevent growth. When issues do arise, confront them with open and honest discussion, which will allow the relationship to grow and become stronger.

Just because we are physically separated from the people we love, does not mean that we have to be emotionally separated as well. If you know that you struggle with stress related to relationship issues, try one of the 1908th Combat Stress Control's classes at the Patriot Clinic. Classes are offered Monday through Saturday at different times. Call the Patriot Clinic at 318-433-2402 to find out when a class is available.

Ohio public affairs takes over Expeditionary Times

BY STAFF SGT. RANDALL CAREY
196TH MPAD

The 196th Mobile Public Affairs Detachment out of Columbus, Ohio, has arrived at Joint Base Balad, Iraq and found a home at the public affairs office.

The 139th MPAD out of Springfield, Ill., provided the 196th with an in-depth and informative indoctrination, setting

us up for success. The staff of The Expeditionary Times set the bar high and we intend to honor their efforts by producing work to the same standard.

The 13th Sustainment Command (Expeditionary) is responsible for an integral part of the US. Forces-Iraq mission. The Soldiers with the 13th ESC deserve to be recognized for the work they do in facilitating that mission. It is our honor to tell your story.

We're eager to get out in the field to meet you and learn your missions. You make history every day and we want the world to know it. If you have any story ideas feel free to contact the PAO with your lead at escpao@iraq.centcom.mil.

If you have contributed to The Expeditionary Times in the past and wish to continue, or if you are interested in doing so, let us and your chain of command know that you're interested in

continuing or pursuing a rewarding opportunity as a unit public affairs representative. UPARs comprise a significant and necessary role within the public affairs mission. And who better to tell the Soldier's story than the Soldiers themselves?

We look forward to proudly serving the finest expeditionary service members throughout Iraq during our time here.

Do you have a story idea?
Contact us at: escpao@iraq.centcom.

Joint service members provide logistical support on JBB

STORY AND PHOTO BY
SGT. JOHN STIMAC
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq— Airmen assigned to the 56th Movement Control Team, 14th Transportation Battalion, 13th Sustainment Command (Expeditionary) get a taste of what it is like being deployed as an Army asset at Joint Base Balad, Iraq.

The team's mission is to move passengers and cargo within the U.S. Central Command theater of operations.

Capt. Luke B. Davis, commander of the 56th MCT and an Anchorage, Alaska, native, said the unit is composed of 21 Airmen who are tasked by the Army to work under their command for the deployment.

"These Airmen come in and fill a position that is owned by the Army and work side by side with them," Davis said.

Passenger movement has declined but the team expects a significant amount of cargo to go back to the United States, and to be redirected to Afghanistan and other areas in Iraq.

"We have to work hand in hand

with a lot of different organizations on JBB," Davis said. "We work with 90 KBR, Inc. personnel and with Airmen at the 332nd (Expeditionary Logistics Readiness Squadron)."

The first priority is moving passengers and cargo, but they also have a team that runs the C-23 Sherpa fixed-wing aircraft terminal on base, he said.

"The C-23 moves passengers and time-sensitive, mission-critical cargo that must go out within 48 hours," Davis said. "We have to ensure the cargo is air worthy and ready to ship."

High priority items— blood , critical Mine-Resistant Ambush-Protected vehicle parts that can't get out on fixed wing and must go out within 48 hours— are shipped from this terminal, said Senior Airmen Matthew R. Bate, a Sherpa operations specialist with Sherpa operations for the 56th MCT and a Tooele, Utah native.

"Sometimes a mission could stop if they don't get a certain part or item, so it's our job to get those parts out on the Sherpa as soon as possible," Bate said.

Bate was stationed at Camp Bucca until it closed and he was selected to come to JBB to do air operations, he said.

"Working with the Army was a pretty easy transition," Bate said. "I've been stationed at JBB before so I knew what



Senior Airmen Matthew R. Bate (left), a Sherpa aircraft operations specialist with the 56th Movement Control Team, 14th Transportation Battalion, 13th Sustainment Command (Expeditionary) and a Tooele, Utah native, and Airman 1st Class Brett Lambert, a Sherpa operations specialist with the 56th MCT and a San Jose, Calif., native, move cargo to a pallet that will be loaded on a C-23 Sherpa April 28 at Joint Base Balad, Iraq.

to expect."

This has been a great experience for him, he said.

"I feel it has been an honor to work with the Army and has been a great op-

portunity to see how our sister service does business," Davis said.

"This instills a one team, one fight mentality amongst Soldiers and Airmen that work together," Davis said.

Tennessee flood affects deployed Guardsmen

STORY BY
SGT. DAVID A. SCOTT
EXPEDITIONARY TIMES STAFF

CONTINGENCY OPERATING BASE TAJI, Iraq—

Members of the 278th Armored Cavalry Regiment, 13th Sustainment Command (Expeditionary) reported property losses resulting from a thunderstorm that dropped more than 13 inches of rain on Tennessee, including the city of Nashville.

The mission of the 278th ACR in Iraq is to provide and maintain security in its areas of operation to ensure the freedom of movement and continuity of operations.

The storm, raising the level of the

Cumberland River nearly 12 feet above flood stage, caused major damage to the region's infrastructure, destroyed millions in personal property, and created severe disruptions to life and commerce in Tennessee. The storm has become a source of concern with Tennessee National Guard members deployed thousands of miles away from home.

One Soldier directly affected is Capt. Jonathan Johnson, an electronic warfare officer with Headquarters and Headquarters Troop, 278th ACR and a Nashville, Tenn., native.

"My house was completely flooded," he said. "My wife Sheila sent me an e-mail with photos from her cell phone. They had just taken the carpet out of my house when she took those pictures. The loss of property has not been too difficult. Knowing that both my wife and one year old son Eli have been

without fresh water and food for a short period of time has been difficult."

"My command has been really supportive. I have been offered emergency leave, although I have not taken it. Our mission here must get accomplished first. I will however, probably seek early release from theater once our mission here is complete. Back home, I have received a lot of help from our Family readiness group. They have been helping my wife," Johnson said.

The flooding of Tennessee is somewhat of a role reversal for several Tennessee National Guard members who recall being part of the disaster relief efforts for Hurricane Katrina in 2005.

"I have been on the relief side of hurricanes, including Hurricane Katrina," Johnson said. "I have never been the victim until now. We are depending on friends to take care of my family. My community has been very helpful, es-

pecially from our churches. I have received help from my church in cleaning out my home."

Officials in the state of Tennessee expect the death toll from the flood to rise as floodwaters recede. In the aftermath of the flood, President Barack Obama declared the four flood-ravaged middle Tennessee counties a federal disaster area on Tuesday, May 4.

"A lot of people I know were affected by the flood. I just lost two close friends of mine who were swept away," said Maj. Matthew Smith, an operations officer with Headquarters and Headquarters Troop of the 278th ACR and a Brentwood, Tenn., native.

"I saw pictures of the devastation in The Daily Tennessean online and saw pictures of my neighborhood. I spoke with my wife, her Family and friends. I have mixed emotions. Half my brain is here and half of it is at home."

13th Sustainment Command (Expeditionary)
"Phantom Support"

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

ON THE WEB



Calvary Soldiers doll up Marez for transition

STORY AND PHOTO BY
SGT. CHAD MENEGAY
EXPEDITIONARY TIMES STAFF

CONTINGENCY OPERATING BASE MAREZ, Iraq—

As the U.S. military works to draw down its presence in Iraq responsibly, Army personnel work alongside Iraqi and foreign national skilled-laborers to clean up, secure and beautify Contingency Operating Base Marez, Iraq.

"It's a relief to know that the site is being given back," said 1st Lt. George Hatch, the Logistics Civilian Augmentation Program project manager and deputy mayor for the Regimental Fires Squadron, 278th Armored Cavalry Regiment, 13th Sustainment Command (Expeditionary), and a Chattanooga, Tenn., native.

"The main thing is to give back to the Iraqis something that's better than the way it was before or at least, in our opinion, better than when we took it over," Hatch said.

The RFS, out of Winchester, Tenn., oversees and manages a contracted and subcontracted work force of hundreds of local national and foreign national workers, coordinating with them and checking their production.

"Soldiers' skills are utilized to oversee and inspect contract work," Hatch

said. "If a Soldier is an electrician, he'll check up on the electric work around the base,"

The labor force does upgrades on buildings, electric work, rooftop repair, painting, plumbing, carpentry and landscaping.

"You name it, they do it," said Sgt. Maj. Lasonjia Stewart, operations sergeant major for the 26th Brigade Support Battalion out of Fort Stewart, Ga., and a Charleston, Miss., native.

"Yesterday a shower head had fell off," Stewart said. "Water was on the floor. A Soldier went over and reported it and they were out within the next 15 minutes to fix it. They're speedy and quick," Stewart said.

The 278th RFS responds to work orders with a high rate of customer satisfaction, according to Sgt. Jodi Frame, a meteorologist and utilities noncommissioned officer with Headquarters and Headquarters Troop out of Winchester, Tenn., and a Shelbyville, Tenn., native.

All of the base's foreign and local nationals are proud, efficient workers who have no problem working with and providing the needs of U.S. Soldiers, Frame said.

The work force also provides security for U.S. personnel, by erecting and repairing concrete barriers and Hercules Engineering Solutions Consortium (HESCO) barriers, which are prefabricated steel boxes filled with dirt.

There's a push not only to make re-



Haseddin Kapar, an Iraqi mason with the Department of Public Works, repairs a concrete wall May 4 at Contingency Operating Base Marez, Iraq. The Regimental Fires Squadron, 278th Armored Cavalry Regiment, 13th Sustainment Command (Expeditionary) works alongside and oversees contractors and subcontractors like DPW to improve conditions at COB Marez.

pairs and secure the base, but also to give the Iraqis a cleaner environment, Hatch said.

COB Marez has a 36-ton incinerator that can burn up to 80 percent of the trash produced.

The RFS will continue to improve the location for the future transition to

Iraqi control.

One COB construction project that many Soldiers pointed to as a symbol of progress is the new, multimillion dollar, air traffic control tower. The tower was built for the purpose of being used by Mosul's international airport in the future.

Soldiers' workload increased at Liberty's central receiving, shipping point

STORY AND PHOTO BY
SGT. RYAN L. TWIST
EXPEDITIONARY TIMES STAFF

CAMP LIBERTY, Iraq—

The flow of containers, military vehicles and pallets full of cargo that come through the Central Receiving and Shipping Point at Camp Liberty, Iraq, has increased due to the upcoming responsible drawdown of U.S. troops and equipment.

Soldiers with the 169th Seaport Operations Company (SOC) and KBR, Inc. contractors and out of Fort Eustis, Va., work together at three points in the CRSP yard, in addition to an administrative section, to speed the process along.

"We have been busy since we've got here," said Pfc. Conrado Gonzalez, a cargo specialist with the 169th SOC., 260th Combat Sustainment Support Battalion, 15th Sustainment Brigade, 13th Sustainment Command

(Expeditionary), and a Ponce, Puerto Rico, native. "Even more so with the drawdown, we see a huge difference in the volume of vehicles coming in and out."

Roughly 60 vehicles pass through on an average day, he said.

"(This includes) Mine-Resistant Ambush-Protected vehicles, tanks, Humvees, light medium tactical vehicles, civilian (and) non-tactical vehicles," Gonzales said.

Anything with an engine that comes through the point is loaded and unloaded, and sent to its correct destination, he said.

It is vital for the Soldiers in the CRSP yard to focus on their mission to make sure all items that come through the yard get to the correct destination, said Sgt. Andrew D. Bailey, a container manager noncommissioned officer-in-charge of the empty container collection point at the CRSP with the 169th SOC, and a Long Island, N.Y., native.

"We have to make sure the containers go to all the right customers in theater," Bailey said.

"If it doesn't get to them, then the customer doesn't get all their equipment and supplies they need to finish a mission. It's a lot of attention to detail, but my guys are very thorough at their job. They know what they are doing. They have been doing it

for a while."

When a vehicle first comes through the gate, they use the database to provide a transfer movement request for all items that are to be downloaded at the CRSP. The Soldiers at each point check the request and inspect



Spc. Christopher A. Kimberlin, a cargo specialist with the 169th Seaport Operations Company out of Fort Eustis, Va., 260th Combat Sustainment Support Battalion, 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary) and a Loughman, Fla., native, reads the radio frequency identification tag out loud to his partner April 16 at the Central Receiving and Shipping Point at Camp Liberty, Iraq.

the radio frequency identification tags to verify the cargo, he said.

Empty containers, which are repaired or serviced to be used by units when they redeploy, do not need a TMR, he said.

"Then units can come get them and pack them up to ship equipment and supplies home," Bailey said. "On average we have 300 containers a day."

Spc. Christopher A. Kimberlin, a cargo specialist at the CRSP with the 169th SOC and a Loughman, Fla., native, said his crew works with cargo that is considered rolling stock -containers or any equipment with wheels or containers.

"It varies depending on when the convoys come in, but we move about 100 pieces a day," Kimberlin said. "The (mission) has been picking up. We've been getting a heavier flow of cargo coming through the CRSP yard."

The volume of cargo moving through the CRSP yard varies depending on when convoys arrive, but it has increased with the mission.



UNITED IN STRENGTH

MAY 15, 2010

ARMED
FORCES
DAY



Country singer Rick Trevino entertains Soldiers

STORY AND PHOTO BY
SGT. 1ST CLASS TAD BROWNING
36TH SUST. BDE PUBLIC AFFAIRS

CONTINGENCY OPERATING BASE ADDER, Iraq—

Texas country music artist Rick Trevino and his band performed for Soldiers here April 25 as part of a four-day tour through Southern Iraq.

Trevino, an Austin, Texas area native, was excited about performing for the troops, he said. He won a Grammy in 1998 for Best Mexican-American Music Performance with Los Super Seven for the group's self-titled debut album.

"We're really excited about the opportunity to come and to be a part of what's going on right now with the war and just to be able to support and to contribute the troops," Trevino said. "Even if it is one night. It helps the troop morale and I'm just happy to be a part of that."

The tour, a combined effort of Tax Masters out of Houston, Armed Forces Entertainment, Morale Welfare and Recreation and Maj. Fred Hackett, an attorney with the 36th Sustainment Brigade and Houston native started before Hackett's deployment last summer.

Tax Masters CEO Patrick Cox, a resident of Houston, said he and Hackett were talking about what they could do for the troops here in Iraq to boost morale.

"We got to talking and he asked if I was going to come visit him in Iraq this year so I said 'sure, why not?' Never actually thinking that it was ever actually going to happen," Cox said. "He (Hackett) said maybe we can sponsor a band or something."

Between Cox and Hackett, Cox said they started looking for a Texas band. Because they were both Aggies and they knew that Trevino was an Aggie as well, they both agreed that it was a perfect opportunity.

Trevino said they were up to coming over here a few years ago, but due to other bookings, it just didn't work out because they were already on tour.

"Ever since then, I have been waiting for the opportunity to come back," Trevino said. "I've always wanted to come out and do this, especially to be able

to come out here where a lot of the Texas troops are."

After a few e-mails and phone calls, Cox said the Pentagon called and told them some folks at Tax Masters and some of their employees deployed with the 36th Sust. Bde. over in Iraq would like Trevino to come over and do a tour, and he agreed, "We're in."

"Rick's people wanted to do it, they were jumping up and down to do this so we put it all together with MWR and the next thing you know, we are on an airplane to Kuwait," Cox said.

Staff Sgt. Patricia Gutierrez, the MWR representative for Headquarters and Headquarters Company, 3rd Battalion, 141st Infantry Regiment on COB Adder and an Austin, Texas resident, said she loved the concert and that the crowd seemed to enjoy it as well.

"I loved the concert, I love Rick Trevino and I really enjoyed it, Gutierrez said. "He is a really down-to-earth guy. The Soldiers all got up and started clapping and he got a standing ovation."

Staff Sgt. Bedalina Rosario, an Austin resident and a 36th Sustainment Brigade fragmentary order manager, said it was nice to see Trevino and hear some of his new songs and also the old ones.

"It brought back memories from home. At the very end he sang an old song that originated from the late Freddy Fender," Rosario said. "It just brought home a little bit closer to me here in Iraq."

Rosario said she really enjoyed Trevino's singing and grew up listening to him.

After the concert, Trevino met with Soldiers and signed autographs with his band and talked to them about their experiences.

"We talked a little about where we both live and where we come from and I mentioned to him that it was good to hear the music from the past, right here in the middle of Iraq, Rosario said. "It couldn't have come at a better time, a good ol' slice of home. He agreed and he was really supportive and appreciates what we do as Soldiers."

Cox said he thought the concert was great and that it is amazing to watch the Soldiers.

"They really seem to be enjoying it and having a good time and kind of forget for a moment that they are away from their Families and home," Cox said. "It's a real rewarding thing, it's been a great experi-



Rick Trevino, a country music artist and Austin, Texas, native, entertains Soldiers April 25 at Contingency Operating Base Adder, Iraq.

ence, I wouldn't trade it for anything."

Trevino toured five locations during his tour to Southern Iraq as well as a tour of the Ziggurat of Ur, near COB Adder.

Trevino said he thinks a lot of people take for granted what the U.S. Soldiers are doing right now for our freedom and is impressed with the work the Soldiers are doing here.

"The troops are so impressive and to be able to see it first hand really gives you a chance to, number one, say 'thank you' and number two, you go back to the states and you realize what you've seen and you don't take it for granted, especially your freedoms," Trevino said.

Provider company touts Sergeant Audie Murphy Members

STORY BY
SPC. AMY L. BARBER
256TH IBCT

Joint Base Balad, Iraq—

Noncommissioned officers are the backbone of the Army. The 159th Seaport Operations Company, 13th Combat Sustainment Support Battalion, 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary) is fortunate to have four that exemplify that responsibility and represent the pinnacle of leadership.

First Sergeant Charlie E. McKenzie, an Atlanta, Ga., native with the 159th SOC, Sgt. 1st Class Frederick Thompson, the headquarters platoon sergeant with the 159th SOC and a Youngstown, Ohio, native; Sgt. 1st Class Stephen W. Latch, the central receiving and shipping point noncommissioned officer in

charge with the 159th SOC and a Little Rock, Ark., native; and Staff Sgt. Carmelita A. Latch, the orderly room noncommissioned officer in charge with the 159th SOC and a Ancon, Panama, native, are all members of the Sergeant Audie Murphy Club.

The Sergeant Audie Murphy Award is given to the noncommissioned officers who most accurately display all the inherent qualities and characteristics of Murphy, himself.

Murphy was known to have consistently demonstrated the highest quality of leadership, professionalism and regard for the welfare of his Soldiers. These qualities still make up the basic requirements for eligibility to receive the award.

Other requirements include serving in a Forces Command or Training and Doctrine Command unit in the active Army, Army Reserve or Army National Guard unit and holding the rank of corporal through sergeant first class.

Members of the SAMC in the 159th SOC are tasked with special duties such as graduation speeches, VIP escorts, ushers, volunteer activities and leading study groups for club aspirants.

The SAMC members from the 159th SOC served as ushers for the 13th ESC Veterans Day observance ceremony last fall. The members received commendations from several senior leaders on Joint Base Balad.

Thompson holds weekly study groups for all of Joint Base Balad for Soldiers from all components of the U.S. Army.

"The 159th Seaport Operations Company is proud of its (Sergeant) Audie Murphy Award recipients. They continue to set the standard for other units and noncommissioned officers to follow. We as a company would not be who we are today without the support of these fine NCOs," said Capt. Philip McDowell, commander of the 159th SOC.

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Contact the Expeditionary Times for more information.

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30-year Veteran continues to serve as inspector general

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

CONTINGENCY OPERATING BASE Q-WEST, Iraq



An Army Reserve Veteran of more than 30 years continue to serve in Iraq as one of the 13th Sustainment Command (Expeditionary)'s inspector general.

Lt. Col. Gary Davis, the 15th Sustainment Brigade's IG and a Pensacola, Fla., native, at Contingency Operating Base Q-West, Iraq, said he has taken care of Soldiers since he was a private 30 years ago.

Back home, Davis serves as a full-time reserve inspector general at Fort Snelling, Minn.

While deployed, Davis carries out a three-fold mission for the ESC's commanding general: assist Soldiers with issues, teach and train Soldiers and conduct inspections and investigations for the command.

"I serve as the eyes, ears and voice of the CG wherever I go," Davis said.

The IG also serves as an outlet for Soldiers to bring issues they believe are not being addressed through their chain of command, he said.

Although the IG is there to assist Soldiers with issues, those Soldiers should always give their chain of command the opportunity to address the issue before bringing it to an IG, Davis said.

"Ninety-eight percent of the time, the chain of com-

mand can fix it," Davis said.

Once the issue is brought to the IG, Davis will find the facts of the issue and give a recommendation based on regulatory guidance to the chain of command to fix the issue, he said.

"We're fair and factual," Davis said. "We find the facts."

Davis said the IG cannot tell the chain of command what to do, but can only suggest courses of action based on the applicable regulations and policies.

The IG also serves as an adviser to command teams on the base, Davis said.

For example, commanders can bring potential policies and actions by his office for review. The IG will ensure that they are compliant with regulations and higher headquarters' policies and make recommendations to the commander, Davis said.

The IG, however, does not deal with legal issues or advice, Davis said. Those seeking legal advice should see the judge advocate general, he said.

Col. Larry Phelps, the commander of the 15th Sustainment Brigade and a Greenville, Ala., native, said having the IG at Q-West is a blessing.

The IG gets a much better view of what is happening on the ground by being with the Soldiers, so he can better relate to their needs, Phelps said.

More importantly, the command can reach out and lean on the expertise of the IG, without having to make a phone call to a different location, Phelps said.

"At the end of the day, it makes it a lot easier knowing he is physically here with us," Phelps said.



Lt. Col. Gary Davis an Army Reserve Veteran of more than 30 years and a Pensacola, Fla., native, continues to serve in Iraq as the 15th Sustainment Brigade's inspector general. While deployed, Davis assists Soldiers with issues, teaches and trains Soldiers and conducts inspections and investigations for the command.

Civilian contractors receive Defense of Freedom Medal

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

JOINT BASE BALAD, Iraq— Three KBR, Inc. employees received the Secretary of Defense Medal for Defense of Freedom in a ceremony May 1 at Joint Base Balad, Iraq.



The Defense of Freedom Medal is the civilian equivalent of the military's Purple Heart Medal. It is awarded to civilian employees working in support of the Department of Defense who are injured or fatally wounded by hostile fire while in the line of duty.

Robert Martin Jr., a heavy truck driver with KBR's Iraq Theater Transportation Mission and a Lindale, Texas, native, sustained a gunshot wound while driving in a flatbed convoy mission Dec. 5, 2005.

Lawrence Reynolds, a heavy truck driver with KBR's Iraq's TTM and a Tulsa, Okla., native, received shrapnel wounds and later had a cardiac episode as a result of an improvised explosive device detonation on his convoy June 6, 2006.

Lemmis Stephens Jr., a tank driver and fuel technician with KBR and a Houston native, sustained bilateral eye injuries when an incoming round exploded 70 feet from his bus, sending shrapnel through his windshield.

All three contractors have since returned to work



Defense of Freedom Medal recipients Robert Martin Jr. (left), a heavy truck driver with Iraq's Theater Transportation Mission, KBR, Inc. and a Lindale, Texas, native, and Lawrence Reynolds, a heavy truck driver with Iraq's TTM and a Tulsa, Okla., native, pose with Brig. Gen. Paul L. Wentz, commanding general of the 13th Sustainment Command (Expeditionary) and a Mansfield, Ohio, native, after receiving their medals in a ceremony May 1 at Joint Base Balad, Iraq.

in Iraq.

"Brave civilian men and women put their life on the line every day," said Brig. Gen. Paul L. Wentz, commanding general of the 13th Sustainment Command (Expeditionary) and a Mansfield, Ohio, native.

Civilian contractors have made and continue to make key contributions to the success of Iraq, Wentz

said.

Wentz said the day's ceremony was a bittersweet time, because, like the Purple Heart, the Defense of Freedom Medal is one earned through great physical sacrifice.

"It's a medal a commander never wishes to present," Wentz said.

Doug Horn, the vice president of operations for KBR and a Houston native, made his keynote address via live video feed from Baghdad due to logistical constraints that prevented him from attending the ceremony.

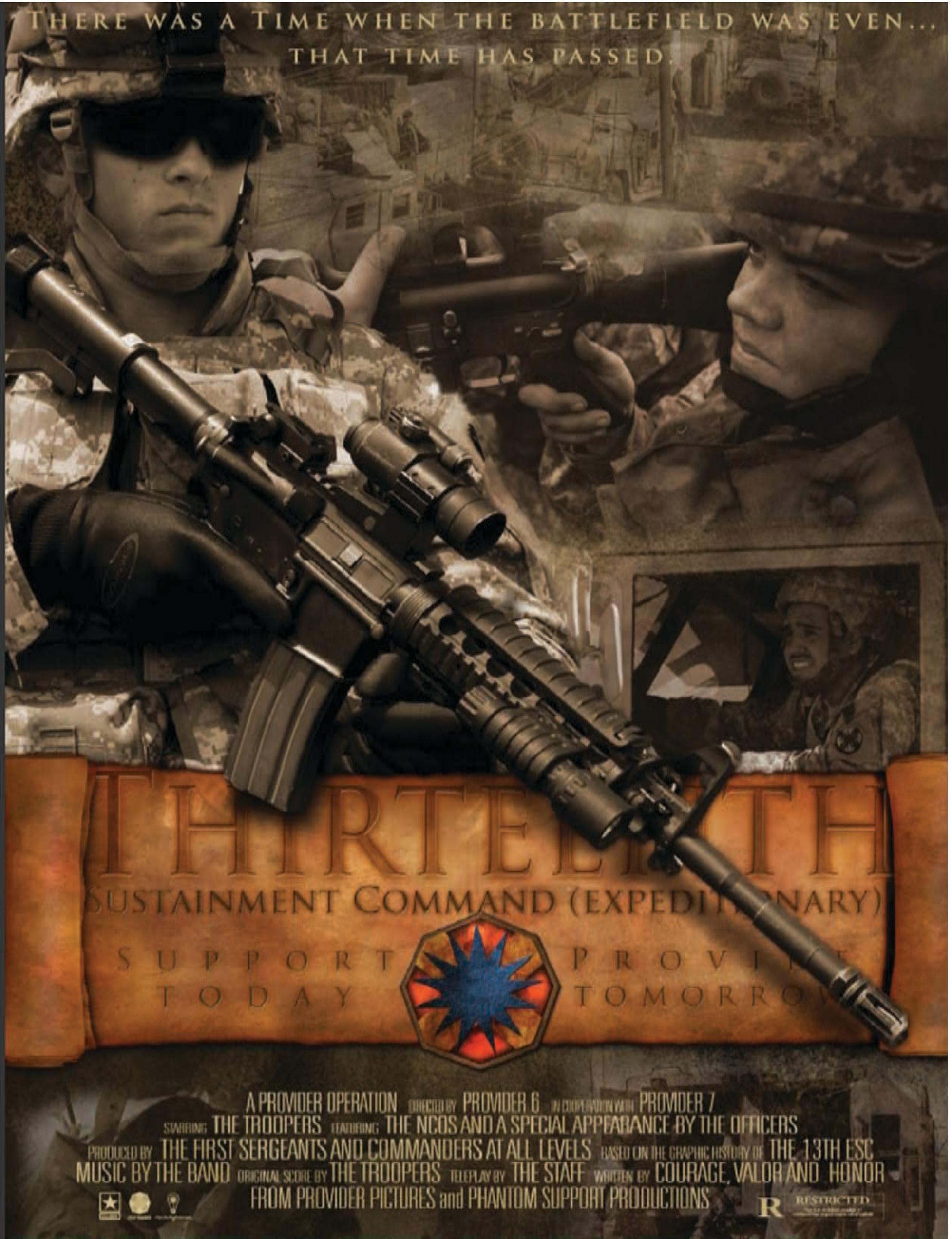
Stephens was also in Baghdad and witnessed the ceremony via video.

"An employee once told me he felt it to be a high calling to come to Iraq," Stephens said. "Since he was unable to join the military, he wanted to make a meaningful contribution to the war on terror by offering his skills as only he can do and by assisting other KBR employees to make life easier for Soldiers in Iraq. ... You see, that's what a hero is, an everyday person."

Stephens said civilian contractors are now an integral and permanent part of battlefield logistics and support in Iraq and Afghanistan.

Stephens said it is a harsh reality that contractors are put in danger on a daily basis, but the injuries and lives lost have not been in vain.

"I am truly humbled by and I am also proud of the role you are all playing in support of the U.S. military and ultimately in the support of the people in Iraq," he said.



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Virginia's 'Bedford Boys' carry history into deployment



Courtesy photo provided by Tom Graves, Jr. of Central Virginia Images Photography

Virginia Army National Guardsmen with A Company, 1st Battalion, 116th Infantry Regiment, 256th Infantry Brigade Combat Team, 13th Sustainment Command (Expeditionary) pose outside their armory in Bedford, Va., Jan. 5 before departing for Camp Shelby, Miss., for their deployment in support of Operation Iraqi Freedom with the Louisiana Army National Guard's 256th Infantry Brigade Combat Team, 13th Sustainment Command (Expeditionary).

STORY BY
2ND LT. ANGELA K. FRY
256TH IBCT

CONTINGENCY OPERATING BASE ADDER, Iraq—

More than 65 years after A Company, 1st Battalion, 116th Infantry Regiment left its indelible mark on history in Normandy, its Soldiers deployed in support of Operation Iraqi Freedom.

To history buffs, A Co. is referred to as the "Bedford Boys" because of the Virginia National Guard unit's sacrifices on the beaches of Normandy with the 29th Infantry Regiment.

"The history of this company goes back to February 1941, when it was called

into federal service as part of the 29th Infantry Regiment," said 1st Sgt. Kevin Stewart, a Quitman, La. native with A Co. "However, it was the morning of June 6, 1944, as part of the Allied invasion that the unit first saw action."

Stewart, a Veteran of Operation Enduring Freedom and former active component Soldier, told the story of the 30 Bedford, Va., Soldiers who were the first infantrymen to hit the beaches of Normandy. On that one day, more than 2,500 U.S. service members lost their lives, he said.

"Bedford is claimed to have lost more men per capita on D-Day than any other town in the country," Stewart said. "To honor the memories of these men, Congress placed the National D-Day Memorial in Bedford."

The Soldiers with A Co. arrived at Contingency Operating Base Adder, Iraq, with the Louisiana Army National Guard's 256th Infantry Brigade Combat Team, 13th Sustainment Command (Expeditionary).

"I was excited when I found out that we were deploying with a brigade from Louisiana," he said. "I was born in the Hodge Clinic, in Hodge, La., and I remember the National Guard armory in Jonesboro across the street from the old Wal-Mart."

The deployment with the Louisiana Army National Guard's Tiger Brigade marks the first time that A Co., 1st Bn., 116th Inf. Regt. will deploy under its own colors since the days of the Bedford Boys.

"It is truly an honor to serve in this

unit," said Capt. Miguel Lickliter, commander of A Co. and a Bedford, Va., native. "The Soldiers who came before us showed all of us the values of self-sacrifice, loyalty and duty. Their commitment to the mission and each other serves as a shining example for all Soldiers to emulate."

Lickliter said his Soldiers take the sacrifices of the unit's past Soldiers seriously.

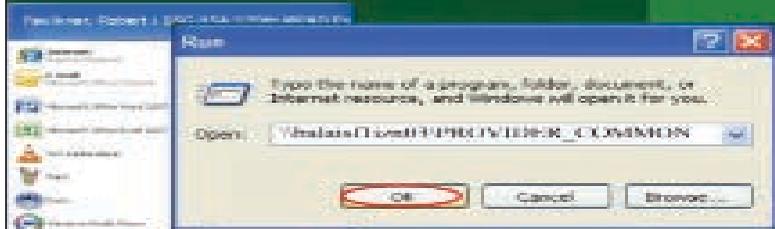
"We are proud of our history, and we remain dedicated and steadfast to honor our past brothers-in-arms," he said. "It gives us a lot of pride to be able to fly our colors as we serve our country."

Stewart said with this deployment, the 1st Bn., 116th Inf. Regt.'s primary mission will be to provide convoy security in support of the drawdown of troops from Iraq.

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Pre-Warrior Leader Course develops Soldiers, honors fallen comrade

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

CAMP LIBERTY, Iraq— A group of noncommissioned officers with the 260th Combat Sustainment Support Battalion, 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary) put their experience and expertise to use, training the future leaders in their battalion.

Since arriving in Iraq, more than 300 Soldiers have completed the Staff Sgt. William J. Beardsley Jr. Pre-Warrior Leader Course.

The course is named after a 260th Soldier who was killed during the battalion's 2005 deployment.

"It's not just named after (Beardsley) because he was killed," said Sgt. Bernard Villa, a personal security detachment team leader and Pre-WLC cadre member with the 260th CSSB. "He was the epitome of an NCO."

Villa, an Oxnard, Calif., native, said Beardsley was killed when an improvised explosive device detonated on his convoy. Beardsley, as he did every time, rode in the lead gun truck, Villa said.

"He was always leading from the front," Villa said.

The eight-day WLC preparation course aims to honor Beardsley's leadership by training junior enlisted Soldiers in accordance with the standard set by the WLC course at Fort Stewart, Ga., Villa said.

Villa said the cadre designed the course to help Soldiers with the 260th CSSB excel when they attend WLC while also focusing heavily on mission-essential skills they can use during their deployment, such as first aid.

"We make sure they know how to communicate and how to save a life," Villa said.

Sgt. Joshua Taylor, an operations NCO with the 169th Seaport Operations Company, 260th CSSB and a Pre-WLC cadre member, said senior NCOs from units throughout the battalion volunteer their



Soldiers with the 260th Combat Sustainment Support Battalion, 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary) prepare to clear a room during the situational training exercise at the Staff Sgt. William J. Beardsley Jr. Pre-Warrior Leader Course, an eight-day course at Camp Liberty, Iraq, that prepares Soldiers for WLC.



Soldiers with the 260th Combat Sustainment Support Battalion, 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary) study land navigation as part of the Staff Sgt. William J. Beardsley Jr. Pre-Warrior Leader Course, a 260th CSSB program that prepares Soldiers to attend WLC.

free time to teach classes on leading physical training, counseling, radio communications, basic battle drills and squad leader techniques.

At the end of the course, students participate in a one-day situational training exercise that puts them a real-life scenario to test their new leadership skills.

"We see how they are going to perform under pressure," said Taylor, a Greenfield, Ohio, native.

The 217th Military Police Company, 49th Military Police Brigade assists with the course by allowing the cadre to use its criminal justice center, a building used to train the Iraqi Army in military operations in urban terrain.

In exchange for their assistance, Villa said they keep two or three of each cycle's 20 slots open for Soldiers with the 217th.

"The 217th has been a godsend," Villa said. "They are always willing to help."

Taylor said he and his fellow cadre members enjoy seeing the change Soldiers undergo during such a short period.

"The first couple of days are tough for them," he said. "By the end of the week, they do a great job. They know we're here to make them a better Soldier and NCO."

Sgt. John Roloson, a supply clerk with the 445th Transportation Company, 260th CSSB, said he was a Pre-WLC student before coming back as a cadre member.

Roloson, a Marion, Iowa, native, said he was unsure about what to expect from the course before he

attended.

"I just thought it was a program for people who didn't have anything to do," he said.

After a couple of days, Roloson said his attitude changed and he found the course extremely beneficial. He said the same change occurs in Soldiers every cycle.

"Ninety percent of those who didn't want to go through are glad they did," Roloson said. "It's beneficial for anyone."

Roloson was selected as the distinguished honor graduate of his cycle and was asked to come back as a full-time cadre member. He said the new job has helped him hone his skills as an NCO even more than the course itself.

"It's not just beneficial for me to become a leader, but seeing future leaders develop is a reward," he said.

Villa said the battalion has offered the course for years now, both in garrison and in theater, and he has seen firsthand the benefit it has on Soldiers.

"It gives them a step ahead of the rest of the crowd," he said.

Villa said Soldiers who attend the course are generally, at a minimum, on the commandant's list at WLC. Often, his students make distinguished honor graduate, he said.

The 260th Combat Sustainment Support Battalion is scheduled to transfer authority to the 373rd CSSB at the end of April and will continue the program throughout its deployment, said Villa.

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Deployed Louisiana Soldiers receive 'saintsational' visit

STORY AND PHOTO BY
SGT. TRESA ALLEMANG
AND SPC. AMY BARBER
13TH EXPEDITIONARY SUSTAINMENT
COMMAND

CAMP VICTORY, Iraq— The New Orleans Saints' cheerleading and dance team, the Saintsations, special guests of Operation Catch Fish, provided a taste of home to the Louisiana National Guard's 256th Infantry Brigade Combat Team, 13th Sustainment Command (Expeditionary) April 27 at Victory Base Complex, Iraq.

Erin Buxton, a Houma, La., native, and Jennifer Thomas, a Slidell, La., native, dancers with the Saintsations, dressed in Army physical fitness uniforms and exercised with Soldiers, doing push-ups, crunches and flutter kicks. Buxton and Thomas, joined by Soldiers with the 256th, ended the morning with a two-mile run.

"They were very energetic and excited about doing PT with the troops," said Sgt. Rebecca A. Farmer, a fuel da-



New Orleans Saints' cheerleaders and dancers, Jennifer Thomas and Erin Buxton (left), begin a two-mile run April 27 with Soldiers from Louisiana's 256th Infantry Brigade Combat Team, 13th Sustainment Command (Expeditionary) at Camp Victory, Iraq.

tabase processor with the 256th IBCT and a Hinston, La., native.

"They had no issues hitting the dirt like the rest of us," she said. "In fact, I think they handled it better than some of the Soldiers did. It was good to see

how genuine they were about bringing up the morale."

After incorporating themselves into one of the morning exercise routines, Buxton and Thomas spoke of the camaraderie of the group during their morn-

ing workout.

"Everyone was so supportive of each other," Thomas said. "They were constantly encouraging each other, and checking on each other during the run. If one person would have stopped, everyone would have. We all started and ended the run together, and that was great."

Along with conducting physical training with the Soldiers, Buxton and Thomas toured Iraq, visiting as many service members as time would allow.

This was both dancers' first trip to Iraq. They expressed their appreciation for deployed Soldiers and the sacrifices they make.

"This tour was a huge learning experience for me," Buxton said. "I have a newfound love and respect for people in the military. I feel like I just got here, and I'm not ready to leave."

Thomas said she was inspired and humbled by her visit with the Soldiers.

"This has been a life-changing experience," Thomas said. "Everyone kept thanking us for coming, but we don't deserve the 'thank you.' These guys do. Every time I heard it, I wanted to say it back a million times more."

Tennessee Guardsmen fly flags for service members

STORY AND PHOTO BY
SGT. JOHN STIMAC
EXPEDITIONARY TIMES STAFF

CONTINGENCY OPERATING BASE

MAREZ, Iraq— In keeping with the tradition of the unit they replaced, members of the Regimental Fires Squadron, 278th Armored Cavalry Regiment, 13th Sustainment Command (Expeditionary) fly American flags for service members and civilians on a daily basis at the RFS headquarters building at Contingency Operating Base Marez, Iraq.

Spc. Bryan L. Hayes, a paralegal specialist with the RFS, 278th ACR and a Grainger County, Tenn., native, said they carry on the tradition as a morale booster and to honor the people who support them.

"It's a good way to say thank you," said Hayes.

They average anywhere from four to 10 flag raisings a day and the process is very simple, he said.

"They fill out a flag request form, give me a date and I fly it on that day," Hayes said. "They are able to put a message in the certificates that we make after the flag has been flown."

There is not a lot of work to it, but it does take a lot of coordination with all of the people who request to have their flag flown, Hayes said.

"Since so many people enjoy flying flags for Family and friends we're going to keep on doing it until we leave," he said.

This is a great opportunity for Soldiers and civilians on base to have a personal message placed on a certificate and a flag raised and flown in their honor said Lt. Col. Warner Holt, commander of the RFS, 278th ACR and a Winchester, Tenn., native.

"We just thought it was the right thing to do," he said. "This tradition has been going on for a while and we wanted to provide that service to the base population."

Spc. Amanda M. Huggins, safety specialist with the RFS, 278th ACR and a Shelbyville, Tenn., native, said she has had four flags flown since she has been at COB Marez and plans to fly a few more.

"There is a family that has been helping me out back home in Tennessee and I had the flag flown for them and I'm going to present it to them when I get back," she said. "It's my way of saying thank you."

Huggins said she had a flag sent to a close friend back home and she received a call from a woman and said, in tears, it was one of the greatest honors she has ever had.



Spc. Bryan L. Hayes, (left) a paralegal specialist with the Regimental Fires Squadron, 278th Armored Cavalry Regiment, 13th Sustainment Command (Expeditionary) and a Grainger County, Tenn., native, and Staff Sgt. Richard D. Oliver, a supply sergeant with the RFS, 278th ACR and a Winchester, Tenn., native, prepare to raise the American flag April 17 at Contingency Operating Base Marez, Iraq. Service members and civilians may request to have an American flag they purchased flown for the day and receive a certificate with a message they can send to Family and friends.

"It's a great service," Huggins said. "It's easy to get done and it's a fast turnaround."

"It's an honor to have your flag flown in Iraq, it is special to me and special to the people that receive it," she said.

One COB construction project that many Soldiers pointed to as a symbol of progress is the new, multimillion dollar, air traffic control tower. The tower was built for the purpose of being used by Mosul's international airport in the future.

Virginia's adjutant general visits deployed Troops in Iraq

STORY AND PHOTO BY
1ST LT. PATRICK WILSON
256TH IBCT

CONTINGENCY OPERATING BASE ADDER, Iraq—



Although the Virginia adjutant general's visit to Contingency Operating Base Adder, Iraq, was delayed by 10 hours due to a late spring sandstorm, he arrived

April 8 to visit Adder-based Soldiers and discuss their mission.

Maj. Gen. Robert Newman, Jr., the Virginia adjutant general and a Richmond, Va., native, began his visit with a lunch with his Soldiers at the Coalition South dining facility.

"We came all this way to see our Soldiers from Virginia and wish them well as they begin their work here," Newman said to leaders with 1st Battalion, 116th Infantry Regiment, out of Lynchburg, Va.

The Virginia National Guard commander was joined on his trip by Command Sgt. Maj. Carl Holcomb, state command sergeant major and a Mechanicsville, Va., native.

Roughly 400 Soldiers with 1st Bn., 116th Inf. Regt. are based at COB Adder to conduct convoy escort missions to set the conditions for the responsible drawdown of U.S. troops and equipment from Iraq, while deployed with the Louisiana National Guard's 256th Infantry Brigade Combat Team, 13th

Sustainment Command (Expeditionary).

"The Soldiers from Virginia and Louisiana are making history," Newman said. "The type of missions they are conducting will go on for years. As people sit home with their Families, watching 'Dancing with the Stars,' these boys and girls from Virginia and Louisiana are giving their time, sucking the sand, to get the job done."

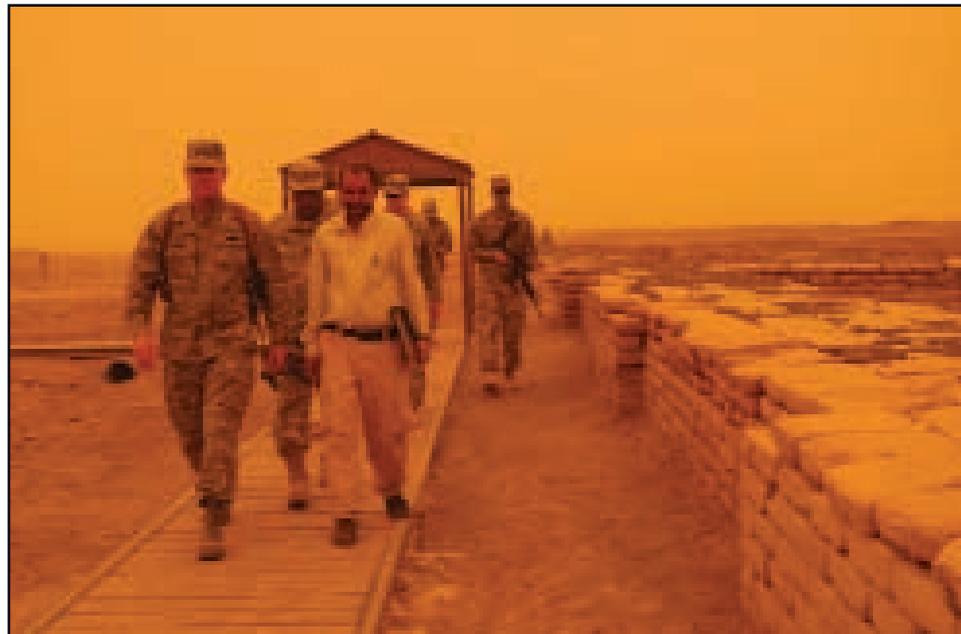
In addition to lunch and dinner with Soldiers with the Headquarters and Headquarters Company, A Company and B Company, Newman also visited with Soldiers as they prepared for their early evening convoy from Adder.

The general discussed updates about dangerous routes and where other convoys have been hit with either small-arms fire or roadside bombs.

Although the lowest amount of violence since the war began has been reported by United States Forces-Iraq this quarter, the Soldiers still take every precaution when they head out on the road. Each Soldier wears his improved outer tactical vest and a protective helmet on missions off base.

"The 1st Battalion was called up on very short notice for this mission," Holcomb said. "These Soldiers have been working hard to learn an entirely new platform ... and to repair them as well. This is no easy job for an infantry battalion more accustomed to walking everywhere."

After Newman and Holcomb visited the convoy escort teams and inspected the mission preparations, they traveled by convoy to the nearby Ziggurat of Ur,



Maj. Gen. Robert Newman, Jr., (left) Virginia National Guard adjutant general and a Richmond, Va., native, and Command Sgt. Maj. Carl Holcomb, state command sergeant major and a Mechanicsville, Va., native, walk with the curator of the Ziggurat of Ur and Soldiers with 1st Battalion, 116th Infantry Regiment April 8 near Contingency Operating Base Adder, Iraq. The state command element flew in to visit with the Soldiers who are deployed in support of Operation Iraqi Freedom with the Louisiana National Guard's 256th Infantry Brigade Combat Team, 13th Sustainment Command (Expeditionary).

which was first built in the 21st Century, B.C. The site is believed to be the birthplace of Old Testament prophet Abraham.

During the visit, Lt. Col. E. Scott Smith, commander of 1st Bn., 116th Inf. Regt. and a Lynchburg, Va., native, assumed operational control of the convoy escort mission from the Oregon National Guard's 1st Battalion, 186th Infantry Regiment.

The new operation, named Task Force

Overlord in honor of the battalion's historic connection to the D-Day landing at Normandy, France, also includes the 1st Battalion, 141st Field Artillery Regiment from New Orleans.

"As I sat and watched the ceremony, I felt pride as I saw the Virginia flag flying in the formation," said Newman. "The 1st Battalion, 116th Inf. Regt. will forever be linked with the troops from Louisiana, and together you will accomplish great things."

An eye on the road, a hand on the wheel

STORY AND PHOTO BY
CAPT. KEVIN D. LEVESQUE
287TH RFS

CONTINGENCY OPERATING LOCATION MAREZ,



Iraq— It's night time on COL Marez and a Convoy Security Team of B Battery, Regimental Fires Squadron, 278th Armored Cavalry Regiment are suited up and doing their last minute

equipment checks in preparation for tonight's mission to COB Speicher.

1st Lt. Charles Christopher Huffstetler, from Memphis, Tenn. does the pre-mission brief. A last-minute intel dump reveals what every member already knows and despite the increase in attacks that took the lives of two Soldiers just days earlier, the look of determination is well fixed on their faces. Above the sound of the engines you can hear laughter, view a last minute impromptu group huddle followed by a prayer, and then everyone mounts up and heads out.



Mine-Resistant Ambush-Protected (MRAP) vehicles lined up at the ready for Soldiers with "B" Battery, Regimental Fires Squadron, 278th Armored Cavalry Regiment, 13th Sustainment Command (Expeditionary) before leaving on a convoy security mission.

The Mine-Resistant Ambush-Protected (MRAP) vehicle offers a lot in the way of protection but it is not the most comfortable ride in the Army. But comfort is soon forgotten when you are looking behind every check point, piece of trash, and bridge for signs of an enemy placed improvised explosive device (IED). The gunner Sgt. William R. Quinn and the truck commander (TC), Sgt. Carl Morton, both from Memphis, Tenn., are in constant communication

throughout the night's journey. "Hey do you see that," says Sgt. Morton. "Yeah I got it," says Sgt. Quinn as he swings his M2 .50 CAL machine gun 90 degrees to cover the area of interest. A parked car, an area usually well-lit but not tonight, or a group on a hill overlooking our convoy; all are things that can keep the team on their toes. After about six hours of hyper vigilance, the team escorts the flock of tractor trailers safely behind the protected walls of COB Spe-

icher.

Seven thousand miles from home, a road trip on spring break, or summer drive on a Tennessee country road are far away from this place in the desert. However, such reflections are near in the minds of a few on the team once they stop to rest up for the return trip. During a trip to the to the post exchange (PX), Spc. David Baker from Memphis, Tenn., opens up about his life experiences and how they helped him become a better Soldier. After losing a close friend in a car accident, he realized that he needed to reexamine his life and what he wanted out of it. Baker's friend, Kylen Bares from Memphis, was almost 26 years old when a drunk driver hit and killed him. An engineer from Vanderbilt, Bares had a promising future which was snuffed out in an instant. Baker struggled to make sense of his friend's death and found meaning through the Army core values and his faith.

"I dealt with it with a little bit of alcohol but then took a step back and took

SEE ROAD ON PAGE 14

RFS FROM PAGE 1



U.S. Army photo by Sgt. Chad Menegay

An injured victim of a May 2 roadside bomb outside of Mosul awaits transport to Turkey via C-130 in the back of an ambulance at the Mosul International Airport Wednesday.

Christians and minorities can conduct their lives. These are, for the most part, young students going to the university trying to improve their lives. We just

won't let the terrorists win."

The PRT helped facilitate the Turkish-Iraqi agreement to further treat the wounded in Turkey.

PRTs are civilian-military elements that assist provincial and local governments to govern successfully and provide necessary services.

"In the past, we've had a much more prominent role, but now the Turks and Iraqis know how to work together," Murphy said.

COB Marez military police, who also coordinated with the PRT to get the victims in the air, stood by at the airport while Turkish doctors pre-treated the wounded and Turkish Soldiers loaded them into their aircraft.

"It was very important to me that we got them in there, while maintaining security," Maxwell said.



Master Sgt. Ernest Calvert III of Regimental Fires Squadron, 278th Armored Cavalry Regiment, 13th Sustainment Command (Expeditionary) out of Winchester, Tenn., talks through the plan Wednesday with his force protection troops prior to escorting casualties to the Mosul International Airport, Iraq.

KALSU FROM PAGE 1

"There were a total of about 14 to 16 different projects to get the overall capacity of Kalsu up to where it needed to be as a hub," Miller said. "The goal of my commander was to build enough capacity into the plan to facilitate the theater logistics as well as our area support mission. We actually made it much larger than the original requirement was."

"Each piece of a CSC is essential for a successful hub," he said.

First, the engineers planned the CRSP yard, which is a storage area of about 14 acres, capable of holding 800 40-foot containers, costing more than \$240,000, Miller said.

The next project was the convoy staging lanes, where the trucks are parked while the unit prepares for rest of the mission. There are 23 staging lanes, comprising 18 acres, capable of holding 550 trucks and costing more than \$230,000, he said.

"An additional entry control point needed to be built in order to keep traffic on the existing highway flowing,"

Miller said. "There are ongoing projects in the works, such as control buildings for the movement control teams, interrogation buildings, a maintenance building and rapid scanning x-ray machines to monitor all items shipped into the camp," he said.

One of the greatest challenges of creating the hub at Kalsu has been moving trucks over the culvert at the new ECP. Currently there is a prefabricated bridge installed and the engineers are looking for a more permanent solution to the problem, while maintaining the integrity of the existing water flow in the culvert, Miller said.

It is the main water supply for the surrounding land and cutting the culvert off is not an option. They have to find a way to work around it, he said.

The engineers at Kalsu do not only have the physical challenges of the land to deal with, but also the challenge of trying to create the hub with as little financial waste as possible, Miller said.

"That's one thing we've tried to do through all this, while doing all these projects, trying to figure out how we can maximize the use of what's on the

ground already instead of ordering more and spending more money. Right now, we have about \$1.2 million in direct savings, because we didn't buy any additional building materials. We've reused them, identified them or pulled them from somewhere else so they weren't an additional cost to a project," Miller said.

Relocating concrete walls from Contingency Operating Site Hunter, Iraq, saved the government more than \$480,000. Another \$260,000 was saved by redirecting a contract for concrete walls from COL Scania to COL Kalsu, Miller said.

The entire operation of COL Kalsu is to support the area of operations in all capacities.

"Our mission and operation here is to support movement of troops and equipment for the (upcoming responsible drawdown in) Iraq," said Sgt. 1st Class Justin J. Patterson, senior non-commissioned officer-in-charge with the 80th Movement Control Team, 14th Transportation Battalion (Movement Control), 13th Sustainment Command (Expeditionary) and a native of Catskill,

N.Y. "We make sure all the equipment moving down from the north gets to Kuwait and eventually back to the United States."

The 80th MCT is in charge of supplying the convoys with food, water, sports drinks and whatever else is needed for life sustainment during their convoy missions, Patterson said.

According to Patterson, the MCT has dual roles. First, is life sustainment of convoy troops. The second is to assist and advise what is needed for their team to be effective in the movement of equipment during the responsible drawdown.

There is a responsibility to get ready, get communications and buildings established and get the movement control teams into a comfortable battle rhythm, so when something bigger comes through COL Kalsu, they have the ability to improvise, adapt and overcome, Patterson said.

"When the time comes, it won't be a question of them stepping up to the plate. They're already on the plate," Patterson said.

ROAD FROM PAGE 13

a leadership role by concentrating on Family and friends and making sure that everyone else was taken care of ...I was more concerned with making sure that everyone else was in a good state of mind..." Baker said. "About a month after is when I let my guard down and broke down myself. It was a hard situation but it was one of those things that God put in my path and something that I had to go through."

Baker and others on his team feel they are making a difference, like twenty-one year old Pfc. Terrance Price from Memphis, Tenn. "I actually do feel like I am making a difference... people were getting hurt and now there are fewer casualties," he said.

A reminder of those more fearful times is right across the street on COB Speicher in a soccer stadium where members of the Iraqi Soccer team were rumored to be murdered. Regardless

whether it is the place of the crime, the bombed structure is a reminder of sports under the old regime and what is known is that athletes were routinely tortured for mistakes during competition, some even murdered. Almost a decade later, the Olympic team thrives and has its eyes on the World Cup.

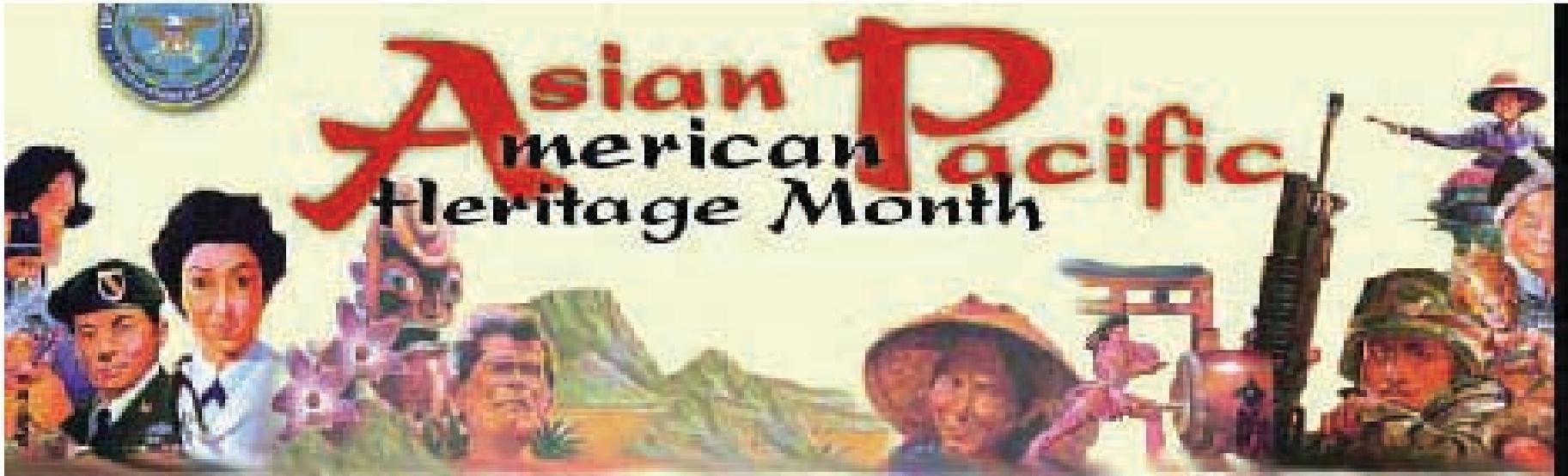
After another huddle and last minute prayer, we mount up for the return trip "home." When asked if there is any fear, Baker's honesty prevails.

"There is fear...Yeah I would like to come home in one piece...but you can't let fear rule you... You have more appreciation for the little things like taking a breath of fresh air. You don't worry about it because it's one of the things that God put in my path because he knows I can handle it," he says.

As Operation Iraqi Freedom winds down, the men and woman of B Battery are handling it, finding meaning in the monotony, and hope for even a greater Iraqi future.



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



May 2010

Schedule of Events

1 May, Saturday

1130-1230 Opening Ceremony DFAC 2 DV Room

8 May, Saturday

1800-2300 Polynesian Luau Outdoor Pool

14 May, Friday

1130-1300 Observance Luncheon MWR East

22 May, Saturday

0530-0730 5K Fun Run Holt Stadium

6, 13, 20, 27 May, Thursdays

1830-2130 Casino/Movie/Karaoke Night H-6 MWR

"Diverse Leadership for a Diverse Workforce"



Maintenance company strengthens team, bodies



Teams of Soldiers with the 546th Maintenance Company, 732nd Combat Sustainment Support Battalion, 36th Sustainment Brigade, 13th Sustainment Command (Expeditionary) perform squats with Mine-Resistant Ambush-Protected vehicle tires during a fitness and team-building exercise April 12 at Contingency Operating Base Adder, Iraq.

STORY AND PHOTO BY
1ST LT WAIWAH ELLISON
36TH SUSTAINMENT BRIGADE

**CONTINGENCY OPERATING BASE AD-
DER, Iraq**— Soldiers with the 546th Maintenance Company, 732nd Combat Sustainment Support Battalion, 36th Sustainment Brigade, 13th Sustainment Command (Expeditionary) held a team-building exercise April 12 here.

“This was a chance for our Soldiers to do something outside the norm for physical training and an opportunity to build camaraderie,” said 1st Sgt. Tony Stephens, a Raleigh, N.C., native with the 546th Maint. Co.

The course consisted of five stations, each involving the movement or use of a Mine-Resistant Ambush-Protected vehicle tire. First, the teams rolled a tire from the starting line to the second station, where they performed 10 squats with the tire. At the next station, the Soldiers flipped the tire, end over end, 100 feet. At station four, each team dragged the tire 100 feet back to station three, before rolling it back to the starting line.

The exercise was an enjoyable way to vary the usual routine of physical training, and it brought the unit closer, said Spc. Jessica Rivera, an orderly room clerk with the 546th Maint. Co. and a South Bend, Ind., native.

“The fact that the Soldiers were able to negotiate the course in minimal time showed me that our Soldiers work together,” Stephens said.



Men's conference works to help Soldiers keep Families strong

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

JOINT BASE BALAD, Iraq— A chaplain with the 118th Multi-Functional Medical Battalion hosted the Men's Conference 2010 Time to Break Loose II April 29-30 at Provider Chapel at Joint Base Balad, Iraq.

The conference was designed to enrich and strengthen Family life for deployed service members—with advice on handling spiritual and emotional interference that could cause problems in relationships, said Lt. Col. James H. Finn, the chaplain with the 118th Multi-Functional Med. Bn., 1st Medical Brigade, and the main speaker for the conference.

“My presentation tonight was primarily on Family,” he said. “Breaking loose with Family and all the things that keep a Family from being successful and getting on the right track ... and how we break loose from those things and get on with life and have a good relationship with our Family members.”

Staff Sgt. Bruce E. Klepps, a cook with G Company, 2nd Squadron, 278th Armored Cavalry Regiment, 13th Sustainment Command (Expeditionary) and a Dayton, Tenn.,

native, attended the conference.

Klepps said the conference was inspirational.

“The conference was very uplifting,” Klepps said. “It helped to see that we can fall to deception, taught us how to overcome that and to put our wives first.”

Klepps said he enjoys having this type of spiritual support while deployed.

“(It) helps (a Soldier) to realize that he is not here alone, that God is with him at all times, that no matter where we are at, that God is here even in Iraq,” Klepps said. “We are all one in the family of God, we are all brothers in the Lord.”

Finn said providing good spiritual leadership to deployed Soldiers allows them to connect better with their Families at home.

“Without these things, a lot of times, it does not give the Soldiers and civilians, and Ugandan Soldiers, a point of contact with spiritual advice and spirit resilience which allows Soldiers first to have the right relationship with their Families back home,” Finn said. “If they do not have access to the programs and to the leadership, then they cannot get the counseling they need (for) some of the situations, issues and frustrations, and hindrances that can actually destroy marriages taken care of and resolved.”



Maj. Steve Martin (right), the liaison officer for the 278th Armored Cavalry Regiment and a Lenoir City, Tenn., native greets fellow Soldier at the Men's Conference April 29 at Provider Chapel.

Another men's conference is planned for May 8, said Finn, with a morning meeting from 9 a.m. to noon and an afternoon meeting from 2 p.m. to 5 p.m.

Finn said these specialized programs are available to men, women, married and single Soldiers.

Soldiers looking for more information on these types of services should contact their unit chaplain.

13th Sustainment Command (Expeditionary)

FIREPROOF YOUR MARRIAGE

NEVER LEAVE YOUR PARTNER BEHIND

If Interested in this marriage workshop please contact :

Chaplain Robert Kinnune	433-2429
Spc. Quentin Schul	433-2516
Spc. Joshua Oakley	433-2428

Simultaneous training is offered at Fort Hood for spouses.

Encourage your spouse to contact:

Chaplain Leslie Maloney leslie.maloney@us.army.mil

Personal Communication a priority for deployed Soldiers

STORY BY
SPC. AMY L. BARBER
256TH IBCT

CAMP LIBERTY, Iraq— Soldiers with the Louisiana National Guard's 256th Infantry Brigade Combat Team, 13th Sustainment Command (Expeditionary) understand that staying in touch with Family and friends at home is a priority for deployed Soldiers.



One Soldier made that mission his personal responsibility.

"Receiving personal mail is the biggest morale booster for deployed Soldiers," said Spc. Cory T. Datrice, a mail clerk with Headquarters and Headquarters Company, 256th IBCT and an Opelousas, La., native.

Mail traditionally has not always been so easily obtainable to service members overseas. As a result, receiving mail was an event worthy of excitement, he said.

"It was like children flocking to the ice cream truck.

There was so much mail that the driver just started calling out names," Datrice said.

Because of his previous experience with receiving mail, Datrice decided to become officially trained in handling military mail at the Camp Liberty Joint Military Mail Terminal, he said.

Datrice is now responsible for performing mail duties for the 256th headquarters and four other units.

Each afternoon, he drives 40 minutes to the mail terminal, waits his turn in line, loads the packages and letters, and makes the return trip to hold mail call twice a day.

Spc. Corey A. Aguiard, a facilities engineer with HHC, 256th IBCT and a Lake Charles, La., native, said he was exceptionally appreciative for Datrice's efforts in delivering two large parcels of mail to him.

Mail may be a critical means of communication across the miles, but it is not the principal method of communication from Baghdad to home. Some Soldiers opt for obtaining a cell phone, but most choose to use Internet services from their personal residences.

E-mail, Facebook and Skype are among the most popular conduits of online communication increasing

the interaction between Soldiers and loved ones back home.

"I use Skype because when I connect with another person online, I can see video, speak and type with them at the same time," said Spc. Lester P. Broussard, a logistics specialist with HHC, 256th IBCT and a Lafayette, La., native.

Skype is easy and convenient to use; providing the additional benefit of being able to visually interact with friends and Family, said Spc. Amber M. Short, a human resource specialist with Headquarters and Headquarters Co., 256th IBCT and a Lafayette, La., native.

The morale of deployed Soldiers is one of the main concerns for the company, said Capt. Daniel Fritts, commander of HHC, 256th IBCT and a Baton Rouge, La., native.

"Communication back home is extremely important, not just for Soldiers, but also for those friends and Family members in Louisiana," Fritts said. "It is one of the biggest morale boosters for deployed Soldiers. It helps take the edge off the stresses of deployment and helps the time go by much faster."

Louisiana National Guard's Tiger Brigade holds combat patch ceremony

STORY BY
SPC. AMY L. BARBER
256TH IBCT

CAMP LIBERTY, Iraq— Headquarters and Headquarters Company, 256th Infantry Brigade Combat Team, 13th Sustainment Command (Expeditionary), conducted its former wartime service shoulder sleeve insignia ceremony at Camp Liberty, Iraq, on May 3.



Also known as the combat patch ceremony, it symbolizes a rite of passage, capturing a Soldier's participation with a particular unit during wartime.

"Wearing the 256th patch has always meant a great deal to me," said HHC Commander Capt. Daniel H. Fritts, of Prairieville, La. "I proudly wear it as my combat patch and it pleases me that I am a piece of the great history of this brigade."

According to 256th Brigade Historian Maj. Thomas Mehl of Big Rapids, Mich., the wear of distinctive unit insignia in the U.S. Army dates back to the Civil War.

"The first known use of a distinguishing unit insignia in the U.S. Army was in the Civil War during

the Peninsula Campaign in 1862," Mehl explained. "Union Army General Philip Kearny adopted a red diamond to be worn on the kepi hat of Soldiers in his command for identification."

"What grew from this were the corps badges, which by the end of the war, every corps had their own distinctive unit insignia," he continued.

The corps badges became standard during the Spanish-American War of 1898. During World War I, the shoulder sleeve insignia, still in use today, was adopted.

"The 81st Division adopted the Wildcat patch, which the unit wore in France during their service in World War I," the 22-year Veteran said. "General John J. 'Black Jack' Pershing determined that, although there were some leaders who frowned upon the distinguishing insignia, it created unit cohesion and esprit de corps among the fighting divisions. He then ordered that each division create their own unit-specific patch."

More than a century later, while deployed in support of Operation Iraqi Freedom, Tiger Brigade Commander Col. Jonathan T. Ball and Command Sgt. Maj. Kenneth R. Wagner, both residents of Pineville,

La., continued this ritual by walking through the 256 IBCT Soldier formations applying the fleur-de-lis Brigade insignia onto their troops' right shoulders.

"I consider it a privilege to participate in this time-honored tradition and to see the smiles on the faces of both our combat Veterans and 'first-timers' alike," Ball said. "Earning a combat patch is a milestone in any Soldier's career and it validates the many years of training and hard work our Soldiers go through."

Today, deployed Soldiers of all Army components may permanently wear former wartime service shoulder sleeve insignias of the unit with which they deployed.

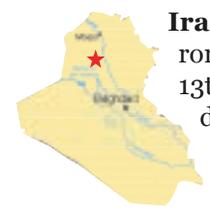
The SSI for former wartime service, we can trace to an incident at the end of WWII when some Soldiers of the highly-decorated 3rd Infantry Division were transferred to another division.

"The 3rd ID, which was the only U.S. Army division to fight the Germans in 10 different campaigns, was told to remove their famous 'Rock of the Marne' patch from their left shoulder. Needless to say, in the effort to maintain their history, the Soldiers were allowed to rotate the patch to the right shoulder and wear the current unit of assignment on the left."

Tennessee Guardsmen take part in Iraq drawdown

STORY BY
1ST LT. DESIREA L. NICELY
256TH IBCT

CONTINGENCY OPERATING BASE Q-WEST, Iraq— Soldiers with B Troop, 1st Squadron, 278th Armored Cavalry Regiment, 13th Sustainment Command (Expeditionary) out of Clarksville, Tenn., started their deployment in February when they began convoy operations based here.



Their mission- to provide security assets for sustainment operations throughout northern Iraq by moving supplies, equipment and vehicles- has become increasingly demanding during the drawdown

of troops, said Lt. Col. Jimmie L. Cole Jr., commander of 1st Sqdn., 278th ACR and a Mount Juliet, Tenn., native.

"The drawdown is multifaceted," said Staff Sgt. Roger Tapp, supply noncommissioned officer with 1st Sqdn., 278th ACR and a Stantonville, Tenn., native.

"Supply staff will take a big part in this. We have already begun to get rid of excess equipment and move it to other locations. That is where the convoys come into play; we are able to capitalize on the missions they are already running by putting our excess equipment on board."

Besides escorting vehicles from Q-West to Contingency Operating Base Marez, Iraq, B Troop is playing a part in the logistical aspect of the drawdown. In cooperation with the Security Agreement between

the United States and Iraq, U.S. forces, to include 1st Sqdn., 278th ACR, are now transitioning from their missions to an advisory and training role. This deliberate and responsible drawdown is the result of Iraqi Security Forces leading the way for security in Iraq, Cole said.

"Since we got here, I realized it's not so much about the fighting anymore," said Pfc. Brian L. Harlin, a radio transmission operator for B Troop and a Clarksville, Tenn., native. "We are here rebuilding their country and getting them ready to run their own world."

Despite the drawdown being complex and lengthy, the 1/278th ACR is more than equipped and capable for its mission, and will play a big role in the larger picture, said Cole.

FITNESS CORNER



Jack Knife

Lie face-up with your feet six inches off the ground, arms down at your sides and lift your head off the ground. Bend your knees into your chest and lift your upper body into your chest, balancing on your butt. Slowly extend your legs out while keeping your feet off the ground, and lower your upper body back onto the ground. Perform 20 repetitions, three sets.

Advanced: Keep arms above your head in the air, while keeping your biceps near your ears.



Jumping Lunges

Start in a lunge position with your right leg forward, knee over your ankle, hands on hips. Sink deeper into lunge, then leap up, switching legs mid-air and landing softly in the lunge position with your left leg forward. Keep your shoulders in line with your hips. Repeat on opposite side for one rep. Perform 15 reps, three sets.

Advanced: Speed up the jumps, don't pause in between lunges. Aim to jump as high as possible.



Walking Pushups

Begin in the front leaning rest position. Execute a pushup. While in the front leaning rest position simultaneously walk your left hand and right foot forward six inches, then align with the opposite hand and foot together. Execute a pushup. Repeat 15 reps, three sets.

Advanced: Instead of walking your hands and feet in the front leaning rest position. Walk your hands and feet forward while in the lowered pushup position. Perform 10 reps, three sets.

Hungry or Just Dehydrated?

Do you think suffering through a growling stomach is the answer to losing weight? Wrong! Most hunger is actually caused by dehydration. Instead of reaching for a bag of pretzels to satisfy your hunger, fill up your water bottle and drink water first, wait 20 minutes then reassess your hunger level. Water not only satisfies hunger pains but also aids in the transportation and absorption of nutrients.

According to the information provided by the Wyoming Valley Health Care System:

- 75 percent of Americans are dehydrated
- Lack of water is the No. 1 trigger of daytime fatigue
- One glass of water can diminish midnight hunger pains almost 100 percent
- An average adult loses eight to 10 cups of water throughout the course of the day with normal activity; combine exercise and the amount increases significantly
- A mere 2 percent drop in body water loss can cause dizziness, trouble focusing on a computer screen or reading

Here are a few tips to increase your water intake:

- ALWAYS have a bottle of water bottle or camelback with you EVERYWHERE you go.
- Plain water too boring? Try adding in Propel, Crystal Light or Gatorade to your bottle of water for flavor. It enables you to enjoy flavor without the extra calories.
- Make it a competition! Challenge you battle buddy to see who can consume the most water throughout the day.
- Set your alarm. Use it as a reminder to drink a glass of water. Each hour on the hour drink eight ounces of water.



Army photo by Sgt. Eunice Alicea Valentin

Capt. Sarah Baumgardner is a graduate of Ohio University in Athens, Ohio, where she majored in exercise physiology. She is certified by the American College of Sports Medicine (ACSM) as a Health Fitness Specialist (HFS). She has worked as a personal trainer and nutritional consultant, training a wide range of demographics. She brings enthusiasm and motivation to inspiring, coaching and increasing Soldiers' fitness levels.

Telling the Providers Story from all across Iraq

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Sudoku

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

Level: Hard

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

Last week's answers

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

TEST YOUR KNOWLEDGE

1. What is Goldie Hawn's real name?
2. What was the name of the rocket that was launched containing Star Trek's Gene Roddenberry's ashes?
3. Janet Leigh played one of the most horrific scenes where in a motel?
4. How many years after "Terminator" was "Terminator 2" released?
5. Who was Elwood's brother in "The Blues Brothers"?
6. Which plant was Uma Thurman named after in "Batman & Robin"?
7. Which star of "Shallow Hal" split with fiancé Brad Pitt in 1997?

1. Goldie Hawn 2. Pegasus 3. Shower 4. Seven 5. Jake 6. Ivy 7. Guyneth Paltrow

JOINT BASE BALAD WORSHIP SERVICES

PROTESTANT

CONTEMPORARY

Sunday 1030 Gilbert Memorial Chapel (H-4)
1100 Castle Heights (Bldg 4155)
1900 Freedom Chapel (West Side)
Wednesday 2000 Gilbert Memorial Chapel (H-4)

GENERAL

Sunday 0900 Freedom Chapel
0900 Provider Chapel

GOSPEL

Sunday 1100 MWR East Building
1200 Freedom Chapel (West Side)
1230 Gilbert Memorial Chapel (H-4)
1900 Provider Chapel

LITURGICAL (Lutheran Setting)

Sunday 1700 Provider Chapel

TRADITIONAL

Sunday 1030 Freedom Chapel (West Side)
1400 Air Force Hospital Chapel

SEVENTH DAY ADVENTIST

Saturday 1000 Provider Chapel

LATTER DAY SAINTS (MORMON)

Sunday 1300 Provider Chapel
1530 Freedom Chapel (West Side)
1900 Gilbert Memorial Chapel (H-4)

CHURCH OF CHRIST

Sunday 1530 Castle Heights (Bldg 4155)

ROMAN CATHOLIC MASS

Sunday 0830 Gilbert Memorial Chapel (H-4)
1100 Provider Chapel
1230 Air Force Hospital Chapel
Thursday 1100 Air Force Hospital Chapel
Wed, Fri 1700 Gilbert Memorial Chapel (H-4)
Saturday 2000 Freedom Chapel

Confessions: Sat 1600-1645 (H-4 Chapel) or by appointment

JEWSH SHABBAT SERVICES

Friday 1800 Gilbert Memorial Chapel (H-4)

PAGAN/WICCAN FELLOWSHIP

Thursday 1900 Provider Annex
Saturday 1900 The Bat Cave

GREEK ORTHODOX

Sunday 0900 Provider Annex

For Further Information Please Call:

Gilbert Chapel: 443-7783
Provider Chapel: 443-4107
Freedom Chapel: 443-6301

*Current as of 21 FEB 2010

JB BALAD ACTIVITIES

INDOOR POOL Swim Lessons: Mon., Wed., - 6 p.m. Tue., Thu., 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., 8-10 p.m. Salsa Class: Saturday- 8:30 p.m. Poker: Saturday- 7:30 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., 12 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	4-ball tourney: Sunday- 8 p.m. 8-ball tourney: Monday- 8 p.m. Karaoke: Sunday- 9 a.m. Monday- Wednesday- 4:30 p.m. Spin: Sunday- 9 a.m. Monday- Saturday- 4:30 a.m., 4 p.m., 10 p.m. Soccer: Tue., Thu., - 5:45 a.m., 9 a.m., 8:30 p.m. Club: Wednesday 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- Saturday- 4:30 a.m., 4 p.m., 10 p.m. Soccer: Tue., Thu., - 5:45 a.m., 9 a.m., 8:30 p.m. Club: Wednesday 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. Soccer: Tue., Thu., - 5:45 a.m., 9 a.m., 8:30 p.m. Club: Wednesday 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. Soccer: Tue., Thu., - 5:45 a.m., 9 a.m., 8:30 p.m. Club: Wednesday 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. Soccer: Tue., Thu., - 5:45 a.m., 9 a.m., 8:30 p.m. Club: Wednesday 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. Soccer: Tue., Thu., - 5:45 a.m., 9 a.m., 8:30 p.m. Club: Wednesday 7 p.m. Boxing: Sunday- 4 p.m. Tue., Thu., - 2 p.m. Boot Camp: Sunday- 8:45 a.m. Tue., Thu., - 7 p.m. Power Abs: Mon., Tue., Thu., - 8 p.m. Friday- 9 p.m.

UPCOMING SPORTS ON AFN



Thursday 05/13/10

Wednesday Night Baseball: Teams TBD, 12 a.m. AFN Sports
2010 NBA Playoffs: Teams TBD, Live 6:30 a.m. AFN Sports
MLB Houston Astros @ St. Louis Cardinals, Live 6:30 p.m. AFN Sports
2010 Stanley Cup Playoffs - Western Conference Quarterfinals, Game 4: San Jose Sharks @ Colorado Avalanche (JIP), Live 4 p.m. AFN Xtra

Friday 05/14/10

2010 NBA Playoffs: Teams TBD, Live 6:30 a.m. AFN Sports
MLB Pittsburgh Pirates @ Chicago Cubs, Live 11:00 a.m. AFN Sports
MLB Seattle Mariners @ Tampa Bay Rays, Live Live 4 p.m. AFN Xtra
MLB Los Angeles Dodgers @ San Diego Padres, Live 7 p.m. AFN Xtra
MLB Houston Astros @ San Francisco Giants, Live 7 p.m. AFN Prime Atlantic

Saturday 05/15/10

NBA Game of the Week: Utah Blaze @ Milwaukee Iron, Tape Delayed 12 a.m. AFN Sports
MLB Houston Astros @ San Francisco Giants, Live 1 a.m. AFN Prime Freedom
FOX Saturday Baseball: Seattle Mariners @ Tampa Bay Rays, Live 1 p.m. AFN Prime Atlantic
Horse Racing 135th Preakness Stakes, Live 1:30 p.m. AFN Sports

Sunday 05/16/10

NASCAR Sprint Cup Series: Autism Speaks 400, Live 10 a.m. AFN Xtra
2010 Stanley Cup Playoffs-Conference Finals: Live 1:00 a.m. AFN Prime Atlantic
2010 NBA Playoffs: Teams TBD, Live 12:30 a.m. AFN Sports
Sunday Night Baseball: Philadelphia Phillies @ Milwaukee Brewers, Live 5 p.m. AFN Xtra
PGA Tour Valero Texas Open: Final Round, Tape Delayed 11 p.m. AFN Sports

Monday 05/17/10

Rolex Sports Car Series: Porsche 250, Tape Delayed 12 a.m. AFN Xtra
NHRA Full Throttle Drag Racing Series: Atlanta Finals, Live 7 a.m. AFN Xtra
Monday Night Baseball: Boston Red Sox @ New York Yankees, Live 4 p.m. AFN Xtra
2010 Stanley Cup Playoffs-Conference Finals, Game: Teams TBD, Live 4:30 p.m. AFN Sports
MLB Seattle Mariners @ Oakland Athletics, Live 7 p.m. AFN Xtra

Tuesday 05/18/10

MLB Milwaukee Brewers @ Cincinnati Reds Tape Delayed, 12 a.m. AFN Sports
MLB Chicago White Sox @ Detroit Tigers, Live 10 a.m. AFN Sports
2010 Stanley Cup Playoffs-Conference Finals, Game: Teams TBD, Live 4:30 p.m. AFN Xtra
2010 NBA Playoffs- Conference Finals: Teams TBD, Live 5:30 p.m. AFN Sports

Wednesday 05/19/10

MLB Detroit Tigers @ Oakland Athletics, Live 7 p.m. AFN Xtra

Arts & Entertainment

'The Losers' reminiscent awesome '80s action movies

BY SGT. JAYSON A. HOFFMAN
EXPEDITIONARY TIMES STAFF



"The Losers" is what would have happened if Sam Peckinpah had directed "The Wild Bunch" in the 1980s. It was loud, fast, funny and, minus the movie's weak ending, a solid start to the summer movie season.

"The Losers," which is based on the Vertigo comic series, is about an elite special forces unit, The Losers, that is betrayed by a mysterious man named Max (Jason Patric), who is the head of an unnamed organization within the U.S. government. The Losers are

convinced, by a woman named Aisha (Zoe Saldana), to take their lives back by going on a suicide mission to take out Max and prove their innocence in the process. She promised to fund their mission, but in the end her motives for helping The Losers comes into question.

The camera work is really what made this film pop. There was great use of slow motion during the action and even during a PG-13 sex scene. The action was over the top, which usually turns me off, but this was over the top with flair and vigor because of the camera work.

The cast was solid all around. Clay (Jeffrey Dean Morgan) and Roque (Idris Elba) had great tough guy banter

with each other. Their chemistry was a constant source of tension in the movie.

Pooch (Columbus Short) and Jensen (Chris Evans) provided comedic relief, both full of charm and great one-liners. Evans ("Push") really steals the movie. I greatly look forward to seeing him as Captain America because, although he wasn't the leading man, he has a great command of the screen.

Aisha and Max were also terrific. Saldana brought a lot of toughness to the screen in addition to giving the movie some sex appeal. Patric was a great bad guy. He was just mean and he gave Evans a run for his money in the show-stealing department. He had hilarious conversations with his henchmen and

great reactions to the situations around him.

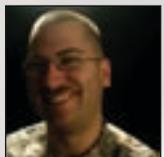
My main gripe about the movie was its weak conclusion. The whole movie was over the top, but when my own imagination starts asking if events are possible, I know a line has been crossed. This movie knew what it was trying to be, but the ending started to enter the realm of "Charlie's Angels: Full Throttle."

The movie also kept going during the credits, and I failed to get out of the theater to avoid the cutesy extended ending that was completely unnecessary.

So, I hated the ending, but overall I liked the movie. It had flare and it is definitely worth checking out this summer.

"Nowhere" sucker punched me with awesomeness

BY STAFF SGT. JOEL F. GIBSON
EXPEDITIONARY TIMES STAFF



I don't think there's anything better, when it comes to reading that is, than starting a book with positively no expectations, or even prior knowledge of the author's work, and being summarily blown away by a great story, spectacularly written.

Before receiving "Nowhere," by Neil Gaiman, in a care package last week, I had no exposure to the writer. I started to read the book, because I literally had nothing else to read. I was immediately taken in by well-developed characters and a ridiculously well-detailed tapestry of a background.

When I say ridiculously well-detailed, I don't mean like Tolkien who takes 14 pages to describe a rock in a field the travelers may be going near, I

just mean Gaiman has a way of painting a portrait with words that doesn't sledgehammer the reader into a boredom-induced coma, but gives the perfect amount of detail to let the reader's imagination run wild.

The story begins with a Scot leaving home for London, not having read the back cover, inside jacket, or online reviews I thought to myself, "Self, do you really want to read a U.K.-based coming of age story?" To which my self responded, "Seriously did you just refer to yourself in the 4th person?"

Anyway, the fish out of water, coming of age bit, is just a setup for a bigger fish out of water fantasy novel.

The protagonist, Richard Mayhew, seems lost in the real world. He has a job wherein he misses deadlines. He collects decorative troll dolls for his desk (remember those, children of the 90s?) because someone once left one on

his desk and he just ran with it, and he has a fiancé who loves everything about him, as long as he's willing to change completely.

Change, Richard does. One night, while on a date with his fiancé, dinner with her socialite news mogul boss, the couple stumbles across a bedraggled, bloodied girl unwilling to go the hospital. Richard, as a Good Samaritan, cares for her, and in the process loses his engagement and his life.

He didn't die, I mean that would be a pretty lame story, killing the protagonist around page 80 or so. By lost his life, I mean, his association with the girl, appropriately named Door, causes him to fall through the cracks of London.

Richard is immediately forgotten by friends, relatives, and anyone he runs into anywhere. Cabbies see him long enough to swerve, but not stop, and the door on subway trains try to take off

his arms. His employer hires a replacement for him and his landlord rents out his apartment to new tenants...while he is using his own toilet.

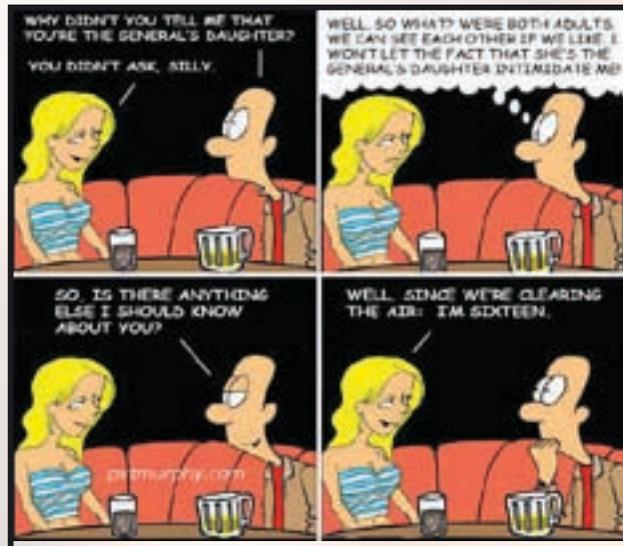
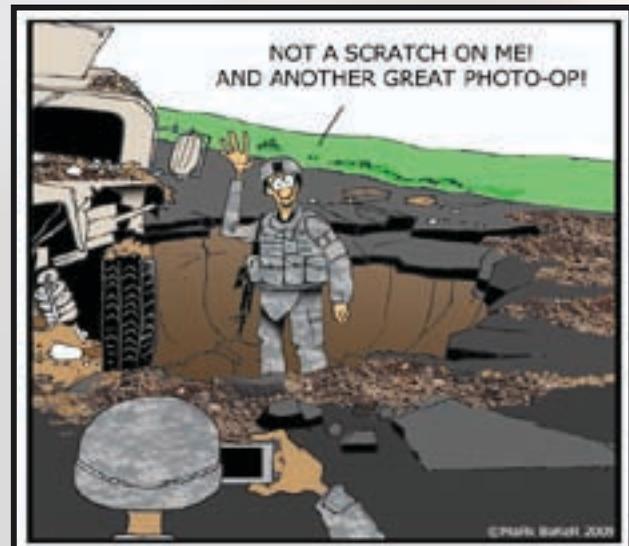
He follows Door into London Below, a region that coexists with the real London, but only for those who fall through the cracks.

Once in London Below, Richard Mayhew starts a dark and twisted adventure that would make Lewis Carroll proud.

Between huge beasts, telekinetic bodyguards, rodent munching assassins in bowler hats, royalty whose domains extend no further than subway stations, and talking rats, the imaginative tale is as original as it is engrossing.

"Nowhere" is an incredibly entertaining read with one flaw that's great for books to have. When you get to the end it comes too quickly, and you'll wish there was more.

PVT MURPHY'S LAW



Sustainer Reel Time Theater

Wednesday, May 12

5 p.m. Repo Men
8 p.m. Alice In Wonderland

Thursday, May 13

5 p.m. A Nightmare On Elm Street (1st Run)
8 p.m. The Bounty Hunter

Friday, May 14

2 p.m. Hot Tub Time Machine
5 p.m. How To Train Your Dragon
8:30 p.m. Iron Man 2 (1st Run)

Saturday, May 15

2 p.m. How To Train Your Dragon
5 p.m. Iron Man 2 (1st Run)
8 p.m. Hot Tub Time Machine

Sunday, May 16

2 p.m. Iron Man 2
5 p.m. Hot Tub Time Machine
8 p.m. Diary Of A Wimpy Kid

Monday, May 17

5 p.m. How To Train Your Dragon
8 p.m. Iron Man 2

Tuesday, May 18

5 p.m. Iron Man 2
8 p.m. How To Train Your Dragon

Wednesday, May 19

5 p.m. Repo Men
8 p.m. Alice In Wonderland



PHOTOS AROUND IRAQ



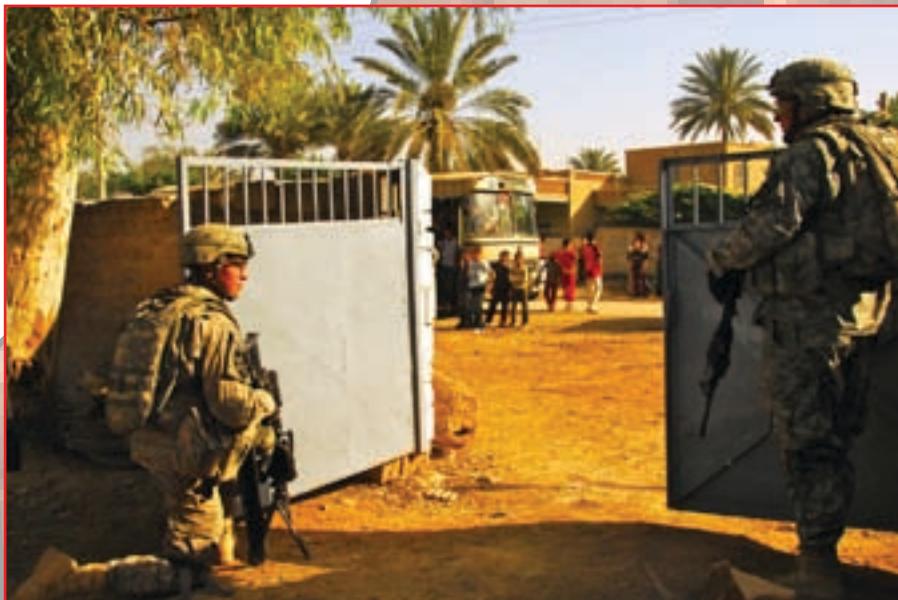
U.S. Army photo by Spc. Landon Stephenson

Soldiers from B Company, 7th Cavalry, 2nd Squadron, walk through a palm grove during a cache sweep April 14 near Mahmudiyah, Iraq. The Soldiers were there in support of the Iraqi Army's 17th Division.



U.S. Army photo by Spc. Landon Stephenson

Army Staff Sgt. William Morton, 212th Military Police Detachment, has his K-9 partner, Xanny, search a pile of concrete rubble during a cache sweep April 14 near Mahmudiyah, Iraq. Morton and Xanny work together in an effort to support the Iraqi Army's 17th Division.



U.S. Navy photo by Petty Officer 1st Class Eileen Kelly Fors

Soldiers from Apache and Headquarters Companies, 1st Battalion, 23rd Infantry Division, maintain security inside the gate of the newly refurbished Dojima Primary School while eager students wait to see their new classrooms April 20, in the Diyala Province, Iraq. Apache Company spent 12 days clearing, cleaning, painting, and repairing the dilapidated compound. Dojima Primary School is the third school refurbished under 1-23's Extreme School Make-Over initiative.



U.S. Army photo by Spc. Landon Stephenson

U.S. Soldiers from Bravo Company, 7th Cavalry, 2nd Squadron, break ground after an Iraq Army Soldier gets a high reading on his metal detector during a cache sweep April 14 near Mahmudiyah, Iraq. The U.S. Soldiers were there to assist the Iraqi Army with the sweep as well as provide advice.



U.S. Army photo by Staff Sgt. Adelita Mead

An Iraqi man takes a moment to read the hand bill given to him April 28 in Basra, Iraq. Soldiers from the 318th Psychological Operations Company gathered atmosphericers on the area and handed out information cards to the locals.



U.S. Navy photo by Petty Officer 1st Class Eileen Kelly Fors

Dojima Primary School students sit on the schoolyard wall waiting to return to their newly refurbished classrooms, in the Diyala Province, Iraq, April 20. Soldiers from Apache and Headquarters Companies 1st Battalion, 23rd Infantry Division spent 12 days clearing, cleaning, painting, and repairing the dilapidated building. Dojima Primary School is the third school refurbished under 1-23's Extreme School Make-Over initiative.



U.S. Army photo by Staff Sgt. Adelita Mead

The Al Shakamra tribe lives peacefully April 26 near the marsh waters on the outskirts of Basra, in a small village of Al Kuthra, Iraq. The villagers spoke to U.S. Soldiers of the 318th Psychological Operations Company, attached to the 17th Fires Brigade while members of the Guardians Maneuver Element provided security.

NEWS AROUND IRAQ

Black Lions return base to Government of Iraq

BALAD, Iraq—U.S. forces handed over Contingency Operating Location Paliwoda, in Balad, to the Iraqi government during a ceremony April 25.

During the signing ceremony, Lt. Col. Eric Timmerman, commander of 1st Battalion, 28th Infantry Regiment, 4th Infantry Brigade Combat Team, 1st Infantry Division, out of Fort Riley, Kan., signed Paliwoda over to Samir Al-Hadad, the receivership secretariat for the Government of Iraq.

“(The return of the base) continues to show the progress that our Iraqi counterparts have made, not only in word but also in deed,” Timmerman said. “It shows that they are in charge of their own security. It’s a good day, and it’s an opportunity for them to set their own course and do what they need to do to secure their country in order for them to be prosperous and free.”

Timmerman said it is a bit of a sad day too, because many lives were lost in the area, Timmerman said.

This is the fifth base the Black Lions battalion has returned to the GoI.

“I guess I share in their emotion of happiness and their emotion of being fully responsible for their security,” said Timmerman. “We’ll remain good partners and friends.”

US Air Force units transfer authority

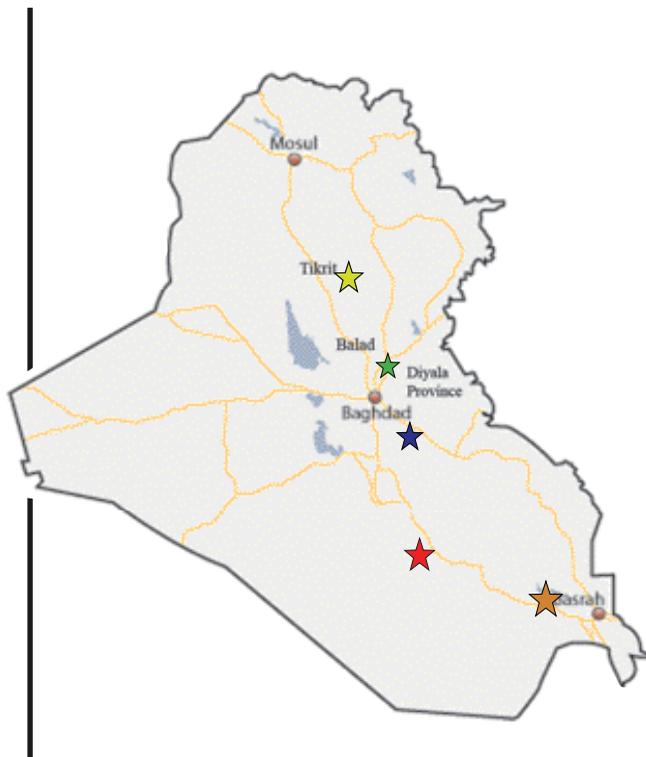
ALI BASE, Iraq—The 332nd Air Expeditionary Wing transferred authority to the 321st Air Expeditionary Wing during a ceremony April 24 at Ali Base, realigning the 407th Air Expeditionary Group.

Maj. Gen. Joseph Reynes Jr., director of Air Component Coordination Element U.S. Forces–Iraq, presided over the ceremony. Brig. Gen. Craig A. Franklin, commander of the 332nd AEW, relinquished command of the 407th AEG to Brig. Gen. Scott M. Hanson, commander of the 321st AEW.

“Although our overall footprint in Iraq will become smaller, our current partnership with the Iraqi Air Force will become more robust in the role of advising, assisting and training, all the while continuing our operational mission,” Reynes said. “This partnership will help establish the foundation for our lasting relationships with the Iraqi people as we enter a new dawn in our strategic partnership.”

Under the banner of the 321st AEW, the 407th AEG will take on a new role as part of the Iraq Training and Advisory Mission–Air Force. The 407th AEG will now contribute to the mission of training and advising the Iraqi Air Force to advance the foundational airpower capabilities of Iraqi Airmen.

Built in the 1970s, Ali Base served as the busiest military airfield during the Iran-Iraq war, from 1980



to 1988. It is now home to the 407th AEG, the U.S. Army's Contingency Operating Base Adder and the Iraqi Air Force's Squadron 7.

Joint Security Station Cleary transferred to Iraqi Army

BAGHDAD—Soldiers with D Company, 4th Battalion, 31st Infantry Regiment, 2nd Brigade Combat Team, 10th Mountain Division transferred Joint Security Station Cleary to members of 4th Battalion, 34th Brigade, 9th Iraqi Army Division during a ceremony April 30 in Baghdad.

As the U.S. draws down forces in Iraq in accordance with the Security Agreement, joint security station facilities are being transferred to Iraqi Security Forces or Government of Iraq ministries. JSS Cleary is the fourth base to be transferred to ISF within 2nd BCT's area of responsibility.

“(The) 4/34 IA Bn. is fully ... capable of securing the people of Iraq as they have for the past seven months,” said Capt. Raymond Windmiller, commander of D Co.

D Co. has worked with 4th Bn, 34th Bde. conducting partnered training, patrols and humanitarian assistance missions in the Mada'in district.

“We benefitted a lot from training programs they did for us like the medics and ranges for (rifles),” said Staff Col. Sabah Hussan Said, commander of 4th Bn., 34th Bde. “These are all things they offered to us, not because they had to, but out of partnership and friendship to us.”

The ceremony took place at JSS Cleary with IA officers, Soldiers and shaykhs participating.

“The future is evident to us now that 4/34 really represents the most capable part of the Iraqi government in the Mada'in,” said Lt. Col. Richard Greene, commander of 4th Bn., 31st Inf. Regt.

Iraqi Traffic Police students graduate, become instructors

BAGHDAD—Fifteen Iraqi Traffic Police students finished an advanced instructor development course April 29 at the Baghdad Traffic Police Headquarters building.

The three-week course was developed and approved by the Technical Qualification Institute, a part of the Ministry of Interior, Iraq Training and Advisory Mission personnel and international police adviser trainers.

The program of instruction focused on training analysis and worked toward the development and briefing of training plans. Upon completion of the training, students returned to their stations qualified to plan and conduct MoI approved training.

The course was hands on, but it also included classroom and performance-based training. Each student was required to write a complete training plan and brief it to the instructor and fellow students.

Guest speakers for the graduation event were Lt. Gen. Ja'far al-Khafaji with the Traffic Police and MoI and Brig. Gen. Donald Currier, commander of the 49th Military Police Brigade.

Brigade Combat Team continues advise

CONTINGENCY OPERATING BASE ADDER, Iraq—The 3rd Brigade Combat Team, 4th Infantry Division officially accepted the advise-and-assist mission in Dhi Qar, Maysan and Muthanna provinces from 4th Brigade Combat Team, 1st Armored Division in a Transfer of Authority ceremony

May 2nd at COB Adder, Iraq.

During the ceremony, Col. James E. Rainey, brigade commander, and Command Sgt. Maj. Miles S. Wilson uncased the 3rd BCT, 4th Inf. Div. colors for the first time since early March.

During the ceremony Col. Rainey addressed nearly 200 U.S. Soldiers and Iraqi Security Forces and pledged to build upon the success of 4th BCT, 1st AD.

“To our partners, friends and brothers here today, I promise you that the Soldiers of the Iron Brigade will continue to work hard on advising and assisting our great partners in the Iraqi Security Forces as they provide security for the people,” he said.

The 3rd BCT, 4th Inf. Div. is beginning its fourth tour in Iraq since 2003. They are returning to Iraq just 13 months after a successful 15-month deployment in eastern Baghdad.

The brigade's mission will be to advise and assist the Iraqi Security Forces as they work toward a safer, secure and sovereign Iraq. The brigade will also work closely with the Provincial Reconstruction Teams as they provide assistance to provincial governments.

Do you have a story idea?

Contact us at: escpao@iraq.centcom.mil

Iraqi Security Forces arrest 4 suspected al-Qaeda members

 **BAGHDAD**—Iraqi Security Forces arrested four suspected al-Qaeda associates during a joint security operation April 30 near Tikrit. ISF and U.S. advisers searched buildings for a suspected AQI leader who allegedly facilitated roadside bomb and vehicle-borne improvised explosive device attacks in the Sulayman Bak area.

Information and evidence, including bomb-making materials, gathered at the scene led Iraqi forces to identify and arrest four suspected criminal associates.

Iraqi and U.S. forces conduct joint operations in accordance with the Security Agreement and in coordination with the Iraqi government to target terrorists seeking to disrupt the security and stability of Iraq.

3 suspected al-Qaeda members arrested in Mosul

BAGHDAD—Iraqi Security Forces arrested three suspected members of al-Qaeda in Iraq during a joint security operation May 1 in Mosul.

 ISF and U.S. advisers searched a building for a suspected AQI member believed to be linked to terrorist attacks against Iraqi civilians and security forces in Mosul.

Information and evidence gathered at the scene led Iraqi forces to identify and arrest three criminal associates of the suspect in question.

Iraqi and U.S. forces conduct joint operations in accordance with the Security Agreement and in coordination with the Iraqi government to target terrorists seeking to disrupt the security and stability of Iraq.

Suspected al-Qaeda member, 8 associates arrested in Baghdad

BAGHDAD—Iraqi Security Forces arrested a suspected al-Qaeda in Iraq member and eight suspected AQI associates during joint security operations April 26 in Baghdad and Baqubah.

 ISF and U.S. advisers searched buildings for a suspected AQI member who is an alleged improvised explosive device facilitator responsible for IED attacks in the greater Baghdad area.

Information and evidence gathered at the scene in Baghdad led Iraqi forces to identify and arrest the warranted individual and eight suspected associates.

Iraqi and U.S. forces conduct joint operations in accordance with the Security Agreement and in coordination with the Iraqi government to target terrorists seeking to disrupt the security and stability of Iraq.

Ready First brigade to advise, assist Iraqis

CONTINGENCY OPERATING BASE SPEICHER, Iraq—As part of the process of transitioning to stability operations in United States Division – North, 1st Heavy Brigade Combat Team, 1st Armored Division Ready First was redesignated to an Advise and Assist Brigade May 1.

 An AAB is essentially a U.S. Army brigade combat team with a modified organization to conduct stability operations. An AAB has additional senior leaders experienced in staff processes and able to execute distributed command and control, who are specially trained for an advisory role with a foreign force.

At Contingency Operating Base Speicher, the AAB will advise, assist and train Iraqi Security Forces, both military and police, as well as support Provincial Reconstruction Team operations. The brigade is already manned with 17 additional field grade officers who serve in the unit's nine Stability-Transition Teams. These officers were trained in the specialized mission essential tasks, such as cultural and language training, required of most S-TT members.

Ready First came to Iraq with much of the AAB capabilities and structure already in place. The equipment requirements are similar for a brigade combat team and an AAB. The biggest differences between the two organizations are additional S-TT personnel and a reorganization of the unit's assigned Soldiers for a stability operations mission versus a combat mission.

While the Ready First brigade meets the description of an AAB now, in the next three months it will continue to refine its unit structure and reconfigure for stability operations by sending some units home and reorganizing other units that are already in Kirkuk province to execute this mission.

This will make the second AAB in USD-N, an area that covers the seven northernmost provinces in Iraq, with Kirkuk province being the home of Ready First.

Iraqi students graduate leadership, partnership courses

BAGHDAD—Students from two courses in the Ministry of Defense Training and Developing Center graduated April 28 in Baghdad.

 The Commanders Development Course had 38 graduates and the Partnership Course had 25 graduates, all senior Iraqi leaders representing both the MoD and the Ministry of Interior.

"We must proactively pursue professional development in order to defeat our enemies," said Iraqi Army Lt. Gen. Hussein Dohi, deputy chief of staff for training.

The partnership course focused on cultural value sharing and developing strategies for problem solving. In the commander's course, the graduates were taught the leadership elements important to the security ministries.

"Although the courses have a slightly different focus, it shows the collaboration between the United States and Iraq in teaching and sharing values be-

tween both countries," said John Johns, director of strategic logistics for U.S. Forces–Iraq, Deputy Commanding General for Advising and Training.

Johns recognized the accomplishments of the students and the faculty.

US ambassador visits Balad leadership

JOINT BASE BALAD, Iraq—One year after being appointed to the position of United States ambassador to Iraq, Ambassador Christopher Hill visited Joint Base Balad April 23.

 The ambassador made the trip to visit with base leadership to better understand the work that Balad's provincial reconstruction team does to prepare Iraq for its future.

"One cannot imagine our presence in this country without Joint Base Balad," Hill said. "This is absolutely a key node for a lot of issues in Iraq."

While visiting with base leaders, the ambassador discussed the programs and missions civilians and service members perform every day.

"There is no doubt that Balad will remain robust until the last moments of the drawdown," Hill said. "Balad represents the civilian military operation we have going on in Iraq. If we succeed in Iraq, and I do believe we will, it will be because U.S. civilians and U.S. military members came together to make one team and one mission."

As one of the largest bases in Iraq, Balad and its PRT will play a key role in the country's future. During his visit, the ambassador saw the team's work firsthand as he met with Iraqi community leaders.

"The ambassador's visit was great," said Ben Fluhr, PRT team lead. "It gave him the opportunity to see firsthand what we are doing to prepare for the eventual handover of this base to the Iraqis. At the same time, it gave the Iraqi leaders, with whom he met, the chance to hear a perspective on their country from our senior diplomat."

As the drawdown is underway, the PRT works around the clock to prepare Iraq for its post-drawdown future.

"This is a country with enormous potential," Hill said. "(Through) the outreach that the base does through the provincial reconstruction team, we can see a much better future for this country."

The hope is that Iraq's future involves a long-standing relationship with the United States. "Good neighbor programs like Iraqi Kids Day, Iraqi firefighter training and offering continuing education for the Iraqi medical health professionals not only better the country today but leaves the possibility of a better tomorrow.

"We want to have a long-term relationship with Iraq," Hill said. "It's not easy. There is an economic dimension, a political dimension and also a human dimension. These kinds of outreach programs where you bring in kids on to the base – for many kids it is a very exciting moment in their lives– they will remember Americans from these engagements."

The base's engagements with local Iraqis bring to light the importance of each individual U.S. civilian and service member serving in Iraq, he said.

"It puts a lot of pressure on Americans," Hill said. "One Iraqi's experience with the entire United States of America is based on one meeting with one U.S. (civilian) or service member."

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.

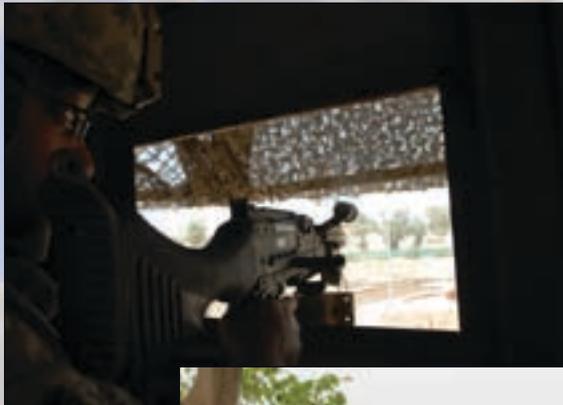
Check CHUs days
Each **TUESDAY** check the following in your **CHU**

4. Smoke detector is operational.
5. Fire extinguisher is serviceable (in the green).
6. Room is neat and orderly.

Phantom Support



U.S. Army photo by Sgt. Tresa L. Allemang



Spc. Robert L. Walker, Vidalia, La., resident, stares down the barrel of a M-240 Bravo in a tower as he scans the perimeter of the Victory Base Complex for suspicious activity around the entry control point. Walker, originally part of the 1086th Transportation Company, volunteered to deploy with the Tiger Brigade's 199th Brigade Support Battalion, 256th Infantry Brigade Combat Team, 13th Sustainment Command (Expeditionary).



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

Everything Skit, the H-6 praise dance team, perform an interpretive dance wherein a woman finds her way back to Jesus, during the Men's Conference April 29 at Provider Chapel at Joint Base Balad, Iraq.



U.S. Army photo by U.S. Photo by Spc. Amy L. Barber

(Above) Louisiana National Guard Soldiers with the 256th Infantry Brigade Combat Team, 13th Sustainment Command (Expeditionary) enjoy a day of fishing with Operation Catch Fish, III, hosted by Joe Mercurio, Sheli Sanders, Mary Delgado and Gary Hain with special guests New Orleans Saints cheerleaders, the Saintsations. OCF came to Victory Base Complex in Baghdad, Iraq on April 28th, to entertain and boost the morale of Troops in theatre in support of Operation Iraqi Freedom. Tiger Brigade Soldier Sgt. 1st Class Jason M. Mendel, noncommissioned officer in charge of an entry control point, from Abbeville, La., tries to relax with his cigar while reeling in his catch of lake debris.



U.S. Army photo by Sgt. Tresa L. Allemang

New Orleans Saints cheerleaders and dancers, Jennifer Thomas and Erin Buxton, join Soldiers with Louisiana's 256th Infantry Brigade Combat Team, 13th Sustainment Command (Expeditionary) April 27 for physical training at Camp Victory, Iraq.



U.S. Army photo by Sgt. Kimberly Johnson

Spc. Chad Watson, Headquarters Headquarters Detachment, 14th Transportation Battalion (Movement Control) out of Vicenza, Italy, and a Lenoir, N.C., native, gives a speech after receiving his promotion before the combat patch ceremony for the unit May 3 at the unit headquarters building.