

The Expeditionary Times

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Fresh



Performers exhale, rock JBB

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Honoring the fallen

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Cavalry Soldier earns award for valor

STORY AND PHOTO BY
1ST LT. ANGELA K. FRY
256TH IBCT

CAMP LIBERTY, Iraq— A scout platoon squad leader with 256th Infantry Brigade Combat Team engaged in a firefight in Iraq and fought with valor to ensure safety of his fellow Soldiers March 10, 2005.

Five years later, that Soldier, Sgt. 1st Class Timothy Champagne, the electronic warfare officer with Headquarters and Headquarters Company, 2nd Battalion, 156th Infantry Regiment, 256th IBCT, 13th Sustainment Command (Expeditionary) and a Branch, La., native, received the Army Commendation Medal with “V” device April 30 for his actions that night.

Champagne recalled the events earning him the award.

“We were sitting at an observation point,” he said. “We had four guys sleeping down at the bottom of a building that we were on top of. We were attacked in force by about 15 or 20 guys, pinning my guys down at the bottom.”

He and two of his other Soldiers provided fire support to assist his buddies at the bottom of the building, Champagne said.

“We laid down suppressive fire for about 30 or 40 minutes until we got the enemy to bound back and break contact with us,” he said. “We received wheel support probably about three hours afterwards and were able to break contact ourselves at that point and leave.”

He would have expected all Soldiers to react the same way, based on the seven Army values, and put little thought into receiving an award for that night’s events, Champagne said.

“Two years after the deployment, at a wedding, my platoon sergeant asked where my award was because he didn’t see a ‘V’ on my chest,” Champagne said. “I said ... I never got any kind of award. Two years after we redeployed from Iraq, he began the process of finding out what happened to it ... five years later I received it.”

The military has specific regulations with regard to awarding Army service medals and ribbons, said Lt. Col. Eric Rivers, commander of 2nd Bn., 156th Inf. Regt., 256th, IBCT and a Broussard, La., native.

“Once you leave theater, you have two years by the regulation to get an award corrected or an award submitted, or mainly one that was never submitted,” Rivers said. “So the process,



Sgt. 1st Class Timothy Champagne of Branch, La., receives congratulations from Command Sgt. Maj. Sud Robertson of Abbeville, La., as Lt. Col. Eric “Clay” Rivers from Broussard, La., looks on. Champagne received an Army Commendation Medal with V device five years after the fact for his actions on March 10, 2005, in support of Operation Iraqi Freedom III. The Soldiers, all with Headquarters and Headquarters Company, 2nd Battalion, 156th Infantry Regiment are currently deployed with the 256th Infantry Brigade Combat Team, or Louisiana’s Tiger Brigade, to set the conditions for the responsible drawdown of U.S. Armed Forces and equipment in Iraq.

we initially thought since we were back in Louisiana, was that we should push it forward the same way.”

“It’s an ARCOM...but it’s an ARCOM with a ‘V’ device for valor,” he said. “The approval authority for an ARCOM is the brigade commander. However, once we got it up to the brigade commander they started digging into the regulations and not only did we have to go back through the brigade commander, but it had to go to state, then up to the National Guard Bureau and ultimately to the Department of Defense to get submitted.”

Despite the years of time the unit spent to correct a simple oversight, Soldier and Family recognition take priority in his command, Rivers said.

“This is something that should’ve been awarded the first time,” Rivers said. “It’s a long time coming and I think the biggest key is if you identify the problem, with persistence, you can get it fixed. It means a lot to the Soldier and to his Family down the line.”

While Champagne and Rivers deployed with the same unit this time, they both acknowledged the role of the 256th IBCT is much

different, as Iraq gains stability and is better prepared to handle its own security.

“It is completely night and day,” Champagne said. “Last time we were running full-spectrum operations; kicking in doors (and) looking for terrorists. Things have stabilized in this country completely. I’ve only been outside the wire once since I’ve been back here.”

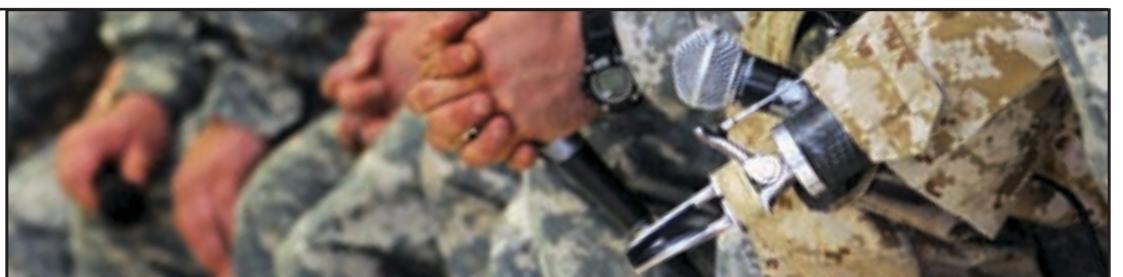
With the current role of the 256th being base defense and convoy escort in support of the upcoming responsible drawdown of U.S. troops and equipment in Iraq, there is still no better Soldier to have on his team than Champagne, Rivers said.

“Sgt. 1st Class Champagne is an outstanding noncommissioned officer,” he said. “They don’t come any better than him. He is one of those guys I can go to and say we need to get this done; and hey, it’s done. I could not ask for a better NCO. I love working with him.”

“For whatever reason, this award slipped through the cracks,” Rivers said. “Then you wind up back here in Iraq; actually in the exact same place, Camp Liberty, almost in the same battalion headquarters. It’s kind of eerie in a certain way.”

“Just to be back has made all the difference.”

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Selfless service

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



One of the core values of the Army is selfless service.

Mahatma Gandhi said, "The best way to find yourself is to lose yourself in the service of others."

Serving others; is it hard to do? Putting yourself second to the needs of others can be very difficult, especially if you have a lot of needs yourself.

For the past few months we have put the needs of our nation before our personal needs whether by choice, or request of the Army. We are all here to serve the country that has blessed us with freedoms — freedoms that far exceed those of other nations.

This selfless service does not end with just serving our country. We cannot pick and chose with whom we serve. We are to serve and serve with all those around us.

The Bible says, "The one who wants to be a leader must first be a servant."

Let's serve those around us with pride and enthusiasm and see what we can accomplish together!

An unknown author wrote the following tribute to those who serve their country,

"Some Veterans bear visible signs of their service: a missing limb, a jagged scar, a certain look in the eye. Others may carry the evidence inside them: a pin holding a bone together, a piece of shrapnel in the leg, or perhaps another sort of inner steel — the soul's ally forged in the refinery of adversity. Except in parades, however, the men and women who have kept America safe wear no badge or emblem. You can't tell a Veteran just by looking.

What is a Veteran?

He is the cop on the beat who spent six-months in Saudi Arabia sweating two-gallons a day making sure the armored personnel carriers didn't run out of fuel.

She, or he, is the nurse who fought against futility and went to sleep sobbing every night for two solid years in Da Nang.

He is the POW who went away one person and came back another — or didn't come back at all.

He is the parade-riding Legionnaire who pins on his ribbons and medals with a prosthetic hand.

He is the career quartermaster who watches the ribbons and medals pass him by.

He is the three anonymous heroes in the Tomb of the Unknowns, whose presence at Arlington National Cemetery must forever preserve the memory of all the anonymous heroes whose valor die unrecognized with them on the battlefield or in the ocean's sunless deep.

He is the old guy bagging groceries at the supermarket, palsied now and aggravatingly slow, who helped liberate a Nazi death camp and who wishes all day long that his wife were still alive to hold him when the nightmares come.

He is an ordinary and yet an extraordinary human being, a person who offered some of his life's most vital years in the service of his country, and who sacrificed his ambitions so others would not have to sacrifice theirs.

He is a Soldier and a sword against the darkness, and he is nothing more than the finest, greatest testimony on behalf of the finest, greatest nation ever known.

So remember, each time you see someone who has served our country, just lean over and say, "Thank you." That's all most people need, and in most cases, it will mean more than any medals they could have been awarded or were awarded."

Two little words that mean a lot — "THANK YOU."



EXPEDITIONARY TIMES

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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: medical profiles

MAJ. CHRISTOPHER MINOR
DEPUTY INSPECTOR GENERAL



To ensure military members are medically qualified to perform their duties, the military has developed a medical profile indicator, known as the physical profile serial system.

The physical profile serial system is based upon the function of body systems and their relation to military duties. The functions of

organs, systems, and integral parts of the body are considered. Since the analysis of medical, physical and mental status plays an important role in assignment and welfare, the military takes great care in executing the functional grading.

The functions have been considered under six factors designated "P-U-L-H-E-S." Each letter represents a medical area:

The P stands for physical stamina. This factor, physical stamina, includes conditions of the heart, or respiratory system.

The U area is used for upper extremities.

This factor concerns the hands, arms and upper spine in regard to strength, and range of motion.

The L represents lower extremities. This factor concerns the feet, legs, pelvis, and lower back regarding strength, range of motion, and efficiency.

The H relates to hearing and ears. This factor concerns auditory acuity and defects of the ear.

The E represents eyes. This factor concerns visual awareness and defects of the eye.

The S stands for psychiatric. This factor

concerns personality, emotional stability and psychiatric diseases.

Four numerical designations are used to reflect levels of functional capacity. The no. 1, under all factors, indicates a high level of medical fitness. The no. 2, under all factors, indicates some medical condition that may require some activity limitations. A 3 signifies one or more medical conditions or physical defects that may require significant limitations. Finally, a 4 indicates medical conditions or physical defects of such severity that performance of military duty must be drastically limited.

<p><u>Joint Base Balad (13th ESC):</u> DSN 433-2125 Lt. Col. Reginald Howard (Command Inspector General) Maj. Christopher Minor (Deputy) Master Sgt. Roy Thacker (NCOIC)</p>	<p><u>Taji (278th ACR):</u> DSN 834-3079 Master Sgt. Richard Faust</p> <p><u>Q-West (15th Sust. Bde.):</u> DSN 827-6115 Lt. Col. Gary Davis</p>	<p><u>Adder/Tallil (36th Sust. Bde./256th IBCT):</u> Maj. Andrea Shealy - DSN 833-1710 Master Sgt. Marta Cruz - DSN 883-1710 Maj. Jamar Gailes - DSN 485-7246 Sgt. 1st Class Christian Lee</p>
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13th ESC hosts commander's conference at JBB

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

JOINT BASE BALAD, Iraq—Fort Hood's 13th Sustainment Command (Expeditionary) conducted a commander's conference May 7 at Joint Base Balad, Iraq.

The intent of the conference was to allow all brigade-level and higher command teams a chance to interface and coordinate preparations for the upcoming strategic reposturing of equipment and personnel in Iraq.

The 13th ESC commanding general, Brig. Gen. Paul

L. Wentz, said the meeting was an opportunity for senior leaders to gain a better understanding of the broad scope of sustainment operations in Iraq.

"We're all here to get an update on the situation and to set the standard for the footprint we're going to leave behind after the drawdown," said Wentz, a Mansfield, Ohio, native.

As the 13th prepares for its redeployment, the unit is changing its focus from sustainment and drawdown operations to creating an environment for a smooth transition for the 103rd Sustainment Command (Expeditionary), due to arrive in theater in mid-summer.

"I'm focused on (the brigade command teams') concerns. We need to get a plan in place for our replacements so we can identify and affect any shortfalls before we leave," said Wentz.

Col. Larry Phelps, the commander of Fort Hood's 15th Sustainment Brigade, said the conference was an opportunity for him to meet with his peers and see the 13th ESC's operations in a broader scope.

"It's a chance for us to be in the same place and talk face to face with the people we deal with everyday over the phone or (video conference call)," said Phelps, a Greenville, Ala., native. "We get to sit together with the (commanding general) and take advantage of his guidance."

With the commanders of all the sustainment and force protection brigades in the same room, Phelps said he was able to learn from his peers.

"We get to take a step back from our day-to-day and see what the other units are doing and we can use this knowledge to set benchmarks for the drawdown," Phelps said.



No One Shoots Alone

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

Have fun and look out for each other this summer. Do your part to protect our Band of Brothers and Sisters.

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3rd Sustainment Brigade arrives in Iraq



STORY AND PHOTO BY
SGT. GAELN LOWERS
3RD SUS. BDE. PUBLIC AFFAIRS

JOINT BASE BALAD, Iraq— The 3rd Sustainment Brigade, 13th Sustainment Command (Expeditionary) completed its arrival at Joint Base Balad, Iraq with the last contingent of troops touching down May 9.

Getting the 3rd Sust. Bde. to JBB was a long and complicated process. Flights could not travel through European airspace due to recent natural disasters. However, once the Soldiers finally hit the ground, they got to work, said 1st Sgt. Paul Robinson, a Victorville, Calif., native, with Headquarters and Headquarters Company, 3rd Special Troops Battalion, 3rd Sust. Bde.

Prior to arriving at JBB, the brigade stopped in Kuwait for mandatory training required of every Soldier before departing for Iraq.

The main purpose of the training in Kuwait is safety. Analysis shows that with the training, there are fewer accidents, Robinson said.

Soldiers with the 3rd Sustainment Brigade, 13th Sustainment Command (Expeditionary) train on combat lifesaving tasks in Kuwait April 27 before moving to Joint Base Balad, Iraq for their mission in support of United States Forces-Iraq, and the upcoming responsible drawdown.



“If you’re better trained, then you know how to better react,” he said.

Once in Iraq, the Soldiers of the 3rd Sust. Bde. went about getting settled into their rooms and taking care of personal issues.

“We wanted to make sure that everyone knew what they were doing, where they were working, that all their finances were squared away, making sure everyone is healthy and generally making sure that everyone is taken care of,” Robinson said.

Living conditions were the main concern of the advance party sent to Iraq earlier than the rest of the unit. If a Soldier is not settled in properly, his mind will not be on the mission. He won’t be able to concentrate, Robinson said.

“I know I wouldn’t be able to keep my mind on task,” said Spc. Matthew Smith, a medical logistics supply specialist with HHC, 3rd STB, 3rd Sust. Bde. and a Chesapeake, Va., native. “If you don’t get those things done beforehand, then it’s just added stressors. If you jump head first into the mission and you don’t have all of your personal (affairs) taken care of, then you may miss something critical that might be hazardous to the mission or lives.”

The 3rd Sust. Bde. is here and ready for the challenge. The unit is settled in and ready to take over the mission, said Maj. Charlie Ward, the operations officer with 3rd Sust. Bde.

“We have been preparing for this for months,” said Smith. “We are trained, prepared and ready to take on the mission that has been tasked to us. We’re definitely ready.”

Crash fire rescue team hones skills

STORY BY
1ST LT CHRISTOPHER M. WEYANT
60TH ORDNANCE COMPANY

CONTINGENCY OPERATING STATION GARRY OWEN, Iraq—

Firefighters with 60th Ordnance Company took the opportunity to highlight their firefighting and lifesaving skills for their commander April 13, during a training exercise at Contingency Operating Station Garry Owen, Iraq

“Firefighters — military occupational specialty of 21M — are among (some of the most specialized Soldiers) in the Army and require intensive training, certification and hands-on practice to maintain their skills. These Soldiers also provide training for medics and other first responders on (COS) Garry Owen,” said Staff Sgt. Brandon H. Harris, fire chief with 60th Ord. Co., 110th Combat Sustainment Support Battalion, 36th Sustainment Brigade, 13th Sustainment Command (Expeditionary) and a Memphis, Tenn., native.

Capt. David Hankins, commander of 60th Ord. Co. and a Bozeman, Mt., native, was a central participant in the training, something his Soldiers insisted upon.

“It really made me appreciate what an Army firefighter has to do to stay proficient,” Hankins said.

Spc. Chase Snodgrass, a firefighter with the 60th Ord. Co. and a Spencer, Ind., native, practiced giving Hankins an intravenous injection and then assisted Spc. Edgar Acena, also a firefighter with the 60th Ord. Co. and a Los Angeles, native, in extricating him from a chair.

“It was a great training day at the (COS) Garry Owen fire station,” said Snodgrass. “I learned how to use a new piece of equipment today, the Kendrick Extrication Device. It was fun.”

“These Soldiers really do know what they’re doing,” said Hankins. “I saw a small piece of what it takes to provide responsive care at a crash scene and the constant practice and training makes the team a true combat multiplier.”



102nd QM keeps JBB hydrated

STORY AND PHOTO BY
1ST LT. LANE SUDWEEKS
102ND QM COMPANY

Joint Base Balad, Iraq— Military and civilian personnel alike may be surprised to learn where much of their bottled drinking water actually comes from. If you are stationed at Joint Base Balad, Iraq, or are supplied with its bottled water, you may not know that the water in the large clear bottles you sip from all day comes from a canal fed by the Tigris River.

If you have seen the river, you may be reluctant to believe it could be safe enough to drink. However, state-of-the-art facilities located at JBB and around Iraq provide personnel working and living here with some of the purest and safest water in the entire region.

Soldiers with the 102nd Quartermaster Company, 13th Combat Sustainment Support Battalion, 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary) out of Fort Campbell, Ky., are working with Department of Defense contractors to assist in the process.

The Oasis water bottling plant at Joint Base Balad has been in service since November 2005 and supplies U.S. forces with purified bottled water, said Keith Brown, the site general manager contracted by the DoD and a Brisbane, Australia, native.

At its maximum capability, the plant can produce 24,300 cases of bottled water per day, he said.

It employs a variety of different water purification techniques to take canal water and turn it into pure drinking water. Some of these techniques, such as reverse osmosis, are common methods used with military water purification equipment and sometimes at home, said Staff Sgt. Gene Taylor, water operations noncommissioned officer-in-charge with the 102nd Quartermaster Co. and a Clarksville, Tenn., native.

“Policies and procedures of the company ensure that the best quality water is bottled for consumption. The company complies with the code of federal regulations ... for bottled water by the United States Food and Drug Administration,” Brown said.

Brown’s other responsibilities include acting as a liaison between Oasis and the military, to include working with the 102nd Quartermaster Co., which is responsible for maintain-



Spc. Samuel Carney, a water purification specialist with the 102nd Quartermaster Company, 13th Combat Sustainment Support Battalion, 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary), looks over the canal while a water hose is adjusted.

ing the equipment that keeps Oasis supplied with raw water.

Generally, Soldiers with the 102nd Quartermaster Co. perform routine work on the equipment, such as switching out the water pumps if they break down, and performing the weekly preventive maintenance checks and services on equipment. These two functions can have a significant impact on the production of water at the bottling plant. Occasionally, however, situations come up that require a different course of action, Taylor said.

Earlier this year, the water level was extremely low due to canal maintenance being performed farther up the canal. Sgt. Dustin Maxfield, a squad leader with the 102nd Quartermaster Co. and a Covington, Ind., native donned rubber coveralls and entered the canal to clean and readjust the strainer.

He and many other Soldiers of the 102nd Quartermaster Co. have been heavily involved in maintaining the equipment.

While Brown and others are Department of Defense contractors, most of the employees of Oasis come from a variety of countries, creating a diverse working environment.

“Training various nationalities gives a great deal of personal satisfaction,” he said. “Once you have earned the staff’s respect, they will go out of their way to please you.”

'Wagonmasters' prepare to go home

STORY AND PHOTO BY
STAFF SGT. MATHEW C. COOLEY
15TH SUST. BDE. PUBLIC AFFAIRS

CONTINGENCY OPERATING BASE Q-WEST, Iraq—

Capt. Brent Crosswhite, chaplain with 15th Special Troops Battalion, 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary), briefed Soldiers May 7 at Contingency Operating Base Q-West, Iraq to inform them of the challenges they may face when they reunite with their Families.

The briefing is one of several the Soldiers receive to prepare them for a safe and successful redeployment.

Crosswhite said it is normal for Soldiers and Family members to have questions, concerns and fears about redeployment. The Soldiers may wonder if their Family still needs them, if anything has changed or if their children will recognize them. Spouses may wonder how their Soldiers have changed and what will be different when they get home. Children may wonder if rules will change and how long the parent will stay home.

Things will likely be different than what the Soldier remembers, he said.

"A year has done some things to you. A year has probably done some things to your spouse too," Crosswhite said.

A spouse may be angry about things they could not do while the Soldier was deployed. Children have changed too. They have grown older. They may have had different rules and they may be more independent now, he said.

Crosswhite said the physical environment may also be different than what Soldiers remember. For example, a spouse may have sold the Soldier's favorite chair. Soldiers need to prepare for such changes.

Deployments do not create problems — people do. A healthy Family will not be hurt by a deployment, but a deployment will not help a troubled one, he said.

"If you had issues when you left, they're probably still there," Crosswhite said. "Successful reintegration and reunion means negotiating these changes."

The Soldier should not, and likely cannot, make things as they were before the deployment. Talking and negotiating, without criticizing, is the best way to reintegrate. Soldiers should start talking to their loved ones before redeploying to work through issues and come up with a reunion plan, he said.

"We need to have realistic expectations," Crosswhite said. "Have a plan for coming home but realize that the plan might change."



Capt. Brent Crosswhite, chaplain with 15th Special Troops Battalion, 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary), briefed Soldiers May 7 at Contingency Operating Base Q-West, Iraq to inform them of the challenges they may face when they reunite with their Families.

Soldiers should make the first days upon redeployment special for themselves and their Families by spending time with their spouse, kids and relatives, he said.

Soldiers should be cautioned against drinking alcohol irresponsibly upon redeployment, Crosswhite said.

"You're not going to out-drink the people who are selling it and making it," he said. "They're not going to run out."

It is also unwise for Soldiers to go on a spending binge when they return. They will no longer receive the extra pay associated with being deployed and need to budget accordingly, he said.

Crosswhite said those with problems should seek help and stay connected with each other.

"If you have an upcoming divorce, come talk to somebody," he said. "If you're going home to a rough situation, take time to talk about it now."

Tiger Brigade observes National Day of Prayer

STORY AND PHOTO BY
SPC. AMY L. BARBER
13TH ESC PUBLIC AFFAIRS

CAMP LIBERTY, Iraq—

Louisiana National Guard Soldiers with the 256th Infantry Brigade Combat Team, 13th Sustainment Command (Expeditionary), came together in observance of the National Day of Prayer May 6 at the Iron Oasis dining facility here.

Lt. Col. Keith N. Goode, deputy chaplain with U.S. Forces-Iraq and a Houston native, delivered a message to Soldiers regarding their struggles in theater.

"Today is a time for prayer here; for ourselves, our Families, our communities and those with whom we work," he said.

Goode delivered his sermon in a colorful manner with the use of a rock and a balloon for symbolism.

"When we compare ourselves to others, it's about who is a rock and who is a balloon. If they both fall together, which one hits the ground the hardest," he said, as both objects fell to the ground.

"I was very blessed by the message," said Staff Sgt. Martinique M. Swift, the noncommissioned officer-in-charge of automation with the 256TH IBCT and a Pineville, La., native. "The sermon was very enlightening and gave me the peace of mind necessary to help me deal with my daily duties."

"The point was to bring renewed hope and faith," said Sgt. 1st Class Cedric S. High, the noncommissioned officer-in-charge of paralegal services with the 256th IBCT and a Leesville, La., native. "Chaplain Goode's message has strengthened my hope while in theater."



Master Sgt. Damon P. Hebert, the noncommissioned officer-in-charge of plans with the 256th IBCT and an Erath, La., native, gives his respect at the end of a prayer service in observance of the National Day of Prayer May 6 at the Iron Oasis dining facility at Camp Liberty, Iraq.

ECCP yard mission, safety go hand-in-hand

STORY AND PHOTO BY
SGT. JORGE ANAYA
40TH QM CO. PUBLIC AFFAIRS

CONTINGENCY OPERATING BASE

ADDER, Iraq— The focus of the 159th Seaport Operations Company, 13th Combat Sustainment Support Battalion, 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary) at Contingency Operating Base Adder, Iraq is on mission and safety operations at the empty container collection point.

The ECCP's mission is a fast-paced operation, said Staff Sgt. James Wilson, noncommissioned officer-in-charge of the ECCP with the 159th SOC and a St. Paul, Minn., native.

The main concern is the movement and rearrangement of containers from outside of

the yard to the back area of the ECCP. If not handled carefully, actions may result in the failure of other missions, he said.

"With construction ... on the south side, we needed to move containers to place all of them in our yard," Wilson said. "So far, we have moved over 200 ... containers and I'm also vigilant to ensure that safety is also followed. We separate all serviceable containers from those that require repairs. Most of these containers will be returned to their respective owners if they are leased and others will probably stay here to be given to our Iraqi counterparts."

Outside the borders of the yard, the forklifts move the 2 1/2-ton containers; they are lifted from the ground and placed on flatbed trucks.

Pfc. Richard Wilson, a forklift operator with the 159th SOC and an Austin, Texas, native, uses four types of forklifts to move items as part of his job.

"I've been using forklifts for a while

now," he said. "I recognize their potential and their limitations. The best way to operate your equipment is to know what it can do and that it is used properly."

Being comfortable with the operation of the equipment helps accomplish the ECCP mission, Wilson said.

"I am usually alert and cautious," he said "It helps me apply safety whenever I'm on the move."

Sgt. Matthew Craven, an ECCP day shift NCO with the 159th SOC ECCP and a Sanford, N.C., native, observes and inspects containers once they're stacked.

"I ensure that containers are safely placed when stacked" he said "We do not want to see a container roll off and cause accidents or injuries, which is why we check and check again. This way we have two to three Soldiers check and obtain any concerns from each, just in case one catches something that the other did not."

"(The) 159th SOC not only places the

mission first, but safety checks are also first and never a close second," Craven said.



Pfc. Richard Wilson, a forklift operator with the 159th Seaport Operations Company, 13th Combat Sustainment Support Battalion, 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary) and a native of Austin, Texas, uses a forklift to place a container on a flatbed truck scheduled to go to the empty container collection point, May 1 at Contingency Operating Base Adder, Iraq.

US medical team, Iraqi physician perform joint surgical procedures

STORY AND PHOTO BY
SGT. 1ST CLASS ADDIE CICCARELLI
3RD SUS. BDE. PUBLIC AFFAIRS

JOINT BASE BALAD, Iraq— Medical professionals at the Air Force Theater Hospital joined with a local Iraqi surgeon April 24 to perform procedures on two Iraqi patients here.

The partnership, the first of its kind according to the medical team, allowed U.S. and Iraqi surgeons to work side by side and learn from each other.

“This was a partnership where he would be performing surgery right with our surgeons,” said Col. James Freese, chief of medicine with the 332nd Expeditionary Medical Squadron. “We were able to extend our knowledge and show different techniques he may not have been aware of, as well as having him show us some things that he has learned over his years of practice.”

The partnership arose after Freese contacted Balad General Hospital to invite a team of local medical professionals to a partnership opportunity.

“The Iraqi surgeon was very willing to come and get involved from the get-go,” Freese said. “He was involved every step of the way with both patients, and although his team was unable to come, my hope is that he will be able to take what we have shown him today back to his practice.”

What the Iraqi surgeon saw was new techniques, preventative measures and a team concept. The two surgeons worked together on two former gunshot victims in what is called a washout. The surgeons reopen the wound and wash it out with copious amounts of saline.

According to the team of surgeons the Iraqi doctor worked with, this partnership was very beneficial for him. During both washouts, he asked many questions and was very much involved in the procedures with the AFTH surgeons.

“The procedures went very well, very routine,” said Col. Eric Ifune, general surgeon with the 332nd EMS who partnered with the Iraqi surgeon. “He was very receptive and very interested in the way we do things, especially the newer things. I think he would like to apply those techniques to his practice.”

The medical professionals agreed this was a great experience and hope to continue the partnership throughout the drawdown.

“Since I have been here we have been working very hard to partner with the Iraqis in the medical system, hoping to bring them in and show them that we have a different approach to medicine than they do,” Freese said.

“We look at using a team approach using all medical technicians, nurses, administrative folks,” he said. “It’s not just a doctor coming in and deciding what to do, and we hope we can instill that in them.”



An Iraqi surgeon holds the leg of an Iraqi patient as Col. Eric Ifune, a general surgeon with the 332nd Expeditionary Medical Operations Squadron prepares to cover the wound with plastic during an irrigation and drainage debridement procedure at Joint Base Balad, Iraq, April 24, 2010. The procedure lasted approximately 30 minutes and is the first time, to the hospital staff’s knowledge, that this partnership between Iraqi and American military surgeons has taken place.

Iraqi Kids Day strengthens bond

STORY AND PHOTO BY
AIRMAN 1ST CLASS ALLISON M.
BOEHM
332 AIR EXPEDITIONARY WING

JOINT BASE BALAD, Iraq— Service members at JBB heard an unfamiliar noise on base April 24, 2010 -- the sound of children’s laughter.

The first Iraqi Kids Day of the year served as part of the ongoing base effort to positively engage the local populace.

Although past events of this kind had an underlying theme to teach the kids about health and safety, this event was held for only one purpose - to just have fun. Thirty-four children from a local orphanage were bussed on base to play games, share culture and enjoy friendships.

“These kids are so animated it’s funny,”



Capt. Erin Lai, a judge advocate with the 332nd Air Expeditionary Wing Staff, colors a picture with an Iraqi girl during Iraqi Kids Day at Joint Base Balad, Iraq, April 24, 2010. This was the first Iraqi Kids Day of 2010 and it serves as part of the ongoing base effort to positively engage the local populace. Thirty-four children from a local orphanage were bussed onto base to play games, share culture and to have a day of fun.

said Tech. Sgt. Amy Shanty, a volunteer at the event from the 332nd Expeditionary Logistic Readiness Squadron. “They don’t seem to have a care in the world, they just want to have fun, and that’s the best part of being here.”

After a distinctly American lunch of hamburgers, potato chips and ice cream, the mentors and kids spent hours playing games together. Inside, there were darts, billiards,

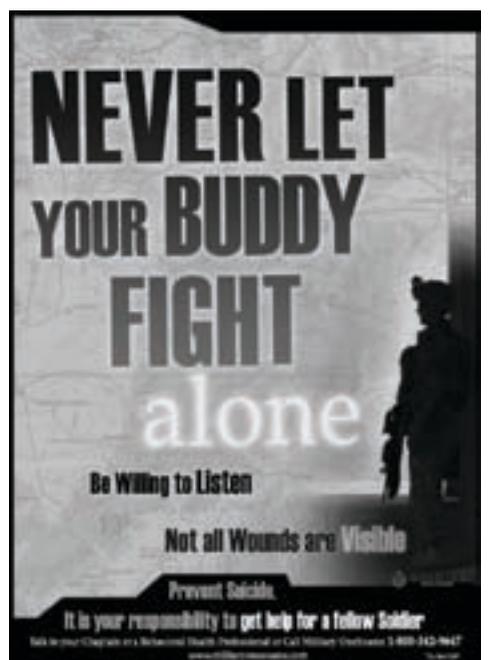
board games, ping pong, and foosball. Outside, the groups also found fun on the volleyball and basketball courts.

“This event is proving to be extremely successful,” said Capt. Alisha Thompson, 332nd Air Expeditionary Wing sexual assault response coordinator and kid’s day volunteer. “Sitting back and watching, I can tell everyone is having a great time together. The kids are loving this and having a blast.”

Sexual Assault Response:

Do you know your reporting options?

An unrestricted report is made when a victim wants to participate in the military justice process or when the chain of command or law enforcement becomes involved. A victim advocate is assigned, command and law enforcement are notified, and medical care is provided. Active duty victims have the option of making a restricted report. Restricted reports are kept confidential and command and law enforcement are not notified. The victim can access care and services without participating in the military justice system. Call the Joint Base Balad sexual assault response coordinator at 443-7272 or contact via pager 443-9001, 159 for help. Army members should seek assistance with their unit victim advocate or deployed SARC; Soldiers may also call 433-7272 or 443-9001, pager 122/135 for assistance.



The service members and the Iraqi children overcame the language barrier during their day together and managed to fulfill the event’s broader purpose--strengthening bonds and learning from each other.

Event organizers with the wing hope this “good neighbor” program will serve as a building block to show the uniformed service members in a different light.

“We want them to see us as people,” said Capt. Michael Stone, the Iraqi Kids Day project officer and 332nd EFSS member.

At the end of the day, the local children boarded their bus after experiencing first hand that the troops here care about them.

Transportation unit rolls towards finish

STORY AND PHOTO BY
SGT. DAVID A. SCOTT
EXPEDITIONARY TIMES STAFF

CONTINGENCY OPERATING BASE TAJI, Iraq—

The 1483rd Transportation Company, 541st Combat Sustainment Support Battalion, 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary) is almost done with its deployment to Contingency Operating Base Taji, Iraq and has overcome many challenges during its mission in support of Operation Iraqi Freedom.

The Soldiers with the 1483rd Trans. Co. began their deployment July 7, 2009 with a call to duty ceremony in Perrysburg, Ohio. The 1483rd arrived last August at COB Taji after mobilizing at Camp Atterbury Joint Maneuver Training Center in Edinboro, Ind.

Prior to mobilization, various transportation and maintenance personnel from four transportation companies and one maintenance company were added to the ranks of the 1483rd Trans. Co.

The diverse unit roster proved to be an asset to the unit, said Staff Sgt. Jeffery Fox, a maintenance supervisor with the 1483rd Trans Co., 541st CSSB, 15th Sust. Bde., 13th ESC and a Fremont, Ohio, native.

“Demographics is a big thing,” Fox said. “Every unit has their own demographics. The Columbus, Ohio unit is totally different from the McConnellsville, Ohio unit. It’s just a totally different ball game.”

Soldiers with the 1483rd Trans. Co. completed many specialized training cycles during the pre-mobilization period, introducing them to the Heavy Equipment Transporter system for the first time. Learning to drive and repair unfamiliar equipment like the HET was the first of many challenges for the company this deployment.

The unit’s most significant challenge involved maintenance.

When the unit first arrived at COB Taji, the equipment readiness rate was substandard, said Chief Warrant Officer 3 Joe Cocanour, a maintenance officer with the 1483rd Trans. Co. and a Newark, Ohio, native.

“When we got here, we inherited 54 HET systems, and they’re pretty maintenance-intensive anyway,” he said. “They had been here for six years, and were just ran into the ground. You could hardly keep one running ... It was difficult. We worked a lot of long hours.”

After seven months of effort, the unit is at a more than 95 percent equipment readiness rate — a result of working together and communicating, said Fox.

“Anything can be accomplished,” he said. “I believe anything can be accomplished with teamwork. Teamwork is a must, communications is a must. Without communications nothing gets accomplished.”

Job-specific training made the difference, Cocanour said.

“What we do back home is the same thing that we do here. Everything from the maintenance management to the meetings we had, it wasn’t anything that we don’t do day-to-day back at home.” Cocanour said. “I felt well-prepared. I think we fell right into the Army system with no problem at all.”

Soldiers with the unit had to learn as much about each other as they did about the HET equipment they maintained. They had to draw from their own diverse backgrounds and experiences to help each other, Fox said.

“I think they learned a lot about themselves and their own diversity,” he said. “We have country boys. We’ve got rappers. I think we’ve overcome adversity by using our diversity.”

Another source of strength for the unit came from home. The unit’s Family readiness group kept Family members in Ohio informed about deployment developments with a newsletter and a phone tree and this helped to reduce some of the stress on personnel, Fox said.

“With how diverse our unit is, the Families from all parts



Spc. Dan Witmer, a truck driver with the 1483rd Transportation Company, 541st Combat Sustainment Support Battalion, 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary) and a native of Eaton, Ohio, prepares to move a recently repaired Heavy Equipment Transporter May 8 at Contingency Operating Base Taji, Iraq.

of Ohio came together,” he said. “With the size that it is, it’s been seriously appreciated, because they need peace of mind too. If they aren’t informed — if the (Families) aren’t happy — we’re not happy.”

“I am really impressed with the overall performance of the guys in my section,” Cocanour said. “Just what we’ve accomplished with the maintenance posture of the equipment; that’s been pretty gratifying and the recognition that we’ve gotten from higher headquarters, all the way up to the 13th ESC. They have made a good name for Ohio.”

13th ESC junior NCOs and enlisted gather at JBB

STORY AND PHOTO BY
SGT. MICHAEL CARDEN
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq—

More than 50 Soldiers with the 13th Sustainment Command (Expeditionary) gathered May 12 at Morale, Welfare and Recreation-East

for a junior noncommissioned officer and enlisted get-together, designed to facilitate camaraderie and teamwork.

“Junior NCOs and Soldiers need to get together and socialize and get to know one another, to just let our hair down and have fun,” said Staff Sgt. Kimberly Robinson, medical logistics noncommissioned officer-in-charge with Headquarters and Headquarters Company, 13th ESC and an Oklahoma City native. “We work long hours here and with the stress of being deployed and away from our Families, you need some time to unwind.”

Robinson and other NCOs had been approached by Soldiers asking for a junior enlisted social. She pitched the idea to Command Sgt. Maj. Mark Joseph, command sergeant major with the 13th ESC and a Lake Charles, La., native, who approved the idea and told her to go forward with it, Robinson said.

“He was really great about being behind this and giving us support,” she said.

“The motto of the unit is ‘Service to the Soldier,’” Robinson said. “So what better way to provide a service for the Soldier than to provide a time where they can have fun and enjoy themselves?”

Amid karaoke, dancing and board games, Soldiers were given the opportunity to kick back and socialize with friends; some they hadn’t seen in months and others they had just met that evening.

“We all work in different places so we don’t all see each other every day, and we don’t all know each other,” said Staff Sgt. Ashley Hart, strength management NCO with HHC, 13th ESC and a New Haven, Mass., native. “I’ve seen people here that I haven’t seen this whole deployment. I think it’s an awesome opportunity to get to know each other and just have fun.”

While this was the first junior NCO and enlisted get-together, it is not intended to be the last. Once the 13th ESC re-deploys to the United States, Robinson plans to continue organizing quarterly social events for junior enlisted Soldiers, she said.

Events like the get-together at JBB let service members know they’re part of a unit that cares, which is important because they’re often with the unit more than their own Families, Robinson said.

“This is a part of their (service members’) morale and welfare,” she said. “Everyone in this organization is a first-class professional, and it’s a first-class organization, so they deserve first-class treatment.”



Staff Sgt. Stephen Murphy, a signal support specialist with the 13th Sustainment Command (Expeditionary) and a Chicago, Ill., native, reaches for chips during a poker game at the junior noncommissioned officer and enlisted get-together May 12 at Joint Base Balad, Iraq. More than 50 service members attended the gathering, designed to give troops the chance to relax and unwind in a casual atmosphere.

MEMORIAL DAY



2010 Joint Base Balad Memorial Day Program



**JBB Circuit Gym (East Gymnasium)
1000 hours, Monday, 31 May 2010**

All service members and civilians working at JBB are encouraged to attend as we remember and honor those military personnel who have died in service to the nation.

Multitalented musicians return to JBB



Juan Corona, bassist with The Band Fresh plays a solo May 7 at the H6 Morale, Welfare and Recreation center at Joint Base Balad, Iraq. More than 100 service members were in attendance.

STORY AND PHOTO BY
SGT. CHAD MENEGAY
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq—



The Band Fresh displayed remarkable range May 7 at the H6 Morale, Welfare and Recreation Center at Joint Base

Balad, Iraq, as their 200-pound bassist and keyboardist, Juan Corona, vocally channeled Michael Jackson and female singer Kelly Becerra mimicked Axl Rose.

A JBB crowd of more than 100 service members applauded the mix of R&B, pop, rock and salsa covers, at times, waving their hands in the air, smiling, dancing, head bobbing, foot tapping and singing along.

“I heard the music from outside, so I came in,” said Staff Sgt. Juan Fuentes, a finance specialist with the 210th Regimental Support Group, 13th Sustainment Command (Expeditionary), out of Fort Buchanan, Puerto Rico, and a Toa Alta, Puerto Rico, native.

Fuentes said he’s up for any activity that gets his mind off of the stress of being deployed.

“It helps the morale,” he said. “I’ve been here for six months, and work gets very routine. Concerts like these are pretty good,” Fuentes said.

Fuentes said he liked the Spanish set — a medley of Selena songs.

“I really love salsa,” said Air Force Tech Sgt. Tabora Temple, director of staff executive for the 332nd Air Expeditionary Wing, and a Lubbock, Texas, native. “Plus, they were a Top 40 band, so that was my main attraction,” Temple said.

Temple said she’s attended just about all of the concerts that have been offered here.

There are about five concerts per month, said Air Force Staff Sgt. Darlene Gaskill, the entertainment noncommissioned officer for the 332nd Expeditionary Force Support Squadron, and a Hammond, Ind., native.

“We may have five within a two-week time frame,” Gaskill said. “It all depends on what these artists have contracted prior to their arrival here,” Gaskill said.

“They (The Band Fresh) say they try to come out once a year,” she said. “This is not their first time at JBB. They just came here last February.”

“They’re a very diverse group of awesome people, whose personalities are amazing,” Gaskill said.

The band was given a tour of JBB.

“They’ve pretty much been awed with everything that we’ve shown them here,” Gaskill said.

Perhaps the crowd left the concert equally in awe of The Band Fresh and their versatility, but if not, at least some left grateful for their appearance.

“It lets me know that they appreciate what we’re doing,” Temple said. “They’re giving back in whatever way they can.”



Country music singer performs double duty

STORY AND PHOTO BY
SGT. DAVID A. SCOTT
EXPEDITIONARY TIMES STAFF

CONTINGENCY OPERATING BASE



TAJI, Iraq— A Soldier working as a maintenance officer in an armored cavalry regiment would normally be no exceptional matter.

But at Camp Taji, Iraq, a 278th Armored Cavalry Regiment warrant officer rocks that assumption.

Chief Warrant Officer 2 Darby Ledbetter, a maintenance officer with Headquarters and Headquarters Troop, Regimental Support Squadron, 278th ACR, 13th Sustainment Command (Expeditionary) and a Midland, Texas, native, is also an Emmy award-winning country music artist.

“To get behind that guitar is probably the best thing I can think of to do here,” Ledbetter said. “It’s my sanctuary to get away from the hustle and bustle of everyday. We’re here in Iraq. There’s a lot of stress.”

Music and singing were part of Ledbetter’s childhood.

“I grew up singing,” he said. “My Family sings. I grew up listening to country music in my room. I grew up wanting to write these songs. Then I moved to Nashville and grew up with singers and songwriters.”

The rising country music star said he has visited the Grand Ole Opry House in Nashville, Tenn., on many occasions and was inspired early on by the songs of country music star Ronnie Milsap.

“He was always on the cusp of new music,” Ledbetter said.

Ledbetter has spent 11 years in the military, with multiple deployments to Southwest Asia, and gets his inspiration from what service members and civilians do to serve their country, and how they execute their duties so selflessly, he said.

Ledbetter said the lyrics of “I Won’t Let My Guard Down” provide a realistic account of what it means to serve in the National Guard and overseas with the 278th ACR.

“I think it has a dual meaning for all of us,” he said. “You know the time that we are in and we’re over here not letting our guard down. I know that we also have civilians here who are working hard alongside of the military for our nation. I just want to bring a face and a name to the Soldiers who do all of this.”

Ledbetter’s video for “I Won’t Let My Guard Down,” which is promoted on the National Guard recruiting Web site, won an Emmy award in January from the Nashville/Midsouth Chapter of the National Academy of Television Arts and Sciences, in the entertainment category. Four months later, a smiling Ledbetter said he is still somewhat in awe over the award.

“It feels surreal, really,” Ledbetter said. To have an impact like that video had is just incredible.”

Ledbetter said he already had some accompanying musical talent from his fellow unit members when he arrived in theater. However, he made a casting call for additional talent and brought in three additional musicians and one additional vocalist for



Emmy award-winning country music artist and Chief Warrant Officer 2 Darby Ledbetter, a maintenance officer with Headquarters and Headquarters Troop, Regimental Support Squadron, 278th Armored Cavalry Regiment, 13th Sustainment Command (Expeditionary) and a Midland, Texas, native performed live music along with his band “Indirect Fire” May 5 at Contingency Operating Base Taji, Iraq.

his band, “Indirect Fire.”

The band was assembled only a few weeks ago, said bass guitarist and backup vocalist Darryl Robinson, a contractor with KBR, Inc. and an East Orange, N.J., native.

“I have been performing in front of troops since 2003,” Robinson said. “This time, Morale, Welfare and Recreation personnel contacted me and asked if I would be interested in playing with Darby. It is a blessing to be able to perform”.

Ledbetter, accompanied by “Indirect Fire,” performed his self-described mix of country, rock and pop music for about two hours May 5 as part of an evening event celebrating the relocation and reopening of a rest and relaxation area behind the chapel

at COB Taji. The facility, known as “The Mud House,” hosted about 80 people and included food, games and outdoor sports.

As part of a local talent show, Ledbetter and “Indirect Fire” played three days later in front of a live audience of about 300 people at the Sgt. Jon M. Schoolcraft III Stage and Memorial Pavilion at COB Taji.

Ledbetter’s first album, “Soldier Up,” was produced in 2009. Ledbetter said he plans to promote this work when he returns from deployment.

In the interim, Ledbetter continues to support the upcoming responsible draw-down of troops and equipment from Iraq, as well as the music libraries of the Soldiers deployed with him.

Asian Pacific American Luau part of monthlong celebration



Service members at Joint Base Balad, Iraq unveil a roasted pig May 8 during a Polynesian luau as part of a month-long celebration of Asian Pacific American Heritage Month.

STORY AND PHOTO BY
SGT. KIMBERLY JOHNSON
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq— Service members at Joint Base Balad, Iraq gathered at the outdoor pool May 8 to celebrate Asian Pacific American Heritage Month.

Members of an informal Asian Pacific American Heritage committee had been planning the event — with activities such as traditional Hawaiian and Filipino food,

an Asian Pacific Islander fashion show and a hula dance — since January.

“We have ethnic observances to raise the consciousness of the importance of cultural awareness,” said Sgt. 1st Class Johnnie Mitchell, the equal opportunity advisor with the 13th Sustainment Command (Expeditionary) and a Sylvania, Ga., native. “Ethnic groups have a lot in common and if we educate people about the different groups, they start to realize there are some underlying similarities.”

The Polynesian Luau is a traditional party in the Pacific Islands, said committee member and Air Force Tech. Sgt.

Ray Ferrer, a construction inspector with the 332nd Expeditionary Civil Engineer Squadron and a Manila, Philippines, native.

“We are bringing the party to Iraq,” he said.

The evening started with a Hawaiian style pig roast, served whole, accompanied with traditional Filipino side dishes.

Once service members were finished with dinner, they gathered to watch a fashion show of traditional male and female attire from some of the countries that comprise the Asian Pacific region.

The outfits included a delicately embroidered Chinese cheongsam, traditionally worn by wealthy women, a traditional male dress shirt and pants followed by colorful versions of Filipino dresses.

The models for the fashion show were of Asian Pacific Islander descent and aided in the authenticity of the event, which many service members attended.

“It is great,” said Senior Airman Andrea Duenas, a critical care technician with the 332nd Expeditionary Wing, out of Lackland Air Force Base, Texas, and a Mangilao, Guam, native. “Actually, this is the first time we’re having an Asian Pacific luau in Balad. They haven’t had one in a while and, for me, it means a lot to be a part of it.”

The dress Duenas wore was designed by Imelda Marcos, a Filipino beauty queen and widow of Filipino President Ferdinand Marcos, she said.

The organization for the luau began with a group of service members of Asian Pacific heritage, who met on Monday nights, Ferrer said.

“We started thinking of ideas how we could share our culture with JBB,” Ferrer said. “Once the activities were determined (we) requested approval from the 13th Sustainment Command (Expeditionary) and they agreed on them,” Ferrer said.

The Asian Pacific region is comprised of about 50 nations, including the Philippines, China, Korea, Pakistan, Iraq and Iran, Ferrer said.

“The bottom line is cultural awareness,” Mitchell said. “knowing who people are, where they come from and eliminating the stereotypes and perceptions people have toward their culture and cultures around the world.”



May 2010

Schedule of Events

<u>1 May, Saturday</u>		
1130-1230	Opening Ceremony	DFAC 2 DV Room
<u>8 May, Saturday</u>		
1800-2300	Polynesian Luau	Outdoor Pool
<u>14 May, Friday</u>		
1130-1300	Observance Luncheon	MWR East
<u>22 May, Saturday</u>		
0530-0730	5K Fun Run	Holt Stadium
<u>6, 13, 20, 27 May, Thursdays</u>		
1830-2130	Casino/Movie/Karaoke Night	H-6 MWR

**“Diverse Leadership for a
Diverse Workforce”**



Service members run Indy 500 mini-marathon



Soldiers, Airmen and Sailors leave from the starting line during the OneAmerica 500 Festival Mini-Marathon May 8 at Joint Base Balad, Iraq. More than 1,000 competitors participated in the 13-mile race.

STORY AND PHOTO BY
SGT. MICHAEL CARDEN
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq— The pounding of running feet greets the dawn as nearly 1,000 Soldiers, Sailors and Airmen participating in the 13-mile OneAmerica 500 Festival Mini-Marathon take off from the starting line May 8 at Joint Base Balad, Iraq.

“It’s a mini-marathon mirroring the Indy 500 ... back in the states,” said Air Force Staff Sgt. Stephanie Hartigan, the sports and fitness noncommissioned officer with the 332nd Expeditionary Force Support Squadron and a San Diego, Calif., native. “We are about eight hours ahead of them, but it is just like the big one.”

Runners competed either as individuals or as relay teams of four. Relay teams broke the course into four-mile sections, while other teams ran the entire race together, shouting encouragement to motivate the other runners.

Competitors were greeted with cheers and medals as they crossed the finished line. Every participant also received a hat and a T-shirt for participating.

“It went great,” said Lt. Col. Juan Berrios, a strategic planner with the 210th Regional Support Group, 13th Sustainment Command (Expeditionary) and a Ponce, Puerto Rico native. “We started these (races) for fun, but they have become serious business.”

Soldiers with the 210th have not missed a five-or 10-kilometer race at JBB since they arrived last December, Berrios said.

“It motivates Soldiers to run, but it is fun too,” Berrios said. “It’s a huge boost in morale. Days prior to the event, people start talking about it. It’s great teambuilding. When you are away from home, these people are your Family so you need to keep everybody together.”

Chief Warrant Officer 4 John Yerby, a Stockton, Calif. native, was the first across the finish line with a time of 1 hour, 23 minutes.

“I’m glad to have the opportunity to run and compete,” Yerby said. “(I’m) happy to be here and part of the team.”

Chicago Bears cornerback joins Family in Balad

STORY AND PHOTOS BY
SGT. EUNICE ALICEA VALENTIN
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq— The NFL players tower over their fans even while sitting, glowing from the Iraqi sun and the receptiveness of their fellow dinner guests — particularly Chicago Bears cornerback Charles Tillman since he said he won the running tally of who has more fans, himself or New York Giants center Shaun O’Hara.

During their eight-day United Service Organizations tour in Iraq, Tillman and O’Hara flew into Joint Base Balad, Iraq for a meet-and-greet with service members, signed photos and sports memorabilia and shared dinner with troops May 9 at the Sergeant Audie Murphy Room in Dining Facility No. 1 here.

Tillman’s youth mentor, Master Sgt. Curtis Pitts, the reset noncommissioned officer-in-charge with the 13th Sustainment Command (Expeditionary) and a Copperas Cove, Texas, native; his wife, Sgt. 1st Class Tamla Pitts, the property book team noncommissioned officer-in-charge with 13th ESC, and Tillman’s uncle, Sgt. 1st Class Shaun Silas, the noncommissioned officer in charge of operations with the 249th Quartermaster Company, 2nd Battalion, 402nd Army Field Support Brigade, were in attendance.

Constant laughter spreads from one heavily populated table to another as Tillman and his Family share stories and review video footage on a mini-flip digital camcorder.

“Master Sgt. Pitts stayed three houses down and cooked for me and my teammates after football games,” Tillman said. “He made the best collard greens.”

Pitts remembers Tillman, now 6 feet 1 inch tall and nearly 200 pounds, as a young man in junior high and high school in Copperas Cove.

“We call him Peanut,” Pitts said. “His father and I are good friends and I’ve watched Charles grow through the years, playing football.”

“We were always going on deployments,” Pitts said. “Him (Tillman) being a good kid is an accomplishment due to having a military Family.”

According to Tillman, Pitts, Silas and his father, retired Sgt. 1st Class, Donald Tillman Jr., have been positive role models throughout his life.



Chicago Bears cornerback Charles Tillman (right) and his youth mentor, Master Sgt. Curtis Pitts, the reset noncommissioned officer-in-charge with the 13th Sustainment Command (Expeditionary), catch up during a dinner May 9 at the Sergeant Audie Murphy Room in Dining Facility No. 1 at Joint Base Balad, Iraq. During an eight-day United Service Organizations tour of Iraq, Tillman, and New York Giants center Shaun O’Hara toured small forward operating bases surrounding Baghdad and Balad, Iraq, visiting and interacting with troops, wounded Veterans and federal police.

Tillman’s father was a disciplined military man; he brought his lifestyle home and instilled it in his Family, he said.

“Yes sir, yes ma’am—time management ... My dad taught me all of that,” Tillman said.

Tillman’s knowledge of Army values became more apparent as he described these quintessential male characters.

“These men are Family-oriented, good Soldiers, and dedicated to their job. They have a mission to do, and they’re not going home until it’s done,” he said.

Pitts, who also sang praises to the idols, said the athletes’ presence here serves as a morale booster for his Family and troops.

Tillman and O’Hara toured forward operating bases surrounding Baghdad and Balad, Iraq, visiting and interacting with troops, wounded Veterans and federal police.

“I’ve been overwhelmed by the reception we’ve received from the Soldiers,” O’Hara said. “We’re here to thank them (the troops), and they in turn thank us.”

The pro athletes said they try to meet as many Soldiers as time allows.

“We try to leave Soldiers with a positive influence,” O’Hara said, “It has been a rewarding experience, and if my tour was extended I would stay in a heartbeat.”



New York Giants center Shaun O’Hara and Sgt. 1st Class Tamla Pitts, property book team noncommissioned officer-in-charge, with the 13th Sustainment Command (Expeditionary) review video footage stored on a digital camcorder. During an eight-day United Service Organizations tour of Iraq, O’Hara and Chicago Bears cornerback Charles Tillman, toured several forward operating bases surrounding Baghdad and Balad, Iraq, visiting and interacting with troops, wounded Veterans and federal police.

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Wounded heroes persevere

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SGT. KIMBERLY JOHNSON
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq— Seven Soldiers and three Marines, severely injured during Operation Iraqi Freedom, visited Joint Base Balad, Iraq May 11 as part of Operation Proper Exit, a program created to aid injured service members in the healing process of their wounds from battle.

Richard Kell, founder and executive director of the nonprofit organization, Troops First Foundation, created the nonprofit organization to take service members back to where their injuries happened, raising awareness of the importance of providing a better quality of life for the service members injured in combat.

The visit included a meet-and-greet with the hospital staff at JBB, a town hall meeting with service members here and the presentation of certificates of appreciation by Command Sgt. Maj. Mark D. Joseph, senior enlisted adviser with the 13th Sustainment Command (Expeditionary) and a Lake Charles, La., native and Col. Knowles Atchison, deputy commanding officer of the 13th ESC and a Fort Hood, Texas, resident.

The Soldiers and Marines took the

opportunity to thank the staff at the JBB hospital for what their comrades did to save their lives during their time here, while in transition to Walter Reed Medical Center.

“Us sitting in front of you today is actually (the result of) work that you all have done,” said retired Spc. Brent Hendrix, a Forest City, N.C., native who underwent a right above-knee amputation and 66 surgeries. “Now we get to come back and you get to see how much work you actually put into us, how strong we are and how we’re not going to give up. I’m proud of you all. I’ve gotten to do so much ever since I left the battlefield of Iraq. I got to still be a human being as I see fit, just being able to say that is amazing. I’m glad for what you all did to get me better.”

The visit proved therapeutic for the staff as well. Many staff members thanked the group of service members for their sacrifices and their courage to come back to Iraq, because hearing their stories is healing for them as well.

“For me and all the medical staff, when we hear how someone’s doing—just to get an update—it means a lot to us,” said Chief Master Sgt. John Elder, the chief superintendent

Injured warriors walk through the Hero’s Highway May 11 during a visit to Joint Base Balad, Iraq, as part of Operation Proper Exit. The Hero’s Highway, just off the helipad at JBB is where the service members were received by medical personnel as casualties. They now walk where they were once carried.



of the hospital with the 332nd Expeditionary Medical Group and an Appomattox, Va., native. “It gives us great satisfaction knowing we are helping in their recovery in some way. We just want to know they’re alright and that they’re progressing in their care.”

The medical field has improved over the years, allowing more service members to return home as wounded Veterans instead of deaths on the battlefield.

The rate of survival is much higher now than compared to the Vietnam War. Medics receive better training and get wounded Soldiers off the battlefield much faster and more efficiently, said Command Sgt. Maj. Lawrence Wilson, senior enlisted adviser with United States Forces-Iraq and an Austin, Texas, native.

“These aren’t easy wounds,” he said. “A human body, no matter how much body armor you try to put on ... It’s not made to sustain an 80-pound blast. If 200 pounds of explosive from an improvised explosive device blows off the turret of a tank (and) throws it 30 meters, what’s it going to do to a human body? We

are flesh and bone. There’s nothing we can put on us to make us ‘Robo-Cop.’ The world in which we live as combat warriors on the ground, the enemy will always have a vote. So we have to (wear) as much (armor) as we can ... but still be able to maneuver to accomplish our mission,” Wilson said.

Of the 10 participants of OPE, there were a total of 10 injuries requiring amputated limbs, including three losing more than one limb.

“Everyday it’s a challenge for us as amputees; even the guys with post-traumatic stress disorder,” Hendrix said. “Everyday, just to be able to get up and act like a normal human being and a normal guy, it’s a difficult process. I have to get up every morning and put a leg on. Then, I have to worry about putting my shorts on, then ... my shirts. I’ve got that extra step.”

PTSD is not a recently discovered condition. Fresh knowledge is continually being collected with regard to it. Three service members who didn’t

ere through hell and back



Operation Proper Exit pose for a group photo here where the service members were received by their families back to where their injuries occurred during service members injured in combat.

(while on) this trip, being able to put a uniform back on,” said retired Sgt. Noah Galloway, a Birmingham, Ala. native, who underwent a left above-elbow amputation and left above-knee amputation. “It’s an honor to put it back on, and then I also think of where I am today in the civilian world and I wouldn’t change that... That goes for my injuries as well. I wouldn’t change anything that’s happened to me.”

Whether or not to remain in the military is a personal decision, said retired Marine Capt. Chris Hadsall, a Bailey, Colo. native, who suffered loss of movement and sensation in his right foot, mild traumatic brain injuries and PTSD due to a suicide car bomb.

“No matter what your decision is, don’t

look back,” he said. “Transition forward, because whatever you decide to do, depending on the type of person you are, you’re going to make an impact wherever you are. It’s going to be a negative impact or it’s going to be a positive impact. I think you can tell by these men standing up here today, they made the decision to make a positive impact on the lives of others.”

The choice to come back to Iraq and talk to fellow service members was a positive experience for the injured Veterans.

“It’s a privilege and an honor to stand here before you and see you guys carrying the torch for us,” said retired Marine Sgt. Eddie Wright, a Willis, Texas, native who lost both his hands from a rocket-propelled grenade attack.

The trip back to Iraq was an incredible experience for the OPE participants because of the opportunity to meet so

many service members who are still fighting, Galloway said.

“Then to come here and meet some of the medical staff in areas a lot of us have come through is just outstanding and we appreciate you being here today to meet us. Thank you,” he said

Being back in theater is a great feeling, said retired Staff Sgt. Jason Kokotkiewicz, a Greenfield, Ind., native who suffered a severe traumatic brain injury when he was struck by a rocket-propelled grenade.

“When I got hurt and after I woke up, I was so sad I wasn’t there with my men,” he said. “Just to be able to come back has made all the difference.”

The men have had a long journey to healing and will continue the process with the support of their Family and groups like OPE.

“Everyone is changed by war, somehow, some more severely than others,” Hadsall said. “The biggest thing for me and the reason why I’m here is my father is alive, but he never (mentally) came home from Vietnam. I didn’t want this place to trap me for the rest of my life. I’m glad I came back.

Retired Marine Sgt. Eddie Wright, a Willis, Texas, native, who underwent the amputation of both his hands due to a rocket-propelled grenade attack, lifts his body armor May 11 before boarding his flight off Joint Base Balad, Iraq, after participating in Operation Proper Exit.



Reflexive fire



Page 14

Finance company conducts reflexive fire exercise



Spc. Tyrone Francis, a Soldier with the 15th Financial Management Company, 15th Special Troops Battalion, 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary) engages a target at the reflexive fire range April 23 at Camp Liberty, Iraq.

STORY AND PHOTO BY
SGT. 1ST CLASS TIMOTHY HALL
15TH FINANCIAL MANAGEMENT COMPANY

CAMP LIBERTY, Iraq— Being able to fire an assigned weapon effectively is one of the most important skills Soldiers bring to a combat environment.

Soldiers with the 15th Financial Management Company, 15th Special Troops Battalion, 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary), conducted reflexive fire training April 23 at Camp Liberty, Iraq to continue honing that skill.

Reflexive fire helps Soldiers feel more comfortable firing their weapons in the standing position, while moving from side to side and while moving forward, said Sgt. 1st Class Matthew Fermanich, senior noncommissioned officer with the 15th Fin. Management Co.

Previously, weapons training focused on firing from the foxhole and prone positions, Fermanich said.

Each Soldier with the 15th Fin. Management Co. had a chance to practice the new techniques without rounds the day prior to the live-fire exercise.

“It gave us a good idea of what we were going to do the following day. (The training) was brief and to the point ... and the Soldiers had fun,” said Spc. Timothy Thompson, a finance Soldier with the 15th Fin. Management Co.

The following morning, the Soldiers arrived at the range and were briefed on safety. Following careful instructions, the Soldiers started from the stationary position, turned in the direction given by instructors and began to fire at targets from ranges of 15 to 25 meters, Fermanich said.

As the training progressed toward more advanced techniques, the Soldiers also integrated walking forward to eliminate threats.

The next exercise was target discrimination. The instructor called out a shape and color and the Soldiers rapidly scanned and engaged these specific targets.

The rain from previous days, as well as the uneven ground, made the training a challenging experience, however, and the exercise was a success, Fermanich said.

Soldier mother, Soldier child

STORY AND PHOTO BY
SGT. 1ST CLASS ADDIE CICCARELLI
3RD SUS. BDE. PUBLIC AFFAIRS

CONTINGENCY OPERATING BASE TAJI, Iraq— It has never been easy for a Soldier to leave a Family to go to war. Four Soldiers with Regimental Support Squadron, 278th Armored Cavalry Regiment, 13th Sustainment Command (Expeditionary) now have the unique experience of taking a Family member to war with them.

Staff Sgt. Emily Sikes, supply sergeant with A Troop, RSS, 278th ACR and a Lexington, Tenn., native, is deployed at the same time as her son, Sgt. Matthew Sikes with E Troop, 1st Squadron, 278th ACR and a Jackson, Tenn., native.

Staff Sgt. Sikes, on her first deployment, is at COB Taji, while her son, on his second deployment with the Army, is at Contingency Operating Base Q-West, Iraq. They have still managed to see each other once thus far on the deployment.

Sgt. Sikes, originally with 20th Special Forces Group out of Birmingham, Ala., volunteered to deploy with the 278th ACR. He also works as a Madison County, Tenn., Sheriff's Deputy.

For the Sikes', this deployment is a Family effort.

“Even though Matt and I are deployed, the hard work is being done by my youngest son, Clayton, 19, who is back at home taking care of both our houses, our finances, and going to college at the same time,” Staff Sgt. Sikes said. “We want to let him know that we really appreciate everything he has done for us.”

When Sgt. 1st Class Tracey Howse, a Murfreesboro, Tenn., native with the 105th Personnel Services Company out of Nashville, Tenn., received orders to deploy as the personnel and administrative noncommissioned officer in charge with Headquarters and Headquarters Troop, RSS, 278th ACR, her daughter, Pfc. Devenea Howse, an administrative clerk with A Troop, RSS, 278th ACR and a Murfreesboro, Tenn., native, volunteered to deploy with her.

They are very close and, fortunately they get to see each other on a regular basis because they are both at COB Taji.

“The funny thing is, that when I was a recruiter, I tried and tried to enlist Devenea into the (National) Guard, but it wasn't until I moved on from recruiting that she finally decided to join — with another recruiter,” said Sgt. 1st Class Howse. When Pfc. Howse returns home, she will be continuing her education at Motlow State Community College, Lynchburg, Tenn.

Sgt. 1st Class Addie Ciccarelli, the Morale Welfare and Recreation and public affairs noncommissioned officer-in-



Sgt. 1st Class Tracey Howse (right), personnel and administrative noncommissioned officer-in-charge with Headquarters and Headquarters Troop, Regimental Support Squadron, 278th Armored Cavalry Regiment, 13th Sustainment Command (Expeditionary) and a Murfreesboro, Tenn., native is deployed with her daughter, Pfc. Devenea Howse, an administrative clerk with A Troop, RSS, 278th ACR and a Murfreesboro, Tenn., native.

charge with Headquarters and Headquarters Troop, RSS, 278th ACR and a Murfreesboro, Tenn., native, is deployed near her stepdaughter, Pfc. Meagan Anthony, a telecommunications specialist with the 334th Signal Company, 296th Brigade Support Battalion, 3rd Stryker Brigade Combat Team and a Choretea, Panama, native. Instead of getting care packages from the United States, Pfc. Anthony gets care packages through the Military Postal Service from her stepmother at COB Taji.

Staff Sgt. Barbara Addington, an asset visibility noncommissioned officer with A Troop, RSS, 278th ACR and a Greenback Tenn., native, had just returned from a deployment to Contingency Operating Location Bucca, Iraq, but turned around to join her daughter Pfc. Nicole Sarabia, a searchlane guard with B Troop, RSS, 278th ACR and Greenback Tenn., native, on her first deployment at COB Taji.

**Do you
have a
story
idea?**

Contact us at:
escpao@iraq.centcom.mil

Force Protection Uniform Code

IBA

Kevlar

Uniform

Conduct PT



U1

Accessible within 10 minutes.

Accessible within 10 minutes.

DCU/ACU/ service equivalent. PT uniform allowed for PT or off duty and can be worn in DFAC/PX.

No restrictions.



U2

Worn when outdoors for specified time or event.

Worn when outdoors for specified time or event.

DCU/ACU/ service equivalent. PT uniform allowed for PT only and cannot be worn in DFAC/PX.

Restriction: PT only in hardened facilities. Can run with IBA and Kevlar.



U3

Worn outside hardened facility.

Worn outside hardened facility.

Same as U2. DCU/ACU/ service equivalent. PT uniform allowed for PT only and cannot be worn in DFAC/PX.

Restriction: PT only in hardened facilities. Can run with IBA and Kevlar.



U4

Worn.

Worn.

Same as U3, but with ballistic goggles and combat earplugs.

Not authorized.

Commander, Gold Star Mother Design Memorial



Courtesy photo

STORY BY
SGT. CHAD MENEGAY
EXPEDITIONARY TIMES STAFF

CONTINGENCY OPERATING BASE MAREZ,

Iraq – Over the last seven years, Soldiers have honored the fallen here in Iraq with perhaps hundreds of memorials, most in the form of T-walls, street signs and plaques.

Now, at Contingency Operating Base Marez, Iraq, Lt. Col. Warner Holt, garrison commander for COB Marez, Regimental Fires Squadron, 278th Armored Cavalry Regiment, 13th Sustainment Command (Expeditionary), and an Estill Springs, Tenn., native, is collaborating with Gold Star Family member Nanette West to build a memorial for fallen Soldiers at COB Marez in honor of service members that have died near Mosul, Iraq.

“It’s important to have a memorial,” Holt said. “It’s something to keep the memory alive for all these troops that gave the ultimate sacrifice.”

Nanette West said that for Soldiers in Iraq, memorials are something that might remind them of why they’re here.

The story of why West is here in Iraq sheds light on both her work, and Holt’s, to honor the fallen of Operation Iraqi Freedom.

On May 28, 2007 her son, Army 1st Lt. Kile Grant West, a field artillery officer and platoon leader for 6th Squadron, 9th Cavalry Regiment, 3rd Heavy Combat Brigade, 1st Cavalry Division, was killed in action near Forward Operating Base Normandy by a roadside bomb while on a rescue mission of a downed helicopter.

“When this happens to you, everything you thought you

wanted out of life changes,” Nanette West said, “what car you have, what house you own is not important anymore.”

She felt the need to take action and to better understand her son’s death.

“I tried to join the Army. I tried the National Guard, but my age kept me back,” she said. “KBR was my only foothold over here.”

Nanette West currently works as an administrative specialist for KBR, Inc. at COB Marez. She says because her son didn’t get to finish his OIF tour, she’s finishing it for him in her own way.

“I got to stand where he stood and see what he saw at Forward Operating Base Normandy,” she said.

U.S. Army and KBR, Inc. leadership coordinated together to allocate Nanette West the opportunity to meet with her son’s unit in Iraq and also to ride in a Bradley Fighting Vehicle.

“I really wanted to join them,” she said.

She met and bonded with many of Kile West’s comrades from 6th Sqdn., 9 Cav. Regt.

Holt and Nanette West described a Fallen Soldiers Monument as a link between Family members and Soldiers.

“Having lost Soldiers in combat myself, I know how important that is,” Holt said. “And to stay in touch with all those family members for the guys that were there. I know that Nanette has met some of those troops that have served with her son, and there’s a close bond there. You’re forever tied.”

Plans to ensure that memorials like these make it back to the states, before the U.S. military’s upcoming responsible drawdown runs its course, are in the works. Some memorials have already been packed up to ship back.

These monuments are a testament to these Soldiers’ sacrifice, said Maj. Linda Bass, human resources chief with the 13th ESC, and a native of Bessemer, Ala.

Nanette West visits Central Texas State Veterans Cemetery, Killeen, Texas. On May 28, 2007 her son, 1st Lt. Kile Grant West, a platoon leader with 6th Squadron, 9th Cavalry Regiment, 3rd Heavy Combat Brigade, 1st Cavalry Division, was killed in action by a roadside bomb.

“It would be a shame for these to end up in a trash heap somewhere,” Bass said.

Bass’ brother, Sgt. 1st Class Richard Henkes, who was assigned to 2nd Battalion, 3rd Infantry Regiment, 3rd Stryker Brigade, 2nd Infantry Division, died Sept. 3, 2006, near Mosul, Iraq, as a result of a roadside bomb.

Bass, upon hearing about Holt and Nanette West’s Fallen Soldiers Memorial work, volunteered her assistance.

Although Holt and Nanette West have done all of the planning to this point, many have been pulled together to accomplish the mission. A KBR, Inc. sign shop has offered its equipment for use. A local Iraqi painter is going to do much of the artwork. RFS mayor’s cell Soldiers will do the building. Holt says construction is likely a few weeks away.

The design plan, nearly a month in the works and partly inspired by the FOB Warhorse Memorial and the Central Texas State Veterans Cemetery, calls for items like T-walls, steel, vinyl and decals. Names of fallen service members are to appear with unit crests on a whitewashed background listed by year.

Holt gives much of the credit for this historical initiative to Nanette West.

“She has taken a very negative situation and tried to make it a positive,” Holt said.

“You’ve got to take what you’re handed, and you’ve got to turn it around,” Nanette West said. “Kile is why I am here, and why I feel the need to honor other Soldiers who have fallen.”



THERE WAS A TIME WHEN THE BATTLEFIELD WAS EVEN...
THAT TIME HAS PASSED.



THIRTEENTH

SUSTAINMENT COMMAND (EXPEDITIONARY)

SUPPORT TODAY PROVIDE TOMORROW

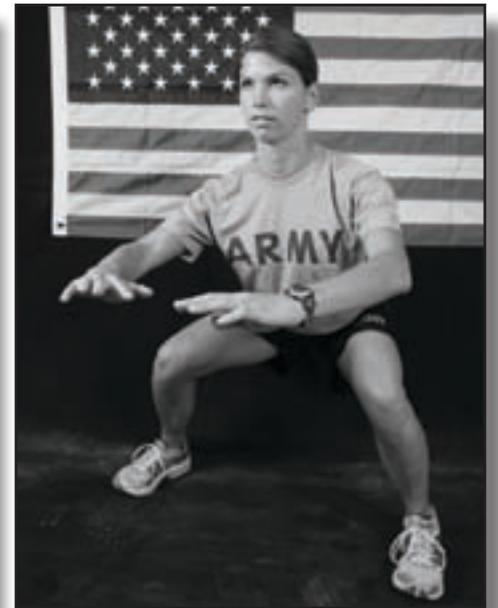


A PROVIDER OPERATION DIRECTED BY PROVIDER 6 IN COOPERATION WITH PROVIDER 7
STARTING THE TROOPERS FEATURING THE NCOs AND A SPECIAL APPEARANCE BY THE OFFICERS
PRODUCED BY THE FIRST SERGEANTS AND COMMANDERS AT ALL LEVELS BASED ON THE GRAPHIC HISTORY OF THE 13TH ESC
MUSIC BY THE BAND ORIGINAL SCORE BY THE TROOPERS TELEPLAY BY THE STAFF WRITTEN BY COURAGE, VALOR AND HONOR
FROM PROVIDER PICTURES and PHANTOM SUPPORT PRODUCTIONS



FITNESS CORNER

Plyometric Week



Plank Box Move

Start in the front leaning rest position, with your feet together and your hands in line with your shoulders. Move your left hand forward about six inches, then move your right hand forward about six inches. Move your left hand left six inches, then move your right hand right six inches. Next, move your left hand down six inches, then your right hand down six inches. Finally, move the left hand inward (back to starting position), then the right hand inward to starting position. The objective is to move your hand around to form an imaginary rectangle (up, up left, right, down, down, in, in). You have completed one repetition.

Perform three sets of 20 repetitions.

Advanced

Keep all the same movement, except each time you move your hands to a different position lower your body down to your elbows and then back up to your hands.



Plank Knee Touch

Start in the front leaning rest position, with your feet together and your hands in line with your shoulders. Bring your right knee to the outside of your right elbow, without resting your foot on the ground, and then return your leg to starting position. Repeat of the left side for one repetition. Keep your back flat and straight with your abdominals engaged throughout the exercise. Perform three sets of 20 repetitions.

Advanced

Execute the exercise same as above, except perform continuously and at a faster speed, creating a hopping/high knee movement. As soon as one foot hits the ground your opposite foot lifts up. Both feet should not be on the ground at the same time.

Sitting Jump Squats

Start in a squat position, your feet two-inches apart, with your knees in line with your ankles, arms extended in front of your body and your back straight. Maintaining your squat position, jump both feet out to each side, then back together. Remember to stay low. Perform three sets of 15 repetitions.

Advanced

Keep the same movement except when you jump both feet out to the side advance forward as you jump. Jump forward three times then jump backward three times. Remember to stay low.

Controlling portion size

Do you know the difference between portion size and serving size? We often use the terms interchangeably, but they have different meanings. According to the Department of Health and Human Services, a "portion" can be thought of as the amount of a specific food you choose to eat for a snack or meal. Portions, of course can be bigger or smaller than the recommended food servings. A "serving" is a unit of measure used to describe the amount of food recommended from each food group. It is the amount of food listed on the nutrition facts section on packaged food or the amount of food recommended in the food guide pyramid.

Take a look at a plastic 15.2 ounce bottle of Minute Maid apple juice. The label lists 120 calories, but that's 120 calories per serving, which is 8 ounces. Typically someone drinks the entire bottle (15.2 ounces). If you drink the entire bottle, you're actually consuming almost 240 calories.

Many of us tend to underestimate the amount of food we eat and tend to overestimate the recommended portion sizes for many foods. How many times have you read the nutritional information posted in the chow hall and thought "how much is three ounces of meat?" Or "what really is one-half cup of ice cream?"

A problem with dietary guidelines is that measurements are difficult to gauge. One guideline to understand portion size is to translate the serving size into something visual and easy to remember. Below are some tips to visualize what a correct portion looks like.

Serving Size

3-4 ounces of lean meat
1 medium apple
One-half cup of ice cream
1 ½ - 2 ounces of cheese
One-half cup pasta
One-quarter cup of nuts or dried fruit

Visual Cue

Deck of cards
Hand fist
Tennis ball
3-4 dice
Hockey puck
Large egg

Remember, it is okay to eat more than one serving of a food, as long as you are aware of the number of servings you are eating. Increased awareness will enable you to better plan your meals throughout the day. It may take some practice to become a better judge of serving sizes and portions, especially as you put entire meals together. But the more you practice visualizing the cues, the more control you'll have over portion sizes. Controlling portion sizes also means controlling calories — and that's key to achieving your dietary goals. The next time you're at the chow hall and you see a chicken breast, picture the card with the ace of hearts.



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.

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

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

Last week's answers

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

TEST YOUR KNOWLEDGE

1. This board game's mascot's original name was Rich Uncle Pennybags. Name the game.
2. What recreational activity is second on popularity only to walking in the U.S.?
3. What's the last Grand Slam tennis tournament played in a calendar year?
4. Which team in the 80s won the Super Bowl by the biggest margin?
5. In hockey, what is the Ross Trophy awarded for?
6. What game was created by French mathematician Blaise Pascal, which he discovered when doing experiments into perpetual motion?

1. Monopoly 2. Swimming 3. The U.S. Open 4. Chicago Bears 5. Top points scorer 6. The Game of Roulette

JOINT BASE BALAD WORSHIP SERVICES

PROTESTANT

CONTEMPORARY

Sunday 1030 Gilbert Memorial Chapel (H-6)
1100 Castle Heights (Bldg 4155)
1900 Freedom Chapel (West Side)
Wednesday 2000 Gilbert Memorial Chapel (H-6)

GENERAL

Sunday 0900 Freedom Chapel
0900 Provider Chapel

GOSPEL

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

CHURCH OF CHRIST

Sunday 1530 Castle Heights (Bldg 4155)

ROMAN CATHOLIC MASS

Sunday 0830 Gilbert Memorial Chapel (H-6)
1100 Provider Chapel
1230 Air Force Hospital Chapel
Thursday 1100 Air Force Hospital Chapel
Wed, Fri 1700 Gilbert Memorial Chapel (H-6)
Saturday 2000 Freedom Chapel

Confessions: Sat 1600- 1645 (H6 Chapel) or by appointment

JEWISH SHABBAT SERVICES

Friday 1800 Gilbert Memorial Chapel (H-6)

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: 443-7703
Provider Chapel: 483-4107
Freedom Chapel: 443-6303

*Current as of 21 FEB 2010

JB BALAD ACTIVITIES

INDOOR POOL Swim Lessons: Mon., Wed.- 6 p.m. Tue., Thu., Sat.- 6:30 p.m. Aqua Training: Tue., Thu.- 7:30 p.m., 8:30 p.m.	a.m., 5-6 p.m. Edge Weapons & Stick Fighting Combative Training: Tue., Thu., Sat.- 8-10 p.m.	p.m. Caribbean Night: Friday- 8 p.m. Chess & Dominoes Tourney: Friday- 8 p.m. Salsa Class: Saturday- 8:30 p.m. Poker: Saturday- 7:30 p.m.	CC Cross Fit: Monday- 10:30 p.m. Cross Fit: Mon., Wed., Fri.- 5:45 a.m., 7 a.m., 3 p.m. Ping-pong tourney: Tuesday- 8:30 p.m. Ping-pong tourney: Tuesday- 8:30 p.m. Spades: Sunday- 5:45 a.m., 7 a.m., 3 p.m. P90x: Monday- Saturday- 4:30 a.m., 4 p.m., 10 p.m., 12 a.m. Soccer: Tue., Thu.- 8 p.m. Yoga: Wednesday- 8 p.m. MACP Level 1: Friday- 8 p.m. 5 on 5 Basketball: Saturday- 8 p.m. H6 RECREATION CENTER: Sunday- 8 p.m. Texas	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. Jam Session: Tuesday- 7:30 p.m. 8-ball tourney: Wednesday- 8 p.m. Guitar Lessons: Thursday- 7:30 p.m. Salsa: Wednesday- 8:30 p.m. 9-ball: Thursday- 2 a.m., 8:30 p.m. Karaoke: Thursday- 8:30 p.m. Dominos: Saturday- 8:30 p.m. Darts: Saturday- 8:30 p.m. Karaoke: Sun., Wed., 7:30pm 9-ball tourney: Monday- 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. WEST FIT-NESS CENTER: Saturday- 7:30 p.m. 3 on 3 basketball tourney: Saturday- 7:30 p.m. CIRCUIT GYM: Floor hockey: Mon., Wed., Fri.- 8-10 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.
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UPCOMING SPORTS ON AFN



Thursday 05/20/10

MLB Chicago Cubs @ Philadelphia Phillies, Live 10:00 a.m. AFN Sports
MLB New York Mets @ Washington Nationals, Live 4 p.m. AFN Xtra
MLB New San Diego Padres @ Los Angeles Dodgers, Live 7 p.m. AFN Xtra

Friday 05/21/10

2010 Stanley Cup Playoffs-Conference Finals: Teams TBD, Live 5 p.m. AFN Xtra
MLB San Diego Padres @ Seattle Mariners, Live 7 p.m. AFN Prime Pacific
MLB Detroit Tigers @ Los Angeles Dodgers, Live 7:30 p.m. AFN Xtra

Saturday 05/22/10

FOX Saturday Baseball: New York Yankees @ New York Mets, Live 1 p.m. AFN Xtra
FOX Saturday Baseball: Boston Red Sox @ Philadelphia Phillies Live 1 p.m. AFN Sports
NASCAR Sprint Cup Series: All Star Challenge, Live 4:30 p.m. AFN Xtra

Sunday 05/23/10

2010 Stanley Cup Conference Finals: Teams TBD, Tape Delayed 12:00 a.m. AFN Sports
2010 NBA Playoffs: Teams TBD, Live 12:30 a.m. AFN Sports
TENNIS 2010 French Open: Early Round Coverage-Day 1 Live 10:30 a.m. AFN Sports
Sunday MLB on TBS: Boston Red Sox @ Philadelphia Phillies Live 10:30 a.m. AFN Sports

Monday 05/24/10

2010 NBA Playoffs-Conference Finals: Teams TBD, Live 7:30 a.m., 5:30 p.m. AFN Xtra
MLB: Toronto Blue Jays @ Los Angeles Angels, Live 7 p.m. AFN Xtra

Tuesday 05/25/10

TENNIS 2010 French Open: Early Round Coverage-Day 3 Live 9 a.m. AFN Sports
2010 Stanley Cup Conference Finals: Teams TBD, Live 4:30 p.m. AFN Xtra
2010 NBA Playoffs-Western Conference Finals: Teams TBD, Live 5:30 p.m. AFN Sports
MLB St. Louis Cardinals @ San Diego Padres, Live 7 p.m. AFN Xtra

Wednesday 05/19/10

TENNIS 2010 French Open: Early Round Coverage-Day 4 Live 9 a.m. AFN Sports

PHOTOS AROUND IRAQ

U.S. Army photo by Spc. Christopher Wellner



A local Iraqi interpreter rides the "Adrenaline Maxx" May 3 at a new amusement park in Basra, Iraq. The park is scheduled to open May 20.



U.S. Army photo by 1st Lt. Becky Bort

U.S. Navy Petty Officer 1st Class Mass Communications Specialist Matthew D. Leistikow of Joint Combat Camera-Iraq, high fives a group of local children May 8 in a village near Kirkuk, Iraq. U.S. Soldiers from 2nd Battalion, 3rd Field Artillery Regiment, 1st Heavy Brigade Combat Team, 1st Armored Division and Bravo Company, 414th Civil Affairs Battalion visited villages around Kirkuk to gather atmospherics by meeting and speaking with the locals about current conditions in the area.

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



A young boy immediately unfolds an Iraqi flag handed to him by Iraq soldiers in Az Zubayr, Iraq May 01, 2010. U.S. Soldiers of the 318th Tactical Psychological Operations Company discuss security and economic development with the locals during these patrols.

1st Lt. Jeremy Lewis, platoon leader with 3rd Platoon, Bravo Battery, 2nd Battalion, 3rd Field Artillery Regiment, 1st Heavy Brigade Combat Team, 1st Armor Division (2-3 FA), from Shellman, Ga., gives a young boy a soccer ball during a May 8 visit to Saqizly, Iraq. Soldiers from 2nd Platoon, Bravo Battery, 2nd Battalion, 3rd Field Artillery Regiment, 1st Heavy Brigade Combat Team, 1st Armored Division, and Bravo Company, 414th Civil Affairs Battalion, visited the village to meet with local villagers and speak with them about current conditions in the area.

U.S. Navy photo by MC1 Matthew D. Leistikow



NEWS AROUND

Brigade Combat Team continues advise, assist mission in Dhi Qar, Maysan, Muthanna

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 2 at Contingency Operating Base Adder, Iraq.

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

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

“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.

Iraqi Security Forces raid nets lethal aid smugglers in Wasit

BAGHDAD—Soldiers from 3rd Battalion, 69th Armor Regiment, 1st Advise and Assist Brigade, 3rd Infantry Division, played a key advise and assist role in Operation Stalking Wolf — the largest joint operation led by Iraqi Security Forces to date.

U.S. forces performed an outer cordon for the operation in the early morning hours of April 17 in Islah, Gumaryah and Shiek Saad.

“We were there to advise and assist with any help (the ISF) might need, but overall, this was their mission,” said Capt. Melvin Lowe, commander of A Company, 3rd Bn., 69th Armor Regt.

The joint operation included members with 2nd Brigade, 1st Federal Police Division and the 11th Iraqi Army Division, with the ISF outnumbering U.S. Soldiers 10 to 1.

More than 1,060 ISF members conducted door-to-door searches and combined clearing operations, detaining three individuals on Article 4 terrorism warrants during the operation.

“Missions like Operation Stalking Wolf set the ground work for future joint operations between the IA and the IP,” said Lt. Col. Hugh O’Connor, Security Training Transition Team chief, 1st Advise and Assist Bde., 3rd Inf. Div.

The overall reaction to the operation by local Iraqis was one of cooperation, and the close coordination between the 2nd Bde., 1st FP Div. and the 11th IA made everything flow smoothly, O’Connor said.

O’Connor said the mission helped instill the confidence the ISF needed in one another’s capabilities.

Iraqi Security Forces raid nets lethal aid smugglers in Wasit

BAGHDAD—Iraqi Security Forces arrested a suspected Kata’ib Hezbollah senior leader and two criminal associates during a joint security operation conducted in Baghdad today.

ISF and U.S. advisers searched a building for the suspected KH leader who is an alleged weapons facilitator and attack

planner involved in attacks on Iraqi Security Forces, civilians and coalition forces.

Information and evidence gathered at the scene led Iraqi forces to identify and arrest the warranted KH leader and two 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

Iraqi Air Force marks 79th anniversary

BAGHDAD— The Iraqi Air Force celebrated its 79th birthday on National Iraqi Air Force Day with a ceremony in the new hangar at New Al Muthana Air Base April 22 in Baghdad.

Against the backdrop of an Iraqi Air Force C-130, Abd Al-Qadir, the Iraqi minister of defense, spoke to roughly 200 attendees who were treated to a flyover of four advanced North American Aviation T-6 Texan trainer aircraft, as well as a number of static displays of Iraqi aircraft and equipment. Throughout the event, a live video feed from a King Air reconnaissance aircraft flying overhead was displayed on two viewing screens.

The Iraqi Air Force was established in 1931, but was disbanded in 2003. U.S. forces began assisting the Iraqi Air Force with its rebuilding efforts in 2004.

“The Air Force is the largest part of the Iraqi military,” said Abd Al-Qadir in his speech. “This force represents complete support for the Iraqi Navy and ground forces. I am very proud of the Iraqi Air Force and its accomplishments.”

Of note during the ceremony, Gen. Babakir Zabari, commander of Iraqi Joint Forces, and Staff Lt. Gen. Anwar Hamad Amin, commander of the Iraqi Air Force, promoted Chief Warrant Officer Mahmud Wahdi Isa, making him the first chief master sergeant of the Iraqi Air Force. The establishment of this senior enlisted position acknowledges the importance of the noncommissioned officer’s role in the successful rebuilding of the force.

“There is lots of hard work ahead, but I am still optimistic about the future capabilities of the Iraqi Air Force. It is well on its way to becoming fully able to protect the people of Iraq,” said Lt. Gen. Michael D. Barbero, deputy commanding general of U.S. Forces – Iraq, Advising and Training

Iraqi Army, federal police lead joint operation

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ISF arrest 2 suspected AQI criminal associates in northern Iraq

BAGHDAD—Iraqi Security Forces arrested two suspected Al-Qaeda in Iraq criminal associates today during a joint security operation conducted approximately 50 km. southwest of Kirkuk.

ISF and U.S. advisers searched several buildings for a suspected AQI member who is an alleged roadside bomb attack planner and facilitator involved in attacks on Iraqi Security Forces, civilians and coalition forces.

Information and evidence, including bomb-making materials, hand grenades and weapons, gathered at the scene led Iraqi forces to identify and arrest two suspected criminal associates of the warranted AQI member.

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.

ISF arrest 2 suspected AQI criminal associates in northern Iraq

ABU GHRAIB, Iraq— fourth Stryker Brigade Combat Team, 2nd Infantry Division transferred authority of Joint Coordination Center Abu Ghraib to Iraqi Police partners during a ceremony April 20 at Abu Ghraib.

Leaders with 1st Battalion, 38th Infantry Regiment, 4th SBCT, 2nd Inf. Div., the Abu Ghraib Police district and the Iraq Ministry of Interior participated in the ceremony, which concluded with the signing of documents, officially transferring control of the JCC to the Iraqis.

Since arriving in Iraq last fall, Soldiers with 1st Bn. 38th Inf. Regt. maintained a 24-hour presence at the JCC, planning operations and conducting missions alongside Iraqi Police partners to improve security in the area – to include the national elections March 7. In total, more than 100 combined patrols have been enabled during the past six months.

“Even though we are turning over the JCC today, we are still going to remain partners,” said Lt. Col. John Leffers, commander of 1st Bn., 38th Inf. Reg.,

He said this transfer is another step toward the responsible reduction of U.S. forces in Iraq and ensuring that the two nations remain strong strategic partners.

“The transfer strongly reinforces the confidence of the Government of Iraq and the people of Abu Ghraib in their (Iraqi Police),” said Leffers. “They’re ready to lead.”

Vehicle stop leads to arrest of al-Qaeda criminal associate

BAGHDAD, Iraq— Iraqi Security Forces arrested a suspected al-Qaeda in Iraq associate during a joint security operation April 19.

Acting on a warrant issued by an Iraqi judge, ISF and U.S. advisers conducted a vehicle stop in search of a suspected mid-level AQI leader who allegedly has experience in the construction and facilitation of vehicle-borne improvised explosive devices.

Information and evidence gathered at the scene led Iraqi forces to identify and arrest a suspected criminal associate of the warranted individual.

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.

D IRAQ

Iraq Border Enforcement finds mortar cache in Mandali

MANDALI, Iraq— Iraqi security forces operating near Mandali, in Diyala province, Iraq, near the Iranian border, found a cache May 3. The troops discovered 12 high-explosive SPG-9 missiles and 100 mortar rounds in the cache. “This is a significant munitions find,” said Capt. Robert Jones, an assessment officer for United States Forces – Iraq. “The Directorate of Border Enforcement took IED-making materials out of the hands of anti-government forces, and is protecting the people of Iraq.”

Top 2 al-Qaeda leaders in Iraq killed

TIKRIT, Iraq— Iraqi Security Forces, supported by U.S. forces, killed what is believed to be the two most senior leaders of al-Qaeda in Iraq early April 18 during a series of joint security operations 10 kilometers southwest of Tikrit, Iraq.

Abu Hamzah al-Muhajir, also known as Abu Ayyub al Masri, was believed to be the military leader of AQI, the terrorist organization responsible for facilitating attacks against Iraqi and Coalition forces as well as Iraqi civilians. Abu Ayyub al Masri replaced Abu Musab al Zarqawi when Zarqawi was killed in June 2006 and is believed to be directly responsible for high profile bombings and attacks against the people of Iraq.

Also killed during the engagement was Hamid Dawud Muhammad Khalil al Zawi, otherwise known as Abu Umar al-Baghdadi, who allegedly served AQI as the leader of the proclaimed Islamic State of Iraq and held the title “Prince of the Faithful.”

A series of Iraqi-led joint operations in the last week resulted in the Iraqi forces, with U.S. support, executing a night raid on the AQI leaders’ safe house. The joint security team identified both AQI members, and the terrorists were killed after engaging the security team.

In addition, Masri’s assistant, along with the son of al-Baghdadi, also believed to be involved in terrorist activities, were killed.

After conducting preliminary questioning and initial examination of the evidence during the operation, Government of Iraq elements arrested 16 additional suspected criminal associates of the warranted individuals.

“The death of these terrorists is potentially the most significant blow to al-Qaeda in Iraq since the beginning of the insurgency,” said Gen. Ray Odierno, commander of United States Forces – Iraq. “The Government of Iraq intelligence services and security forces supported by U.S. intelligence and special operations forces have, over the last several months, continued to degrade AQI. There is still work to do but this is a significant step forward in ridding Iraq of terrorists. As the GoI continues to protect the people of Iraq, the U.S. stands ready to assist them.”

During the assault, a USF-I Soldier was killed when a U.S. helicopter crashed.

US assists Iraqi Security Forces clearing city of Hit

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Iraqi Security Forces kill suspected al-Qaeda senior leader in Mosul

BAGHDAD—Iraqi Security Forces killed a suspected al-Qaeda in Iraq senior leader during a joint security operation April 20 in east Mosul.

ISF and U.S. advisers searched buildings for Ahmad Ali Abbas Dahir al-Ubayd, also known as Abu Suhaib, the suspected Military Emir of northern Iraq who is allegedly responsible for oversight of both vehicle-borne and non-vehicle-borne improvised explosive device attacks against the Government of Iraq and the local population in Mosul.

During the operation, the suspected AQI leader refused to leave the building in which he was hiding and fired at ISF. ISF engaged the warranted AQI leader, killing him. One ISF member was wounded but was treated for minor injuries and later released.

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.

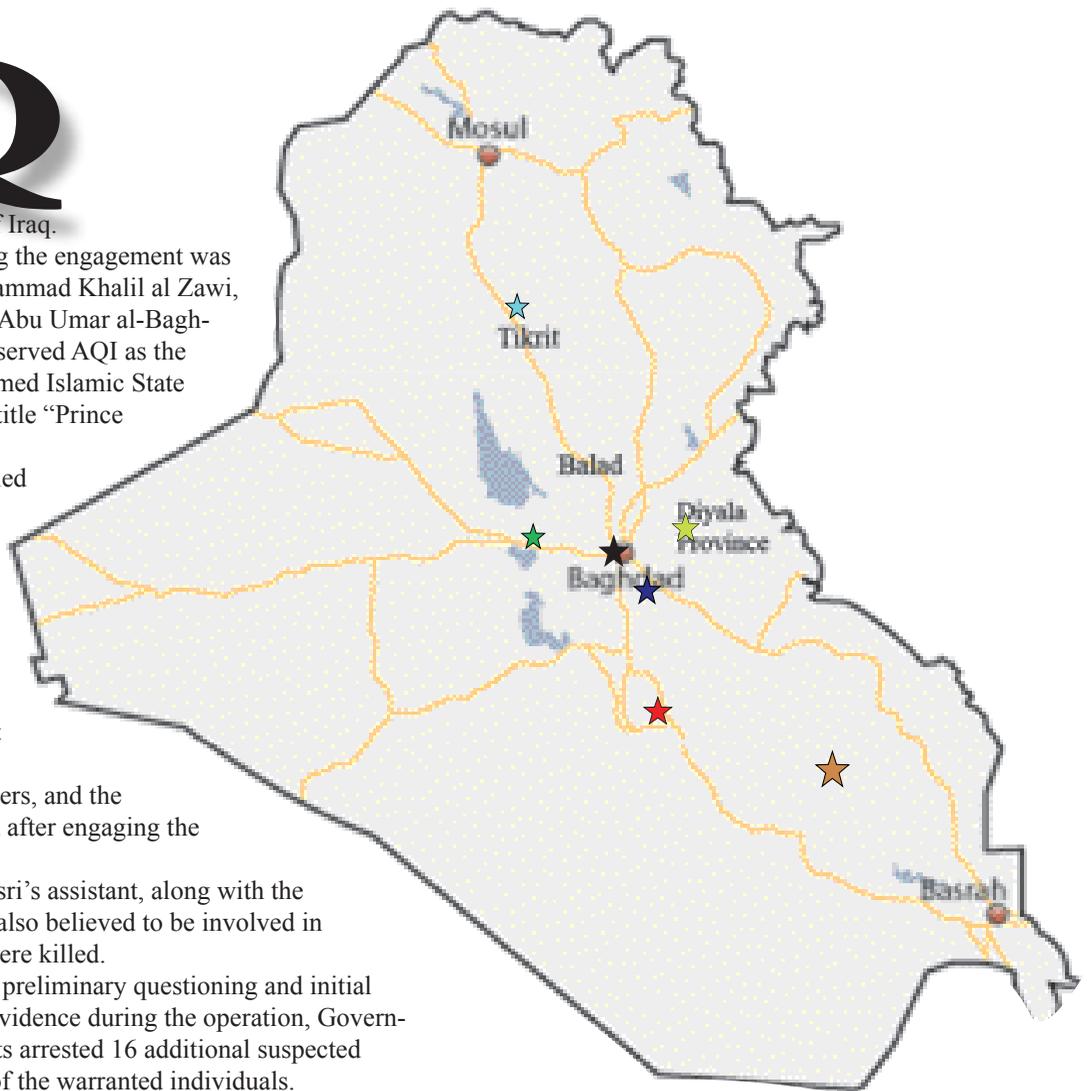
US Soldiers transfer Joint Security Station Salie to Federal Police

BAGHDAD—Soldiers with C Troop, 1st Squadron, 89th Cavalry Regiment, 2nd Brigade Combat Team, 10th Mountain Division transferred Joint Security Station Salie to members of 1st Battalion, 3rd Brigade, 1st Iraqi Federal Police Division in a ceremony April 20 in Baghdad.

As the United States draws down forces from Iraq in accordance with the Security Agreement, JSS facilities are transferred to Iraqi Security Forces or Government of Iraq ministries. JSS Salie is the third JSS to be transferred to the ISF in 2nd BCT’s operational environment.

“The work was mutual,” Col. Yousef M’Shutit Mohsin, commander of 1st Bn, 3rd Bde., 1st FP Div. “We worked together in terms of patrols in our sector. We worked together all the time. In our area, we were able to control and make peace in the area and get rid of the militia.”

C Troop has worked with 1st Bn., 3rd Bde., 1st. FP in the past six months, conducting partnered training, patrols and humanitarian assistance missions.



“The enemy is thinking the American forces are leaving, so that is great,” said Brig. Gen. Imad Abd Ali Al-Uqabi, commander of 3rd Bde., 1st FB Div. “We can operate a lot easier and quicker (they think) – wrong. We are going to show them how they are going to face the law. Now it’s a different ball game, and we are in control. We are going to show them what we are made of.” The ceremony took place at JSS Salie with Iraqi FP officers, federal policemen and U.S. Soldiers participating.

Three suspected al-Qaeda associates arrested in central Baghdad

BAGHDAD— Iraqi Security Forces arrested three suspected al-Qaeda in Iraq associates during a joint security operation April 22. ISF and U.S. advisers searched a building for an alleged AQI leader with experience in the construction and facilitation of vehicle-borne improvised explosive devices.

Information and evidence gathered at the scene led Iraqi forces to identify and arrest three associates of the warranted AQI leader.

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 AQI leader, 2 criminal associates arrested in Mosul

BAGHDAD— Iraq Security Forces arrested a suspected high-level Al-Qaeda in Iraq (AQI) leader who is allegedly involved in bribery and extortion of judicial officials in northern Iraq, and two suspected associates during a joint security operation conducted in east Mosul Tuesday.

ISF and U.S. advisors searched a building for the suspected high-level AQI leader who allegedly has contact with other high-level terrorist members, and is the leader of Islamic State of Iraq (ISI) efforts to bribe judicial officials as well as facilitate accused terrorists’ release from detention facilities.

Information and evidence gathered at the scene led Iraqi forces to identify and arrest the warranted AQI leader and two criminal associates.

Phantom Support



U.S. Army photo by Sgt. Gaelen Lowers

Soldiers with the 3rd Sustainment Brigade, 13th Sustainment Command (Expeditionary) conduct a test fire April 29 in Kuwait before moving to Joint Base Balad, Iraq for their mission in support U.S. Forces-Iraq, and the upcoming responsible drawdown.



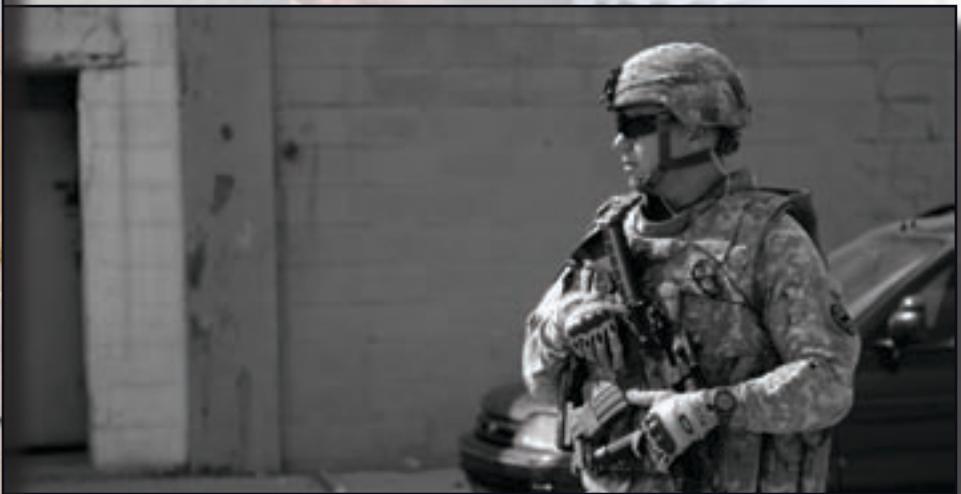
U.S. Army photo by Sgt. Shannon R. Gregory

Sgt. Benson Wade (above) a Cunningham, Tenn., native with 3rd Platoon, H Troop, Regimental Troops Squadron, 278th Armored Cavalry Regiment, 13th Sustainment Command (Expeditionary), guards a "principal" May 5 on his way out of a meeting at Rusafa Prison in Baghdad, Iraq.



U.S. Army photo by Sgt. Michael Carden

Competitors finish the OneAmerica 500 Festival Mini-Marathon held May 8 at Joint Base Balad, Iraq. More than 1,000 Soldiers, Airmen, Sailors and civilians participated in the 13-mile half marathon.



U.S. Army photo by Sgt. Shannon R. Gregory

Sgt. 1st Class Rocky D. Fultz, platoon sergeant with 2nd platoon, H Troop, Regimental Troops Squadron, 278th Armored Cavalry Regiment, 13th Sustainment Command (Expeditionary) and a Knoxville Tenn., native, stands guard May 3 at the Rusafa warehouse during a personal security detachment mission in Baghdad, Iraq.



U.S. Army photo by Sgt. David A. Scott

Emmy award-winning country music artist and Chief Warrant Officer 2 Darby Ledbetter, a maintenance officer with Headquarters and Headquarters Troop, Regimental Support Squadron, 278th Armored Cavalry Regiment, 13th Sustainment Command (Expeditionary) and a Midland, Texas, native performed live music along with Darryl Robinson, a contractor with KBR, inc. at the Sgt. Jon M. Schoolcraft III Stage and Memorial Pavilion May 8 at Contingency Operating Base Taji, Iraq.