



DANGER FORWARD



July 19, 2010 | Issue 25

Move 'em out:

Keeping the lines open from Iraq to Afghanistan



By Sgt. Benjamin Kibbey
367th MPAD, 1st Inf. Div. PAO

CAMP ARIFJAN, Kuwait – As U.S. troops continue to make their way out of Iraq, the equipment that has sustained and protected them for the past seven years is being moved out as well.

The responsibility for this task currently falls to the 1st Sustainment Brigade, based at Fort Riley, Kan., and deployed to Camp Arifjan.

Since the early days of Operation Iraqi Freedom, the U.S. military has moved from a system in which each unit brought every piece of equipment they would need with them when they deployed to one in which units fall in on gear already in theater. Because of this change, as units leave theater, they take less with them.

When the new status of forces agreement was signed, it set in motion an ongoing operation — the most significant since World War II — that will account for the movement of some two million pieces of equipment out of Iraq.

The 1st SB has addressed this need with the “Durable Express,” a regular convoy that goes north empty — sometimes as far as Mosul — and returns full.

“The Durable Express was an initiative that we came up with that provides a predictable, tailorable convoy to the various [Retrograde Assistance Team] and [Mobile Retrograde Assistance Team] yards up north, where a majority of this equipment is located,” said Col. Donnie Walker, 1st SB commander from Lineville, Ala.

“We felt that, if we could dedicate convoys to go up and do that, and make it part of the planning process with those we’re supporting

See OUT, page 11



Photo by Capt. Y. Daniel Hosaka
A container full of recently-inspected equipment from Iraq is loaded up at Camp Arifjan, Kuwait to be returned to service.



Living on the Edge, p. 7



Coming together, p. 9



Adder Fight Night, p. 10

Danger Six sends

As the senior leaders of US Division – South and I travel around the Division – South area, we have lots of opportunities to talk with the warriors and civilians who are doing the heavy lifting in our mission here in Iraq. An area of emphasis for us is comprehensive fitness – developing the strength to deal with the pressures of deployed life and being able to actually grow from the experience. And, as you now know, the Army wants us to develop strength in five different but connected areas: physical, spiritual, family, emotional, and social. In this Danger 6 Sends I will focus on the last three. Are you getting enough exercise in these areas?

Each of us joins with a different mixture of fitness factors. Some have very strong families where they feel loved and valued; others have divided families who are constantly fighting or who did not create an environment of love and safety. Some have good control of their emotions, understand their feelings, and view most things positively – even military life; while others struggle with anger or sadness and do not see themselves as emotional creatures, and perhaps see the negative in everything. And, finally, some have strong social networks and healthy outlets to make us feel connected and within which we can “re-create” ourselves by having fun; others have few outlets and no one to consider a true friend. If one of these describes you (and I’m sure you fit into several of these descriptions) then you can appreciate that each of us is in a different condition of fitness. That is important to know. What do I expect you to do now that you know this?

First, I want leaders to talk with those they lead and LISTEN to the replies. (By the way, this applies to peers too for that matter if you will do this with peers you know.) Ask about things that would tell you what family means to the individual – is it something important and active to them or is it something painful to discuss? Ask them, or their peers, questions that will tell you what it takes to make them angry, happy, sad and that would give you a feel for their general outlook on things – is he or she always peppy or always down or maybe just blasé where “whatever” is fine for anything? And take an interest in what he or she does socially. How many ways do they have fun? With whom do they “hang out” and what brings them together? Is it dangerous or outside of our values? If they prefer to be alone, when are they with others who like to be alone – in other words, with someone who has something in common and with whom they can connect. Caring enough to ask and listen is the first step.

Then, I want you to exercise them by reassuring them that they are a valued member of the team and a member of one big, strong family – the Army Family. Your actions have to make this true or it will not matter what you say. They may be extra lucky to have more than the Army Family and you can reinforce that too. Point them toward the help they need when they express frustration or anger otherwise it will show up in one of the other pillars. Let them know that they make their own environment, positive attitudes rub off and help people achieve more – negative attitudes take away from what could be. Help them to be positive and take advantage of every moment they are given. And of course, help them find the social network that gives them a safe outlet to re-create. You may have to guide them to the “link up point” for some who do not think they need a social outlet. If it is not safe recreation you need to help them find a better choice by identifying the hazards (and the law or regs where appropriate) that come with a bad form of recreation or social activity.

There is much we can do to build fitness in ourselves and in others. We just need to recognize that there is more to fitness than doing physical conditioning. All five pillars need exercise if we are to have strength for the days ahead. Make a difference – get some exercise in your family, emotional, and social pillars . . . and bring someone else along. DANGER STRONG = ARMY STRONG!



DUTY FIRST!



Vincent K. Brooks
Major General, U.S. Army
Commanding



Commanding General
Major General
Vincent K. Brooks



Command Sergeant Major
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DANGER FORWARD

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Danger Forward

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When the mercury rises

By Joseph Zelko
USD-S Safety



Every year, leaders and Soldiers look for better techniques to minimize heat injuries in their formations. During training and combat operations, weather and environmental conditions are briefed as part of the overall operations plan. Also, risk mitigation is supposed to be incorporated into mission planning from start to finish. So what happens? Despite our best efforts, Soldiers still experience heat-related injuries and, sadly, some die of these injuries.

Although leaders are held responsible for any injury, to include heat-related injuries, the responsibility doesn't stop there. Each Soldier is responsible to follow unit standard operating procedures, obey their seniors, watch out for their battle buddies, and ensure they stay properly hydrated.

As leaders, we need to ensure everything is being done correctly so risk-mitigation steps are executed. As the temperature rises, plans need to be flexible so they can be adjusted to provide the maximum level of prevention available.

The average daily temperature in Iraq during the summertime hovers around 122.5 degrees. Our operational tempo does not slow down, and Soldiers continue to work, train, and conduct operations in this hot desert environment, carrying more equipment and wearing heavy personal protective equipment. This equipment, while critical to Soldier survival, can strain and decrease the effectiveness of the body's natural cooling mechanisms.

Leaders and Soldiers share the responsibility for preventing heat-related injuries. Leaders must use the tools available to help emphasize the importance of preventing heat-related injuries.

Why does heat stroke kill Soldiers every year, despite the thousands of hours of heat-injury prevention briefings?

1. Misunderstanding the onset of heat stroke. During hard work — a quick march with a field load, for example — a Soldier can go from optimum performance to heat stroke in a matter of minutes.
2. Underestimation of Soldier workloads. Supervisors frequently underestimate Soldier exertion levels. Soldiers cannot carry or drink enough water to prevent heat stroke during high-exertion activities such as quick marches and heavy materials handling.
3. Underestimation of the impact of additional heat stressors (e.g., body armor and field packs/weapons loads). What if we had to wear our mission-oriented protective posture gear in 126 degrees?
4. Overemphasis on water intake as the primary prevention of heat injuries. While proper water intake is vital, exertion level management is just as critical during high-exertion activities.

For more information on preventing heat injuries, visit the U.S. Army Center for Health Promotion and Preventive Medicine's Web site at <http://chppm-www.apgea.army.mil/heat/>.

This week in Army history

This week in Big Red One history

July 20, 1943 – The 16th Infantry Regiment captured Enna, Sicily. Fighting against snipers and well-fortified positions, the regiment moved forward with flanking movements, and by July 29, the “Rangers” had taken the high ground west of the Cerami River. By early August, the regiment had reached Troina. After four days of intense fighting with the battle-hardened troops of the 15th Panzer Grenadier Division, the men of the 16th Inf. Regt. finally captured the town, and soon after, the Sicily campaign ended.

This week in OIF history

July 22, 2003 – Members of the 101st Airborne Division killed Uday and Qusay Hussein during a three-hour firefight in Mosul, Iraq.

This week in 3rd Infantry Division history

July 1943 – The 3rd Infantry Division made an assault landing on Sicily and fought its way into Palermo before the armor could get there. The troops raced on to capture Messina, thus ending the Sicilian campaign.

ADVISE & ASSIST

Danger Forward

July 19, Issue 25



Photo by 1st Lt. Josh Woodke

An Iraqi Army soldier fires his new rifle during a train-the-trainer M-16 range at Camp Ur. The course was a six-day block of instruction on marksmanship, technical details, and range procedures. The 1st Bn., 68th Armor Regt. facilitated the training.

1-68 trains 40th IA on marksmanship

By Capt. Joshua Hunter
1st Bn., 68th Armor Regt.

NASIRIYAH – The Soldiers of Company A, 1st Battalion, 68th Armor Regiment, 3rd Brigade Combat Team, 4th Infantry Division improved the 40th Iraqi Army Brigade’s capabilities by conducting an M-16 instructor course June 20.

In March, ‘Attack’ Company was asked by the 40th Bde. 10th IA Division to train their troops on the M-16 rifle. The company’s command group took on the task, but took a different approach to assisting the Iraqi Army

“Since 3rd Brigade, 4th Infantry Division is an advise and assist brigade, we are trying to separate ourselves from training the Iraqis to making the Iraqis use their own systems and to develop continuity within their organization,” said 1st Lt. Mario Ponsell, headquarters platoon leader and 40th IA advisor from Warner Robins, Ga., serving with the 1st Bn., 68th Armor Reg.

Co. A coordinated through the 10th IA Div. to set up Iraqi training with the IA Regional Training Center on Camp Ur.

The brigade sent 36 soldiers to participate in a week-long marksmanship course.

After the initial training, the most prepared IA soldiers were selected from across the brigade to go through the instructor course.

“The train-the-trainer course is a six-day block of instruction on marksmanship, technical details, and range procedures,” said Sgt. 1st Class Chad Buggey, a platoon sergeant from Philadelphia.

The first four days were spent in the classroom reiterating the four fundamentals, how to group and zero the weapon, and how to run a range. The last two days were on the range giving the IA soldiers a more in-depth opportunity to understand the weapon system as well as various firing techniques.

“The first day on the range, the IA soldiers jumped up and took charge. They set up targets, managed the ammunition point, and conducted ready line preparation and rehearsals of what happens the moment they hit the ready line,” said Cpl. David Ruhl, company intelligence noncommissioned officer-in-charge from Pittsburgh.

According to Spc. Mark Sepulveda, a team leader from Los Angeles, the Iraqi soldiers picked up on the new weapons techniques and range procedures very quickly.

“The IA soldiers were completely running the range by the second range day. We were acting only as safeties on the range,” he said.

‘Attack’ Company, attached to the 3rd Battalion, 29th Field Artillery Regiment, 3rd BCT, 4th Inf. Div., will continue to partner with the 40th IA Brigade for another train-the-trainer course that will give them more opportunities to take charge and practice giving marksmanship classes to their peers. This will be key to prepare them to teach their subordinates when they return.

“The IA’s willingness to learn and take charge of the training is a great credit on how far they have developed over the years,” Buggey said.

For more from 3rd BCT, visit
<http://www.facebook.com/3bct4id>

USD-S transfers Theatre Internment Facility to GoI

By Staff Sgt. Chris Carney
367th MPAD, USD-S PAO

CAMP BUCCA – United States Division-South handed over two locations to the Government of Iraq July 4 as part of the drawdown of forces in Basra Province.

Sameer Alhaddad, a representative of the prime minister's chief of staff, flew from Baghdad to sign for the closing of Safwan Hill and the partial return of Camp Bucca.

Safwan Hill is an outpost situated just north of the Kuwaiti border. Sitting atop the only hill for miles made the location a prime choice for a communications and observation post. Its closure involved the removal of all property from the hill, including force protection barriers, housing units, and generators.

The partial return of Camp Bucca keeps pace with the phased return of the base to Iraqi control.

“As part of Partnered Base Returns, portions of Bucca remain under USF control and operations while the base is returned to full Iraq control,” said Chief Warrant Officer Lee Morris, 1st Infantry Division Engineer Technician.

Handing over control of larger bases to Iraqis makes the process of returns easier, said Morris, a Monticello, Fla. native.

By working with units that will be taking over the space previously used by U.S. forces, property can be turned over instead of removed and the cleanup of materials



Photo by Staff Sgt. Chris Carney

Sameer Alhaddad, a representative of the Iraqi prime minister's chief of staff, and Col. Dan Lund, Camp Bucca commander and native of Baltimore, meet July 4 for the partnered return of a portion of Camp Bucca, Iraq.

can be smoother.

Bucca’s return to Iraqi control is taking place in three phases, the first of which occurred today.

Camp Bucca once served as a detention center, which closed on September 17, 2009. The site of the Bucca facility will be used by the Iraqi Marines.

The next phase of the return is the water treatment plant, scheduled for September, with the rest of the base to be returned in December 2010.

As Partnered Returns take, place the safety and capabilities of Soldiers will not be affected, Morris said.

“Force protection is a major issue and

is important. Ensuring that for a Partnered Return that force protection for U.S. Soldiers is taken care of is the top priority,” Morris said.

In January, USD-S maintained 58 bases; by September 1, that number will be reduced to 33.

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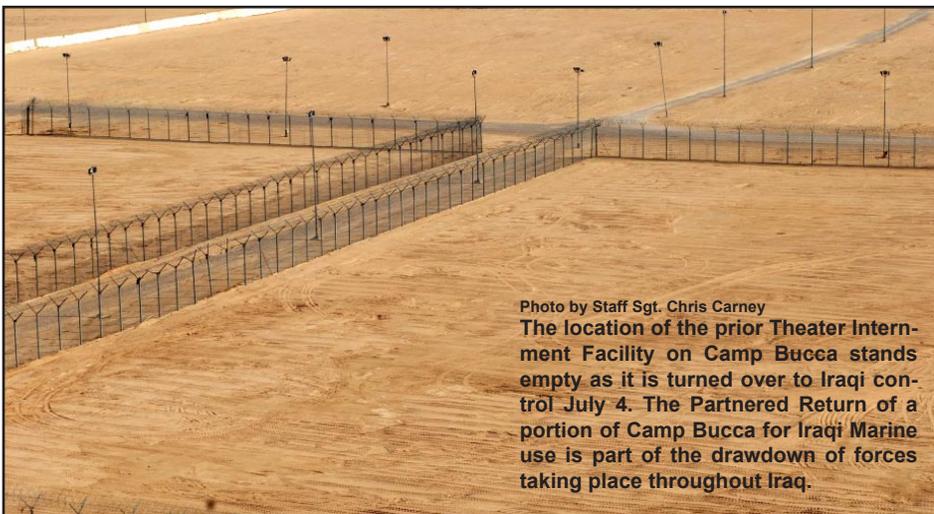


Photo by Staff Sgt. Chris Carney
The location of the prior Theater Internment Facility on Camp Bucca stands empty as it is turned over to Iraqi control July 4. The Partnered Return of a portion of Camp Bucca for Iraqi Marine use is part of the drawdown of forces taking place throughout Iraq.



Photo by Staff Sgt. Chris Carney
An aerial view of Safwan Hill, one of the properties returned to Iraqi control July 4.

Iraqi Army Commando riot training

By Staff Sgt. Chris Carney
367th MPAD, USD-S PAO

COB BASRA – Iraqi Army commandos with the 14th Division received training in crowd control techniques at their headquarters in Basra July 10 and 11. Soldiers from the 354th Military Police Company out of St. Louis, held classroom instruction and led them through hands-on training in formations and movements.

The lead instructor, Sgt. 1st Class Bryon Foreman, 354th MP Co. operations sergeant, from Tecumseh, Mich., used his personal knowledge and experience as a captain in a state prison to bring the training to life.

“Crowd control is something I’ve done for 23 years outside of the Army,” Foreman said.

As an Army Reservist, Foreman is able to bring the skills from his job at a prison with him to help the commandos train. Over the course of his career, he has personally commanded large groups of police during two large-scale incidents.

“Some of these things I have experienced myself, and this will help them in the future to deal with large-scale gatherings of people,” he said.

The training began with information on types of crowds and the motivations behind them. The dynamics and behavioral aspects of a crowd were covered. Furthermore, the Iraqis learned techniques for handling a crowd without using escalating force so situations that begin peacefully, remain so.

“We’re talking about how to read a crowd, how to understand if it is a hostile crowd or just a casual crowd, and then how to appropriately respond to that,” Foreman said.

Several psychological factors combine to affect the way crowds of people react to situations including anonymity, impersonality, suggestion or imitation, and an emotional contagion.

“When people get angry in a crowd that emotion spreads very rapidly,” Foreman said. “It’s very important to de-escalate quickly.”



Photo by Staff Sgt. Chris Carney
Sgt. 1st Class Bryon Foreman, 354th Military Police Company operations sergeant from Tecumseh, Mich., shows a 14th Iraqi Army Division commando proper aiming techniques for a less-than-lethal round.

He explained the importance of understanding the motivations and behaviors of crowds so situations don’t spiral out of control.

“We are working with them in their crowd control and disturbance control training in order to avoid overreaction during civil gatherings or civil disturbances,” Foreman said. “People will be vocalizing their displeasure with things as they do in America. They speak out against the government or against things that they feel to be unfair. They need to learn and understand how to deal with those situations when they come up.”

Most gatherings are peaceful, but in the instance that one does turn negative, Foreman taught how to appropriately respond with the least amount of force.

“Often times we just monitor if it’s a casual crowd. We focus on prevention and good planning and monitor for instigators

who are trying to turn the crowd violent,” Foreman told the commandos.

One technique taught is to open a dialogue with leaders of a demonstration that way their message can be heard.

While emphasizing the peaceful monitoring of a crowd, the next part of the class covered various methods of dealing with a crowd that becomes violent or destructive.

The commandos learned options to prepare and respond, including training in line formations and an introduction to less-than-lethal options.

“We’re giving them a broad overview of all the things that are currently in the U.S. less-than-lethal arsenal. They’re not necessarily going to use that but we’re giving them some ideas for down the road things that they can practice or train with,” Foreman said.

The commandos trained outside in line formations and were able to practice with flex-cuffs and shotguns. They executed formation movements and how to break into a mob to grab someone who is being unruly.

“Training, training, training is the key to proper reaction,” Foreman said.

“I think all in all it was really good training they seemed to adapt to it very well,” said Sgt. Joe Aylsworth, a 354th MP Co. team leader.

“They didn’t know about the formations, what it was, what the gear was, and how it was used. After the training they were able to get hands-on and actually be put in the formations,” the La Crosse, Wis., native said.

The commandos said they felt they were given more tools to deal with a crowd control situation.

The more they train and prepare for these situations the better they will be able to defuse them in a peaceful manner, Foreman said.

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TROOPS IN FOCUS

Danger Forward

July 19, Issue 25

3rd BCT Soldiers live on edge of Iraq

By Staff Sgt. Christopher Jelle
3rd BCT, 4th Inf. Div. PAO

MAYSAN PROVINCE – The Soldiers on Joint Security Station Al Tib live less than a quarter-mile from the Iraq-Iran border and more than 40 miles away from their supporting military camp.

The station is currently occupied by Troop A, 4th Squadron, 10th Cavalry Regiment, 3rd Brigade Combat Team, 4th Infantry Division deployed out of Fort Carson, Colo. The Soldiers arrived in early April and immediately made it their own.

“The place was already somewhat established, and it wasn’t too bad when we first showed up,” said Spc. Derrick Fesler, a cavalry scout with Troop A, 4th Sqdn., 10th Cav. Regt. from Sacramento, Calif., who compared this experience with his last deployment, which was also at a JSS.

“We already had tents and things like that setup with basic living conditions. That was really the main difference to me compared to last time,” he said.

“When we first got here, we were constantly building something,” said Staff Sgt. Matthew Saylor, a platoon sergeant with Troop A, 4th Sqdn., 10th Cav. Regt., also from Sacramento, Calif.

“Most of the improvements have been in regards to force protection, like enhancing the towers, putting in different optical systems such as night vision and building up the security of the towers with sandbags and ballistic plating,” Fesler said.

When the unit arrived, the towers were little more than open platforms. In addition to force protection measures, over the past few months, Soldiers have installed a new shower trailer, repaired the doors and hinges on the handmade latrines, and built walls inside the tents, converting them from open bays to cubicle-like rooms.

Due to the remote location, the Soldiers still have to make a few concessions. Without a sewage system or sanitation contract, the Soldiers must take care of their own trash and waste. They use



Photo by Staff Sgt. Christopher Jelle
Spc. Gregory Giauque, a cavalry scout with Troop A, 4th Squadron, 10th Cavalry Regiment, 3rd Brigade Combat Team, 4th Infantry Division from Ventura, Calif., browses through movies and electronics with Spc. Mark Powell, a cavalry scout with the same unit from Orlando, Fla.

field sanitation kits called Waste Alleviation and Gelling bags in conjunction with existing outhouse-type structures. All the waste is burned at a safe distance from the station.

“It was definitely different using the WAG bags,” said Spc. David Evans, signal support specialist, Company B, 3rd Brigade Special Troops Battalion, 3rd BCT, 4th Inf. Div. “It’s not bad though. I actually like the WAG bags better than the portable toilets. It helps eliminate a lot of the smell and, of course, the insects. I think it’s a lot more sanitary.”

Although JSS Al Tib is in a remote location, it’s definitely not alone. The unit shares a perimeter wall with the headquarters for Iraq’s 4th Battalion, 10th Department of Border Enforcement, which conducts anti-smuggling operations and controls the cross-border traffic between Iraq and Iran.

The Soldiers of Troop A, 4th Sqdn., 10th Cav. Regt., have been working with Border Transition Teams and supporting the DBE to make sure they are fully trained and have the support they need to protect the border. Saylor said maintaining the border is a tough job with such a large area to secure, but the Iraqis are well-equipped to get the job done.

“We are getting them trained up on everything from customs type work, vehicle searches, and personnel searches,” Saylor said. “We even have some guys up here teaching them how to track personnel and read footprints, so they can follow the routes that are being used for smuggling.”

The two units recently worked together in planning an operation to find a weapons cache with DBE troops in the lead during the mission.

Capt. Richard Smith, executive officer for BTT Phoenix and native of Lumberton, N.C., said the Iraqis did well following techniques U.S. forces taught them and directing the Iraqi and U.S. forces during the operation.

Those relationships become very important with 100 people living and working in an area that is only 100 by 150 meters.

“With such a small area, there’s really no place you can go to just get away, and things can get a little tense sometimes,” Fesler said. “Everyone here has to learn to live with each other, and I think that definitely brings people closer together and builds a pretty tight-knit brotherhood.”

For more from 3rd BCT, visit
<http://www.facebook.com/3bct4id>

July Fourth ceremony grants citizenship to 156

By **Spc. Chastity R. Boykin**
3rd BCT, 4th Inf. Div. PAO

CAMP VICTORY – Six Soldiers from the 3rd Brigade Combat Team, 4th Infantry Division were among the 156 foreign-born U.S. service members from 56 countries to participate in a special Independence Day naturalization ceremony held at the Al-Faw Palace on Camp Victory.

Vice President Joe Biden and his wife, Dr. Jill Biden, attended the 17th such ceremony held in Iraq, and the second ceremony held on the Fourth of July, to officially commemorate the service members' new citizenship.

Spc. Lisbeth Martiniez and Pfc. Andres Martiniez from 3rd Battalion, 29th Field Artillery Regiment; Cpl. Edelberto Elias Juan, and Pfc. Serguei Maspoch from 1st Battalion, 8th Infantry Regiment; Spc. Jeric Reutirez from 64th Brigade Support Battalion, and Pfc. Hyoung Oh, 4th Squadron, 10th Cavalry Regiment, all became citizens through the naturalization process, which requires applicants to show

good moral character and live in America for five years. The process is expedited for Soldiers serving during wartime.

"I can't think of a more stirring example of patriotism than men and women volunteering, volunteering to fight for their country, to put their lives on the line, to fight on foreign soil for their adopted country," Biden said to the service members. "You're remarkable."

Biden congratulated and welcomed the troops for enriching the culture of America.

"On this Fourth of July weekend, I'm reminded that you have carried the torch of our Founding Fathers, the one that they lit 234 years ago, you carried it around the world," in this case into a nation that's not your own, in a uniform representing a nation that, until now, was not your own," he said.

Raising their right hands together in a combat zone, the veterans recited the oath to be citizens of the United States.

"Being able to fulfill my dream here

[in Iraq], on the Fourth of July was a great experience," said Oh, a native of South Korea.

Oh came to the U.S with his parents in 1994 at the age of 14 and joined the Army in 2009 to support the military and help Iraqis. Although citizenship is not required to join the military, Oh decided he wanted to fight for a country that was truly his own and not just a place he was living.

"I'm extremely grateful to have such an outstanding group joining the ranks," said Gen. Raymond Odierno, commanding general, United States Forces-Iraq. "Before you even enjoyed the rights of full citizenship, you held up your right hand and swore to support and defend that freedom, both at home and abroad. You volunteered to go into harm's way in defense of your new nation."

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Photo by Staff Sgt. Guadalupe Deanda
Pfc. Hyoung Oh, a native of South Korea serving with 4th Sqdn., 10th Cav. Regt., 3rd BCT, 4th Inf. Div., poses with Gen. Raymond Odierno, commanding general, USF-I, Vice President Joe Biden, and Dr. Jill Biden after participating in a special Independence Day naturalization ceremony held at the Al-Faw Palace on Camp Victory.



Photo by Staff Sgt. Guadalupe Deanda
Spc. Lisbeth Martiniez, a Nicaragua native serving with 3rd Bn., 29th FA Regt., 3rd BCT, 4th Inf. Div., poses with Gen. Raymond Odierno, commanding general, USF-I, Vice President Joe Biden and wife Dr. Jill Biden after participating in a special Independence Day naturalization ceremony held at the Al-Faw Palace on Camp Victory.



Photo by Staff Sgt. Guadalupe Deanda
Pfc. Serguei Maspoch, a native of Cuba serving with 1st Bn., 8th Inf. Regt., 3rd BCT, 4th Inf. Div., stands with Gen. Raymond T. Odierno, commanding general, USF-I, Vice President Joe Biden and wife Dr. Jill Biden, after participating in a special Independence Day naturalization ceremony held at the Al-Faw Palace on Camp Victory.

COB Basra comes together for fire victims

By Staff Sgt. Nathaniel Smith

1st Inf. Div., USD-S PAO

COB BASRA – Around lunchtime on July 9, insurgents in southern Iraq launched a rocket at Contingency Operating Base Basra, triggering a blaze that destroyed an entire building used to house service members, Department of Defense civilians, and contractors.

While no one was seriously injured in the attack or the ensuing fire, the building burned to the ground along with the occupants' belongings.

Recognizing the needs of the displaced individuals, the community around the base have come together to help.

Maj. Michael Cobb, Killeen, Texas, native and executive officer for Division Headquarters and Headquarters Battalion, 1st Infantry Division, said units and organizations post-wide contributed gifts ranging from care packages, excess equipment from supply rooms, and even money to help those who lost property in the fire.

"It doesn't matter what unit you're in, if you're a civilian or you're a contractor or you're a Soldier, when something happens like that everyone pulls together and you're one team," he said.

The 15 displaced members of the COB Basra team received assistance at the DHHB headquarters and were able to begin the process for receiving reimbursement for destroyed belongings.

From there, the COB Basra United Service Organizations center manager, Valerie Burnham of Sarasota, Fla., took the Soldiers and civilians to the post exchange where she used USO funds to purchase any remaining items they might need until additional equipment could be re-issued.

"I'm hoping that by me taking care of that little nuisance for them then it will take that little burden off," she said.

Burnham, a 24-year veteran who retired from the U.S. Navy last year, said her own service ingrained in her a sense of responsibility to help others.

"You see people in trouble, you want to do something about it," she said. "It's my human nature now, after being in the military for so long."



Photo by Staff Sgt. Nathaniel Smith

Workers on COB Basra load a destroyed wall locker as part of the clean-up of a burned down building July 10.



Photo by Staff Sgt. Nathaniel Smith

A fake plant that once adorned a living quarters on COB Basra waits to be cleaned up with the rest of the wreckage July 10.

While DHHB and the USO were able to replace smaller items, Soldiers and DoD employees will be able to file a claim for high-value items lost in the fire.

Capt. Aleksander Podolskiy, 1st Inf. Div. legal assistance attorney, said personnel have 730 days to file their claim on jagcnet.army.mil. The site is automated, but the legal assistance office on COB Basra is assisting people with their claims.

Podolskiy said while contractors cannot file a claim through Army channels, they can contact their employer to try to arrange reimbursement for lost items.

A Soldier can also keep a high-value items sheet at their company, outlining any belongings in their room worth 50 dollars or more, which can help expedite the claims process.

Some of the building's occupants were not on the base at the time of the fire because of leave and missions at other bases in Iraq, but Burnham said the displaced personnel will be assisted in whatever way possible when they return to Basra.

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Fists fly during COB Adder Fight Night

By Pfc. Khori Johnson
3rd BCT, 4th Inf. Div. PAO

COB ADDER – The Contingency Operating Base Adder community witnessed an evening of hard-hitting action during ‘Fight Night’ in front of a packed house at Memorial Hall July 4.

‘Fight Night’ is a way of bringing the Ultimate Fighting Championship experience to southern Iraq.

“We had a couple of objectives,” said Sgt. William Redheffer, Philadelphia native and one of the fighters representing Company A, 1st Battalion, 68th Armor Regiment, 3rd Brigade Combat Team, 4th Infantry Division. “We wanted to give people some entertainment and show off the Modern Army Combatives Program, as well as the other Armed Forces programs.”

Each match was scheduled for three five-minute rounds. The winner of each match was determined by knockout, technical knockout, submission, or judges’ decision.

Event organizers transformed Memorial Hall into a small arena with a boxing ring and an enormous U.S. flag hanging from the ceiling. Each fighter received an introduction from the emcee, complete with individual theme music.

After the bell rang, fighters clashed until a winner emerged. Each participant received a medal for his efforts.

“It’s a sport that’s dependent on the fans,” said Richard Griffiths, a Denver native to the 3rd BCT, 4th Inf. Div., who competed in a previous event in March. “If it were not for the fans, this wouldn’t be possible, so you have to put on a good show for them.”

The action received a very energetic response from the audience of about 1,000, much to the appreciation of the participants.

“My opponent would hit me and the crowd would go ‘Oooh!’, or I would slam him and they would just erupt,” Griffiths said. “It was really exciting.”



Photo by Pfc. Khori Johnson

Richard Griffiths, a Denver native assigned to the 3rd BCT, 4th Inf. Div., gains control of his opponent in the corner of the ring during ‘Fight Night’ at COB Adder’s Memorial Hall July 4. Twelve servicemen and civilians competed in mixed martial arts style matches.

The 12 service members and civilians were able to train and prepare for the event thanks to the Sprungs Gym, affectionately called “The Zoo,” located on COB Adder near Memorial Hall. The Zoo is open to anyone one who wants to participate in mixed martial arts training.

The Fight Night was the perfect way to see how everyone has progressed from the training they have received, Redheffer said.

The Zoo is open at 6 p.m. every day except Sunday and offers a variety of disciplines in addition to the Modern Army Combatives programs. Brazilian Ju-jitsu, Muay Thai Boxing, American Boxing, and Greco-Roman Wrestling are just some of the different martial arts offered.

The gym also provides a safe place for fighters to practice their skills. Safety is very important when learning fighting techniques, said Chief Warrant Officer 2 Sean Ballantine, of Chicago native and one of the event’s judges. Ballantine, an operational management team chief with Company A, 3rd Special Troops Battalion,

3rd BCT, 4th Inf. Div., also teaches at The Zoo in his spare time.

“If you bring someone in and break one of his arms and one of his legs, that person hasn’t learned anything but to not come back. It makes more sense to bring in that person and slowly show them how to evolve as a better fighter and in self-defense,” he said.

Training at The Zoo also has many benefits for those interested in a different way of staying in shape, Griffiths said.

“It’s very physical,” he said. “If you want some good cardio-conditioning with a great strength element, you will get that. It’ll get your heart rate going and get you sweating. It also takes some mental toughness as well.”

Ballantine said there are plans to hold many Fight Night events in the future. He hopes the recent Fight Night will attract more spectators as well as participants.

For more from 3rd BCT, visit <http://www.facebook.com/3bct4id>

OUT, from page 1

up north, then it would pay us big dividends and it has,” he said.

At the end of June, the brigade was ahead of schedule for what needed to be moved out of theater.

“Last month [June], we did 104 convoys total,” Walker said. “The projection was 73, so we’re at about 147 percent, based on the projections of cargo that we were going to move.”

Walker said around 80 percent of those convoys were the Durable Express.

The Durable Express convoys are kept predictable by communicating with the yards in the north and tailoring the make-up — with specific trucks being required to move specific equipment — so the convoy that goes north is set up to upload the equipment on the ground, Walker said.

“Before, it might have been just a full convoy of flatbeds,” he said. “If it gets up there, and you have 30 [Mine-Resistant Armor-Protected vehicles], and you’ve got 30 flatbeds, you can’t pick it up.”

With the progress the brigade has made, Walker said he feels confident they will continue to run ahead of schedule and will finish this phase of the equipment retrograde — scheduled for completion by November — well-ahead of schedule.

In addition, Walker said the work of the brigade staff, who set up the convoys and track all the details, and specifically the Soldiers in charge of the convoys.

“It’s due to a lot of creative thinking, a lot of young convoy commanders at the [staff sergeant] level, the junior noncommissioned officers,” Walker said. “Because those are the guys out there running those convoy operations: making good decisions on the road, keeping the vehicles



Photo by Staff Sgt. Matthew Veasley

Soldiers from the 824th Quartermaster Co., deployed to Qatar and assigned to the 1st SB, secure a cargo delivery system package of MREs. The 824th recently broke the theater airdrop record with 1,649,278 pounds of cargo dropped into theater.

repaired while they’re on the road, dealing with the threat that’s out there.”

Staff Sgt. Rodolfo Rojas, 2nd Heavy Equipment Transportation Company, assigned to 164th Sustainment Battalion, is a convoy commander who, at the end of June, had 22 convoys under his belt.

“I’m the over-all-seer for my convoys,” said the Nogales, Ariz. native. “I’m responsible for the loads -- make sure the loads get loaded up properly; make sure the convoy makes it from camp-to-camp — basically, anything that has to do with that convoy.”

The convoys can vary as much in distance as they do in size, with the longest round-trip taking 16 days, assuming there are no stops or delays, and the size varying by 30 percent or more. This requires some adaptability on the part of the troops.

“I’ve done everything,” Rojas said. “Whatever they tell us we need to do, we do.”

The carefully planned convoys make for long days, but the troops do what they can with what free time they have.

“We set our routes before we leave Arifjan, and each camp we hit has tents where we stay at,” Rojas said. “We sleep a little and then push back out.”

Orchestrating the joint efforts of everyone assigned to the brigade began with multiple layers of planning, Walker said, with U.S. Forces-Iraq in Baghdad and the 1st Theater Sustainment Command -- 1st SB’s headquarters in Kuwait.

In addition, the 1st SB brought some of the people they would be working with in Iraq down to Camp Arifjan and walked them through the processes and challenges to be dealt with over the coming months.

At the heart of fulfilling 1st SB’s mission is the welfare of the troops.

“One of the things that we’re big on is resiliency,” Walker said. “We’ve had very few family-type issues that we’ve had to deal with out here, and I attribute that to the great family readiness group structures that are both back at Fort Riley and back at all of the other home stations.”

“It’s important that you have those strong foundations because what we’ve seen is that our Soldiers have been able to focus on the mission at hand, and we, as the chain of command, have had to spend very little time dealing with issues back at home.”



Photo by Capt. Y. Daniel Hosaka

An MRAP is loaded onto a civilian transport to be moved out of Iraq by contractors working under Soldiers of the 1st SB, based at Fort Riley, Kan., and deployed to Camp Arifjan, Kuwait.

For more from USD-S PAO, visit www.facebook.com/1stInfantryDivision

ON THE HOMEFRONT

Danger Forward

July 19, Issue 25

Take it easy: Hot weather and unhealthy air here

Kris Vera-Phillips
Monica Woods C. Johnson

SACRAMENTO, Calif. - As temperatures soar to triple digits over the weekend, Friday and Saturday have been declared "Spare the Air" days for El Dorado and Sacramento counties and the city of Davis.

Air quality in El Dorado and Sacramento counties is forecast to be unhealthy. Placer and Stanislaus counties are forecast to be unhealthy for sensitive groups.

On "Spare the Air" days, the Sacramento Metropolitan Air Quality Management District asks residents to cut back on driving in order to reduce smog. The district recommends residents either carpool to events or use public transportation.

The YOLOBUS service announced it will offer free rides because of the air quality forecast. On Friday and Saturday, riders will not be charged on fixed route services for YOLOBUS and Unitrans, which serves Davis and the UC Davis campus.

YOLOBUS paratransit services will also offer free rides.



The high pressure ridge over the west reaches its peak on Friday and Saturday with highs from 103-106. Some parts of the Northern Sacramento Valley may actually top out at 110 or so by Saturday afternoon.

The weather will slowly start to change by Sunday and Monday as the jet stream takes a dip to our west and allows much cooler air to funnel into the state.

By Monday and Tuesday afternoon, temperatures will be nearly 20 degrees below what they will be during the next few days.

The Sierra will have a chance of afternoon thunderstorms on Friday. Highs in the Sierra will be in the mid to upper 80s.

Take care during hot weather

San Joaquin County public health authorities recommend the following safety tips during extreme heat:

- Drink plenty of fluids
- Drink more water or electrolyte-replacing sports drinks. Don't wait until you're thirsty to drink.
- Avoid drinking sweetened drinks, caffeine, and alcohol.
- Stay cool indoors
- Stay in an air conditioned area, if possible, or in the coolest part of the house, especially between noon and 6pm.
- If you don't have air conditioning, go to a shopping mall or public building for a few hours.
- A cool shower or bath is also a good way to cool off.
- Schedule outdoor activities carefully
- Wear lightweight, light-colored and loose-fitting clothing along with a wide brimmed hat
- Try to be less active during late afternoon, the hottest part of the day.
- Rest often in a shady area.
- Never leave children or pets in a parked car. Even with the windows cracked open, interior temperatures can rise almost 20 degrees Fahrenheit within the first 10 minutes.
- Pace yourself
- Take frequent, regularly scheduled

breaks.

- If your heart pounds, you become out of breath, lightheaded, confused, weak or feel faint, stop your activity and rest in a cool or shady area.

- Use a buddy system

- Check on your friends and family and have someone do the same for you.

- Check on the elderly and people with health conditions twice a day during a heat wave.

It is also important to know the signs and symptoms of heat related illness:

- **Early warnings signs of heat exhaustion**

- Muscle cramps
- Nausea
- Headache
- Fatigue
- Increased sweating
- Symptoms of heat stroke - This is a life-threatening emergency.
- Confusion
- Coma
- Hot, dry skin (no sweating)
- Elevated body temperature
- Rapid heart rate
- Shallow breathing

If you suspect someone is suffering from heat stroke, immediately call 911 and begin these aggressive cooling measures:

- Remove victim's clothing.
- Cool victim with water. Place large soaking wet cold towels or sheets over the victim or immerse the victim in a tub of cool water.
- Place ice packs in the underarm and groin areas.

Sacramento, Calif., is the hometown of Spc. Derrick Fesler and Staff Sgt. Matthew Saylor, who are featured on page 7 of this week's Danger Forward.

Morale Call



Dear Basra Betty,

Is there any truth to the rumor that we could be leaving a month early?

—Water Cooler Bob

Dear Bob,

There have been many rumors about the 1st Inf. Div. redeployment. I think I will be able to provide some insight, but because the deployment and redeployment of units is classified, I really can't give a detailed answer to this question. I know, it's sad, but a little too much fun one night in Tijuana in the '70s and all of a sudden a gal can't have access to the "secret squirrel" world. Anyway, what I can tell you is that if you deployed with the

original main body flights, plan on fulfilling your deployment obligation. If you're referring to "early" as a month earlier than that commitment, the answer is no, we won't be leaving early (unless you are on the early redeployment list).

*(Disclaimer: this is Basra Betty's opinion and not an official statement from the IID HQ)

Dear Basra Betty,

If reducing numbers is so valuable, and most of us do all our work without leaving our desks with email, share-point, and other web-based software, why don't we send half of the staff to Fort Riley to work out of the headquarters' operations center?

—Jealous

Dear Jealous,

You don't work in G5-Plans or future operations do you? This same question was asked as early as 90 days prior to our deployment. You bring up a great point: there are positions that could in theory be conducted from Fort Riley. The list of

early re-deployers was determined by using your question, other factors, the statisticians, and all 20-plus sergeants major in the United States Division-South headquarters to come up with a comprehensive list. With your specific question, there are communications, time-zone, split command and control, and cost-benefit challenges that were taken into consideration. Personnel involved in the Responsible Drawdown of Forces (RDOF) will be the first part of our redeployment, and once integrated back at Fort Riley they will contribute to the main body's return at the end of our tour, serving as the tip of the spear for the 1st Inf. Div. redeployment this winter. If you're disappointed in not being selected for RDOF, please logon to MyPay and take a look at your LES; this may help ease the pain. We'll get home soon enough for sub-zero temperatures, slipping on ice, and PT at Custer Hill.

Basra Betty

ROCK AND ROLL TRIVIA

ACRONYMICAL

Nobody loves acronyms more than the military, but rock and roll is a close second. (Technically, a lot of these are "initialisms" and not "acronyms," but they're close enough for rock n' roll).

1) ELO was one of the first bands to regularly feature classical string musicians next to rockers. What does ELO stand for?

2) Elvis loved this acronym so much he named his band after it, put it on jewelry, and even painted it on the tail of his private jet.

3) What English reggae band got its name from an unemployment form?

4) The CD replaced the LP as the standard medium for recorded music in the 1980s. Everybody knows CD stands for compact disc, but what does LP stand for?

5) If this British/German hard rock band that rocked arenas with "Rock Bottom" and "Lights Out" ever did a USO tour, they probably would have included Area 51 on their schedule.

6) For these rap stars, EPMD wasn't just a name, it was a mission statement. What does EPMD stand for?

7) What happened to turn CSN into CSNY?

8) What band's initials are the same as a popular fuel additive?

9) Although many kids hated gym class, this "PE" had them dancing all night in the late 1980s.

10) This band's name, taken from a type of sleep, is fitting considering their frequently obtuse, dream-like lyrics.

11) Iron Maiden, Judas Priest and Motorhead led the charge for the NWOBHM. What is NWOBHM?

12) This band tried to hang tough to their careers by calling themselves NKOTB. Instead of street cred, the name change inspired more jokes than album sales. Who is NKOTB?

13) Twisted Sister's Dee Snider testified in Congress defending rock n' roll lyrics in response to what organization led by Tipper Gore?

(1) Electric Light Orchestra (2) TCB - Takin' Care of Business (3) UB40 (Unemployment Benefits form 40) (4) Long Playing (5) UFO (6) Erick and Parish Making Dollars (7) Neil Young joined Crosby, Stills and Nash in 1969 (8) Stone Temple Pilots (aka STP) (9) Public Enemy (10) R.E.M. (11) New Wave of British Heavy Metal (12) New Kids on the Block (13) PMRC (Parents Music Resource Center)

**USD - South
1st Infantry Division
Yearbook Photos**

The Yearbook is on its way, and the USD-S PAO is offering you the chance to decide what you want to see.

- *Send in your own photos. Requirements are complete army uniform, no hats/sunglasses.
- *If you don't have a camera, arrange for a photo shoot with Public Affairs. All you need is a time and a place.
- *If you are a DHHB Soldier serving in USD-S, photos are required.

If you have any other questions or comments, e-mail Sgt. Cody Harding on Outlook.

cody.harding@iraq.centcom.mil

Big Red One Puzzle of the Week

Hint for this week: Washington DC perhaps...

Each week, look for a new brain teaser here, with the answer in the following week's Danger Forward.

Solution for last week: The Eyes of Texas are upon You
Brought to you by the 1st Inf. Div. ORSA Cell

A look around USD-S

Photo by Sgt. 1st Class Christopher DeHart

Iraqi 10th Division (Iraqi Army) commandos race off the back ramp of a CH-47 Chinook helicopter during the dry-run portion of their air assault training at Forward Operating Base Garryowen, Iraq, July 28.

Have a photo from around USD-S? Email it, along with the photographer's name, rank and unit, the date and place it was taken, and a short description, to nathaniel.smith5@iraq.centcom.mil, and you could have it featured here and receive a coin from DCSM Jim Champagne.

Sudoku

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

For solutions visit: www.puzzles.ca/sudoku_puzzles/sudoku_hard_003.html