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Gun truck battery changes command. Page 4



LIFELINER **WEST**

"If you want it done, call the 101!"

Volume 2, No. 15 *Deployment Edition*

Q-WEST BASE COMPLEX, IRAQ

July 1, 2006

A Tribute to the 142nd CSB

To commemorate the battalion change of command...



Photo by Sgt. Rachel A. Brune

Maj. Richard Lazik, battalion support operations OIC, hands a piece of candy to a child in an individual displaced persons camp near Dahuk during a recent humanitarian mission. Story on Page 5.



142nd CSB celebrates Army's 231st Birthday with Grand Opening of MWR, HEAT, barbecue. Story on Page 4.



142nd CSB opens new Humvee Egress Assistance Trainer, rollover simulator. Story on Page 3.



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The Lifeline West can be viewed online at:
<http://www.dvidshub.net>

142nd Soldiers visit history

By Sgt. Rachel A. Brune
101st Sustainment Brigade

FOB MAREZ, Iraq – As Headquarters and Headquarters Detachment, 142nd Corps Support Battalion, prepares to redeploy to its home station of Fort Polk, La., its Soldiers had a few more chances to visit one of the ancient sites of Iraq.

Capt. John P. Smith, battalion chaplain, has conducted several tours of the Dair Mar Elia, or Monastery of Saint Elijah, located within the military complex here.

Originally established in the 6th century A.D. by Mar Elia, a monk from Turkey, the stone and mortar building has since gone through many changes. It was renovated, and then destroyed, in the 17th century A.D. and renovated again in the 20th century.

The Soldiers who visit from Marez and LSA Diamondback follow in the footsteps of pilgrims from Mosul and the surrounding Nineveh Province who flocked to the monastery during the Mar Elia Holiday in November.

When the Iraqi army built a military compound around the monastery, the number of visitors was reduced if not completely curtailed.

Now, the site is fenced off and visitors must obtain a key from the Marez Mayors Cell in order to tour the building. Smith described the many groups he has brought through the site, some of whom have been interested in the history of the site, and others who find spiritual interest there.

In addition to the cells surrounding the courtyard and the chapel area, there is a cistern located within the walls.



Photo by Sgt. Rachel A. Brune

Soldiers from the 142nd Corps Support Battalion and 101st Sustainment Brigade take pictures of the courtyard of the Dair Mar Elia monastery, as viewed through the entrance to the ruins.

Outside, a large well, now dry, is situated against the hill.

More information can be found on the Internet regarding the site, which has been visited by many including news media and Soldiers with a background in archaeology.

[Http://christiansofiraq.com/monastery.html](http://christiansofiraq.com/monastery.html)

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Contact the brigade public affairs office!

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In Memoriam: 773rd bids farewell to comrade

By Sgt. Rachel A. Brune
101st Sustainment Brigade

Soldiers from across the 101st Sustainment Brigade filled the MWR Theater to overflowing here to pay tribute to a fallen comrade June 12.

Friends of Sgt. Jose M. Velez, 773rd Transportation Company, spoke of his kindness, sense of humor and strong sense of duty during the memorial service held in his honor on what would have been his 36th birthday.

"Anyone who looked in his eyes and his smile could see the kindness in his heart," said Sgt. Aja Andreu, of the Bronx, N.Y. native, who was known as "Java Joe" to his fellow Soldiers.

Velez was killed in action in Kirkuk June 9 when an improvised explosive device detonated near his vehicle during a combat logistics patrol.

The 773rd Trans. Co., a Reserve unit from Queens, N.Y., was activated in support of Operation Iraqi Freedom in February 2006. The unit arrived in country in April 2006.

Velez was always ready to invite someone in and offer them a cup of his famous coffee, although he also like to go off on his own to think and reflect, said Andreu, a fellow member of the gun truck platoon. He also enjoyed stargazing.

The night of his death, the sky was too dusty to see the stars. When word came of Velez' death, the sky cleared for just a few hours.

"I truly believe Joe was with us all at that moment," said Andreu.



Sgt. Michael Kentner spoke of Velez' humility, strength of character and love of his children, as well as his expertise in brewing the perfect cup of coffee.

"I know Java Joe will be dearly missed by anyone his life touched," said Kentner.

Capt. Thomas Sullivan, 773rd company commander, eulogized Velez, remembering him for his sarcastic humor, humble nature and lead-from-the-front nature.

"Somehow, he always had the words to put you at ease," said Sullivan. He spoke of going to Velez' living area to watch a movie with fellow Soldiers. Velez spent so much time making sure everyone was comfortable, a fellow Soldier had to remind him to sit down and watch the movie.

"You will be forever in our mind and hearts," said Sullivan. "May you rest in peace."

After a slideshow depicting Velez in moments from the unit's activation, training and deployment, Maj. Kenneth Gesch, 71st Corps Support Battalion chaplain, gave a few words of meditation and a benediction.

1st Sgt. Vincent J. Mannion sounded a final roll call of the company. When he came to Velez, he called out his name three times, waiting for the silence that followed.

An honor guard from the 317th Maintenance Company fired three volleys in a 21-gun salute, followed by the playing of "Taps."

Soldiers then paid their respects to Velez, saluting his memorial. Some reached out to touch the empty boots as a last gesture of farewell.



Photo by Sgt. Rachel A. Brune

A 773rd Transportation Company Soldier pays his final respects to Sgt. Jose Velez.

142nd CSB debuts Iraq's first rollover simulator

By Sgt. Rachel A. Brune
101st Sustainment Brigade

LSA DIAMONDBACK, Iraq – The Soldiers of the 142nd Corps Support Battalion no longer have to survive a deadly situation to describe what it is like to roll over in an uparmored Humvee.

With the unveiling of the first and only Humvee Egress Assistance Trainer, or HEAT, in Iraq June 14, the Soldiers now have another weapon in the safety arsenal to combat Humvee rollovers, which have claimed 13 lives in 2006 alone.

“We want to make sure that we have no more memorial services and no more trips to the hospital,” said Lt. Col. Ronald Green, battalion commander.

The HEAT is an M1114, or uparmored Humvee, chassis mounted on an axle, powered by a generator. When in operation, the device rotates the entire chassis to simulate a rollover situation.

“When you're upside down, you're disoriented,” said Capt. James George, company commander, 473rd Quartermaster Company. “That was the worst complication – figuring out how to open the door.”

George explained, he had not been able to imagine a rollover situation clearly before participating in the simulator.

“It's a great device,” said George, of Birmingham, Ala. “It's going to help



Photo by Sgt. Rachel A. Brune

Spc. Angel Ocegueda, 298th Maintenance Company, acts as a safety on the Humvee Egress Assistance Trainer, as Staff Sgt. James Jett, 872nd Maintenance Company, operates the simulator during unveiling ceremonies June 14.

save lives.”

During the initial unveiling ceremony, held at the battalion's celebration of the Army's 231st birthday, each subordinate unit commander and first sergeant donned body armor and kevlar to experience the simulator. The operator first rocked the chassis to a 25 degree angle, the angle at which an uparmored Humvee will roll over, then spun it the other way to simulate a rollover. The occupants then had to

exit the vehicle while it was positioned upside down.

“It's a great trainer to assist Soldiers to know at what angle they're going to roll over [and] how to exit,” said 1st Sgt. Perry Williamson, Headquarters and Headquarters Detachment, from Canton, Miss.

Although the 142nd CSB, an active duty unit from Fort Polk, La., has less than two months left on its deployment, the trainer will allow future Soldiers the ability to get the training, said Williamson.

Capt. Ronnie Crosby, HHD commander, of New Orleans, La., mentioned that the initial 25 degree tilt was surprising.

“It didn't feel like we were going to tip,” said Crosby. “Maybe that's why we have rollovers.”

This is the fourth HEAT in existence in the Army, and the first one in Iraq, according to James F. Jennings, safety officer for the 101st Sustainment Brigade, the 142nd CSB's parent unit.

A team of Soldiers from the 872nd and 298th Maintenance Companies built the machine, working from blueprints released by Coalition Forces Land Component Command at a safety conference March 20.

The construction team added several innovations to the original design. The battalion's HEAT is the first to include a safety cage around the turret, which will enable gunners to practice slipping into the interior of the Humvee.

Rather than utilize commercially-fabricated parts, the project officer decided to mobilize the Army's vast supply system to provide the components for the HEAT. Chief Warrant Officer (4) Jeffrey De Wijn, 298th MCT shop officer from El Paso, Texas, acquired old parts for the machine that had been relegated to the “boneyard” and stricken from the Army's books, as well as parts that could easily be ordered through the system.

“I thought to myself, we have the largest supply inventory in the world,” said De Wijn.

The HEAT drive motor is the same motor used to power the turret on a Bradley Fighting Vehicle, and the turret gear is from an Avenger drive assembly.

“This is a triumph of ingenuity and innovation here,” said Jennings.

The entire construction took about seven weeks and \$10,000 to complete, according to De Wijn.

Jennings attributes much of the innovation and efficiency to the additional sets of skills the Soldiers brought to the project. The two maintenance companies are Army Reserve units, and the project manager, Staff Sgt. James Jett, 872nd MC, is a maintenance manager for Infiltrator Systems.

Jett, a senior quartermaster and chemical repair sergeant from Clinton, Utah, holds an Associates of Applied Science in electrical and mechanical engineering from Weber State University. He became involved in the project when his shop officer showed him a collection of parts.

“He said, ‘We want you to make a rollover machine out of this pile of junk,’” said Jett. Although both Jennings and De Wijn gave Jett the majority of credit for the successful completion of the project, he deferred the credit to his team of Soldiers from the two maintenance companies.

One of the advantages of this model of the HEAT, according to Jett, is that it is completely self-contained and self-powered, as well as being very portable.

The bottom line, from a safety viewpoint, is that with this training, the first time a Soldier is involved in a rollover will not be the first time he or she has gone through the experience, said Jennings. The Soldier will have the necessary muscle memories to bring the gunner into the vehicle before the rollover and then exit in a safe manner.



Photo by Sgt. Rachel A. Brune

Command Sgt. Maj. Edward L. Johnson exits the HEAT during unveiling ceremonies June 14. Johnson and Lt. Col. Ronald Green, battalion commander, took the official first ride in the simulator.

New guys on the block: 352nd CSB gets guided tour of new territory

LSA DIAMONDBACK, Iraq – Headquarters and Headquarters Detachment, 142nd Corps Support Battalion, added a personal touch to the unit's transfer of authority process, giving a personal bus tour of the base to the advance party of the 352nd Corps Support Battalion June 16.

When the 142nd CSB arrived, they received merely a Powerpoint presentation telling them where various facilities were, said Capt. Daniel Chase, battalion transitions officer. The 142nd CSB wanted to give their replacements more of a feel for where things were and what was available to the Soldiers.

During the bus tour, Capt. Ronnie Crosby, of New Orleans, La., pointed out various sites including all of the battalion's buildings, the post exchange, the chapel, the Morale, Welfare and Recreation center and even the two-mile route for Soldiers taking the Army Physical Fitness Test.

The 352nd CSB Soldiers, Reservists from Macon, Ga., asked several questions during the tour, remarking favorably that the base was a lot different from what they had expected.

“I was rather impressed with the facilities,” Capt. Joseph Dingle, HHD commander, from August, Ga.

He added: “You can see the work the 142nd has done.”

The 352nd Soldiers have also attended Powerpoint presentations during the transition, but have received the chance to get out of the briefing room, taking turns in the Humvee Egress Assistance Trainer.

The 142nd CSB was very helpful, making and maintaining contact with the 352nd CSB in order to keep them updated with what to expect when the Soldiers arrived in theater, said Dingle.

“We've got some big shoes to fill,” said Dingle.

142nd Soldiers celebrate Army's 231st Birthday



Photo by Sgt. Rachel A. Brune

Sgt. 1st Class Derek Jaco, 872nd Maintenance Company and the oldest Soldier in the 142nd Corps Support Battalion, prepares to cut the birthday cake with the youngest Soldier, Pfc. Nathan Smith, Battery B, 2-5th FA, as the battalion commander and command sergeant major look on.

By Sgt. Rachel A. Brune
101st Sustainment Brigade
LSA DIAMONDBACK, Iraq – Soldiers of the 142nd Corps Support Battalion celebrated the Army's 231st birthday with the grand opening of a new Morale, Welfare and Recreation center as well as a new spiritual fitness center June 14.

Albanian and Iraqi soldiers stationed on the base joined the 142nd for a barbecue, volleyball and skits, as well as the grand opening of the Humvee Egress Assistance Trainer.

As a disc jockey played tunes over a loudspeaker system, a crowd gathered to watch a television screen, connected to a pair of "spycam" glasses, worn by

the HEAT participants and showing what they viewed as they tumbled over.

The battalion S-6, or communications, section arranged the spycam to give the Soldiers the opportunity to see through the eyes of someone going through the training, even if they couldn't participate yet, according to Staff Sgt. Ronald Morgan, section NCOIC. Morgan and his Soldiers used commercial equipment to set up the system.

"We do what we do," said Morgan.

As the battalion commanders and senior enlisted Soldiers strapped themselves into the HEAT, Staff Sgt. Bradley Livingston, 872nd Maintenance Company, got busy dishing up barbecued chicken, hamburgers and hot dogs.

Livingston, an Army food service NCO and a civilian audiology technician, from Moorehead, Minn., stepped up and took over the food line when there was a delay due to lack of servers.

As Soldiers from the battalion milled around, eating and drinking, American and Albanian Soldiers started a game of volleyball on the new court. Soon a crowd gathered to watch and applaud good moves made on both sides.

After the main course, the youngest Soldier and the oldest Soldier grasped a saber to cut the Army birthday cake,



Photo by Sgt. Rachel A. Brune

Capt. Daniel Chase, shares a few words with some Albanian soldiers, as they watch a volleyball game.

melting quickly in the evening heat.

Sgt. 1st Class Derek Jaco, 872nd Maint. Co. personnel and finance NCOIC, of Layton, Utah, endured some joking about his year of birth, 1947, as he cut the cake with Pfc. Nathan Smith, Battery B, 2-5th Field Artillery Regiment, from Amarillo, Texas, who was born in 1987.

With cake in hand, the Soldiers then sat down to enjoy a series of humorous skits presented by each of the battalion's subordinate units.

Gun truck battery changes hands

LSA DIAMONDBACK, Iraq – Capt. Kurt J. Cyr assumed command of Battery A, 1st Battalion (Airborne), 321st Field Artillery Regiment, from Capt. Sidney A. Knox in a ceremony June 15 at the 142nd Corps Support Battalion headquarters here.

Knox had commanded Battery A for two years, including a deployment to Fort Lewis in support of Operation Warrior Forge, and the current deployment in support of Operation Iraqi Freedom for an "in lieu of" mission as a Convoy Security Batter in northwestern Iraq.

A native of Rocky Mount, N.C., Knox is transferring to the 101st Airborne Division at Forward Operating Base Speicher.

Cyr, a native of Hamilton Square, N.J., most recently served as an assistant operations officer for the Warrior Battalion, out of Fort Bragg, N.C., and deployed to Mosul in support of OIF.

During the ceremony, Lt. Col. Ronald Green, 142nd CSB commander, praised Knox's leadership and dedication to his Soldiers during the seven months the Battery, from Fort Bragg, has served in theater.

Knox led from the front,



Photo by Sgt. Rachel A. Brune

Lt. Col. Ronald Green, 142nd CSB commander, passes the Battery A guidon to Capt. Kurt Cyr, incoming commander, as Capt. Sidney Knox, outgoing commander, looks on

accompanying his Soldiers on more than 315,000 miles worth of missions, said Green. In addition, Battery A contributed to the development of battalion troop to task protocols and to the training of the 3rd Motorized Transport Regiment, Iraqi Army.

"Thank you for your leadership," said Green. "You made sure your Soldiers were taken care of."

After passing the Battery A guidon to Cyr to symbolize the passing of command, Knox made a few comments to the Soldiers.

"It's truly been an honor to serve with such dedicated professionals," said Knox.

Knox praised his Soldiers for their dedication and motivation during training and deployment.

"The troopers you see before you ... are the only true testament to success," said Knox.

Cyr was previously deployed within the Multi-National Corps-Iraq Joint Operations Center during OIF III. Before that assignment, he was assigned to the XVIII Airborne Corps, serving as Fire Support Operations Officer in the Corps Fire Support Element.

Cyr is a graduate of the U.S. Army's Northern Warfare Training Center and the 82nd Airborne Jumpmaster School.



551st CTC carries load

LSA DIAMONDBACK, Iraq – Since their arrival in theater 11 months ago, the Soldiers of the 551st Cargo Transfer Detachment have known what it means to carry the load.

"We move all of the containers ... for pretty much anybody," said Capt. John D. Smith Jr., detachment commander, of Lake Wales, Fla. He added: "We've been all over northern Iraq."

In addition to moving containers and transporting equipment on 915 tractor trailers, Smith's Soldiers also performed a Heavy Equipment Transport, or HET, recovery mission.

The furthest recovery mission was to Rawah, to recover a Stryker. That mission was difficult because of the heavy sand, which

impeded the HET.

"That was probably the toughest mission as far as the distance and [the HET]," said Smith.

The detachment, part of an active duty company from Fort Eustis, Va., consists mainly of Soldiers trained as cargo handlers.

Reserve Soldiers, originally trained as light-wheel mechanics, joined the unit to deploy.

"We had to train them up to be truck drivers, and they did an outstanding job," said Smith.

Smith, credits much of the unit's success to Staff Sgt. Kirby Cannon, detachment NCOIC.

"I've had a great supporting cast," said Smith. "That's what enabled us to accomplish all our missions."

In the north, 142nd Soldiers spread toys, goodwill

By Sgt. Rachel A. Brune
101st Sustainment Brigade

DAHUK, Iraq – Soldiers from across the 142nd Corps Support Battalion brought smiles and toys to children in one of Iraq's northernmost provinces during a humanitarian assistance drop here June 21.

"The 142nd enjoys this just as much as the kids enjoy it," said Lt. Col. Ronald Green, battalion commander. "This will stay in the minds and hearts of my Soldiers."

Soldiers handed out Beanie Babies, sports uniforms, soccer balls, teddy bears and candy, donated by a variety of organizations in the United States, according to Capt. John P. Smith, battalion chaplain.

Lake Zurich High School, in Lake Zurich, Ill., sent the school uniforms, as well as "boxes and boxes" of teddy bears, said Smith. The school has

been in contact with Maj. Richard Lazik, battalion support operations OIC, a native of Niles, Ill.

Green's mother coordinated with a Dayton, Ohio, radio station, "Rebel Radio" and disc jockey "Flying Brian," for a drive which netted more than 4,000 Beanie Babies for Iraqi children. Some of the stuffed toys are still on their way, so the 352nd Corps Support Battalion, replacing the 142nd, will still have plenty of toys to conduct their own humanitarian mission, said Green.

"This [mission] provides the opportunity to see Iraq in the daytime and see how we're providing liberation to the Iraqis," said Smith.

Along with the 142nd Soldiers, 352nd Soldiers accompanied the mission north.

Upon arrival in the Dahuk area, the local civil affairs unit, Company C,



Photo by Sgt. Rachel A. Brune

Schoolgirls perform a clapping song for 142nd CSB Soldiers June 21.

403rd Civil Affairs Battalion, a Reserve unit from Utica, N.Y., welcomed the Soldiers with breakfast and a cultural awareness briefing.

Navy Lt. Kim DaCosta spoke to the Soldiers regarding the culture and customs of the primarily Kurdish area they were to visit. She also outlined the strategy for handing out the toys to the children.

Each child was to receive one toy. After receiving his or her Beanie Baby or other item, the Soldiers marked the child's left hand with a smiley face.

The area is mostly rural, with agriculture as the primary means of subsistence, according to Maj. Jack LoMedico, company commander, a New York state parole officer from Syracuse, N.Y. LoMedico's unit is primarily concerned with water projects for the people of the area.

In the town, an individual displaced persons camp for persons of Kurdish descent forcibly removed from their homes under Saddam Hussein's regime, the Soldiers dismounted from their vehicles holding plastic bags full of toys. As the children caught sight of the items, they quickly began to gath-

er in the courtyard of the school.

Two lines of neatly-dressed girls sang a song with clapping motions for the Soldiers, as the mayor of the town presented Green with a Kurdish flag.

The children sat in a large semicircle as Green spoke to them through an interpreter, telling them of the gifts his Soldiers had to give them.

After the preliminary ceremonies were over, the Soldiers lined up to hand out the toys. The children came on in a rush, hoping for one of the soccer balls, or perhaps a certain Beanie Baby or teddy bear.

The crowd quickly grew larger than the organizational system could handle, so the adults brought the children into the classrooms, and the Soldiers visited one by one to hand out their goodies. Finally, the Soldiers handed out their last pieces of candy and stuffed, furry friends.

Tired, the Soldiers snapped a few last photos, said their last goodbyes and headed back to vehicles.

"I believe we've made an impression on this village," said Green. He added: "I think we were able to do a great thing."



Photo by Sgt. Rachel A. Brune

A 142nd CSB Soldier tries out a new method of toy distribution during the battalion's humanitarian assistance drop June 21.

Rebel 6 Sends...

By Lt. Col. Ronald Green
Commander, 142nd CSB

As we prepare to leave Iraq a country sometimes enchanting, often ugly and always unforgiving the 142nd closes out its latest chapter in Mesopotamia. Looking back over the past twelve months it's hard to take in all the accomplishments of this Headquarters from Fort Polk.

If you review just the hard facts you will see a plethora of notable accomplishments to include:

- *management of 19.5 million gallons of Bulk fuel,

- *676,189 gallons of water distribution,

- *64,000 cases of various Class I products,

- *61,717 receipts processed within the Supply Support Activity,

- *over 7.6 million pounds of mail,

- *101 remains processed,

- *45,000 Showers and

- *144,000 bundles of laundry.

The unit managed over 5,632 flights bringing in and out more than 10,740 pallets and 77,641 pas-

sengers. As maintainers we managed 3,317 DS job orders and 82 off-FOB recovery missions.

The 142nd excelled in the non-traditional mission of executing over 2,011 individual Combat Logistical Patrols escorting 93,293 TCN Commercial Trucks traveling 1,747,711 miles, transporting 5,558 20-foot containers throughout theatre.

Numbers paint a picture but the heart of the matter is much harder to describe. The men and women of the One Four Deuce will leave here with much more than statistical accomplishments, they depart knowing that they wrote history for not only the U.S. Army but also the fledgling democracy of the Middle East. They can be very proud of all they have accomplished.

As we work our way through the RIP/TOA process we know we are leaving our 800 brothers and sisters of the subordinate units in capable hands. The 352nd CSB has hit the ground running and will carry on with excellence in Mosul.

May God bless all those left in harm's way and the 142nd as it travels home. Rebel 6 OUT!



Photo by Sgt. Rachel A. Brune

Lt. Col. Ronald Green, battalion commander, gives a thumbs up sign to children gathered at a schoolyard in northern Iraq. Green's battalion conducted a humanitarian mission at the town June 21.

SAFETY: A ROUGH YEAR FOR MOTORCYCLES

By James Fraser Jennings
Brigade Safety Officer

2006: A Rough Year for Army Motorcycle Fatalities

If this article doesn't get your attention, have a medic check your pulse. Perhaps these words will prompt you to re-think a high-risk purchase or at least educate you on the hazards associated with motorcycles. Consider the following:

- Since the beginning of this year, 27 soldiers have been killed in motorcycle and ATV crashes.
- Those 27 deaths represent nearly one-third of the Army's 90 accidental ground fatalities during the same period.
- Of those 27 soldiers, 18 were either breaking the state law or violating Army and DoD policies on wearing DOT-approved helmets. Nine of the 18 were not licensed to operate a motorcycle at all.
- Half of the 27 were not wearing a helmet, by far the most common violation. In one case, the rider gave his helmet to the passenger. She survived with minor injuries when he lost control of the bike he purchased the week before.

A typical soldier returning from a year-long deployment often has a great deal of spending money. Motorcycles, for some the ultimate macho machine, are one of the most common high-dollar purchases for those returning from OIF and OEF tours of duty.

Dealers near military installations can't keep bikes on the showroom floor. And AAFES-discounted purchases allow you to save a bundle.

Unfortunately, riding a motorcycle is a high-risk endeavor. There's no way around it.

Even if you're a safe, well-trained, conscientious operator, your risk of dying on the highway is much higher.

The 27 fatalities to date in 2006 include five incidents in which the rider was not at fault. He was licensed, trained in an approved Motorcycle Safety Foundation (MSF) course, and wearing all proper equipment.

In four instances, a car or truck struck the motorcycle; in one case a deer ran in front of the bike.

When a car encounters an unanticipated danger or hazard, the bulk and weight of the metal frame, seatbelts, airbags, and stability inherent to a four-

wheeled vehicle all serve as protection for the occupants.

Regardless of who is at fault in a POV versus motorcycle accident, the POV will nearly always provide more protection. Motorcycles, while more agile and maneuverable, do not provide the same level of protection.

Approximately 80 percent of reported motorcycle crashes result in injury or death.

A comparable figure for automobiles is about 20 percent.

Devoted motorcycle riders often protest vigorously at the suggestion that their pastime is inherently unsafe. However, the facts are clear. Even if a motorcyclist is doing everything right, he is less likely to survive an accident.

The Army recognizes these facts and has specific guidance for motorcycle riders. DOT-approved helmets are a requirement at all times, even if the state law does not require one.

To operate a motorcycle on a military installation the operator must successfully complete an MSF course.

In order to encourage attendance in an MSF-approved course, most Army installations either offset or completely cover the cost of attendance.

Those of you based at Fort Campbell will see the MSF course being taught beside Gate 3.

If you've purchased a motorcycle while here in Iraq or upon your return, you must complete the Campbell-sponsored course before you can ride on post.

Motorcyclists who successfully avoid accidents:

- Don't exceed their personal capabilities. New riders should never purchase an extremely powerful bike.

- Drive very defensively, staying out of auto blind spots and assuming that POVs can't see motorcycles.

- Attend an MSF-approved course to sharpen their skills.

- Don't fall prey to the temptation to impress others.

For more information on safe motorcycle riding, see the US Army Combat Readiness Center's Motorcycle Safety Guide, available at the CRC web site at <https://crc.army.mil>.

Lifeline Laffs by Jennings

They're not getting the steak quite rare enough for my refined taste...

And these lobster tails are much too tough...



Month #10 - The Complaints Get Completely Ridiculous...

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71st mechanics leave nothing for the next guys

By Sgt. Mitch Armbruster
207th Mobile Public Affairs Detachment

Maintenance problems cause an inconvenience to operators and units that need the vehicles for missions. More importantly, maintenance is time consuming and challenging for the mechanics doing the work.

Soldiers with the 71st Corps Support Battalion (CSB) Maintenance Shop understand well-maintained vehicles are a priority in Iraq and work hard to ensure their shop runs efficiently on the Q-West Base Complex.

"We try for a quick turnaround," said Sgt. Andre Knight, the 71st CSB shop foreman.

The maintenance crew has parts on site in a CONEX they have dubbed the "Auto Zone."

Spc. Ryan Craddock, an automated logistics specialist, went through the parts when they first arrived.

"It was a mess," Craddock said. "I had to clear it all out and turn it back in."

Craddock turned in more than 100 parts the crew didn't need to keep accurate numbers and have the right parts on hand.

Knight said the mission was arduous when they first arrived. The parts were scattered throughout the CONEX and many of the vehicles needed maintenance.

"Twenty Humvees had to get new tires when we got here," said Knight. The small crew's workload



Photo by Sgt. Mitch Armbruster

Sgt. Andre Knight, shop foreman for the 71st Corps Support Battalion maintenance shop, watches for fluid while bleeding the brakes on a Humvee.

increased as they took on a fleet twice the size, but they were ready for the challenge.

The maintenance shop did a 100 percent total inspection on every vehicle, took the time to note every fault, and began to work through each vehicle's deficiencies. They ordered every part on the list and asked other units for help in getting the parts they needed to start their projects.

"We used our resources on post to get things done," explained Knight.

The 71st maintenance crew got all of the vehicles through the maintenance shop and began working

on them again to get each vehicle serviced.

Ninety percent of the trucks are repaired and operational.

"We've turned things around," Knight said.

By tracking all of the deadlines, the shop found they were able to work more efficiently. They prioritize the work and try to keep their work areas clear of projects so those Soldiers with maintenance issues can get the work done on the spot.

"Some things you have to troubleshoot," said Spc. Isaac Davila, a mechanic working for the 71st CSB.

Being a mechanic means putting in long hours, but the 71st maintenance team takes pride in knowing they can fix their vehicles. Davila said it is rewarding to be able to fix something and give it back to the Soldiers so they can go where they need.

Craddock works with the crew because he understands the need to get the vehicles done as quickly as possible.

"I like everything I do," Craddock said. "I like mechanic work and I help out where I can."

Knight said the crew works well together and they are happy regardless of the long hours they put in.

"We have busy days," Knight said. "But it's what I like doing as long as I'm out there working."

The 71st maintenance crew keeps the battalion's vehicles running and Knight is confident they can keep up the work pace.

"We are going to leave the next unit with nothing to do," said Knight.

FUN

Sunday

QBC Unplugged Coffeehouse 2000

Monday

Tournaments Galore!

Tuesday

Acting Class 2000

Wednesday

Salsa Lessons 1900
Guitar Lessons 2000

Thursday

Tournaments Galore!

Friday

Alternating Country & Hip Hop Night
2100

Saturday

Flea Market 0800-1600
Alternating Karaoke & Latin Night 2100

Need something to do?
Come on by MWR!

FITNESS

Sunday

Take a break!

Monday

Abs & Core Conditioning 0530
4-Week Weight Training Program 1000
Spinning Class 1600
Dynamic Abs 1700
Cardio Kickboxing 1800
High Impact Step Aerobics 2000

Tuesday

Extreme Abs & Core Conditioning 0530
Yoga & Mat Pilates 1900
Abs & Glutes 1800 & 2000
Spinning Class 2000

Wednesday

Abs & Core Conditioning 0530
4-Week Weight Training Program 1000
Spinning Class 1600
Dynamic Abs 1700
Cardio Kickboxing 1800
High Impact Step Aerobics 2000

Thursday

Extreme Abs & Core Conditioning 0530
Yoga & Mat Pilates 1900
Abs & Glutes 1800 & 2000
Spinning Class 2000

Friday

Abs & Core Conditioning 0530
4-Week Weight Training Program 1000
Spinning Class 1600
Dynamic Abs 1700
Cardio Kickboxing 1800
High Impact Step Aerobics 2000

Saturday

Abs & Glutes 1800
Yoga & Mat Pilates 1900
High Impact Step Aerobics 2000
Spinning Class 2000



NC Guardsmen deploy back to active duty

By Sgt. Melissa Gary
725th Transportation Co.

The Soldiers of the 725th Transportation Company had a lot to look forward to in the month of June.

For the majority of the National Guard Soldiers, redeployment meant returning to their civilian jobs and families. There were a few of those Soldiers who are looking forward to something more.

Sixteen Soldiers met in the 725th Transportation Company conference room with the 101st Sustainment Brigade Career Counselors with last-minute questions about their upcoming transition.

These Soldiers were taking advantage of a new program that allows Soldiers to make a smooth transition to active duty.

"There is a good streamlined program that provides the Soldiers with information to make the transition to active duty," said Master Sgt. Anthony Hester, 101st SB Career Counselor.

The main topics of discussion were possible bonuses, retention of rank, movement of household goods and authorized benefits. Staff Sgt. Andreas of the 101st SB answered all questions the Soldiers had.

Of the sixteen Soldiers, two have been active duty before, one in the Marine Corps and one in the Army. Staff Sgt. Kenneth Spence, an artilleryman from Greensboro, NC spent 4 and a half years in the Army. He found that after he got out he missed



725th TC National Guardsmen, soon to be active duty.

the Army life. He spent the next 9 years in the North Carolina National Guard trying to make his way back into the active Army.

"I was unhappy with civilian life and realized the Army was the one thing I liked doing," said Spence.

Spc. Chase Johnson an infantryman from Fayetteville, N.C. said: "I had nothing better to do and I like the military. It's a way

to a better life."

After dropping out of college, the Army has provided him with the focus he needs to further his life and career. His father, a retired Army Command Sergeant Major is glad he chose this path.

Hester and Andreas were both surprised with the number of Soldiers who elected to enlist and hope it sets a precedent.

53rd QM orderly room helps get the mission done

By Sgt. Tracey Sheeder
53rd Quartermaster Co.

The 53rd Quartermaster Company is a General Support (GS) Petroleum Supply Company. The company's main mission is to receive, issue and store Class III (Bulk) petroleum for the northern region of Iraq.

The orderly room, which is the administrative center of the company, is operated by Sgt. Robert Williams, Sgt. Jose Real and Spc. Margarito Alvarez. Williams is an Administrative Specialist and Real and Alvarez are Petroleum Supply Specialists.

Over the last eight months, these dedicated professionals have processed more than 170 awards, more than 40 Non-commissioned Officer Evaluation Reports (NCOER's), and more than 150 Rest

and Recuperation leave requests for the entire company.

They have organized promotion packets and disciplinary actions; pay inquiries and personnel updates. They turn in accountability reports and track every Soldier in the company's duty position. They complete and process all of the paperwork that makes the company run smoothly. They are the Soldiers that are dedicated to ensuring all of the other company's Soldiers can focus on their mission and are not concerned with pay or promotion problems.

Alvarez also is in charge of the company mail room. He has currently processed more than 3,500 letters and 1,500 packages. This job is especially important in a tactical environment to keep

morale at the highest level possible. He has delivered the mail consistently for the past eight months without fail and will continue to do so until the unit returns to Fort Hood, Texas.

Real is also our Army Emergency Relief (AER) officer. AER is the Army's program that gives assistance to Soldiers in need so they can cope with difficult situations in their lives or other unforeseen complications. Real is readily available at any time of day to assist Soldiers who are in need. He is also our company legal actions processor. He has created and processed over 20 legal packets since arriving in country. His efficient efforts have helped to ensure prompt action has been taken in all instances.

Williams is the 53rd QM's safety NCO. He helps to plan the safety training for the company. Williams ensures that all safety messages and guidelines from higher headquarters are disseminated to the Soldiers of the company and posts messages as reminders to follow the guidelines to keep themselves and others safe.

Williams has created a company Web site for the Soldiers and family members and made several databases on Microsoft Access to make operations in the orderly room and the training office more efficient.

The orderly room staff is an integral part of the workings of the company. They are an essential part of the proper functioning of the company and the completion of the overall mission.

OFF THE WIRE: News from the American Forces Press Service

Marines in Haqlaniyah Nab Insurgents

By Sgt. Roe F. Seigle
U.S. Marine Corps

HAQLANIYAH, Iraq, June 23, 2006 — Some of the fiercest violence by insurgents against coalition forces in the Al Anbar Province occurs in Haqlaniyah, Iraq, a city nestled along the Euphrates River northwest of Baghdad.

Fighting the insurgents' attacks, from hand-thrown grenades to improvised explosive devices, drive-by shootings and small-arms ambushes, are the U.S. Marines of the Hawaii-based Kilo Company, 3rd Battalion, 3rd Marine Regiment.

Shortly after many of these attacks against coalition forces, propaganda urging residents to commit further attacks can be heard echoing through the streets of this city of 30,000 from loud speakers in mosques, according to U.S. Marine Corps Sgt. Mennen Suleiman, a squad leader with Kilo Company.

Suleiman does not need an interpreter to under-

stand the messages broadcast from the mosques — he was born in Kirkut, Iraq, and lived under the suppression of Saddam Hussein's regime until he was 12. He left with his family to escape living in fear of Saddam Hussein's regime then moved to Carney, Neb.

"Most of the time they preach from the mosques about how Marines are bringing down the purity of Islam," said Suleiman, shortly after a two-hour patrol through Haqlaniyah's winding streets, where temperatures are a scorching 110-degrees.

"The truth is we are here to help them establish a new government and train their newly-formed Army so they can in turn live more peaceful lives and not live under the oppression of an evil dictator," Suleiman said.

Suleiman, and the rest of the Marines from Kilo Company, many of whom served in Afghanistan last year, have battled the insurgency with a fierceness that

only highly-trained infantrymen can bring to the battlefield.

During a regular patrol earlier this month, several Marines observed a handful of insurgents armed with automatic rifles and rocket-propelled grenades, scurry into an abandoned hotel in the city which once served as a vacation spot for Hussein.

The Marines decided to take action.

The plan was simple: the Marines would cordon off the hotel and then raid it to apprehend the insurgents, according to Gunnery Sgt. Jim Lanham, the unit's company gunnery sergeant. Before they cordoned the building off, they received small arms fire from within the hotel.

The Marines held their ground and returned fire into the hotel's shattered windows. Meanwhile, military aircraft partially destroyed the hotel with precision munitions.

The Marines suffered no casualties.

Night Ops!



U.S. Navy photo by Petty Officer 2nd Class Katrina Beeler

A U.S. Army soldier assigned to Company B, 2nd Battalion, 8th Infantry Regiment, 2nd Brigade Combat Team, 4th Infantry Division watches helicopters fly in to pick him and fellow soldiers up after conducting a raid of a house in Ash Shumali, Iraq, June 15.



Photo by Staff Sgt. Alfred Johnson

Sgt. David Smith, with 6th Battalion, 101st Aviation Regiment, 101st Combat Aviation Brigade, sits in the gunner's position during a flight from COB Speicher, Iraq, June 6, 2006.



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Army Deployment Model Brings Reservists Readiness, Predictability

By Donna Miles

American Forces Press Service

WASHINGTON, June 23, 2006 — The new training and deployment cycle being introduced Armywide will bring more predictable deployment schedules for Army Reservists, their employers and their families.

The Army Force Generation model, nicknamed "ARFORGEN," ensures there's always a pool of trained, equipped and deployment-ready troops, Army Reserve chief Lt. Gen. Jack Stultz told Pentagon reporters June 21.

The plan, which generally means Army Reservists can expect to deploy for up to a year once every five years, also helps them live up to their dual obligations as "warrior-citizens," Stultz said during a roundtable discussion.

Just one month into the job as the top-ranking Army Reserve general, Stultz understands firsthand these complementary but sometimes conflicting roles. Since joining the Army Reserve in 1979, he's left his family and his longtime employer, Proctor and Gamble, for deployments during Operations Desert Shield and Desert Storm in 1990 and 1991; Operation Joint Endeavor in 1997; and Operations Enduring and Iraqi Freedom from 2002 to 2004.

"I understand the issues with soldiers and the employers and the community because I have lived it," he said. "I have had to go through those experiences of what it means to put your civilian life on

hold, become a soldier, come back and try to become a civilian again, and back and forth."

The disruption goes beyond the individual soldier. Families have to adapt too, whether it's changing doctors when they move between civilian and military health-care systems, or figuring out who's going to pick up the slack at home when the reservist deploys.

"How is the grass going to get cut? How is the oil in the car going to get changed?" Stultz said. "Those are the kind of things that, a lot of times, you don't think about."

Stultz recognizes that reservists' mobilizations also leave employers in the lurch.

"Employers have been great at providing support" to their reservist employees during their deployments, he said. They often make up the difference between their workers' military and civilian pay, continue to provide benefits during mobilizations and provide services to families of deployed workers.

"What we owe back to them is that predictability model of being able to say, 'If you have an Army Reserve soldier who is an employee, we are going to be able to tell you on a predictable basis how often you can plan on him being gone,'" Stultz said.

The ARFORGEN model will help reservists as well as their families and employers better prepare for deployments. Reservists can return from a deployment and get the individual training they need, escalating the pace and intensity of the training as they



Photo by Sgt. Rachel A. Brune

Sgt. Justin Jacobs, of South Amherst, Ohio, and Spc. Keith Hawkins, of Columbus, Ohio, perform pre-combat checks and inspections on their trailer. The two soldiers are truck drivers with 454th Transportation Company, an Army Reserve unit from Delaware, Ohio.

move toward the fifth year of the cycle, he explained. After that, they're assessed as "available" for deployments, as needed.

Stultz called the model "critical to the future," particularly in light of the Army Reserve's shift from a strategic to an operational force during the global war on terror. About 32,000 Army Reservists are currently mobilized — about 22,000 deployed overseas, mostly to Iraq, Afghanistan and Kuwait.