



VICTORY TIMES



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Telling the Multi-National Corps - Iraq story

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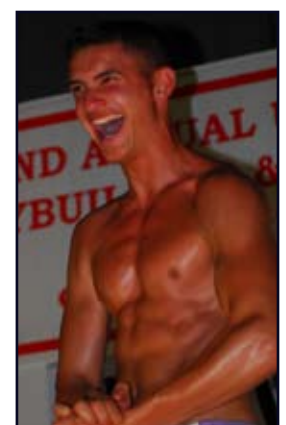
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Photo by Staff Sgt. Jason R. Krawczyk, commanding general's photographer

Spc. Jared F. Sadler, 401st Military Police Company, Fort Hood, Texas, pulls security for Lt. Gen. Lloyd J. Austin III, commanding general, Multi-National Corps - Iraq during a battlefield circulation.

Chaplain's Corner

Spiritual fitness contributes to physical fitness

Ch. (Maj.) Mark Frederick
MNC-I Ops/Plans Chaplain

Physical health is something most all people admire and strive to maintain. The American Academy of Orthopedic Surgeons' website discusses the issue of heat injury and how it affects your physical health. The bottom line is if you do not drink enough fluids during intense heat, you could be prone to heat injury.

According to the ASOS, there are many forms of heat injury. The mildest form of heat injury is heat cramps, which occurs when one does not drink enough fluids when working or exercising.

Heat exhaustion is a more serious injury, triggered by excessive sweating and inadequate fluid replacement. The body is unable to supply the increased blood volume needed by the brain, skin, and the muscles in extreme heat. The result is dizziness, weakness, and fainting.

The most serious form of heat injury is life-threatening heatstroke. Heatstroke occurs when the body's sweating mechanism shuts down, the skin become hot and dry, and

the body is depleted of fluids. Fluid replacement is essential in preventing heat injury.

Recognition of the early symptoms of heat injury is critical. The longer you wait, the more severe the heat injury.

It is important to take care of your physical health by drinking plenty of fluids, especially when the temperature reaches well over 100 degrees here in Iraq.

It is also important to take care of your spiritual health. Some research shows that things such as positive beliefs, comfort and strength gained from religion, meditation and prayer can contribute to healing and a sense of well-being.

Improving your spiritual health may help you feel better, prevent some health problems and help you cope with illness, stress and death.

If you want to improve your spiritual health, you may try the following ideas.

Identify the things in your life that give you a sense of inner peace, comfort, strength, love and connection.

Set aside time every day to do the things that help you

spiritually. These may include praying, meditating, singing devotional songs, reading inspirational books, taking walks and having quiet time for thinking.

Attending a religious service of your choice can improve your spiritual health. The new chapel next to the Sports Oasis is now open, Join us.

Remember to take care of your physical health daily. Also, don't neglect your spiritual health while you are here in Iraq. Psalm 84:2 says, "...my heart and my flesh cry out for the living God."



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The Victory Times welcomes columns, commentaries, articles and letters from our readers. Send submission or comments to joy.pariante@iraq.centcom.mil. The editorial staff reserves the right to edit for security, accuracy, propriety, policy, clarity and space.



Civil Affairs: *Laying the foundation for growth*

Story by
Cpl. Frances Goch
MNC-IPAO

The common image of coalition operations in Iraq is troops going on patrols, kicking in doors and chasing down bad guys. In truth there is so much more to the story.

One part of this story is helping the Iraqi government and its people help themselves achieve normality, according to Lt. Col. Charles Heatherly, assistant chief of staff, Multi-National Corps – Iraq, Civil Military Operations office.

“What it boils down too is that they [Iraqi people] want to put in a decent day’s work, get a decent day’s pay and provide for their family,” Heatherly said.

One way they can accomplish this is through “micro” loans and grants.

“Micro loans” are given to Iraqis that want to start their own business, and so far, they have had a 96 percent payback rate. For the small-business owners who’s shops were damaged by terrorist activity, there are “micro grants” to rebuild their businesses.

And this is just one level that CMO, Government of Iraq and other organizations have undertook to help open up opportunities for the people of Iraq.

At a higher level, one

that covers neighborhoods, cities and even regions, are programs that help boost and strengthen the economy such as Provincial Reconstruction Team programs, and the latest initiative: Iraqi Bases Industrial Zone.

“I-BIZ Industrial Zone seeks to promote private sector economic growth and Iraqi employment opportunities by giving privately owned, small to medium-sized businesses a secure environment, either adjacent to or on coalition bases,” said Lt. Col. Karen Puschus, economics action officer, MNC – I, CMO office.

These businesses are Iraqi owned and operated, and their employees will have a safe place to work and provide for their families while providing coalition forces goods or services. Currently there are about 650 Iraqi workers employed at businesses such as vehicle washing and care, concrete operations and retail goods at five coalition bases, Puschus said.

“Security and economic stability go hand and hand,” Heatherly said. “However, security in a free market economy supports its self.”

To establish a free market economy there are systems needed to support it and regulate it so it will operate smoothly. The PRT

strengthens the capability of provincial and municipal institutions to do just that.

“We are here to guide and mentor the Government of Iraq to build the infrastructure that will support the ultimate goal of sustainable employment for its people,” Heatherly said. “At the

end of the day our [the coalition] goal is to help the Government of Iraq to strengthen their economy so what we are doing now doesn’t have to be repeated in the future.”

Currently Victory Base Complex supports two businesses under the I-BIZ program that employs a total of 80-100 local Iraqis.



Photo by Pfc. Rhonda Roth-Cameron

U.S. Army Spc. Amy Ellenwood of 4-15 Civil Affairs, out of Michigan, attached to 6th Squadron, 8th Calvary Regiment, along with Abdul Rahamad, local business association leader, conduct weekly assessments of local businesses who have received micro grants from U.S. programs in Hawr Rajab, Iraq, on April 29, 2008.

Personal security detail: Team ensures safety of commander

Story by Staff Sgt.
Joy Pariente

13th Public Affairs
Detachment

Long hours, travel and constant vigilance. This describes quite a few jobs in Iraq. One job combines all of these tasks, plus military bearing, professionalism and maturity. These traits are required to become a member of the commanding general's personal security detail.

"Our job is to ensure the safety of the MNC-I commander as he travels throughout the theater," said Staff Sgt. Alex Taylor, personal security officer for Lt. Gen. Lloyd J. Austin III. "It's so important because we're responsible for his safe movement throughout the day and he's responsible for 160,000 Soldiers."

The commanding general's personal security detail works hard to properly protect Austin, traveling three to four days a week around Iraq and training daily. A normal PSD day starts at approximately 5:30 a.m. and ends whenever Austin's day ends; which could be anywhere from 9 p.m. to 11 p.m. Throughout the day, they guard Austin and his residence. They

also go to the range, review standard operating procedures and run through security scenarios, Taylor said.

"Training is important because things are changing all the time," Colon Reyes said. "You need to keep up with training changes or you'll end up outside the loop."

Personal security detail team members are hand picked, focusing on areas such as physical fitness, self motivation and leadership skills. "We need someone with maturity and who can operate without supervision," Taylor said.

"I was thankful for the opportunity to work for

the MNC-I CG," said Spc. Jared F. Sadler, 401st Military Police Company, Fort Hood, Texas. "It is good to work for somebody who truly appreciates Soldiers and cares for their welfare like General Austin does."

At the end of the day, no matter how long, the PSD job is about being part of a team. A team that relies upon and trusts each other and is in turn relied upon and trusted by the commanding general.

"I wouldn't trade it for anything in the world," Colon Reyes said. "The only thing that would make it better is if we got to jump out of the birds."



Above: Spc. Bradford Stone, PSD team training.

Top: Staff Sgt. Alex Taylor (far left), personal security officer for Lt. Gen. Lloyd J. Austin III.

Left: Spc. Ashley Dumler, personal security officer for Lt. Gen. Lloyd J. Austin III.

Right: Sgt. Gregory V. Colon Reyes taking a break from his personal security detail duty during a trip to Iraq.

E OF CG's PSD



Photos by Staff Sgt. Jason R. Krawczyk, commanding general's photographer
A member practices towing a disabled vehicle during weekly proficiency
The personal security officer, commanding general's personal security detachment,
I, commanding general, Multi-National Corps - Iraq, at all times.
The security detail team member, loads rounds during an M-4 training range.
The soldier makes the lead protecting Lt. Gen. Lloyd J. Austin III, commanding general,
en route to Joint Security Station Jihad. The commanding general's personal secu-
rity detail team member, loads rounds during an M-4 training range.
The soldier makes the lead protecting Lt. Gen. Lloyd J. Austin III, commanding general,
en route to Joint Security Station Jihad. The commanding general's personal secu-

Get to know a Sailor...

Interview and photo by
Cpl. Frances Goch
MNC-I PAO

**Petty Officer 2nd
 Class Marlon S. Bel-
 lamy**

Unit: MNC-I C1
Job title: JMD Clerk
Age: 27
Time in Service: 7
 years, 4 months
Family: Wife - Jes-
 sica
Hobbies: "Watch-

ing movies and TV and
 playing video games."

**Person you most ad-
 mire:** "My wife."

Why you joined: "To
 see the world."

**If you weren't in the
 military you would be:**
 "I don't know."

**One thing you'd
 change about the Navy:**
 "Deployment time
 frame."

**One thing you'd never
 change about the Navy:**
 "Combat training."

**Unusual fact about
 you:** "I am very laid
 back and try not to let
 things bother me."

Goals: "To make it
 home safe and sound."

**Something you wish ev-
 eryone would do:** "Stay
 positive."

Words of wisdom:
 "Keep your head up no
 matter what you're go-
 ing through."

**The best thing about
 being deployed:** "Whole
 new scenery."



**Most exciting thing
 you've ever done:**

"Drove a Humvee."

Best Basic Combat

Training memory:
 "Qualifying on the
 M-16."



Use caution when using dietary supplements



By Jesse Martin

Corps Safety Office

It's hot outside and it's go-
 ing to get hotter. Remember, it is
 not just the temperature it is also
 the lack of humidity that gives
 you a false sense of security.

You must remember even
 though you don't feel it on
 your skin, you are losing wa-
 ter through enhanced evapora-
 tion (as soon as you sweat it is
 gone) and that moisture must
 be replenished back into your
 body for normal functioning. It's
 just another part of being in the
 desert. As the outside tempera-

ture increases, there is more risk
 of becoming a heat casualty.

Heat related injuries may, in
 part, be attributable to or aggra-
 vated by the use of dietary supple-
 ments. Additionally, some allergy
 and cold medicines may have simi-
 lar effects leading to dehydration.

Scientific evidence has been
 found that amphetamine deriva-
 tives, creatine and other energy
 boosting supplements may contrib-
 ute to dehydration and heat inju-
 ries. Other popular dietary supple-
 ments promoted as weight-loss and
 energy-booster compounds cause
 the body to work harder as well as
 raising core body temperature and
 decreasing the body's ability to re-

main properly hydrated, especially
 during exercise and hot weather.
 Muscle building supplements shift
 body water from the bloodstream
 into muscle cells, which may make
 heatstroke more likely to occur.

This can be very dangerous
 because the use of these substances
 may predispose certain individu-
 als to experience life-threaten-
 ing dehydration and heatstroke.
 It can also lead to serious po-
 tential side effects on the heart
 and central nervous system.

Leaders need to take heed and
 inform Soldiers about the risk
 associated with dietary supple-
 ments. Most importantly drink
 water and stay hydrated.

SAFETY SECTOR SAFETY SECTOR SAFETY SECTOR SAFETY SECTOR

Announcements

Navy Advancement Program

The Navy's Combat Meritorious Advancement Program has been created to advance sailors in paygrades E1-E5 in recognition of uncommon valor and extraordinary deeds demonstrated while engaged in, or in direct support of combat operations. The Combat Meritorious Advancement Program is effective immediately. Recommendations for advancement under this program are submitted based on actual action/performance in combat.

CISSP Exams offered

Posting of Certified Information System Security Professional (CISSP) Examination for interested military of civilian personnel. POC is Capt. Richard Y. Kofie, 822-5108.

Story ideas for Victory Times

Do you know of a good story on Camp Victory that you think should be covered for the Victory Times? Please submit your

ideas to Staff. Sgt. Joy Pariente at joy.pariante@iraq.centcom.mil. Please include any interesting facts about the topic and point of contact information.

Army Reserve Reenlistment

Reenlistment bonuses are excluded from federal taxes in theater. Building 123 located next to MWR 124 at Camp Victory is the Army Reserve Career Counselor's office. Points of contact are Sgt. 1st Class Pedro Aleman Jr., 318-822-4622; Sgt. 1st Class Merle Swecker, 318-822-8453; Sgt. 1st Class Jose Torres, 318-822-8464. If you have any questions call or e-mail your local career counselors.

Texas Hold'em

Every Monday night at Morale, Welfare and Recreation Bld. 124 there are Texas Hold'em Tournaments starting at 8 p.m. Every week prizes such as t-shirts, hats, poker books and coins are given to the top players.

Participate in largest reenlistment ever

The Multi-National Force-Iraq and Multi-National Corps-Iraq will host the largest mass reenlistment ceremony ever. The ceremony will be on July 4, 2008 in the Al Faw Palace Rotunda, Camp Victory, Iraq. All active duty and reserve component Soldiers, airmen, Marines, sailors and Coast Guardsmen are welcome to participate.

Gen. David Petraeus, MNF-I commanding general, will host this event by giving remarks and administering the oath.

Each reenlistee will receive a flag, which has flown over Al Faw Palace, with a Flag certificate, signed by both Petraeus and Command Sgt. Maj. Marvin Hill, MNF-I command sergeant major, their choice of either the MNF-I commander or command sergeant major coin, and an individual photo with the commanding general as a token of appreciation for their continued service.

The point of contact for the ceremony is Sgt. Maj. Yolanda Brock at 318-822-2846.

Camp Victory Bible Studies

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Women's Bible Study 7 p.m. Bldg 24F	Smoke & Joe Bible Study 12 p.m. Victory Chapel Porch	Young Adult Bible Study 5:30 p.m. Victory Chapel	Spanish Bible Study 7 p.m. Mini Chapel	Foundations Bible Study, Mini Chapel 6:30 p.m.	SeventhDay Adventist 10 a.m. Victory Chapel	Men of the Bible Study 5 p.m. MLB Room, Oasis DFAC

Do you have an announcement about an event of interest to the Camp Victory community? Contact Spc. Samuel J. Phillips at samuel.phillips1@iraq.centcom.mil with the information. Information for community announcements needs to be submitted at least two weeks prior to the event to allow for timely publication.

Operating Hours

Coalition Cafe
Breakfast 5:30 - 8:30 a.m.
Lunch 11:30 a.m. - 2 p.m.
Dinner 5 - 8 p.m.
Midnight Dining 11 p.m. - 1 a.m.
Sports Oasis
Breakfast 5:30 - 8:30 a.m.
Lunch 11:30 a.m. - 2 p.m.
Dinner 5 - 9 p.m.
Education Center
8 a.m.-midnight
Camp Liberty Post Exchange
8 a.m. - 10 p.m.
Fitness Center
Open 24 Hours
Victory Main Post Office
Monday-Friday 7 a.m.-5 p.m.
Saturday 8 a.m.-5 p.m.
Sunday 9 a.m.-3 p.m.
MNC-I STB Mailroom
9 a.m. - noon
5 - 7 p.m.
Al Faw Palace Post Office
Wednesday and Sunday
1-6 p.m.
Golby Troop Medical Clinic
Sick Call
Monday - Friday 7:30 a.m. - noon
Saturday & Sunday 9 a.m. - noon
Dental Sick Call
Monday - Friday 7:30 - 10:30 a.m.
Saturday 9 - 10:30 a.m.
Mental Health Clinic
Monday - Friday 9 a.m. - 4 p.m.
Saturday 9 a.m. - noon
Post-Deployment Health Briefings
Monday, Wednesday and Friday 1 p.m.
Pharmacy
Monday - Friday 7:30 a.m. - noon;
1 - 4:30 p.m.
Saturday & Sunday 9 a.m. - noon
Legal Assistance/Claims
Saturday-Monday 9 a.m. - 5 p.m.

Worship Hours

Victory Chapel (Bldg. 31)
Sunday
7 a.m. Collective Protestant
8:45 a.m. Collective Protestant
10 a.m. Catholic Confession
10:30 a.m. Catholic Mass
noon Gospel Protestant
2 p.m. Latter Day Saints
4 p.m. Episcopal/Lutheran
6:30 p.m. Contemporary Protestant
Saturday
11 a.m. Seventh Day Adventist
8 p.m. Catholic Mass
Mini Chapel (Bldg. 24F)
Sunday
8:00 a.m. Divine Liturgy
9:30 a.m. Breaking of Bread
3 p.m. Church of Christ
7:30 p.m. Latter Day Saints
7 p.m. Knights of Columbus
Tuesday-Friday
11:30 p.m. Daily Mass
Friday
6:30 p.m. Jewish Service
Warrior Chapel (Camp Liberty)
Friday
6:30 p.m. Victory Base Open Circle

AFN Freedom Radio

Al Asad 107.3 Kirkush..... 107.3
Ali Base 107.3 Mosul 105.1
Ar Ramadi.. 107.3 Q-West 93.3
Baghdad ... 107.3 Taji 107.3
Balad 107.3 Tal Afar..... 107.3
Fallujah 105.1 Taqqadum.. 107.3
Kirkuk..... 107.3 Tikrit..... 100.1

All stations are FM

Competitors flex, pose for gold in Iraq



Spc. Jose Iearia (right), 4th Infantry Division Special Troops Battalion leads his fellow competitors, Torrey Jordan (center) and Marlon Hayes (left), both civilian contractors, in their final pose during the 2nd annual U.S. Armed Forces Bodybuilding and Figure Competition May 24 on Camp Liberty.

Story by Pfc. Eric J. Martinez
13th Public Affairs Detachment

Camp Liberty hosted the 2nd Annual U.S. Armed Forces Bodybuilding and Figure Competition May 24 at Liberty Fieldhouse.

The competition showcased the hard work and dedication of servicemembers and civilians stationed on Victory Base Complex.

Eight male and seven female competitors stepped on stage to be judged on their figures and the execution of their poses.

"I was scared to death on stage, I was shaking the whole time," said Sarah Hostetler, graphic artist, Information Management Group, women's short figure win-

ner. "I chose to be in this because it is gave me a chance to join others that have never competed."

The overall female winner of the competition was Maj. Sonise Lumbaca, plans officer, Multi National Corps Iraq Public Affairs Office and the overall male winner was Spc. Jose Iearia, Special Troops Battalion, 4th Infantry Division.

"When I found out about the competition, I started shedding all of the fat. I only had 12 weeks to train," Iearia said. "Winning was my goal, and it is one of the highlights of my life."

"Competitions like this help build morale," Hostetler said "Everyone I work with on Camp Slayer showed up to watch. It gets you motivated to be in the gym."



Overall female winner of the competition was Maj. Sonise Lumbaca, plans officer, Multi National Corps Iraq Public Affairs Office.