



Signal communications keeps troops in fight

Story and photos
Staff Sgt. Lewis Hilburn
Task Force Thunderbird
Public Affairs

Soaring high above the Iraqi desert terrain are 11th Signal Brigade, Task Force Thunderbird signaleers, who serve as switchboard operators for troops and convoys on the ground.

The signaleers are attached to the 777th Expeditionary Airlift Squadron/Joint Airborne Battle Staff, located on Joint Base Balad, Iraq. "Flights usually last about eight hours," said Spc. Charles Gale, in-flight signal communications technician, JABS. "Two hours before the flight, we get our brief and load the plane, and we spend another two hours after the flight unloading our equipment and getting debriefed. So on an average day we could work 12 hours or more."

The purpose of the JABS is to provide communication support to those ground forces that convoy out of signal communication reach when traveling in and around Iraq, said Staff Sgt. Jonathan Vlieger, noncommis-



Staff Sgt. Jonathan Vlieger, noncommissioned officer in charge of Army personnel, Joint Airborne Battle Staff, and Spc. Charles Gale, in-flight signal communications technician, JABS perform a system check prior to one of their air missions.

sioned officer in charge of Army personnel, JABS.

At 18,000, feet the plane acts as a communications hub, and when the servicemembers need support, they call into JABS signaleers and make requests.

"We provide the ground forces with the tactical communication edge when they are out of service coverage," Vlieger said. "On a good day, we go up and they don't need our support."

That is not always the case, however, as they have had to call in support for some

convoys that they provided coverage for.

This is a joint venture with the United States Air Force, said Vlieger.

Vlieger and Gale are not the only signal Soldiers that fly on these missions, but are proud to have had the opportunity for such unique training.

Task Force Thunderbird is comprised of the 11th Signal Brigade from Fort Huachuca, Ariz., the 44th Expeditionary Signal Battalion from Mannheim, Germany and the 51st Expeditionary Signal Battalion from Fort Lewis, Wash.



Spc. Charles Gale, in-flight signal communications technician, Joint Airborne Battle Staff, monitors signals for units that need assistance.

Runtime improvement essential to physical fitness

Story by

Spc. Christopher Gaylord

13th Public Affairs Detachment

Running is a key component of physical fitness and perhaps the most important aspect of conditioning for wartime duty. Cardiovascular endurance greatly affects troops' abilities to perform their missions.

Even the slowest runners can make significant improvements on their runtimes – not only for the sake of mission readiness but for physical fitness test standards – by training hard and sticking to a few key guidelines.

One important part of training to improve runtime is increasing the rhythm speed and controlling the pace of runs.

“The real secret to improvement at distances from the 5K on up is faster turnover, or cadence,” said Lt. Col. Martha Davis, dietician, 115th Combat Support Hospital. “Turnover simply means the number of times your feet push off during each minute of running. Most runners get locked into a cadence that feels comfortable.”

To accelerate runtime, you must practice slightly increasing your leg motion during runs, Davis said. However, if a runner pushes too much faster than his current cadence, his body won't compute.

By following a simple drill six times a week, troops can im-

prove their turnover and be well on their way to a faster runtime.

To accelerate your turnover, warm up by jogging for half of a mile, then, at your normal training pace, count the number of times your right foot pushes off the ground in one minute, Davis said. Multiply that number by two and you have your turnover time. Repeating this two to four times and trying to increase turnover will speed up your running cadence.

Just as important as training is a person's diet, which can have an immense impact on training.

“Another factor often overlooked in training is diet (nutrition) and properly fueling your body before, during and after a run,” said Maj. Lisa Garcia, plans chief, Public Affairs office, Multi-National Corps - Iraq, who has run 12 marathons and is currently training for an Ironman competition next year.

Those trying to improve their run should eat a balanced diet with plenty of complex carbohydrates such as whole grains, fresh fruits and vegetables, Davis said. Hydration is important. For every two percent of dehydration the body undergoes, performance will take approximately a ten percent decrease.

Consistency is extremely vital, as with any training program, and servicemembers striving for a better runtime should train often.

“I consider consistency in workouts the most important factor when trying to improve your run time,” Garcia said. “Set a goal and find a training plan that fits your goal, ability level and schedule, and stick to it.”

“Running at least three times a week promotes positive changes that will ensure training progress,” Davis said. “You'll improve running efficiency if you do at least three half-hour runs every week, regardless of the speed at which you do them.”

Perhaps the most important thing to keep in mind, in order to revitalize the body during training, is rest.

“Without rest, even the most perfect workouts will not produce a training effect,” Davis said.

The last thing troops should take into consideration during their runs is pace.

“If you run too fast on long runs or during speed sessions, you won't reap the full benefits of the training effect,” Davis said. “When you run at the right pace, for enough days per week, with enough rest between runs, you'll build to a stronger level each week,” Davis said.

With adequate rest, a steady pace, a solid training program and a healthy, balanced diet, troops can be well on their way to success with running, and greatly improve their cardiovascular fitness, making them only more mission ready.



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



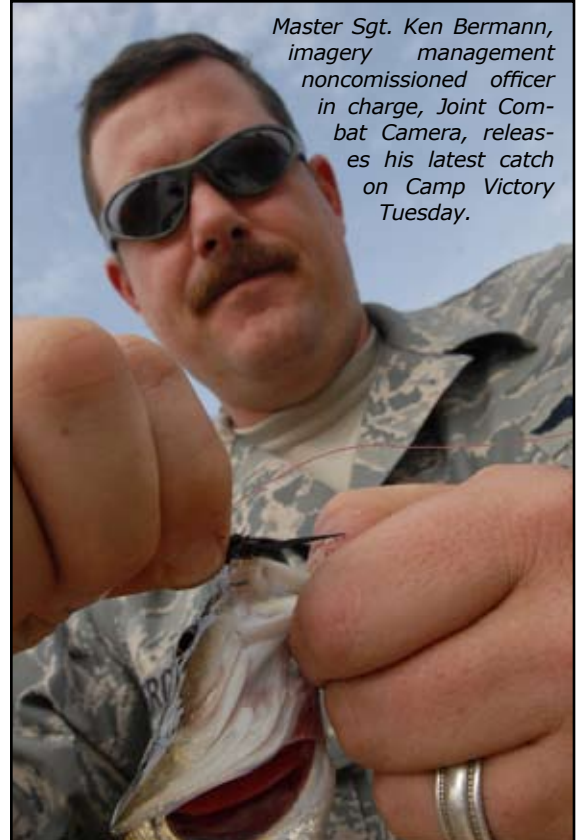
Life on Victory Base Complex

By Pfc. Eric Martinez

13th Public Affairs Detachment



Dunga Katwal, welder, Fluor, makes emergency repair to a gate damaged when it was accidentally struck by a vehicle on Camp Victory Thursday.



Master Sgt. Ken Bermann, imagery management noncommissioned officer in charge, Joint Combat Camera, releases his latest catch on Camp Victory Tuesday.



Staff. Sgt. Eric Pinzon, combat stress noncommissioned officer-in-charge, 98th Medical Detachment, creates a piece of T-wall art in front of the Combat Stress Control on Camp Victory Monday.

Announcements

Legal Services

Cooley Law School is offering servicemembers free legal consultations via video-conference with an attorney regarding answers to civilian legal matters from 8-11 p.m. the first Wednesday of each month. For more information contact Kathryn D. Hudacek at khudacek@freedomcalls.org or (973) 290-7886

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 Pariante at joy.pariante@iraq.centcom.mil. Please include any interesting facts about the topic and point of contact information.

R&R Briefings

Reunion and Suicide Intervention Briefings are at the Victory Chapel, Monday at 3 p.m., Wednesday at 9:30 a.m., Saturday at 3 p.m. All servicemembers going on leave or redeploying must attend this briefing.

ISC (2) Exams offered

CAP, SSCP, CISSP, ISSAP, ISSMP, and ISSEP exams are being offered for interested military and civilian personnel. Contact Michael Kahler at 435-2265.

Toastmasters

Improve your public speaking skills while having fun with creative, goal-oriented people. No speaking experience necessary. Capt. Armin Reyes 485-3968 Armin.reyes@iraq.centcom.mil.

The Corps Report

“The Corps Report” is a 15 minute monthly television newscast highlighting the stories and events happening in the Multi-National Corps-Iraq area of operations. The program airs Sunday at 8:15 pm and Monday at 11:15 a.m. on the Pentagon Channel here in Baghdad. The October edition of the newscast will feature stories on the Task Force 62nd Medical Brigade transfer of authority, 9/11 memorial 5k run and the Armenian end of mission ceremony, to name just a few. Be sure and catch the latest edition of “The Corps Report” and contact the broadcast team at MNC-I if you have a story idea at 485-4652.

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-Sunday 7:30 a.m.-5:30 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)
Thursday
7:30 p.m. Latter Day Saints Seminary
Friday
6:30 p.m. Jewish Shabbat Service
Saturday
11 a.m. Seventh Day Adventist Service
8 p.m. Catholic Mass
Sunday
7 a.m. Liturgical Protestant Service
2 p.m. Latter Day Saints Service
4 p.m. Episcopal/Lutheran Service

Mini Chapel (Bldg. 24F)
Tuesday
7:30 p.m. Latter Day Saints Service
Wednesday
7 p.m. Men's Fellowship
Tuesday, Thursday, Friday
11:30 p.m. Roman Catholic Mass
Friday
1 p.m. Muslim Prayer Service
8 p.m. Women's Fellowship
Sunday
8 a.m. Eastern Orthodox Service
10 a.m. Protestant Sunday School
3 p.m. Church of Christ Service
7:30 p.m. Latter Day Saints Service

Hope Chapel (Bldg 24B)
Monday
12 p.m. Charismatic Prayer Meeting
Sunday
8:30 a.m. Collective Protestant Service
10 a.m. Roman Catholic Mass
12 p.m. Gospel Service
6:30 p.m. Contemporary Protestant Service

Warrior Chapel (Camp Liberty)
Friday
6:30 p.m. Victory Base Open Circle

MNC-I Chaplain's Office:
485-3743

AFN Freedom Radio

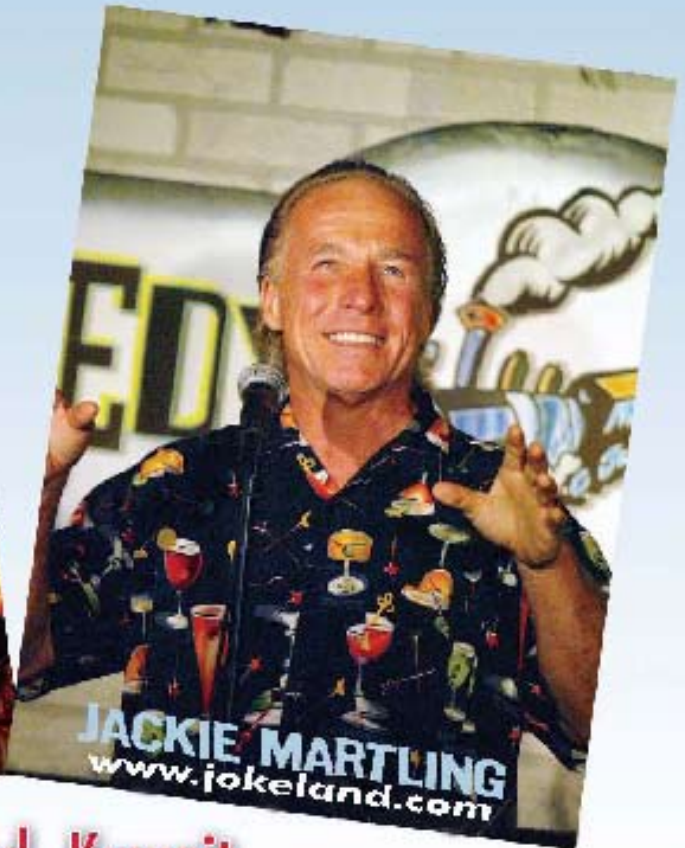
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| Al Asad 107.3 | Fallujah 105.1 | Taji 107.3 |
| Ali Base 107.3 | Kirkuk 107.3 | Tal Afar 107.3 |
| Ar Ramadi.. 107.3 | Kirkush 107.3 | Taqquadum.. 107.3 |
| Baghdad 107.3 | Mosul 105.1 | Tikrit 100.1 |
| Balad 107.3 | Q-West 93.3 | All stations are FM |

Camp Victory Bible Studies

| Mon. | Tues. | Wed. | Thurs. | Fri. | Sat. | Sun. |
|---|--|---|--|--|---|------|
| Women's Bible Study 7 p.m. Bldg 24F; Gospel Protestant Bible Study 7 p.m. Hope Chapel | Women's Bible Study 7 p.m. Bldg 24F 7:30 p.m. Purpose Driven Life Bible Study (Victory Mayor's Cell) | Young Adult Bible Study 5:30 p.m. Hope Chapel | Men's Bible Study 7 p.m. Victory Chapel; Spanish Bible Study 7 p.m. Bldg 24F 7:30 Bible Study (Victory Mayor's Cell) | Foundations Bible Study, Mini Chapel 6:30 p.m. | SeventhDay Adventist 10 a.m. Victory Chapel | |

Do you have an announcement about an event of interest to the Camp Victory community? Contact Spc. Christopher M. Gaylord at chris.gaylord@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.

ROCK 'N COMEDY TOUR



Iraq and Kuwait
October 27th - November 4th 2008

Date: November 1st

Time: 7:00 p.m.

Location: Victory Stage

