



MNF-I command sergeant major transfers responsibility

Story and photo by Pfc. Eric J. Martinez

13th Public Affairs Detachment

Command Sgt. Maj. Marvin L. Hill transferred his responsibility as Multi-National Force – Iraq command senior enlisted advisor to Command Sgt. Maj. Lawrence K. Wilson during a ceremony at the Al Faw Palace, Camp Victory Iraq Nov. 15. According to Gen. Ray Odierno, commanding gen-

eral, Multi-National Forces – Iraq, Hill has played an important role as MNF-I senior enlisted advisor since his arrival in Iraq on April 17, 2007.

“When he arrived, the surge brigades were flowing into Iraq, and violence was still on the rise,” Odierno said, “Our units were in the process of establishing outposts in towns and cities across the country, and the policy extending tours from 12 to 15 months had just been announced.”

Odierno also spoke of Hill’s leadership and how he has always faced challenges head on.

“Hill has never been content to lead from his headquarters,” Odierno said. “In 2003, during his first tour as command sergeant major of the 101st Airborne Division, he insisted on riding in his HMMWV with the division’s lead elements as they crossed the berm and entered Iraq.”

“As MNF-I command sergeant major, he [Hill] was continuously out visiting Soldiers, Sailors, airmen and Marines where they worked and live, another set of eyes and ears

for the commander,” Odierno said. “Braving the constant threat of enemy fire and IEDs, he conducted well over 200 battle-field circulations and was a constant source of inspiration for the troopers throughout Iraq.”

Hill will be serving as sergeant major for Central Command along side former MNF-I commanding general, Gen. David H. Petraeus, commanding general, Central Command.

“The departure of a great Soldier like Command Sergeant Major Hill leaves a gaping hole in any organization, and we searched long and hard for the right man to replace him,” Odierno said. “Fortunately, in Command Sergeant Major Lawrence Wilson, we found the perfect fit.

With nearly 30 years of experience, Command Sgt. Maj. Wilson brings experiences in caring for the welfare of Soldiers from his time as command sergeant major for the 4th Infantry Division and from his previous assignment as command sergeant major for the U.S. Army Operational Test Command.



Command Sgt. Maj. Marvin L. Hill, outgoing command senior enlisted advisor, Multi-National Force – Iraq, stand at present arms during the MNF-I change of responsibility ceremony at Al Faw Palace, Camp Victory Iraq Nov. 15

FEATURES

Army promotes first woman to four-star general

*Armed Forces Press
Service*

For the first time in U.S. history, a woman military officer pinned on the rank of four-star general Nov. 14.

Army Gen. Ann E. Dunwoody was promoted just hours before taking the helm of the Army Materiel Command, a Fortune 100-sized organization with nearly 130,000 service members at 150 locations worldwide charged with equipping, outfitting and arming the service's Soldiers.

The Pentagon auditorium was standing-room-only, leaving even a three-star general to fend for himself and stand in the back.

"We invited everyone but the fire marshal," Defense Secretary Robert M. Gates quipped as he took the podium.

Speaking briefly, Gates heralded Dunwoody's 33-year career, calling her one of the foremost military logisticians of her generation who's known among



Chief of Staff of the Army Gen. George W. Casey Jr. pins the fourth star on Gen. Ann E. Dunwoody during a ceremony at the Pentagon, Nov. 14. Casey is assisted by Dunwoody's husband, Craig Brotchie.

senior officials as a proven, albeit humble, leader.

"History will no doubt take note of her achievement in breaking through this final brass ceiling to pin on a fourth star," Gates said. "But she would rather be known and remembered, first and foremost, as a U.S. Army Soldier."

Dunwoody's career as a Soldier began, Gates pointed out, in the Women's Army Corps and at a time when women were not allowed to attend the

U.S. Military Academy at West Point. Her father and brother, both West Point graduates, sat in the front row of her promotion ceremony.

The general's father graduated from the academy in 1943, following in the steps of his father, who graduated in 1905. Dunwoody's great-grandfather graduated from West Point in 1866.

"Now you understand why people think I have olive-drab blood," Dun-

woody joked later.

In a speech that alternated from tears to laughter, Dunwoody credited her successes to her father's teachings and the family's strong military values.

"I know most of my success is founded in what I learned from you, as a dad, as a patriot and as a Soldier," she told her father, choking back tears. "Talk about never quitting. Talk about never accepting

See GENERAL, Page 5



The Victory Times Online is an authorized electronic publication for members of the Department of Defense. Contents of this electronic publication are not necessarily the official views of or endorsed by the U.S. Government or the Department of Defense. The editorial content of this publication is the responsibility of the Public Affairs Office of Multi-National Corps-Iraq.

MNC-I Commanding General: Lt. Gen. Lloyd J. Austin III
MNC-I Public Affairs Officer: Col. Billy J. Buckner
MNC-I PA Sergeant Major: Sgt. Maj. Sharon Opeka
MNC-I Command Info Chief: Staff Sgt. Joy Pariente
Editor: Spc. Christopher Gaylord
Staff: Staff Sgt. Jeremy D. Crisp, Cpl. Frances Goch, Pfc. Eric J. Martinez and Pfc. Eric J. Glassey

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.



Change of Stole ceremony solidifies commitments



Chaplains from across Victory Base Complex lay hands while praying for Ch. Raynard Allen, joint operations center, Multi-National Corps - Iraq, as he receives the Stole and becomes the pastor for the Victory Gospel Experience Nov. 16 at Hope Chapel.

Story and photo by Pfc. Eric J. Glassey

13th Public Affairs Detachment

Camp Victory parishioners gathered at Hope Chapel Nov 16 to witness a time honored ceremony known as the “changing of the stole,” in which Chaplain Raynard Allen, joint operations center chaplain, Multi-National Corps – Iraq received the stole from Chaplain Warren Watties, joint operations center chaplain, MNC-I.

The “changing of the stole” ceremony draws from when Elijah took up the mantle which felled from Elisha as he was taken up into heaven by a chariot of fire. This mantle identified him as the new prophetic voice for Israel.

“Today, the mantle has been replaced by a stole and we see the

stole as both the sign of spiritual authority and the sign of God’s presence,” said Chaplain Pat Hash, command chaplain, MNC-I, who presided over the ceremony. “Chaplain Allen, as you accept the stole, remember that the task is made easier when done in the Lord’s name and for His everlasting glory – as you wear the stole – wear it as a symbol of your voluntary submission to the will of God and your role as servant-leader.

As the stole was placed on Allen then so was the responsibility of taking care of the people in his ministry. Allen has spent 21 years in the ministry and has been the pastor of churches in Alabama, Tennessee, Mississippi, and Kentucky. He has earned his Bachelor’s Degree in Theology from Oakwood University, Huntsville, Ala, and his Masters

of Divinity degree from Andrews University, Berrien Springs, Mich.

“Chaplain Allen is well equipped and talented,” Watties said. “He has been a missionary and an evangelist. The people will enjoy his ministry. The sad part about me leaving is that I won’t be able to see them grow. The good part about me leaving is that he, Chaplain Allen, has some gifts that I don’t have. He is going to take the people to another level of faith. He is going to take the ministry to another level. I’m just excited about what God’s going to do through him for the people.”

“Ministry is enhanced when the people allow the spiritual leaders the freedom to do ministry. Chaplain Watties shared with me that he never felt his hands were tied when it came to the freedom to do ministry,” Hash said. “Thank you for allowing him to proclaim the great news of God. As Chaplain Allen begins his ministry, allow him the opportunity to experience those same freedoms and hold him up as he is lead by God to experience life with you during his time here.”

Chaplain Allen will be serving as the pastor of Victory Gospel Experience for the next six months he serves as the joint operations center chaplain at MNC-I.

“So as Chaplain Allen receives the stole commit yourselves to establishing a relationship with him. Help Chaplain Allen to equip you for the task ahead, and allow Chaplain Allen the freedom to do ministry as he is led by God and God will indeed bless you and this congregation.



Photo by Staff Sgt. Michael J Carden, Office of the Secretary of Defense Public Affairs

Elaine D. Harmon, a former pilot of the Women Airforce Service Pilots program, walks through the "Fly Girls of World War II" exhibit during the exhibit's opening Nov. 14 at the Women in Military Service for America Memorial in Arlington, Va

'Fly Girls' exhibit honors first military women aviators

Army News Service

On the same day the first woman was promoted to the rank of four-star general, the "Fly Girls of World War II" exhibit opened in honor of the first U.S. military-trained women aviators.

Like Army Gen. Ann E. Dunwoody, the Women Airforce Service pilots, better known as WASP, understood they were the first of their kind, but knew others would follow, said National Public Radio news analyst Cokie Roberts, who spoke at the exhibit's grand opening here today at the Women In Military Service for

America Memorial.

"Women have contributed to all of America's Wars since the Revolutionary War," Roberts said. "And it's so beautiful to have these WASP here with us today."

The WASP flew everything from bomber jets to ferry planes but most importantly, they paved the way for future generations of military women to serve, she said.

One such woman to follow in the WASP footsteps is Air Force Maj. Nicole Malachowski, who also spoke at the ceremony. She's currently a White House Fellow but is an experienced fighter pilot

with more than 180 hours of combat flight time. She was also the first woman to fly with the Air Force's Thunderbird demonstration squadron.

"You didn't fly and serve your country because you were women but, because you had to overcome some attitudes and restrictions at the time, you managed to served your country in spite of being women," Malachowski said. "You had a dream; you followed that dream, and your legacy inspired my dream."

Public attention and praise didn't always come easily for the original fly girls. The WASP program only lasted for two years

and was disbanded in December 1944 because Congress wouldn't grant the women military status. They were considered civil service employees until the issue was brought up again in 1977 when they were finally recognized as military veterans. A few years later, the women were authorized to wear the World War II service and American Military campaign medals, said Mary Cox, who served as a WASP through the program's duration.

Though the program was short-lived and the battle for recognition was

See AVIATORS, Page 6

JUMPS

GENERAL, *From Page 2*

defeat. That's my dad, my hero."

Army Chief of Staff Gen. George W. Casey Jr. pointed out that, as Dunwoody was receiving her commission, the Army was finishing a study on what those serving thought were appropriate jobs for women in the Army.

"That's the Army that Ann Dunwoody entered -- an institution just figuring out how to deal with the full potential of an all-volunteer Army, and not yet ready to leverage the strengths of each individual soldier in its ranks," Casey said. "And Ann's career has mirrored our progress."

The Army now has 21 female general officers, and just more than 100 serve within the Defense Department.

Dunwoody's jokes seemed to relieve her nervousness and underscored her humility in the moment.

"It's as overwhelming as it is humbling, especially for somebody who thought fifth grade was the best three years of her life," she joked.

The general said at first she didn't appreciate the enormity of the event. She has previously refused all requests for media interviews. In a briefing at the Pentagon later, Dunwoody said she never grew up believing any limitations were set for her career.

"I never grew up in an environment where I even heard of the words 'glass ceiling,'" she said. "You could always be anything you wanted to be if you worked hard, and so I never felt constrained. I never felt like there were limitations on what I could do."



Gen. George W. Casey Jr., chief of staff of the Army, presents Gen. Ann E. Dunwoody with her new four-star flag after administering the oath of office, Nov. 14.

And, because much of her career has been forged on relatively new paths cut by a handful of women having gone before her, Dunwoody at first saw this latest accomplishment as simply more of the same, she said.

"My whole career was kind of the first of my generation, because women had not been down those roads before," she said. "And so

you go, 'Why is this first any different than the other first?' But it is different, because it is a bigger first."

Still, Dunwoody was quick to deflect the attention her accomplishments were receiving.

"While ... I may be the first woman to achieve this honor, I know with certainty that I won't be the last," she said.

Diet, weight control important to physical condition

Story by
Spc. Christopher
Gaylord

13th Public
Affairs Detachment

This column is second part of a two-part article on diet and weight control to improve overall physical health.

Troops striving to lose weight must also avoid double or triple-sized portions at the dining facilities – since servers tend to offer them – and eat a certain variety of foods each day.

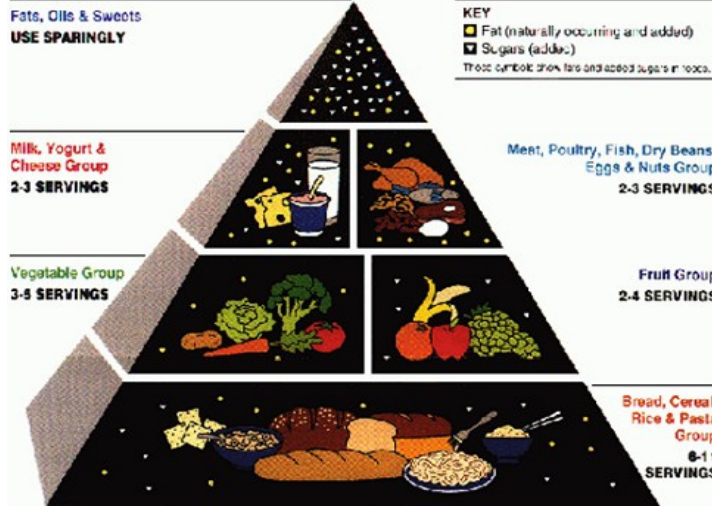
Those seeking weight loss should eat a minimum of five fruits and vegetables a day, three servings of low-fat dairy products, not including ice cream, 25 grams of fiber and 64

ounces of water a day, said Lt. Col. Joanna Reagan, senior dietician, Task Force 44th Medical Command.

Some simple guidelines that can lead to success include choosing baked items over fried ones, reading food labels for hidden calories and fat, reducing portion sizes, replacing soda, fruit juices and punches with water, skim milk or diet soda, and limiting items such as whole milk, condiments, cheese and fried foods, which can contain hidden fat calories, Davis said.

Reagan said servicemembers should keep a food journal to track what they are eating and drinking.

Avoiding sweets from care packages and in the



chow halls will help, but the pace at which a person eats is also important to success.

“Overweight people tend to eat faster than their normal-weight counterparts,” Reagan said. “You should try to pace your eating because your brain needs about 20 minutes to receive the signal that you

have had your fill. Practice chewing slowly and putting down the fork between bites and tasting the food.”

Though losing excess weight is crucial to mission readiness, it isn’t the easiest thing for troops to do. But, with these simple guidelines, those who need to cut weight will be a little more prepared to do so.

AVIATORS, From Page 4

long a one, the women still wear their wings with pride. Many of them look back on their days test-flying bomber jets and piloting transport planes as the best experience of their lives, Cox said.

“It was only a two-year program,” Cox said. “That’s all it lasted, but it was still quite an experience. For most of us girls who survived this long, it’s the main things in our life. No other experience compares except for having and raising children.”

Many of those children and their families were here for the exhibit’s

opening, along with 27 WASPs. Initially, more than 25,000 women pilots applied for the program, while less than 1,900 were accepted. After training, 1,074 won their wings and were transferred to military posts across the U.S. Today, fewer than 300 are living.

About 150 guests and supporters were among the first to view the exhibit. Uniforms, pictures, training manuals, patches, pin-on wings and other artifacts line the entire left side of the 200-foot wall inside the Women In Military Service for America Memorial’s main corridor.

“We think it’s marvelous that people remember what we did,” said Scotty Gough, 86, who served with the WASP for only one year because she was one year too young when the program started. “I loved flying so much that if I had had the money, I would’ve paid the Air Force to let me fly.”

“For many, many years people knew nothing about us, and it’s important for generations to know what we did and what we were. We were the first ones to fly for the Army, and that’s why today’s women are flying jets and in the Air Force.”

COMMUNITY

Announcements

Online marketplace

An online marketplace is now available for troops and civilians across Iraq to buy, sell or trade accumulated creature comforts such as refrigerators, televisions, furniture and microwaves, at libertyswap.com. Personnel can find items gently used, while saving time and money, and can post community events. POC is 2nd Lt. Aldo Aguirre at aldo.aguirre@mnd-b.army.mil.

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 held 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.

STB Prayer Breakfast

The "Master and Commander" theme prayer breakfast is scheduled for November 21 at the Coalition Dining Facility.

VBC Open Power Lifting Meet

Limited to 50 participants, the meet will be held on at the Sgt 1st Class. Paul R. Smith Gym on January 25, 2009. For more information please contact mary.morehouse@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 in Baghdad. The October edition of the newscast features stories on the Navy and Marine birthdays, Hispanic Heritage Observance and the Naturalization 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.

AFN Freedom Radio

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	Taqqadum... 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.

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