



Reenlistment options encourage retention



Sgt. Ryan Rendina, imagery analyst, C2, Multi-National Corps – Iraq, reenlisted in the Army with his wife, Sgt. Lisa Rendina, human intelligence collector, human analyst and requirement cell, MNC-I, at Al Faw Palace, Camp Victory, Iraq Nov. 4.

Story and photo by Pfc. Eric J. Glassey

13th Public
Affairs Detachment

Reenlistment is a choice servicemembers consider while deployed, and they do it fully knowing what is required of them.

The reenlistment process might seem daunting, but with a few simple steps with assistance from noncommissioned officers in your unit, you will be launching your military career forward.

“The first step to reenlisting is for a Soldier to see his company or unit retention noncommissioned officer,” said Sgt.

1st Class William Willen, career counselor, Multi-National Corps – Iraq. “This initial step is for screening and eligibility processing.”

Once a servicemember has determined his eligibility, he must receive approval from his chain of command.

“The second step is an interview with their company commander,” Willen said. “All Soldiers need the endorsement of their company commander to reenlist.”

After review by your company, you will get to see the career counselors.

“The career counselor can determine the individual’s reenlistment

options,” Willen said. “Basically, there are five reenlistment options, regular Army, current station stabilization, Army training, overseas assignment and Continental U.S. station of choice.”

These five options are there to encourage retention in the military. With options come opportunities for Soldiers to advance their careers in the direction they desire.

“Not every Soldier will be eligible for all five of the options, but if they are, they may choose only one of the reenlistment options,” Willen said. “In addition to reenlistment options is the bonus incentive. While deployed,

most Soldiers are receiving a bonus based on their qualifications. The current Bonus Milper Message number 09-241 was released Oct. 1.”

Incentives like these are more ways the military will continue to help troops enjoy their careers.

“I feel pretty good about reenlisting,” said Sgt. Ryan Rendina, imagery analyst, C2, MNC-I, who reenlisted with his wife Sgt. Lisa Rendina, human intelligence collector, Human Analyst and Requirement Cell, MNC-I, at Al Faw Palace Nov. 4. “I know to stay in is what I want to do. I have good options, and I can continue my career.”

Dropping pounds

Diet, weight control important to physical condition

Story by
Spc. Christopher Gaylord
13th Public Affairs Detachment

This column is part one of a two-part article on diet and weight control to improve overall physical health. For part two, please see next week's Wednesday edition of the Victory Times Online.

Maintaining a weight within standards is vital to both staying in shape and being fully capable of completing missions downrange. For so many reasons, it is important for troops to control their weight.

For one, the weight control standards still apply in a deployed environment, which affects an overweight servicemember's ability to advance in his military career.

"Being overweight can decrease a troop's endurance and make him more susceptible to injuries that can decrease a unit's overall readiness posture," said Lt. Col. Martha Davis,

Dietician, 115th Combat Support Hospital.

Being overweight largely increases the risk of heart disease, diabetes, certain cancers and high blood pressure, most importantly.

The health benefits of controlling weight include a decreased risk of diabetes, heart disease, sleep apnea, osteoarthritis and high blood pressure, improved cholesterol levels, mood, self worth and productivity, and reduced stress, said Lt. Col. Joanna Reagan, senior dietician, Task Force 44th Medical Command.

Though being overweight can have dire affects on the readiness and physical abilities of troops, losing weight and maintaining the loss isn't too hard. It starts with dieting and calorie control.

"To lose weight, you



have to create a calorie deficit," Reagan said. "That is, you have to burn off more calories than you eat. Know your calorie budget and the calorie content of foods can be helpful to prevent over and under eating."

"To determine how many calories you need to lose weight, you need to know how many calories to maintain your weight,"

Reagan said. "First, multiply your appropriate weight by 15 to determine your basic calorie needs. If you are working out with an exercise program, you can then add those calories burned to determine your maintenance calorie level. If you are trying to lose weight, take the calculated calorie needs and subtract 20 percent for weight loss,



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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



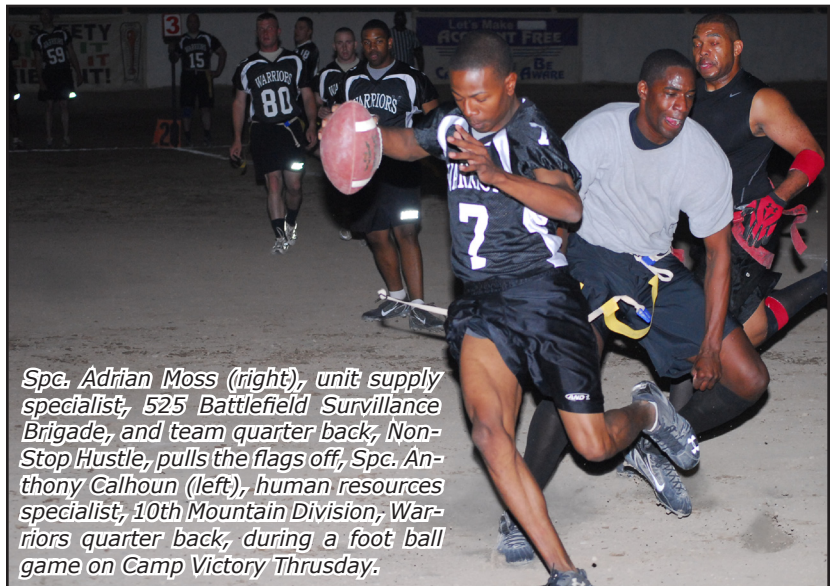
Photo by Pfc. Eric J. Martinez

A Pacbot 510, an explosive ordnance disposal interrogation robot, controlled by Pfc. Joseph Sheeds, infantryman, Company A, 118th Infantry Regiment, picks up a golf ball during a training exercise at Camp Victory's Joint Robotic Repair Facility Thursday.



Spc. Cody Brown, chaplains assistant, psychological operations, Multi-National Corps - Iraq, plays a guitar at the Green Bean at Camp Victory Sunday.

Photo by Pfc. Eric J. Glassey



Spc. Adrian Moss (right), unit supply specialist, 525 Battlefield Surveillance Brigade, and team quarter back, Non-Stop Hustle, pulls the flags off, Spc. Anthony Calhoun (left), human resources specialist, 10th Mountain Division, Warriors quarter back, during a foot ball game on Camp Victory Thursday.

Photo by Pfc. Eric J. Martinez

FEATURES

Postal service sets holiday mailing guidelines

Army news service

As the holidays approach and military families start thinking about what they're going to send loved ones serving overseas, there are a few dates to keep in mind.

"The earliest deadline is for troops that are serving in the Iraq [and] Afghanistan area," said Al DeSarro, spokesman for the western region of the U.S. Postal Service. "You want to send all your holiday mail and packages [to those areas] by Dec. 4."

Holiday mail, including packages and cards, going to military bases in other parts of the world should be shipped by Dec. 11, he said.

"We do encourage people to closely follow these deadlines," DeSarro said. "Of course, we make every attempt, even if you miss the deadline, to deliver the mail to our troops."

Pseudo-Santas who can't beat those dates have another option to get holiday goodies to their destinations in time: Express Mail. But it will cost a bit more and it's not available for service-members serving in Iraq

Military Mail						
Military Mail Addressed To	Express Mail® Military Service (EMMS) ¹	First-Class Mail® Letters and Cards	Priority Mail®	Parcel Airlift Mail (PAL) ²	Space Available Mail (SAM) ³	Parcel Post®
APO/FPO AE ZIPs 090-092	Dec-18	Dec-11	Dec-11	Dec-4	Nov-28	Nov-13
APO/FPO AE ZIPs 093	N/A	Dec-4	Dec-4	Dec-1	Nov-21	Nov-13
APO/FPO AE ZIPs 094-098	Dec-18	Dec-11	Dec-11	Dec-4	Nov-28	Nov-13
APO/FPO AE ZIPs 340	Dec-18	Dec-11	Dec-11	Dec-4	Nov-28	Nov-13
APO/FPO AE ZIPs 962-966	Dec-18	Dec-11	Dec-11	Dec-4	Nov-28	Nov-13

and Afghanistan.

Priority Mail Flat-Rate boxes are the best value when shipping to military members serving at home or anywhere overseas, DeSarro said. The largest flat-rate box costs \$10.95 to ship to an APO or FPO address. That's a \$2 discount, and the boxes are free.

The flat-rate boxes come with another bonus. If it will fit in the box, and weighs 70 pounds or less, it ships at the established rate.

"We also offer a special military package kit, ... and this applies even if you want to send to our troops here in the U.S.," DeSarro said. "If you call ... 1-800-610-8734,

they'll send you a free kit of packaging materials -- priority mail boxes, tape, labels and stuff that can make your holiday packing much easier."

When shipping any holiday package, there are some basic guidelines to take into consideration, he added. If a USPS-provided box isn't being used, senders should make sure the box they're using is sturdy. Don't use wrapping paper or string on the outside, and print both the shipping and return addresses clearly. Contents should be packaged securely and in leak-proof containers, and consider the customs of the country to ensure the items are appropriate and

acceptable.

USPS also suggests including the mailing address, return address and the contents of the box on a slip of paper with the other contents, just in case something out of the ordinary should happen.

Following not only the shipping date guidelines, but also the general packing guidelines can help the USPS get packages where they're going during their busiest time of the year.

DeSarro urges people to mail as much as they want and as early as they can, noting that officials expect 20 million pounds of mail will be sent U.S. troops this holiday season.

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 Pariente 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 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 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