



VICTORY TIMES



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Telling the Multi-National Corps - Iraq story

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Photo by Spc. Christopher M. Gaylord, 13th Public Affairs Detachment
Servicemembers and civilians pray during the invocation at the Sept. 11 remembrance ceremony at Al Faw Palace Sept. 11.



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"Taking college classes online."

Sgt. Michael Case,
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10th Mountain Division



"Centering my mind."

Lou Kuremera, Post
Exchange guard,
EOD Technologies



"Salsa Night."

Chief Warrant Officer
Toni Jackson, Deputy G1,
11th Military Police Bri-
gade



"Watching movies."

Petty Officer 1st Class
Fred Villarreal,
Force Decimating Element,
Multi-National Corps
- Iraq

Chaplain's Corner

Despite lives we live, we are deliverable to God

By Chaplain Bill Rohrer
39th Infantry Brigade Combat Team

Some of you may know that I was involved in a "vehicle" accident and was rushed to Germany for treatment. For several months my face looked like Rocky Balboa's.

Then, when I was about to be released from the hospital, my mother passed away. Before I left for emergency leave, I mailed a box back home. What a surprise when it arrived while I was home.

I had packed it well, but it barely looked like the same box.

The paper was torn, the innards were bulging out and the label was hanging on by a thread. But clearly hammered on the top was a stamp which read, "damaged in transit but deliverable." I thought that box was a lot like me.

I wondered how many other lives started out so beautiful but were damaged along the way. We should be marked, "Fragile. Handle With Care," yet we have been crushed in

the vice grip of personal pain.

We have been body-slammed from every side, often we have become unraveled, unglued, undone and torn apart. And those are often the good days.

But, I also thought that even though I have been damaged, I am deliverable. Some day I will be home with God. Life can be scary, no question about it. I have had some very dark days and I am sure you have too. Sometimes we wish we could hit fast forward and

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Muslims purify body, soul during Ramadan

Story by
SpC. Samuel J. Phillips
MNC-IPAO

This month Muslims will be fasting. After a small pre-dawn meal called Suhoor and the Fajr prayer, Muslims do not eat or drink anything until after the fourth prayer of the day, Maghrib, and the sun has set.

According to www.bbc.co.uk, Ramadan is a Muslim religious observance that takes place during the ninth month of the Islamic calendar; believed to be the month in which the Qur'an was revealed to Prophet Muhammad.

During this month not only do Muslims fast during the hours of daylight, they also put more effort into the teachings of Islam and avoid obscene and blasphemous sights and sounds. Sexual thoughts and activities are also forbidden during fasting hours.

"The true goal of

abstinence in Ramadan is overcoming the destructive behavior in our life," said Chaplain Ibraheem Raheem, Iraq Assistance Group chaplain, Multi-National Corps -- Iraq.

"The practice of abstaining from food and water is supposed to act as a portal that connects our bodies and minds to our souls," Raheem said.

The expression "the body is a temple of the spirit" sheds light on this idea, Raheem said. As Muslims take less additives, preservatives and pollutants into their bodies they are purifying their "temple." By abstaining from destructive behavior and studying the Qur'an they are simultaneously purifying the soul.

Through these actions Muslims seek a raised level of closeness with God Almighty. Properly observing the fast is supposed to induce a comfortable feeling of peace and calm. It also allows the practice of self-discipline, sacrifice and



Courtesy photo

sympathy, and is intended to make Muslims more generous and charitable.

This month is very important to Muslims, and servicemembers on Victory Base Complex should have respect for their beliefs. "Recognize and support those that are participat-

ing in the fast by avoiding deliberate eating and drinking around them," Raheem said. "Also allow for changes in schedules that accommodate the early and evening meals."

Ramadan began Sept. 1 and will last through Sept. 30.

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skip the crummy times, but there is a wonderful truth that sustains us as we move forward on the wild ride. We will be claimed by our Master at the end of our trip. We may not look like the package we once were, but God always recognizes what belongs to Him. Isaiah 43: 1

says, "This is what the Lord says -- He who created you, He who formed you, 'Fear not, for I have redeemed you; I have summoned you by name; you are mine.'"

We are His. That is sweet comfort. If you are slammed, crushed, broken, undone, unraveled and

ripped beyond recognition, remember that God's mark is upon the believer and His mark is bold and sure. You may be damaged goods, but you are deliverable. You will reach your final destination. You will be claimed. You will be His once and for all.

Servicemembers, civilians come tog

Presidential proclamation

September 11, 2001, was etched into America's memory when 19 terrorists attacked us with barbarity unequalled in our history. On Patriot Day, we cherish the memory of the thousands of innocent victims lost, extend our thoughts and prayers to their families, and honor the heroic men and women who risked and sacrificed their lives so others might survive.

Since 9/11, we have recognized the threat posed by terrorists to the safety of the American people and worked to protect our homeland by fighting terrorists abroad. We are confronting terrorism by advancing freedom, liberty, and prosperity as an alternative to the ideologies of hatred and repression. Our Nation pays tribute to our courageous men and women in uniform serving around the world and the devoted members of our law enforcement, public safety, and intelligence communities at home who work night and day to protect us from harm and preserve the freedom of this great Nation.

Seven years ago, ordinary citizens rose to the challenge, united in prayer, and responded with extraordinary acts of courage, with some giving their lives for the country they loved. On Patriot Day, we remember all those who were taken from us in an instant and seek their lasting memorial in a safer and more hopeful world. We must not allow our resolve to be weakened by the passage of time. We will meet the test that history has given us and continue to fight to rid the world of terrorism and promote liberty around the globe.

I call upon the Governors of the United States and the Commonwealth of Puerto Rico, as well as appropriate officials of all units of government, to direct that the flag be flown at half-staff on Patriot Day. I also call upon the people of the United States to observe Patriot Day with appropriate ceremonies, activities, and remembrance services, to display the flag at half-staff from their homes on that day, and to observe a moment of silence beginning at 8:46 a.m. eastern daylight time to honor the innocent Americans and people from around the world who lost their lives as a result of the terrorist attacks of September 11, 2001.

Story and photos by Spc.Christopher M. Gaylord

13th Public Affairs Detachment

Servicemembers and civilians gathered Sept. 11 to reflect on the events of September 11, 2001, during a remembrance ceremony at Al Faw Palace.

Several military members who experienced the tragedy first hand were present to pay tribute to their country's strength during crisis, to include Col. John Lenk, C1 ASAD director, Multi-National Corps – Iraq, who shared his recollection.

"This tour of duty is very personal to me because I am one of the many survivors of the terrorist attack on the Pentagon that dreadful day," Lenk said. "Much of the world and the United States has forgotten why U.S. and Coalition forces are fighting in Iraq, but I will not forget."

The ceremony was especially meaningful to the deployed troops fighting for the very freedom the Sept. 11 attacks sought to jeopardize.

"It motivates them to keep fighting for our nation, be-



Servicemembers and civilians sing "America the Beautiful" together Sept. 11, 2001, reflecting on the events of September 11, 2001.

ether to remember Sept. 11 events

cause I know they don't want to see this happen again in our home," said Staff Sgt. Lesly Torres, non-commissioned officer in charge, Chaplain office, MNC-I, who took the lead in organizing the ceremony. "It hurts, but at the same time it gives them the strength to keep on fighting because so many people lost their lives."

Lt. Gen. Lloyd J. Austin III, commanding general, MNC-I and guest speaker at the ceremony, offered heartfelt words on the attacks of Sept. 11 and the resiliency of the U.S. in the face of adversity.

"Not only did our country unite as one, but the entire free world united against terrorism," Austin said. "I see that the American spirit is as alive today as it was seven years ago, and I remain grateful for the sacrifices of our coalition brothers and sisters."

Though the reminiscence was difficult for many, it reminded troops exactly what they're fighting for: freedom.

"It gave me the reason why I'm here," Torres said. "It just gave me the strength to keep on going. I hope everybody who came out knows that it was an honor for me to put this ceremony together for them."



. 11 during a remembrance ceremony at Al Faw Palace in which they re-



A civilian firefighter deployed in support of Operation Iraqi Freedom prays during the invocation of a Sept. 11, 2001 remembrance ceremony at Al Faw Palace Sept. 11.

Get to know a Soldier...

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

Private 1st Class
Michael Barcellos

Unit: Multi-National
Corps - Iraq

Job Title: Medic

Age: 21

Time in Service:
18 months

Hobbies: "Video
games and college."

Family: "Mother, Ann
Parkins, father, Carl

Barcellos, 4 brothers
and 2 sisters."

**Person you most
admire:** "Father."

Why you joined:
"I joined the Army to
shake things up a bit."

**If you weren't in the
military you would be:**
"Working an oilfield
job in Oklahoma."

**One thing you'd
change about the
Army:** "670-1 policy
of growing goatees."

**One thing you'd never
change about the
Army:** "Days off."

**Unusual fact about
you:** "I am usually
great at video games."
**Something you wish
everyone would
do:** "Their jobs."

Words of wisdom:
"Vision without
action is a daydream;
action without vision
is a nightmare",
Japanese proverb."

Goals: "Become a
physician assistant
or a doctor."

**Best thing about being
deployed:** "Time to
get schooling done



and overpay bills."

**Best Boot Camp
memory:** "Shooting my
Drill with a paintball gun."



Protective equipment reduces injury



By Jesse Martin

Corps Safety Office

In this theater of operation we have to especially cognizant of safety.

There are numerous injuries that can be avoided by wearing the proper personal protective equipment.

All civilian and military personnel should wear personal protective equipment whenever require to perform their work. This may involve the wearing of hard hats, safety glasses, reflective vests, face shields, work gloves, fall protection harnesses, steel

toed boots and other protective clothing.

These standards were established by the Occupational Safety & Health Administration, a sub-agency of the U.S. Department of Labor. Military unique occupations and environments should use the most stringent rules and guidelines.

Since the early 1980s, the federal government put laws in place requiring that employers provide PPE and safety training for all workers. This includes job hazard analysis, composite risk management, emergency action procedures and first aid.

Whatever the work setting is,

safety should be first and foremost.

Leaders, managers, supervisors and individuals must know what PPE is required for any job prior to performing those duties. Always read the warning labels on equipment and chemical products. Ensure the safety procedures and protocols are strictly followed to minimize the risk of injury. The life you save may be your own.

There are many classes available online through the U.S. Army Combat Readiness Center website at www.crc.army.mil and at the OSHA web site at www.oshatrain.gov. Take advantage of free training and pass the word around.

Announcements

Airforce birthday celebration

The 61st birthday of the Airforce will be celebrated from Sept. 15-20 to include multiple activities open to anyone on VBC. The AFCENT band will perform at the Oasis DFAC from 1130 a.m. - 12.30 p.m. and the Victory MWR Stage from 7 p.m. - 8 p.m. Sept. 12. The band will also play at the Sather DFAC from 11 a.m. - 12 p.m. and at the Sather recreational tent from 8 p.m. - 8:30 p.m. Sept. 16. The Airforce birthday will be celebrated at 10:45 a.m. Sept. 17 at Al Faw Palace. There will be an Airforce 10k run at Sather Air Base Sept. 20. Showtime for the run is 5:30 a.m. and starting time is 6:30 a.m. For more information, contact Capt. David Kim, 822-7556.

9/11 Memorial 5k Run

A September 11th Memorial 5k Run will be held Sept. 21 beginning at Victory

Main Stage. Registration is from 5:30 a.m. - 6:15 a.m. The run will start at 6:30 a.m. For more information, contact Capt. Willem Wong, 485-4516.

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 who are going on leave or redeploying must attend this briefing.

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 August edition of the newscast will feature stories on Hope Chapel at Camp Victory, Logistics Training Advisory Teams at Taji and the Guam Liberation Celebration Day at Camp Victory to name just a few. Be sure and catch the latest edition of "The Corps Report" and contact the broadcast team here at MNC-I if you have a story idea. (822-8719).

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	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, Black Forge Conference Room)	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 Book of Matthew Bible Study (Victory Mayor's Cell, Black Forge Conference Room)	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. 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-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:
822-7358

Weight control paramount to mission readiness

Story by Spc. Christopher M. Gaylord

13th Public Affairs Detachment

One of the most serious risks deployed service-members face isn't even combat-related. It's actually health-related, and surprisingly, very easy to prevent.

Spending anywhere between six and 15 months in Iraq and enduring its 130-degree summer days, a deployed military member is the last person you would expect to see overweight, but it can happen. In fact, it happens too often.

Weight control is an issue that can effect overall mission readiness, should a troop become too overweight and out of shape to perform necessary wartime tasks.

"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.

Weight gain also increases the chance of health risks such as heart disease, hypertension, cancer, joint problems and diabetes, Davis said. Military studies conducted have shown that unhealthy eating patterns and being overweight can contribute to the beginnings of coronary heart disease and cancer as early as age 18.

Such health risks are frightening, yet troops are still gaining weight while deployed.

"Food is readily available in theater," Davis said. "Food is everywhere you look. It is comfort to many servicemembers. When they are stressed, bored, lonely or homesick, they turn to food."

"Studies conducted have shown that the average servicemember will gain 10 pounds during deployment," Davis said.

Though being overweight is a serious problem that can have dire effects on the health and readiness of servicemembers, combating it and keeping your weight in check is fairly simple. Since the food you put in your body largely determines your health, the way to a healthy weight and lifestyle starts with eating right. "A variety of carbohydrates, protein and fat should all be included in any healthy eating plan," Davis said.

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. Also steer clear of supplement use and fast foods.

Healthy eating is vital to any weight-loss plan, but just as important is consistent exercise. Regular exercise is a must for weight loss and will burn calories, curb your appetite, reduce tension, stress and depression, and increase lean body mass, Davis said. Strive for five times per week of at least 30 minutes of a combination of aerobic activity and strength training. "Choose something fun," Davis said. "You are more likely to stick with it if it is fun and you like it." Servicemembers facing weight control issues have many avenues for seeking help. "There are many people concerned about the health and well-being of our deployed population," Davis said. "You can seek advice from your troop medical clinic, primary care providers and a registered dietician."

Davis is the only registered dietician on Victory Base Complex, but gives monthly classes at the Riva Ridge and Stryker TMCs. Units can also call and set up private sessions with Davis.

It's up to the servicemember where he wants to take his career in the military, but no matter what he chooses, improvised explosive devices, and indirect and small arms fire aren't the only concerns while deployed. A healthy lifestyle is paramount to mission success.



Photo illustration by Spc. Christopher M. Gaylord