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Muthanna SWAT learns from Thunder Horse



Photo by 1st Lt. James Jordan

Iraqi Policeman, 2nd Lt. Ahmed (center) and members of his IP SWAT team, look on during a vehicle maintenance class at Convoy Support Center Cedar, in the Dhi Qar province.

1ST LT. JAMES JORDAN
4TH BCT. 1ST CAV. DIV.



EASTERN BARRACKS – Approximately One-hundred and Fifty Iraqi Policemen, assigned to a Special Weapons and Tactics team, received hands-on training from American Soldiers here recently.

The SWAT team's leader, Lt. Ahmed, requested the tactical training from Company A., 2nd Battalion, 12th Cavalry Regiment, 4th Brigade Combat Team, 1st Cavalry Division troopers so his law enforcement officers could become "always ready," like his Cavalry partners, the 'Thunder Horse' battalion.

"I often execute time-sensitive missions," Ahmed said. "Most of my missions come at times of vulnerability for the

suspects and times of opportunity for me."

The Thunder Horse Troopers started training the Iraqis this past December by explaining the basics of vehicle maintenance, gun truck operations and urban tactical training at Convoy Support Center Cedar. The team learned troop leading procedures and how to conduct risk-management while executing vehicle and foot patrols.

Iraqi law enforcement units are now taking the lead during tactical missions in Muthana, to include providing security for high-profile visitors.

When the Japanese Prime Minister, Taro Aso, visited Samawah for the city's power plant grand opening Dec. 22, the local IP SWAT team provided security at the helicopter landing zone and during her inspection.

See SWAT, page 3

Tae kwon do teaches self control, discipline



Photo by Sgt. Frank Vaughn

Chief Warrant Officer Zyon Gooden, chief information technician for 44th MEDCOM, demonstrates blocking technique for Maj. Charles Preble, plans officer for MNC-I and a beginner in Tae Kwon Do. Tuesday. Gooden, a resident of Ft. Lauderdale, Fla., is a 2nd Dan in Tae Kwon Do.

SGT. FRANK VAUGHN
MND - C



CAMP VICTORY, Iraq – Military life can be stressful or even dangerous – especially in a combat zone. There are many coping mechanisms Soldiers can use to deal with the stress, but there is one in

particular that can teach self-control as well as a way for Soldiers to protect themselves when faced with a physical threat.

Tae Kwon Do, a Korean martial art, trains Soldiers to maintain balance and control in adverse circumstances, whether physically threatening or simply stressful.

Tae Kwon Do, literally translated, means “way of the fist and foot,” said Sgt. 1st Class David Ruiz, battalion communications chief for 10th Military Police Battalion, Criminal Investigation Division (Airborne).

“Tae Kwon Do teaches you to fight with your feet as well as your hands,” said the 4th Dan (black belt) and class instructor. “It also teaches you balance and self-control as you confront dangerous situations.”

One of the world’s newest martial arts, modern Tae Kwon Do was developed in the mid-20th century after Japan was banished from its occupation of Korea.

Since then, it has become one of the world’s most popular martial arts.

One reason is the self-discipline students gain from practicing the art.

“Discipline is a very important thing to learn in this class,” said Ruiz. “It makes you better at everything you do, both in here and in life.”

Repetition of the techniques of Tae Kwon Do helps to instill

this in students.

A typical class consists of blocking, kicking and punching exercises from a variety of stances, said Ruiz. These techniques are practiced over and over to correct form and hone the student’s focus.

These techniques have a more tangible application as well: self-defense.

“Tae Kwon Do’s origins come from foreign countries occupying Korea,” said Ruiz. “They had to learn to defend themselves against constant attacks from invaders such as the Mongols and Japanese throughout their history.”

Those who take the class today learn how to defend themselves against physical attacks.

Chief Warrant Officer Zyon Gooden, 2nd Dan in the martial art and chief information technician for 44th Medical Command, said the key is to gain proficiency in the skills of Tae Kwon Do as a way to avert attacks.

“You learn how to fight so that you don’t have to fight,” the Ft. Lauderdale, Fla. native said.

Anyone who is interested in participating in Tae Kwon Do may attend the classes at Sgt. 1st Class Paul R. Smith Physical Fitness Center.

Classes are held Tuesdays through Thursdays at 8 p.m. for one hour, Fridays at 8:30 p.m. for an hour and a half and Saturdays and Sundays at 7 p.m. for two hours.

THE Mountain View

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Dishing out food handling skills to Iraqi troops

CAPT. ROBERT SHAW
4TH BCT. 1ST CAV. DIV.



COB ADDER, Iraq – Preventive Medicine Soldiers from the 4th Brigade Combat Team, 1st Cavalry Division, demonstrated food handling and dining facility inspection procedures to their Iraqi counterparts during a class with troops from the 10th Iraqi Army Division at the Coalition Forces Dining Facility here recently.

The PM team assigned to the 27th Brigade Support Battalion “Rough Riders” focused on food preparation and serving techniques during the Iraqi Army’s three-hour visit.

“Everything is very well organized here,” said Capt. Raheem Hmedy Hafan, an Iraqi officer who observed the American Soldiers.

The PM team and DFAC personnel also gave the group an in-depth tour of the facilities and showed them the daily process of receiving bulk quantities of meats and vegetables.

The staff demonstrated the immediate transfer of food from distribution pallets to cold storage areas, thereby greatly reducing the risk of contamination and bacteria growth.

“Our food workers have to get a monthly check-up to work in Iraqi restaurants,” said Lt. Mohand Hmsam Abdul Khadm, an Iraqi Soldier present during the PM team’s inspection class.

The Rough Rider Soldiers attempted to reinforce their points by citing examples of past incidents of food poisoning in the U.S. which resulted from the improper storage of meat at incorrect temperatures prior to serving.

Each of those incidents has pro-



Photo by Capt. Robert Shaw

1st Lt. Cory Smith, a native of San Diego assigned to the 27th Brigade Support Battalion, 4th Brigade Combat Team, 1st Cavalry Division, teaches troops from the 10th Division Iraqi Army during a hands-on food handling class at the Coalition Dining Facility on Contingency Operating Base Adder, Iraq, recently.

duced lessons learned and new tactics, techniques and procedures (TTPs) that have prevented the recurrence of similar events.

“We were happy for this opportunity to share this experience with the Iraqis,” said Sgt. Jonathan Agrai, who is the PM team’s non-commissioned officer in charge, and a native of Houston. “(This enables them) to further prevent many common food-borne illnesses in

their restaurants and cafeterias.”

The 27th BSB ‘Rough Rider’ Soldiers are hoping the food-handling class will help prevent illness to Iraqi and Coalition Forces residing across southern Iraq.

“I have really enjoyed my experience as part of the PM team this tour,” said Spc. Alex Barnard, a chemical operations specialist with the PM team. “I really feel I am making a difference.”

SWAT

From page 1

“The professionalism and training of the IP SWAT was evident during the joint operation,” said Michigan native 1st Lt. Arthur Houston, whose unit worked hand-in-hand with the SWAT team. “Ahmed incorporated the tactics, techniques and procedures he learned from the U.S. Army and his team’s tasks were executed without fail.”

The specialized policemen were called upon again when Ryan Crocker, U.S. ambassador to Iraq, visited Eastern Bar-

racks Jan. 10. The SWAT team escorted the ambassador and his staff through Samawah, and met with Muthanna’s provincial governor, Ahmed Marzoq Salal.

The security team continues to build confidence in its citizens by providing security during public exercises and events.

The province held a parade for its police officers in the Samawah soccer stadium in December.

The Muthanna province’s SWAT team hopes to become an example of excellence in law-enforcement for all security Forces in southern Iraq.

Staff Section Round-up

The “Backbone of the Army”

2009 is “The Year of The NCO”. The story of the American Noncommissioned officer began at the birth of the U.S. Army. During the early years of the American Revolution, little standardization of NCO duties or responsibilities existed. In 1778, during the long hard winter at Valley Forge, the Inspector General Friedrich von Steuben standardized NCO duties and responsibilities in his Regulations for Order and Discipline of the Troops of the United States.

Since then the NCO corps has provided invaluable selfless service to the United States Army. NCOs have become innovative, competent, and professional leaders of today's Soldiers and communities. The Corps dedication to its country and the common man has earned them the nickname “THE BACK BONE OF THE ARMY”. With this nickname today's NCO lives and is obligated by a creed. The Creed of the NCO states every duty, responsibility, role and service they are sworn to uphold.

Highlights of the NCO Creed – “A yardstick by which we measure ourselves”

I will at all times conduct myself so as to bring credit upon the Corps, the Military Service and my country regardless of the situation in which I find myself.

My two basic responsibilities will always be uppermost in my mind—accomplishment of my mission and the welfare of my Soldiers.

All Soldiers are entitled to outstanding leadership; I will provide that leadership. I know my Soldiers and I will always place their needs above my own.

I will communicate consistently with my Soldiers and never leave them uninformed. I will earn their respect and confidence as well as that of my Soldiers. I will be loyal to those with whom I serve; seniors, peers, and subordinates alike. I will exercise initiative by taking appropriate action in the absence of orders. I will not compromise my integrity, nor my moral courage. I will not forget, nor will I allow my comrades to forget that we are professionals, Noncommissioned Officers, leaders!

Thanks, your IG team.

The Meaning of Life



Sgt. 1st Class Jeffrey Mullett

Headline Round-up

World News:

WASHINGTON - President Barack Obama approved adding some 17,000 U.S. troops for the flagging war in Afghanistan, his first significant move to change the course of a conflict that his closest military advisers have warned the United States is not winning. "To meet urgent security needs, I approved a request from (Defense) Secretary Gates to deploy a Marine Expeditionary Brigade later this spring and an Army Stryker Brigade and the enabling forces necessary to support them later this summer," Obama said in a statement issued by the White House. About 8,000 Marines are expected to go in first, followed by about 9,000 Army troops. Some 34,000 U.S. troops are already in Afghanistan.

Entertainment News:

LOS ANGELES - Singer Katy Perry has clawed back at rumors she was caught canoodling with Good Charlotte rocker Benji Madden on Valentine's Day in Las Vegas. "Oh kittens! It's two pseudo famous people sitting next to each other ... doesn't mean we were bumping uglies!" she wrote on her Web site. "You know I don't just do that with anyone! That's just how the media works, as you can tell." Perry vowed earlier this year to remain celibate after splitting over New Year's with longtime beau Travis McCoy, frontman for Gym Class Heroes. She said she was in Vegas, not with Benji on a solo date, but hanging with a host of friends.

U.S. News:

NEW YORK - About a quarter of the nation's TV stations cut off their analog signals Feb. 17, causing sets to go dark in households that were not prepared for digital television despite two years of warnings about the transition. Though most viewers were ready — and people with cable or satellite service were unaffected — some stations and call centers reported a steady stream of questions from frustrated callers.

Odd News:

BHUBANESWAR, India - An infant boy was married off to his neighbors' dog in eastern India by villagers who said it will stop the groom from being killed by wild animals, officials and witnesses said Feb. 18. Around 150 tribespeople performed the ritual recently in a hamlet in the state of Orissa's Jajpur district after the boy, who is under two years old, grew a tooth on his upper gum. The Munda tribe see such a growth in young children as a bad omen and believe it makes them prone to attacks by tigers and other animals.

Quote of the Day

"Time is a great teacher, but unfortunately it kills all its pupils."
— Robert Bloch

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For the
answer to
today's puzzle,
go to:



[www.taskforce
mountain.com](http://www.taskforcemountain.com)

AROUND THE COMMUNITY

Lions Den

Feb. 20

Texas Hold 'em @ 8 p.m.

Fishbowl Gym

Feb. 20

Full body aerobics @ 6 a.m.

Abs class @ 7:30 p.m.

March 27

Relay for Life HOPE Ceremony
@ 8 p.m.

March 28

Cancer awareness 5K/10K walk
run. Free t-shirt and
continental breakfast. Race
begins @ 7 a.m.

Freedom Chapel

Violin teacher needed. Contact
Col. Andrew Baan (Andrew
baan@iraq.centcom.mil) for
more information.

Mondays

A History of Christianity @
7 p.m.

Tuesdays

God and the military @ 7 p.m.

Wednesdays

Guitar lessons @ 4 p.m.

Fridays

Catholic hour @ 6:30 p.m.

Liberty

Feb. 22

Sweet 16 5 K Run. Race begins
at "Z" Lake @ 7 a.m. FREE
T-shirts to the top 115
finishers. POC: Spc. Daniel
Balderas 485-0411 or
daniel.balderas@iraq.cent-
com.mil

Feb. 23

Black History Month Observance
at Aw Faw Palace @ 7 p.m.
POC: Maj. Monique Compere-
Anderson 835-2057.

Feb. 26

Charlie Wilson and the GAP
band at Liberty PX/BX stage @
7:30 p.m.

Babylon Theatre

Feb. 20

Madagascar @ 4 p.m.

Changeling @ 7 p.m.

Fireproof @ 9:30 p.m.

Feb. 20

Town hall meeting @ 1 p.m.