



# Victory Times



*Telling the United States Forces - Iraq story*

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## I Corps honors fallen with End of Tour Memorial

Story and photos by Staff Sgt. Dan Yarnall  
United States Forces-Iraq Public Affairs

Midway through the memorial ceremony, a video tribute lit up a pair of screens in front of an audience inside Hope Chapel, on Camp Victory, Baghdad. The video scrolled through the faces of the American troops who lost their lives during I Corps' tour of duty in Iraq. Beneath each face were the dates of that Servicemember's birth and death, separated by a dash.

The I Corps End of Tour Memorial Ceremony was held Feb. 20, when Servicemembers gathered to reflect on the 121 warriors who paid the highest price possible since April 2009.

Lt. Gen. Charles Jacoby, I Corps Commander, spoke about the fallen, who had a tremendous impact on the mission and the lives they touched as he gave the command's tribute.



*Chaplain (Col.) Kenneth Stice speaks to the crowd of Servicemembers gathered at Hope Chapel to pay their last respects to those who made the ultimate sacrifice in Iraq this past year.*

He spoke of their heroism by saying, "Each one was aware of the risks long before they stepped foot in Iraq. Yet they did not waver, they did not back down and they were instrumental in liberating Iraqi citizens from the throws of tyranny and defending our

country."

I Corps Chaplain, Col. Kenneth Stice spoke of the commonality that the fallen troops shared.

"They are diverse in how, when, and where they may have died, but united in their service to the nation and the shared rigors of our Corps team; separated from loved ones and deployed here in support of Operation Iraqi Freedom," he said.

During the memorial message Stice recited a poem that a teammate once shared with him on a deployment to Afghanistan:

*I read of a man who stood to speak at the funeral of a friend.  
He referred to the dates on the tombstone from the beginning to the end.  
He noted that first came the day of his birth,  
And he spoke of the second with tears.  
But he said that what mattered most of all  
Was the dash between those years...*

Stice read the remainder of the poem, and pointed out that we should be celebrating what each one of the fallen Servicemembers accomplished in their life; what their "dash" truly meant.

"Although I have grouped our more than 100 fallen into a larger company, we knew that each of them were individuals; unique in their lives, in their service, and in their passing. Each one came from a family, had friends, chased dreams, and sought aspirations," Stice said.

Servicemembers were provided the opportunity to reflect upon those who were lost as they viewed the video tribute, listened to the guest speakers and, finally, rendered a salute to the fallen. They now all know that the last part of each of dash engraved on 121 tombstones represent a great and honorable service to both the United States and Iraq.

"All of us now better understand something that we all hear people often say, but few know in its fullest sorrow, that freedom comes with a great price," Jacoby said.

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# Chaplain's Corner

## EUSTRESS...I STRESS...WE ALL STRESS...

Chaplain (Lt. Col.) Leonard Higgins  
Garrison Chaplain 561st Regional  
Support Group

I am always trying to find ways to re-imagine my life and circumstances and give them both a positive spin.

Take the issue of stress for example. I am totally focused these days on lowering the negative effects of stress. Two of ways we experience stress are known as DISTRESS and EUSTRESS.

Distress, is commonly seen as a negative force in our lives. The culprit of so many health issues, stress contributes to everything from way out cholesterol levels to heart palpitations. It causes the body to release cortisol, with the unfortunate outcome of short-term memory failure, lowered immunity and increased abdominal fat (thanks Wikipedia).

Distress is an unpleasant or disease-producing stress. As a result, we all should become more aware of common or persistent distressors in our lives and initiate methods for managing them.

Eustress, on the other hand, is

really a form of excitement. It has some of the hallmarks of distress, but if recognized for what it is, can actually be used to motivate us to higher performance and even increased creativity.

I have noticed the athletes in the Olympics using their eustress to their best performance advantage.



Courtesy Photo

Only you will know when you are experiencing the positive form of stress known as eustress. You can trigger this state, too, by giving yourself healthy, appropriate goals and challenges.

A great exercise in stress management is to try changing a stressful situation into eustress by viewing it from a different angle.

I have been pretending that Victory Base Complex is really a huge "fat camp"

that I've been sent to in order to finally motivate me to lose those extra pounds. Rather than get all stressed about how much time I have left before I leave, I'm trying to stay focused on how much more I have to lose before being released. I count the days by counting the pounds.

I've been here now for 23 pounds and have only 17 more pounds to go. How long have I really been here? What does it matter – I'm little by little reaching my goal and having fun doing it.

How you manage your stress is really a matter of personal choice. While we can't eliminate stress from our lives – and would not necessarily want to anyway – we can learn to manage it and maybe even have a little fun along the way.

**GOOD STRESS, BAD STRESS, YOUR STRESS** – just don't get in my way

beating a path to the NO-calorie cake and ice cream on Sunday's (yes, I even have re-imagined a way to turn fat calories into no calories – I just don't count them on those days I want to just enjoy some simple sinful pleasures)...and also remember – God created everything in six days and on the seventh He went boots up because it was all good. Suggest you do likewise!



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## Programs for troops continue to bring joy on all fronts

Story by Sgt. Lyn Bradford  
United States Forces-Iraq Public Affairs

Servicemembers have been fighting wars on two fronts for nearly nine years, and they continue to get support from thankful Americans back home.

It is seen in programs such as Adopt a U.S. Soldier and Treats The Troops, to name a few. These programs are designed not only to bring joy to those receiving letters and packages of support, but also for those who have taken the time to sponsor Soldiers, Sailors, Airmen and Marines deployed around the world.

"I love our military men and women. They are the best of the best. I hope my little humble boxes just let them know that I represent Americans who feel the same way as I do - that people back home love and care for them and are praying for them," said Janelle Carter, a bookkeeper and healthcare sales representative from Sacramento, Calif.

Carter joined the non-profit organization Adopt a U.S. Soldier program in July, but has been sending packages to troops since the Vietnam War.

"All of my age group was affected



Photo by Spc. Karin Leach

*Pfc. Datrick Robinson, mail clerk, Multi-National Corps-Iraq, carries mail out of a truck to be sorted and distributed, Camp Victory, Aug. 15.*



Staff Sgt. Robert Jordan

*Spc. Geisha Sanchez, from Reading, Pa., an administration specialist with Headquarters and Headquarters Company, 30th Heavy Brigade Combat Team, is all smiles after opening an 'Any Soldier' gift box at Forward Operating Base Falcon, Sept. 16, 2009.*

in that war. My buddies went, my ex-husband and my cousins," she said.

Since Sept. 11, 2001, Carter said she has sent packages to her friend's children overseas. She explained that her son was already overseas when the attacks happened but, a former President George W. Bush's urging, she continued to get involved and support Servicemembers. Carter currently sponsors five Soldiers.

For Kathy Cunningham, a family tradition of military service has played a part in why she sponsors four Soldiers through the Adopt a U.S. Soldier program.

"My family has served in the military for nearly a century, possibly longer, and although I have never served, I still feel a connection to those who give so much. My feelings are, if you and your family can give **you** to our country, the least I can do is give my time to help and serve you and your family," said Cunningham, a data analyst and project manager for Bank of America Merrill Lynch, Jamesburg, N.J.

Although programs may have the word 'Soldiers' in them, they are open

to any Servicemember who would like to sign up. To sign up, log onto the programs website (see box). You will be asked to enter some personal information, such as name, address and a rough estimate of the dates you will be deployed. Depending on the program, a site administrator will contact you after you submit your information or someone who has chosen to sponsor you will contact you directly.

Most sites ask, out of courtesy, that you let your sponsor know you have received their letter or package. It is not required to keep correspondence with your sponsor, but Cunningham and Carter agree that it is nice to keep in touch with troops who are deployed.

"The best part about this is knowing our troops are taken care of and they know we do stand behind them and they are not forgotten, nor will they ever be," Cunningham said.

[www.adoptaussoldier.org](http://www.adoptaussoldier.org)  
[www.anysoldier.com](http://www.anysoldier.com)  
[www.treatthetroops.org](http://www.treatthetroops.org)  
[www.operationuplink.org](http://www.operationuplink.org)  
[www.booksforsoldiers.com](http://www.booksforsoldiers.com)

# Developing academies for better Iraqi NCOs

Story by Sgt. Lyn Bradford  
United States Forces-Iraq Public Affairs

## Editor's note: This is the second of a two-part series.

Since improving literacy rates within the Iraqi Ground Forces Command and using its noncommissioned officers in a professional and beneficial way, the IGFC and the Iraqi Training and Advisory Mission-Army turned their focus on establishing enduring NCO academies.

With the approval of a leadership doctrine for the Iraqi Joint Forces, and support from Coalition Forces and Gen. Babakir Baderkhan Alzibari, chief of staff for the Iraqi Joint Forces, old NCO academies were disbanded.

Carlos Legoas, a retired U.S. Army command sergeant major selected to help develop an Iraqi noncommissioned officer education system, said since the start of the development process, Babakir supported the effort and directed the formation of work groups and an executive committee to facilitate the process to build new ones.

Other Iraqi generals had planned a system for the Iraqi NCOs, said Legoas.

The system proposed two levels of courses for the Iraqi NCO. First, Legoas explained, was a six-month course for the Naeb-Aareef, equivalent to a squad leader; Aareef, equivalent to a platoon sergeant; and Aareff-Awwal, equivalent to a first sergeant. Second, was a six-month course for the Wakeel-Awwal, equivalent to a sergeant major.



*Senior noncommissioned officers sit in class at the Senior NCO school in Taji, Iraq. The Senior NCO Course is 45 days of training, including introduction, qualification and certification classes.*

"This was unrealistic because division commanders were not going to release their NCOs for six months and the courseware was not developed," said Legoas.

In response, two courses were developed and put into operation. The master instructor course was established in April 2008, to prepare NCOs to efficiently and effectively deliver military instruction. March 2009 saw the establishment of the drill instructor course, aimed at preparing NCOs to train new recruits at the basic training level, said Master Sgt. Ramon Valadez, ITAM-Army Iraqi NCOES advisor.

A three-month senior NCO course, with mentorship from NATO Training Mission-Iraq and Coalition Forces, was created and run entirely by Iraqi cadre and instructors.

One success was the creation of the three-month comprehensive program of instruction that reflects combat experience, military values and common core subject material for NCOs, Legoas said.

There are seven training centers throughout Iraq teaching the three month courses: Al Kasik, Habbaniyah, Tallil, Shaibah, An Numinayah, Kirkush and Kirkuk. Taji is the only location instructing the senior NCO course.

Valadez said IGFC commanders are starting to realize the importance of the NCOES and now encourage their soldiers to attend. Iraqi leaders also reviewed a former promotion

policy, concurring that promotions should be linked to NCOES attendance.

On Jan. 18, the Iraqi Noncommissioned Officer Academy in Taji began its fifth Senior NCO Course. The Senior NCO Course is 45 days of training, including introduction, qualification and certification classes.

"This is a big step for the academy. It will be the first time the students have published doctrine ("The Art of Leadership") to use throughout the course," said Sgt. Maj. Ahmed, senior enlisted Iraqi NCO for the academy.

Iraqi Col. Alaa, commander of the Noncommissioned Office Academy, said as the staff and instructors at the academy continue to improve the course, it will soon be one of the premiere training courses in the Iraqi Army.

The class is set to graduate Feb. 28.

Throughout the process, Coalition and, most recently, U.S. Forces had received support from Lt. Gen. Hussein-Dohe, commander of the Iraqi Training Directorate Command.

"A strategic thinker, (he) supported the Iraqi NCOES program. His support has been invaluable for the continuity of effort throughout the NCOES development and approval process," Legoas said. "He understood and was instrumental to articulate the value to professionalize the NCOs to the IA chief of staff and the minister of defense."

Hussein continued to push the program forward even when it met resistance by the other directorates within Iraq's Ministry of Defense in early 2009, Valadez added.

After much hard work and partnership, 2010 saw the completion of the Iraqi NCO education system that, Legoas said, is consistent, encompasses all branches and specialty schools, is doctrinally-based and linked to promotions.

The biggest benefit for the Iraqis, according to Col. Hardee Green, training division chief for ITAM-Army, will be the value of having professional NCOs that will strengthen the IGFC across all ranks.

Green believes the Iraqis will continue to be successful in their roles as cadre at the training centers.

"I think the Iraqis will be able to handle this program on their own," Green said. "It's left up to the Iraqis to move forward. They are capable if the leadership is willing to continue to invest in the program."

To date, the Chief of Staff has

approved the curriculum and all directorates have agreed to the NCOES policy. Sometime this month, it will be up for final review and approval at the Defense Council.

In a little more than two years, the cooperation and partnership between the IGFC and ITAM-Army was able to produce literate, highly effective and professionally educated NCOs — a major success as Iraq continues to work towards a free and self-sustaining country.



*Iraqi soldiers read a map during a class at the senior noncommissioned officer school in Taji, Iraq. Land navigation is one skill the Iraqi NCOs will be learning as part of the newly established NCO education system.*



*Carlos Legoas, left, and Lt. Gen. Hussein-Dohe pose for a picture in December, 2009 before Legoas returned to the United States.*



*Carlos Legoas (in blue) is publicly recognized for his efforts to help professionalize the Iraqi armed forces by developing a noncommissioned officer education system. Gen. David Petraeus, commander of U.S. Central Command, and Abdul Qadir Mohammed, Iraq's Minister of Defense, look on in the back.*

# Iraqis train to provide security for upcoming elections

Story and photos by Staff Sgt. Dan Yarnall  
United States Forces-Iraq Public Affairs

Iraqi law enforcement personnel are proving that they will be ready to provide security for the upcoming elections as they tested their skills through training scenarios simulating situations they are likely to face come Election Day.

The 217<sup>th</sup> Military Police Company, 49<sup>th</sup> Military Police Brigade, Alabama National Guard, runs a training academy that provides Iraqi law enforcement and emergency response agencies the opportunity to come together for one day to focus specifically on providing security during election time.

As with much military training, the day started out in the classroom with a PowerPoint presentation. The instruction was designed to give the students basic knowledge on how to conduct election security. The action started after lunch as the students received hands on training in a practical exercise.

The academy set up a mock election site specifically for this training. Students



*Iraqi Police forces run through a training scenario that focuses on security operations during an election.*

tested on setting up and maintaining security. Role-players came through to cast their vote; some were hostile while others played friendly voters.

“We’ve set up ways to search people as they come into the election site. They check their identification, check them for any contraband, and then they are allowed to go into the next secure area before casting their vote,”

said Capt. David Worthy, Commander of the 217<sup>th</sup> MPs. “The mission is to safely get people in and out of the voting building.”

The Criminal Justice Center holds two training courses, a one-week and a three-week course. The one-week class is a “train-the-trainer” based curriculum. The intent is to teach police officers proper techniques for conducting classes, so they can go back to their respective stations and instruct their fellow officers. The three-week class teaches advanced police techniques that they can take to the field. Both

classes came together to train for one day.

Worthy explained that the election security aspect of the training is nothing new to the academy.

“It’s something that has been in every core and every curriculum that we have. It is now receiving more attention with the upcoming elections,” he said.

The long term goal is not just to train the Iraqi law enforcement but to turn the facility and academy over to them.

“We are well on track to be able to turn this over to them,” Worthy said. “We already have an Iraqi commandant, and 12 Iraqi former students are working as instructors today.”

Providing security for the upcoming elections plays a big part in proving that Iraqi forces are ready to take full control of their country.

“Election is the most important time in Iraq. U.S. forces trained us in a lot of areas, from crime scene preservation to securing an election station. These are basic things that our forces need; altogether it is a big weapon that our forces can use,” said Lt. Col Moshtiq Tileb Abed, Baghdad Director of Police.

Abed said he looks forward the near future when Iraqi law enforcement will completely take over the security of the country. He appreciates everything the U.S. has done for them.

“U.S. forces helped us train to point where our forces are ready now. We are completely ready,” he said. “I want to thank (the) U.S. forces and the American Soldiers for providing security in Iraq. Hopefully this will be a payback for them.”



*U.S. Army National Guard Soldiers with the 217th Military Police Company out of Prattville, Alabama, oversee Iraqi Police forces training in security operations.*

## DON'T BE COMPLACENT

- 1. Travel and run with a battle buddy.** You did it in Basic Training; you should do it in a country that is still considered a combat zone.
- 2. Let someone know where you are going.** Your unit leadership needs to maintain accountability of you. If you leave your office or your quarters be sure to tell someone in your unit where you are heading.
- 3. Report suspicious activity.** If you see or hear someone doing something that doesn't look right, call Your Mayor Cell or the Provost Marshalls Office (The MPs). Don't be afraid to do the right thing or worry about bothering someone. You might just wind up saving lives. Besides, not doing it is dereliction of duty.
- 4. You ARE authorized to detain local and third-country-nationals if they are acting suspicious.** According to Lt. Col. William Prestage, the VBC Garrison Anti-Terrorism Force Protection officer-in-charge, you should request that they stay where they are. Send someone to contact the PMO or Mayor Cell immediately. If possible, try to secure their ID. Above all, use common sense and don't put yourself in unnecessary danger. At a minimum, make sure you get a good description of them and their vehicle.

**The bottom line: Do the right thing to keep yourself and your fellow Soldiers safe. If it doesn't look right, err on the side of caution and call someone.**

**Otherwise, you are being THAT guy, and being THAT guy isn't just a guy thing.**

Victory Base PMO 485-2758	Camp Victory Mayor Cell 485-2186	Camp Slayer Mayor Cell 485-2476
Camp Liberty East Mayor Cell 485-7177	Camp Liberty West Mayor Cell 847-2302	

## SHARP OF THE WEEK

### If someone you know has been sexually assaulted DON'T:

- Attempt to seek revenge
- Make jokes
- Be angry with your friend
- Force them to talk and/or take control from them
- Ask your friend how they could "let this happen"
- Assume you understand how your friend feels
- Discuss the incident with others unless you have permission from your friend.

### If someone you know has been sexually assaulted DO:

- Be supportive and listen to them
- Communicate to your friend that he or she is not responsible for what happened
- Allow your friend to regain control by making his or her own decisions

**Call the USF-I Deployed Sexual Assault Response Coordinator (DSARC) at 485-5085 or 435-2235 for help. Army members should seek assistance with their Unit Victim Advocate (UVA) or DSARC.**



## Operating Hours

**Coalition Cafe DFAC**  
Breakfast 5:30 - 8:30 a.m.  
Lunch 11:30 a.m. - 2 p.m.  
Dinner 5 - 9 p.m.  
Midnight Dining 11 p.m. - 1 a.m.

**Sports Oasis DFAC**  
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.-8 p.m.

**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.

**USF-I Unit Mail Room**  
**Customer Services/Mail Call:**  
3-6 p.m.

**Al Faw Palace Post Office**  
**Wednesday and Sunday**  
12:30-5:30 p.m.

**Golby TMC Sick Call**  
Monday - Friday 7:30 a.m. - 11:30 a.m.  
Saturday & Sunday 9 a.m. - 11:30 a.m.

**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

**Pharmacy**  
Monday - Friday 7:30 a.m. - noon;  
1 - 4:30 p.m.  
Saturday & Sunday 9 a.m. - noon

## NOTICE

Container management and IBS-CMM system training is available every Monday at 1430 on Camp Victory, Building 18 conference room.

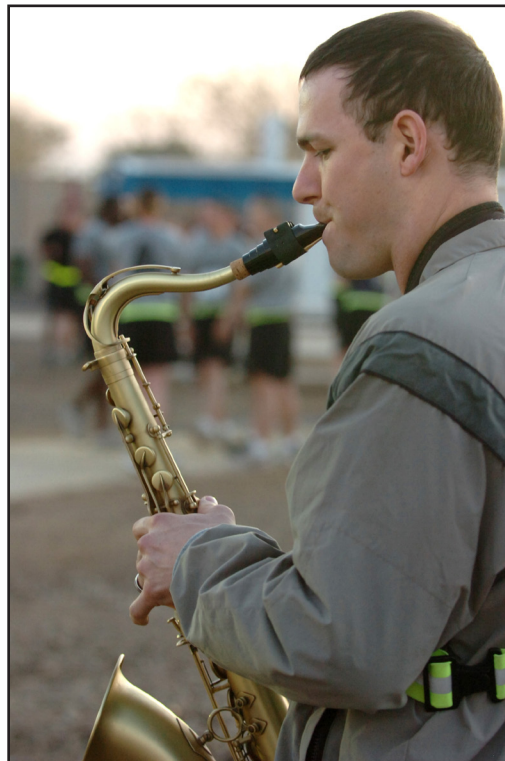
Contact SSG Castaneda at [Francisco.castaneda@iraq.centcom.mil](mailto:Francisco.castaneda@iraq.centcom.mil) or DSN 318 485-2867 to schedule training for a representative from your unit.

# I Corps begins farewell with 5K run

Photos by Staff Sgt. Dan Yarnall  
United States Forces-Iraq Public Affairs



Runners take off at the starting line of the I Corps 5K Farewell Run on Camp Victory, Baghdad, the morning of Feb. 21.



A member of the 56th Army Band plays as Servicemembers gather to participate in the I Corps 5K farewell run.



Lt. Gen Charles H. Jacoby Jr., I Corps Commander, sprints towards the finish line.



Two Soldiers stretch as Servicemembers gather to participate in the run.



(photos left and right) Runners race to the finish line of the I Corps 5K Farewell Run at Camp Victory, Iraq. The Corps is preparing to re-deploy and relinquish their authority to III Corps. I Corps served as the Multi-National Corps-Iraq from April 4, 2009 to Dec. 31, 2009.

