

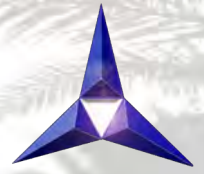
Victory Times



Telling the United States Forces - Iraq story

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III CORPS UNCASES COLORS BEGINS MISSION AS NUCLEUS OF USF-I

Photo by Staff Sgt. Dan Yarnall

Lt. Gen. Robert W. Cone, United States Forces-Iraq deputy commanding general of operations and III Corps commanding general, and Command Sgt. Maj. Arthur L. Coleman Jr., senior enlisted advisor for the deputy commanding general for operations and III Corps command sergeant major, uncase the corps colors as part of the transfer of authority ceremony at Al Faw Palace March 13.

Story by Master Sgt. Tim Volkert
United States Forces-Iraq Public Affairs

When the blue and white caltrop unfurled in the Al Faw Palace rotunda Saturday, during a transfer of authority ceremony, III Corps officially assumed its place in the recently-formed U.S. Forces – Iraq.

III Corps, based at Fort Hood, Texas,

is the first corps-level unit to begin its tour as a component of USF-I. I Corps, based at Joint Base Lewis-McChord in Washington state, merged Multi-National Corps – Iraq into the new USF-I organization in January this year.

During the ceremony, Lt. Gen. Robert W. Cone, USF-I deputy commanding general for operations and III Corps commanding general, told his

Soldiers that they are now part of United States Forces-Iraq and will be part of a historic moment in both U.S. military history and in the history of Iraq.

“To the Soldiers of the Third Corps, you are now part of a bigger team ... Supporting the mission of USF-I is no small task,” he said. “As I have stated at

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Pollyanna in Uniform

By Chaplain (CPT) Larry M. Van Hook
Special Troops Brigade, United States Forces-Iraq

Ok, are you going to be happy or not?

The answer to that question was easy for the central character in a series of children's books by Eleanor H. Porter (1868-1920). Pollyanna was a happy little girl who chose to be glad even though orphaned and sent to live with her cantankerous namesake, Aunt Polly.

Pollyanna made a game out of finding the sunny side of situations. Her cheerful disposition and bright banter enlivened all those around her including her grumpy aunt.

It is unfortunate that people use the word, Pollyanna, pejoratively these days to mean an overly optimistic person, one who is too unrealistic for their own good.

Of course, these so-called "realists" are really those pessimists who are in touch with their inner sourpuss.

These bohemian types fancy themselves as less naïve than the rest of us because they waddle around in misery, the nitty-gritty of the "human condition."

It is a form of arrogance really. One can imagine them saying, "If you just knew how the real world works, like me, you wouldn't be so happy!"

The good news is that scientific research, as well as ancient wisdom, supports those of us who wish to be happy.

In their book "Love the Live You Live," Dr. Les Parrott and

eHarmony.com founder, Dr. Neil Warren, tell us, "After surveying the pursuit of happiness throughout history, and after studying contemporary science's study of well-being, we know that profound health and wholeness, like life itself, is deep and simple."

They narrow down all this wisdom and research down to three simple principles:

1. Know and feel your intrinsic worth as a human-being loved by God; your profound significance.
2. Be courageously committed to who you really are by being unswervingly authentic
3. Live your life under the influence of a self-giving love.

In other words, being happy is about getting right with your creator, getting right with yourself, and getting right with others.

Allow our poor, whiny, maudlin realists to cry foul. It is time to start ignoring them!

Fred Rogers, aka Mr. Rogers of PBS, once said, "Life is deep and simple, and what our society gives us is shallow and complicated."

True resiliency is about one's true commitment to the value of living.

Don't let others steal your joy! Make the choice to live life abundantly and positively.

Ok, are you going to be happy or not?

SEXUAL HARASSMENT AND ASSAULT RESPONSE AND PREVENTION POINT OF THE WEEK



From the USF-I SHARP Team: Protect yourself from acquaintance sexual assault; know your intentions and limitations and communicate them clearly. You have the right to say "no" to any unwanted sexual contact. If you say "no," say it like you mean it. Back up your words with your body language.

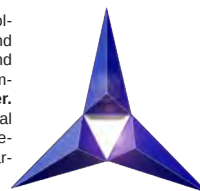
Call the USF-I Deployed Sexual Assault Response Coordinator (DSARC) at 485-5085 or 435-2235 for help. Army members should seek assistance with their Unit Victim Advocate (UVA) or DSARC.



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NCO brings color guard

Story by Spc. Britney Bodner
United States Forces-Iraq Public Affairs

As the crowd settled into their seats, all eyes fixed upon Sgt. 1st Class James Williams as he stood in the rotunda of the Al Faw Palace, ready to order the color guard into action.

Standing at attention, Williams clearly called out the command for the color guard to post, beginning the III Corps transfer of authority ceremony March 13 at Camp Victory, Iraq.

With the colors posted and the color guard standing

before the crowd in a tight formation, the Army's symbolic casing and uncasing of unit colors began as III Corps officially became a part of United States Forces-Iraq.

Williams, from St. Louis, Mo., was the noncommissioned officer in charge of the color guard, a traditional part of military ceremonies. A military policeman on his third tour in Iraq, Williams has been in the military for 15 years and a member of color guard teams throughout his career.

"I've done several color guards and I've seen different ways of doing this," Williams said, "You tend to get an eye for it as you progress through your military career and become a subject matter expert."

Williams was also a part of a panel that selected the members for this color guard from a pool of about 10 Soldiers, he said.

"Each Third Corps unit was tasked to send a representative so there were maybe eight to ten candidates. We selected five of them based upon height, appearance, military bearing and experience," he said.

A Soldier from I Corps, the outgoing corps, and an Iraqi

"I've done several color guards and I've seen different ways to do it; you tend to get an eye for it."



Photo by Spc. Kelly Morehouse
Sgt. 1st Class James Williams stands behind the color guard in Al Faw Palace during the transfer of authority between I Corps and III Corps.

experience to TOA

Soldier were also selected for the color guard, Williams said.

Once selected, the color guard worked hard at perfecting their skills before the event.

"We rehearsed more than anyone else," said Williams, mentioning that they trained for three days before the event.

When comparing previous color guard missions to the transfer of authority ceremony mission Williams said, "This one was a little bit different because the amount of brass. There were ambassadors and General Odierno was there, so it had to go smoothly."

General Ray Odierno, commander of United States Forces-Iraq, was the presiding officer for the ceremony.

Williams said it was an honor to participate in such a high profile event and credits the fact that the event went off without a hitch to their hard work, saying it spoke volumes about the team he worked with.

"It says something about you when you can stand in the position of attention for forty-five to sixty minutes and have the mental and physical discipline not to fall out; you know that this is what Soldiers do," Williams said.

"It was mentally very rewarding. I was glad it went smoothly and kicked off the mission on the right foot with a successful performance."



Photo by Spc. Britney Bodner
Sgt. First Class James Williams of St. Louis Mo. was NCOIC of the transfer of authority color guard chosen to lead the color guard because of his 15 years experience.



Photo by Staff Sgt. Dan Yarnall
The color guard stands at attention as Lt. Gen. Robert Cone, Deputy Commanding General of Operations and III Corps commanding general delivers his speech during the TOA ceremony.

March Madness Comes to Camp Liberty

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

The Victory Base Complex Garrison March Madness Basketball Tournament kicked off at the Camp Liberty Field House, Thursday, with 14 teams.

Triple Threat defeated Cash Money in the second game in the the first round of the double elimination tournament. During the first game, the Thundrcats fell to the the Tropics. The tournament was organized by Task Force Twister, 561 Regional Support Group, and will wrap up with final games scheduled for March 27.



Master Sgt. Billy Tingle, coach of Triple Threat, huddles up his team, for some last minute instructions before the players head onto the court.



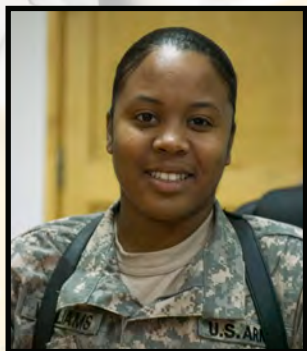
Quinnus Caldwell, National Ports Authority Transition Team, jumps through opposing players to grab a rebound for his team, Triple Threat, as they compete against Cash Money.



Derek Gossett, a Cash Money team member, dribbles down the court during the opening game of the March Madness basketball tournament at Camp Liberty Thursday.

VICTORY VOICES

What women inspire you?



Spc. Mosha Williams
A Co. USF-I STB

"My mother Jenneta Carter. She has always taught me to be independent. She has accomplished so much. She is a former Marine and very intelligent. She is a woman who has always been able to achieve her goals."



1st Sgt. Tina Kill
B Co. USF-I STB

"Sarah Palin, for holding gubernatorial office and being the first female Republican candidate to run for the vice presidency. On top of that, raising a family with a special needs child."



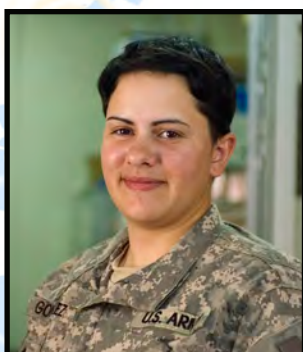
Staff Sgt. Herinah Asaah
USF-I Chaplains Office

"Oprah, because she is an inspiration to a lot of women. She has gone through so much in her life yet she has been able to overcome that, move on, turn around, and try to help other women, especially in developing countries."



Staff Sgt. Juline Anorjuste
B Co. USF-I STB

"Two people; Sgt 1st Class Sonia Thorpe and 1st Sgt. Maxine Godfrey Taylor. Thorpe because she made me the NCO I am today; she showed me how to take care of my Soldiers. Taylor because she was a single mother who took care of three children and went to night school to finish her masters."



Spc. Elizabeth Gonzalez
B Co. USF-I STB

"Rose Will Monroe, the inspiration behind 'Rosie the Riveter,' for her help in building B-29 and B-24 bomber aircraft during WWII and fulfilling her dream of piloting an aircraft at the age of 50."



Pfc. Jeana Boisvert
C Co. USF-I STB

"Jackie Kennedy Onassis; She had a simple kind of beauty, she didn't have to jazz up and throw on a whole lot of makeup like women today."

Knowledge Check: General Order #1



Check it



General Order Number 1 forbids all U.S. Department of Defense personnel present within the Iraq Joint Operations Area from carrying concealed firearms.

"Firearms will be visible at all times. Blouses will not conceal pistols worn on the belt. General Courts-Martial Convening Authorities are authorized to establish procedures to grant exception to this rule." - **(GO-1) Prohibited Activities: Section 3.t**

SAFETY ZONE

BICYCLES BY THE BOOK: WHAT YOU NEED TO KNOW IF YOU PLAN TO RIDE A BIKE ON VICTORY BASE COMPLEX

- Bike riders will wear a reflective belt diagonally across the chest at ALL times.
- All bikes must have adequate reflectors - front, rear and wheels.
- Bicyclists **MUST** comply with traffic signs and customary Traffic laws.
- No riding with portable music devices.
- Bikes must be ridden with traffic. No sidewalk riding.
- Only one person on a bike at a time. No riding double.
- Helmets are required. Only helmets designed for bicycle riding are approved, no combat helmets.
- When riding in limited visibility, you are required to have a white light up front and red on the back.

**REMEMBER, MAINTAIN SITUATIONAL AWARENESS AND MAKE SURE YOU CAN BE SEEN.
BIKES ALWAYS LOSE AGAINST MOTOR VEHICLES.**

FOR MORE SAFETY INFORMATION CONTACT THE USF-I SAFETY OFFICE AT 485-4624

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-Friday 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:
Daily 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 - 11:30 a.m.
Saturday & Sunday 9 - 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

To all USF-I personnel:
Remember to apply
OPSEC to your
e-mails, blogs, Facebook,
and other social networking
sites.

Use the USF-I and
Reduction of Forces critical
information lists if you are
unsure whether or not it
should be posted.

This applies to any time on
a NIPR computer or personal
computer.

Make sure your families
know about OPSEC as well.

Transfer, from Page 1

Fort Hood, we are a team of teams and that's no different here. To all of the servicemembers serving in USF-I, you are at the cusp of a historic period. Before us is the opportunity to make a mark in history."

During the ceremony, Gen. Raymond Odierno, USF-I commanding general, said that Cone, Command Sgt. Maj. Arthur L. Coleman Jr., and the Phantom Corps Soldiers return to Iraq at a time of transition and will have a lot of work ahead of them.

"Following the recently-completed elections, we are now entering a new phase of the U.S., government of Iraq relationship. And with that, we bring in the Third U.S. Corps led by Lieutenant General Bob Cone," he said. "Third Corps is no stranger to the Iraqi theater of operations as it makes its third deployment as the operational headquarters here in Iraq. We all know there is much work to be done for you and our increasingly capable Iraqi partners."

As the Phantom Corps Soldiers begin this deployment, Cone said they are ready to join the USF-I team and accomplish the mission before them.

"The Third Corps team stands ready," he said. "We are fully integrated in to the USF-I staff and prepared for the challenges ahead."



Photo by Staff Sgt. Dan Yarnall

Gen. Ray Odierno, USF-I commanding general, and Lt. Gen. Robert W. Cone, deputy commanding general of operations and III Corps commanding general, shake hands after Cone completes his speech during the transfer of authority ceremony.



Photo by Staff Sgt. Dan Yarnall

Service members, dignitaries, Iraqi military personnel, and civilians gather in the rotunda of the Al Faw Palace for the transfer of authority ceremony.