



III Corps CG, troops discuss deployment during town hall



Lt. Gen. Bob Cone, USF-I deputy commanding general for operations and III Corps commander speaks to III Corps Soldiers during a town hall meeting Aug. 6, at Camp Victory. During the meeting Cone gave the Soldiers an update on current operations and the progress in Iraq and opened up the floor to questions from the troops.

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

III Corps Soldiers received an update on current operations and information about leadership issues and concerns during a town hall meeting Aug. 6 at Camp Victory.

Their leaders, Lt. Gen. Bob Cone,

III Corps commander and the United States Forces-Iraq deputy commanding general for operations and his senior enlisted advisor, Command Sgt. Maj. Arthur L. Coleman Jr., spoke to the Phantom Warriors covering topics ranging from

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Iraqi, NATO, U.S. military leaders discuss Iraqi military doctrine

Iraqi, United States Forces-Iraq and NATO Training Mission-Iraq senior military leaders participated in an Iraqi Military Doctrine Conference in Baghdad, Aug. 3.

The main goals of those attending the conference were to develop a formal hierarchy of doctrine for the Iraqi armed forces, plan objectives for the next 18 months and to identify the principles for Iraqi armed forces commands and training institutions to implement.

“Through good leadership and motivation we have encouraged a strong warrior ethos and a better understanding of the law of armed conflict and human rights. The moral component provides the motivation for our people to fight,” said Iraqi Army Gen. Babakir Badir-Khan, Chief of Staff for the Iraqi armed forces. “[Doctrine] binds the moral and physical components by providing ideas on how to fight. Military doctrine is simply codification of best practices.”

U.S. Army Lt. Gen. Michael D. Barbero, USF-I Deputy Commanding General for Advising and Training, agreed that the Iraqi armed forces have made significant improvements and emphasized

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Chaplain's Corner

Tips for dealing with stress and tension

By Chaplain (Lt. Col.) Keith Goode
Deputy USF-I Chaplain

Stress and tension are normal reactions to events that threaten us. Such threats can come from accidents, financial troubles and problems on the job or with family.

The way we deal with these pressures has a lot to do with our mental, emotional, physical, and spiritual health.

The following are suggestions to get you started on managing the stress in your life.

- ♦Recognize your symptoms of stress
- ♦Look at your lifestyle and see what can be changed-in your work situation, your family situation, or your schedule
- ♦Learn to relax – prayer, yoga, meditation, deep breathing, or massage
- ♦Exercise - physical activity is one of the most effective stress remedies around!
- ♦Time management - do essential tasks and prioritize the others. Consider those who may be affected by your decisions, such as family and friends. Use a check list so you will receive satisfaction as you check off each job when done.
- ♦Watch your diet - caffeine, sugar, fats, and tobacco all put a strain on your body's ability to cope with stress. A diet

with a balance of fruits, vegetables, whole grains and foods high in protein but low in fat will help create optimum health.

- ♦Get enough rest and sleep
- ♦Talk with others - talk with friends, professional counselors, support groups, chaplains, or relatives about what is bothering you
- ♦Help others - volunteer work can be an effective and satisfying stress reducer
- ♦Get away for awhile - read a book, watch a movie, play a game, listen to music or go on a "mental" vacation - anything that gets you away from VBC a while
- ♦Work off your anger - get physically active, play intramurals, start a project, clean your CHU!
- ♦Give in occasionally - avoid quarrels whenever possible
- ♦Tackle one thing at a time - don't try to do too much at once
- ♦Don't try to be perfect
- ♦Ease up on criticism of others
- ♦Don't be too competitive – do your best to win, not dominate
- ♦Make the first move to be friendly
- ♦Have some fun. Laugh and be with people you enjoy.

SARC Smarts



Sexual assault causes adverse effects:

- Combat readiness suffers
- Destroys unit cohesion and teamwork
- Fear and loss of trust in others
- Loss of trust and confidence in chain of command
- Depression and feelings of helplessness
- Destroys self esteem
- Results in anger and guilt
- Risk of physical injury and disease or infection

Sexual assault is NEVER EXCUSABLE!

Call the USF-I Deployed Sexual Assault Response Coordinator (DSARC) at

485-5085 or 435-2235 for help.

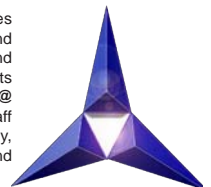
Army members should seek assistance with their Unit Victim Advocate (UVA) or DSARC.



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447th ELRS Airmen ensure Soldiers get home

Story by Staff Sgt. Sanjay Allen
Air Component Coordination Element-Iraq Public Affairs

Airmen from the air terminal operations center and aerial porters play a big part in the responsible drawdown of forces as they continually fly service members back to the states for redeployment.

The drawdown of forces is not new. It has been a continuous process that began in 2008, at the height of the U.S. surge when near 165,000 U.S. service members served in Iraq.

The U.S. is drawing down to 50,000 by the end of August, continuing with the withdrawal of all U.S. operational forces from Iraq by Dec. 31, 2011.

Moving the large number of Airmen, Soldiers, Sailors, Marines and Coast Guardsmen in, out, and through Iraq would not be possible without Air Force airlift and the Airmen who support that mission, said Lt. Gen. Philip Breedlove, deputy chief of staff for operations, plans and requirements, Headquarters U.S. Air Force.

Some of the Airmen who directly support this mission



A Soldier with 4th Brigade, 2nd Infantry Division, 702nd Brigade Support Battalion puts his gear on as his unit prepares for their redeployment to Joint Base Lewis-McCord, Wash.

are the ATOC and aerial porters, assigned to the 447th Air Expeditionary Group, who help ensure everything moves smoothly for each troop and cargo movement through the Iraq area of responsibility.

Staff Sgt. Sarai Goldsberry, 447th Expeditionary Logistics Readiness Squadron ATOC, said she and her coworkers make sure everything gets loaded on the aircraft correctly from the passengers to the cargo so personnel and supplies get to where they're needed on time.

"We'll monitor the radio traffic, who's gotten off the plane, who's gotten on the plane, make sure all the baggage is getting on and any cargo that has to go with them," said Goldsberry, a Dover, Del., native.

Spc. John Weeden from Buffalo, N.Y., is on his way back to the states after deploying with his unit, the 354th Civil Affairs Brigade. He said the work performed by the Airmen to get him and his unit out of Iraq has been outstanding.

"Watching the Airmen work to load our baggage and equipment, and prepare to fly us out gives us a better understanding of how the sister services can work together to accomplish the mission," said Weeden.

He said that part of their redeployment process ran smoothly thanks to the Air Force.

The process of transporting U.S. service members and their equipment is nothing new for the ATOC and aerial porters, and is something they will continue as they support the U.S. Forces in Iraq.

They move an average of 19,000 to 20,000 passengers per month and 1,000 to 1,200 tons of cargo.

Goldsberry said she is excited about being a part of the process that gets Soldiers home.

"It's pretty exciting because you can see the happiness in their faces and how they carry themselves," said the first-time deployer, who is also a reservist deployed from Dover AFB. "It's awesome to be able to get people home, or to get people where they need to be."



Photos by Staff Sgt. Dan Yarnall

Soldiers from the 4th Brigade, 2nd Infantry Division, 702nd Brigade Support Battalion line up at Sather Airbase, Aug. 13, to redeploy back to the states. Units like the 447th ELRS play an integral role in getting Soldiers like these home as part of the responsible drawdown of forces in Iraq.

Chaplains discuss suicide prevention, reaching out to service members

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

Soldier suicide is one of the Army's top concerns as its troops continue to endure the stresses of multiple deployments in addition to the daily challenges of life.

From the new Shoulder to Shoulder: "I will never quit on life" suicide prevention video to the Comprehensive Soldier Fitness program, the Army is focusing on programs to build resiliency and erase the stigmas associated with mental health issues that still prevent some from seeking help.

Here in Iraq, a group of about 35 chaplains and chaplain's assistants met for a three-day conference to discuss life affirmation, suicide prevention, and methods to reach out to those at the greatest risk of committing suicide.

As suicide prevention month, which takes place in September, approaches, the chaplains looked at ways in which they were successful in reaching out to service members in need of help and discussed new and innovative methods they could implement to continue to help Soldiers affirm life and build their resiliency.

"We want to prevent suicide, but we need to do more than just tell people to not kill themselves," said Lt. Col. Keith Goode, the deputy United States Forces-Iraq chaplain. "We need to give them something to live for, we need to affirm life. To do that effectively, we learn the methods our colleagues are using successfully and learning how to better reach out to those who are hurting."

The chaplains looked through the current research, discussed plans and traded ideas to reach service members who are hurting, said Maj. Robert Crowley, the USF-I operations chaplain.

Family connectedness, resiliency, and narcissism were three of the topics covered during the conference. The group examined these positive and negative factors to determine how they effect a service member's deployment.

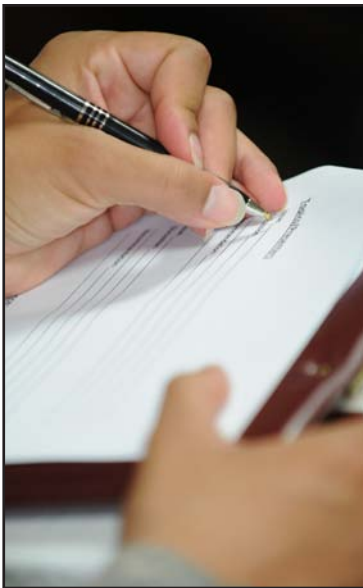
After the attendees received a briefing about a topic, they split up into small groups to discuss the topic and how it



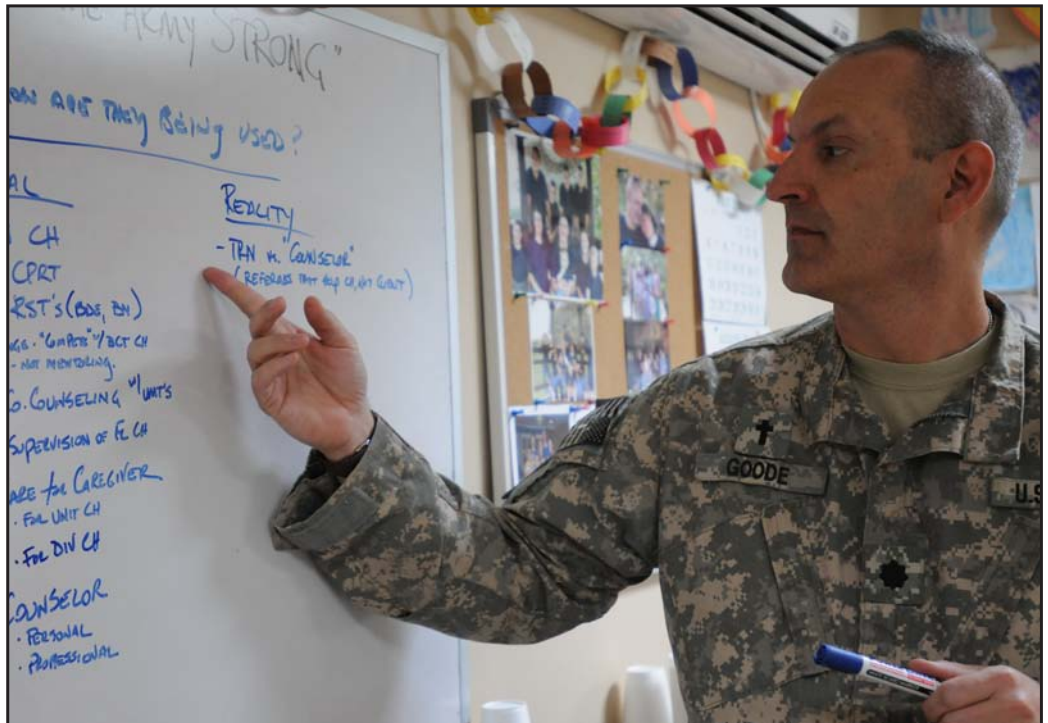
Petty Officer 3rd Class Adam Beyer, operations petty officer with the chaplain's office, lights a candle during the first meeting of the Chaplains Conference, Aug. 9, on Camp Victory.



Master Sgt. Alejandro Gonzalez, the United States Forces-Iraq chaplain sergeant major, speaks with chaplain's assistants during a small group discussion held during the Chaplain's Conference on Aug. 10, on Camp Victory. Nearly 35 chaplains and chaplain's assistants attended to discuss suicide prevention and how to effectively affirm life for service members.



A soldier takes notes during a brief given at the Chaplain's Conference.



Lt. Col. Keith Goode, the USF-I deputy chaplain, goes over points he and other chaplains have discussed during their small group meeting about life affirmation.

related to preventing suicide and affirming service members' lives, said Staff Sgt. Herinah Asaah, the USF-I chaplain noncommissioned officer in charge.

"We were able to discuss a lot of different things in the small groups and listen to the chaplain's and their assistants' different perspectives, their ways of dealing with depressed or isolated service members, or even ideas about different ways to be available

and relate to them," said Spc. Claudine Barker, a chaplain's assistant with Company A, 28th Combat Support Hospital.

"We learned about the mentality of service members, specifically the ages between 19 and 22, who are statistically more prone to committing suicide," Asaah said. "This helps us understand different types of people and different ways to connect with them."

The conference and the sharing of ideas between colleagues was recently encouraged by Vice Chief Staff of the Army, General Peter Chiarelli.



Capt. Stacie Kervin, 85th Combat Stress Center chaplain, laughs with other attendees at the Chaplain's Conference during the final brief in Al Faw Palace, Aug. 11.

"Recently the vice chief staff of the Army released a health promotion risk reduction report for 2010," said Col. Mike Lembke, the USF-I chaplain.

"The document encourages leadership from the Army to not just look at suicide prevention for the entire Army, but to look at the individual service member."

The report also recommended that the personnel who work to keep service members physically, mentally, spiritually, and socially healthy begin meeting to look at comprehensive Soldier fitness from different angles and share information, Lembke said.

Many issues regarding resiliency and comprehensive Soldier fitness were addressed, said Maj. Darin Neilson, a family life chaplain. One area was relationships. If a service member has healthy relationship with their family back home or friends here, they are less likely to commit suicide.

"We, as chaplains, try to provide service members someone to go to when things go south," he said. "By sharing ideas about how we can connect with deployed personnel and acting on those ideas, Soldiers know we are available to talk to at any hour."

The results, said Lembke, are service members who have their social, mental and spiritual needs met. The bottom line is making the chaplains available to the service members to provide support and an ear willing to listen to their problems.

"People don't necessarily want to hear the answers, they just need somebody to listen and that's what we do," said Barker. "We walk alongside them."

Extra duty can help ensure good discipline

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

Extra duty is one option open for unit leaders to ensure good discipline, but recently United States Forces-Iraq Joint Inspector General's office has received numerous complaints from Soldiers regarding the types of labor given them while assigned the duty.

It's important for service members to understand the intention and guidelines behind assigning extra duty, said Sgt. Maj. Vince Denning, Joint Inspector General sergeant major.

Soldiers must know that extra duty is a result of Uniform Code of Military Justice action such as an article 15. Otherwise it is simply corrective training, said 1st Sgt. Brian McCutcheon, Company A, III Corps Special Troops Battalion.

"If a Soldier comes in late and you have them stay late, that's corrective training," he said.

McCutcheon sees the extra duty as a rehabilitation tool that is intended to help the Soldiers understand where they made their mistake.

"I explain to the Soldiers, 'here's what you are going to be doing for extra duty, and here's why you're doing it,'" McCutcheon said.

Denning said Soldiers know that during the normal duty day they work to achieve things that are purposeful and meaningful. There is a reason for the work; it is something that needs to be done.

Denning and McCutcheon agree that extra duty should be labor that is similar in nature to that performed during the regular work schedule.

"Extra duty normally entails something in the unit that's required to be done anyway; they just do it after their normal duty hours," said McCutcheon.

Denning said that there are official guidelines that should be followed when it comes to assigning the duty.

He pointed out that according to AR 27-10, no extra duty may be imposed that constitutes cruel or unusual punishment.

"An example is cleaning a barracks floor with a toothbrush or forcing a service member to stand at the front gate of a military installation holding a sign saying, 'don't drink and drive,'" Denning said.

The work should also not constitute a safety or health hazard to the offender; for example, working in extreme heat for a long period of time without the proper rest intervals, he said.


"Extra duty normally entails something in the unit that's required to be done anyway; they just do it after their normal duty hours."

"What I tell my Troops is first ensure that the Soldiers are not in the position to hurt themselves, said McCutcheon. "You don't want Soldiers to get hurt in the course of doing extra duty."

The offender should also not be used as a personal servant and should not be subject to anything that would demean the Soldier's position as an NCO, according to AR 600-20.

There are distinct differences between extra duty and hard labor without confinement; some leaders are confusing the two, said Denning. Granted, extra duty shouldn't be a cake walk. However, it must be purposeful and meaningful to those performing and supervising.

When in doubt Denning said to simply call the IG for further guidance. For questions or concerns Soldiers can call 485-5495.



Shoulder to Shoulder
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Prevent suicide. Be willing to help.

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or call military onesource 1-800-342-9647

It's your responsibility to stand by your fellow Soldier

www.militaryonesource.com

VBC Facility Operating Hours

Sports Oasis DFAC
Breakfast 5:00 - 8:30 a.m.
Lunch 11:30 a.m. - 2:30 p.m.
Dinner 5 - 8:30 p.m.
Midnight chow 11:00 p.m. - 1:00 a.m.
Sandwich Bar open 24 hours

Education Center
8 a.m. - 8 p.m.

Camp Liberty Post Exchange
8 a.m. - 10 p.m.

Camp Victory Post Exchange
8 a.m. - 10 p.m.

Paul Smith Gym
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.

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

Websites

Check it out:

USF-I Web pages
www.usf-iraq.com
www.flickr.com/photos/mnfiraq
www.twitter.com/USF_Iraq

Facebook -
United States Forces-Iraq
U.S. Army III Corps
Phantom Battalion
III Corps Fort Hood



United States Forces – Iraq has a uniform policy concerning the physical fitness uniform.

Memo 11-1 ANNEX R USF-I UNIFORM WEAR, APPEARANCE, CONDUCT AND STANDARDS

Key Points:

- ☞ Only above-the-ankle white socks, without logo, are authorized.
- ☞ Trendy wear of physical training shorts and pants (such as rolling down or hanging below the hip line) is not authorized.
- ☞ Only approved eyewear from the Authorized Protective Eyewear List (APEL) can be worn with the physical training uniform.
- ☞ Reflective belts/vests will be worn by all personnel when running or walking and with all service physical fitness uniforms.
- ☞ Event recognition T-shirts are authorized with the physical fitness uniform but are restricted to the date and time of the event only.
- ☞ Military members are able to distinguish themselves among others by wearing their respective unit's organizational T-shirt, however, the T-shirt must be the unit of which you are currently assigned or attached.
- ☞ The tan T-shirt can be worn during physical training, but not as casual attire.

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operations to sexual assault and prevention and suicide during two, one-hour meetings.

Cone said he was pleased with the corps' performance as it entered the halfway point of the deployment. He said that when the USF-I staff is successful, it's a direct reflection on the work of the Soldiers who support them.

"I want to congratulate you on what's been a great first half of the deployment," he said.

As USF-I and the Iraqi Security Forces prepare to transition to Operation New Dawn Sep. 1, Cone told the III Corps troops how things were going off bases. Although the government has yet to form, he said the ISF continues to make great strides in taking over security for the country, adding that we will continue to assist and advise them as they move forward.

Cone pointed to one recent incident where an Iraqi policeman at a checkpoint recognized and detained a man wanted for links to Al Qaeda in Iraq. The information obtained because of this arrest resulted in the capture or killing of several of the top AQI leadership.

"By a lot of standards, things are going well here," Cone said. "The ISF is doing their job."

The III Corps commander also touched on the drawdown and how it impacted III Corps troops who headed home early. Cone said that there are now about 600 Phantom Corps troops in country.

"We have reduced the size of the headquarters significantly;

it was too big, too many people here," Cone said.

After letting troops know about the current situation, he then focused on the team and some issues on which Soldiers and leaders need to focus on sexual assault and suicide.

Engaged leadership can prevent a lot of issues from getting out of control. In addition, he said everyone on the III Corps team needs to look out for one another.

"It is important to me that the Soldiers of this unit are treated with dignity and respect," Cone said. "We are members of a team and we have to care about each other."

The III Corps Soldiers said it is important to have their leadership take time to give them updates on what is taking place and let them know their work is appreciated.

"He could have just sent an aide down to speak for him, but he actually took the time out of his busy day to come down and talk to us," said Spc. Stephen Jackson, a night shift S-3 admin clerk from Greenville, S.C., assigned to Headquarters Support Company, III Corps Special Troops Battalion.

Staff Sgt. Veronica Hernandez from San Antonio, Texas, an S3 admin NCO with Headquarters Support Company, III Corps, added that it was good to hear that they are actually making a difference.

As the meeting concluded, Cone reiterated how proud he was of the way III Corps Soldiers were performing.

"Hands down, in every category, this is the most effective organization I have been a part of," he said. "I want to thank you and tell you that you are doing a tremendous job."



Courtesy Photo

Lt. Gen. Michael D. Barbero, USF-I deputy commanding general for advising and training, answers questions during a break in the Iraqi Military Doctrine Conference in the International Zone, Aug. 3. Military leaders from Iraq, USF-I, and the NTM-I, met to explore various definitions of military doctrine as they begin the process to develop and deliver an Iraqi military doctrine that will endure beyond 2011.

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that developing a sound military doctrine will solidify Iraq's place among other militaries in the region.

"This event will also signal to Iraq's regional neighbors that it is taking another positive step toward a self-sustaining military capability to defend its sovereignty in the face of external aggression," said Barbero. "As we approach 2011, and the focus for the armed forces switches from internal security to external defense, it is necessary to review these conventional capabilities and determine how to employ them in the event of external aggression."

Barbero said DCG-A&T is committed to helping the Iraqis with this monumental task.

"Doctrine is a key part of building military capability and because of this we have allocated resources, people and money from United States Forces-Iraq and the NATO Training Mission-Iraq to support this task," he said.

Ultimately, through the joint effort between the Iraqi and international communities, the Iraqi armed forces aim to develop a doctrine that will endure beyond 2011.

(Released by United States Forces-Iraq PAO)