

Victory Times



Telling the United States Forces - Iraq story

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USF-I, IGFC celebrate partnership



Soldiers with United States Forces-Iraq serve dinner to Soldiers from Iraqi Ground Forces Command during a joint partnership event, Sept. 18. The event recognized the end of Ramadan and celebrated the partnership between U.S. and Iraqi forces.

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

United States Forces-Iraq service members and Iraqi Ground Force Command soldiers gathered at Camp Victory to celebrate their partnership and the end of Ramadan Sept. 18.

The Partnership dinner, held at the Joint Visitors Bureau, honors the commitment and relationship forged between Iraqi and U.S. service members, said Capt. Ronald Lui, a USF-I intelligence liaison officer with the IGFC.

"We go over and meet daily with the Iraqis and they've been very hospitable and friendly toward us," said Sgt. 1st Class David Rivera, also a USF-I IGFC liaison officer. "This dinner reciprocates

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Navy welcomes new chiefs during ceremony

Story and photos by Spc. Joseph Vine
United States Forces-Iraq Public Affairs

"Anchors Aweigh" echoed through the halls of Al Faw Palace Sept. 16 as 18 Sailors circled the rotunda in tight formation. After falling in and reciting the Sailors Creed, they made their way, one by one, onto a wooden stage and were presented with a new cover and rank insignia: the fouled anchor that is

the symbol of the United States Navy, Chief Petty Officer.

The advancement to chief petty officer is a century old tradition and the culminating event in the careers of many Sailors in the U.S. Navy.

The promotion to "Chief" represents a sailor's expertise in their field, as well as outstanding leadership, said Rear Adm. David Simpson, director of communication and information systems

for United States Forces - Iraq.

"It's a very competitive selection to be picked for chief petty officer in the Navy," said Simpson.

"This is a time-honored Navy tradition that all E-6s go through ... to become a chief petty officer," said newly-promoted Chief Petty Officer Justin West, a native of Houston, Texas, and a crypto-logic technician with the Joint Expeditionary

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Life affirmation promotes resiliency

Story by Sgt. Tanya Moller and Spc. Joseph Vine
United States Forces-Iraq Public Affairs

Life is a beautiful thing, and everyone has something in their lives that help keep them in a positive mood. Whether it's the thought of their family or their pet back home, experts say these mental images keep service members resilient and can help them better cope with the hardship of a deployment.

Although some people dwell on the negative things in life, thinking about and embracing the good rather than the bad can greatly improve one's outlook on life.

This positive way of thinking is life affirmation.

"Life affirmation is a process whereby a person is open to discovering the full range of possibilities in saying 'yes' to their gifts," said Chaplain (Col.) Michael T. Lembke, United States Forces-Iraq command chaplain.

"It's a tool or technique that allows you to create positive energy to meet a desired and realistic goal," said Lt. Col. Everett Cardwell, a clinical psychologist with the 1908th Medical Detachment.

Individuals have the choice to filter their thoughts, so choose the helpful ones, Cardwell said. Put some time and energy into positive and goal-directed thinking.

However, that doesn't mean one can't or shouldn't think about the bad things that happen in their life. According to

Lembke, acknowledging the joys and sorrows of life helps people grasp the world around them and process their lives.

Individuals need to seek wellness, wholeness and balance in their everyday life, he explained. This doesn't mean one always has to be happy; it's OK to have a bad day.

For Lembke, it's not about asking people to ignore their problems; it's about having them step back and try to change their perspective.

It doesn't take much effort to help someone do that.

"You can tell if someone is having a bad day," said Rabbi (Maj.) Howard Fields with USF-I. "Don't just tell someone to 'suck it up.' That mentality is not life affirming. Help each other look at things in a more positive way."

Move that person toward a positive mindset. Find that hook that makes them want to have healthy thoughts, he said.

Asking a co-worker who seems to be having a bad day if something is wrong gives them the chance to talk about whatever might be bothering them, Lembke said.

For Fields, life affirmation is not necessarily a state of mind, it's a way to live and to find joy and happiness in everything that life has to offer.

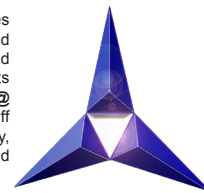
"Life is worth living; enjoy," he said.



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that hospitality and builds upon the friendship and partnership between USF-I and IGFC.”

Brigadier Gen. Joseph DiSalvo, USF-I deputy chief of staff for USF-I, and his counterpart Maj. Gen. Abdul Amir, IGFC chief of staff, attended the partnership dinner with about 150 U.S. and Iraqi service members.

“We always meet in a work environment and this allows us to be more personable and help the relationship between III Corps and IGFC,” said Amir. “We like to always reflect the idea to others that we are one team, one mission.”

“This dinner tonight really signifies that we have a strong, collaborative partnership,” said Lui. “It gives those coming after us something that they can do on a traditional basis and share with the Iraqis outside a work environment.”

Liu said the significance of events like this is in the time spent with their Iraqi counterparts.

Amir said the next dinner will be hosted by IGFC to give U.S. service members a chance to experience Iraqi traditions first hand.



Maj. Gen. Abdul Amir, IGFC chief of staff speaks at the partnership dinner while Brig. Gen. Joseph DiSalvo, deputy chief of staff for USF-I listens to his remarks.



▲ Enlisted Soldiers with United States Forces-Iraq and Iraqi Ground Forces Command share a laugh during the USF-I sponsored partnership dinner.

◀ Maj. Marcus Hollien, Iraqi Ground Forces Command MiTT sustainment advisor, points out some of the buildings that surround the Joint Visitors Bureau Hotel to Brig. Gen. Kareem Fadhil Muri, chief of logistics for IGFC.

It's that time of the year again: flu shots are here

Story and photos by Spc. Joseph Vine
United States Forces-Iraq Public Affairs

As flu season approaches, the United States Forces - Iraq medical staff is busy distributing the vaccine across Iraq and is now providing shots at clinics on Camp Victory.

"Not only is it mandatory to get, but there are significant (positive) health impacts," said Col. Roger A. Gallup, M.D., surgeon for USF-I.

"Every year in the United States we have about 36,000 deaths because of influenza and we hospitalize about 225,000 people," said Gallup.

Although the flu shot has been saving lives for over 60 years, it still has the stigma of giving people influenza. According to Gallup, the truth is quite the opposite.

"It's an inactivated virus, and you can't get the flu from it," he said. "It stimulates your immune system to build up antibodies to help protect you against the flu virus."

The vaccine service members receive has multiple dead viruses that medical professionals expect to be most common during flu season.

"The viruses that we see change a little bit; the flu shot you had last year won't protect you against the viruses we have this year," said Gallup.

"Your body builds up immunity to the



Spc. Tyrell Bivins, a supply clerk with USF-I receives a flu shot at Al Faw Palace Troop Medical Clinic Sept. 16. Flu shots are mandatory for all military personnel.

virus within a couple of weeks," he said.

Gallup said there is ample vaccine to ensure all service members are cared for.

In addition to the vaccine, Gallup said service members need to maintain healthy habits and use common sense when it comes to preventing the spread of germs and the flu.

Covering your mouth and nose when you sneeze and cough and using hand

sanitizers can help prevent the spread of sickness, said Gallup.

"You can spread the flu without even knowing you're sick, and the best practice is to get the flu vaccine," he said.

Gallup also said flu shots are a good force-health protection measure to keep service members mission ready.

"It's important to get out there and get it," he said.





Newly promoted Chief Petty Officers Justin West and Tricia Croarkin stand at attention before reciting the Sailors Creed at the Al Faw Palace on Sept. 16.

Signal Intelligence Tactical Reconnaissance.

"It took a lot of work, hours, fellow Sailors and chiefs to get me to this point in my career," said Chief Petty Officer Tricia Croarkin, a native of St. Louis, and a crypto-logic technician with Task Force Troy.

Like the chiefs who helped them, these new chiefs look forward to mentoring young Sailors.

"Throughout your career, the chiefs are always teaching you, and this is your time to give back," said West.

"I want to lead the Sailors in the right direction so that they too can ... be chiefs," said Croarkin.

This was the seventh chief petty officer promotion ceremony in

Iraq, and first during Operation New Dawn.

For many, it was a great honor to be promoted at Al Faw Palace in a deployed environment.

"I get to experience things that I never would have gotten to experience had I been promoted back with my reserve unit," said Croarkin.

"I'm very proud to be where I'm at. It's a pretty fantastic feeling," she said.

"This is a very unique situation where I got promoted with my side arm on," said West.

"How many people can say they were promoted in Al Faw Palace?" he asked.

With the clang of a bell and the whistle of the bosun's pipe, the 18 chiefs "arrived" on a day that will hold a prominent place in their military career.



Eighteen newly promoted chief petty officers pose with fellow chiefs and Rear Adm. David Simpson, United States Forces-Iraq director of communication and information systems. This chief petty officer promotion ceremony is the seventh in Iraq and the first during Operation New Dawn.

Air Force celebrates 63rd birthday

Story and photos by Senior Airman Perry Aston
Air Component Coordination Element - Iraq Public Affairs

More than 200 service members attended the Air Force's 63rd birthday celebration at the Sather Air Base Morale Welfare and Recreation tent, Sept. 18.

Brigadier Gen. John Ranck, deputy director of United States Forces -Iraq Strategic Communications, served as the keynote speaker during the ceremony and spoke about how the Air Force has contributed to the fight since their separation from the Army and about the dedication of its Airmen.

"Since 1947, we have supported our nation in wars, conflicts, named operations and humanitarian relief missions, large and small, first through air, and as we evolved, through space and cyberspace operations," Ranck said.

"Every 90 seconds an Air Force aircraft departs - 24 hours a day, 365 days a year. Every day, Airmen offload 600,000 gallons of fuel to U.S. joint and coalition aircraft all over the world. Airmen have carried 1.8 million passengers and 600,000 tons of cargo to Afghanistan and Iraq since 9/11," he said.

He credited the ability to accomplish these feats to the

resourcefulness of today's Airmen.

"And just like the ingenuity in the Berlin Airlift, today's global reach capability can build combat power most places in the world within hours or days, to include airfield opening, ops, logistics and delivering combat punch from Air Force assets," Ranck said.

For Staff Sgt. John Chambers, Air Component Coordination

Element - Iraq, noncommissioned officer in charge of client systems, there is no better place to celebrate the birthday of the Air Force than in a deployed location.

"I wouldn't want to celebrate the Air Force birthday anywhere else while our country is at war," said the Surprise, Ariz., native who is deployed from Luke Air Force Base, Ariz. "It's a pleasure and an honor to be celebrating our 63rd birthday in Baghdad with my fellow Soldiers,

Sailors, Marines, Airmen and Iraqi counterparts."

"This was a great way to honor our past and current Airmen," he said.



Brig. Gen. John Ranck, deputy director of United States Forces -Iraq Strategic Communications delivers the keynote address at the Air Force 63rd birthday celebration on Sather Air Base.



An audience of more than 200 service members watches a slide presentation during a ceremony honoring the Air Force's 63rd birthday at Camp Slayer, Iraq, Sept. 18, 2010.

“Volunteers” come to Iraq

Story by Staff Sgt. Edward Daileg
United States Forces-Iraq Public Affairs

“The Volunteers” of the U.S. Army Field Band entertained service members at Camp Victory Sept. 19 during their first tour in a combat zone.

The band, known for entertaining civilian crowds in the U.S., came to Iraq and Kuwait to play for deployed service members in an effort to boost morale.

“The band performance was awesome. I was really surprised and I’m very glad they came out here to entertain us,” said Chief Warrant Officer Kenneth J. Young, aviation safety officer for Co. B, III Corps Special Troops Battalion, United States Forces-Iraq.

The band plays a wide range of music from rhythm and blues, country, and classic rock to contemporary music. The two vocalists of the band, Sgt. 1st Class April D. Boucher from Coshocton, Ohio and Staff Sgt. Randy B. Wight from Syracuse N.Y., performed popular songs by Rhianna, Ozzy Osbourne and Lady Gaga among others during their show.

“We look at the audience from day to day and see who’s coming and then we adjust our set list accordingly,” said Sgt. Maj. Kurt Kadish, sergeant major of the U.S. Army Field Band.

Kadish, a member of the band for 16 years said he is honored and very proud to meet the service members who have made the difference for a better Iraq.

Sgt. 1st Class Peter Krasulski, the bass guitarist for the band, was deployed in 2003 with the 4th Infantry Division Band in Iraq; he described his experience being deployed as “eye opening.”

Krasulski said coming back seven years after his last deployment reminds him of what his fellow service members go through on a daily basis and what their living conditions are like compared to what Soldiers have back home.

The band members said they would like to schedule another tour to perform for the service members in Afghanistan.

“To play for the American public is one great thing,” Krasulski said, “but to play for American service members to lift their spirits and remind them that what they’re doing is important, is the greatest feeling.”



Sgt. Maj. Kirk R. Kadish from Melvindale, Mich. plays keyboard for the “The Volunteers” during a performance on the Victory Stage at Camp Victory. “The Volunteers,” out of Fort Meade, Md., came to Camp Victory during a tour of Kuwait and Iraq that was a first-ever trip to a combat zone area for members of the Army Field Band

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

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USF-I Web pages

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

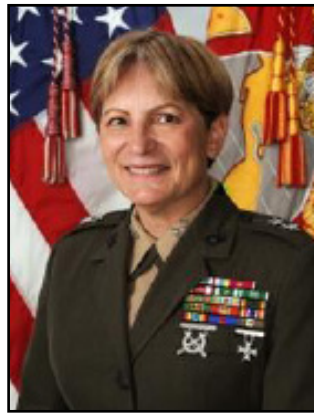
Hispanic Heritage Month

Hispanic pioneers of military success

Maj. Gen. Angela Salinas made history on May 12, 2010, as the first Hispanic American woman in the Marines to earn the rank of major general. Before her promotion to major general, Salinas was one of six women in the Marines to reach the rank of brigadier general and the first Hispanic American woman to do so.

On Aug. 4, 2006, Salinas made history again as the first woman to command Marine Corps Recruit Depot, San Diego. Salinas has had a number of other firsts during her career, which started when she enlisted in 1974.

In June 1989, Salinas became the first female in the Marine Corps to command a recruiting station. Three years later, she became the first woman to be assigned as a combat service support ground monitor. In



*Maj. Gen. Angela Salinas
First Hispanic female
general in the Marines*

spring of 2001 she became a recruiting district commanding officer, another first for a woman.

She holds a master's degree from the Naval War College and is a graduate of the Amphibious Warfare School, the Naval War College's Command and Staff College and the Army War College.

Salinas was born Dec. 6, 1953 in Alice, Texas, to Mexican immigrant parents and realizes how important her achievements are to the Latino community. Several Latino publications have honored her for her success. In 2002, Hispanic Business magazine named her as one of the nation's 50 most influential Latinos.

As a woman of many firsts, Salinas' success shows the success Hispanic women are achieving in the U.S. military.

Navy, Air Force battle towards Commander-in-Chief Trophy

Story by Staff Sgt. Edward Daileg
United States Forces-Iraq Public Affairs

Meeting for the 43rd time in series history, the Navy and Air Force football teams are scheduled to square off at Colorado Springs Oct. 2.

The game is the first leg of the Commander-In-Chief's Trophy, which is presented annually to the winner of the football competition among the three major Service Academies and is named in honor of the President of the United States.

Navy Midshipmen looks to extend its Service Academy record winning streak of 15 games. Navy's last Service Academy loss was a 48-7 decision by Air Force Falcons in Colorado Springs in 2002.

The Midshipmen have won seven-in-a-row against the Falcons.

The Navy defense has not allowed an offensive touchdown to another Service Academy in 12 quarters and one overtime. Air Force was the last Service Academy team to score an offensive touchdown against Navy back in 2008 in Colorado Springs.

The Falcons look to end their losing streak against the Midshipmen with their overpowering running game which leads the country with 423 yards rushing per game.

In Oct. 2009 both teams squared off with the Navy edging the Air Force 16-13. This year promises to be another tight game as the nation's leading rushing team faces the nation's 18th-ranked scoring defense (19.4 points per game).

ABSENTEE VOTERS WEEK

SEPTEMBER 27 - OCTOBER 4

**Service members and civilians are reminded to vote
by absentee ballot before your state's deadline.
For more information log on to www.vote.army.mil**

