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LIFELINER WEST

"If you want it done, call the 101!"

Volume 2, No. 16 Deployment Edition

Q-WEST BASE COMPLEX, IRAQ

July 15, 2006

Soldiers deliver wheelchairs to local community

By Rachel A. Brune

Editor

ZIHALILAH, Iraq – Aziz showed up at the Q-West Base Complex Civilian-Military Operations Center with a wide grin and a unique story.

The young boy told Soldiers of the 4th Battalion, 11th Field Artillery Regiment and the 403rd Civil Affairs Battalion about his family and his siblings, five of whom suffer from a degenerative disease.

Abdul Karim, Bishra, Mahmoud, Ra'ad and Raija Salman, each received a new set of wheels in the form of pediatric wheelchairs donated by charitable organizations in the United States and delivered by the Soldiers June 29 here.

Wheelchairs for Iraqi Kids and ROC Wheels provided 12 pediatric wheelchairs, six of which the 4-11th Counter Rocket Patrol, medics from the battalion aid station, and the 403rd delivered to the siblings, as well as to another disabled 19-year-old in the neighboring town of Ujbah.

Sgt. Jason Foy, of Indio, Calif., and Spc. Christopher McCuiston, of Ann Arbor, Mich., both combat medics, showed their fellow Soldiers and the Salmans' family members how to fit

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Photo by Sgt. Rachel A. Brune

Sgt. Jason Foy and a local Iraqi man gently lower Abdul Karim Salman into his new pediatric wheelchair June 29.

Lion 6 Sends: Reflections on a year B.O.G. with the 561st CSB

By Lt. Col. Timothy Brown

561st Corps Support Battalion

FOB SPEICHER, Iraq -- As I take a moment and reflect back on this OIF IV rotation, there is one thing that clearly stands out amongst the rest....we have clearly had the finest Soldiers in the Army.

Since our arrival in October, 2005, I have had the pleasure of working with Soldiers and Airmen who came to us from different installations and states throughout the United States. Every one of these units came to this battalion fully trained and ready for combat operations.

Their motivation is unmatched and their performance was outstanding during this rotation. I am so impressed by our Soldiers' ability to perform at such a high level on a daily basis.

They faced every challenge and provided the best logistical support you could ask for in the 101st

Airborne Division (AASLT) Area of Operation.

Many of our Soldiers have sacrificed so much and they have asked for so little. It has been a true pleasure to work with them as they have made the difference in the war on terrorism. I salute each one of them on their impressive accomplishments.

561st CSB has provided the overall command and control of eight subordinate units totaling 1,400 Soldiers. The ability of the headquarters to integrate and transition seven units within a 45-day period without having an impact on support was impressive.

The addition of several corps enablers to the headquarters include a team from the 311th Mortuary Affairs Detachment from Aguadilla, Puerto Rico; the 1/155 Cargo Transfer Company from Fort Eustis, Va., and the 495th and 612th Movement Control

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142nd CSB Courtesy Photo

Lt. Col. Timothy Brown
Commander, 561st Corps Support Battalion



LIFELINER WEST STAFF

Brigade Commander

Col. James D. Scudieri

Brigade Command Sergeant Major

CSM Stephen D. Blake

Public Affairs Officer

Sgt. 1st Class Lori Simmons

Lifeline West Editor

Sgt. Rachel A. Brune

Art & Graphics

Sgt. Patricia Tso

Contributing Writers

Lt. Col. Timothy Brown

Spc. Jermaine Emptage

James Fraser Jennings

2nd Lt. Rebecca Pinyan

Staff Sgt. Dylan Shaw

Capt. William D. Stogner

1st Lt. Micah Turner

Sgt. 1st Class Cory Van Ry

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Lion 6 Sends

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Teams from Vicenza, Italy and K'town, Germany respectively. Each of these units played a vital role in the overall support mission.

The true center of gravity for the 561st CSB mission is the transportation units. These units are responsible for providing escort security and transportation support in the Band of Brothers Area of Operation.

Overall, they have driven more than 1.5 million miles and executed well over 1,000 missions. The remarkable achievement is that these units arrived to the battalion as "In-Lieu-Of" (ILO) transportation units.

These ILO transportation units are active-duty Field Artillery (FA) units that were given a non-doctrinal mission outside the traditional FA mission.

B/1-321 and C/1-321 FAR came to us from Ft. Bragg, NC. Both of these units are M198 Howitzer Airborne units; however they provided the escort security mission for our combat logistics patrols.

HHS/6-27 FA, an MLRS unit from Ft. Sill, OK, executed the mission as a Heavy Equipment Transporter (HET) unit. This unit was the only one of its kind in the entire MND-C. They were responsible for moving many of the combat units around the battlefield.

A/2-5 FA, also from Ft. Sill, Okla., executed the mis-

sion as a PLS unit. They were responsible for moving much of the containerized cargo. Additionally, they had the awesome responsibility for training our Iraqi partners in the Iraqi Army's 4th Motorized Transportation Regiment.

The 506th Quartermaster Company and the 584th Maintenance Company provided the traditional combat service support on FOB Speicher and to several of the outlying FOBs. The 506th QM from Ft. Lee, Va., provided outstanding field service support to multiple FOBs and assumed several non-doctrinal support missions on FOB Speicher.

The 584th Maintenance Company from Ft. Campbell, Ky., provided the direct support maintenance capability along with running the largest Supply Support Activity (SSA) on FOB Speicher. In addition, they had the responsibility of conducting the Corps recovery mission within a 100-mile radius.

It has been a true pleasure to command this battalion and I am extremely proud of all the 561st Soldiers and their tremendous accomplishments, sacrifices and service to our great nation.

The legacy of the 561st CSB will forever endure in the hearts and minds of those who served. "Lion's Pride".

Wheelchairs

Continued from Page 2

the wheelchairs to each patient and make adjustments.

The medics were chosen for the mission due to their prior experience in fitting wheelchairs, said Foy. They received additional training from another medic as well as a training video included with the chairs.

Each wheelchair came with a Paralympic Champion Barbie Doll named Becky. Bishra, who appeared much younger than her 15 years, smiled when the Soldiers handed her the doll. Her older sister, Raija, passed the doll to a younger female relative, and instead offered one of her silver bracelets to the female civil affairs Soldiers fitting her wheelchair.

Spc. Nicole-marie Toledo, of Binghamton, N.Y., and Staff Sgt. Sayoko Stevenson, civil affairs specialists, fitted the wheelchairs with some assistance from Foy. Raija, a very shy, modest patient, preferred that the two female Soldiers help her with the wheelchair.

The family owned two wheelchairs already, which showed signs of extreme wear, originally donated by

the 101st Airborne Division during Operation Iraqi Freedom I, according to Mohammed, a local doctor.

In the second village of Ujbah, Staff Sgt. Rolando Molina, CRP NCOIC, helped adjust the final wheelchair for Aziz Farouk. Molina, of the Bronx, N.Y., joked with Farouk, calling him "homeboy" as he helped him into the chair. Previously, Farouk moved around by dragging himself across the dusty courtyard of his family's home.

For more information on the wheelchair donations, and how one can contribute to the project, visit: <http://www.wheelchairsforiraqkids.com> and <http://www.rocwheels.org>.



311th MA processes remains with dignity

By Capt. William D. Stogner
561st Corps Support Battalion

COB SPEICHER, IRAQ – Since arriving last year, the Soldiers of 311th Mortuary Affairs Team of Aguadilla, Puerto Rico, have received and made many improvements to their area of operation.

In fact, a new remains processing building was



Photo by Capt. William D. Stogner

311th MA Soldiers pose in front of their new sign. The Soldiers have been working hard to complete the mission with dignity and better their conditions.

recently completed after nearly two months of construction. Previously remains were processed in a tent.

The new facility has such amenities as: electricity, water, steel cabinets and air conditioning. Adjacent to the building are two new refrigerated containers.

The 311th has also improved its living and office area with the addition of SIPR/NIPR and VoIP phone access. The entire area has been fortified with Hesco barriers, and several metric tons of gravel have been dispersed throughout the new parking area.

As far as MWR, the members of the 311th MA team have also constructed a "miniature oasis" complete with shrubs, inflatable swimming pool and wooden deck.

"These improvements are also making a difference... especially with morale," said Master Sgt. Francisco Ramos of the 561st Corps Support Battalion, who assisted with many of the upgrades.

"All of these facility improvements are designed to help the 311th at achieving its primary mission; to honorably and expediently process remains for onward shipment," said Staff Sgt. Edwin Lebron, NCOIC, of Aguadilla, Puerto Rico.

Some of the 311th's sub-tasks include: identification of remains, inventorying personal effects such as pictures and religious items, providing a death certificate and coordinating the onward transportation for the remains.

Sometimes, the team actually recovers remains.



Photo by Capt. William Stogner

The "miniature oasis" constructed by the 311th MA team at FOB Speicher.

The 311th was dispatched to recover the remains resulting from an IED blast.

"We were called to recover the remains in order to tactfully preserve as much of the remains as possible," said Sgt. Carlos Vicil of Aguadilla, Puerto Rico.

The Army standard is 24 hours to process each set of remains, and the 311th has never exceeded six hours.

"Dignity and respect for the individual is our primary focus," said Sgt. Xabriel Ortiz, also of Aguadilla.

SAFETYWATCH: With CRM, "Own the Edge"

By James Fraser Jennings
Brigade Safety Officer

The US Army Combat Readiness Center's "Own the Edge" campaign is an effort to reduce the accidental losses that are depleting our combat power. Soldiers engaged in combat operations in Iraq and Afghanistan are constantly "on the edge" in countless ways, making risk decisions 24/7.

The Composite Risk Management (CRM) process enables Soldiers to own the edge wherever they're operating, whether it's engaging the enemy in Baghdad or Kabul or preparing for a long trip in a POV over a four-day weekend.

CRM teaches Soldiers how to think – not what to think – and challenges them to be smart about managing risk. This concept puts individual Soldiers and leaders in control of how far on the edge they can operate.

In the Nov/Dec issue of Countermeasures, Brig. Gen. Joe Smith, Director of Army Safety and Commander of the US Army Combat Readiness Center (CRC), sums up the objective of CRM: When Soldiers wake up each morning, whether in combat, in training, or off duty, we want them to ask themselves one simple question: "What could take me out today?"

In combat, the answer may be an accident, rather than the enemy. During our Nation's wars in the 20th century, 55 percent of losses were due to accidents.

Losses from mishaps have degraded combat power at a level nearly equal to losses from enemy action. Although OIF and OEF figures, show a decrease in accidental fatalities as a percentage of total losses, every Soldier lost – regardless of the cause – decreases the commander's ability to successfully complete the mission.

Dr. Bruce Jaeger, Senior Technical Advisor for the CRC, writes:



Spc. Angel Ocegueda, 298th Maintenance Company, acts as a safety on the Humvee Egress Assistance Trainer, as Staff Sgt. James Jett, 872nd Maintenance Company, operates the simulator. Safety measures such as the HEAT can help decrease combat losses through Soldier training.

Statistically, we clearly see the whole problem and can acknowledge the need for CRM. Yet many Soldiers still suffer from tunnel vision, focusing on one source of risk and discounting others.

The Army's Five-Step Risk Management process is a framework for identifying and evaluating all hazards and developing countermeasures to ensure they are mitigated. This is especially true in a combat zone, where leaders must analyze the risks presented by an adaptive and flexible enemy and the concurrent potential for accidental loss.

Effective countermeasures, once implemented, must be constantly re-evaluated to determine if they continue to mitigate the hazard. Since the beginning of the Global War on Terror, the enemy has adjusted; to provide protection for both the force and the individual Soldier, risk mitigation measures must keep pace.

Many – if not most – Tactics, Techniques, and Procedures employed

during the first year of OIF are now outdated. The "Speed Equals Safety" concept might have had merit at one time, but the ever-evolving threat now makes this idea a killer.

The most effective countermeasure for many roadside IEDs is no longer speed. In addition, higher convoy speeds increase the potential for Humvee rollovers, a scenario which has caused hundreds of losses.

Once re-evaluated using CRM and the Five-Step analysis framework, this becomes clear and countermeasures can be adjusted.

Soldiers operate on the edge every day in Iraq and Afghanistan and see themselves as combatants in every aspect of their lives. The risk acceptance mindset that makes Soldiers aggressive, effective warriors in combat must be adjusted upon return to CONUS.

CRM allows them to use the Five-Step process to analyze whether they're too tired or have had too much to drink before they get behind the

wheel. It forces the weak swimmer to examine whether he should dive into an area with a swift current or undertow. And it prompts a new rider to examine whether he should buy a motorcycle with lower horsepower.

When CRM is intuitive and instinctive, Soldiers own the edge.

One major challenge is the view of "safety" as an obstacle, an impediment to mission accomplishment. Too often, safety is a stand-alone concept that is mutually exclusive from combat operations planning and risk management. CRM blends tactical, threat-based risks with accidental, hazard-based risks to create a more thorough evaluation of danger, thus enabling highly effective risk mitigation.

Dr. Jaeger's words: Composite Risk Management does not paralyze through fear of all that can go wrong; it does not foster risk aversion. Rather, by mitigating the known hazards to acceptable levels, the approach emboldens Soldiers to act confidently.

CRM does not guarantee no harm will come, but it lessens the probability significantly. Such knowledge bolsters courage and increases unit effectiveness.

Preserving and protecting combat power – that is the mission. CRM places a high priority on the value of the individual, so we control risk wherever and whenever it exists to keep our Soldiers in the fight. We teach our Soldiers what they CAN do to stay ready, willing, and able.

Composite Risk Management holds great promise for dramatically reducing our losses, because the approach brings accidental hazards to the forefront and compels leaders to deal with them as seriously as they do tactical issues.

For additional information on Composite Risk Management, see the US Army Combat Readiness Center home page at <https://crc.army.mil>

Kings of battle, kings of the road get there safely

By 1st. Lt. Micah Turner
Battery A, 2nd Battalion, 5th Field Artillery

For the Soldiers of Alpha Battery, 2nd Battalion, 5th Field Artillery, the daily grind consists of moving various classes of supply throughout the area of operations. They traded their M109A6 "Paladins" for M1075 Palletized Load Systems and Gun Trucks. The "Kings of Battle" became the "Kings of the Road."

On May 22, 2006, "Gator" Battery was on the final leg of a combat logistics patrol from the Q-West Base Complex headed back to their home away from home on FOB Speicher. The mission was no different than the usual except this time even the gun trucks carried cargo.

After a lot of harassment from the "Gators" Chaplain Billy Graham joined our convoy as the "Gator Shepherd." In addition to the usual Class VII and IX, they added 20 cases of Bibles for Chaplain Graham and the Soldiers on FOB Speicher.

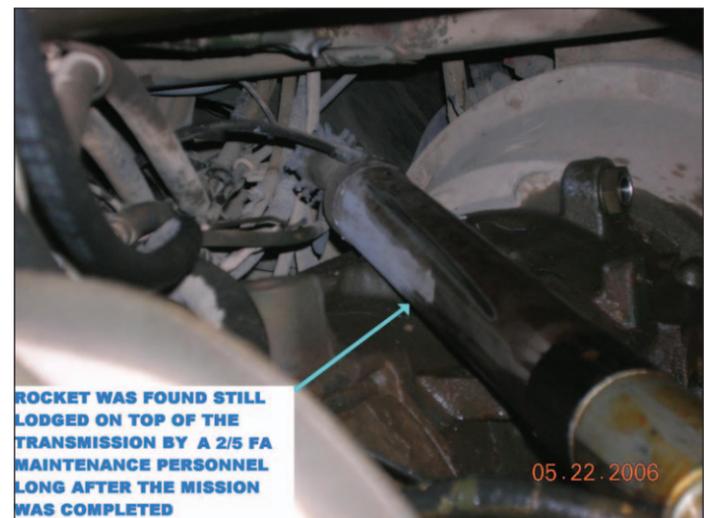
The run south was uneventful and the gators were almost home when Gun Two reported a sudden flash out of the median on MSR Tampa. Gun

One, the lead gun truck, reported being hit by something but no explosion.

The "Gators" continued south. Gun One and the Bibles made it a few km and escaped the kill zone before the truck finally stopped. After executing the recovery drills they had practiced in training and countless times on CLPs the convoy completed their mission to FOB Speicher.

Gun One was placed in the maintenance bay and Sgt. Madison took a look at the damage. Transmission fluid was everywhere, some cosmetic damage, a burnt wiring harness, and a live 57mm rocket were waiting for him. After some acrobatic moves on a creeper worthy of Tony Hawke, Madison cleared the motor pool and notified "Gator TOC." EOD made quick work of the rocket and the "Gators" closed out their mission.

There are a number of things that could have gone wrong on that CLP, but they all went right thanks to a lot of prayer and heavenly help. The Alpha Battery "Gators" will still tell you they are the "Kings of Battle" and love to tell stories about the howitzers, but every now and then they'll tell you about combat logistics patrols and how even the "Kings of Battle" need a little help.



Reflections on the Fourth: 423rd TC

By 2nd Lt. Rebecca Pinyan
423rd Transportation Company

When I hear the Star-Spangled Banner, I get goose bumps on my arms and legs. This is not an occasional occurrence but a guarantee.

In 2003, I spent the Fourth of July in the city of Tikrit and the 4th Infantry Band provided such a moving rendition of the song that it still warms my soul to this day.

At the end of the song, the Air Force flew jets over and the moment was so surreal you had to pinch yourself to realize you were really there.

As this Fourth of July draws near, I am once again in Iraq only this time the country has vastly changed. The obvious changes are the up-armored vehicles and the use of combat protection platforms.

Where we had used three vehicle combat patrols with no armor (or doors on the HMMWVs), it has been replaced with a fleet of vehicles that are heavy with armor, and no leader would consider leaving without gun-truck protection.

As I traveled to Balad recently, I couldn't believe the electricity in the villages. It was strange to see the improvements that have found the country. Even though I was aware of what the media does to negate the good that we do, I was sucked into believing the reports that we weren't getting anywhere or doing anything productive in Iraq.

Truth is, the media is wrong, I can tell you that there are not only lights in a village or on a porch,



but full-fledged electricity so that before you arrive to an urban area, you can tell it is a city. Things are better and the country is moving forward, regardless of what is portrayed by journalists.

We have trained extensively for this mission. Their training specifically designed for this country is longer than that of the active duty component and they are proud of their accomplishments.

As Reservists, we have already been away for six months prior to arriving to Iraq. We trained at Fort Bliss, Texas, and it involved some of the most in-depth training I have done in the Army. They are using the most up-to-date tactics, techniques, and procedures out there.

Even though I had seen and heard my share of explosions and had even been forced to react to injuries on the battlefield, this was a whole new set of rules to play by.

Though my troops have been away from home since November, they are still motivated and willing to fight for the mission. They go out nightly to deliver trailers full of supplies, and are finding their stride as we complete our first month here.

I am awed by the troops that stand with pride in formations upon return to the United States, those that bow their heads as they mourn for those who don't return, and the camaraderie of accomplishing the missions for the new Iraq.

So it is more than the Star-Spangled Banner that gives me goose-bumps. It is the moments when you can help a soldier, when you can make someone motivated to do their job or when you can console a troop who desperately needs for someone to understand what it is to see your fellow Soldier bleed.

I hope that every Soldier is willing to take a moment and help where they can, motivate when someone needs it, and just listen when someone needs to have someone to talk to.

These things I know: I was meant to be a Soldier, nothing is better than good leadership and our job here is one to be proud of.

So take a moment, and genuinely care about each other and we will continue to be successful in everything we attempt.

IA troops graduate 71st CSB log course

By Sgt. Rachel A. Brune
Editor

Fifty-two Iraqi Army Soldiers graduated from the first full iteration of the 71st Corps Support Battalion's IA logistics training course July 20 in a ceremony at the MWR Theater here.

Courses of training included: automotive maintenance, power generation maintenance, armament repair and drivers training.

"The essence of what we're doing here ... is to link ourselves with the Iraqi army," said Lt. Col. Russell Livingston, commander, 71st CSB. "It's been rewarding to share the logistics mission with the Iraqi Army."

The 71st CSB Soldiers assumed the training mission on the request of 4th Battalion, 11th Field Artillery Regiment, also stationed on Q-West, according to Staff Sgt. Erik Duiker, a section sergeant with 53rd Quartermaster Company. Duiker, a native of Mesa, Ariz., served as NCOIC of the logistics training program.

When the 71st CSB agreed to accept the training mission, "it was purely a concept," said Warrant Officer (1) Dennis Jones, OIC. The 71st Soldiers developed points of instruction, appointed instructors, located interpreters and found the physical space for the training to take place.

The battalion started the program with a two-week pilot training program, teaching Iraqi Army Soldiers to drive deuce-and-a-half trucks, said Jones, who is the 53rd Quartermaster Company unit maintenance technician. He called the pilot "a huge success" and said it "set the tone for the rest of the training."

The courses of training varied in length, from six weeks for the maintenance training to three weeks for the



Photo by Sgt. Rachel A. Brune

Drivers training instructors from the 425th Transportation Company congratulate a course graduate during the ceremony July 20.

power generation training.

Each section of trainees came up separately to receive the colorful diplomas.

The Soldiers were "all outstanding students who far exceeded my expectations," said Spc. Ricardo Martinez-Paz, armament training instructor. Martinez-Paz, 317th Maintenance Company small arms repair specialist, said that weapons maintenance was important in the American Army, and that "Iraqis can now keep their warriors fighting."

To prepare to teach the class, Martinez-Paz trained on four different weapons systems, including the AK-47 Kalashnikov rifle and rocket-propelled grenade launcher. He and his fellow instructors taught the Iraqis weapon operations, functions and how to repair the weapons systems.

Although he did not have familiarity

with the weapons before learning them for the training, Martinez-Paz said the material was easy to master.

"Once you know one weapon, you can figure out the rest," said the Dallas, Texas, native.

Many of the instructors spoke warmly to their graduating trainees. Staff Sgt. Peter Martin, 425th Transportation Company, gave a short speech to his trainees as they prepared to receive their diplomas.

The training evolved into a "cultural exchange of ideas, thoughts and lifestyles," said Martin, who taught the drivers training section of the course. He described how the American and Iraqi Soldiers would take breaks to play soccer and kick around a hackey sack during their down time.

"I will be proud to serve alongside these Soldiers in the fight for peace," said Martin.

53rd QM holds drivers training in Iraq

By Sgt. 1st Class Cory Van Ry
53rd Quartermaster Company

The 53rd Quartermaster Company has many different types of vehicles to include Humvees, five-ton trucks, tractor trailers, forklifts, and HEMMT's. The company commander's goal is to have all of the unit's personnel properly trained on every piece of equipment by placing an emphasis on driver's training.

To accomplish this task, 53rd QM has five noncommissioned officers assigned to reach this goal.

Sgt. Douglas Dombkowski has overall responsibility for drivers training as the Unit Master Driver.

Upon arrival in Iraq in November 2005, the company had around 200 qualifications for the entire company.

In the nine months we have been here, Dombkowski and his assistants have issued more than 400 additional qualifications on equipment to over 160 personnel on approximately 20 pieces of equipment.

The company now has more than 600 qualifications. By the time the unit returns to Fort Hood, Texas, the company commander's goal is to issue a minimum of 200 more licenses, which will bring the overall qualification percentage to more than 80 percent of the unit's Soldiers.

By training and issuing the licenses to the Soldiers, Dombkowski is setting them up for future success in their military careers. His determined efforts have also increased the company's mission readiness as a whole. The driver's training program helps Soldiers be more versatile and makes them more knowledgeable and greater assets to the military and in their future careers.

Lifeline Laffs *by Jennings*

PEOPLE WHO DESERVE AN OLD-FASHIONED BUTT-KICKING...

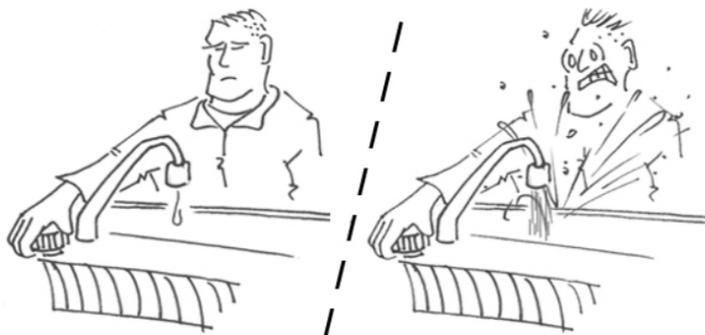


THE GUY WHO HASN'T FIGURED OUT THAT PORTA-JOHN LATCHES DON'T ALWAYS WORK RIGHT AND THAT'S WHY WE KNOCK FIRST

THE JERK ORDERING FIVE TO-GO SANDWICHES WHEN FOUR SOLDIERS ARE WAITING IN LINE



THE PLUMBER WHO ADJUSTS THE WATER KNOB SO THAT A 1/8-INCH TURN CREATES A GUSHING, SPLASHING FLOOD



FOR SALE
 Fame!
 Recognition!
 Parental Pride!
COST: 10 MINUTES



Take advantage of your battalion and brigade public affairs shop! Fill out a Hometown News Story, DD2266, and submit to your Unit Public Affairs Representative. We'll make you famous!

664th OD Assists Retrograde

**By Staff Sgt. Dylan Shaw
 664th Ordnance Detachment**

664th Ordnance recently sent half of its already small detachment to assist in a retrograde of excess ammunition basic load (ABL) of 1st BCT, 1st Armored Division's Ammunition Transfer and Holding Area (ATHP) at Forward Operating Base (FOB) Sykes, Iraq. With its handful of Soldiers already spread thin due to force protection and daily mission requirements, the company rose to the task.

664th Ordnance Company was selected to help in the retrograde process by the 101st Airborne Division (Air Assault) Sustainment Brigade Class V Support Operations (SPO). The Scorpion Ammunition Supply Point (ASP) operated by the 664th Ordnance Company is a highly maintained and organized ASP. The units everyday work ethic and high standards of operational readiness in the ammunition arena were evident, which made the unit an easy choice to execute this highly visible mission.

FOB Sykes is just one of many camps in theater that is moving toward individual units being responsible for storing their own unit loads of ammunition. This move toward smaller, unit-controlled sites reflects the Army's transformation to quicker and lighter maneuver units of action to meet the fast paced demands of combat.

Much of the ammunition stored in Iraq wasn't designed to withstand the harsh elements of the desert environment. It is important for ammunition companies to always remain vigilant in identifying any ammo that may have sustained constant outdoor storage and rough terrain handling. Rotation of stocks like these is another reason for the retrograde. Ammo can be sent to depots and inspected and repacked then put back into the Army's active inventory.

The 664th Ordnance Detachment stands ready to assist in all ammunition demands.

"ONE TEAM, ONE FIGHT!"

773rd Soldier reflects on deployment

**By Spc. Jermaine Emptage
 773rd Transportation Company**

"It's down to this; I've got to make this life make sense. I miss my life, I miss the colors of the world, can anyone tell me where I am? Now, again, I've found myself so far down away from the sun that shines light through the darkest places."

*Three Doors Down
 "Away From the Sun"*

From the beginning, this deployment has been quite a journey. Being a young soldier, and on my first deployment I didn't know what to expect. I found myself looking to my seniors, especially those wearing the 3rd Infantry Division combat patch, indicative of their previous deployment.

They offered their knowledge without hesitation, comforting small jitters and light nervousness, even at times despite their own looks of concern.

As we traveled from point to point, home to Fort Totten, Fort Totten to Camp Atterbury, Atterbury to Kuwait, Kuwait to Iraq, the journey transformed from "physically" moving from one point to another, to one more mental.

Through each phase I felt myself maturing. Perhaps it was me just subconsciously getting prepared. As time permitted, my thoughts would stray from things directly involved like Troop Task Procedures and Battle Drills, to home, family, plans for my future, education and goals.

What struck me most was that I was thinking about my future well beyond the deployment, planning for a safe return home even before I had gotten to Iraq, and furthermore, thinking about aspects of my life I simply ignored when I was home.

Reflecting, it was as if I had given up on myself at home, and it took a deployment where the prospect of not returning home was a possibility, to make me enthusiastic about life again, to real-



ize that at 21 I should be building and not wallowing in what was broken.

Family, friends and loved ones all crossed my mind daily. How could we not miss them? They are our support, our motivation.

Though at times it forces a silent whisper of "I wish I was home," the feelings haven't broken my resolution to do my job first, to complete the tasks at hand and leave at my appointed time when I am done here.

It will make going back home to the open, loving awaiting embrace of those we care for and love that much sweeter.

"Carry the Torch!"

The time-honored line... 71st CSB, 101st BTB induct NCOs

Photos by Sgt. Rachel A. Brune



Noncommissioned officers on the honor guard recite the NCO Creed during the 71st CSB NCO Induction Ceremony June 30 on Q-West Base Complex.



Inductees bow their heads for the invocation during the 101st BTB NCO Induction Ceremony July 19.



An all-female honor guard posts the colors for the 101st BTB's ceremony.



NCOs from the 101st BTB recite the NCO Creed during the battalion's induction ceremony.



1st Sgt. Maurice Murray, HHC, 101st BTB, lights a candle during the battalion's NCO Induction Ceremony.



First sergeants from the 71st CSB light their candles during the battalion's NCO Induction Ceremony.



Brigade Command Sgt. Maj. Stephen D. Blake welcomes Sgt. Charles Walker, HHC, 101st BTB, into the NCO Corps during the battalion's NCO Induction Ceremony July 19.



Sgt. Violet Dussault, 53rd Quartermaster Company, crosses the time-honored line to join the NCO Corps during the 71st CSB's NCO Induction Ceremony June 30 at Q-West Base Complex.

FUN

Sunday
QBC Unplugged Coffeehouse 2000

Monday
Tournaments Galore!

Tuesday
Acting Class 2000

Wednesday
Salsa Lessons 1900
Guitar Lessons 2000

Thursday
Tournaments Galore!

Friday
Alternating Country & Hip Hop Night
2100

Saturday
Flea Market 0800-1600
Alternating Karaoke & Latin Night 2100

5K RUN! April 16, 2006
6:30 a.m., Sign up at the fitness center!

FITNESS

Sunday
Take a break!

Monday
Abs & Core Conditioning 0530
4-Week Weight Training Program 1000
Spinning Class 1600
Dynamic Abs 1700
Cardio Kickboxing 1800
High Impact Step Aerobics 2000

Tuesday
Extreme Abs & Core Conditioning 0530
Yoga & Mat Pilates 1900
Abs & Glutes 1800 & 2000
Spinning Class 2000

Wednesday
Abs & Core Conditioning 0530
4-Week Weight Training Program 1000
Spinning Class 1600
Dynamic Abs 1700
Cardio Kickboxing 1800
High Impact Step Aerobics 2000

Thursday
Extreme Abs & Core Conditioning 0530
Yoga & Mat Pilates 1900
Abs & Glutes 1800 & 2000
Spinning Class 2000

Friday
Abs & Core Conditioning 0530
4-Week Weight Training Program 1000
Spinning Class 1600
Dynamic Abs 1700
Cardio Kickboxing 1800
High Impact Step Aerobics 2000

Saturday
Abs & Glutes 1800
Yoga & Mat Pilates 1900
High Impact Step Aerobics 2000
Spinning Class 2000



71st CSB Presents: Q-West Soldier Show



Spc. Josue Oreus, 305th Quartermaster Company, performs a spoken-word piece, "A Message of Peace," which he also wrote, to the accompaniment of a guitarist.



Spc. Terrell Sykes, of Brooklyn, N.Y. plays a trumpet solo. The 773rd Trans. Co. truck driver performed "I Believe I Can Fly."

Story & Photos By Sgt. Rachel A. Brune Editor

Soldiers from the 71st Corps Support Battalion and Headquarters and Headquarters Company, 101st Sustainment Brigade, showed off their talents at the 71st CSB Talent Show July 3 here.

The acts included the Latin dance troupe "Ritmo Latino," which means "Latin Rhythm," the comedic dance skit "She Can't Dance," a trumpeter, a spoken-word artist and several guitarists and singer-songwriters who performed original pieces of music and poetry.



Spc. Maira Salazar, HHC 101st Sustainment Brigade, dances with Spc. Jose Nieves, 53rd QM Co., as members of the Latin dance troupe, "Ritmo Latino."



Soldiers perform a comedic dance skit "She Can't Dance" during the 71st CSB Talent Show July 3.



Left: Sgt. Manuela Ramirez, HHD 71st Corps Support Battalion, and Spc. Carlos Patino, HHSB 4-11th Field Artillery, dance in the 71st CSB Talent Show July 3 as part of the Latin dance troupe "Ritmo Latino."

OFF THE WIRE: News from the American Forces Press Service

Airmen lend helping hand to Americans escaping Lebanon

By Senior Airman Patrice Clarke

INCIRLIK AIR BASE, Turkey, July 22, 2006 —

The scene inside the processing center at 3:15 a.m. yesterday looked like a deployment processing line, except these weren't military members waiting to go downrange. They were the first American citizens who arrived here after departing Lebanon.

Twenty-nine tired men, women and children processed through the base after a long boat ride followed by a bus ride. "We traveled for eight hours by taxi out of Beirut and then came here," said Riman Kang, who left Lebanon with her husband and two children, ages 5 and 2. "I'm so thankful to be here and safe. Everything was bombed in Lebanon, even the mosques. I've never seen it that way. It's not safe anymore. I saw Americans in the mountains because the roads were destroyed."

"We have been preparing for this since we were

informed (early July 19)," said Air Force Col. Tip Stinnette, 39th Air Base Wing commander. "The preparation for their arrival has been a basewide effort."

The 39th Logistics Readiness Squadron transformed its deployment processing center into a civilian processing center. "We set up areas for medical, the chaplain, a play area for the young children and the processing line," said Air Force Capt. Cassandra Antwine, 39th Logistics Readiness Squadron fuels flight commander.

"The initial processing went quite smoothly," said Air Force Maj. Susan Airola-Skully, 39th Mission Support Squadron commander. "We didn't have any major hiccups, and we were able to get the 29 people processed and then off to Patriot Village so that they could get some sleep."

After the American citizens processed into the base, they were taken to Patriot Village, a deployed housing area on base

equipped with a medical first aid station, convenience store, community center with phones and Internet, and a sponsor station. "I was able to call my family in New York to let them know we are safe," Kang said.

"The Air Force has the resources to help, so that's what we are doing," said Air Force Lt. Col. Dale Bruner, 39th Services Squadron commander.

One of the main resources Team Incirlik has is its people. The sponsor station at Patriot Village is available for the new arrivals if they have any questions or need assistance. They have a person to turn to for answers. "The idea with the sponsors is to make this process a little more personable for them," said Janet Morrison, 39th Mission Support Squadron Airman and Family Readiness Center coordinator. "We understand that this can be a hard process, and we want it to go as easy and be as simple as it can."

Lebanon Evac!



U.S. Air Force photo by Senior Airman Chris Willis

U.S. Air Force Capt. Christie Barton, from the 435th Medical Group, checks the eyes of a child that departed Lebanon upon his arrival to Ramstein Air Base, Germany, July 22. The departees are transiting through Ramstein as they make their way back to the States.



A woman comforts a small child prior to entering a helicopter on its way to USS Trenton (LPD 14) in Lebanon July 21. USS Trenton and other ships arrived on station as part of Task Force 59.



AMERICAN FORCES INFORMATION SERVICE

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VP praises services, sacrifices of newly-returned Soldiers

By U.S. Navy PO 3rd Class John R. Guardiano
American Forces Press Service

WASHINGTON, July 22, 2006 — Vice President Richard B. Cheney reiterated America's commitment to winning the war on terror in Iraq, Afghanistan, and elsewhere during a rally at Fort Stewart, Georgia, yesterday.

Cheney paid special tribute to the 3rd Infantry Division and the 48th Brigade Combat Team of the Georgia National Guard, both of which recently returned from deployments in Iraq.

"The 3rd ID's performance in the field — not just the progress you've made, but also your character as men and women — has left a lasting impression on people up and down the chain of command," Cheney said. "Once again, the United States is grateful to the 3rd Infantry Division — the Rock of the Marne — for a job well done."

Cheney noted that the 3rd ID "has one of the most successful combat records of any division in Army history." In fact, "it was the spearhead unit into Baghdad" and thus was instrumental in the liberation of Iraq more than three years ago, when Operation Iraqi Freedom began, he said.

Renuart also characterized cyberspace as an ungoverned area, where a set of structures that "truly govern its use" does not exist. He explained that terrorists use the Internet to their advantage by using it to spread propaganda.

Attendees also discussed how to define terrorism,

he said. "Reaching a common definition is very difficult. In one country, organizations may use terrorist techniques even though they may be insurgents struggling against the government," he said.

He pointed to the recent struggle of Maoist rebels against the repressive regime in Nepal as a difficult-to-define case study. "Are they terrorists or are they insurgents? That clearly is a difficult definition to come up with," he said.

For its most recent deployment, the 3rd ID was joined by the 48th BCT of the Georgia National Guard. These citizen-soldiers, Cheney said, did it all — "from helping to stand-up the new Iraqi government, to cordon-and-search operations, to combat patrol and checkpoint security, to the capture and detention of suspected terrorists."

"You saw heavy combat and logged countless miles in thousands of vehicles," Cheney said. "It was a hard deployment, (but) you did a superb job. Members of the 48th, welcome home."

The 3rd ID and the 48th BCT are part of a larger Army family whose members "man the watchtowers of freedom" and undertake some of the most difficult and challenging assignments in the ongoing war on terror, Cheney said.

"It's tough," he said. "It's dangerous to fight enemies who dwell in the shadows, who target the innocent, who plot destruction on a massive scale. And in this fight, some of the hardest duties have come to the men and women of the United States Army."



Vice President Richard B. Cheney addresses newly-returned Soldiers from the 3rd Infantry Division and 48th Brigade Combat Team.

But despite the enormity of the challenge and the formidable obstacles that still lie ahead, the vice president said, America will not relent until victory is achieved.

"You can be certain of this: the president will not relent in tracking the enemies of the United States with every legitimate tool at his command," he said. "This is not a war we can win on the defensive. Our only option against these enemies is to monitor them, to find them, to fight them, and to destroy them."