

# CORRA

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# STRIKE!

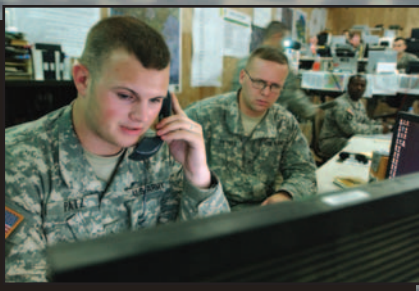


## 4th Special Troops Battalion



4BCT's

STRONG AND TRUE



TOC OPS --pg.10



American Soldiers --pg. 19





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Col. Michael F. Beech

# COBRA<sup>6</sup> on POINT

This has been a very busy month for all of us. We have continued to see progress in many areas but we have also been reminded why we are here. We will persist in our efforts to help the Iraqi people unite against violence and to assist the Iraqi government to provide security, law and order.

During our seven months deployed we have seen many successes in this war on terrorism to include three successful elections,

the establishment of a democratically elected representative government working under a new constitution and the end of Zarqawi.

Even though Iraq's first ever government of national unity, is barely two months old, our Iraqi counterparts continue to take the lead in providing essential services and more security for their country. We remain steadfast in our commitment to assisting the Iraqi people in their efforts to defend their sovereignty.

Recent acts in the neighborhoods of Al Jihad, Bayaa and Ameriyah demonstrate an increase in sophistication and further disregard for life of innocent Iraqi people, men, women and children.

However, the numbers of attacks in Al Rasheed District are down.

Recent tips provided by Baghdad citizens to Iraqi soldiers and police have led to the capture or killing of insurgents and the prevented bombing and kidnapping plots.

Iraqi citizens volunteer as new recruits daily, volunteering to defend their country for the promise of a better way of life and a safe and secure homeland.

The terrorists see the changes that have taken place in a people once held under the oppression of a tyrant and are facing their defeat as Iraqis are leading their country.

Baghdad is the center that everybody is fighting for. It is your determination and perseverance in our efforts to see this challenge through that will shape the future of the Iraqi people, this region and the future safety of America. We

need to remain tactically patient about Iraq, while being strategically optimistic. A year ago, terrorism and the insurgency against the Coalition and the Iraqi security forces were the principal sources of instability. The terrorists have adapted by exploiting Iraq's sectarian composition. Particularly since the bombing of the Golden Mosque in February, violent sectarianism is now the main challenge.

And, we could not do it without the untiring support of our family and friends back home. We serve proudly knowing that they are okay. I appreciate the efforts of our rear detachment and Family Readiness Groups helping us to remain combat ready and mission focused. Together, we can and will succeed.--COBRA STRIKE!

## FROM THE FRONT

Once there was an Army where Soldiers took an Army Physical Readiness Test instead of an Army Physical Fitness Test.

There was Olive Drab Green uniforms called fatigues, and the barometer for a squared away Soldier in this uniform was a high and tight, spit shine boots and a quick check by an NCO of the "Gig Line." A gig line was nothing more than a place over the navel where the belt's buckle, shirt line and trouser's zipper flap met and lined up.

If it didn't line up you were not squared away, and your NCO would let you know.

The last few years, the U.S. Army has changed headgear, its PT uniform again, and re-aligned the force.

In addition, we are currently making a transition from Battle Dress Uniforms to Army Combat Uniforms, and now the army will give Dress Blues to everyone during initial entry and do away with the Army "Greens" Class A Uniform.

The U.S. Army has changed a lot over the past few years. Our Army continues to make changes today, and the organization will continue to make changes in the future. In spite of these changes, some things remain the same--like taking care of

Soldiers and enforcing a standard.

It is my belief that there are times when the two go together. One of those times includes the wear of personal protective equipment. The Army recognizes that this is taking care of Soldiers, spending millions of dollars to issue it to us through the Rapid Field Initiative program.

As leaders, we must do our part by enforcing guys to wear the gear for their on safety. If I am the patrol leader preparing to go on a mission, it is my responsibility to ensure that everyone is wearing their neck guard, eye protection and gloves. Enforcing this standard can be the difference in a Soldier losing an eye or suffering severe burns to his hands or worse ...

Recently in the hospital, a doctor said to me, "CSM, I need you to tell the soldiers to wear their gloves." We were looking at a



Command Sgt. Maj. John E. Moody, Jr.

Soldier whose hands were burnt and mangled to the point that he wouldn't be able to use them in the future.

At that moment, the following questions entered my mind. Could those injuries have been prevented? Is the word getting down to the lowest level? Did the NCO check? Was he missing his gloves when they left for the mission? Why weren't they on? The only question that I could answer yes to is that I know the injuries were preventable.

I ask the Squad Leaders, Section Sergeants and Platoon Sergeants, can you answer the rest?

We could not do this mission without the Soldiers. We need them around and want them around during the deployment, as well as back home; and we owe it to them to take care of them, whether they realize it or not.

Make your Soldiers wear the gear that was designed to protect them. Enforcing this standard is taking care of Soldiers. Some things never change! And never will. Accomplishment of my Mission and the Welfare of my Troops--No change!



# 4th STB

## the Beauty of Combat Support

**BLACK AND WHITE  
RECTANGLES=Day and  
Night around the clock  
combat readiness.**

**RED=  
courage  
and action**

**GOLD=  
excellence  
and high  
achievement**



**GRIFFON=STRENGTH  
and VIGILANCE**

**SWORD=combat support  
mission**

**LIGHTNING=swift  
deployment, communications,  
and intelligence operations**



*Story by Staff Sgt. Brent Williams  
and Pfc. Jason Dangel*

The lighting flash, symbolic for mobility, communications and intelligence operations, and a sword, the emblem of security and combat support mission, stand guard before a field of black and white, day and night.

The weapons cross intertwined in the talons of a black eagle-winged Griffon, strong and true. The heraldic beast grasps the keys to the success that enables the 4th Brigade Combat Team, 4th Infantry Division to accomplish its mission in Iraq.

The 4th Special Troops Battalion, deployed with the "Cobra" Combat Team, is as dynamic and true as its coat of arms.

Responsible to man, arm, fuel, fix and move the forward elements of the Cobra Brigade, the Soldiers of 4th STB provide logistics, personnel and health services support for the 4th BCT Headquarters and

its battalions, said Command Sgt. Major Anthony Walker.

"Our support to any of the many brigade missions is critical," Walker said.

Each company within battalion is responsible for one element of support that is critical to the morale, health and welfare and combat readiness of the Soldiers in 4th BCT.

"There is no one company, platoon or section greater than the sum," explained the native of Springfield, Mass. "If a section fails to complete a mission task then the battalions fails across the board."

In addition to its duties to provide combat service support for the Brigade, the Special Troops Battalion is responsible for the successful completion of three vital missions while deployed in support of Operation Iraqi Freedom, said Lt. Col. Joseph Gandara, commander, 4th STB.

Initially, the battalion is responsible for

operating the Forward Operating Base Prosperity Mayor's Cell dedicated to providing life support services for 4th BCT Soldiers.

Their mission essential duties range from building to space allocation to upgrades and master planning for base operations, said Gandara, a graduate of Texas Agricultural and Mechanical University in El Paso, Texas.

"If we can't keep our troops living in conditions they'll accept--keep power running and the functions of a normal FOB running--then essentially we would start losing the morale of the Soldiers in the brigade," he explained.

According to Gandara, however, the most important mission charged to the support battalion is the operations of the detainee holding facility for the 4th Brigade Combat Team and the 4th Infantry Division.



"It is extremely vital in supporting the brigade," Gandara said, "because of the past history of Abu Ghraib and the perceived strategic operational and tactical level of abuse of the detainees, it is absolutely critical that we run a zero defects operation in terms of prisoner abuse--vital not only for the brigade, frankly, but for the entire theater."

The most challenging, yet rewarding, is 4th STB's unique mission to help Iraqis create a stable living environment for the citizens of Baghdad and Iraq, said Gandara.

4th STB's Infrastructure Coordination Element develops, manages and synchronizes both infrastructure and large scale construction projects within the Brigade's area of operations.

The team of Soldiers and civil engineers engage in local contracting, construction management and oversight of said projects designed to help restore and improve essential services, such as electricity, water and sanitation in Baghdad.

Gandara works with the Iraqi ministries, director generals and the local engineers to ensure the security and success of the new Iraqi government and its citizens.

"I also see my job as going out and looking at my projects and looking at the conditions that people are living in to make a better assessment of what is needed."

Combat support unit typically remain



U.S. Army photo by Staff Sgt. Brent Williams

**Sgt. Zachary Cassner, Headquarters and Headquarters Company, 4th Special Troops Battalion, conducts a convoy brief for the security detail before embarking on a mission with the battalion's Infrastructure Coordination Element at Forward Operating Base Prosperity.**

stationary, and act as the main support hub for operations within a brigade. The Soldiers of the 4th STB have done just that at multiple levels and multiple echelons within the U.S. Army and with the Iraqi people, said Gandara.

"The beauty of the mission, that this battalion has, is that we are combat support, and every one of the Soldiers in this battalion has provided combat support to every Soldier in this brigade," he said. "I think

that every Soldier in the battalion can walk away knowing that they actually made a contribution ensuring that future Soldiers here will have it just a little bit better."

As the Griffon Soldiers continue to provide quintessential combat support services to the Cobra Brigade, Walker urges his Soldiers to stay focused on the mission at hand.

"When we deployed, the leadership was great, and yet still learning their roles and responsibility within the brigade," he said. "As with any great team we have to continue to learn and grow and keep our focus on the task at hand."

Walker acknowledged the Griffon Battalion's success, but said he aspires for his Soldiers to achieve an even higher level of success during the remainder of the deployment in support of Operation Iraqi Freedom.

"The main reason for our success has been the leadership and the quality of the individual STB Soldier," the Battalion Command Sergeant Major explained. "At this point we have met our mission goals; we do, however, have much farther to go."

**Sgt. Rommell Worrell, power generation equipment repairer, 4th Special Troops Battalion, 4th Brigade Combat Team, 4th Infantry Division, works on a generator motor at the Griffin Motor Pool at Forward Operating Base Prosperity.**



U.S. Army photo by Pfc. Jason Dangel



# 4STB ICE

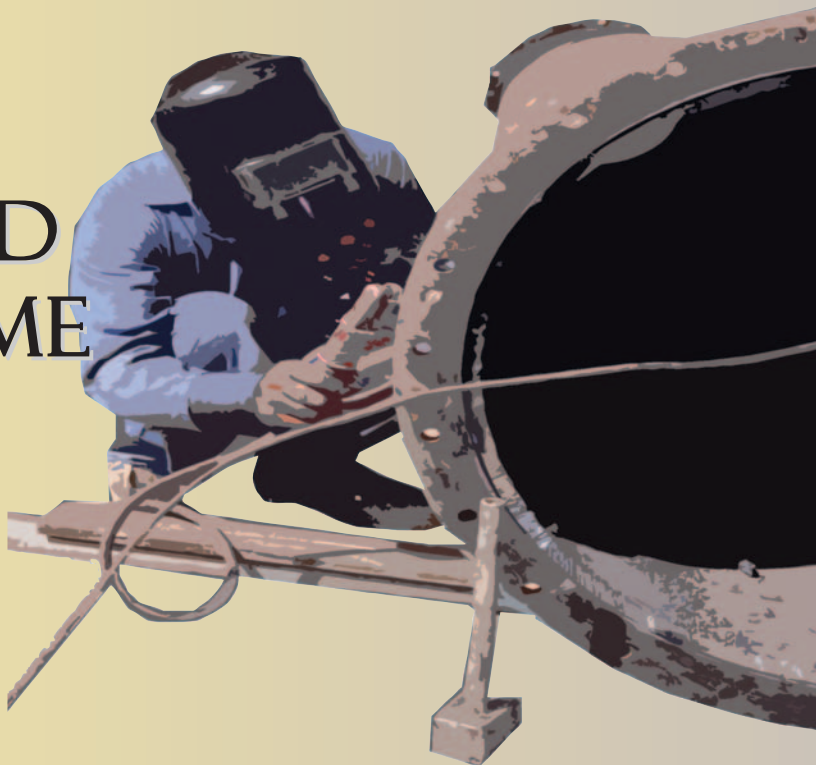
## HELPING BAGHDAD ONE STEP AT A TIME

*Story and photos by Staff Sgt. Brent Williams*

The Soldiers of the 4th Infantry Division's 4th Brigade Combat Team are working very hard at setting the conditions for the Iraqi government to take charge of the essential services and public works within Baghdad.

The brigade's 4th Special Troops Battalion has taken the lead in the fight to help the Iraqi government maintain and improve upon its essential services; utilities such as water, sewer, electricity and sanitation, for the Iraqi people living in southwestern Baghdad, said Lt. Col. Joe Gandara, commander, 4STB.

The battalion's assets, such as the Infrastructure Coordination Element, a group of engineers, officers and Soldiers, dedicated to helping Iraqis take the lead in building a better Baghdad, work with the local Beladiyats, or neighborhoods, and the governing authority to ensure the city of Baghdad is ready to improve the Iraqi people's living conditions.



The foundation of these projects, the infrastructure, is a series of essential services, such as water and electricity, which are essential for the Iraqi people to improve their basic living conditions.

"The Brigade's mission is to create an environment that enables the Iraqi Government to establish rule of law in Baghdad and transition to Iraqi control," said Capt. Ryan Parks, Sewer and Water Projects Manager, 4th STB.

"By developing and managing infrastructure projects, the ICE is helping create that environment," he explained. "If the citizens of Baghdad do not have to worry about necessities such as potable water and electricity, they can focus more on establishing governance and order to Iraq."

To date, the ICE cell has managed 94 essential service projects worth more than \$48 million. The projects also provide both short and long-term employment for Iraqis, to include hiring local laborers from different districts to work on projects.

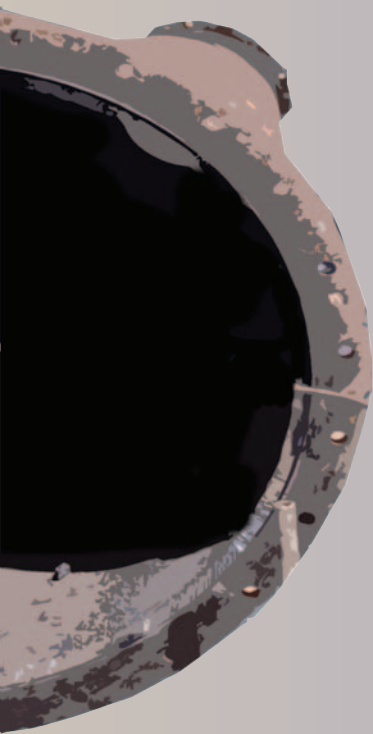
"There are countless neighborhoods and citizens around Baghdad that are benefiting from new infrastructure projects and from rehabilitation projects," he said.

Facing several challenges, to include lack of funding, unemployment and maintaining security in Baghdad, the work that has



**1st Lt. Jesse Bisnette, former Sewer and Water Projects Manager, 4th STB, inspects work done on the generator project designed to provide primary and alternate power to a Water Treatment Plant in Baghdad's Karrada District so that the plant will remain functional for Iraqis during electricity blackouts.**





Baghdad, to include the International Zone, the Karrada Peninsula and Al Rasheed District, the special troops battalion is also responsible for working with the Iraqi governance to facilitate the rebuilding of the infrastructure in the Baghdad area.

"The ICE is also the unit's primary liaison with the Amanat (Baghdad City government), local district utility directors, and outside agencies such as United States Army Corps of Engineers, Project Contracting Office, and the Provincial Reconstruction Team," Parks said.

As the Iraqi government transitions into the role of dispersing interim funds to rebuild the infrastructure, the role of civil military operations is changing, he explained.

"We bridge the gap by developing a relationship with not only the Iraqis, to gain their priorities--that is really where we are trying to focus at," said Maj. Ray Proske, executive officer, 4th Special Troops Battalion, 4th BCT, "but also to make sure that we begin to build a relationship with the (Iraqi) state departments that are currently standing up."

The coordination cell works with local

leaders to identify and service the particular needs of their communities, working especially to coordinate the repair of Iraqi essential services within the brigade's prescribed area of operations.

This task will only be accomplished once the city begins to regulate the essential services it provides to the people living in Baghdad, explained Proske.

The success of the battalion in its mission to improve the lifestyle of the Iraqi people cannot be gauged in dollars or in projects alone, added Gandara.

The real success is developing a relationship between the city government and the local townships within the city to identify and meet the real needs of the people, he said.

The real challenge is teaching civics to the local governance and its people as well as the meaning of a self-representative government, said Gandara.

"We also have the advantage of training the Iraqi people of doing it themselves within the parameters of a normal society," he said. "So that we know that we have built something that will stand; that I know will be a success within the traditions and culture of the Arab peoples."

been accomplished to date is setting the conditions for the Iraqis to be successful.

In addition to supporting the "Cobra" Brigade in its mission to secure and rebuild Central, Western and Southern



The 4th Special Troops Battalion, 4th Brigade Combat Team inherited many ongoing projects from previous units to include these generators purchased to provide primary and alternative power to a Water Purification Plant in Al Karrada District, Baghdad.



A project to build install generators purchased to provide primary and alternative power to a Water Purification Plant in Al Karrada District, Baghdad is completed by local Iraqi contractors May 2006. The 4th Brigade Combat Team's 4th Special Troops Battalion Infrastructure Coordination Element has managed 94 essential service projects worth more than \$48 million within the brigade AO since beginning work to increase Iraqi essential services.



# GRIFFON Motorpool keeps Soldiers Rollin'

Story and photos by Pfc. Jason Dangel

Soldiers deployed in support of Operation Iraqi Freedom, based out of Forward Operating Base Prosperity, know the performance of their vehicles can be the deciding factor between life and death. Before and after every mission, vehicle and equipment maintenance are first and foremost on their minds.

Despite all the attention a Soldier pays to their vehicle, the wear and tear of conducting combat operations eventually causes equipment parts to wear out or break. That's when the mechanics from the 4th Special Troops Battalion, 4th Brigade Combat Team, 4th Infantry Division are called upon for their expertise.

Located in a small motor pool on FOB Prosperity, a section of approximately ten military mechanics work tirelessly

to ensure more than 140 military vehicles are mission ready and equipped with all required armor upgrades for operations in the combat zone.

"Our main mission is to support the battalion and the brigade in maintenance operations," said Staff Sgt. Philip Walls, maintenance shop foreman and platoon sergeant, 4th STB, 4th BCT.

"This includes (High Mobility Multi Wheeled Vehicles), 5 tons, all the power generation equipment that is around the brigade and battalion headquarters. We maintain and quick fix all that equipment," the 13-year veteran from Ludlow, Ky. said.

On busier days, the mechanics see and repair anywhere from 20-40 vehicles and their motor pool and this includes M1114 Up-Armor

HMMWV's, M1078 Light Medium Tactical Vehicles, M1068 Armored Personnel Carriers and M2A3 Bradley Fighting Vehicles, Walls said.

Besides maintenance and repair, the "Griffon" mechanics are also responsible for ensuring all vehicles have all the new armor upgrades required to keep Soldiers safe on the roads in and around Baghdad, said Sgt. Francisco Espinoza, shop foreman, 4th STB, a native of Laredo, Texas

"One of the biggest things we are concerned with right now is the armor on these vehicles," he said. "We have to make sure all the vehicles have what they need."

Espinoza said knowing that he and his Soldiers contribute to the safety of others give his section a sense of pride and satisfaction.

"The armor saves a lot of lives and we are required to put this stuff on to make the vehicles safer for the Soldiers down on the line," Espinoza said.

As the "Dog Days" of summer quickly approach, and temperatures reach an upwards of 130 degrees Fahrenheit it is also extremely important that all air conditioning units inside the vehicles are fully operational.

More and more the Griffon Mechanics are repairing AC units because of the hot conditions, and according to Walls, they expect this trend to continue over the summer months.

"AC repairs are probably the most common repairs we are making these days, Walls said."

Walls emphasized the importance of staying cool and hydrated during the summer months, in which AC units



**Sgt. 1st Class Charles A. Venard, motor pool NCOIC, 4th Special Troops Battalion, 4th Brigade Combat Team, makes an alteration to engine part at the 4th STB Motorpool at Forward Operating Base Prosperity.**



in armored vehicles is of utmost importance for the Soldiers going out on missions two, sometimes three times a day.

"When something is broken we fix it," Espinoza said. "We have a great bunch of guys working out here, and they make my job very easy," he continued.

Walls and Espinoza both say their Soldiers have gone beyond what is expected of them and have deemed the 4th STB Motor pool a huge success.

"Most the guys were young and new when they first got to the unit, so we took them under our wings, got them all the training they needed and they have been rocking steady since we've been here," Walls said about his Soldiers.

"This motor pool has gone above and beyond success in terms of what is expected of a normal motor pool, Walls said. "You aren't going to find anything better than what is out here and the leaders we have for this motor pool."



Sgt. Francisco Espinoza, mechanic shop foreman, Headquarters and Headquarters Company, 4th Special Troops Battalion, 4th Brigade Combat Team, 4th Infantry Division, works on a HMMWV at the 4th STB Motor pool at Forward Operating Base Prosperity in central Baghdad June 26.





# THE COBRA TOC

## the Epicenter of the Brigade

Cpl. John Peters and Pvt. Allen Patz, Radio Transmissions Operators, Headquarters and Headquarters Company, 4th Brigade Combat Team, 4th Infantry Division talk to Soldiers at 4th Inf. Div. headquarters at the 4th BCT Tactical Operations Center at Forward Operating Base Prosperity.

*Story and photos by Pfc. Jason Dangel*

The brain, defined as a part of the spine and central nervous system, is

responsible for controlling all functions in the human body.

Just like the human brain, the 4th

Brigade Combat Team, 4th Infantry Division's Tactical Operation Center, located at Forward Operating Base Prosperity in Baghdad's International Zone, never stops running, and operates 24 hours a day, seven days a week.

The TOC, or Command Post, manages all operations within the brigade combat team. It is where all brigade staff sections come together to bring their expertise to the "fight", said Sgt. Maj. Charles Geisewite, operations sergeant major, Headquarters and Headquarters Company, 4th BCT, 4th Inf. Div.

"This 'meeting of the minds' allows the Brigade Commander and Senior Staff to make informed decisions and then implement the plan from one location where all assets are available," Geisewite explained.

The TOC provides a facility for planning, communication, and visualization where the brigade commander and his staffs can access command and control resources, Geisewite said.



Sgt. Maj. Charles Geisewite, operations sergeant major, 4th BCT, 4th Inf. Div. reviews information with Capt. Nicholas Graham, fragmentary order coordinator, 4th BCT, during a commanders update brief inside the TOC located at Forward Operating Base Prosperity.





**CW3 Travis Jackson, aviation chief, Headquarters and Headquarters Company, 4th Brigade Combat Team, 4th Infantry Division coordinates flights times for brigade personnel at the Tactical Operations Center located at Forward Operating Base Prosperity.**

"Inside the CP, the command group has access to 'real time' data, voice and imagery to make critical decisions rapidly," said Geisewite, a native of Austin, Texas.

Operations in the command post range from combat operations to peace enforcement, intelligence gathering, information operations, policing, essential services, and a multitude of other operations that require a variety of skills to accomplish the combat team's mission.

"The Command Post is not the 'heart,' that as always is the Soldiers that make up the Brigade," Geisewite explained. "Everyone must work together seamlessly in order to function successfully."

U.S. military personnel are not the only ones involved in the "Cobra" Brigades TOC operations.

As described by Geisewite, the Command Post is joint and multinational, meaning representatives from sister services and other Coalition Forces play key roles and vital assets to the Cobra team.

U.S. Air Force and Navy, the British Army and liaison officers from the Georgian Army are all key players in the mission in support of Operation Iraqi Freedom. The separate sections and individuals must work together and provide the Command Group the information needed to accomplish the mission.

On any given day, the Soldiers operating in the TOC communicate with the brigade's seven different battalions, and report all significant activity occurring in the area of operations to their 4th Inf. Div. Headquarters.

According to Capt. Nicholas Graham, fragmentary order coordinator, HHC, 4th BCT, everyone working in the TOC has a part in the success of operations.

"The TOC basically consolidates all the information from all our different battalions," he explained. "If there is an event that happens out in our battle space, or out on a convoy or patrol, all the information is reported to us here in the TOC, and we act accordingly depending on the situation."

"There is not one function that I can say is the TOC's bread and butter. There are so many moving pieces, and everything must fall into place in order for us to be successful," said the native of Hanover, Ind.

A new member to the TOC team, Cpl. John Peters, Command Post of the Future Operator and Radio Transmissions Operator, HHC, 4th BCT, admits the days can sometimes be very boring but said things can change in an instant.

The young noncommissioned officer from Fresno, Calif., reminisced about his time on the ground conducting patrols during his first deployment to

Iraq in 2004, and said his experience on the ground helps him successfully accomplish his job in the TOC.

"Sometimes when units on the ground are reporting some kind of an incident, I can visualize what is taking place because I've been there, and it makes it easier for me to record the event and pass it onto (4th Infantry) Division," he said.



**Cpl. John Peters, Radio Transmissions Operator, Headquarters and Headquarters Company, 4th BCT, 4th Inf. Div. responds to a call from the 8th Squadron, 10th Cavalry at the brigade Tactical Operations Center FOB Prosperity.**



# SPOT REPORT

Soldiers from Co. B, 704th Battalion, 4th BCT prepare for a supply push at FOB Prosperity. The gun truck platoon or "Rat Platoon" allows the 704th Support Battalion to accomplish all assigned missions without relying on the maneuver battalions of the 4BCT to escort combat logistics patrols throughout the Brigade's battle space.



U.S. Army photo by Pfc. Jason Dangel



U.S. Army photo by Pfc. Jason Dangel

**Multi-National Forces - Iraq Commander General George Casey addresses Soldiers during a naturalization ceremony at Camp Victory in western Baghdad. Four Soldiers from the 4th BCT became official members of the United States on America's Birthday, July 4.**



U.S. Army photo by Pfc. Jason Dangel

**Staff Sgt. Glenn Living, Headquarters and Headquarters Company, 1st Battalion, 12th Infantry Regiment, 4th Brigade Combat Team, 4th Infantry Division, flips burgers and dogs on a grill outside Forward Operating Base Prosperity's Chapel. Soldiers from around the 4th BCT, deployed in Baghdad's International Zone, gathered at the Prosperity Chapel for food, fun and fellowship on Prosperity Lake celebrating the Nation's Birthday.**



U.S. Army photo by Staff Sgt. Brent Williams



U.S. Army Photo Pfc. Jason Dangel

**(ABOVE) Iraqi soldiers learn how to fight in urban setting with U.S. Army instructors at Forward Operating Base Honor June 10.**

**(LEFT) Sgt. Nolan Dawson, team leader, Company A, 2nd Battalion, 506th Infantry Regiment, gives money to a WWII Veteran, living in Al Doura, Baghdad, to buy food and fuel.**



U.S. Army photo by Pfc. Jason Dangel

**Staff Sgt. Leonard Hopkins, 1st Battalion, 12th Infantry, 4th Brigade Combat Team, 4th Infantry Division, Military Integrated Transition Team, leads a group of Iraqi Army soldiers through PT at Forward Operating Base Honor June 13. MITT Soldiers not only train the Iraqi Soldiers for combat, they also stress the importance of physical fitness as well. Hopkins is a native of Brooklyn.**



A close-up, slightly blurred image of the American flag, showing the stars and stripes. The flag is draped and appears to be waving, with the blue field of stars in the upper left and the red and white stripes below. The lighting is warm, with a golden glow on the right side.

# *LESS WE FORGET*

**“Let us have faith that right makes might,  
and in that faith, let us, to the end,  
dare to do our duty as we understand it.”**

**—Abraham Lincoln.**



# SOME GAVE ALL...

## Cobra Soldiers remember leader, friend

Story and photos by Pfc. Jason Dangel

July 1, 2006 was a somber day of remembrance as the Currahee Soldiers of 2nd Battalion, 506th Infantry Regiment, 4th Brigade Combat Team, 101st Airborne Division bid farewell to one of their brothers-in-arms at Forward Operating Base Falcon.

Cpl. Ryan J. Buckley, a native of Hillsboro, Ill., assigned to Company B, 2nd Battalion, 506th Inf. Reg., 101st Abn. Div., was remembered for his smile, quality of character and dedication to his fellow Soldiers, said Maj. Richard Collins, executive officer, 2nd Bn., 506th Inf. Reg.

Buckley, 21, was killed from injuries sustained when an improvised explosive device detonated near his High Mobility Multi Wheeled Vehicle during combat operations in southern Baghdad.

"As a gunner he had a very dangerous job whose duty was to protect the occupants inside the patrolling vehicle from the enemy," Collins explained to a massive crowd of Soldiers attending the memorial ceremony for their fallen hero.

"On the night of 23 June 2006 he was doing just that; protecting his fellow Soldiers when he sacrificed himself for the cause of freedom, democracy and a future without terrorists," Collins said honoring Buckley.

Capt. Christopher Beal, Commander, Company B, 2nd Bn.,



**1st Sgt. Johnny Rosario, 2nd Bn., 506th Inf. Reg., 101st Abn. Div. shouts out the final roll call during a memorial ceremony for a fallen hero at FOB Falcon in southern Baghdad**

506th Inf. Reg., remembered Buckley as a Soldier, natural leader and a man.

Beal described the day he first met Buckley where a conversation ensued about the young leader's family. According to Beal he could tell right away that Buckley was dedicated to his fellow Soldiers.

"I could tell that I met a man that wanted to be with his Soldiers, his friends and his Army family," Beal said.

"We must all remember him for the man he was, a man who could always put a smile on your face, and a man who always had the answers. He will be beside us always," he said.

According to friend and platoon leader, 1st Lt. Joshua Headley, he had to opportunity to watch Buckley grow into the natural leader that he was. The two spent two years together growing and learning from each other.

"Corporal Ryan James Buckley was one of my dearest friends," Headley said, tears falling from his eyes. "He told me he was not afraid to make the ultimate sacrifice and there was no other way he would want to leave this world than doing the job that he loved."

Headley explained that as Buckley's leader he admired his Soldiers bravery and courage and is devastated by the loss of his friend.

"The unthinkable and reality is here and is looking at us directly into our souls, but today is not a bad day, it is a celebration," he said.

"We are here Corporal Buckley for who he was, what he stood for and what he meant to us. He was a Soldier, a son, a brother, a husband and a friend.

"If your listening right now buddy I want to thank you," Headley said, tears streaming from his eyes, "for all the hard work, the sacrifice you have given your platoon, the Army and your country."

As silence shrouded the chapel and Headley concluded his speech to all in attendance, the sound of taps filled the air and the twenty-one gun salute sounded for the Soldiers, their fallen friend, and leader.



**Soldiers remember the life of a friend during a memorial ceremony at Forward Operating Base Falcon in southern Baghdad July 1.**



# KING COBRA CAFE

## Keeping Soldiers Fit to Fight

Story and photos by Pfc. Jason Dangel



**A King Cobra Cafe dining facility worker from the Gulf Catering Company prepares the kitchen for dinner service .**

In a combat environment, every Soldier has a unique responsibility; they are all a piece of the puzzle. No one Soldier is more important than the other. All the pieces must fit together in order to have total mission success.

These are the same thoughts that run through the minds of 20 Soldiers who staff and supervise food operations at the King Cobra Dining Facility at Forward Operating Base Prosperity in central Baghdad.

These Soldiers all share a huge responsibility, and that is to ensure more than 10,000 Soldiers and U.S. Army contractors receive safe and healthy meals, said Sgt. Lorenzo McCallister, DFAC floor manager, Forward Support Company E, 704th Support Battalion, 4th Brigade Combat Team.

The small group of Soldiers comprised of personnel from Forward Support Company E, 704th Support Battalion and the 4th Special Troops Battalion both from the 4th Brigade Combat Team, 4th Infantry Division maintain the largest DFAC in Iraq and supervise approximately 600 food service personnel contracted by Kellogg Brown and Root.

There is no "close of busi-

ness" at the King Cobra Cafe. Soldiers and Food Service employees from the Gulf Catering Company alike, work around the clock to ensure no one is left unfed. "Basically our job is to assist and supervise food service operations and to ensure everyone has a chance to eat," McCallister said a native of Dallas, Texas. "A lot of the Soldiers who are out on missions don't have the chance to eat during normal DFAC hours so we help them out by staying operational 24 hours a day."



**Spc. Phillip Romero, food service specialist, Co. E, 704th Spt. Bn., supervises dinner service at the King Cobra Cafe at FOB Prosperity in central Baghdad.**

Unlike operations at Fort Hood, Texas, the Soldiers who work at the facility do not cook; instead, they supervise, provide quality

control, and otherwise oversee the operations.

Throughout the day and into the early morning and during the course of four meal periods the DFAC feeds the thousands of soldiers and U.S. and authorized foreign national contractors on the FOB and International Zone.

The challenge to stay open 24 hours a day is almost routine for many of the Soldiers who work at the facility, and many say the hours are comparable to the normal life as a cook back in the states.

"We are basically doing the

rooms then the kitchen. The biggest difference here is you here gunshots sometimes, he laughed."

Staff Sgt. Anthony Watts, assistant DFAC manager, Company E, 704th Spt. Bn., said his Soldiers and the food service employees have been very successful in ensuring everyone has the chance to enjoy a safe nutritious meal and argues that the King Cobra Café is the best DFAC in Iraq.

"I would have to say that this is the best DFAC not only in the IZ and Iraq, but I'd have to say it's the best in southwest Asia," Watts laughed, a native of Philadelphia, Pa.

As the team of Soldiers and the employees from the Gulf Catering Company continue to provide food services to thousands of Soldiers and civilians working in the Iraqi Capitol they all feel like they are making a difference.

"I love the fact I can do my job and contribute to the mission," Romero said. "Even though I'm not an infantry Soldier; even though I'm not out there doing patrols; I know that I'm a gear in the bigger machine and I'm doing my part to serve my country."

same thing we were doing back home," said Spc. Phillip Romero, food service specialist, Company E, 704th Spt. Bn. "We see our



# Soldiers celebrate Independence Day

Story by Staff Sgt. Brent Williams

Marinated T-Bone steaks smoking on the grill, barbecue chicken, ribs and all the finger lickin' fixings helped make this year's Fourth of July Celebration a little more like home for Soldiers of Multi-National Division - Baghdad.

Soldiers of the 4th Brigade Combat Team, 4th Infantry Division, serving at Forward Operating Base Prosperity in central Baghdad, took time from their busy schedules and daily routines to relax and enjoy each other's company, play games and enjoy backyard cooking in celebration of their nation's Independence Day.

"All the norms for a normal Fourth of July and recognition of Independence Day, the way Soldiers are use to it," said Sgt. 1st Class Audrey Smith, noncommissioned officer-in-charge, King Cobra Café Dining Facility. "Yes, we are out in a danger zone, but a little touch of home is always nice."

NCOs joined with Kellogg, Brown and Root workers to serve up barbecue and flip the finest meats available, adding seasoning and marinating the entrees over hot charcoal grills to give servicemembers at FOB Prosperity's King Cobra Café a taste of a backyard grill for both lunch and dinner in celebration of the 4th of July, said Tracy Sanders, food service technician, KBR.

Food wasn't the only high-

light of the day for the Soldiers as the brigade's chaplains, to include the 4th Special Troops Battalion and the 1st Battalion, 12th Infantry Regiment, invited all



Photo by Pfc. Jason Dangel

**Chaplains, noncommissioned officers and Soldiers from the 4th Brigade Combat Team, 4th Infantry Division, came together to celebrate food, fellowship and fun at the FOB Prosperity Chapel July 4.**

to attend a fellowship gathering at the FOB Prosperity Chapel.

Soldiers came together to enjoy the atmosphere at the chapel overlooking Lake Prosperity for food, fun and fellowship, said Capt. Will Horton, chaplain, 4th BCT.

"A lot of times Soldiers go a lot of different directions. Tonight they get together, and they are doing it around food, around great Christian music and a great opportunity to fellowship together," Horton said.

Nothing really compares to an Independence Day watching the fireworks at his father's house on the lake in Oak Harbor, Wash., but for

Spc. Tyler Rollis, awards clerk, Headquarters and Headquarters Company, 4th BCT, the Fourth of July, deployed in support of Operation Iraqi Freedom, is still a good time to socialize.

together," he said.

Spc. Shenika Landers, chaplain's assistant, HHC, 4th STB, who otherwise would be spending the holiday with her two children back at Fort Hood, Texas, helped organize and set up the evening's events.

The Soldiers who attended the social gathering played cards, board games, ate even more food and talked with friends and peers late into the night.

"This is pretty good for the Soldiers to give them the chance to come out with us, and listen to some music, and give them the chance to hang out together and do stuff that they would do back home," said the 23-year old Landers, a native of Sandersville, Ga.

"We gave them the chance to relax and get away for a minute and celebrate the Fourth of July in a way they would back home."

"This is still great to have everybody come together, meet people, hang out



Photo by Staff Sgt. Brent Williams

**Kellogg, Brown and Root employees serve up T-Bone Steaks marinated in non-alcoholic beer and seasonings, for 4th BCT Soldiers at the King Cobra Cafe.**



## *Ma'an Ila Al-Amam*

### *Together Forward*



U.S. Army photo by Staff Sgt. Brent Williams

Iraqi Shurta Wadaniya, or National Police, and Soldiers of the 4th Brigade Combat Team, 4th Infantry Division work to combat terrorism and illegally armed groups in Iraq.

*Story by D. Saleeh*

The new security plan is designed to show the ability of the Iraqi security forces as they take control of more sectors in Iraq and Baghdad.

It's very important for Iraqis to have new security forces that can start from the zero point and take the responsibilities of the first Iraqi civil defense corps and the police academy.

Day by day, the number increases as the ISF develop and conduct many operations independently.

We are seeing success.

We have the local support when the tribe leaders come together to support the government, and they did.

We notice that the number of the attacks targeting the Iraqi security forces is

reduced. However, the violence has increased.

But the terrorists are targeting the civilians. Also we have the new initiative of the Iraqi prime minister calling the armed groups to dialogue with the government and to join the political process.

So about 10 armed groups have responded and have begun the talks with the government.

But we have a major enemy in Al Qaeda terrorist organizations in Iraq.

We can see that they will be spirited after joining the armed groups to the political process and also the death of Al Zarqawi.

They will make peace with the Iraqi government, or they will become easy targets for the Iraqi forces.

## *The Importance*

### *of the Reconciliation*

*Story by Ahmed*

When the Iraqi Prime Minister, Nouri Al Maliki announced about the national reconciliation project to stop the sectarian violence in Iraq, which aims to improve the security situation, we found many reactions about this project.

Some forces call to hold the conference outside Iraq and that makes the project empty from its goals because it's supposed to be created for Iraqis.

Many countries supported Al Maliki and evoked the political forces to participate in the project.

The government suggested the negotiation with armed groups who were involved with terror actions against the security forces or the civilians, and we heard about 25 armed groups ready to leave the weapons and participate in the political process.

After that, the people were hoping from this project to solve the political differences and work hard to save the services for the civilians.

Al Maliki's initiative to create the national reconciliation and make the political process work together is very good and has achieved some goals.

If the project succeeds, it will have many benefits,

like the security situation will improve, leading to Iraq's reconstruction. This will create jobs for the unemployment, save the public services for the civilians, and increase oil productions, making more money for the government.

But there are some hidden forces working hard to foil the project by creating the sectarian violence between the Shiite and Sunni, targeting their areas to make the Shiite blame the Sunni and the Sunni accuse the Shiite in efforts to keep the security situation bad.

These forces are from the areas neighboring Iraq who are supporting the sectarian violence.

Al Maliki recently said, "Armed groups and individuals using weapons against the Iraqi security forces are illegal."

It is the responsibility of everybody in this country to take heed to this call.

Iraqis must remember violence only breeds more violence.

In Iraq, we have an aphorism that after every hardship there will be a relief.

This crisis will make Iraqis unite against the terrorists, and the government will work hard with the civilians to transfer Iraq to the best.



# "I will bear true faith and allegiance to the same."

Story and photos by Pfc. Jason Dangel

When he described the United States of America Statesman Henry Cabot Lodge said, "It is the flag just as much of the man who was naturalized yesterday as of the men whose people have been here many generations."

American citizens come in all shapes and sizes, races and religions. American citizens also come as Soldiers.

For two Soldiers from the 4th Brigade Combat Team, 4th Infantry Division, deployed to Forward Operating Base Prosperity in central Baghdad's International Zone, "Living the American Dream" became a reality on the Nation's Birthday, July 4.

Sgt. Francisco Espinoza and Spc. Bouchra Bellouzi, both from the 4th BCT, 4th Inf. Div., along with 73 other U.S. servicemembers took the oath of citizenship to become America's newest citizens during a ceremony in western Baghdad.

As Soldiers, they both share a common bond, and that is they are both protectors of the American way of life, but their paths to gaining citizen-

ship differ entirely.

Espinoza, a 25-year-old mechanic assigned to Headquarters and Headquarters Company, 4th Special Troops Battalion, was only six years old when he and his family moved from Nueb Laredo, Mexico to Laredo, Texas.

According to Espinoza, times were tough and his family wanted to give their children a world of opportunity and a future.

At age 14, Espinoza officially became a resident of the U.S. but had not yet achieved citizenship status and was reluctant to start the process because of the lengthy turn around, which could take years.

Shortly after graduating High School, a young Espinoza decided to join the U.S. Army after the terrorist attacks on American soil on Sept. 11, 2001. He joined the Armed Forces to fight for a country he believed in and considered his own.

At a time when Americans valued patriotism more than ever, Espinoza demonstrated that he was part of this spirit



**Spc. Bouchra Bellouzi, HHC, 4th BCT, takes the oath of citizenship during a ceremony at Camp Victory July 4.**

through his service in the military.

"I chose to fight for a country I wasn't a citizen of, because I love America," Espinoza said. "For being part of the Army, and fighting for a cause I believe in, I feel like I deserved to be a citizen."

Shortly before deploying in support of Operating Iraqi Freedom in December 2005, he filed his immigration paperwork to become a U.S. citizen and officially took his oath Tuesday in front of his friends and colleagues in the Iraqi Capitol, fulfilling one of his lifelong dreams.

Bellouzi, Headquarters and Headquarters Company, 4th BCT, was 25 when she made the decision to immigrate to America from the country of Morocco.

The young Moroccan woman had dreams of studying in the United States and hoped to become part of the "American Dream."

Only eight months after making her voyage from across the Atlantic, she met her husband Indli, and they made their home in San Francisco, Calif., where they gave birth to their first child, a baby boy named Karim.

With hopes to someday work for the Federal Bureau of Investigations or the Central Intelligence Agency in Washington D.C., Bouchra, with the support of her family, joined the U.S. Army at age 33 to work as a military intelligence specialist.

"I didn't join the Army just to become a citizen," she explained. "It was always one of my dreams to be an American Soldier. I wanted to use the opportunity to jump start my career and by doing so I became a U.S. citizen as well."

"I love my job and that is what is important to me, but it's great to be a citizen and have the freedoms that all Americans have," she said.

Just like Espinoza and Bellouzi, thousands of immigrants from around the world have answered the call to duty and stepped forward to put their lives on the line in the war against terrorism.

After the naturalization ceremony, both Espinoza and Bellouzi agree that being an American citizen is the true meaning of being an American Soldier, one who lives, fights and dies living the American way of life.



**Sgt. Francisco Espinoza, mechanic, 4th STB, 4th BCT smiles for the camera during a naturalization ceremony in western Baghdad July 4.**



# Developments Iraq In History

**MARCH 19, 2003:** Coalition begins invasion of Iraq

**March 30, 2003** 4th Infantry Division begins arriving in Kuwait

**April 4, 2003** Coalition forces capture Saddam International Airport and rename facility Baghdad International Airport.

**APRIL 9, 2003:** Saddam Statue Toppled

**MAY 1, 2003:** Mission Accomplished  
"My fellow Americans: Major combat operations in Iraq have ended"  
-President George W. Bush

**Aug. 6, 2003:** Coalition forces kill Saddam's sons Uday and Qusay after fierce gun battle in Mosul.

**DECEMBER 14, 2003:** The 4th Infantry Division captures Saddam.

**JUNE 28, 2004:** Coalition transfers authority.

**March 8, 2004** Iraqi Governing Council signs interim constitution in Baghdad

**JANUARY 30, 2005:** Iraqis vote to form a Transitional National Assembly

**February 17, 2005:** Iraq's Independent Electoral Commission certifies results from Jan. 30 elections.

**March 3, 2005** A new health academy opens in Iraq

**March 16, 2005** Iraq's new Transitional National Assembly is seated in Baghdad

**April 6, 2005** Iraqi Transitional National Assembly elects Kurdish leader Jalal Talabani as president.

**Oct. 15, 2005:** Millions of Iraqis cast ballots in constitutional referendum.

**Oct. 19, 2005:** Saddam Hussein's trial begins in Baghdad.

**Dec. 15, 2005:** 70 million, nearly 80% of all registered voters, cast their ballots.

**Dec. 24, 2005:** 4th Brigade Combat Team, 4th Infantry Division arrives in central and southern Baghdad.

**Jan 21 2006:** The Shia-led United Iraqi Alliance was announced as the winner in December's elections, but the alliance fell short of an absolute majority, with Kurdish parties and Sunnis winning the remaining seats.

**Feb 22 2006:** A bomb attack severely damaged the al-Askari shrine in Samarra, one of the holiest cities in Shia Islam.

**Apr 22 2006:** President Talabani asks Shia compromise candidate Jawad al-Maliki to form a new government. The move ends four months of political deadlock.

**May 3 2006:** Iraq's parliament met for its first full legislative session since it was elected in December.



# **SAFETY FIRST**

## **HMMWV (M1114/M1151) Emergency Rescue Wrench/Bolt Removal Tool**



### ***PROCEDURES: REMOVE THE BOLTS***

- 1. Remove emergency rescue wrench from storage position behind right rear passenger seat on the “C” partition.**
- 2. Identify door that allows immediate access to occupants.**
- 3. Locate two groups of three bolts at the rear of each door.  
Note: One bolt protrudes in each group**
- 4. Remove countersunk bolts first then the protruding one.  
Complete one group at a time. Remove bolts by turning in a counter-clockwise motion until the bolts back out.  
Note: Soldier should feel the lock fall after removing the third bolt from each group.**
- 5. After removing the second group of bolts, open door with handle.**
- 6. Proceed to next door.**





*Fitness advice by Pfc. Jason Dangel, ACE certified personal trainer*

The importance of strengthening the abdominal (or "abs") cannot be overemphasized. The functions of the mid-section include flexion, lateral flexion and rotation of the torso as well as flexion of the hip. Virtually all sports require the use of the abdominals to some degree. In addition, having a strong mid-section will remove stress that tends to build up in our lower backs from being sedentary.

#### General Guidelines:

Exercise the abs at the end of your workout. Remember, the abdominals stabilize the rib cage and aid in forced expiration. So, it would not be wise to fatigue your mid-section early in your workout since this would detract from your performance in the other exercises that involve the larger, more powerful muscles (i.e. the hips, legs and upper torso).

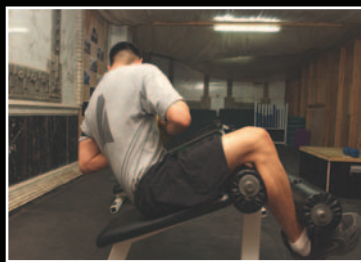
Exercise the upper abs before the lower abs. For example, when performing an ab crunch, a person uses his rectus abdominis and iliopsoas (or hip flexor). The iliopsoas is the "weak link" in executing a sit-up. This means that your hip flexors -- i.e. your lower abs -- will fatigue well before your upper abs.

*Exercises demonstrated by Spc. Greg Vidad, 704th Support Battalion, 4th Brigade Combat Team, 4th Infantry Division*

## Road to a strong Core

### 6 week intermediate AB routine

Exercise	Sets	Reps
AB Crunch Machine	4	30
Air Bike	3	25
Weighted decline cross body crunch	3	20
Hanging leg raise	3	15-20
Weighted incline side crunch	3	25



**WEIGHTED DECLINE  
CROSS BODY CRUNCH**



**SUPINE BICYCLE**



**AB CRUNCH MACHINE**



**HANGING LEG RAISE**



**WEIGHTED INCLINE  
SIDE CRUNCH**



# Cobras Light

## Let freedom ring

*Chap. (Capt.) Tony Sanders  
Battalion Chaplain,  
4th Special Troops Battalion  
4th BCT, 4th Inf. Div.*

Blessings to all 4th Brigade Combat Team soldiers. This month we celebrate the 4th of July.

Let us reflect upon the reason, and that is to celebrate the freedom we as Americans enjoy. Our freedom is the greatest in the history of the world.

However, freedom always has a price, and to that I want to give the utmost honor to all Americans and their families, who have given their all for our nation's

freedom.

We have a rich heritage of maintaining our freedom for our nation and for others as well. We have set a new standard for government power and that is "not to take" but "to give", freedom.

What about the freedom of the human heart? It also comes with a price, the shed blood of the Lord Jesus Christ on Calvary.

As I reflect upon the red stripes of our American flag, I can't help but also reflect upon the blood that flowed from the Lord Jesus Christ as he gave His all for the Elect of God the Father.

Although He is one person com-

pared to the many that have died for our nation, He was unique in that He was the very God, the creator of the heavens and the earth. Because He was God, His death, burial and resurrection accomplishes eternal freedom for the chosen of God who do now enjoy freedom from sin, but an even greater freedom, spending eternity with God the Father, God the Son, and God the Holy Spirit for ever and ever, Amen.

I pray that you find this freedom that is found in the Lord Jesus Christ.





# SGT'S TIME

# Iraqi Arab Culutral Values

As **Representatives** of our **Country** and the **American People**, it is every **Soldier's Duty** to ensure individual and unit **Conduct** is consistent with the **Values** and **Traditions** of our **Nation** and our **Service**. Every **Soldier** must **Understand** and **Respect Iraqi Values** to ensure the successful completion of the **Mission**.



**FRIENDS/TRIBE**--Arab culture calls for courtesy and warmth toward friends/**AGE** and **WISDOM** is honored.



**RELIGION**--central to all things/**GOVERNMENT**--protects religion.



**MODESTY**--when interacting between genders/**WOMEN'S HONOR**--is key value.



**TIME** is much more relaxed; urgency not as stressed as some cultures/**WEALTH** is honored.



**FAMILY/TRIBE**--central to everything/**HONOR** is most important value



**SHAME**--should be avoided at all costs; taken seriously.