

EXPEDITIONARY TIMES

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2009 Financial Highlights

- Annual pay raise for military members: Members can expect to see a 3.9 percent increase in their basic pay effective Jan. 1. See the DFAS website for the updated pay tables. <http://www.dfas.mil>

- Basic Allowance for Housing (BAH): For new housing allowance rates, <http://perdiem.hqda.pentagon.mil/perdiem/bah.html>

- Basic Allowance for Subsistence (BAS): New rates for subsistence, officers will be \$223.04 and enlisted will be \$323.87 per month.

- Thrift Savings Plan: The new 2009 contribution limit for the TSP will be \$16,500. For frequently asked questions on the TSP program, <http://www.tsp.gov/curinfo/qsas-limits.html>

- 2008 W-2s are expected to be available on myPay website, Jan. 23. However, for those that arrived in December will need a corrected W-2 that reflects the Combat Zone Tax Exclusion entitlements. The corrected W-2's will be available mid February.



U.S. Army photo by Master Sgt. Carl Mar

Young students at Al Saafy Elementary School, located in Al Habeb, Iraq, display their enthusiasm after seeing members of the Civil Affairs team, 287th Sustainment Brigade while visiting their classroom on Dec. 23.

“Sustainers” honor fallen New York heroes in transfer of authority

STORY AND PHOTOS BY
SGT. HEATHER WRIGHT
287th Sust. Bde. PAO

CONTINGENCY OPERATING

BASE ADDER, Iraq — Guests of the outgoing 962nd Ordnance Company and incoming 24th Ordnance Detachment's transfer of authority witnessed a special ceremony on Jan. 6.

The 962nd Ord. Co. transferred two flags, the U.S. Flag and

the New York Fire Department flag flown at the World Trade Center's "Ground Zero," to the 157th Combat Service Support Battalion, the 24th Ord. Det.'s parent unit.

Col. Neil Skow, 301st Regional Support Group Commander, and retired firefighter was a member of New York Fire Department's Ladder Company Two when the towers fell. His company lost ten men that day. He and other men from his company flew the flags for four months at the site. Skow took the flags with him when he deployed as commander of the 413th Quartermaster Battalion

to Iraq in 2003. Since then, the flags have been back in the States only twice to switch hands as different companies deployed.

The flags have been in Iraq with the 773rd Transportation Company, the 306th Military Police Battalion, the 2nd Platoon, 962nd See **HONORED**, Page 11



Command Sgt. Maj. Orlando Santiago of the 157th Combat Support Services Battalion places an American flag that was flown at Ground Zero into safekeeping during the 962nd Ordnance Company transfer of authority ceremony, Jan. 6.

332 ESFS Blotter

Jan. 1 – Jan. 7

Patrol Response/Unauthorized Vehicle:
An Air Force member contacted security forces to report an unauthorized vehicle on the installation. SF patrols were dispatched to the location of the unauthorized vehicle which did not contain a registration pass and contact was made with the operator of the vehicle. It was determined the vehicle needed to be removed. The 532 ESFS was contacted and escorted the vehicle off the installation.

UXO Discovery:
An SF patrol reported the discovery of a unexploded ordnance. EOD personnel were dispatched to the scene and secured the UXO for later disposal.

Minor Vehicle Accident GOV vs. GOV:
An Air Force member contacted security forces to report a vehicle accident. SF patrols were dispatched and made contact with the driver. The driver of vehicle #1 was driving through the choke point of the entry control point and was struck by vehicle #2, which did not stop. A statement was made by the driver and digital photos taken of the damaged vehicle. The driver was advised to inform her chain of command.

Medical Emergency:
Security forces were notified of a medical emergency. SF patrols were dispatched to the scene. SF patrols arrived with medical personnel. An individual was having difficulty breathing and was treated on scene by the medical personnel.

Suspicious Package:
Security forces were notified of a suspicious package located at Bldg. #9350. An SF patrol was dispatched to the scene with the fire department personnel. The package was inspected and deemed to be not dangerous.

Found Government Property:
A civilian contractor entered the Eagles Nest to turn-in found government property. The desk sergeant accepted the property on a DA form 4137 and placed the property into safekeeping.

NIPR- 443-8602

SIPR- 241-1171

Email- PMOdesk@iraq.centcom.mil

WARNING:

ELECTRICAL HAZARDS

VEHICLES

Low-hanging overhead electrical power lines has caused electrical shocks to personnel, and severe damage to vehicles and vehicle equipment.

Contributing Factors

☐ Low-hanging overhead electrical power lines

☐ Height of new equipment (e.g., STRYKER and MRAP)

☐ Radio antenna improperly tied down

☐ Gunner/TC not positioned at nametag defilade and gunner's weapon muzzle positioned high

Corrective Measures

☐ Secure antenna when tactically feasible

☐ Gunner/TC maintain nametag defilade

☐ Coordinate with LARS to develop effective wire-strike prevention devices for tactical vehicles


Inspections and Controls

☐ During PCIs ensure equipment on top of vehicles is properly secured


☐ Commanders, leaders conduct walk-around spot inspections

☐ Leaders ensure Soldiers maintain nametag defilade and weapons situational awareness

☐ Soldiers enforce corrective measures to prevent electrical hazards



Point of Contact: Safety Officer or NCO



EXPEDITIONARY TIMES

3^d ESC Commanding General, Brig. Gen. Michael J. Lally

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287th Sustainment Brigade
332nd Air Expeditionary Wing
555th Engineer Brigade
304th Sustainment Brigade
56th Multi functional Medical Battalion
CJSOTF-AP
Task Force 34

Mission Statement: The Expeditionary Times Staff publishes a weekly newspaper with a primary mission of providing command information to all Servicemembers, partners, and Families of the 3^d Sustainment Command (Expeditionary) team and a secondary mission of providing a means for units on Joint Base Balad to disseminate command information to their audiences.



A message from the Commanding General



REPLY TO:
ATTENTION OF

DEPARTMENT OF THE ARMY
HEADQUARTERS 3^d SUSTAINMENT COMMAND (EXPEDITIONARY)
JOINT BASE BALAD
APO, AE 96381

AETV-CG-EO

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Dr. Martin Luther King, Jr. Day Observance 2009

1. First observed in 1986, President Ronald Reagan signed the Martin Luther King Jr. Day holiday into law in 1983. This annual observance, celebrated the third Monday in January, honors Dr. Martin Luther King Jr.'s contributions to the history and culture of the United States. The 2009 National Theme is: "Remember! Celebrate! Act! A Day On, Not a Day Off!"
2. We honor Martin Luther King, Jr., and remember his strength of character and his leadership. As a clergyman, activist and prominent leader in the American civil rights movement, Dr. Martin Luther King, Jr. became the youngest person to receive the Nobel Peace Prize for his work to end segregation and discrimination through non-violent means.
3. Soldiers of the 3^d Sustainment Command (Expeditionary) should reflect on the significant contributions and achievements of Dr. Martin Luther King, Jr. All subordinate units of the 3^d Sustainment Command (Expeditionary) are encouraged to support appropriate programs and activities to observe "Martin Luther King, Jr. Day."
4. Sustaining the Line!

Michael J. Lally
MICHAEL J. LALLY
Brigadier General, USA
Commanding

DISTRIBUTION:
A

Iraqi village welcomes new partnership and Sustainer friends

STORY AND PHOTOS BY
MASTER SGT. CARL MAR
287th Sust. Bde. PAO

CONTINGENCY OPERATING
BASE ADDER, Iraq – Four

years is a long time for friends to not see each other. Attitudes can change which was a concern for the Civil Military Operations team, 287th Sustainment Brigade as they visited the village of Habib in Muthanna province, Dec. 23. The trip's primary purpose was to assess the community's water pump for possible replacement, but the result was the

renewing of old ties.

Two weeks prior to the visit, Lt. Col. Clint Moyer, 287th civil affairs chief, attended a key leaders meeting between area shaykhs and his unit's command staff when he met shaykh Al Habeb of the Al Ghinizsi tribe. In their dialogue, Moyer learned that in 2004 Coalition forces built a road through the shaykh's village and remodeled the village school. Since the completion of the project, however, no Coalition forces have visited the village.

"Shaykh Al Habeb also said that the village water pump was in dire need of replacement and asked for our assis-



Sgt. 1st Class Alexander Parker, the civil affairs operations sergeant for the 287th Sustainment Brigade, reads aloud a children's story to students at Al Saafy Elementary School, Al Habeb, Iraq, while interpreter Kamal translates his words into Arabic on Dec 23. His reading effort is part of the "Read Iraq" program which helps young Iraq students learn English as a second language and to improve their listening and speaking skills.

tance," said Moyer.

The 287th Sust. Bde. recently assumed responsibility for sustainment operations in southern Iraq. The civil affairs team had yet to go out independently on a mission. Al Habeb presented the team several arguments why it would be a good first mission.

"It's a place where no Coalition forces have been for a while, and conducting a site survey of their pump offers us a chance to re-establish relations with the people. The Al

Saafy elementary school there is a bonus. It gives us an opportunity to start our 'Read Iraq' program," said Sgt. 1st Class Alexander Parker, 287th Sust. Bde., civil affairs operations.

The program, explained Parker, utilizes Soldier volunteers to read familiar children stories to Iraqi schoolchildren learning English as a second language. The children learn from English speakers how to enunciate words correctly and gain insight into Western culture.

After two weeks of preparation, the civil affairs team arrived at the village. Upon arrival, the team found the pump and assessed its condition. Little of the original green paint remained; most parts now rusted dark brown, and leakage was evident around its base. Having completed the assessment, Shaykh Al Habeb and the village elders greeted the team members and invited them inside a nearby community building for hot tea.

About a dozen men with young children at their side, listened intently as Shaykh Al Habeb engaged Moyer in brief discussion. He retold the story of how Coalition forces helped the village in the past, and then spoke about the needs of the village now.

"We had a good relationship with the Soldiers in the past, and we would like to build that same relationship with you. I understand that this goal requires work and does not happen immediately. But I hope we will achieve this goal," said Habeb.

After the meeting, the shaykh provided Moyer and his team a walking tour of the village while pointing out its major features, including the their primary source of water and the remodeled Al Saafy school house -- a yellow brick building with four classrooms accommodating 103 students and 12 teachers.

Shaykh Al Habeb and Moyer visited the school principal, Kundaier Chasseb Hashim and asked his permission for visitors to enter into the classrooms. After they received permission, they entered the school to read books in English and presented small gifts to the teachers and students. For the next hour, American Soldiers held the attention of every child in the school.

As the Soldiers gave lessons and the children laughed loudly, Shaykh Al Habeb conversed with some of the Soldiers. "Have you visited here before, do you like our country? Maybe someday, when you are not a Soldier, you will come back?" he asked with a smile. The delight on his face indicated he was happy to see again the presence of Coalition Soldiers in his village.



Lt. Col. Clint Moyer, chief of Civil Affairs for the 287th Sustainment Brigade, (center left) listens as Shaykh Al Habeb (center right) describes the water problems of his village during a tour of the Habib community, Iraq on Dec. 23.

Iraqis take over base projects at Q-West

STORY AND PHOTO BY
SGT. KEITH M. ANDERSON
16th Sust. Bde.
Public Affairs

CONTINGENCY OPERATING BASE Q-WEST, Iraq – As a sign of increasing Iraqi participation in infrastructure projects, a U.S. Air Force facility engineer team has made way for an Iraqi FET to take over, at least in part, base engineering and construction projects here.

“We are transitioning to a more active role for Iraqis in infrastructure projects,” said U.S. Air Force Lt. Col David Anason, commander, FET 15, Q-West. “These projects give their engineers more experience, and allow them to train their own laborers, so that when we leave, they will be able to tackle their own problems.”

The Iraqi engineers began their first large-scale road construction project here Dec. 20.

The construction, projected to last to Jan. 15, will reinforce entry and exit points into the Morale, Welfare and Recreation center ahead of future road construction on Main Street.

Mohammed, one of the Iraqi FET engineers who oversaw the project, said he was proud to be doing the work, and to be training other Iraqis to perform skilled labor roles.



Mohammed, an Iraqi engineer, explains to an Iraqi worker how to use the vibrating nozzle to remove air bubbles in the concrete at the intersection of 8th and Main Street on Contingency Operating Base Q-West, Jan. 5. An Iraqi Facility Engineer Team has taken over, at least in part, base engineering and construction projects here. “The Iraqi FET is actually teaching the Iraqi workers and doing quality assurance,” said Capt. Matthew Chargualaf, Department of Public Works officer in charge, 181st Brigade Support Battalion, 16th Sustainment Brigade. “We’re not going to be here forever in Iraq. This is one of the ways the Iraqis are starting to work together.”

bor roles.

“We have built Iraqi Army bases and police stations, and now we are working with the U.S.,” Mohammed said. “We have learned a lot from the Air Force FET, and we have trained Iraqis. We will rebuild Iraq.”

Mohammed, who initially worked as a translator for the Army in 2003, has had six friends assassinated, but said he never wavered, and that Iraq has turned a corner.

“There is no more Al Qaeda in Iraq,” Mohammed said. “We had to be patient, we had to stay, and they lost and we won.”

The 555th Engineer Bri-

gade, headquartered at Joint Base Balad, has begun replacing military FETs with Iraqi engineers. Leaders believe this will reduce the number of military engineers required in Iraq, and free them to be used outside Q-West or possibly in other theaters, he said.

At the Department of Public Works, a quasi-official outlet of the Q-West Mayor’s Cell that oversees Iraqi laborers of the Q-West Base Company, officials said the change from Air Force engineers to Iraqi engineers is having a positive effect with the Iraqi workers.

“The Iraqi FET is actually teaching the Iraqi workers and doing quality assur-

ance,” said Capt. Matthew Chargualaf, DPW officer in charge, 181st Brigade Support Battalion, 16th Sustainment Brigade. “We’re not going to be here forever in Iraq. This is one of the ways the Iraqis are starting to work together.”

Hamid, DPW masonry manager, said he appreciated working with the Iraqi FET.

“I get a lot of good experience from the IFET engineers,” Hamid said. “There’s some small stuff I’ve learned, like using vibrations (to remove air pockets from the concrete). I am very grateful for the training.”

The father of nine from Qayyarah said he is confident

in Iraq’s future.

“We will be happy,” he said. “We have hope for the future.”

Master Sgt. Ricky Thomas, DPW non-commissioned officer in charge, 181st BSB, said it would be essential for Iraqi workers to take over more projects and take on more responsibility.

“When we leave, it’s going to be Iraqis doing this,” Thomas said. “This is their home, their community. The whole focus is to train the laborers to journeyman level. We want to leave them with trades, skills that they can take back to their communities.”

Gen. Petraeus visits California Guardsmen, “Thunderbolts”



Gen. David H. Petraeus, commander, United States Central Command, congratulates reenlistees at Contingency Operating Base Speicher, Iraq, on Christmas day. Pfc. William White (right), of the 1st Battalion, 185th Armor Regiment, the “Thunderbolts,” and from the California Army National Guard, received a coin by Petraeus for his exemplary performance and duties that found of a staff sergeant. White, a native of Atascadero, Calif., said the experience wasn’t one he’d forget. “It was surreal,” White said. “I felt very honored and taken back that General Petraeus would give me a coin. It is not often this happens. It is a once in a lifetime experience.”

U.S. Army Courtesy Photo



Year of the NCO

"The goal of the corps of NCOs, whose duty is the day-to-day business of running the Army so that the officer corps has time to command it, is to continue to improve our Army at every turn. We want to leave it better than we found it. Regardless of the kind of unit you're in, it ought to be an "elite" outfit, because its NCOs can make it one."

***~SMA William G. Bainbridge,
5th Sergeant Major of the Army***


We announce 2009 as the Year of the NCO. During this year, we will accelerate previously approved strategic NCO development initiatives that enhance training, education, capability, and utilization of our NCO Corps. We will showcase the NCO story for the Army and the American people to honor the sacrifices and celebrate the contributions of the NCO Corps, past and present.

Today's NCO operates autonomously, with confidence and competence. We empower and trust our NCOs like no other army in the world. In fact, many of the world's armies are looking at our NCO Corps as a model for their own as they recognize the vital roles NCOs play in our Army.

Our NCOs lead the way in education, in training, in discipline. They share their strength of character with every Soldier they lead, every officer they serve, and every civilian they support.

NCOs are the keepers of our standards. From the recruiting station to basic training to combat zones; civil affairs to medicine to logistics; natural disaster assistance to graveside attendance at Arlington; whether Active, Guard or Reserve, our NCOs take the lead. Hence the phrase, Sergeant take the lead!


Kenneth O. Preston
Sergeant Major of the Army


George W. Casey, Jr.
General, United States Army
Chief of Staff


Pete Geren
Secretary of the Army

Quarterly Safety council meets at JBB

By SGT. ALEX SNYDER
Expeditionary Times Staff

JOINT BASE BALAD, Iraq – Several safety officers from across the 3^d Sustainment Command (Expeditionary) met as part of a quarterly safety council here Dec. 30.

Charles Timms, the 3^d ESC safety director, spoke on some

of the major safety concerns facing the 3^d ESC.

Timms said one of the biggest problems right now is vehicle rollovers.

The latest concern is the misuse of utility vehicles, or "Gators" (similar to an all-terrain vehicle), Timms said. Increasingly, Soldiers are taking these utility vehicles for joy rides, which are resulting in accidents and injuries, he said.

According to a 3^d ESC report, three accidents involving utility vehicles occurred in the

months of October and November.

Complacency is also of increasing concern, Timms said. He added that most Soldiers maintain situational awareness until they enter the "relaxed atmosphere" of base life. "Once they get inside the wire," Timms said, "complacency sets in."

According to a 3^d ESC report, 55 percent of accidents involving personal injury in the months of November and December happened off duty.

Timms said leaders can effectively help reduce the number of accidents by continuing to educate, train and enforce the standards with their Soldiers, he said.

"Soldiers must continue to conduct the mission and maintain a high state of readiness and alertness," said Lt. Col. John Hornick, the safety officer in charge for 3^d ESC.

Hornick said that as enemy attacks decline, the maintenance of standards may also decline. It will be a challenge for lead-

ership to maintain these standards, he said.

"Always treat each mission with the care and planning it deserves," Hornick said.

If mission planning becomes repetitive for leadership, Hornick suggests letting junior leaders execute mission planning; using it as a development tool, he said.

"No unnecessary risk should be taken," Hornick said. "Our missions are difficult enough without the burden of additional dangers."

Army Career Counselors offer re-enlistment options, bonuses to Soldiers in combat zones

By SPC. AMANDA TUCKER
Expeditionary Times Staff

Joint Base Balad, Iraq – When considering re-enlistment, there are plenty of options and incentives for Soldiers to choose from, depending on their component and if they're serving in a combat zone.

"Each Soldier has their own unique needs, wants and desires," said Master Sgt. Adam J. McKinney, the active duty career counselor for the 3^d Sustainment Command (Expeditionary), from Fort Knox, Ky., and an Indianapolis, Ind., native. "My job is to try and match their needs, wants, and desires up with the needs of the Army."

McKinney has five options to offer the active component, Regular Army re-enlistees.

According to McKinney, the best is the Regular Army re-enlistment option. With this, the Soldier would be used according to the needs of the Army.

Next, the Stabilization re-enlistment option gives a Soldier 12-months from the date of re-enlistment to reside at

their current installation.

Third, the retraining re-enlistment option allows Soldiers to change from one military occupation specialty to another. AC Soldiers choosing to use this option must meet the requirements for the new MOS they are considering, or they cannot re-enlist for the MOS. This option also gives Soldiers in the active component the opportunity to expand their military skills and knowledge by going to schools.

The fourth option, gives Soldiers the chance to go overseas. The Overseas Assignment re-enlistment includes assignments such as: Europe; Korea; Alaska; and Hawaii.

Lastly, the continental United States Station-of-Choice re-enlistment, gives a Soldier the option of choosing their next duty station.

Although these five options cannot be combined, they can come with incentives or something extra a command can offer. Some examples are extra rest days or passes. Some units are creative and offer educational opportunities, allowing the Soldier to go through a semester of college, if they re-enlist for the stabilization option.

Bonuses are another incentive offered to Soldiers. All

bonuses received in Iraq and in-theater are tax-free; allowing Soldiers to save thousands of dollars.

The bonus amount depends on the Soldiers rank, time in service and the number of years being added to their expiration term of service date. Normally, a Soldier will wait 24-months before their expiration term of service date to re-enlist and receive their bonus, but while deployed, Soldiers can re-enlist out of their window for the Regular Army re-enlistment option or stabilization re-enlistment option.

While there is no limit to how many times a Soldier can re-enlist, there is a limit to how many bonuses a Soldier can receive.

An AC Soldier can only receive one bonus per zone. Zones are broken up into an A, B and C group, with each group representing time in service. The A group consists of Soldiers with 17 months to six years, B group is six to 10 years and C group is 10 to 14 years.

While the active duty re-enlistment options give Soldiers opportunities to choose where they will be stationed next, Army Reserve retention works their incentives in a different way.

According to Sgt. 1st Class James K. Lord, the Army Reserves retention noncommissioned officer in charge for Iraq, and an Oshkosh, Wis., native, the re-enlistment incentives for Reserve Soldiers are centered around education.

Reserve Soldiers re-enlisting in Iraq can receive \$10,000 for student loan repayment and \$4,500 a year for tuition assistance.

In addition to college financial assistance, reservists are entitled to a bonus. While stateside, Reserve Soldiers would receive a bonus according to their MOS. A deployed reservist can receive \$7,500 for a three-year re-enlistment or \$15,000 for a six year re-enlistment. A Soldier re-enlisting before they have served eight years in the reserves will receive their bonus in one lump sum while reservists serving more than eight years will receive the bonus in payments.

While the reserves incentives will remain the same until April 1, the National Guard's career counselors are waiting on what the new National Guard incentives will be.

"Our new incentives programs ... are supposed to be

out by January 31, 2009," said Sgt. Maj. Stephen M. Donaldson, the Army National Guard forward deployed career counselor team theater sergeant major and Springfield, Ill., native.

According to the National Guard career counselors, the new incentives program can be superseded and could change.

"Don't ride the fence waiting for this new policy," advised Sgt. 1st Class Andrew E. Berger, a forward deployed retention career counselor for the National Guard Bureau and a Charleston, S.C., native.

National Guard incentives currently consist of a \$15,000 bonus for an additional six-years on their contract and \$7,500 for three years. The guard also provides a student loan repayment program in the amount of \$20,000 and a Montgomery GI bill kicker, which adds an extra \$200 a month to the GI bill. Deployed Soldiers get paid one lump sum instead of the 50 percent up front and 50 percent distributed in payments.

The three components all have counselors at the Warrior Support Center here and work together for the Soldiers interested in re-enlisting.

"This is truly one team, one fight out here," said Berger.

Do you have a story idea?

Contact the Editor of the Expeditionary Times

expeditionarytimes@iraq.centcom.mil

For the first time, Al Asad's 371st SB offers MRAP Driver's Training; graduates eight

STORY AND PHOTO BY
1ST LT. STEFANIE E. KUNTZ, UPAR
371st Sustainment Brigade

AL ASAD, Iraq – Eight Soldiers completed the pilot course of the Mine-Resistant Ambush-Protected vehicle driver's training here on Dec. 28.

The 371st Sustainment Brigade received their initial shipment of MRAP vehicles in September 2008, with more to be fielded to the brigade in the future.

With these new vehicles, came the challenge of providing licensed drivers. Previously, the only option commanders had was to send their Soldiers to Camp Liberty or Taji for the 40 hours of classroom drivers training required before a Soldier can get behind the wheel of an MRAP.

However, travel constraints into and

out of Multi-National Forces-West often required a Soldier to be gone an excessive amount of time for a five-day course. With this in mind, Maj. Kevin Rivers, Sgt. Maj. Jon Huff, and Master Sgt. Randy Hinkle of the 371st Sustainment Brigade operations cell, designed a course for their brigade and subordinate units and taught in Al Asad.

Taught by Staff Sgt. Anthony McCray of the 584th Maintenance Company, 101st Airborne Division from Fort Campbell, Ky., said this new course is expanded from a similar program currently offered at Camp Taji and Camp Liberty; it allows Soldiers to complete forty hours of classroom drivers training and have completed driving 125 road miles, in order for the unit to issue a military driver's license to a Soldier.

Despite having to work around several obstacles and get the course started, McCray is pleased with the end prod-



Students and instructors of the first MRAP driver's training course at Al Asad Air Base, Iraq, pose for a picture after completing the course.

uct. He said, "It took a lot of planning to get here, including the training I had to go through to teach course, but now we have a good course."

Sustainer advice for a New Year's Resolution

BY SPC. KELLY ANNE BECK
Expeditionary Times Staff

JOINT BASE BALAD, Iraq – This New Year, the question is 'what's going to be your New Year's resolution?' And, for the most part, everyone has the same answer: Eat less, work out more.

Within the first few weeks of January, it's easy to already forget the resolution but Spc. Karl Paul, the third place winner of the lightweight category for Balad's hard body competition, a native of Hinesville, Ga. with the 3^d Sustainment Command (Expeditionary), thinks he has a solution to sticking with working out as a resolution.

"First, it's all mental," Paul said.

"You have to want to be healthy; you have to be mentally in it. If your mind forces your body then you have no choice, you just do it."

Paul said one of the biggest differences in wanting to be healthy and actually being healthy is simple, just get to the gym. He said a lot of times it seems like the hardest part for most people are just getting there.

Paul decided to enter the hard body competition two weeks before the night of the competition. He said he saw a flyer for the competition and thought it wasn't something he'd ever do, but he decided to try.

"Once I decided I was going to do it, I made myself disciplined," said Paul, "I went on a very strict salad diet for two weeks."

It's not easy being disciplined when the exit of every chow hall here has a

display of desserts, said Paul. Sometimes being disciplined is much easier said than done, but when it gets tough just think about the goals that have been set he said.

"The food out here is surprisingly good," Paul said. "Like the cheesecake, man it's good, but you have to think, if I eat this it will take me off my goals and I'll have to work even harder."

Paul thinks that being deployed has many advantages since there are fewer distractions and it's a job requirement to stay in shape.

"The opportunity to stay fit out here is out of this world," said Paul. "There aren't as many daily distractions like walking the dogs, you're away from family and friends, and there definitely aren't any clubs out here."

Being in a combat zone may make it a bit easier to want to stay in shape,

he said.

"We all have to be fit for our daily missions," said Paul. "Plus, we all have our battle buddies who can help keep us motivated with friendly competition or even company competitions, it's definitely a morale booster."

Joint Base Balad has many opportunities for service members and civilians to stay fit with several 24-hour gyms, aerobics and yoga classes, and intramural sports year round. If it's too cold for a run outside at this time of year or team sports are a way to keep motivated, it's all available here.

"Once you want to be healthy, the rest is mental," said Paul. "If you want it, make your mind force you to do it. We're in the perfect environment to get healthy, take advantage."

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HQs, 10th Sustainment Brigade Soldiers earn their shoulder sleeve insignia for wartime service

By SGT. 1ST CLASS MIKE BRANTLEY
10th Sustainment Brigade PAO

CAMP TAJI, Iraq – Soldiers of the 10th Sustainment Brigade Special Troops Battalion, 10th Sustainment Brigade, received their unit wartime shoulder sleeve insignia on their right shoulder sleeve, in a ceremony held here on Dec. 24.

Col. Mark E. Drake, the commander of the 10th Sust. Bde. placed the brigade's shoulder sleeve insignia onto the

port of Operation Iraqi Freedom 09–11.

Soldiers in formation then turned to each other and placed their unit's patch on the right shoulder sleeves of each other.

The shoulder sleeve insignia was originally approved for the 10th Support Brigade on Nov. 23, 2004 and was re-designated for the 10th Sustainment Brigade on April 25, 2006. This ceremony is historic for the brigade because it is the first time the 10th Sustainment Brigade shoulder sleeve insignia is awarded for its wartime service.

"Today you have earned your war-

Drake said that while many of the Soldiers standing before him already have combat patches from one or multiple tours with previous units, this event is truly significant, "because you will be the first Soldiers to wear the 10th Sustainment Brigade combat patch in our Army."

He said this patch will bond each Soldier in the formation for the rest of their lives. "Be proud of this patch ... because you are the 10th Sustainment Brigade ... it is you that makes this brigade what it is today," he said.

"I feel like I am a part of history being the first Soldier to wear this combat patch," said Warrant Officer Henry Massey, 10th SBTB support operations officer and a Memphis, Tenn., native.

Sgt. Vlaun Samuels, a Springfield, Mass. native and 10th SBTB Soldier, echoed Massey's words with, "It is a good feeling of accomplishment because this is my first combat patch."

The 10th Sust. Bde's shoulder sleeve insignia is made up of a dark blue, rectangular-shaped shield edged in gold, arched at the top and bottom consisting of a white stylized mountain with five peaks bearing a buff-colored polestar, and two crossed red bayonets pointing upwards.

The colors buff and red are the colors traditionally used by a support entity. Our national colors of red, white and blue are also the colors used by the 10th Mountain Division, which the bri-

gade supports. The snowy mountain refers to the military mountaineering of the Fort Drum area. The polestar with its four major directional points represents the worldwide scope of the brigade's logistic support missions of maintenance, supply, medical and transportation operations. The bayonets are from their previous shoulder sleeve insignia when they were the 10th Mountain Division Support Command and refer to the Roman numeral "X" for the number 10.

The history of combat patches goes back to May 1918 when members of the 81st Division wore the first United States Army shoulder sleeve insignia. The wildcat was chosen as the division symbol and was used to mark division equipment.

In September of 1918 while the division was disembarking in France, a member of the Inspector General's department questioned the fact that division personnel were wearing an insignia with the likeness of a wildcat on their left sleeve. The commander of the division, Gen. C. J. Bailey, made a case for the insignia contributing to his unit's esprit de corps. This was accepted by General Pershing who directed that other divisions also could wear a shoulder sleeve insignia, subject to approval of headquarters of the American Expeditionary Force. This set the precedent for the wearing of shoulder patches.

The right shoulder sleeve patch, referred to as the combat patch, was implemented after World War II and authorized for wear on the right shoulder sleeve by personnel who were assigned, attached or under the operational control of a divisional or higher unit that actively participated in or supported ground combat operations against hostile forces in which, they were exposed to the threat of enemy action or fire, either directly or indirectly.

According to the latest messages and regulations, there is no time-in-theater requirement to be authorized to wear the SSI-FWTS.



U.S. Army photo by Private 1st Class Michael Syner

Houston native, Command Sgt. Maj. Allen G. Fritzsching, 10th Sustainment Brigade command sergeant major places the unit's patch on St. Paul, Minn. native and brigade commander, Col. Mark E. Drake, during a ceremony held at Camp Taji, Iraq on Dec. 24. Soldiers received the combat patch for their deployment in Operation Iraqi Freedom.

right arm of Command Sgt. Maj. Allen G. Fritzsching, the 10th Sust. Bde. command sergeant major, a Houston, Texas native, and also the deputy commander and brigade staff for their combat sup-

time shoulder sleeve Insignia, or combat patch," said Drake, a St. Paul, Minn., native. "As many of you know, our shoulder sleeve insignia is new and we have only worn it for six months."

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This Simple Act Could Save You, Your CHU and Your Buddy Too

Stressed?

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Balad welcomes Texas Governor Rick Perry

BY TECH. SGT. CRAIG LIFTON
332nd Air Expeditionary Wing PA

JOINT BASE BALAD, Iraq -- More than 7,400 miles from Austin, Texas, Gov. Rick Perry traveled this week to see and talk with service members deployed here from his state.

He and Gov. Christine Gregoire of Washington arrived on a Department of Defense-sponsored tour and received a mission briefing from the command personnel of the different units operating here.

Afterward, they went to separate locations to meet with their constituents.

Perry, an Air Force veteran himself, addressed the group of Texas service members wearing blue jeans and a green nylon coat with Texas flag patches.

"It's good to see this country move in the direction we wanted to see," he said. "We want to get this country to move forward and install a democratic government."

"When you all get home, I want you to know that we have the state in great shape," the governor added, talking about the state's growing industry and economy.

Perry opened the floor for questions from the Lone Star state. He discussed a variety of subjects, including benefits available to Texas veterans and possible improvements to Texas National



U.S. Air Force photo by Tech. Sgt. Rich Lisum

Gov. Rick Perry of Texas talks to a gathering of Texas service members at Joint Base Balad, Iraq, Jan. 7. Perry visited the installation as part of a Department of Defense-sponsored tour.

Guard resources. Perry also declared he had the best job in the world as the governor of Texas because of the great things Texan service members were doing in support of Operation Iraqi Freedom.

"I wasn't expecting the governor -- it

was awesome," said Master Sgt. Robert Bass, a 332nd Expeditionary Civil Engineer Squadron pavement and construction equipment operator deployed here from Lackland Air Force Base, Texas. The Schertz, Texas, native added, "I really appreciate him saying he was going

to be taking care of the military."

Before leaving, Perry had one last thing to say to deployed men and women of Texas.

"I'm really proud of you," he said. "Having served this country as a veteran, I want to say thank you."

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TA-064-0107

Sustainer performs battlefield treatment

STORY AND PHOTO BY
SGT. ALEX SNYDER
Expeditionary Times Staff

JOINT BASE BALAD, Iraq – On a night late in November, Cpl. Eric Whitney found himself trying to save the life of a civilian contractor who was bleeding out.

Whitney, a medic with Bravo Company, 1st Battalion, 161st Infantry Regiment, from Spokane, Wash., had been traveling as part of a military convoy to an outlying camp when a roadside incident left one of the fuel tankers in his convoy damaged and on fire.

Whitney and his squad leader Sgt. 1st Class Mathew Stansfield, were first on the scene and pulled up alongside the burning truck.

"We didn't think anybody survived," Whitney says.

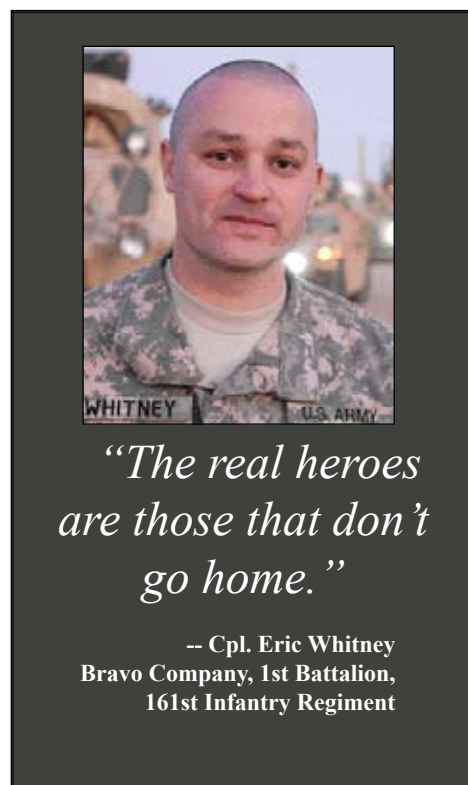
"I thought the (driver) might be dead right off, just seeing the damage to the truck," Stansfield says.

As Whitney's vehicle backed off, Stansfield spotted a pair of feet on the other side of the truck; the driver had made it outside the vehicle.

By the time Whitney reached him, the driver was lying near the median; Cpl. Efren Morfin, a Soldier from the

convoy's fire truck, had pulled the injured driver away from his burning tanker.

Whitney went to work, cutting off the driver's clothes and applying tourniquets and bandages.



"The real heroes are those that don't go home."

-- Cpl. Eric Whitney
Bravo Company, 1st Battalion,
161st Infantry Regiment

convoy's fire truck, had pulled the injured driver away from his burning tanker.

Drawing on eight years of training as a medic – and the help of the Soldiers around him – Whitney worked to control the driver's hemorrhaging and save his life.

"At first I wasn't sure why he was bleeding so bad," Whitney says. "He was actually on high blood pressure medicine which made it kind of tricky."

Such medicine thins out a person's blood making it more difficult to control the bleeding, he says. Whitney's patient, a 42-year-old man from Fiji, spoke very good English and was able to answer questions and describe his pain level, which helped in his treatment, Whitney says.

As he worked, Whitney was helped by Soldiers around him who were certified combat lifesavers who are Soldiers trained to provide emergency treatment of battlefield injuries. Three other Co. B Soldiers – Sgt. Joshua Defeyter, a truck commander; Spc. Anthony Livano, a gunner; and Sgt. Chad Jensen, a driver – all helped treat the driver while they waited for the medical evacuation helicopter to arrive.

"It's very critical to a medic to have CLS," Whitney says.

Whitney says much of what happened that night is a blur.

"That's where my men come into play," Whitney says, "They're my support. I don't worry about my security because I know they have it."

Whitney, a 36-year-old father of

four from Spokane, Wash., joined the National Guard eight years ago as a medic. He first deployed to Iraq in 2004, serving at forward operating base Prosperity, near Baghdad's Green Zone. This night however, was the first time he'd treated an injury like this.

"There was times I thought he wasn't going to make it," Whitney says. "He was pretty beat up."

But Whitney's patient survived that night and has since been flown back to Fiji, Whitney says.

Whitney credits much of his ability to perform in this situation to his training. Prior to this deployment, many Soldiers he trained with were paramedics in their civilian lives and brought their own experience to the table, he says.

But Whitney's calm demeanor may also have played a part in saving the driver's life.

"Eric's really, really calm," Stansfield says. "He doesn't really get rattled at all, which is a good thing in a medic." He says Whitney's ability to stay calm also helped him to remain calm.

Although he can be credited with saving the driver's life, Whitney says he isn't a hero.

"I get to go home," Whitney says. "The real heroes are those that don't go home."

HONORED

Continued from Page 1

Ord. Co. and most recently, the 1st Platoon, 962nd Ord. Co. Two Soldiers, Staff Sgt. James McNaughton with the 306th and Sgt. Jose Velez of the 773rd, were killed in the line of duty while their units held the flags.

Command Sgt. Maj. Orlando Santiago, 157th CSSB, has a personal investment in safeguarding the flags. As a detective with the Alexandria, Va. Police Department, he watched the fireball rise after Flight 77's crash into the Pentagon. "I hold [responsibility] for all my fellow law enforcement officers, firefighters and all my military brothers and sisters who

continue to serve as public and military servants for the cause of civil order, safety, liberty, freedom and justice for all," he said.

As a civilian police officer and firefighter, 962nd Ord. Co. Chief Warrant Officer 3 Paul Campbell felt privileged to hold the flags and equally proud of the accomplishments of his unit. The 962nd Ord. Co. cleared four acres of ordnance residue in less than 90 days, provided combat support to Multi-National Forces-Iraq, and processed over 237 million dollars of inventory during their time in country. "Nine-sixty-two, I



Air Force firefighters Senior Airman Adam McCarty on the left and Staff Sgt. Roy Heron honor a New York Fire Department Flag that flew at Ground Zero during 1st Platoon, 962nd Ordnance Company Transfer of Authority Ceremony Jan. 6.

know you got tired of me telling you what a great job you were doing, but you are, simply, the best," Campbell said with a smile.

Commander of the 24th Ordnance Detachment, 1st Lt. Stephen Daffron was equally proud of his unit's accomplishments. After 14 months of experience handling ammo operations and other aspects of logistics in Iraq, his troops are ready to take on the mission for the brief time they remain on COB Adder. "The outstanding work I see from each of you every day leaves me completely confident

that the 'Ammo Dawgs' will keep making it happen right up to that time we step onto the plane to go home."

The TOA ceremony continued with the unit's history and casing of the colors. First organized on Sept. 8, 1944, the 962nd Ord. Co. supported operations during World War II, the Korean War, the Berlin Crisis, Desert Storm and Operation Iraqi Freedom.

Unit awards include a Meritorious Unit Commendation, three Certificates of Achievement and two Army Superior Unit Awards.



A soldier with 1st Platoon, 962nd Ordnance Company stands in formation during the transfer of authority Ceremony, Jan. 6.

OHIO GUARDSMAN PARTNER TO PRESER



Courtesy photo

By SPC. KIYOSHI C. FREEMAN
Expeditionary Times Staff

AL ASAD AIR BASE, Iraq – Windswept deserts. Barren, bleak, arid and lifeless.



This is the image most people at Al Asad have of western Iraq, said Ohio National Guardsman and amateur naturalist Maj. Randel L. Rogers, the support operations plans officer, 371st Sustainment Brigade, from Columbus, Ohio.

“However,” he went on to say, “One of the big surprises for me and for a lot of people is just the diversity [of animals and birds] here.”

According to Rogers, who studied wildlife management in college, the diversity of wildlife – porcupines, coyotes, frogs, wild dogs, mallard ducks, hooded crows – is drawn to Al Asad for its unique permanent wetlands.

“A lot of people that don’t get away from the office are surprised to know that there (are) wetlands here, a marsh area,” he said. “They don’t typically associate

that with out in the desert here. Wildlife.

Between and true count, a population of Nature. United.

According to Rogers, “to protect the environment is.”

In an effort to establish a marshland in the Middle East, the Ministry of Saddam. As a

N, NATURE IRAQ VE ENVIRONMENT



U.S. Army photo by Spc. Kiyoshi C. Freeman



Conservation came too late for the Carolina parakeet and a common sight in eastern North America.



Courtesy photo

Like the Carolina parakeet, the Snowy egret is also a common sight in eastern North America.



U.S. Army photo by Spc. Kiyoshi C. Freeman

th this base because you kind of feel like you're in the desert. But in fact we have permanent water, and that's going to attract different kinds of birds.

Between Dec. 15 and Jan. 1, Rogers got up early and waded through those wetlands to perform a bird survey, which is an informal survey of bird species and their distributions. The results of his survey were donated to Nature Iraq, a non-governmental organization affiliated with Birdlife International and accredited by the United Nations Environment Programme (UNEP). According to its website, Nature Iraq was founded to protect, restore, and preserve Iraq's natural environment and the rich cultural heritage that it nourishes.

In an e-mail interview, Dr. Azzam Alwash, the director of Nature Iraq, said his organization was established in 2004 to address environmental issues in Iraq. In particular, the restoration of the Iraqi wetlands, once the largest wetland ecosystem in the Middle East, which were drained during the reign of Saddam Hussein.

As part of its larger environmental mission, Nature

Iraq is conducting a detailed survey of plant and wildlife in Iraq, which provides "baseline information to compare the existing situation with the historic levels," Alwash said. The last such organized survey was done in 1980.

With no offices in western Iraq, though, Alwash is dependent on the support of volunteers like Rogers.

"His work in Al Asad covers for us a crucial area and a large void in our database," particularly for locating Sociable Lapwings, an endangered bird species known to winter in western Iraq, Alwash said.

In addition to volunteering his time and support, Rogers has also put Alwash in contact with his bird-watching clubs back home. Those organizations donated packets of equipment and field guides which will assist Nature Iraq with its own surveys.

Rogers said, "One of (my) goals is to build some personal relationship between Americans and Iraqis. It's been a great opportunity to see some birds from a different part of the world," and one day, if Alwash ever finds himself in Ohio, Rogers would like to return the favor for a fellow naturalist.



Courtesy photo

Black redstart is one species recently seen on Al Asad.

SF, Doctors offer Iraqi boy hope for normal life

By U.S. Air Force
Staff Sgt. Bryan Franks
JSOTF, PA

SULAYMANIYAH, Iraq – A 6-year-old boy living in the Jazeera Desert, west of Samarra, will now have a chance to live a normal, long life with the help of United States Special Forces and Iraqi doctors.



USSF first met the boy, Muhammed, as a result of a meeting with the tribal sheik. Muhammed had a deformity called encephalocele (a condition which forms a hernial protrusion of brain substance through a congenital opening in the skull), and the USSF team advised the sheik that they would help the child.

“When we met him, Muhammed was wearing a special hat that the family made to cover the deformity in his head,” said a USSF surgeon. “Essentially, brain and tissue are being forced out of the hole and lay exposed outside the protection of the child’s skull. Other than the deformity he’s an average 6-year-old boy.”

Nearly the size of an orange, a USSF medic knew that this brain matter protruding from Muhammed’s skull could become a life-threatening issue. The USSF medic assessed this not only from the years of training he received in the military, but also through the shared professional opinion of his physician father, who specializes in pediatric neurosurgery in the U.S.

“There is a high likelihood that, if left untreated, his condition would continue to worsen, leading to the boy’s death,” said the USSF medic.

The USSF team coordinated to get imagery of Muhammed’s head and further consultations with an Iraqi medical team.

“A lot of people had parts to play to make the surgery happen for Muhammed,” the USSF medic said. “The team had to pick the boy up and escort him around for consultations and imaging. We also had to coordinate air support and our surgeon worked a lot of the medical coordination.”

The USSF medic’s father, a pediatric neurosurgeon based in the states, also helped with the consultation pro-

cess by evaluating the medical data and reviewing MRI and CT scan images to offer a diagnosis of the boy’s condition.

Once the diagnosis was made, the USSF team contacted the medical staff in Sulaymaniyah, Iraq, with whom they a great working relationship, to locate a surgeon willing to do the procedure. After a review of the case, the doctor agreed to perform the surgery, repair the skull and remove the protruding brain tissue.

“The medical facility hasn’t asked for anything from the family; they just wanted to help the boy,” the USSF surgeon said.

The USSF team transported the boy, a family member, the USSF surgeon and the USSF medic to the hospital in Sulaymaniyah on a helicopter.

“We consider it an honor and a great opportunity for him to have this

this would happen.”

During the surgery, doctors repaired the skull by removing the protruding brain material that has prevented the

“When we met Muhammed and evaluated his condition, I thought we could help him, and I gave the tribal sheik my word we would try”

-- Medic
United States Special Forces

surgery,” a family member said. “Before Coalition forces stopped by our house, I never thought something like

skull from completely closing. The skull should close on its own as the boy continues to grow. Two days after



U.S. Army photo by Sgt. David Russell

A doctor prepares 6-year-old Muhammed for surgery at a medical facility in Sulaymaniyah, Iraq. The boy was born with a congenital deformity to his skull, but will now have a chance to live a normal, long life with the help of United States Special Forces and Iraqi doctors.

the surgery, Muhammed was out kicking a soccer ball around.

“Muhammed should recover fairly quickly. Once his hair grows back, you would never know that he had had surgery,” the USSF surgeon said. “He has the potential to live a normal, healthy life.”

For the USSF medic, it was nice to see the hard work and long hours the team put into making the surgery possible for the boy pay off.

“When we met Muhammed and evaluated his condition, I thought we could help him, and I gave the tribal sheik my word we would try,” the USSF medic said. “I think it builds a level of trust within a community when you are able to follow through with promises.”

Everyone delivered on their promises to this young boy and his family, working together, and earning the trust and confidence of the tribe and community.



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Medical Task Force NCOs; inducts & awards

BY *SGT 1ST CLASS ROBERT S. WHITE*
56th Multifunctional
Medical Battalion

JOINT BASE BALAD, Iraq -- With all the typical military customs, the 56th Multifunctional Medical Battalion (MMB) Command Sgt. Maj. Galarza inducted 25 newly promoted Noncommissioned Officers from its direct reporting units on Dec. 17. The new NCOs were all promoted within the last six months and are members of six subordinate commands in the Medical Task Force.

The guest speaker for the ceremony was Command Sgt. Maj. Edwin Perez, Task Force 44 MED command sergeant major. Perez addressed the audience and the new NCOs about the duties and responsibilities of NCOs and reinforcing the details of the NCO vision. He emphasized that the NCO Corps must lead by example, train from experience, maintain and enforce stan-

dards, take care of Soldiers, and adapt to a changing world.

After the inductees ceremoniously walked through the NCO archway, and were led in the NCO charge by Sgt. Maj. Junior Riley, TF 56 support oper-

ations sergeant major, formally swearing them into the NCO Corps.

Prior to the conclusion of the ceremony, 1st Sgt James E. Chambers, 551st Medical Company (Logistics) first sergeant, was given the award of Order

of Military Medical Merit presented by Command Sgt. Maj. Alex Galarza, TF 56 Command Sergeant Major, while surrounded by previous holders of the prestigious award. Chambers, a San Antonio, Texas native, is a medical logistician and has served in the Army for 22 years.

The Order of Military Medical Merit is a private organization created by the Commanding General of the U.S. Army Health Services Command in 1982. It was created to acknowledge the contributions of medical personnel to the Army Medical Department (AMEDD) throughout the course of their careers. The Order recognizes excellence and promotes fellowship among AMEDD personnel.

The Fort Lewis, Wash., based 551st Medical Company (Logistics) is preparing to redeploy following a fifteen month deployment providing Class VIII supply, maintenance, and optical fabrication.

Newly inducted Non-commissioned Officers from Task Force 56 recite the NCO Charge



U.S. Army photo by Sgt. Shontal E. Thompson

Dr. Martin Luther King Jr. Holiday



DOD National Theme:
"Remember! Celebrate! Act!
A Day On Not A Day Off!"



JOINT BASE BALAD

presents

Martin Luther King Jr. Day Observance

MWR-East facility

Jan. 15, 2009

11:30 a.m. to 1:00 p.m.



Guest speaker: CSM Willie C. Tennant Sr.
Command Sergeant Major,

3^d Sustainment Command (Expeditionary)

- Lunch will be provided
- Essay awards presentation
- A Joyful Noise
- H6 choir

Contact: MSG Tuynuykua Jackson, 3^d ESC HR/EO Advisor @ 433-2527
MSgt Joseph Newton 332nd AEW EO Directory @ 443-8459
SFC Everett Worman 555th EN BDE EO Advisor @ 483-4645
LTC James-Michael Yates Task Force 34 PM/EO Advisor @ 483-4589
SSG DaMon Walker 51st ESB BN EOL @483-2217

Hand-to-hand combat, shoot house training empower ISOF Soldiers

STORY AND PHOTOS BY
U.S. AIR FORCE STAFF SGT.
HEIDI DAVIS
CJSOTF PA0

BAGHDAD – “It’s about leverage and violence of action,” he said. “When a Soldier goes into a house, he has an M-4 (ri-



and advisor to the Iraqi Special Operations Forces.

To help ensure that dominance, ISOF Soldiers were plunged into an intensive hand-to-hand combat and close-quarter-battle course in December at the newly established Iraqi Special Warfare Center and School in Baghdad. Hand-to-hand combat enhances a Soldier’s defensive capability in urban environments should a weapon fail

days, and you are already successfully executing choke holds and arm bars,” said a Coalition forces hand-to-hand combat instructor.

This cementing of newly taught information can be partially attributed to the method of teaching. First students were introduced to each combative maneuver as the instructor explained that speed is not the emphasis during training. Importance was

placed on performing each step of a multifaceted maneuver with precision.

“(In the classroom,) I’m putting you in staged positions so that no one gets hurt,” said the head instructor. “On the battlefield, it’s not going to be staged. It’s going to be a free-for-all. The basic reactive movements are the same, but the enemy is going to put up a struggle.”

Students then progressed to

the practice portion in which students paired up and executed slow, controlled movements with each maneuver. Meanwhile, instructors made corrections where necessary and reminded students of the complexity of a real-world, one-on-one struggle.

After rehearsals, students were ready for training-mat drills. Two students moved to the center of the training mat, while the head instructor set the ground rules.

“Each pair will go for a minute,” he said. “No punching, biting, poking or kicking. Be professional ... You learn more from losing than winning.”

Encircling the mat, Soldiers watched as their classmates went full force, leaving just one of the two standing. After the last pair finished, the head instructor explained how impressed he was watching them execute the movements. He added, with only a few days training they were doing exactly what they were supposed to do be doing.

Finally, students were ready to take their new combative skills to the shoot house, where they got a taste of what it would be like to apply the basic fundamentals in an urban setting. This near real-world portion of training reiterated to Soldiers that they cannot predict what lies before them when going into a structure. They must be prepared to act or react, execute the mission, come out alive and return to base safely.

“Sometimes we are the aggressor, sometimes we are not. We needed to prepare students for both scenarios,” he said.



An Iraqi Special Operations Forces Soldier maintains control of his fellow student while practicing newly learned hand-to-hand combat maneuvers in December. The hand-to-hand combat course is one of the offerings at the newly established Iraqi Special Warfare Center and School in Baghdad. The course offers Soldiers defensive options to help ensure mission success should their weapons fail during a struggle in an urban environment.

fle), M-9 (pistol) and his hands. I want him to be able to go into a room and dominate it – whether it’s with his weapons or his hands,” said a Coalition forces instructor

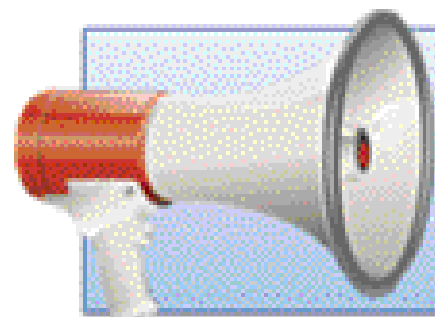
during a struggle.

Students attending this multi-day course were attentive and seemed to pick up new moves relatively quickly.

“I’ve had you guys for two



An Iraqi Special Operations Forces Soldier performs a wrist lock hold on a fellow student while practicing hand-to-hand combat maneuvers in December.



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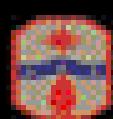
ARMY VALUES

Al Asad 5K Run

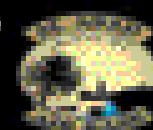


MARTIN LUTHER KING Jr. DAY

Martin Luther King Jr. was an African American clergyman, activist and prominent leader in the American civil rights movement. His main legacy was to secure progress on civil rights in the United States and he is frequently referenced as a human rights icon today.



Remember! Celebrate! Act!



Artwork courtesy by Sgt. Christopher Garrett

**5K Run on Al Asad
to celebrate the birthday of
Martin Luther King Jr.**

Jan. 15, 2009

Sponsored by: HQ 371st Sustainment Brigade and MWR

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5:15 a.m. – 6:45 a.m.

Race Starts 7:00 a.m.

Main Gym



Sudoku

The objective is to fill the 9x9 grid so that each column, each row, and each of the nine 3x3 boxes contains the digits from 1 to 9 only one time each.

Last weeks answers

9	2	6	4	1	8	3	7	5
8	5	1	3	7	6	2	9	4
7	3	4	9	2	5	6	8	1
2	8	5	7	3	9	1	4	6
1	6	3	5	8	4	7	2	9
4	7	9	1	6	2	8	5	3
6	4	7	2	9	1	5	3	8
5	1	2	8	4	3	9	6	7
3	9	8	6	5	7	4	1	2

Level: Very Hard

					1			7
			2	4	5			
8								6
4			8					2
	2						1	
9					6			3
3								8
			7	1	9			
5			4					



Upcoming sports on AFN

Wednesday 1/14/08
Indiana @ Ohio State, Live 3 a.m. AFN/sports
Montreal Canadiens @ Boston Bruins, Live 3 a.m. AFN/extra
Kentucky @ Tennessee, Live 5 a.m. AFN/sports
Illinois @ Purdue, Live 8 a.m. AFN/extra
Orlando Magic @ Sacramento Kings, Live 6 a.m. AFN/extra
Florida State @ North Carolina State, Tape Delayed 11 a.m. AFN/sports
Memphis @ Tulsa, Tape Delayed 1 p.m. AFN/sports
Cleveland Cavaliers @ Memphis Grizzlies, Tape Delayed 6 p.m. AFN/sports

Thursday 1/15/09
Duke @ Georgia Tech, Live 3 a.m. AFN/sports
Detroit Pistons @ Indiana Pacers, Live 3 a.m. AFN/extra
Los Angeles Lakers @ San Antonio Spurs, Live 5 a.m. AFN/sports
Detroit Red Wings @ Anaheim Ducks, Live 6 a.m. AFN/extra
Syracuse @ Georgetown, Tape Delayed 11 p.m. AFN/sports
Baylor @ Texas A&M, Live 1 p.m. AFN/sports

Friday 1/16/09
Cleveland Cavaliers @ Chicago Bulls, Live 4 a.m. AFN/sports
Phoenix Suns @ Denver Nuggets, Live 6:30 a.m. AFN/sports
Arizona @ UCLA, Live 7 a.m. AFN/extra
Minnesota @ Wisconsin, Tape Delayed 11 a.m. AFN/sports
Cleveland Cavaliers @ Chicago Bulls, Tape Delayed 2 p.m. AFN/sports
Phoenix Suns @ Denver Nuggets, Tape Delayed 4:30 p.m. AFN/sports

Saturday 1/17/09
Philadelphia Flyers @ Florida Panthers, Live 3:30 a.m. AFN/extra
2New Orleans Hornets @ Cleveland Cavaliers, Live 4 a.m. AFN/sports
New York Rangers @ Chicago Blackhawks, Live 4:30 a.m. AFN/prime pacific
Atlanta Hawks @ Golden State Warriors, Live 6:30 a.m. AFN/extra
Orlando Magic @ Los Angeles Lakers, Live 6:30 a.m. AFN/sports
Orlando Magic @ Los Angeles Lakers, Live 11 a.m. AFN/sports
San Antonio Spurs @ Philadelphia 76ers, Live 3 p.m. AFN/sports
Maryland @ Florida State, Live 8 p.m. AFN/extra
Notre Dame @ Syracuse, Live 8 p.m. AFN/sports
Georgetown @ Duke, Live 9:30 p.m. AFN/prime atlantic
Oklahoma @ Texas A&M, Live 10 p.m. AFN/sports
UFC 93: Franklin vs Henderson (O2, Dublin, Germany), Live 11 p.m. AFN/extra
Arizona State @ UCLA, Live 11:45 p.m. AFN/prime atlantic

Sunday 1/18/09
Illinois @ Michigan State, Live 12 a.m. AFN/sports
Pittsburgh @ Louisville, Live 2 a.m. AFN/sports
South Carolina @ Tennessee, Live 2 a.m. AFN/prime atlantic
Portland Trail Blazers @ Charlotte Bobcats, Live 3 a.m. AFN/extra
Anaheim Ducks @ Minnesota Wild, Live 5 a.m. AFN/prime atlantic
Miami (FL) @ North Carolina, Live 5 a.m. AFN/sports
Andre Berto vs Luis Collazo, Live 5:45 a.m. AFN/extra
TCU @ Air Force, Tape Delayed 9 a.m. AFN/extra
Wake Forest @ Clemson, Tape Delayed 11 a.m. AFN/sports
Boston Bruins @ Washington Capitals, Tape Delayed 11 a.m. AFN/extra
New Orleans Hornets @ Detroit Pistons, Tape Delayed 1:30 p.m. AFN/extra
Arkansas @ Florida, Tape Delayed 4 p.m. AFN/extra
Ohio State @ Michigan, Tape Delayed 6 p.m. AFN/extra
Iowa @ Purdue, Live 8 p.m. AFN/extra
New York Rangers @ Pittsburgh Penguins, Live 8:30 p.m. AFN/prime atlantic
Seton Hall @ Connecticut, Live 10 p.m. AFN/extra
NFL Playoffs - Conference Championship Game: Teams TBD, Live 11 p.m. AFN/sports

Monday 1/19/09
Portland State @ Northern Colorado, Live 12 a.m. AFN/prime atlantic
St. John's @ Villanova, Tape Delayed 1 a.m. AFN/extra
NFL Playoffs - Conference Championship Game: Teams TBD, Live 2:30 a.m. AFN/sports
Calgary Flames @ Colorado Avalanche, Live 4 a.m. AFN/prime atlantic
UFC 93: Franklin vs Henderson (O2, Dublin, Germany), Tape Delayed 10 a.m. AFN/extra
NFL Playoffs - Conference Championship Game: Teams TBD, Tape Delayed 2 p.m. AFN/sports
NFL Playoffs - Conference Championship Game: Teams TBD, Tape Delayed 5:30 p.m. AFN/sports
UFC 93: Franklin vs Henderson (O2, Dublin, Germany), Tape Delayed 6 p.m. AFN/extra
Denver Nuggets @ Houston Rockets, Live 10 p.m. AFN/sports

Tuesday 1/20/09
Detroit Pistons @ Memphis Grizzlies, Live 1:30 a.m. AFN/sports
Syracuse @ Pittsburgh, Live 3 AFN/extra
Phoenix Suns @ Boston Celtics, Live 4 a.m. AFN/sports
Texas A&M @ Kansas, Live 5 a.m. AFN/extra
Cleveland Cavaliers @ Los Angeles Lakers, Live 6:30 a.m. AFN/Sports
Australian Open Tennis Championships 2009: Early Round Coverage Day #2, Tape Delayed 11:30 a.m.. AFN/sports
Phoenix Suns @ Boston Celtics, Tape Delayed 6 p.m.. AFN/sports
Cleveland Cavaliers @ Los Angeles Lakers, Tape Delayed 10 p.m.. AFN/sports

PVT. MURPHY'S LAW



Iraq according to Opet



Joint Base Balad Religious Service Schedule

PROTESTANT		ROMAN CATHOLIC MASS	ISLAMIC PRAYER
TRADITIONAL Sunday 0730 AF Hospital Chapel 0930 Provider Chapel 1030 Freedom Chapel (West side) 1100 Castle Heights (Bldg 4155) 1730 Gilbert Memorial Chapel (H-6) 2000 Air Force Hospital Chapel	1900 Freedom Chapel (West side)	Saturday 1700 Gilbert Mem. Chapel (H-6) (Sacrament of Reconciliation Sat 1600 or by appointment) 2000 Freedom Chapel(West side)	Friday 1230 Provider Chapel
	Wednesday 2000 Gilbert Mem. Chapel (H-6)		PAGAN/WICCAN FELLOWSHIP Thursday 1900 Eden Chapel
	LITURGICAL Sunday 1500 Gilbert Chapel (H-6)	Sunday 0830 Gilbert Mem. Chapel (H-6) 1100 Provider Chapel 1100 Air Force Hospital Chapel	Saturday 1900 Eden Chapel
	SEVENTH DAY ADVENTIST Saturday 0900 Provider Chapel	Thursday 1100 Air Force Hospital Chapel	GREEK ORTHODOX Sunday 0900 Provider Annex
	CHURCH OF CHRIST Sunday 1530 Castle Heights (Bldg 4155)	Mon, Wed, Fri 1700 Gilbert Mem. Chapel (H-6)	
HISPANIC SERVICE Saturday 1930 Provider Chapel	CHRISTIAN SCIENCE Call the Provider Chapel	JEWISH SHABBAT SERVICES Friday 1700 Gilbert Mem. Chapel (H-6)	For more information, call Gilbert Chapel: 433-7703 Provider Chapel: 433-2430 Freedom Chapel: 443-6303
GOSPEL Sunday 1100 MWR East building 1200 Freedom Chapel (West side) 1230 Gilbert Mem. Chapel (H-6) 1900 Provider Chapel	LATTER DAY SAINTS (MORMON) Sunday 1300 Provider Chapel 1530 Freedom Chapel (West side) 1900 Gilbert Mem. Chapel (H-6)	Saturday 0800 Gilbert Mem. Chapel (H-6) 1700 Gilbert Mem. Chapel (H-6)	
CONTEMPORARY Sunday 0900 MWR East building 1030 Gilbert Mem. Chapel (H-6) 1400 Castle Heights (Bldg 4155)			



Martin Luther King Jr. Day
5K run

JOINT BASE BALAD

Come celebrate. Start the day with a run

Date: Jan. 15, 2009
Start point: Holt Stadium
Opening remarks: 6:15 a.m.
Run start time: 6:30 a.m.

T-shirts to be given to the first 1,000 finishers

POC: SFC Shonda Kelley, 330th Trans. Bn. 433-2417
MSG Tuynuykua Jackson, 3^d ESC 433-2527
MSgt Joseph Newton, 332nd AEW 443-8459



JOINT BASE BALAD
OBSERVANCE COMMITTEE

JB BALAD ACTIVITIES

<u>INDOOR POOL</u> Swim Lessons: <i>Mon., Wed., - 6 p.m.</i> <i>Tue., Thu., Sat., - 6:30 p.m.</i> AquaTraining: <i>Tue., Thu., - 7:30 p.m., 8:30 p.m.</i>	<i>Mon., Wed., Fri. - 8-9 p.m.</i> Abs-Aerobics: <i>Tue., Thu., 6-7 a.m., 5-6 p.m.</i> Edge Weapons & Stick Fighting Combative Training: <i>Tue., Thur., Sat., - 8-10 p.m.</i>	<i>Thursday- 7:30 p.m.</i> Poetry Night: <i>Thursday-8 p.m.</i> 6-ball tourney: <i>Thursday- 8 p.m.</i> Caribbean Night: <i>Friday- 8 p.m.</i> Chess & Dominoes Tourney: <i>Friday- 8 p.m.</i> Salsa Class: <i>Saturday- 8:30 p.m.</i> Poker: <i>Saturday- 7:30 p.m.</i>	<i>Tue., Thu., - 7 p.m.</i> Power Abs: <i>Mon., Tue., Thu., - 8 p.m.</i> <i>Friday- 9 p.m.</i> CC Cross Fit: <i>Monday-Saturday- 10:30 p.m.</i> Cross Fit: <i>Mon., Wed., Fri., - 5:45 a.m., 7 a.m., 3 p.m., 6 p.m.</i> <i>Tue., Thu., - 7 a.m., 3 p.m.</i> <i>Sunday- 5:45 a.m., 7 a.m., 3 p.m.</i> P90x: <i>Monday- Saturday- 4:30 a.m., 4 p.m., 10 p.m., 12 a.m.</i> Soccer: <i>Tue., Thu., - 8 p.m.</i> Yoga: <i>Wednesday- 8 p.m.</i> MCAP Level 1: <i>Friday- 8 p.m.</i> 5 on 5 Basketball:	<u>CENTER</u> Bingo: <i>Sunday- 8 p.m.</i> Texas Hold'em: <i>Mon., Fri., - 2 p.m., 8:30 p.m.</i> 8-ball tourney: <i>Tuesday- 2 a.m., 8:30 p.m.</i> Ping-pong tourney: <i>Tuesday- 8:30 p.m.</i> Spades: <i>Wednesday- 2 a.m., 8:30 p.m.</i> Salsa: <i>Wednesday- 8:30 p.m.</i> 9-ball: <i>Thursday- 2 a.m., 8:30 p.m.</i> Karaoke: <i>Thursday- 8:30 p.m.</i> Dominos: <i>Saturday- 8:30 p.m.</i> Darts: <i>Saturday- 8:30 p.m.</i>	<i>9-ball tourney: Monday- 8 p.m.</i> Ping-pong tourney: <i>Tuesday- 8 p.m.</i> Foosball tourney: <i>Tuesday- 8 p.m.</i> Jam Session: <i>Tuesday- 7:30 p.m.</i> 8-ball tourney: <i>Wednesday- 8 p.m.</i> Guitar Lessons: <i>Thursday- 7:30 p.m.</i> Game tourney: <i>Thursday- 1 p.m, 8 p.m.</i> Enlisted Poker: <i>Friday- 1 p.m., 8 p.m.</i> Officer Poker: <i>Saturday- 1 p.m., 8 p.m.</i> Squat Competition: <i>Saturday- 8 p.m.</i>	Aerobics: <i>Monday, Wednesday, Friday- 7 p.m.</i> Body by Midgett Toning Class: <i>Tue., Thu., - 7 p.m.</i> Dodge ball Game: <i>Tuesday- 7:30 p.m.</i> Furman's Martial Arts: <i>Mon., Wed., Sun., - 1 p.m.</i> Gaston's Self-Defense Class: <i>Fri., Sat. - 7 p.m.</i> Open court basketball: <i>Thursday- 7 p.m.</i> Open court soccer: <i>Mon., Wed., - 7 p.m.</i> Zingano Brazilian Jui Jitsu: <i>Tue., Thu., - 8:30 p.m.</i>
<u>EAST FITNESS CENTER</u> Open Court Volleyball: <i>Sunday- 6 p.m.</i> Aerobics: <i>Mon., Wed., Fri. - 5:30-6:30 a.m.</i> Yoga Class: <i>Mon., Fri. - 6-7 a.m.</i> Step Aerobics: <i>Mon., Wed., Fri. - 5:30 p.m.</i> Conditioning Training Class: <i>Mon., Wed., Fri. - 7:15- 8 p.m.</i> Brazilian Jui-Jitsu:	<u>EAST RECREATION CENTER</u> 4-ball tourney: <i>Sunday- 8 p.m.</i> 8-ball tourney: <i>Monday- 8 p.m.</i> Karaoke: <i>Monday- 8 p.m.</i> Swing Class: <i>Tuesday- 8 p.m.</i> Table Tennis: <i>Tuesday- 8 p.m.</i> 9-ball tourney: <i>Wednesday- 8 p.m.</i> Dungeons & Dragons:	<u>H6 FITNESS CENTER</u> Spin: <i>Sunday- 9 a.m.</i> <i>Mon., Wed., Fri., - 2 a.m., 8 a.m. 2 p.m., 7 p.m., 9 p.m.</i> <i>Tue., Thu., -5:45 a.m., 9 a.m., 8:30 p.m.</i> <i>Saturday- 9 a.m., 7 p.m.</i> Boxing: <i>Sunday- 4 p.m.</i>			<u>WEST FITNESS CENTER</u> <i>3 on 3 basketball tourney: Saturday- 7:30 p.m.</i>	<u>CIRCUIT GYM</u> Floor hockey: <i>Mon., Wed., Fri., - 8-10 p.m</i>

SUSTAINER REEL TIME THEATER

Cadillac Records



Cadillac Records is a 2008 musical biopic written and directed by Darnell Martin. The film explores the musical era from the early 1940s to the late 1960s, chronicling the life of the influential Chicago-based record-company executive Leonard Chess, and the singers who recorded for Chess Records. The film stars Adrien Brody as Chess, Cedric the Entertainer as Willie Dixon, Mos Def as Chuck Berry, Columbus Short as Little Walter, Jeffrey Wright as Muddy Waters, and Beyoncé Knowles as Etta James.

Australia

Australia is a 2008 Australian epic romance film directed by Baz Luhrmann and starring Nicole Kidman and Hugh Jackman. The screenplay was written by Luhrmann and screenwriter Stuart Beattie, with Ronald Harwood. The film is a character story, set between 1939 and 1942 against a dramatised backdrop of events across Northern Australia at the time, such as the bombing of Darwin during World War II. Production took place in Sydney, Darwin, Kununurra, and Bowen.



Movie Times

Wednesday, January 14
5 p.m. Punisher: War Zone
8 p.m. Sex Drive
Thursday, January 15
5 p.m. Transporter 3
8 p.m. Twilight
Friday, January 16
2 p.m. Cadillac Records
5 p.m. Australia
8:30 p.m. Notorious
Saturday, January 17
2 p.m. Notorious
5 p.m. Cadillac Records
8 p.m. Australia
Sunday, January 18
2 p.m. Australia
5 p.m. Notorious
8 p.m. Cadillac Records
Monday, January 19
5 p.m. Cadillac Records
8 p.m. Australia
Tuesday, January 20
5 p.m. Notorious
8 p.m. Cadillac Records

(Schedule is subject to change)

NOTORIOUS

Notorious is a biographical film about the life of hip hop star The Notorious B.I.G., Biggie Smalls, who is played by upcoming rapper Jamal Woolard. It also features Angela Bassett as his mother Voletta Wallace, Derek Luke as Biggie's manager Sean "Puffy" Combs, and Anthony Mackie as rap rival Tupac Shakur. Other roles include Naturi Naughton as Lil' Kim and Antonique Smith as wife Faith Evans.



PUNISHER: WAR ZONE

Punisher: War Zone is a 2008 comic book film based on the fictional Marvel Comics vigilante and antihero the Punisher. The film is a reboot rather than a sequel to 2004's The Punisher. British actor Ray Stevenson replaces Thomas Jane as Frank Castle. In the film, Castle wages a one-man war against a horribly disfigured mob boss known as Jigsaw (Dominic West). Punisher: War Zone was released in North America by Lionsgate on Dec. 5.



PHOTOS AROUND IRAQ

U.S. Navy Mass Communication Specialist 2nd Class Todd Frantom assigned to Joint Combat Camera Iraq, Multi-National Division-Baghdad, demonstrates the proper way to hold a camera to an Iraqi Policeman during the very first Joint Combat Camera Training Course for Iraqi Combat Camera at Joint Security Station Dora in the city of Baghdad, Iraq, Dec. 28.



U.S. Army photo by Sgt. Jacob H. Smith



LEFT: U.S. Army Spc. Joaquin Mello from 2nd Platoon, Charlie Company, 1st Battalion, 2nd Infantry Regiment, 172nd Infantry Brigade and Sgt. Bodo, a military police dog, confer during roadside clearance on Main Supply Route Tampa near Forward Operating Base Kalsu, Iraq on Dec. 29.



U.S. Navy photo by Mass Communications Specialist 2nd Class Walter J. Pels

U.S. Army Staff Sgt. Gersain Garcia (left) gives information to the Weapons Inspection Team members about a weapons cache his platoon found. U.S. Soldiers from the Chemical, Biological, Radiation, Nuclear/ Weapons Intelligence Team (WIT) Platoon, Brigade Troops Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division are exploiting a weapons cache found by 25th Infantry Division Soldiers, during a patrol south of Baqubah, Iraq on Jan. 3.

BOTTOM: U.S. Marine Staff Sgt. Shawn C. Kelly from Oviedo, Fla., platoon Sgt., 2nd Battalion, 9th Marine Regiment, Regimental Combat Team 1 gives soccer balls to an Iraqi Police (IP) officer and his children in Ramadi, Iraq, Nov. 27. The Marines are working with the IPs to help patrol the city, and provide support if needed.



U.S. Marine Corps Photo by Lance Cpl. Albert F. Hunt

NEWS AROUND IRAQ

IA Soldiers learn advanced medical skills

CONTINGENCY OPERATING BASE ADDER, Iraq – Approximately 15 Iraqi Army medics completed advanced combat medical skills training at Camp Mittica, near Tallil Air Base, in southern Iraq Dec 31.

Soldiers of the 10th IA Division attended the class offered through a continued partnership with the 27th Brigade Support Battalion, 4th Brigade Combat Team, 1st Cavalry Division.

Staff Sgt. Junior St. Hilaire and Staff Sgt. Willie Gray, 27th BSB medics, taught the 10-day course which covered combat casualty care, basic pharmacology and how to evaluate casualties.

"I really like to train with the U.S. Army and train on their equipment," said Pfc. Chassid Borhan, 10th IA Div., during one of the previous classes. "We like to learn their ways of medical care, so we can make ours better."

In order to complete the course successfully, the students were required to pass written and hands-on tests.

"The Iraqi Army medics seem anxious to learn medical skills," said St. Hilaire.

The 27th BSB is planning to implement a "train-the-trainer" phase to the monthly course enabling the IA Soldiers to sustain their own force and strengthen their medical capabilities.

"Their willingness to work helps us train them because they want to learn and retain the training," said Gray.

Bakiryah School reopens, breathes new life into neighborhood

BAGHDAD – The Bakiryah School celebrated its re-opening Jan. 4 in the Mansour District.

Dr. Nahad Abbas Shihab al-Juburi, Deputy Minister of Education for the Karkh district performed the ceremonial ribbon cutting for the event, which was also attended by Brig. Gen. Ghassan, commander, 54th Brigade, 6th Iraqi Army Division, as well as the commander of the 4th Squadron, 10th Cavalry Regiment, Lt. Col. Monty Willoughby and the deputy commanding officer of the 2nd Heavy Brigade Combat Team, 1st Infantry Division, Lt. Col. Christopher Beckert.

"The school was overcrowded and through a local contractor we were able to build a new school building and house all of the students," said Willoughby. "It will be a tremendous benefit for the students and it will increase their ability to learn."

The atmosphere at the event was very joyous for the children as they gathered in the renovated courtyard before the ceremony to sing and listen as their classmates read poetry to the distinguished guests of the event.

"The most important thing that you saw today was real emotion," said Beckert. "Today you saw real excitement on behalf of a community who takes the education of their children very seriously."

The troopers of the 4th Sqdn., 10th Cav. Regt., who partner with the 54th Brigade to provide security for the Mansour district, have seen a marked improvement to the area during their time in northwest



Baghdad.

"We've done a couple of different things here in accordance with the belladiyah," said Willoughby. "We've helped put in solar street lights and we've done some revitalization of the market area through micro grants. Then we looked at the school and decided to help out to provide a little bit of community pride and gain some community support."

Throughout the event the support of the community was evident not only in the large turnout but also in the festive mood created by the reopening.

After the ribbon cutting, the Iraqi leaders toured the school to get a better look at the renovations. Once the tour was complete a traditional Iraqi meal was served to cap off the event.

"The improved school in Bakiryah is very important because it breathes life back into the community," said Beckert. "It also demonstrates the will of the Iraqi Army and the local community leaders to work together for a better Iraq."

Former FOB Callahan turned over to Iraqi Trade Ministry

AL SHA' AB, Iraq – Days after the Green Zone was returned to the Government of Iraq, Iraqi sovereignty continues to move forward in Baghdad.

Coalition forces returned Forward Operating Base Callahan in the Al Sha'ab neighborhood to Iraqi jurisdiction Jan. 3 in the Sha'ab neighborhood of Baghdad's Adhamiyah district.

FOB Callahan was the former Sha'ab Market and a strategic spot in Adhamiyah, which was taken over in 2007 as part of the surge to monitor routes and more fully secure the area. With the new security agreement and increased security in the area, Coalition forces seized the opportunity to return the building back to the Iraqi Ministry of Trade.

"This building has been a Coalition camp since March of 2007; it was taken over during the surge, and now we've handed over this central shop market back to Iraqi control because of the increase of security in Adhamiyah area," said Lt. Col. Michael Pappal, commander of the 1st Combined Arms Battalion, 68th Armor Regiment, 3rd Brigade Combat Team, 4th Infantry Division, Multi-National Division – Baghdad.

The Ministry of Trade plans to renovate the building and return it to its original market place and will

remove the concrete barriers surrounding it.

"There are two big effects by reopening this building," said Capt. Kevin Kahre, commander of Company D, 1-68 AR, 3rd BCT, 4th Inf. Div. "The first impact will be that traffic will be alleviated considerably by the reopening of two major roads in the area, which will afford people the opportunity to move around more freely as we take down barriers. Larger vehicles will be able to transport anything from goods to fuel more easily as well. Second, in the upcoming months, as the MOT fixes and reopens the building, it will once again be a source of income for the area."

"This building is so prominent and has been a big reminder of a U.S. presence," Kahre said. "By leaving this building, it shows those who live here that Iraq is making progress. The move promotes a sense of normalcy, with roads and commerce restored, and will help the people see they are moving forward and American troops are complying with the security agreement."

Kahre went on to explain how rewarding it has been for him and Soldiers who have deployed multiple times to see things come "full circle" and how good it was to see Iraqis get that part of their city back.

There are eight other markets like the one in Sha'ab and two remain under Coalition control. "We have nine markets like this throughout Baghdad, and we've started the renovation plans for them. There are only two more of nine to be handed back over to us," said Mahdi Hasaan Shihab, a Ministry of Trade employee.

"It's a happy time for us because it's ours, and we want to utilize the Ministry of Trade to serve the people of this area and help the economy."

Train the trainer course for 60mm mortar graduates

BESMAYA, Iraq – 32 students representing four Iraqi Army Regional Training Centers and three infantry divisions graduated from the 60mm Mortar Train-the-Trainer course at the Combat Training Center here on Dec. 31.

The course, hosted by the Combat Arms School, prepares Iraqi Army Soldiers and noncommissioned officers to prepare and fire the 60mm mortar and then return to their RTCs and divisions to conduct similar training courses.

All instruction, practical exercises and range fires were planned, taught and executed by the Iraqi Army cadre. The course consisted of extensive classroom lectures supplemented by hands-on practical exercises. Additionally, students conducted two live-fire exercises on the ranges.

Course topics included a review of components and assembly of the weapon system, crewmember duties and fire commands, types of ammunition and methods of target engagement, and tactical employment of the mortar. Safety is a primary concern, so the course included education highlighting the risks and mitigation associated with firing the mortar. The goal of the course is to have graduates return to their respective duty stations to plan and conduct future training.

Iraqi Army Lt. Col. Jabar Chyad, commandant of the Combat Arms School, said, "This training proved it is beneficial to use mortars to support small units. Under the guidance of Lt. Col. Abdul-Hassan and Lt. Col. Emad and their instructors, we aim to teach the importance of using mortars. This course gives the students the chance to go back to their units with the new training they have learned and teach others how we conduct the class."

Sustaining the Line



U.S. Army photo by Sgt. Keith M. Anderson

Spc. Roger Jongewaard, from Garden Grove, Calif., and Spc. Vadim Shafir, from Los Angeles, paint the California state flag on the protective wall surrounding their unit, Echo Company, 1st Battalion, 185th Armor Regiment, California Army National Guard, at Contingency Operating Base Q-West, Jan. 5. The unit supporting 10th Sust. Bde., assumed responsibility for operations here Nov. 22, and is expected to return to California in Aug. 2009. "I'm just proud to be from California," Jongewaard said.



U.S. Army photo by Sgt. Beau R. Stefka

(From left to right) On Dec. 23, Mr. Aku from Baghdad, a local national working as a translator, along with, Sgt. Sean K. Birmingham, from Port St. Lucie, Fla., a radio operator/maintainer with the 68th Transportation Company, 398th Combat Sustainment Support Battalion, 10th Sustainment Brigade, from Mannheim, Germany, trained basic communication and signal skills using SINCGAR radios to Iraqi Army Soldiers of the General Transportation Regiment. IA Soldier Karar Ali said, "I learned many things today such as loading frequencies, and also how to store the information inside the radios." Warrant Officer Bashar, from Baquaba, Iraq, said, "I can hear Soldiers clearly on the other side of the radio, and it makes me feel safe knowing I can hear them, and they can hear me."



U.S. Army photo by Spc. Kiyoshi C. Freeman

Sixth from left, Gen. David H. Petraeus, commander, U.S. Central Command, poses for a photograph with service members in Dining Facility 3 at Al Asad Air Base, Iraq, on Christmas Day. Petraeus had lunch with the service members, all of whom were selected as representatives from the various branches and units stationed there.



U.S. Army photo by Capt. Phillip Castillo

Col. Mark E. Drake, commander of 10th Sustainment Brigade and a St. Paul, Minn., native speaks with Sgt. Clyde Woods, a native of Jacksonville, Fla., and of the 57th Transportation Company, 553rd Combat Sustainment Support Brigade, 10th Sust. Bde., during his visit with Soldiers of the 553rd CSSB on Dec. 12. Drake explained to the Soldiers in the brigade his expectations and goals.



Col. Cheri A. Provancha, the 3rd Sustainment Command (Expeditionary) support operations officer in charge, and San Diego, Calif., native, points at her new coin. The airmen in the departing 3rd ESC petroleum detachment custom made the coin with their names and locations inscribed.

U.S. Army photo by Spc. Amanda D. Tucker