



THE Q-WEST Knight

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“Knights” celebrate Thanksgiving with a slice of home

Maj. Paul Hayes

3d Sustainment Command (Expeditionary) Public Affairs

CONTINGENCY OPERATING BASE Q-WEST, Iraq – With millions of Americans celebrating Thanksgiving around dinner tables with helpings of food, family-togetherness, football and a year’s worth of reflection, Soldiers of the 3rd Sustainment Command’s 16th Sustainment Brigade briefly took time to pause and celebrate while preparing for missions departing this remote post in northwestern Iraq.

Over 4,000 service members enjoyed a variety of holiday meal options Thanksgiving Day event though missions in support of Multi-National Division- North continued like any other day. The efforts of the brigade’s food-service team ensured Soldiers could enjoy a brief slice of home along with their choice of pie in this remote installation 150 miles north of Baghdad.

“This is our Superbowl,” stated 16th Sust. Bde. Food Service Supervisor



Photo by Sgt. Keith M. Anderson

16th SB Command Team Col. Martin B. Pitts and Command Sgt. Maj. James E. Spencer serve up Thanksgiving cheer during an holiday meal at the “Knight’s Feasting Hall” at COB Q-West Nov. 27.

Master Sgt. Michael Davis from Bamberg, Germany. “We started preparing for this seven days ago with the goal of not only showcasing our talents, but also to come together and give these Soldiers a ‘home away from home.’”

For the 25-year veteran and Cleveland, Ohio native, ensuring each dining facility on Q-west

is doing something special for Soldiers is a job he takes seriously. Davis and his team of four non-commissioned officers supervise the preparation of food at all of the installation’s five dining facilities. For Davis and his team, food preparation began at around mid-night **See Knights, page 3**

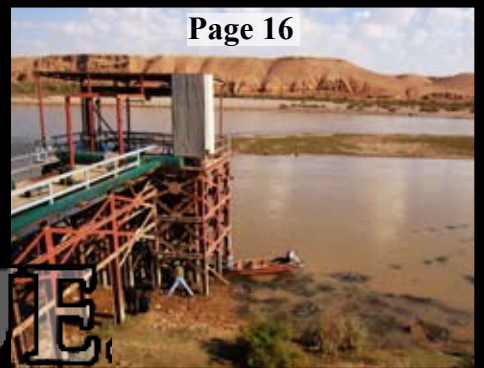
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Greetings to all 16th Sustainment Brigade family and friends! The Thanksgiving, Christmas and New Year's holiday season is upon us and it is that time of the year for giving thanks and celebrating. I would like to wish all our Soldiers, friends and family best wishes and happy holidays and to let you know that we are thinking about. We very much appreciate the love and support that has been shown to all the Knight Warriors during our historic deployment.

I realize that while the holidays are occasions for great celebration, deployments and time away from home may cause a great deal of stress for Soldiers and their families. I would like to assure you that our engaged leadership is ensuring that your Soldier has a safe and joyous holiday season.

November marked the advent of a number of transfer of authority ceremonies at the company and battalion level – a very busy time. It is always good to welcome fresh, new ideas and observe new command teams that are motivated and ready to grab the reigns. However, we will miss the departing formations and are grateful for the positive impact they made on our mission.

We continue to win the fight on the Q-West water situation. Our Soldiers are still able to shower daily and all latrine facilities

remain open. Water that sustains our life support and bottle water plant, continues to be brought in a good, steady flow via water trucks. However, and best of all, two new water pumps have been installed and water has begun to flow into Q-West from the Tigris. We are on track to have Tigris water flowing to us and the Iraqis in our area consistently by mid December. This is developing into quite a success story.

Q-West and 16th Sustainment Brigade hosted several superb events this month in support of our Soldiers. We conducted our initial Prayer Breakfast and the STB led the COB's American Indian Heritage Month Luncheon. On Thanksgiving Day, the Brigade Dining Facility at Q-West provided a feast beholding to any Knight. Through weeks of planning and preparation they provided the Soldiers, Airmen, Sailors and Marines on Q-West and outlying Combat Outposts with the traditional Thanksgiving meal and many extras which included turkey, ham, stuffing, steamship round beef, shrimp cocktail, and an outstanding selection of desserts to top it off.

To ensure that everyone had the opportunity to partake in this event, dining facility hours were extended and all items were offered during the lunch, dinner, and midnight meals. Our Q-West MWR professionals have been able to construct a functional,

9 hole golf course and driving range here on the COB. This and many other sporting activities including intramural basketball, volleyball, and soccer are available for Soldiers to relax and relieve stress.

The 16th STB and rear-detachment team conducted another successful video teleconference opportunity for Soldiers and family members this month. Several Soldiers were able to see and talk to their spouses and children on Thanksgiving Day thanks to their efforts. In addition to the VTC, the Brigade PAO was able to coordinate for a broadcaster from 3rd Expeditionary Sustainment Command (ESC) to record video "Shout Outs" for Soldiers at both COB Q-West and COB Speicher. A Shout Out is a short video clip that is sent to AFN stations and select television stations all over the United States.

As you can see we are continually trying to provide opportunities for Soldiers and family members to stay connected, especially during the holidays. As always we appreciate your continued support for our Soldiers as we support the mission and the people of Iraq. In closing, "A leader's attitude is caught by his or her followers more quickly than his or her actions."

– John C. Maxwell

***Merry Christmas and Happy Holidays!
Knights Pride!***





Photo by Sgt. Keith M. Anderson

Sgt. Dale Berthiaume (left) from St. Cloud, Minn. and Pfc. Bryan Oliverius (right) of Blaine, Minn. enjoy a movie, holiday meal and a banana split at the "Knight's Express" dining facility on COB Q-west Nov. 27. The two friends and fellow Minnesotans are members of Buffalo, Minnesota's 353rd Transportation Company stationed at this remote post in northwestern Iraq.

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and would continue until around 8 p.m. "We'll sleep and eat after the Soldiers are done," he added.

The installation boasts one large, main facility and four smaller satellite facilities, catering to units and Soldiers on the go. "Each facility might not have the exactly same menu," said Davis, "But each one will have the main Thanksgiving ingredients and something special for the Soldiers."

One such satellite facility is the more remote "Knight's Express" near Q-west's Combat Logistics Patrol Readiness Center. Nestled next to a former Iraqi Air Force hanger, the facility, whose 200-square-foot dining room seats a mere 20 people, is a vivid contrast to Q-west's spacious main dining facility.

But at the tiny facility, quality, quantity and atmosphere were not a problem as friends and Soldiers enjoyed prime rib and Cornish hen for their Thanksgiving meal while sharing stories from home.

For friends and fellow Minnesotans' Sgt. Dale Berthiaume and Pfc. Bryan Oliverius, the Knight's Express was a nice break on a Thanksgiving holiday spent loading trucks for missions later in the day.

"In a word, it's homey," said St. Cloud, Minn.-native Berthiaume, who is on his third rotation to Iraq. Both he and the Blaine, Minn.-native Oliverius serve with the 353rd Transportation Company from Buffalo, Minn.

As both friends finished their meals and paused to laugh at Chevy Chase's antics in "Christmas Vacation," they reflected on what Thanksgiving meant thousands of miles from home.

"I miss home and my three kids," said Oliverius. "But I'm looking forward to talking to them tonight by webcam." On his second rotation to Iraq, the young Soldier also said he'll miss snowmobiling this year but is thankful for this little slice of home so far from Minnesota.

And what was the specialty at the tiny

Knight's Express? The 16th Sust. Bde. food service team offered up a delicacy not usually associated with November's signature holiday meal.

"Banana splits are our specialty today," stated Food Service Non-Commissioned Officer Sgt. Thomas Clendening from Grafenwoer, Germany. "It's not a requirement, but we enjoy doing it for the Soldiers that eat here."

For Clendening, Thanksgiving Day is like any other in that he's always trying to ensure the Soldiers moving through his facility are taken care of before heading out on missions to locations across Iraq.

As Thanksgiving Day ended here at COB Q-west, 16th Sust. Bde Soldiers continued their mission to provide distribution of supplies to Multi-National Division-North units. For these Soldiers, however, Thanksgiving was special thanks to the extraordinary efforts of the brigade's food service team who went out of their way to bring their Soldiers a little slice of home.



We had a fantastic Thanksgiving holiday on COB Q-West. I would like to thank the Brigade Food Service Team, Master Sergeant (P) Michael Davis and Sergeant First Class Demetrius Jordan for the excellent spread and decorations that made our Q-West Thanksgiving an event to remember. They gave our HOOAHs a little piece of home and jump started our holiday season in the right direction.

Brigade Soldiers have worked very hard and we are proud of the efforts of everyone. Leaders, pass the good word along, and continue to motivate and mentor Soldiers. Continue to reinforce our basic standards and set the example for the new units that are joining the *Knight's Pride Brigade*.

The 10th of December brings big changes in retention bonuses. Much of the budget for bonuses has been spent for the fiscal

year, so time is running out! It is critical for leaders talk to their Soldiers about their reenlistment options. Soldiers need to speak with SFC Arthur Wade, the brigade career counselor, and find out about the latest changes and options.

I also want to reiterate the importance of safety, particularly during this holiday season. Safety is everyone's responsibility. Everyone should be wearing reflective belts in the hours of dusk to dawn and also during hours of low visibility. It is also a good idea to carry a flashlight.

Recently, we have had several non-combat related accidents. Many have come from Soldiers falling off of vehicles, twisting ankles during hours of darkness, and crushing their hands in the doors of vehicles. These are all preventable incidents. Soldiers must use caution when working on or near heavy

equipment. The cost is too high! We need every Soldier to stay engaged in Safety so we can accomplish our mission in getting all HOOAHs home safe and sound.

Spending the holidays away from our families and loved ones is tough. Don't let your battle buddy spend countless time alone in the CHUs. Get out and do some PT or an MWR function. Soldiers, this applies to your Families back home, too. Stay in touch, take advantage of video teleconference, email, and morale calls — stay in touch with your loved ones and make this holiday season one you will remember years from now.

Again, from the 16th Sustainment Brigade Command Team,
Happy Holidays and Happy New Years!
Knight 7



Photo by Sgt. Keith M. Anderson

Indiana, Washington guardsman bring desks to Zalila school children

by Sgt. 1st Class Adam V. Shaw
16th SB Public Affairs

ZALILA, Iraq — Indiana and Washington guardsmen from Contingency Operating Base Q-West brought desks, chairs and school supplies to the Zalila Elementary School here Nov. 5.

Soldiers from the 81st Brigade Special Troops Battalion, 16th Sustainment Brigade, and 76th BSTB, 16th SB, brought nearly 50 desks to the school that sits in a the small town of Zalila, just a few miles outside of Q-West.

The school's principal said that many of her students had quit because there were not enough seats and was happy to receive the new desks.

"We are very thankful for the desks," said Nada Hamed Mohamed, principal, Zalila elementary school, through an interpreter. "But, we wish you could bring more supplies."

The school has no air-conditioning or heating, only four teachers for the nearly 650 students, and lacks many supplies.

"We have requested more supplies from the government in Mosul," said Mohamed. "We never get anything from them because

we are too far away."

Although the school is in dire need of more supplies, the desks will help keep some students off the floor and in school.

"I wanted to quit because I didn't have a seat," said 6th-grader Ahmed. "Thank you very much for your support and I hope that you can bring more things."

The guardsman spent nearly an hour at the school handing out toys and meeting the children.

"I wanted to quit because I didn't have a seat."

"If we can change someone's life," said Sgt. Chris Addington, team leader, Alpha Co., 76th BSTB. "It makes me feel like I accomplished something."

Addington, a Union City, Ind., native who is in the final month of his 15-month deployment, said it's important for Iraqis to have an understanding of what the Soldiers are doing here.

"The next generation will have a better idea of what we are like and what we stand for," said Addington.



Photo by Sgt. 1st Class Adam V. Shaw
Sgt. Chris Addington, team leader, Alpha Co., 76th Brigade Special Troops Battalion, hands out desks to school children. Soldiers from the 81st BSTB, 16th Sustainment Brigade, and 76th BSTB, 16th SB, brought nearly 50 desks to the school that sits in the small town of Zalila, just a few miles outside of Contingency Operating Base Q-West. Addington, a Union City, Ind., native who is in the final month of his 15-month deployment, said it's important for Iraqis to have an understanding of what the Soldiers are doing here. "The next generation will have a better idea of what we are like and what we stand for."

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EQUAL OPPORTUNITY

I. A. M. Strong

By Kelly Pate
Army News Service

WASHINGTON — The Army has launched a new Sexual Assault Prevention Program Web site as part of its I. A.M. Strong campaign.

The acronym I. A.M. stands for Intervene, Act and Motivate. The I. A.M. Strong campaign seeks to change the culture of the Army by stamping out sexual assaults and the sexually offensive language and gestures that create an abusive environment,

said Col. Jon Dahms, chief of Planning Support, Army Public Affairs.

“We’re on the offensive to stop the crime of sexual assault before it even hap-

The Web site, www.preventsexualassault.army.mil, is part of the Army’s ongoing efforts to create a climate that eliminates incidents of sexual harassment and assault in the Army.

“We’re on the offensive to stop the crime of sexual assault before it even happens,”

said Nathan Evans, Army Sexual Assault Prevention and Response deputy program manager. “Commanders at all levels have been charged to aggressively implement their command’s I. A.M. Strong prevention program.”

The Web site features the new I. A.M. Strong video, “Band of Brothers and Sisters.” The Web site provides information on how to prevent sexual assaults, what to do if a person has been assaulted, and training and leader tools. Other features include a scrolling list of upcoming events, training resources and Army regulations and policy.

CHAPLAIN’S THOUGHTS

When You’re Calling it Quits on Your Marriage

CH (MAJ) James Boulware
Chaplain, Q-West

(The following excerpt is from *A 3rd Serving of Chicken Soup for the Soul: 101 More Stories to Open the Heart and Rekindle the Spirit*, by Jack Canfield and Mark Victor Hansen)

A gray sweater hung limply on Tommy’s empty desk, a reminder of the dejected boy who had just followed his classmates from our third grade room. Soon Tommy’s parents, who had recently separated, would arrive for a conference on his failing schoolwork and disruptive behavior. Neither parent knew that I have summoned the other.

Tommy, an only child, had always been happy, cooperative and excellent student. How could I convince his father and mother that his recent failing grades represented a broken-hearted child’s reaction to his adored parent’s separation and pending divorce?

Tommy’s mother entered and took one of

the chairs I had placed near my desk; soon after the father arrived. Good! At least they were concerned enough to be prompt. A look of surprise and irritation passed between them, and then they pointedly ignored each other.

As I gave a detailed account of Tommy’s behavior and schoolwork, I prayed for the right words to bring these two together, to help them see what they were doing to their son. But somehow the words wouldn’t come. Perhaps if they saw one of his smudged, carelessly done papers they would understand.

I found a crumpled tear-stained sheet stuffed in the back of his desk and an English paper. Writing covered both sides – not the assignment, but a single sentence scribbled over and over.

Silently I smoothed it out and gave it to Tommy’s mother. She read it and handed it to her husband. He frowned. Then his face softened. He studied the scrawled words for what seemed an eternity.

At last he folded the paper carefully, placed it on his pocket, and reached for

his wife’s outstretched hand. She wiped the tears from her eyes and smiled up at him. My own eyes were brimming, but neither seemed to notice. He helped her with her coat they left together.

In his own way God had given me the words to reunite that family. He had guided me to the sheet of yellow copy paper covered with the anguished outpouring of a small boy’s troubled heart.

The words, “Dear Mother...Dear Daddy...I love you...I love you...I love you.”

In the Scripture we read, God tells us He hates divorce (Malachi 2:16). Is it any wonder? Marriage and family counselors agree that nothing is more destructive to a child’s sense of security, self-esteem, sexual identity and future success in marriage; indeed, nothing is more destructive to society than divorce.

More and more people seem to forget Henry Ford’s sage advice when asked on his 50th wedding anniversary for his rule for marital bliss and longevity. He replied, “Just the same as in the automobile business, stick to one model.”

"Knights" learn how to tell brigade's story

By Sgt. Keith M. Anderson
16th SB Public Affairs

CONTINGENCY OPERATING BASE Q-WEST, Iraq — Soldiers from the 16th Sustainment Brigade got the scoop on public affairs operations and learned how write news articles and take photographs here Nov. 25.

"The purpose of UPAR training is to make unit public affairs representatives aware of their roles and responsibilities," said Maj. Paul Hayes, public affairs officer, 3rd Expeditionary Sustainment Command, Joint Base Balad. "It also helps them understand the importance of a UPAR program in telling the stories of their units."

Hayes, who is in charge of the Fort Knox-based 3rd ESC's public affairs office, instructed the one-day class and stressed the importance of the UPAR program to the future story-tellers.

"What unit doesn't want their hometown to know what they are doing?" Hayes asked. "I would tell you it is one of the CG's (commanding general's) and Army-leadership's priorities that hometowns are kept abreast of all that our Soldiers are doing on a daily basis."

The classes will add to the capabilities of the unit, Hayes said.

"This training will provide the unit a Soldier who knows what the command is

looking for, as far as news, who has the basic skills to go out and cover a newsworthy event, and who knows how to get that product to the right public affairs office so that it can be seen by hometown and internal audiences," he said.

The training was organized by the 16th Sust. Bde.'s public affairs chief, in order to enhance the visibility of the unit's mission in Iraq.

"We have to create understanding as to what we do in public affairs," said Sgt. 1st Class Adam V. Shaw, public affairs chief, 16th Sust. Bde. "The training gives our UPAR's the confidence and knowledge they need to carry out the mission, and that is to put the 16th Sust. Bde. on the map."

The 27-year-old Garden Grove, Ca., native, who is the brigade's first-ever public affairs chief, said that the training went better than expected, and hoped that the trainees go back to their units and use their new skills.

"When we get stories from these UPARs, we send them all over, whether it be to the New York Times, Washington Post or some tiny paper in who-knows-where North Dakota," said Shaw. "The fact is the UPAR is telling their battalion's story and therefore the brigade's story, so it's important for them to write. Now they realize how much impact they can potentially have."

Many of the participants had never written



Photo by Sgt. Keith M. Anderson
Maj. Paul Hayes, center, explains how to write a lead to Capt. Angela Velasco, left, unit public affairs representative, 18th Combat Sustainment Support Battalion, 16th Sustainment Brigade, and Capt. Jacqueline Baird, right, UPAR, 81st Brigade Special Troops Battalion, 16th Sust. Bde., during UPAR training for Soldiers of the 16th Sust. Bde. at Contingency Operating Base Q-West Nov. 25.

a news story before, and felt that they personally benefited from the training.

"I learned many things in the training, such as the basics of writing an article for a newspaper," said Capt. Jacqueline Baird, UPAR, 81st Brigade Special Troops Battalion. "Having no previous experience in journalism, which is different than just writing a typical paper for college, I learned many tips and also the minimums of what to include. I now have the confidence and tools to write more effective articles through the teaching and mentoring of the UPAR class."



Photo by Sgt. Keith M. Anderson

Iraqi Army Soldiers from 7th Brigade, 2nd Infantry Division, shut out Soldiers from 1st Squadron, 3rd Armored Cavalry Regiment, 2-0 in soccer, during a joint organizational day at "Forward Operating Base Hawk," an Iraqi Army compound on Q-West, Nov. 2.

Cavalry Soldiers take on Iraqis in soccer

By Sgt. Keith M. Anderson
16th SB Public Affairs

CONTINGENCY OPERATING BASE Q-WEST, Iraq — Cavalry Soldiers here took out time to spend a day with Iraqi Army Soldiers and play sports and cook out at the IA compound on the base here, known as "FOB Hawk," Nov. 2.

The cavalry Soldiers of Headquarters and Headquarters Troop, 1st Squadron, 3rd Armored Cavalry Regiment, held their first organizational day with the Iraqis to relax and strengthen bonds, said Capt. Jeff Johnson, commander, HHT, 1st Sqdn., 3rd ACR.

"It has been a long, hard fight for these

guys and this is an opportunity to step back from the hard work we've done and reinforce the bonds of brotherhood we've built with the Iraqis," Johnson said.

The 29-year-old from Iowa City, Iowa, and the Soldiers of "Roughrider Troop," deployed to Iraq in October 2007, on a 15-month tour.

The day's first event, the soccer game, went as expected with the Iraqi "Hawks" defeating the cavalry "Tigers" 2-0.

Iraqi Army 1st Lt. Arif Awwam, supply officer in charge, 7th Brigade, 2nd Infantry Division, was composed after he scored the second goal for the Hawks.

"I feel like any **See Cavalry, page 9**

SAFETY ALWAYS

Q-west Pedestrian Safety

1st Sgt. (Ret) Jeff Buchanan
Safety Manager, Q-West

Large numbers of pedestrians walk on COB Q-West both day and night. Unlike being at home where most of us drive back and forth, whether to work, or to a convenience store a block away, walking is a norm in Iraq.

The simple act of wearing a reflective belt on the COB during hours of darkness can improve pedestrian safety. The wearing of the reflective belt is mandatory for every person on the COB during hours of darkness, and it just make good sense.

As a pedestrian, you must understand, you are the master of your own destiny! So keep your eyes open for large vehicles

that may not see you. Only cross the road when you know it is safe, that is to say, do what you have been taught since you were young: look both ways before crossing!

Don't walk in the center of a road with your back to traffic: always walk against the traffic. You must always maintain situational awareness, and be prepared to jump out of the way of a vehicle that is about to strike you. When you cross a road, do so with a purpose. Don't stroll like you have all the time in the world — you may not.

So remember pedestrian safety is everyone's responsibility. Don't be the one who was a "near miss," or worse, a casualty.

Stay alert, stay alive.

DEEDS NOT WORD, KNIGHTS PRIDE
Army Safe, Army Strong



courtesy photo

Troops will cross in the middle of the road, with a crosswalk 20 feet away. They will take their own time and "know" you will stop for them. There is no sense of urgency.

HERE'S TO YOUR HEALTH

Kick the Habbit

Maj. Michael Price
Surgeon, Q-West

Thursday, Nov. 20, 2008, marked the 33rd annual Great American Smokeout.

The Smokeout was inaugurated in 1976 to inspire and encourage smokers to quit for one day. Now, 44.2 percent of the 45.3 million Americans who smoke have attempted to quit for at least one day in the past year, and the Smokeout remains a great opportunity to encourage people to commit to making a long-term plan to quit for good.

Tobacco use remains the single largest preventable cause of disease and premature death in the United States. Each year, smoking accounts for an estimated 438,000 premature deaths, including 38,000 deaths among nonsmokers as a result of second-

hand smoke. Half of all Americans who continue to smoke will die from smoking-related diseases. Heart disease, lung cancer, throat cancer, stroke and emphysema are just a few of the diseases that are caused

The average cost of a pack of cigarettes is now over \$4. A pack a-day-smoker will pay over \$1,500 a year for his or her habit.

by smoking.

And if saving your life isn't an important-enough reason to quit, how about saving money. The average cost of a pack of cigarettes is now over \$4. A pack a day smoker will pay over \$1,500 a year for his or her

habit.

Something I hear a lot from smokers is "don't tell my why to quit, tell me how." Most people who smoke realize it is bad for them, and for the people around them. The problem is finding a way to quit, and to not go back to smoking.

Here are some tips: Make a decision to quit and understand your reasons. Set a date and plan ahead for ways that will help you deal with the craving for a cigarette. A lot of people will substitute gum or candy. Part of your plan should include if you are going to use smoking cessation medications and discussing this with your doctor.

Tell your family and friends that you are going to quit smoking so that they can support you.

Try, try again. Rarely do people succeed the first time they try to quit.

Cavalry Soldiers take on Iraqis in soccer, friendship



Photo by Sgt. Keith M. Anderson

Iraqi Army Soldiers beat the Americans at soccer and volleyball, but could not master dodge ball, during a joint organizational day at "Forward Operating Base Hawk," an Iraqi Army compound on Q-West, Nov. 2.

Cavalry, from page 7

player when he scores a goal, very happy," Awwam said, through a translator. "It was a very hard competition, it wasn't easy."

The 29-year-old from Dohak City, Iraq, said he appreciated the opportunity to play soccer with the American Soldiers.

"It's very good because it builds strong bonds with each other," Awwam said.

Spc. Brian Culley, automated logistics specialist, HHT, said he never expected to be playing sports with Iraqis.

"I figured there'd be lots of missions," said Culley, a 20-year-old from Red Oak, Texas, on his first deployment. "Honestly, I thought it was going to be a lot worse (in Iraq). I thought we were going to be attacked a lot more."

Culley, who played soccer at Red Oak High School, wasn't surprised that the Iraqis beat the American Soldiers.

"They're really good at soccer," he said. "They've been playing since they were kids."

The Iraqi and American Soldiers were evenly matched for the next event, volleyball, though team Hawk won the three-game series by a few points.

"It has been a long, hard fight for these guys and this is an opportunity to step back from the hard work we've done and reinforce the bonds of brotherhood we've built with the Iraqis."

After taking time to eat steaks, burgers, hot dogs, corn on the cob, and other Americana, it was time for the final event, dodge ball.

This time it was the Tiger's turn to dominate. Cavalry Soldiers had an advantage because they were more flexible, and had better aim, said Sgt. 1st Class Rolly Azurin, platoon sergeant, HHT, 1st Sqdn., 3rd ACR.

"I'm very competitive, but really, it's just good participation between Iraqi Army and U.S. Soldiers," said the 30-year-old from Yakima, Wash. "It's good motivation and a chance to relieve some stress."

Iraqi Army Col. Hazim Serhan Hussein, deputy commander, 7th Brigade, 2nd Infantry Division, FOB Hawk, said events like the organizational day will improve relationships between the two armies and increase operational coordination.

"It's really useful," Hussein said, through a translator. "It introduces us to each other and improves coordination between the U.S. and Iraqi armies."

LAW AND ORDER

Powers Of Attorney And You

Spc. Ryan A. Frick
Paralegal, 16th STB

Everybody in the Armed Forces has at one time or another seen the AFN commercials discussing powers of attorney. While the commercials are corny, the information they provide is valuable and correct.

A power of attorney allows you to have someone you trust back home take care of issues that may arise while you are deployed. A power of attorney allows a person you designate to act on your behalf. Basically, for purposes of the law, they become you for those issues you specify in the power of attorney.

There are two types of powers of attorney, General and Special.

General Power of Attorney: A general power of attorney is exactly what it is billed to be. It is very general and covers many areas and issues. A general power of attorney may be helpful to a spouse or parents for dealing with numerous small issues

on the home front while you are here.

It can be used to address a myriad of issues but should be given sparingly. To receive a general power of attorney, you must be advised by an attorney prior to it being drafted due to the long reaching effects should it be abused.

Special Power of Attorney: A special power of attorney is substantially more limited than a general power of attorney. While a general power of attorney is broad and covers many areas, it is often not accepted. A special power of attorney is normally the preferred method for having someone take care of matters when you cannot.

A special power of attorney is customized to address the exact issue confronting the Soldier. It can be drafted to allow someone to purchase real estate for you, or a car – or even to clear quarters for you. Some things that a Soldier needs to take care of require a special power of attorney rather than a general, such as financial issues.

Most reputable financial institutions will

not accept a general power of attorney, but will require a special, and may, in fact, provide their own for you to have notarized. If they do this, DO NOT SIGN the document until you are in front of the notary. Also, if you are stationed in Europe, your spouse will need a special power of attorney to replace lost or stolen identification cards.

Finally, powers of attorney are drafted on a case by case basis, but it will take minimal time to ensure that you have a document that will accomplish what you need.

**BRIGADE JUDGE ADVOCATE'S
LEGAL SERVICES CENTER
HOURS OF OPERATION**

Monday 0900-1700	Tuesday 0900-1700
Wednesday 0900-1700	Thursday 1300-1700
Friday 0900-1700	Saturday 0900-1700

CLOSED FOR LUNCH 1130-1300
CLOSED ON SUNDAY

Powers of Attorney and Notaries handled on a walk-in basis
Consultation with Attorney is available on Tuesdays, Thursdays and Saturdays

*If you need to speak with an attorney regarding divorce/separation matters, you must come by the office one day prior watch a video and retrieve reading material

Clients from remote bases will be seen on an as-needed basis - Please inform the paralegal if you are from off the COB

UCMJ actions pending for 16th SB Soldiers on Q-West, Habur Gate, Marez, Speicher and elsewhere

- During Article 15 proceedings, a Soldier was found guilty of failing to go to his appointed place of duty twice. The Soldier was reduced to the grade of private first class, received 14 days extra duty, and forfeited \$454.

- A Soldier was found guilty of forging a sick call slip. The Soldier was reduced to the rank of private first class.

Two Soldiers were found guilty of violating MNC-I General Order #1 by wrongfully inhaling the contents of an aerosol can. The Soldiers were reduced to the rank of private first class.

- A Soldier was found guilty of falling asleep on guard duty, making a false official statement and being disrespectful through deportment. The Soldier was reduced to the rank of private first class, received extra duty for 14 days of which 10 were suspended.

- A Soldier's suspended punishment of reduction to the rank of private was vacated due to an incident of disrespectful behavior when the Soldier told an NCO, "I am not going to get my card" and "you are crazy."

- A Soldier was found guilty of negligently failing to ensure that a pen flare was not loaded while on post. The Soldier was reduced to the rank of private first class, and received extra duty for 14 days, both of which were suspended.

- A Soldier was found guilty of being disrespectful to a NCO in that while he was completing pushups for corrective training, the Soldier counted off "1, [expletive], 2 [expletive], 3, [expletive]." The Soldier was reduced to the rank of private first class, forfeited \$417 and received extra duty for 14 days, with the forfeiture and extra duty suspended.

- A Soldier was found guilty of being disrespectful to an NCO by saying, "This is [expletive]" and driving a vehicle while unlicensed. The Soldier was reduced to the rank of sergeant and forfeited \$1,575 and was put on extra duty and restriction for forty-five days, both of which were suspended.

- A Soldier was found guilty of driving recklessly and failing to pay a just debt. The Soldier was reduced to the rank of private and received extra duty for 14 days, both of which were suspended.

- A Soldier was found guilty of failing to go to his appointed place of duty five times. The Soldier was reduced to the grade of private first class and forfeited \$431.

Washington Guardsmen take base defense reins at Q-West

By Sgt. Keith M. Anderson

16th SB Public Affairs

CONTINGENCY OPERATING BASE Q-WEST, Iraq — Guardsmen from Everett, Wash., assumed responsibility for base defense operations and force protection here during a transfer of authority ceremony Nov. 16.

Soldiers from the 81st Brigade Special Troops Battalion, 81st Brigade Combat Team, Washington Army National Guard, assumed authority from Task Force 113, 76th Infantry Brigade Combat Team, Muncie, Ind., Indiana Army National Guard.

"Believe it or not, we have looked forward to this day almost as much as the 76th IBCT Soldiers," said Lt. Col. Kenneth Garrison, commander, 81st BSTB, to the audience of Soldiers and civilians at the Morale, Welfare and Recreation center. "This day has been a long time coming, and we have worked long and hard to prepare for it."

The ceremony marked the end of a year-long deployment cycle for the Soldiers of Task Force 113.

"Task Force 113 Soldiers were responsible for 39 QRF (quick reaction force) responses, 90 pump house missions, 320 perimeter patrols and 252 reconnaissance and



Photo by Sgt. 1st Class Adam V. Shaw

Maj. Kimberly M. Martindale, commander, Task Force 113, 76th Infantry Brigade Combat Team, Indiana Army National Guard, and Command Sgt. Maj. Steven P. Ridings, CSM, TF 113, case the unit colors during a transfer of authority ceremony at Q-West, Iraq, Nov. 15. The task force, headquartered in Muncie, Ind., wrapped up a year-long deployment cycle and transferred responsibility for base defense operations and force protection to the 81st Brigade Special Troops Battalion, 81st Brigade Combat Team, Washington Army National Guard.

counter-rocket patrols covering over 115,000 miles," said Col. Martin Pitts, commander, 16th Sustainment Brigade.

"You did this safely, with no loss of life and no serious accidents," Pitts added.

"Your unit had an outstanding IED (improvised explosive device) find-rate, continually adapted to new enemy TTPs (tactics, techniques and procedures) and adjusted to an ever-changing battle rhythm. Your battalion's achievements during this rotation have been phenomenal."



Photo by Sgt. 1st Class Adam V. Shaw

Lt. Col. Kenneth S. Garrison, commander, 81st Brigade Special Troops Battalion, 81st Brigade Combat Team, and Command Sgt. Maj. David Nunn, CSM, 81st BSTB, uncage the unit colors during a transfer of authority ceremony at Q-West, Iraq, Nov. 15. The Everett, Wash.-based Washington Army National Guard unit assumed responsibility for base defense and force protection at Q-West from Task Force 113, 76th Infantry Brigade Combat Team, Indiana Army National Guard.

Soldiers from the 81st BSTB were anxious to get started. For Spc. Sarah Fister, radio transmitter operator, 81st BSTB, the deployment will be an opportunity to learn about operations in Iraq first hand.

"It'll be great," said the 33-year-old from Puyallup, Wash., "I'll be one of the first to hear what's really going on." Fister, who has served in many roles, including laundry specialist, fabric repair, cook, and water purification specialist in the National Guard for 13 years, said she had some mixed feelings about deploying.

"I don't really have anything against it," Fister said. "I miss home, but I understand the purpose behind it. I think it'll be a good experience."

Garrison had a final injunction for his Soldiers at the ceremony. "To the Soldiers of the 81st BSTB, I offer you a challenge," he said. "You have worked and trained hard for this moment. This is the execution phase of this operation, and I am supremely confident in your ability to perform this mission, and we will bring everybody home when we finish this tour."

CAREER COUNSELOR

November Reenlistments

Sgt. 1st Class Arthur Wade
Career Counselor, COB Q-West

November was a good month for the brigade and for reenlistment. It was highlighted by the Nov. 11 Veteran's Day ceremony held at Joint Base Balad. Soldiers enjoyed a four-day pass at JBB with festivities that were eventful and staged just for them. We had a total of 16 Soldiers who reenlisted from the brigade, active duty, Guard and Reserve component Soldiers. Overall, the event consisted of 274 Soldiers, Sailors, Coastguardsmen, Airmen and Marines across the services with bonuses totaling approximately \$2.7 million, making it the largest reenlistment ceremony ever held at JBB.

From the 16th Sustainment Brigade, the following Soldiers reenlisted:

From HHC, 16th STB:
Staff Sgt. Cain Bassett
Staff Sgt. Victor Sotomayor
Staff Sgt. Erica Perkins
Staff Sgt. Bernard Busic

Spc. Thomas Krukowski
Staff Sgt. Elton Thomas
Spc. Erin Smith
Staff Sgt. Lamont Russell
From Bravo Co., 16th STB:
Staff Sgt. Rosaline Taylor
From 574th Quartermaster Co., 30th CSSB:
Staff Sgt. Tina McCoy-Roberts
Spc. Robert McCall
From HHC, 391st CSSB:
Spc. Toby Barnard
From HHC, 18th CSSB:
Staff Sgt. Martonio Patterson

Soldiers that are under the units they support directly but are still Knights of the 16th SB: Staff Sgt. Gann, Staff Sgt. Williams, Staff Sgt. Garcia all of the 317th Maintenance Company and Spc. Ross with the 106th Finance Co.

Looking ahead, the reenlistment bonus message is scheduled to change on 10 December 2008. This is important because it changes who gets a bonus by rank and MOS. There is a new reenlistment term that will be in affect with the change it is the new 8 year reenlistment option be please see your unit reenlistment NCO and Career Counselors for up to date information.



Photo by Sgt. 1st Class Adam V. Shaw

For More Information:

Web:
www.armyreenlistment.com

Location: Across from the S-1 shop of the 16th STB building.

SIPR number:
243-5092

Global:
arthur.wade@iraq.centcom.mil

Q-WEST BASE COMPLEX						
December 2008						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 BBALL LEAGUE 1900-2200	2 BBALL LEAGUE 1900-2200	3 Volleyball League 1915-2215	4 BBALL LEAGUE 1900-2200	5 Volleyball League 1915-2215	6 BBALL LEAGUE 1900-2200	
7 One BIG night Dodge ball Tournament 1900-2200	8 Volleyball League 1915-2215	9 BBALL LEAGUE 1900-2200	10 Volleyball League 1915-2215	11 BBALL LEAGUE 1900-2200	12 Volleyball League 1915-2215	13 BBALL LEAGUE 1900-2200
14 3 ON 3 BBALL TOURNNEY COACHES MEETING 1900 Conference room	15 Volleyball League 1915-2215	16 BBALL LEAGUE 1900-2200	17 Volleyball League 1915-2215	18 BBALL LEAGUE 1900-2200	19 3 ON 3 BBALL TOURNNEY 1900-2200	20 BBALL LEAGUE 1900-2200
21 3 ON 3 BBALL TOURNNEY 1900-2200	22 Volleyball League 1915-2215	23 BBALL LEAGUE 1900-2200	24 Volleyball League 1915-2215	25 BBALL LEAGUE 1900-2200	26 Volleyball League 1915-2215	27 BBALL LEAGUE 1900-2200
28 Open court 1900-2200 Volleyball	29 Volleyball League 1915-2215	30 BBALL LEAGUE 1900-2200	31 Karate class Every Monday AT 1900	Spin class 0630 and 1630 Mon- Wed Fri		

Scorpions head back to Indiana, new mayor in town

By Sgt. 1st Class Adam V. Shaw
16th SB Public Affairs

CONTINGENCY OPERATING BASE Q-WEST, Iraq — Soldiers from 76th Brigade Special Troops Battalion, 16th Sustainment Brigade, handed off their mission to Soldiers from the 181st Brigade Support Battalion, 16th SB, at a transfer of authority ceremony here Nov. 22.

The 76th BSTB “Scorpions” from the Indiana National Guard ended their deployment and mayoral responsibilities by casing their colors during the ceremony.

“This transfer of authority demonstrates the continuing commitment of the United States to achieve a free, democratic and secure Iraq,” said Col. Martin B. Pitts, commander, 16th SB. “We have come a long way as we continue to fight our Nation’s Global War on Terrorism. Our partnership with Iraqi Security Forces grows stronger each day. The successes we accomplish now will define history tomorrow for the United States and Iraq.”

During their deployment, the Scorpions have been responsible for 75 pump house missions, 11 pipeline missions and ensured that more than 52-million gallons of water was received. The unit also badged over two thousand people, completed 1,230 work orders, and contributed to the local economy by employing 664 Iraqis and supporting 14 Iraqi-Based Industrial Zone businesses.

“We’ll go back to [our] jobs with self-assurance that no matter how trivial our achievements may be portrayed we have all cemented our legacy’s vicariously through the many lives we have touched, the skills we have imbued, the infrastructure we’ll have improved, and finally, the threats of this great country that we’ll have played a



Photo by Sgt. 1st Class Adam V. Shaw
Lt. Col. Alan Dorrow, commander, 181st Brigade Support Battalion, 16th Sustainment Brigade, and Command Sgt. Maj. Robert Lane, command sergeant major, 181st BSB, uncasing the battalion colors during the unit’s transfer of authority ceremony at COB Q-West, Iraq, Nov. 22.

part in weaving,” said Lt. Col. Keith Dinn, commander, 76th BSTB.

“I’m really proud of our Soldiers,” said Chaplain (Capt.) Andrew Christensen, chaplain, 76th BSTB. “We don’t have all the combat flash and bang, but we were service-focused as we took care of the base.”

The Fort Wayne, Ind. Native is looking forward to leaving Iraq.

“I’m going to take a long break with my family,” said Christensen. “Maybe rent an RV, travel south and take my boy sled-

ding.”

While the Scorpions are spending time with loved ones, the Washington and California guardsmen from the 181st BSB will be continuing the mission here.

“The mission will not be easy,” said Pitts. “The pace is fast. I know you are prepared for the challenge. To quote Aristotle, ‘We are what we repeatedly do. Excellence, then, is not an act but a habit.’ By the end of your marathon, you too will have proven your excellence.”

Medics fast with hands, slow with minds

By Sgt. Keith M. Anderson
16th SB Public Affairs

CONTINGENCY OPERATING BASE Q-WEST, Iraq — The medics at the troop medical clinic here have an expression, “Be fast with your hands, but slow with

your mind.”

The expression, often repeated by Staff Sgt. Robert Norton, TMC non-commissioned officer in charge, 16th Special Troops Battalion, 16th Sustainment Brigade, reminds Soldiers to work quickly, but carefully.

“You have to work quickly when someone is seriously injured, but you must go slowly in your mind to make sure you don’t make any mistakes; and you have to be fast with your hands, because seconds matter. People can deteriorate quickly from seemingly non-serious injuries.” **See Medics, page 14**

Medics, from page 13

ous wounds because the right life-saving steps aren't taken," Norton said.

The 31-year-old combat medic from Tallahassee, Fla., has seen a lot during his four deployments, but the hardest time for him was when he had to treat a good friend who was injured in a car accident in the U.S..

"One of my NCOs got hit by a truck," Norton said. "He had massive trauma; just about every bone in his body was crushed."

Norton said he had to mentally detach himself to save his friend's life.

"I was thinking, 'I don't want to see this, but I have to do this,'" Norton said. "How do we see what we see and still be cool, calm and efficient? I wonder about that myself sometimes."

The pace in the clinic doesn't allow much time to prepare yourself.

Sgt. Evelyn Pollard, evacuation non-commissioned officer at the TMC, 16th STB, didn't have much time to prepare herself for combat medicine when she arrived in July 2008 to begin her first deployment.

"The first week we were here we brought in three Iraqis that had been injured during a VBIED (vehicle-borne improvised explosive device) attack," said the 25-year-old combat medic from Brooklyn, N.Y. "The most seriously injured Iraqi had shrapnel wounds over much of his body, a bone protruding from his leg, and was covered in blood. I think my training was good, but



Photo by Sgt. Keith M. Anderson

Spc. Joshua Ryan, medic, 16th Special Troops Battalion, 16th Sustainment Brigade, administers the influenza vaccine to Staff Sgt. Jacqueline Atkins, 574th Quartermaster Co., 16th STB, at the troop medical clinic at Contingency Operating Base Q-West Nov. 10. "I love being a medic in the Army," said Ryan, a 20-year-old from Eleva, Wis.. "I get to help people, travel all over the world and learn new things about my job every day."

nothing prepares you for when it actually happens."

Pollard, who doubles as an information management officer for the clinic, and as a combat lifesaver instructor for the base, doesn't get much down time to practice her yoga, but said the job is worth it.

"When someone comes back and says thanks for what you did — it's the greatest feeling in the world," Pollard said.

The married mother of one plans to reenlist to get the additional skill identifier "M6," which means she wants to go through a year-long Army nursing program.

Her husband Christopher, Jr., who works at Child and Youth Sports in U.S. Army Garrison Bamberg, Germany, supports her.

"He misses the fact that I'm not there, but he knows this is important to me, so he supports me," she said.

The "level 1-plus" clinic doesn't have a surgery ward, and has only minimal lab capabilities, but medics there stay busy, Norton said.

"Last week we saw 444 Soldiers, contractors and local nationals, mostly stomach aches, back pain and joint problems," he said. "With the nature of what we're seeing, and making sure we do the right thing for the patients, and the hours, we put in long days."

Norton, who originally wanted to be infantry, said he hasn't looked back.

"It's rewarding, because I think anyone can go out and shoot, maim, kill and blow things up, but it takes something more to save lives," he said.



Iraqi Army Col. Abas Abdul Jabar ledan, commander, 7th Brigade, 2nd Division, known as "Tashkil al-Sakar," or "Hawk" brigade, hands out dinner servings for Lt. Col. Eric Fleming (left), deputy commander, 16th Sustainment Brigade, "Chavo," a brigade interpreter, Command Sgt. Maj. James Spencer, command sergeant major, 16th Sust. Bde., and Col. Martin Pitts, commander, 16th Sust. Bde.. Leaders from 16th Sust. Bde. met with their Iraqi Army counterparts of the 7th Bde., 2nd Div., at "FOB Hawk," an Iraqi compound within Contingency Operating Base Q-West, to get to know each other and share an Iraqi meal Nov. 29.

Photo by Sgt. Keith M. Anderson

JAG Soldiers don't object to helping fellow Soldiers on Q-West

By Sgt. Keith M. Anderson
16th SB Public Affairs

CONTINGENCY OPERATING BASE Q-WEST, Iraq — Staff Sgt. Chad Darby, military justice non-commissioned officer in charge at the 16th Sustainment Brigade Judge Advocate's Legal Services Center here, said this deployment, his fourth, is different.

"I'm not being shot at," said the 34-year-old former infantryman from Zanesville, Ohio. "I was always out on patrols. As a paralegal I don't have to worry about someone coming up on me with a satchel charge."

Darby helps prepare non-judicial punishment paperwork, known as "Article 15" under the Uniform Code of Military Justice, and court-martial paperwork, for military commanders.

Darby said his experience in combat arms helps him to relate to the people that he works with.

"I love my job," Darby said. "And with this job—being previous infantry—I can relate with the Soldiers and commanders from combat units. If I can help one Soldier, then I've done what I need to."

The Soldiers at the legal office here at Q-West got more than they bargained for when they arrived here in July 2008. Because there isn't a trial defense services office, the JAG office, usually prosecutorial, has had to take on un-official legal assistance roles.

"In the past seven days, we've seen over 30 people for legal assistance issues," said Spc. Ryan Frick, paralegal, 16th Special Troops Battalion, 16th SB. "It's busy, and it helps the time goes by."

Besides the traditional work of a JAG office, the Q-West office can help Soldiers with proxy marriages, divorces, power-of-attorney's, wills, notarized documents, citizenship packets, even, occasionally, legal advice, for Soldiers and contractors.

In fact, since the 16th SB's transfer of authority ceremony in August 2008, the office has seen more than 600 people, excluding UCMJ matters, Frick said.

As a battalion paralegal specialist, Frick



Photo by Sgt. Keith M. Anderson

Capt. Joshua Kerton, commander, 51st Transportation Co., 30th Combat Sustainment Support Battalion, 16th Sustainment Brigade, registers to get a document notarized at the Brigade Judge Advocate's Legal Services Center in the Soldier Support Center at COB Q-West Nov. 19. Pfc. Tamalielua Mose (left), paralegal specialist, 81st Brigade Special Troops Battalion, and Spc. Ryan Frick, paralegal specialist, 16th Special Troops Battalion, wait to help Kerton.

helps Soldiers create "power of attorney's," notarizes documents and helps prepare commander's affidavits.

"Let's say you want your wife to buy a house in the states while you're deployed, I can help with that," Frick said. "We help people, all of us here."

Every day is different, said Capt. Joseph Gross, brigade trial counsel, 16th SB.

"Anytime someone walks through the door we never know what they'll need," Gross said. "We serve anyone who wants to come in and get help from us."

The 32-year-old military attorney from Cinnaminson, N.J., has served in different roles in the military. He's been a general's aide, a company executive officer and a battalion personnel operations officer in charge, but

said this job was the most rewarding.

"It's really fulfilling being able to provide help to the people that're out there running missions so that they don't have to worry about issues back home or other problems. The real focus should be on them."



Photo by Sgt. Keith M. Anderson

Leaders from 16th Sustainment Brigade met with Iraqi Army counterparts of the 7th Brigade, 2nd Division, at "FOB Hawk," an Iraqi compound within Contingency Operating Base Q-West, to get to know each other and share an Iraqi meal Nov. 29. After the meal Col. Abas Abdul Jabar ledan, commander, "Tashkil al-Sakar," or "Hawk" brigade, presented Col. Martin Pitts (right), commander, 16th Sust. Bde.; Lt. Col. Sonja Martinez (left), executive officer, 16th Sust. Bde.; "Chavo," a brigade interpreter; Command Sgt. Maj. James Spencer, command sergeant major, 16th Sust. Bde., and others from the logistics unit, commenerative plates and other gifts. The U.S. and Iraqi brigades at Q-West work together to support the Ninawa province in northern Iraq.

Sustainment brigade takes on Iraqi water issues



Photo by Sgt. Keith M. Anderson

Contractors check the refurbished lift pumps at the lift station of the Al-Qayyarah pump house at the Tigris River Nov. 5. Soldiers and contractors were at the pump house to install a second high-capacity, multi-stage centrifugal water pump, as part of a massive, joint project to build water infrastructure in the drought-prone Ninawa region in northern Iraq.

By Sgt. Keith M. Anderson
16th SB Public Affairs

AL-QAYARRAH, Iraq – The 16th Sustainment Brigade took a major step in its effort to get water to the drought-prone Ninawa province in northern Iraq Nov. 5.

Soldiers and contractors from contingency operating base Q-West began installation of a second high-capacity, multi-stage centrifugal water-pump at the Al-Qayyarah pump house at the Tigris River. The pump house, which provides water to many communities in the province as well as Q-West, has been shut down since September.

The ongoing effort, spearheaded by the 16th Sust. Bde. will replace failing water pumps and lines, repair a concrete, raw-water storage area and build additional water reservoirs, and coordinate Iraqi and U.S. involvement in day-to-day operations and

security to provide water to regional Iraqi communities and to Q-West, said Lt. Col. Eric Fleming, deputy commander, 16th Sust. Bde.

“It’s not only important for the brigade, but also for the base, for its life support and mission support in northern Iraq, and it has the added benefit of supporting the local community with water, so it’s a good outreach and relationship-building project,” said Fleming.

The infrastructure projects to get water to the region are expected to cost close to one million dollars when complete, said Lt. Col. Eric Fleming, deputy commander, 16th Sust. Bde.

Q-West, formerly an Iraqi Air Force base under Saddam Hussein, shares water from the pump house with the town of Al-Qayyarah and smaller villages and hasn’t been immune to the region’s water woes.

“Water has been an ongoing issue for us here at Q-West for many years,” said Lt. Col. Keith Dinn, commander, 76th Brigade Special Troops Battalion, and outgoing COB mayor. “We are aggressively pursuing every viable option available, with varying degrees of success.”

The Bamberg, Germany-based sustainment brigade is coordinating projects with an Air Force facilities engineering team, the Army Corps of Engineers, Iraqi Army, police and provincial leadership, U.S. contractors, Defense Contract Management Agency, and others through a “water working group.”

The pump house needed major repairs.

Soldiers and contractors have repaired and reinstalled the four lift pumps that pump water from the river into a cistern, though they plan to replace them soon. They have had to make **See Water, page 17**

Water, from page 16

“from scratch” specialized equipment to remove silt and other materials from the 70-foot-deep cistern.

They had to remove water from the flooded pump house, patch the leaks, and wench out the heavy, defective pumps and motors. Inside the pump house there were eight pumps that fed two separate water lines, most worn-out and un-repairable.

Four of the pumps, pumps that feed a 12-inch water line that provides water primarily to the nearby city of Al-Qayyarah through a water treatment plant, were replaced by an Air Force facilities engineering team. Another four pumps at the treatment plant will be replaced to ensure Al-Qayyarah receives treated water.

The remaining four pumps at the pump house fed a 16-inch line that runs 25 kilometers to COB Q-West, though several villages and communities have tapped into the untreated-water line.

Base water planners have had water shipped in from nearby Army installations and local national businesses to fill the gap since the pump house was shut down. After the two new pumps have been installed, taps will be turned on at the pump house again.

“With these two pumps, and two more that are on order, we can start providing enough water to meet the needs of the citizens of Al-Qayyarah and other villages that use water from the line, as well as Q-West,” said Sgt. 1st Class Robert Roach, water operations non-commissioned officer in charge, 76th Brigade Special Troops Battalion and Q-West Mayor’s Cell.

One contractor was grateful for the news pumps and parts.

“They’ll make a difference,” said David Baker, a 46-year-old master plumber “We have all-new stuff to work with. I was making bearing shims out of aluminum cans and hacksaw-blade pieces just to keep the bearings from flying off the motor shaft.”

The improvements to the pump house are only part of the solution, said Maj. Roger Jackson, engineering projects officer, 16th Sust. Bde.



Photo by Sgt. Keith M. Anderson

Sgt. 1st Class Robert Roach, water operations non-commissioned officer in charge, 76th Brigade Special Troops Battalion, and contractors wench a new, high-capacity, multi-stage centrifugal water pump into place at the Al Qayyarah pump house at the Tigris River Nov. 5, as part of a massive.



Photo by Sgt. Keith M. Anderson

Contractors wench a new motor for a high-capacity, multi-stage centrifugal water pump into place at the Al Qayyarah pump house at the Tigris River Nov. 5, as part of a massive, joint project overseen by the 16th Sustainment Brigade to build water infrastructure in the drought-prone Ninawa region in northern Iraq.

Besides the 16 pumps being replaced, at a cost of more than \$600,000, the brigade plans to line “Lake Wisconsin,” a 30-million-gallon water reservoir at Q-West, to prevent seepage-loss, and to deepen existing reservoirs and dig an additional one to store more water.

“By the time all these lakes are finished we’ll have five lakes with a capability of 100 million gallons of water storage,” Jackson said.

Jackson was optimistic about the progress the brigade is making since it started the water working group in August 2008.

“I don’t have a crystal ball, but if everything is working properly, by the end of December we should see a major increase in the amount of water we’re receiving,” he said.

Jackson said he couldn’t understate the importance of getting water to the base and region.

“For a base to remain open there has to be a consistent water source,” he said. “If Q-West is going to increase its water supply, it has to be solved. Water is important for the morale, health and well-being of Soldiers. And water and electricity infrastructure projects improve the overall well-being of people in Iraq, and contribute to a more stable country.”

Sustainers advise, train Iraqi Soldiers at Al-Kasik

By Sgt. Keith M. Anderson

16th SB Public Affairs

AL-KASIK, Iraq –Soldiers of the Al-Kasik logistical training assistance team, 16th Sustainment Brigade, met with Iraqi Army Soldiers, 3rd Division at Al-Kasik on Nov. 22 as part of their embedded support of Iraqi Army logistics reconstruction.

Chief Warrant Officer Rodney Hughes Sr., team chief, Al-Kasik LTAT, 16th Sustainment Brigade, leads a group of U.S. Soldiers that work with Iraqi Army Soldiers at Al-Kasik, a divisional Iraqi Army base of Iraq's 3rd Division in northern Iraq.

The LTAT provides logistical mentorship and training for the Al-Kasik Location Command to assist in achieving overall transferability and self-sustainment in third-line maintenance and logistical operations, Hughes said.

The LTAT is one of several types of teams that the U.S. has embedded with Iraqi security forces. Other teams focus on areas such as basic military operations, and police, border patrol and port of entry issues. Hughes' LTAT focuses on warehouse operations, vehicle maintenance, generator repair and other logistical issues.

"The U.S. is solving a lot of problems that the Iraqi Ministry of Defense doesn't know how to solve," said Iraqi Army Brig. Gen. Tahssen Hassan Osman, commanding general, LOCOM, Al-Kasik, during a meeting with Hughes Nov. 22.

The general said the LTAT has been very valuable to Soldiers in his command.

"The Iraqi Army is a new army," Osman said. "It's supposed to have schools for vehicle maintenance, generator repair, warehouse operations and other logistics, but we lack the schools. So if there is any training we can get from the U.S. Army it's good for the Iraqi Army."

Hughes, a 41-year-old from Milwaukee, Wis., said that despite some challenges like the language gap and scheduling conflicts, the training is worthwhile.

"It's important because we're trying to help the Iraqi Army become self-sufficient," Hughes said. "It gives you a sense of satisfaction knowing that you're making a difference."

Hughes said working with Iraqis requires a unique approach.

"The Iraqis are committed to making this work, but there are a



Photo by Sgt. Keith M. Anderson

Sgt. 1st Class Josue Martinez (right), Al Kasik logistical training assistance team (LTAT), 30th Combat Sustainment Support Battalion, 16th Sustainment Brigade, and Staff Sgt. Ronald Jean-Louis, Al Kasik LTAT, 16th Sust. Bde., reiterate to Iraqi Army 2nd Lt. Emad Abdullah Dhaher, the importance of tracking every part and filling out all of the required paperwork, at the Iraqi Motorized Transportation Regiment warehouse at Al Kasik Nov. 23. "We've learned a lot from them," said Dhaher, a 20-year-old from Mosul, Iraq, through a translator. "For example, [we've learned to] put parts on shelves with tracking numbers and keep a computer database."

lot of cultural differences," said Hughes. "No means no, but yes means maybe. You have to build rapport. Until you build a relationship, it's hard to do the job."

Iraqi Army 2nd Lt. Emad Abdullah Dhaher, a maintenance officer who works with the 16th Sust. Bde. LTAT at one of the two warehouses at Al-Kasik said the cooperation has been very beneficial.

"We've learned a lot from them," said Dhaher, a 20-year-old from Mosul, Iraq, through a translator. "For example, we've learned to put parts on shelves with tracking numbers and keep a computer database."

The maintenance officer was confident that his Soldiers could now manage the warehouse successfully, thanks to the help of the LTAT, but was non-committal.

"Sure, we know how to do our job," he said. "But I don't know, as God wills."



Photo by Sgt. Keith M. Anderson

Chief Warrant Officer Rodney Hughes Sr., team chief, Al Kasik logistical training assistance team (LTAT), 16th Sustainment Brigade, discusses training issues with Iraqi Army Brig. Gen. Tahssen Hassan Osman, commanding general, Al Kasik Location Command, during a meeting at Al Kasik LOCOM headquarters Nov. 22. Hughes' team works with Iraqi Army Soldiers in warehouse operations, vehicle and generator maintenance, and small arms repair and maintenance at the division-level Iraqi base in northern Iraq. "The U.S. is solving a lot of problems that the Iraqi Ministry of Defense doesn't know how to solve," said Osman, during the meeting with Hughes.

Colorado students speak with Soldiers in Iraq for Veteran's Day

By 2nd Lt. Zachary L. Pfannenstiel

391st Combat Sustainment Support Battalion

CONTINGENCY OPERATING BASE SPEICHER, Iraq — The 7th-graders in Ms. Martina Garcia-Maldonado's class at Longs Peak middle school, Longmont, Colo., had a lot of questions for the Soldiers in Iraq that were on their television screen this Veteran's Day.

"What kind of food do they [Iraqis] eat there?" asked one student.

Lt. Col. Ronald Pacheco Jr, commander, 391st Combat Sustainment Support Battalion, 16th Sustainment Brigade, fielded the question himself, and described the chicken and rice that he ate with local Iraqis, and added, "It is very good."

Children followed with a variety of questions ranging from how Soldiers take showers to what they do in their free time.

The students, who are studying the "cradle of civilization," were able to speak with Soldiers at COB Speicher, a base near Tikrit, Iraq, over a video tele-conference Nov. 11.

The Soldiers were able to give real-time answers to the questions they had about the region, people, climate and wildlife.

"Students wish to honor our servicemen and women on Veterans Day, and are learning about the cost of war on human emotions and global resources," Garcia-Maldonado said.

For two Soldiers in the 233rd Transportation Co., both from Colorado, the video tele-conference had special significance.

"It was nice to talk to somebody from our state on Veteran's Day instead of someone we can't identify with — overall I think it was great," said Spc. Jeremy Ulhorn, a 24-year-old wheeled vehicle mechanic from Colorado Springs, Colo.. "It made me feel great because it let me know that someone does appreciate the fact that we're out here."

The Longs Peak classroom wasn't far from home for the other Soldier.

"It was a great thing to do, due to the fact that they are so close to my home town," said Spc. Jarrod Feldman, a 25-year-old wheeled vehicle mechanic from Broomfield, Colo.. "It's kind of breath-



courtesy photo

Lt. Col. Ronald Pacheco Jr, commander, 391st Combat Sustainment Support Battalion, 16th Sustainment Brigade, answers questions from 7th-grade students in Ms. Martina Garcia-Maldonado's class at Longs Peak middle school, Longmont, Colo., during a video tele-conference Nov. 11 at Contingency Operating Base Speicher, Iraq, for Veteran's Day.

taking, a really good feeling."

Longs Peak Middle School also hosted a panel of guest speakers from other major wars.

"We will raise a flag that has flown over Iraq, a gift from a former student who has since returned from his tour there," said Garcia-Maldonado.

As the school bell rang and the students headed to their next class, the sustainment Soldiers felt a little more pride in their own service.

"It was a unique and encouraging experience," said 1st Lt. Hallie Becker, operations officer, 391st CSSB. "To have been given the opportunity to talk to some of the nation's youth and see them interacting with the Soldiers — it was a decidedly memorable Veteran's Day."

Letters to the Editor!

If you have suggestions, comments or complaints, send them to adam.shaw@iraq.centcom.mil and your comments might appear in the next edition of *The Q-West Knight*.

We're always trying to improve our newsletter, and look forward to hearing your thoughts. Also, if you have any story ideas, let us know!



Staff Sgt. Ronald Jean-Louis, Al Kasik logistical training assistance team (LTAT), 16th Sustainment Brigade, shows Iraqi Army Spc. Saleh Taktook, a warehouse specialist, how to input repair-parts tracking numbers into a computer database at the Motorized Transportation Regiment warehouse at Al Kasik Nov. 22. Jean-Louis and the others on his team have worked with Iraqis at the divisional base to automate and streamline warehouse operations at the base.

Photo by Sgt. Keith M. Anderson

FAMILY READINESS

Holiday Message to Our Families

Eric Jones

FRSA, 16th Sustainment Brigade

Well, here we are, right in the midst of the holiday season. Thanksgiving has come and gone, and now we look forward to the coming winter-vacation season. Allow me the opportunity to wish you all the best, and a joyful celebration with your loved ones.

With the kids out of school, many of us will be traveling, either here in Europe or back home, to spend time with our families. If you are going to travel, please travel safe, and have a great time.

On behalf of the 16th Sustainment Brigade rear detachments and family readiness groups, let me ask those of you who may be leaving to please leave good contact information, which includes a good phone number and address with your battalion FRSA. There are valid reasons for this, we are not trying to keep tabs on you; rather, if the need arises, we may need to reach you.

Some examples of reasons we may need to make contact with you include the following: problems with your quarters, for example if a pipe were to burst in your quarters it would be helpful to let you know what was happening. Another example would be if your Soldier were to get ill and need to be evacuated to Landstuhl. The Army requires that the command inform you as soon as possible.

By doing this small simple task and letting us know how to reach you, you will be able to relax even more, sure in the knowledge that everything is taken care of here in Germany while you take some much deserved family time and vacation time.

Thank you, and, one more time, have a wonderful season!

FAMILIES

Let your Soldier see you, and get a touch of home! Send photos of families and friends, school and community events, and special occasions. Submit pictures with full names and a description of the action in the photos.

Send us Pictures!

**Contact the 16th SB Family Readiness Support Advisor,
Eric Jones, at
eric.jones26@eur.army.mil.**



Ginger Matusiak packs a stocking with candy at the Yellow Ribbon Room, Bamberg, Germany.





Family members of Headquarters and Headquarters Co., 16th Special Troops Battalion, Bamberg Germany, stuff stockings for single Soldiers deployed in Iraq.



Maj. Gen. Yves Fontaine, commanding general, 21st Theater Sustainment Command, presents current 240th Quartermaster Co. FRG Leader Shannon Hunter with a certificate of appreciation and commander's coin for her dedication to the families of the 240th QM Co.



Izaiah, leads his Tae-Kwon Doe class in exercises at the Freedom Fitness Center in Bamberg, Germany.

Scouts learn about American Indian heritage



Photo by Spc. Sean Dillard

Soldiers from the 16th Special Troop Battalion, 16th Sustainment Brigade ate corn and turkey while Staff Sgt. Erica Perkins discussed the history of the Chippewa Indians, Nov. 21. Perkins talked about the traditions still held by the Chippewa tribe today. "I am very proud of my culture and where I came from", said Perkins, a native of Lumberton, NC.

By Spc. Sean Dillard
16th SB Public Affairs

CONTINGENCY OPERATING BASE Q-WEST, Iraq — Soldiers from the 16th Special Troops Battalion, 16th Sustainment Brigade, ate corn and turkey while they discussed the history of American Indians on Nov. 21.

"The aim for all heritage celebrations is to educate everyone on the contributions that each group has made and makes today," said Lt. Col. Christopher Chun, commander, 16th STB. "As well as to expose people to different cultures which have added to the melting pot that is America."

During the ceremony speakers read poetry, talked about American Indian history and read the presidential proclamation.

"I am very proud of my culture and where I came from," said Staff Sgt. Erica Perkins, special guest speaker, supply

non-commissioned officer in charge. "Oftentimes people forget about the American Indian."

Perkins, 25, from Lumberton, N.C., and a member of the Chippewa tribe, discussed the many traditions of her tribe.

"Personally, I learned a lot about a few of the different tribes of American Indians and am humbled by their dedication to serving a country that in the past had treated them less-than-courteous," said Chun.

The event was organized by Sgt. 1st Class Delia Villa, joint node network platoon sergeant, Bravo Co., 16th STB.

"I am privileged to be given the opportunity to be able to put together something of this importance," said Villa.

Along with Perkins and Villa, Sgt. Walter Ashcraft, Staff Sgt. William Wolfe, Sgt. Jolonda Terry, and Air Force Staff Sgt. Jewaun McElroy helped prepare the luncheon.



Photo by Spc. Sean Dillard

Lt. Col. Christopher Chun, commander, 16th Special Troops Battalion, 16th Sustainment Brigade, and Command Sgt. Maj. Gregory Williams, command sergeant major, 16th STB, present a certificate of achievement to Air Force Staff Sgt. Jewaun McElroy after American Indian Heritage Month luncheon, Nov. 21. McElroy not only assisted in the preparation for the luncheon, but also sang the national anthem. "American Indian Heritage is a part of all our history as Americans and is worth looking into", said McElroy, a Temple, TX, native.

One "Knights" paint brush mightier than the sword

By Sgt. 1st Class Adam V. Shaw
16th SB Public Affairs

CONTINGENCY OPERATING BASE Q-WEST- Edward Bulwer-Lytton coined the phrase "the pen is mightier than the sword" in his 1839 play, "Richelieu." That saying holds true for one 16th Sustainment Brigade "Knight."

Spc. Erin Smith, graphics artist, command group, 16th Sustainment Brigade has been an artist for most of her life. She studied art at Rio Rancho High School, N.M., and was a member of the school's Art Honors Society.

"I love creating art," said Smith. "I like the self-expression and creativity."

The 25 year-old from Rio Rancho, joined the Army three years ago as a multimedia illustrator, although her first year of service was spent in the brigade's operations section.

"I mostly did clerk jobs and details," said Smith. "The most artwork I did was binder covers."

After a year in the operations section, Smith moved to her current job.

"Sergeant Major (Command Sergeant Major James E. Spencer, command ser-

geant major, 16th Sustainment Brigade) wanted some graphic artists to work in command group," said Smith. "He wanted us to be drivers, secretaries and do artwork. But when he saw what I could do, I became mostly an artist."

Smith helped design both the brigade's patch, coin and knight logo. Her work can also be seen all over COB Q-West. She has painted the murals outside of the 16th SB headquarters building, the Soldiers Grab and Go, and inside the "Knight's Feasting Hall."

The Army will get to utilize Smith's talents for five more years as she plans to reenlist at the "Sustainer Strong" reenlistment ceremony in Balad, Nov. 11.

"I reenlisted to see what it is like to be in the Army back in the states," said Smith. "I also needed more time to get my business established."

Smith wants to start a business designing custom family keepsakes and graphics, but isn't going to wait until she gets out.

"I would like to get it started as soon as possible," said Smith. "It has always been a dream of mine to work for myself, but it's a business that I hope to run while I'm still in the Army."



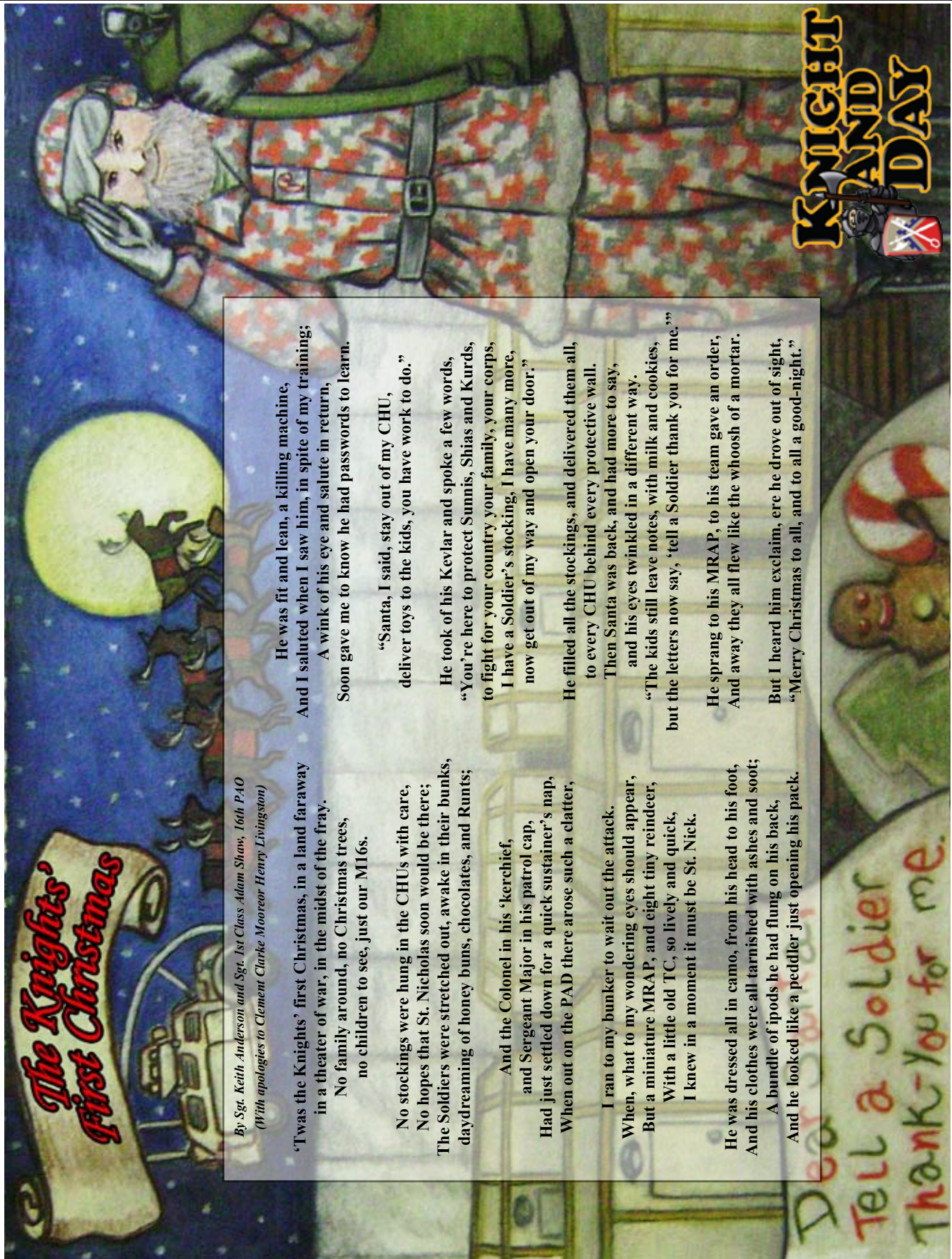
Photo by Sgt. 1st Class Adam V. Shaw
Spc. Erin Smith, graphics artist, command group, 16th Sustainment Brigade paints a mural for the outside of the "Knight's Feasting Hall." The Rio Ranch, N.M. native helped design the brigade's patch, coin and knight logo. Her work can also be seen all over COB Q-West. She has painted the murals outside of the 16th SB headquarters building, the Soldiers Grab and Go, and inside the "Knight's Feasting Hall."



Photo by Sgt. 1st Class Adam V. Shaw

Q - West 'Souq' opportunity for Iraqi vendors and US Soldiers to mingle

Spc. Ryan Purkiser, gunner, Headquarters and Headquarters Support Battery, 3-139th Field Artillery, 76th Brigade Special Troops Battalion, 16th Sustainment Brigade, buys soccer scarves from Fakhier Muhammad, Iraqi vendor, at the November "Souq" at Q-West Nov. 15. In Arabic, a Souq is a marketplace or bazaar. Vendors sold an array of items such as pictures, Iraqi money, vases, traditional garb and rugs.



KNIGHT AND IDAY

By Sgt. Keith Anderson and Sgt. 1st Class Adam Shaw, 16th PAO
(With apologies to Clement Clarke Moore/Henry Livingston)

'Twas the Knights' first Christmas, in a land faraway
in a theater of war, in the midst of the fray.

No family around, no Christmas trees,
no children to see, just our M16s.

No stockings were hung in the CHUs with care,
No hopes that St. Nicholas soon would be there;
The Soldiers were stretched out, awake in their bunks,
daydreaming of honey buns, chocolates, and Runtz;

And the Colonel in his 'kerchief,
and Sergeant Major in his patrol cap,
Had just settled down for a quick sustainer's nap,
When out on the PAD there arose such a clatter,

I ran to my bunker to wait out the attack.

When, what to my wondering eyes should appear,
But a miniature MRAP, and eight tiny reindeer,

With a little old TC, so lively and quick,
I knew in a moment it must be St. Nick.

He was dressed all in camo, from his head to his foot,
And his clothes were all tarnished with ashes and soot;

A bundle of ipods he had flung on his back,
And he looked like a peddler just opening his pack.

He was fit and lean, a killing machine,

And I saluted when I saw him, in spite of my training;

A wink of his eye and salute in return,
Soon gave me to know he had passwords to learn.

"Santa, I said, stay out of my CHU,
deliver toys to the kids, you have work to do."

He took of his Kevlar and spoke a few words,
"You're here to protect Sunnis, Shias and Kurds,
to fight for your country your family, your corps,
I have a Soldier's stocking, I have many more,
now get out of my way and open your door?"

He filled all the stockings, and delivered them all,
to every CHU behind every protective wall.

Then Santa was back, and had more to say,
and his eyes twinkled in a different way.

"The kids still leave notes, with milk and cookies,
but the letters now say, 'tell a Soldier thank you for me.'"

He sprang to his MRAP, to his team gave an order,
And away they all flew like the whoosh of a mortar.

But I heard him exclaim, ere he drove out of sight,
"Merry Christmas to all, and to all a good-night."

Voices on the COB

What do you have planned for the holidays?



"I'm OK with being away because I'm here with my (twin) sister. What I'm looking forward to for the holidays is—my dad is sending us baseball mits so I'm going to toss the ball around with my sister." Spc. Kristine Iredale, supply specialist, 81st BSTB, 21, Kirkland, Wash.



"I'm going to attend services with my twin. I have my family with me, my partner in crime, so the holidays will be fine." Spc. Nicole Iredale, force protection specialist, 81st BSTB, 21, Kirkland, Wash.



"I'll probably stay in my room and watch movies, maybe have a Friends marathon." Sgt. Deborah Scrimsher, logistics NCOIC, 81st BSTB, 42, Spanaway, Wash. 2nd Deployment.



"I plan to call my husband, Tom, and enjoy a nice Christmas meal here. It's kind of hard but, I take one day at a time." Sgt. Mary Connerton, human resources NCO, 81st BSTB, Stanwood, Wash.



"I plan to sleep, that's probably it. It doesn't bother me being here for Christmas." Spc. Phil Stosser, cable installer, 181st BSB, 29, Shelton, Wash. 2nd Deployment.

Comic Ideas Wanted!

If you have an idea for a short comic strip about life out here on Q-West, please e-mail SPC Smith at erin.smith@iraq.centcom.mil



Q-West Base Complex December 2008 Recreation Center



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Championship 	2 2000Hrs	3 W 	4 2000Hrs	5 Final Table 	6 Karaoke Night 2000hrs
7 ONE NIGHT ONE BIG POKER TOURNNEY 2000 	8 Week 1 	9 2000Hrs	10 Week 7 	11 2000Hrs	12 Week 1 	13
14 Music Video Night @ 2030hrs	15 Week 2 	16 	17 Final Table 	18 2000Hrs	19 Week 2 	20
21 ONE NIGHT ONE BIG POKER TOURNNEY 2000 	22 Week 3 	23 2000Hrs	24 Week 1 	25 2000Hrs	26 Week 3 	27
28 Music Video Night @ 2030hrs	29 Week 4 	30 2000Hrs	31 Week 2 	Archery Class Every Sunday at 1300 and 1700 		