

Ramadi Star



Camp Ramadi Command Information Newsletter

FEBRUARY 28, 2008



Army Capt. Justin Blount, commander of 120th FSC, swears in six members of his battery for re-enlistment by the Euphrates River in Ramadi, Iraq, Feb. 19, 2009. (Photo by Army Staff Sgt. Matthew Lima)

Soldiers show dedication to U.S. Army's future near ancient Iraq waters

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Reconnaissance Marines harden Iraqi Special Forces

By Marine Sgt. Dorian Gardner
RCT-6

With Iraqi training and partnered operations taking priority in Iraq, Force Reconnaissance Marines have taken it to the next level, incorporating special forces training with an elite group of Iraqi soldiers during a 10-day training exercise that started on Camp Ramadi, Feb. 7, 2009.

Gunnery Sgt. Timothy Davis, platoon sergeant of 3rd Platoon, Bravo Company, 1st Reconnaissance Battalion, Regimental Combat Team 6, assembled a group of team leaders, assistant team leaders and snipers to lead these classes.

“In the long run, the Iraqi Army wants its own reconnaissance unit,” said Sgt. Dwight Anderson, Team 2 team leader, 3rd Platoon. “We are trying to give them a basic understanding of recon operations.”

Now conducting their own patrols, protecting their borders, and patrolling their streets, the Iraqi Security Forces have come a long way since the beginning of this war. Their next goal is to develop the same advanced reconnaissance abilities recon Marines bring to the table. Recon-



Marine Sgt. Daniel Pihl, of Vernonia, Ore., observes Samir Hasan, the reconnaissance interpreter, instruct an Iraqi sniper to find a point down range and site in using a Marine Corps sniper rifle. (Photo by Marine Sgt. Dorian Gardner)

naissance Marines have undergone many months of advanced training in covert operations and advanced combat tactics, and they are eager to help open the door for these Iraqi soldiers.

Reconnaissance Marines operate on a different scale in comparison to an average infantry battalion. Trained to operate in small groups, a reconnaissance team executes a mission with a team of five or six members, rather than a squad of 13. They often operate without direct support in enemy territory for extended periods of time. They are the proverbial tip of the spear.

According to Sgt. Maj. Mohanad Najah Abuod, 1st Battalion, 1st Brigade, 1st Iraqi Army Division, his unit has conducted missions along side

Marines in the past, and trained with other special-operations units.

“We have received the best training from these reconnaissance Marines,” said Sgt. Maj. Mohanad. “This training has taught me and my soldiers a lot of things; different ways to attack the objective ... how to support your men in a mission.”

As training progresses, the Marines will no longer lead their training, but walk along side them in drills and practical application. Marines are optimistic about the change of strategy for these soldiers, and according to Anderson, the soldiers are picking up basic maneuvers and adjusting their approach.

“They have already started to change up the way they operate and they learn quickly,” said Anderson.

Shortly after training is complete, reconnaissance and Iraqi soldiers will begin to put their new skills to the test outside the wire. Slowly becoming one of Iraq’s newest instruments in the war against terror, Sgt. Maj. Mohanad and his soldiers are ready to get into the fight. 



Iraqi Army Cpl. Safaa Ali Mabark positions himself at the rear of his patrolling squad to observe the environment behind him. Safaa is one of many Iraqi special-forces soldiers training alongside recon Marines. (Photo by Marine Sgt. Dorian Gardner)

Chaplain's Corner

By Army Lt. Col. Carl Steele
Camp Ramadi Chaplain

There are two new opportunities to learn and grow being presented at the chapel. The first is the New Testament Challenge. This is a group that meets Saturday nights at 6:30 p.m. in the Fellowship Hall. You will be encouraged to read through the New Testament and to meet and share about the readings each week. This is a great time if you have never read through the books of the New Testament to make a commitment to read through it on a daily bases.



The second group is on Sundays at 4 p.m. called the Relationship Enhancement Program. If you are in a relationship with a spouse, a significant other, parent, friend or co-worker, you can learn with others how to have a better relationship. We will look at things to avoid in the relationships and how you can grow in the relationships you have.

Watch for more opportunities to worship and learn at the Chapel. ☺

Relationship Enhancement Program

Every Sunday, at 4 p.m. in the Ramadi Chapel Fellowship Hall learn how to enhance the relationships in your life.

Camp Ramadi Memorial Chapel United through Reading Program

- ~Record a CD for your loved one
- ~Read a book to a child
- ~Wish happy birthday, anniversary or say hello

Walk-ins welcome or e-mail casey.holbrook@us.army.mil to schedule an appointment

New Testament Challenge

Read and study the New Testament. Meetings will be held every Saturday, at 1830 in the Chapel Fellowship Hall. Do you have what it takes?

Emergency Chaplain Services are available 24/7

To get a hold of the on-call chaplain call 3440-834 or 3440-652 from any DSN.

Chapel Service Times

Sunday

- 0930 Communion Service (Fellowship Hall)
- 0930 Roman Catholic Mass (Chapel)
- 1100 Contemporary Protestant Service
- 1400 Gospel Service
- 1600 Contemporary Worship Service
- 2000 LDS – Lay Leader
- 2100 Evening Praise

Monday

- 1930 Bible Study (Fellowship Hall)
- 2000 Ugandan Choir Practice

Tuesday

- 1900 Iron on Iron Men's Bible Study (Chapel)
- 1900 AA meeting (Fellowship Hall)
- 2000 Contemporary Worship Band Rehearsal

Wednesday

- 1900 Gospel Bible Study (Chapel)
- 2000 Gospel Choir rehearsal

Thursday

- 1900 Contemporary Protestant Band Rehearsal
- 2100 Roman Catholic Rosary Group

Friday

- Varies Muslim Service "Juma'a" prayer
- 1700 Jewish Service
- 1900 Gospel Intercessory Prayer
- 2000 Gospel Choir rehearsal

Saturday

- 1500 The Truth Project (Fellowship Hall)
- 1900 Contemporary Protestant Band Rehearsal
- 2100 Roman Catholic Mass

SAFETY NOTES

By Army Capt. Kasey Vu
Camp Ramadi Safety Officer

Hello Tenants of Camp Ramadi! Another month has gone by in this slice of Heaven. I believe it is safe to say that spring has arrived here in Iraq, and summer will soon follow in its wake. With the increase in temperature, the risk of fires also increases. Historically, Camp Ramadi has experienced a significant increase in the number of fires during the summer months. Statistics, as well as anecdotal evidence, show that a working smoke alarm significantly increases the chances of survival in a fire by giving the occupants valuable time to react to the fire and escape. If there are no smoke alarms installed in your living or working areas, please obtain them from the Camp Ramadi Fire Department and install them. The installation instructions are on the box, and are simple to follow.

If we were back home in the United States, we soon would go through the springtime ritual of changing our clocks to daylight savings time. This year, the date is Sunday, March 8, 2009. That event is normally accompanied by various public service messages, reminding everyone to replace the batteries in their smoke alarms. Well, that practice is just as important, if not more so, here in Iraq! So let this be your public service announcement: **REPLACE THE BATTERIES IN ALL YOUR SMOKE ALARMS!** If your unit does not have enough 9-volt batteries, you can obtain some from the Camp Ramadi Fire Department.

In the past several weeks, I have seen an increase in the number of runners on the road on camp, obviously taking advantage of the mild weather. That is terrific! Unfortunately, I have also seen an increase in the number of people wearing headphones/earphones and iPods/MP3 players while running and walking outside (both military and civilian). I want to remind everyone that the camp safety policy prohibits the wear-

ing of headphones and earphones while outside. This applies to both military personnel and civilians, as it is a safety policy, and not a uniform policy. It boils down to common sense: if you are walking or running on the roads and listening to music on your iPod, chances are, you will be distracted and will not be aware of your surroundings, and will not hear that vehicle coming up behind you. Please pass along this information to keep everyone safe.

Lastly, there is an upcoming Camp Ramadi Safety Council Meeting scheduled for Tuesday, March 3, 2009 at 10:30 a.m. hours. The meeting will be held in the KBR MWR conference room inside the KBR compound. Unit safety representatives are requested to attend. One of the main topics that will be discussed is the two updated camp safety SOPs: the Operational Safety SOP, and the Fire Prevention and Protection SOP. We will go over some of the significant changes and major areas of emphasis at the meeting, so that the unit safety representatives can take the information back to their respective units and disseminate it. In addition, if you have any suggestions or recommendations about what you would like to see addressed camp-wide, have your unit safety representative bring it up at the Safety Council Meeting.

As always, Chief Warrant Officer 5 Curry and myself are available if you have any questions or concerns. Our contact information is as follows:

Office: Bldg 2610, Rm 5

DSN: 344-0921

SVOIP: 696-5418

NIPR: kasey.vu@ar.mnf-wiraq.usmc.mil

kenneth.curry@ar.mnf-wiraq.usmc.mil

SIPR: kasey.vu@ar.mnf-wiraq.usmc.smil.mil

kenneth.curry@ar.mnf-wiraq.usmc.smil.mil

Continue to integrate safety into your everyday activities and operations. Have a safe and productive month! 🚒



The Camp Ramadi Fire Department gives Fire Warden classes every Saturday at 2 p.m. at the Camp Ramadi Fire Station. Classes are meant to teach Camp Ramadi tenants proper use of a fire extinguisher, how to identify fire hazards and fire safety. (Photo by Army Sgt. Greg Smith)

Who to call in case of emergency

In case of fire, call: 344-0911

If you have general questions about fire safety, extinguishers, smoke alarms or fire warden training, call 344-0770

For medical emergencies, call:
344-0376

If you find an unexploded ordnance, or for any other emergency, call the Ramadi Operations Center:
VOIP: 696-5966/5967
DSN: 344-0696/2179

CAMP RAMADI AT A GLANCE



Marine Lance Cpl. Alejandro Quinonez, a wireman with RCT 6 from Houston, reads a Valentine sent to the unit from a Glen-side Middle School student in Lombard, Ill. (Photo by Marine Sgt. Dorian Gardner)



Marine Col. Matthew A. Lopez and Sgt. Maj. James E. Booker from RCT 6 unveil the unit's colors at RCT 6's Transfer of Authority ceremony at Camp Ramadi Jan. 21. (Photo by Marine Sgt. Dorian Gardner)



Army Sgt. Leif Hamar, Sgt. Jaclyn Miller and Staff Sgt. James McAllister, all from JNN, 81st BCT, take a break from work on Camp Ramadi, Iraq, Feb. 24 to smile for a photo. (Photo by Army Sgt. Amanda Gauthier)



Army Sgt. Josh Brummett with C Batt., 1-158th FA keeps tabs on who enters and exits Camp Ramadi at one of the gates. (Photo by Army Staff Sgt. Matthew Lima)



Army Sgt. Mathew Suhr and Sgt. Charles Einarson, both part of the 81st BCT's PSD, fold the American flag during a flag raising ceremony on Camp Ramadi, Iraq, Feb. 2, 2009. (Photo by Army Staff Sgt. Emily Suhr)

Visiting Qatar

By Army Staff Sgt. Derrick Grasty
81st BCT

Most servicemembers know that there is a pass program that involves a four-day pass in Qatar, but many of them don't really know what that pass entails.

Each servicemember that goes on pass embarks on a journey to beautiful Camp Asaliyah, Qatar and is presented with a great opportunity to unwind and get away from the everyday grind of being deployed. Camp Asaliyah offers many amenities such as dining, entertainment and shopping options, as well as various opportunities to go off post and see the sights and sounds of Doha City.

Due to travel issues, actually getting to Qatar can be a little cumbersome, but once you arrive at the R&R site you will find a peaceful environment designed for servicemembers to shed their military uniform, put on civilian clothes and unwind. On site, servicemembers can find a large PX/BX, with various vendors, Popeye's, Dairy Queen, Orange Julius, Chili's, an Irish Pub and a Mexican Cantina. On the recreation side of the house, Camp Asaliyah is home to a nine-hole mini golf course, bowling alley, dance club, gym and a heated swimming pool with Jacuzzi.

For those who just want to relax, there are two lounge areas with soft and comfortable couches for movie viewing. There is also a USO lounge area where servicemembers may take their shoes off and just lounge on the multiple sofas and lay in the plush pillow movie room.



Camels relaxing in Qatar (Photo by Marine Lance Cpl. Brandon Fajohn)

There is even a Spa area that offers massages and a salon for the ladies to get their hair and nails taken care of.

Concerned about losing touch with your loved ones while on pass? The entire USO building is wired with high speed wireless internet that is as fast as DSL. There are also multiple DSN phone centers and a SPAWAR for those who don't have their own computers.

The R&R program also offers several trips and tours to various locations around Doha. Some of the more popu-



Out in town in Qatar (Photo by Marine Lance Cpl. Brandon Fajohn)

lar trips include a Doha City tour where servicemembers are taken to the old souqs and jewelry souqs markets, a camel farm, falcon shop, lunch buffet and the largest mall in Doha. On the way there are various attractions and beautiful architecture to see. There is a water sports trip where servicemembers are taken out into the harbor to partake in tubing and jet skiing. There is also a Sea picnic trip where you will load into SUV's and experience a wild ride to the Qatari coast and enjoy swimming in the Persian Gulf, beach volleyball, camel rides and a lunch buffet. The cost for the tours ranges from free to \$30 and they are all well worth the time and money. 🚫

Helpful Hints

- Remember that flights get moved around and it is inevitable that you get held up somewhere throughout the duration of your travels. The quicker you accept that, the better off you will be.
- Travel light! You don't need duty uniforms or PT's unless you really want to wear them. There is a lending closet where you can borrow clothes of any style.
- Carry your bag onto the flight. Trust me, it's not any fun when your bag gets sent to Kuwait when you're going to Qatar. If you absolutely must check your bags, keep your personal hygiene items with you.
- Bring cash, and remember if you shop off base, you will need to have Qatari Riyals. There is an ATM machine where you can pull out both dollars and riyals. Your Eagle cash card will not work off post.
- Make the most out of your time, there is plenty to do and lots of people to do it with so there is no reason to sit around and be bored!

5K Shamrock Run



Mar. 14

Meet at 0645

MWR gym

Run kicks off at 0700



10K Champions

From left to right: Army Master Sgt. Misty Norris with 194th MP Co., Army Sgt. Tobias Suhr with the 81st BCT, Marine Cpl Sean Dixon with 2/9 Marines and Army Capt. Kurt Rorvick with the 81st BCT hold their medals after placing in the Camp Ramadi Valentine's Day 10K race Feb. 14. Dixon took first with a time of 37:21, followed by Suhr with a time of 40:05, and Rorvick with a time of 40:15. Norris took first in the ladies division with a time of 48:08. (Photo by Army Staff Sgt. Emily Suhr)

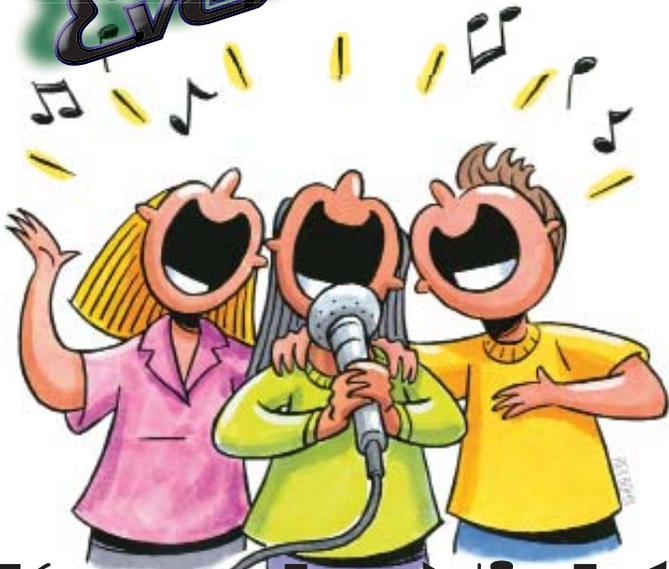
The 9th Annual Oklahoma City Memorial Marathon at Camp Ramadi



- April 24, 2009
- Race starts at 4 a.m. at the MWR Gym area
- Individual or 5 person relay teams
- Sign up at MWR Gym by March 31, 2009
- All participants receive commemorative t-shirt
- All those that complete the race receive medals

March MWR

Events



Karaoke Night

Sing your favorite song and enjoy a laugh with friends every Thursday at 8 p.m. at MWR



Coming Soon to Camp Ramadi - Country Music Star Chely Wright

Performance dates will be posted around Camp Ramadi when they are confirmed.

Ramadi's Got Talent

Base-Wide Talent



Competition

Green Beans Stage

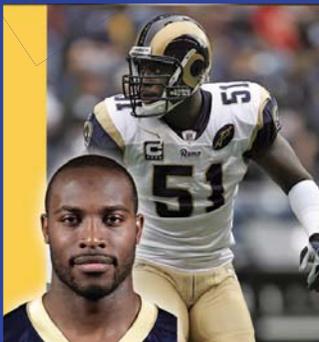
March 2, 2009 at 6 p.m.

Sign Up at MWR

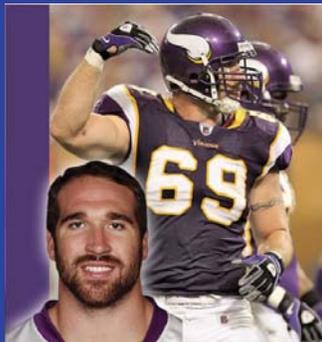
by COB Feb. 28, 2009



Meet four of your favorite NFL players Mar. 7 at 7 p.m. at the Green Bean Stage



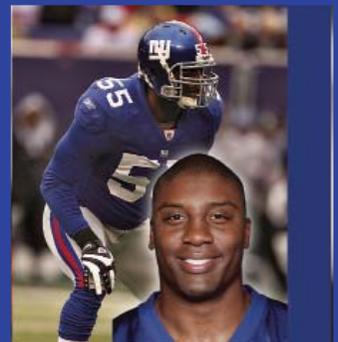
WILL Witherspoon
St. Louis Rams



JARED Allen
Minnesota Vikings

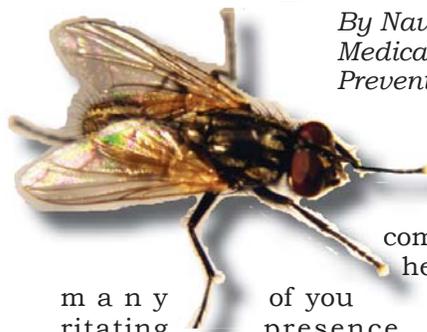


LARRY Fitzgerald
Arizona Cardinals



DANNY Clark
New York Giants

Keeping filth flies in check



By Navy Lt. Bryan Heintschel
Medical Entomologist
Preventive Medicine Detachment

The common house fly (*Musca domestica*), along with other filth flies, can become quite the pests on bases here in Iraq. Undoubtedly

many of you have experienced their irritating presence, and for those of you who haven't... be patient, the time is approaching. As the temperatures continue to climb, fly activity will begin to escalate. Preventive Medicine personnel and KBR Vector Control will be working to manage the fly populations, but we can't do it all alone.

You, as responsible individuals, can do a few small things in and around your living/work areas to minimize filth fly threats. Executing these simple techniques and procedures now will make life a bit more tolerable for you in the future.

Ways you can reduce filth fly problems:

1. Sanitation is the key. Maintain a clean area – they're called filth flies for a reason.

- a. Keep trash cans covered, clean, and away from building entry points.
- b. Take trash out regularly, especially if food waste is present.
- c. Make sure all trash is secured in a bag when throwing it in dumpsters. Never throw loose food waste into dumpsters.

2. Remove unnecessary wires, 550-cord, etc. hanging from the ceilings – flies have a tendency to land and rest on these objects. Instead, hang sticky fly strips in open areas.

Basic House Fly Facts

- Intestinal parasites, such as *E. coli*, *Salmonella*, and *Shigella*, capable of causing severe stomach ailments are frequently found on the mouthparts and bodies of house flies.
- Adult house flies can travel one to two miles from their breeding site to come bother you.
- The entire house fly life cycle can be completed in as little as one week.
- Adult house flies live on average 15-25 days.
- Scientists have calculated that a pair of flies beginning reproduction in April could theoretically produce, under optimal conditions and if all were to live, 191,010,000,000,000,000,000 flies by August. That's 1.91 quintillion if you were wondering; and I'm not making that number up – Google it.

3. Put the toilet seat/lid down and ensure that the door closes when exiting the port-a-johns. Nothing is more annoying than sharing a port-a-john with a bunch of flies who have been freely feeding down in the "blue" water.

Remember, flies are simple creatures like us; all they want in life is food, water, a place to rest, and the occasional romantic engagement. If you take any one of those away for good, they won't be around long. ☹️

HEALTH CORNER

By Army Lt. Col. Stephen Anderson
81st BCT Surgeon Cell

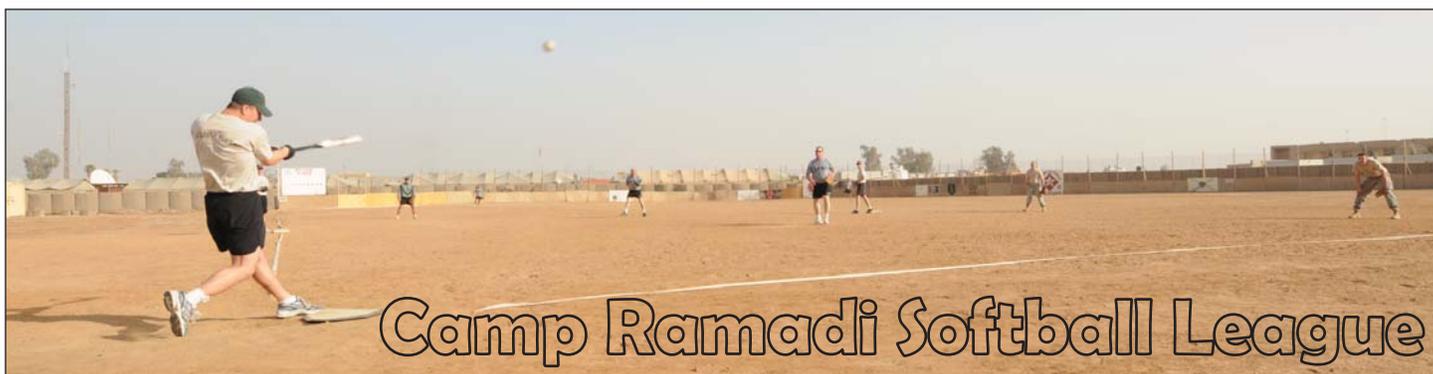
Most of us in Ramadi rely on our feet to get us where we need to go. The following will help to keep your transportation devices in tip top shape:

- Wash your feet daily with warm water and soap.
- Cut toenails straight across above the level of the skin.
- Do not trim, shave, or use over-the-counter medications to dissolve corns or calluses.
- Have several pairs of boots/shoes and alternate daily.
- ALWAYS wear dry socks. An acrylic blend helps to avoid blisters, also, wear two pairs of socks during

intense exercise, running, soccer, football, etc.

- Replace running shoes frequently, they rarely last more than 600 miles. After that they lose support and can lead to increasing foot injuries.
- When fitting shoes or boots, try to fit them in the afternoon, as your feet will swell during the day. Also usually one foot is larger than the other, so use the larger foot for trying on new shoes/boots.
- If you are new to long distance running, or increasing your mileage, consider professionally fitted running shoes by a fitness or running specialty store.

These simple rules will help keep your feet healthy for life. If any problems or questions, see your health care provider.



Camp Ramadi Softball League

For five weeks teams from all over Camp Ramadi have been doing battle on the softball field in the winter softball league. Sixteen teams signed up for the season, and currently 13 teams are active. The league was divided into two divisions and servicemembers can cheer on their unit or their favorite team every Saturday and Sunday from now through the end of April. The league is very competitive, and the games are very hotly contested. Each week players put their unit's reputation, as well as skills at pitching, catching, hitting and fielding on the line against each other for the love of the game. The league standings through five weeks are:



1st Lt. James M. Seibert with C Batt., 1-158th FA throws the ball during a softball game against the 81st BCT Jan. 31, 2009 at Camp Ramadi, Iraq. (Photo by Army Staff Sgt. Emily Suhr)

SATURDAY DIVISION I			
TEAM	WINS	LOSSES	PERCENT
B-158 1ST PLT	5	0	1.000
C-158	4	1	0.800
2/9 (LAZARUS)	3	2	0.600
2D CEB Alpha 1	3	2	0.600
1-1-1 NPTT	2	3	0.400
120TH FSC	2	3	0.400
81ST TEAM 1	1	4	0.200
CLB-5/ CLC 51/ MT CO	0	5	0.000

Cheer on your favorite team every Saturday and Sunday from 12:00 p.m. to 4 p.m.

SUNDAY: DIVISION II			
TEAM	WINS	LOSSES	PERCENT
CEB	5	0	1.000
B-158 2ND PLT	4	1	0.800
CLB-5	4	1	0.800
81ST TEAM 2	3	2	0.600
MTT 0110	2	3	0.400
8TH COMM	1	4	0.200
194TH MP	0	5	0.000
CLC-51	0	5	0.000



Lt. Col. Carl Steele, the Camp Ramadi chaplain, coaches his assistant, Staff Sgt. Casey Holbrook, during a softball game against the 1-158th FA Jan. 31, 2009. (Photo by Army Staff Sgt. Emily Suhr)

Happy St. Patrick's Day

Celebrate the Irish March 17

By Army Staff Sgt. Emily Suhr
81st BCT

St. Patrick, the patron saint of Ireland, was born in Britain to wealthy parents near the end of the fourth century. He was kidnapped by Irish raiders when he was 16. Patrick spent six years in captivity in Ireland before escaping back to Britain. He then spent 15 years studying religion and went back to Ireland to spread Christianity. Because Patrick was familiar with the Irish culture and language, he incorporated them into his teachings instead of dismissing their native beliefs. The Celtic cross comes from combining the traditional Christian cross with a sun, which was a powerful Irish symbol. The Irish have celebrated March 17, the day of St. Patrick's death, for thousands of years as a religious feast holiday.

The first St. Patrick's Day parade took place in the United States, not Ireland.

Irish Soldiers serving in the English military marched through New York City on March 17, 1762 to help reconnect with their Irish roots. St. Patrick's Day parades became popular over the next many years among the many middle class protestant Irish immigrants in America. In the mid-nineteenth century, millions of poor, un-

educated Catholic Irishmen flooded into the U.S. to avoid starvation during the Great Potato Famine. Though they continued to proudly celebrate their heritage every March 17, they were despised and ostracized by the general population and were often denied work. After years of struggle, the Irish finally found acceptance in America and today, American citizens of all backgrounds join together to celebrate the Irish by attending parades, wearing green and eating Irish food.

St. Patrick's Day is also celebrated in Canada, Australia, Japan, Singapore and Russia. 🇮🇪

Irish Toasts

- May God bring good health to your enemies enemies
- May you live to be a hundred years, with one extra year to repent.
- May the best day of your past be the worst day of your future.
- May you get all your wishes but one, So you always have something to strive for.
- Here's to your coffin... May it be built of 100 year old oaks which I will plant tomorrow.
- May the sons of your daughters smile up in your face.
- May your neighbors respect you, Troubles neglect you, The angels protect you, And Heaven accept you.

What is your favorite St. Patrick's Day tradition?

Army Sgt. Sahrkojo McCloud, 937th Engineers



"Wearing green, pinching people, plus me and my Soldiers try to play practical jokes on each other."



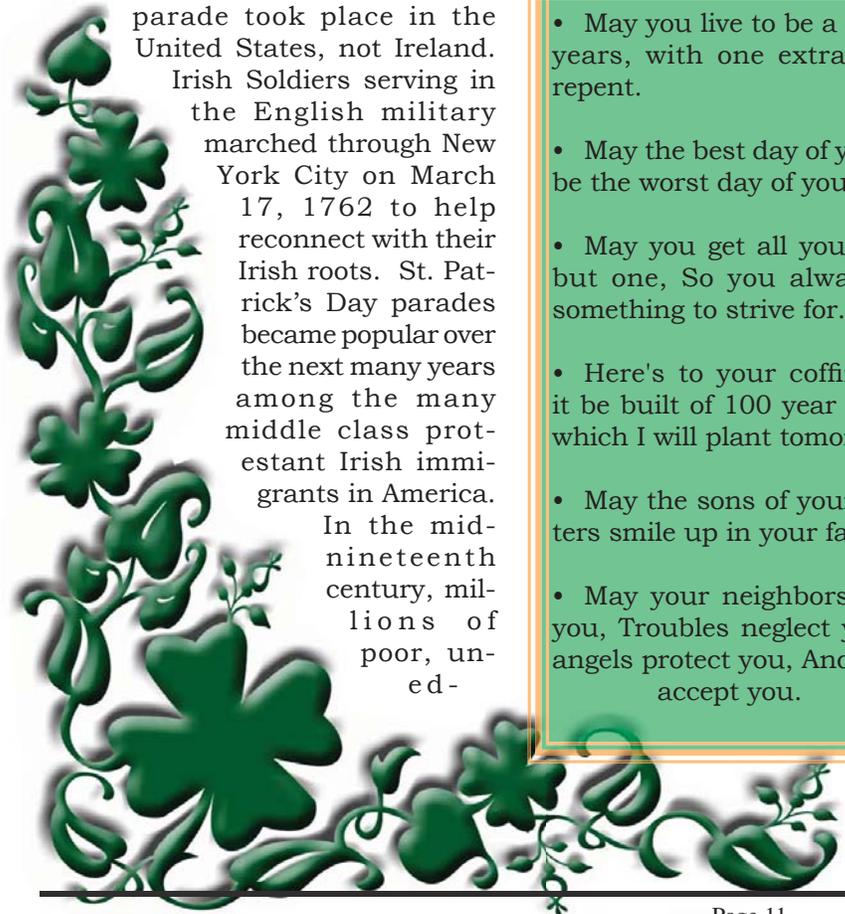
Navy HM3 Nathaniel Torkelson, CLC 51, CLB 5

"I'd be drinking at the Bar; Probably Flannigan's, in downtown San Diego."

Navy HM2 Alexander Ramirez, CLC 51, CLB 5



"I just wear the green so I don't get pinched."



Crazy Laws

☞ In Indiana, Citizens are not allowed to attend a movie house or theatre nor ride in a public street-car within at least four hours after eating garlic.

☞ In Marshalltown, Iowa. Horses are forbidden to eat fire hydrants.

☞ In Seattle Washington, Gold-fish can ride the city buses in bowls only if they kept still.

☞ In Tulsa, Oklahoma. Its against the law to open a soda bottle without the supervision of a licensed engineer.

☞ In North Dakota you cannot serve beer and pretzels at the same time in any bar or restaurant.

☞ In Hartford, Connecticut it is illegal to educate dogs.

☞ In Florida hunting and killing a deer while swimming is illegal.

☞ In Massachusetts, Snoring is illegal unless all bedroom windows are closed and securely locked.

☞ In Chicago, Illinois it is forbidden to eat in a place that is on fire.

☞ In Wallace, Idaho. It is unlawful for anyone to sleep in a dog kennel.

☞ In Fairbanks, Alaska no moose is allowed to have sex on city streets.

☞ In Kentucky, everyone must take a bath at least once a year.

☞ In Glendale, Arizona, it is against the law for a car to back up.

THE MARINES OF THE 8TH COMM HELPDESK



Marine Sgt. Raymond Duff of Manassas, Va., with 8th Comm Feb. 2, 2009
(Photo by Lance Cpl. William A. Rumbaugh)



Marine Lance Cpl. Joseph Liotta of Cleveland, with 8th Comm Feb 1, 2009.
(Photo by Marine Lance Cpl. William A. Rumbaugh)



HELP US MAKE THE RAMADI STAR BETTER!

What type of things is your unit doing? We want to know! Send your stories, story ideas and/or photographs to emily.suhr@ar.mnf-wiraq.usmc.mil by the 23rd of each month.

Photographs need to be in a JPEG or TIFF format. Please include a Microsoft Word document identifying who is in the photo (Identification = full name, rank, unit, duty position and hometown), what they are doing, when and where.

Don't forget to tell us who took the photos and/or who wrote the story!

This month in history

March 1, 1932 - The 20-month-old son of aviation pioneer Charles A. Lindbergh was kidnapped from his home in Hopewell, New Jersey. The Lindberghs then paid a \$50,000 ransom. However, on May 12, the boy's body was found in a wooded area a few miles from the house.

March 1, 1961 - President John F. Kennedy established the Peace Corps, an organization sending young American volunteers to developing countries to assist with health care, education and other basic human needs.

March 3, 1913 - A women's suffrage march in Washington D.C. was attacked by angry onlookers while police stood by. The march occurred the day before Woodrow Wilson's inauguration. Many of the 5,000 women participating were spat upon and struck in the face as a near riot ensued. Secretary of War Henry Stimson then ordered soldiers from Fort Myer to restore order.

March 4, 1789 - The first meeting of the new Congress under the new U.S. Constitution took place in New York City.

March 4, 1830 - Former President John Quincy Adams returned to Congress as a representative from Massachusetts. He was the first ex-president ever to return to the House and served eight consecutive terms.

March 5, 1770 - The Boston Massacre occurred as a group of rowdy Americans harassed British soldiers who then opened fire, killing five and injuring six. Seven of the British soldiers were acquitted. Two others were found guilty of manslaughter, branded, then released.

March 5, 1933 - Amid a worsening economic depression, newly elected President Franklin D. Roosevelt proclaimed a four-day "Bank Holiday" to stop panic withdrawals by the public and the possible collapse of the American banking system.

March 6, 1836 - Fort Alamo fell to Mexican troops led by General Santa Anna. The Mexicans began the siege of the Texas fort on February 23, ending it with the killing of the last defender. "Remember the Alamo" became a rallying cry for Texans who went on to defeat Santa Anna in the Battle of San Jacinto in April.

March 10, 1862 - The first issue of U.S. government paper money occurred as \$5, \$10 and \$20 bills began circulation.

March 10, 1880 - The Salvation Army was founded in the United States.

March 11, 1918 - The 'Spanish' influenza first reached America as 107 soldiers become sick at Fort Riley, Kansas. One quarter of the U.S. population eventually became ill from the deadly virus, resulting in 500,000 deaths. The death toll worldwide approached 22 million by the end of 1920.

March 12, 1994 - The Church of England ordained 32 women as its first female priests. In protest, 700 male clergy members and thousands of church members left the church and joined the Roman Catholic Church which does not allow women priests.

March 15, 44 B.C. - Julius Caesar was assassinated in the Senate chamber in Rome by Brutus and fellow conspirators. After first trying to defend himself against the murderous onslaught, Caesar saw Brutus with a knife and asked "Et tu, Brute?" (You too, Brutus?) Caesar then gave up the struggle and was stabbed to death.

March 16, 1968 - During the Vietnam War, the My Lai Massacre occurred as American soldiers of Charlie Company murdered 504 Vietnamese men, women, and children. Twenty-five U.S. Army officers were later charged with complicity in the massacre and subsequent cover up, but only one was convicted, and later pardoned by President Richard Nixon.

March 23, 1775 - Patrick Henry ignited the American Revolution with a speech before the Virginia convention in Richmond, stating, "I know not what course others may take; but as for me, give me liberty, or give me death!"

March 27, 1977 - The worst accident in the history of civil aviation occurred as two Boeing 747 jets collided on the ground in the Canary Islands, resulting in 570 deaths.

March 30, 1981 - Newly elected President Ronald Reagan was shot in the chest while walking toward his limousine in Washington D.C., following a speech inside a hotel. The president was then rushed into surgery to remove a 22-caliber bullet from his left lung. "I should have ducked," Reagan joked. Three others were also hit including Reagan's Press Secretary, James Brady, who was shot in the forehead but survived. The president soon recovered from the surgery and returned to his duties.

March 31, 1968 - President Lyndon Johnson made a surprise announcement that he would not seek re-election as a result of the Vietnam conflict.



Marine Cpl. Justin McBride, a heavy equipment operator with CLC-51, CLB-5, guides a Military All-terrain Crane 50 into position to lift a reinforced steel watch post from it's position at FOB Karamah in Ramadi, Iraq. The FOB was taken apart and the land was handed back to Iraqi Security Forces Feb. 22. (Photo by Marine Sgt. Dorian Gardner)

Sexual Assault Response Coordinator



By Army Master Sgt. CathyJo Wings
81stBCT, Camp Ramadi SARC

Sexual Assault Risk Reduction

There is no perfect way to protect yourself against sexual assault, but the following tips have worked for many people:

Know you have the right and responsibility to set sexual limits. Others want and need to know your limits so that they can respect them. You may have different limits with different people and your limits may change – that is OK!

Trust your feelings. If you feel you're being pressured into unwanted sex, you're right! If you feel nervous or afraid, pay attention! Don't write it off to imagination or paranoia. And don't make the mistake of believing that you can't be victimized. Don't be embarrassed to follow your best instincts, better silly (and safe) than sorry.

Communicate your feelings and limits. Hints and ESP don't work. Know the difference between passive, aggressive and assertive behaviors.

Passive – There are people who don't know or don't state clearly what they want. They give their power away. They are good at beating around the bush or giving hints.

Aggressive – These people are only concerned with their own wants and needs. They attempt to take power and control away from other people and may cause them injury in the process.

Assertive – There are people who have an awareness and respect for their own rights as well as rights of others. They maintain their own power and expect others to do the same. They are tactful but very direct about their needs and wants.

BE ASSERTIVE 

cathyjo.wings@ar.mnf-wiraq.usmc.mil
DSN 344-0932
VOIP 696-5171

SUDOKU

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

By ILT Joseph Cluever

See page 15 for the solution to this month's puzzle

Camp Ramadi Inspector General



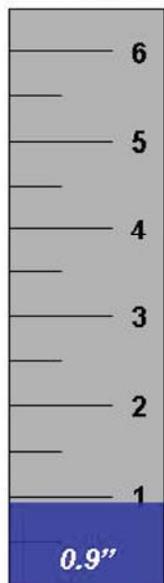
Sgt. 1st Class Paul Scott
DSN: 344-0877
E-mail address:
paul.a.scott@us.army.mil
paul.scott@ar.mnf-wiraq.usmc.mil



Ar Ramadi, Iraq Climatology (March)

PRECIPITATION

Monthly Mean



Extreme Max: 3.3"
Extreme Min: <.05"

SKY CONDITION



2-3 % ≤ 3,000'
5-10 % ≤ 10,000'

MONTHLY

Day(s) with:

Rain

5

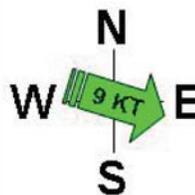
Thunderstorms

2

RH: 71 % (0600C)

RH: 34 % (1500C)

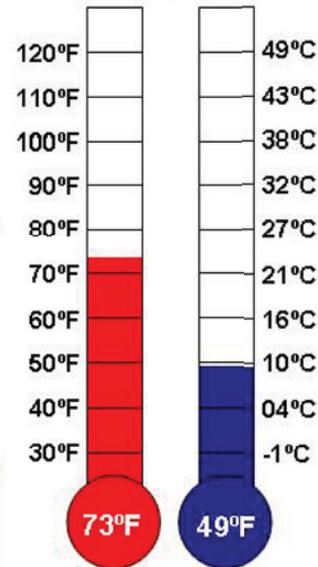
WINDS



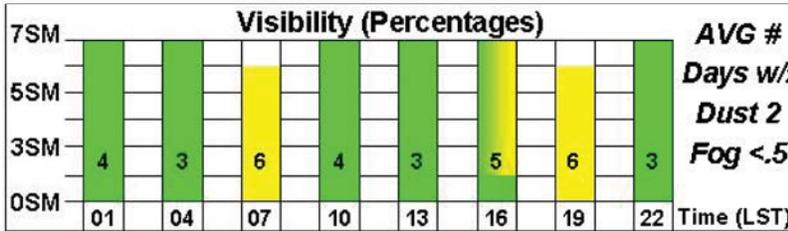
Max Gust 37 KT

TEMPERATURE

Monthly Mean



Extreme Max: 97°F/36°C
Extreme Min: 31°F/-01°C



- A weak High centered over northwestern Saudi Arabia is reinforced by migratory highs, as migratory lows and troughs impact the region every 3-5 days with short periods of precipitation and occasional dust storms.
- Low visibility with nocturnal and morning fog in the Euphrates River Valley.
- Low-level wind primarily northwesterly, but will vary with the synoptic situation.
- Two (2) types of Shamals during this period: 24-36 hr and 3-5 day (avg. max 35kt).
- Ceilings below 25,000' occur 25-35 percent of the time.
- Low level turbulence is light to moderate for UAVs and helicopters.

Looking for a place to hangout with friends?

Check out the fellowship hall next to Memorial chapel. The chapel staff is transforming it into a place for socializing during non-duty hours.

Staff Sgt. Shelley Cline will be organizing movie nights, game nights, dance lessons and other activities. If you would like to schedule your own event, have special requests or suggestions, please see her.

- Enjoy free refreshments
- Challenge a buddy to a game
- Watch a movie
- Relax on the couch with a book
- Check out the "free room" before going to PX

CAMP RAMADI PHOTOS ARE POSTED

We are now posting Camp Ramadi photographs on NIPR. Please copy the following link into "Run" under the start menu to view photos from the 10K February run, softball games and more.

\\arn02c\AR_Shares\Camp Ramadi\PAO

Watching your weight? Having a unit party or VIP visit? Just want to know what's for lunch?



Copy the following link into "run" from the "start menu" to see the policy letter, chow hall menus, nutrition information and all forms needed for specialty food requests. <\\ar\ ar_shares\Camp Ramadi\DFAC>. All specialty meal requests must be turned into the chow hall 14 days prior to the event.



Camp Ramadi Phone Numbers

Support

Camp Mayor: 344-0986
 KBR Operations: 344-0884
 Chaplain's Office: 344-0834
 Staff Judge Advocate: 344-0918/919
 Public Affairs Office: 344-0767
 Safety Office: 344-0920

Medical

Sick Call: 344-0376
 Combat Stress: 344-0998

Emergency Services

Fire Emergency: 344-0911
 Marine Fire Station: 344-0997
 KBR Fire Department: 344-0770

Services

Post Office: 344-0515
 MCX / PX: 344-0885
 Marine Finance: 344-0886
 Army Finance: 344-0763



Camp Ramadi during one of February's sand storms
 (Photo by Army Sgt. Amanda Gauthier)

Camp Ramadi Hours of Operations

Sick Call

0900-1000 & 1600-1700 Monday - Friday
 1300-1400 Saturday and Sunday
 24 Hours / 7 Days for emergencies

Combat Stress

0800-1700 Monday - Saturday

Dining Facility

0530-0830 Breakfast
 1130-1400 Lunch
 1730-2000 Dinner
 2330-0100 Midnight Chow

MCX / PX

0900-2000 Monday - Saturday
 1100-1900 Sunday

Green Beans Coffee

24 Hours / 7 Days

Barber Shop

0900-1900 Daily

Subway

0900-2300 Daily

Alteration Shop

0900-1900 Daily

Gift Shop

0900-1900 Daily

AT&T Calling Center

24 Hours / 7 Days

Laundry Facility

0500-1900 Drop Off
 24 Hours / 7 Days Pick Up

Post Office

0830-1700 Monday - Saturday
 0900-1400 Sunday

Finance Office

0900-1600 Wednesday and Thursday



Camp Ramadi Legal Office

Legal Assistance (bldg 2250)

Walk-in hours

Thurs: 0900-1200 & 1300-1700

To make an appointment for another time contact: Staff Sgt. Keeley Weeks, NCOIC, Keeley.weeks@us.army.mil or Keely.weeks@ar.mnf-wiraq.usmc.mil. DSN number 318-344-0919.



Alcoholics Anonymous meetings Every Tuesday at 7 p.m. at the Camp Ramadi Memorial Chapel

"Alcoholics Anonymous is a worldwide fellowship of more than one hundred thousand alcoholic men and women who have banded together to solve their common problems and to help fellow sufferers in recovery from that age-old, baffling malady, alcoholism" (Twelve Steps and Twelve Solutions). It is estimated that over two million men and women have recovered through A.A. Whether it is called "Friends of Bill," "Serenity in the Sand" or A.A., the focus is the same, to help men and women overcome their addiction to alcohol.

If you are struggling with your addiction, I want to invite you to Camp Ramadi A.A. on Tuesday nights at 7:00 in the Camp Ramadi Memorial Chapel (Bldg 2900). For further information, call Staff Sgt. Shelley Cline at DSN 318-344-0835.

Confused about your education choices?

Not sure about how to register for classes? Need help figuring out your career choices? Confused by tuition assistance or your G.I. Bill? Need a proctor for an exam?

Staff Sgt. Shelley Cline is the education center/career counseling point of contact for Camp Ramadi. She can help answer any questions you may have about your education and career options, both in and out of the military.

The education center is also a place for servicemembers taking classes to work on their school work. The center is not yet equipped with computers, but servicemembers showing proof that they are enrolled in formal classes or certificate programs can have unlimited time at Spawar to work on their courses. The unlimited time must be used for school work only. For any questions, contact Staff Sgt. Shelley Cline at DSN: 344-0835

CAMP RAMADI PUBLIC AFFAIRS OFFICE



PHONE NUMBER: DSN 318-344-0767

MANAGING EDITOR

STAFF SGT. EMILY SUHR
EMILY.SUHR@US.ARMY.MIL

ASSISTANT EDITOR

SGT. AMANDA GAUTHIER
AMANDA.R.GAUTHIER@US.ARMY.MIL

TO SUBMIT ARTICLES, PHOTOS, OR STORY IDEAS

E-MAIL EMILY.SUHR@US.ARMY.MIL

PHOTOS NEED TO BE IN A JPEG OR TIFF FORMAT. PLEASE INCLUDE A MICROSOFT WORD DOCUMENT. IDENTIFY WHO IS IN THE PHOTO, WHO TOOK THE PHOTO, WHEN AND WHERE. (IDENTIFICATION = FULL NAME, RANK, UNIT, DUTY POSITION AND HOMETOWN).

Salsa Lessons



Join Staff Sgt. Julaine McIntire for salsa dance lessons. Saturday and Wednesday nights at 8:30 p.m. in the Fellowship Hall. Everyone is welcome!

Why walk when you can ride?



There are four buses running two routes on Camp Ramadi. The bus is scheduled to arrive at each stop every 15 minutes. There are 17 stops all together

Solution to this month's puzzle

SOLUTION

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