

Ramadi Star



Camp Ramadi Command Information Newsletter

MAY 25, 2009



Sgt. Thomas Adkins with the 1-158th FA, canine handler Lance Cpl. David Pond with 33 Task Force MP Military Working Dogs and Pond's dog "Zora" conduct a foot patrol through a village outside of Camp Ramadi, Iraq, May 10, 2009. The joint effort by the U.S. forces helps to maintain the security and safety of Camp Ramadi as well as the outlying villages. For more on this story, see page 3. (Photo by Army Staff Sgt. Matthew D. Lima)

Joint effort -common goal

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The aftermath of a fire that tore through a building near the 5th Ave LSA during the early morning hours of May 16, 2009. (Photo by Army Sgt. Amanda Gauthier)

SAFETY NOTES

*By Army Maj. Kasey Vu
Camp Ramadi Safety Officer*

Hello Tenants of Camp Ramadi!

As some of you are aware, we recently received a shipment of surge protectors and power adapters from MNF-W. These items are equipped with built-in fuses to reduce the chances of electrical shocks and fires. The intent is to have the new surge protectors and power adapters replace the current ones in existence. The 81st BCT S-4 has developed and disseminated a distribution plan for each tenant organization on Camp Ramadi, both military and civilian. Please pick up your allocations and issue them out to members of your unit. In addition, please police up the old surge protectors and power adapters and destroy them. We do not want defective electrical equipment floating around and working its way back into the system, potentially causing electrical shocks and fires. Even though these surge protectors and power adapters are fused, they are not indestructible – do not daisy-chain or overload them.

Speaking of fires, we are heading into the hottest time of the year. Historically, Camp Ramadi has experienced an increase in the number of fires of all types during the summer months. In fact we just had two fires recently - one burned down a trailer and attached wood deck, and the other destroyed a trailer that contained two CHUs. The first fire was most likely started by someone carelessly throwing a still-burning cigarette butt into a plastic dumpster located next to a wood railing and deck attached to a trailer. The second fire appeared to have been started by an electrical short in the exhaust fan from one of the bathrooms inside the CHU. Please use these two incidents to remind members of your unit to remain vigilant about fire protection and prevention. First, before you put anything into a garbage dumpster

that might be burning, whether it is a cigar, cigarette, charcoal, etc., please make absolutely sure that it is completely extinguished. Second, turn off and/or unplug all unnecessary electrical equipment from your work and living spaces when not needed to reduce the electrical load and the chance of electrical fires.

Recently, there was a non-tactical vehicle (NTV) accident on another camp that claimed the life of a U.S. Soldier. The driver of the NTV swerved his vehicle to avoid an oncoming vehicle. The NTV went off the road and rolled over. The driver was not wearing his seatbelt, and was ejected from the vehicle. He died. My guess is that in addition to not wearing his seatbelt, the Soldier was also speeding. For the past several months, I have noted on a number of occasions that we have a problem of vehicles speeding on this camp, and I have reminded everyone to slow down. However, I forgot to remind everyone of the requirement to put on your seatbelt when you operate your vehicles. Once again, we can use someone else's tragedy as a learning tool to reinforce good behavior. Please remind members of your unit of the obvious: watch your speed, and wear your seatbelt.

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

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



Army Staff Sgt. David Andrews of Duncan, Okla., a member of 1-158th FA, helps conduct a foot patrol in a village outside of Camp Ramadi, May 10, 2009. (Photo by Army Staff Sgt. Matthew D. Lima)

1-158th FA QRF helps keep local community safe

*By Army Staff Sgt. Matthew Lima
1-158th A Public Affairs*

The Quick Reaction Force of the 1-158th Field Artillery is responsible for camp security and responding to emergencies around Camp Ramadi, Iraq. This around-the-clock responsibility keeps them busy. Not only are they able to react to any emergency, but they provide proactive security by making their presence known.

Like local police, they are trained to respond to any situation that may arise. They remain on call 24 hours a day, able to be on the scene of an emergency within minutes. When they are not responding to emergencies, they provide a "presence patrol." This shows accessibility to those that may need help, as well as a deterrent to those who are contemplating a hostile act.

In a village adjacent to Camp Ramadi, a QRF team loaded up their gear and mounted their high mobility multi-wheeled vehicles. The mission was led by team leader Sgt. Jason Schaeffer with the intent of patrolling the small village. It served to maintain a relationship with the local populace, as well as help maintain the area security around Camp Ramadi.


Passing through the gate, Spc. Ephraim Hamilton gave a loud "WOOO!" at the top of his lungs to the Ugandan Coalition Forces standing at the gate. They yelled back as the HMMWV passes through. Truly a sign of a highly motivated Soldier.

Once arriving at the village, members of the QRF dismounted and began walking through the area while HMMWV's followed closely. Local children peeked out from behind walls and fences at the Soldiers moving

through. They soon overcame their shyness and approached the trucks to say hello and see if any Soldiers might have candy to share. Coming prepared, the Soldiers tossed Beanie Babies and pieces of candy to the kids. The young ones rallied along the road, scooping up the goodies. The locals stepped out to say hello, and some brought out the very small children in hopes the Soldiers would not forget the ones who are too young to run around by the street. Staff Sgt. David Andrews stopped to pass some gifts to some of the little ones being held by their mom or dad. While their posture may have appeared soft, they remained vigilant to their surroundings. They maintained communication with each other as they scanned the area for anything suspicious.

The team moved safely along the roads. Helping them maintain security was Lance Cpl. David Pond, a K-9 handler with the 33 Task Force MP, Military Working Dogs, based out of Camp Ramadi. His German Shepherd, Zora, paced back and forth, moving throughout the team. The security of the area was the top priority and every member of the QRF was well aware of their surroundings.

When not on the road or on missions, the members of QRF spend a great deal of time maintaining weapon's systems and emergency equipment. As first responders, they also undergo medical training, which enables them to provide immediate care if necessary. They are prepared to move at a moments notice. They are able to react to the unknown, and immediately and effectively execute their training.

There are many pieces to the puzzle of missions that the 158th FA has been assigned. There are many squads that make up all the members of the QRF. Every member helps provides an immediate response to anyone in need and maintains security for all of Camp Ramadi. At any time, day or night, this ever-ready group shows its dedication to their job, and makes its presence known whenever and wherever duty calls. 



Army Staff Sgt. David Andrews of Duncan, Okla., a member of 1-158th FA stops to visit with some young children during a foot patrol through a village outside of Camp Ramadi, Iraq, May 10, 2009. (Photo by Army Staff Sgt. Matthew D. Lima)

Memorial Day Remembrance Honoring those who gave all

**MONDAY MAY 25,
2009**

**7 P.M. AT THE
GREEN BEANS STAGE
LED BY RCT-6
COMMANDER
COL. MATTHEW LOPEZ**

More than 1,173,650 men and women have given their lives defending the democracy and freedom of the United States on virtually every continent on the globe. This Memorial Day, take a moment to remember them.

Memorial Day

We walked among the crosses
Where our fallen soldiers lay.
And listened to the bugle
As Taps began to play.
The Chaplain led a prayer
We stood with heads bowed low.
And I thought of fallen comrades
I had known so long ago.
They came from every city
Across this fertile land.
That we might live in freedom.
They lie here 'neath the sand.

*I felt a little guilty
My sacrifice was small.
I only lost a little time
But these men lost their all.
Now the services are over
For this Memorial Day.
To the names upon these crosses
I just want to say,
Thanks for what you've given
No one could ask for more.
May you rest with God in heaven
From now through evermore.
- C W Johnson*

Why do you look up to your dad?

Army Staff
Sgt. Casey
Holbrook,
81st BCT.



"He's got good morals...he taught me how to be honest and my basic belief system."



Marine
Gunnery
Sgt. Jim
Seymour,
2nd MLG H
& S Co.

"He's a hard worker and always set a good example to work hard to to get what you want. It forces me work a little bit harder to get the things I want. Not everything in life is just handed to you, so some things in life you have to work a little bit harder for."



Marine Sgt.
Austin Gagner,
CLB-4

"Because my dad was a prior Marine."

**Don't forget
Father's Day
June 21!**

Sevendust

**25 MAY, 2009 @ 1930
GREENS BEANS STAGE**



Produced by AKA Productions

NOTE: SHOW SCHEDULE IS SUBJECT TO CHANGE OR CANCELLATION DO TO WEATHER CONDITIONS

Bronx-Born Marine makes late entrance into Marine Corps, stands out from crowd

By Marine Sgt. Dorian Gardner
RCT-6 Public Affairs

After receiving a letter informing him he was too old to be a Marine, the former youth counselor from the Bronx was determined to prove he possessed the character and grit to walk across Marine Corps Recruit Depot Parris Island's Peatris Parade Deck wearing the Eagle, Globe and Anchor.

Currently serving in Ramadi, Iraq, as the network operations supervisor for Regimental Combat Team 6, Sgt. Victor Arroyo was not guaranteed anything at the recruiter's office like many other Marines. Managing to enlist even though he was two years past the cut-off age for enlistment, the 34-year-old Marine considers every day in this Marine Corps a blessing.

Shortly after his mother, who had been teaching more than 20 years, was laid off, Arroyo knew that his chances of retaining a position in the school district as a youth counselor were slim. Though his mother was able to find another teaching job, Arroyo saw this as an awakening rather than a misfortune. The Marine Corps was calling.

As a teen, Arroyo was a young Marine cadet, an organization similar to Young Marines. Arroyo participated in field training events and competitions with other cadets throughout the state of New York, and as a cadet, learned how to properly press his utility uniform, shine his boots and utilize the phonetic alphabet and military time.

When he wasn't taking part in field exercises with the cadets, he was at home in a full house, with his mother and a number of guests. Arroyo did not see much of his father growing up.

"I was angry at my father," said Arroyo. "I was angry at myself, indirectly influenced by my relationship with my old man."

Living in a neighborhood infested with violence and drugs, his father was a part of that life. He tried to escape it but no matter what happened, he found his way back, said Arroyo. Although Arroyo was aware



Marine Sgt. Victor Arroyo exercises on a pull-up bar outside his work space aboard Camp Ramadi, Iraq, May 1, 2009. (Photo by Marine Sgt. Dorian Gardner)

of his father's actions, more positive role models influenced him.

Growing up, his grandfather, a Soldier who served in Korea, told Arroyo stories of hard-knuckled Marines and how well they carried themselves on the battlefield and in training.

"He used to always tell me to join the Marines; that they are the best," said Arroyo.

One story in particular stuck out, according to Arroyo. His grandfather had traveled many places in the world and one joint-training cycle alongside United States Marines led to his participation in one of the Marine Corps' most significant battles during the Korean War.

Arroyo's grandfather fought with the Marines during the amphibious assault at Inchon in 1950,

a battle that resulted in victory and a swing of momentum in favor of U.N. forces during the early days of the Korean War. Arroyo would hear much more about the Marines as time went on.

After high school, Arroyo married and eventually became a father of two. Choosing to stay with his family rather than pursue a career in the military, Arroyo began working with kids. In 1996, he began work at a private facility for emotionally disturbed youth.

"It was something different every day," said Arroyo. "There was no routine."

For many years, Arroyo stayed close to the youth in his city, working with gang members and helping troubled youth with their General Education Development test, college courses, and sometimes simply finding jobs.

"I enjoyed what I did but I was looking at the writing on the wall," said Arroyo. "The New York Department of Education was shaky. The only thing I wanted to do besides work with kids was be a Marine."

Ten years later, Arroyo was standing outside a Marine recruiter's office. The afternoon he walked in, Arroyo told the recruiter, "I am 31

See ARROYO page 18



Marine Sgt. Victor Arroyo, network operations supervisor for RCT-6, works at his computer while sipping on a hot cup of coffee in his work space aboard Camp Ramadi, Iraq, May 1, 2009. (Photo by Marine Sgt. Dorian Gardner)

Chaplain's Corner

By Army Lt. Col. Carl Steele
Camp Ramadi Chaplain

"Those who hope in the Lord will renew their strength. They will soar on wings like Eagles. They will run and not grow weary, they will walk and not be faint."

Isaiah 40:31



The Old Testament prophet Isaiah captures the need for people to seek strength beyond personal resources in order to shoulder life's burdens. Isaiah spoke this message to people crushed by Babylonian captivity – refugees resettled in a foreign land, far from home and suffering the ill effects. Sound familiar? Settled in a foreign land far from home things become the same, the food, the view, the sounds, familiar; but not home.

People are amazingly resilient. The physically fit are able to force their bodies to continue under harsh demands. The mentally sharp possess the capacity to understand techniques of self-help. The emotionally healthy draw on balancing methods for coping with both joyful and sorrowful circumstances.

Spiritual persons rely on hope. When self-sustaining efforts falter or fail, it is the hopeful man or woman who succeeds. As some of us are just getting here and others are looking to head out, it's in moments such as this that I must rely on the hope I have in God to provide power for living through the most challenging times. It's a hope that meets all things, even the impossible, with courage. When we hope in our Lord, we discover our strength renewed and experience an increased capacity to complete the mission - wherever the finish line may be in the months ahead.

If you need help in renewing your strength for the days and weeks ahead, visit with your chaplain.



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.

Camp Ramadi Inspector General

Sgt. 1st Class Paul Scott

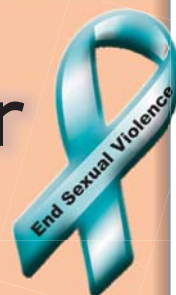
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Sexual Assault Response Coordinator



By Army Master Sgt. CathyJo Wings
Camp Ramadi SARC

Self-Care for Rape or Sexual Assault Survivors

Good self-care is a challenge for many of us and it can be especially challenging for survivors of rape or sexual assault. It can also be an important part of the healing process.

Physical self-care is an area that is often overlooked.

- **Food:** Food is a type of self-care that is often overlooked. We are often so busy that we don't have time to eat regularly. Or we substitute fast food for regular meals.
- **Exercise:** Exercise is one of the most overlooked types of self-care. The Centers for Disease Control (CDC) recommends at least 30 minutes of exercise five times a week. Exercise, even if it's just a quick walk at lunchtime, can help combat feelings of sadness or depression and prevent chronic health problems.
- **Sleep:** Although everyone has different needs, the Rape, Abuse & Incest National Network (RAINN) believes a reasonable guideline is that most people need between 7-10 hours of sleep per night.
- **Medical Care:** Getting medical attention when you need it is an important form of physical self-care. Some survivors put off getting medical care until problems that might have been easier to take care of have become more complicated.

We can all benefit from these self-care tips. They are not just for the survivors of rape or sexual assault. Make your self-care a priority, not something that happens (or doesn't happen!) by accident.



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Camp Ramadi kicks it up a notch with Tae Bo inventor Billy Blanks

By Army Staff Sgt. Emily Suhr
81st BCT Public Affairs

Servicemembers from across Camp Ramadi got a chance to work out with Tae Bo inventor Billy Blanks during his visit to Camp Ramadi, Iraq, April 30 and May 1, 2009.

Blanks and his associate, Tae Bo Instructor Melanie Neat, spent two days during their 12-day Iraq tour with the Soldiers, Marines and Sailors of Camp Ramadi. During



ing the visit, Blanks led a class of about 30 servicemembers in a high-intensity aerobic Tae Bo work out.

"It was tough for me for some parts, but I did what I could and I enjoyed it and I got a good workout," said 81st BCT Soldier Sgt. Lisa Scott of Tacoma, Wash.

"I thought it was good," added Marine Lance Cpl. Michael Shannon, an 8th Comm Marine from Philadelphia. "I've never done it before, so I wanted to come check it out. It killed me it beat me up, it definitely beat me up."

After the intense workout, Blanks gathered the servicemembers around him to discuss fitness and answer any questions they had. He also

offered his thanks for everything they do.

"It's a privilege and honor to be in front of you guys because you all give us the opportunity to have a free world and do what we want to do with our lives," he said. "To me, that's really special and I don't take it for granted."

This was Blank's sixth trip to Iraq to visit with the troops. He also runs the Billy Blanks Foundation, which puts together and sends care packages out to deployed servicemembers.

"Anything I can do for the troops, I'm going to do," he said.

After speaking with the troops, Blanks and Neat signed autographs and posed

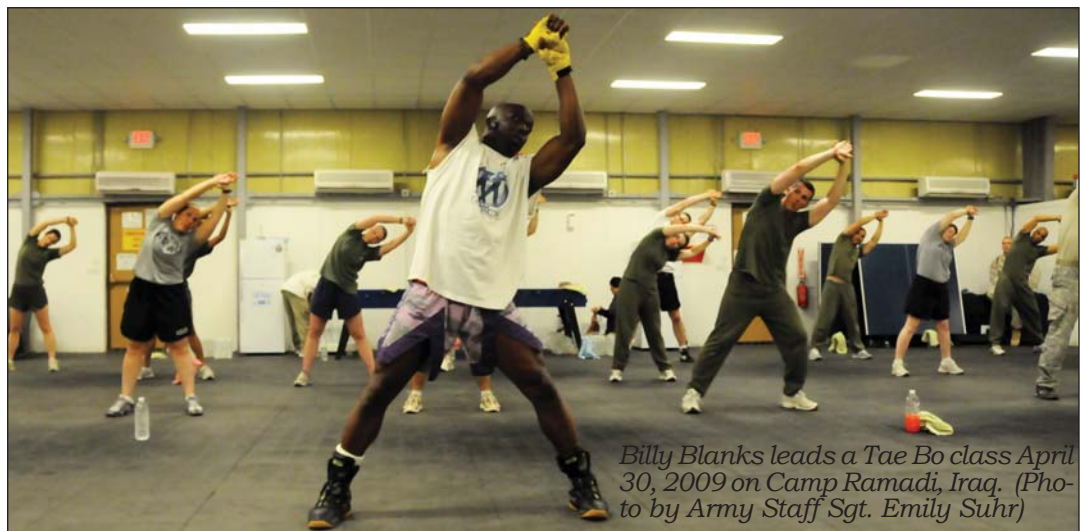


for photos. One Soldier received a very special treat. "I commented on how much I liked his shorts," said Scott. "The one side of the shorts had 'Jesus is Lord' and the other side had 'Tae Bo Warrior' and those words were also in another language, not to mention they were my favorite color, Purple! He thanked me and told me if I came back the next day he would give them to me, of which I thought he was joking."

He wasn't. Scott came back the next day and, as promised, Blanks gave her his workout shorts.

"I felt blessed to get such a gift and the autograph just made them that more special," said the mother of four who plans on preserving them.

"I just want to bring a part of home to them," Blanks said about why he visits Iraq. "Even if it's just for the hour or two that we're here, if I can bring just a little part of home and sit down and talk with them, that's the best."



Billy Blanks leads a Tae Bo class April 30, 2009 on Camp Ramadi, Iraq. (Photo by Army Staff Sgt. Emily Suhr)



ARMED FORCES DAY 10K RUN WINNERS

Thirty-one runners took part in Armed Forces Day 10K run on Camp Ramadi May 16, 2009. Army Sgt. Tobias Suhr of the 81st BCT took first place in the men's division with a time of 40:54, followed by Marine Cpl. Daniel Perez, CLB-4, with 41:42 and Marine Gunnery Sgt. Jim Seymour, 2nd MLG, came in third with 42:23. Marine 1st Lt. Valerie Schwindt of CLB 4 led the women's division with 47:56. Army Spc. Casara Butler from 120th FSC placed second with 56:13 and Marine Staff Sgt. Robyn Brown from 2nd MLG came in third with 58:30. (Photo by Army Master Sgt. Mark Deandrea)

HEALTH CORNER

By Army Spc. Michael Rainwater
Medic 81st BCT


Water Toxicity

"Drink water!" Everyone hears these words most likely on a daily basis. Good advice? Yes, but is it enough? No.

The first time I encountered a heat casualty was while serving on active duty as a Marine infantryman. Our mission was a drug patrol along the Arizona/Mexico border. The first to suffer was an E6 platoon sergeant who fainted during a company formation and was placed on limited duty the rest of the tour. Ironically he had just given a long and robust speech about the importance of proper hydration. The second casualty was an E7 who lost consciousness

while on a resupply to remote radio towers which were reachable only on foot. He lost his life.

Both heat casualties had one thing in common, they both were drinking massive amounts of water, and at the same time neither of them were eating meals on a regular basis. Skipping meals and or limiting food intake during periods of extreme heat is not uncommon. Many Soliders "just don't have an appetite" when the temperature start to soar. But skipping meals and drinking too much water can be dangerous.

For more information on water toxicity, visit <http://drbenkim.com/drink-too-much-water-dangerous.html> "California woman loses life after ingesting too much water" 

FLAG DAY 5K RUN

June 14
Meet at
0645 at
MWR gym
Run kicks
off at 0700

OnSite College Courses Available

Work toward your college
degree while deployed

The Camp
Ramadi
Education
Center
will be offering
ON-SITE col-
lege courses
beginning
June 1, 2009
from the

University of Maryland University
College. Business Management
110 and Marketing 310 will be
taught at the Center in the eve-
nings. Call or email the Educa-
tion Center for more details and
course enrollment.



The Education Center staff can
also help you enroll in a wide
variety of distance learning and
online classes. Utilize their inter-
net computer lab to complete your
homework or distance learning

Camp Ramadi Education Center

Bldg 2330
DSN 3440-687
Email: artestcenter@gmail.com
NIPR: ramadieducation@ar.mnf-wiraq.usmc.mil
Hours 11:00 – 20:00 Monday –
Saturday (hours may vary)

Servicemembers, families can now go on a magical vacation for a lot less money

By Army Sgt. Amanda Gauthier
81st BCT Public Affairs

Recently, my husband and I returned to Iraq from my two-week R&R leave to Orlando, Fla. We had a great time visiting all four Disney World theme parks, Universal Studios, Universal's Islands of Adventure and enjoying the Florida sunshine. I know riding rollercoasters, hanging out with cartoon characters and acting like a kid isn't for everyone, but if it is, now is a good time for servicemembers and their families to go.

My husband, who is also serving in Iraq, and I were able to save a lot of money on our R&R leave by using military discounts and doing a little extra research. There are many discounts being offered to servicemembers on travel and amusement in the Orlando area and around the nation right now. Walt Disney World, Universal Studios, Anheuser-Busch parks, including Sea-World and Busch Gardens, and many other theme parks are all offering free or discounted entrance to servicemembers and their family.

Servicemembers can also get a great deal using military resorts. Shades of Green in Orlando offers a beautifully landscaped property located on the Walt Disney World Resort property. The cost of the rooms range from \$93 to \$275 per night depending on rank and type of room. The cost of other comparable resorts in the area is much more. You can even book a room through their website <http://www.shadesofgreen.org/>.

If you don't mind staying a few miles away, there is a strip located a few miles from the Disney property in Kissimmee, Fla., which is home to dozens of hotels and resorts. I found that by staying away from Disney World I saved a ton of money on food, souvenirs and entertainment. I found a place with steak dinner for only \$10.99. If buffets are your thing you're in luck, there were several offering \$3.99 break-

fast buffets and \$5.99 dinner buffets. We booked a condo at a resort near Kissimmee with miniature golf, a lake, water park, paddle boats, daily activities and much more for less than \$100 a night just by shopping around. We really liked having the variety of restaurants nearby.

We saved the most on theme park tickets. Walt Disney World is offering free five-day passes to four Walt Disney World theme parks, plus a total of five visits to a Disney water park, Disney Quest Indoor Theme Park or other Disney attractions to active duty servicemembers and National Guard and Reservists who are on active duty or have served and have orders dated after Jan. 1, 2009. They can also purchase up to five five-Day companion tickets for \$99 per ticket. Universal Orlando is also offering a similar package to service-

members. They are giving one free theme park admission to servicemembers and discounted tickets for dependants.

Personally, I really enjoyed being able to go to Disney's Magic Kingdom, Disney's Hollywood Studios, Disney's Animal Kingdom and Epcot Center without the rush. The five days can be used any time in 2009. We went to Magic Kingdom Monday and Animal Kingdom on Tuesday, then took a day off to relax, lay by the pool and play miniature golf before returning to the parks on Thursday. Running around all day can be exhausting.

I am sure it would be more so with children.

Food costs at the amusement parks added up quickly. One way to cut down on costs is to use one of the meal plans offered at the Disney World parks and Universal Orlando. For one price, the meal plans include meals

See *DISNEY*
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Photo by Army Sgt. Amanda Gauthier

CAMP RAMADI AT A GLANCE



Army Sgt. Jason Schaeffer, a member of 1-158th FA holds a briefing for members of the QRF team to discuss a mission May 10, 2009. (Photo by Army Staff Sgt. Matthew D. Lima)



Marine Col. Matthew Lopez, commanding officer of RCT-6, greets Staff Brig. Gen. Adel Aabas and Karmah council Chairman Qais Abdullah as they come in at the Greater Karmah Development Meeting May 2, 2009. Lopez organized the meeting so distinct members of the Anbar province may come together and discuss the current status of their government. (Photo by Marine Sgt. Dorian Gardner)



Marines of HQ Co., RCT-6, provide security for Staff Brig. Gen. Bassem Hussein Ali, commander of 1st Iraqi Army Division, as his helicopter prepares to land outside of Combat Outpost Hawas northeast of Camp Ramadi, Iraq, May 8, 2009. He visited with the Marines in order to observe how they conduct a forward tactical combat operations center. (Photo by Marine Cpl. Ryan Turnage)



Soldiers, Sailors, Marines and civilians enjoyed a cultural luncheon on Camp Ramadi May 13, 2009. The feast was provided by the Sheik Shalan and the Shalan Company to celebrate the completion of the SWA hut reparation contract by the Shalan Company. (Photo by Army Staff Sgt. Emily Suhr)



During the cultural luncheon on Camp Ramadi May 13, 2008 Col. Christopher Fowler, the Camp Ramadi mayor, thanked Sheik Shalan, the owner of the Shalan Company who was contracted to fix many of the SWA huts on camp, for his hard work and for the feast he brought to Camp. Shalan thanked Fowler for the opportunity to work on Camp Ramadi. (Photo by Army Staff Sgt. Emily Suhr)



Marines of HQ Co., RCT-6, setup the camouflage netting that will conceal their forward tactical combat operations center northeast of Camp Ramadi, Iraq, May 8, 2009. The Marines took command and control of all operations throughout their area of operations in eastern Anbar province while operating from this remote location. (Photo by Marine Cpl. Ryan Turnage)

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
- 1900 Five Love Languages
- 2000 LDS - Lay Leader
- 2100 Evening Praise

Monday

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

Tuesday

- 1900 AA meeting (Fellowship Hall)
- 2000 Contemporary 1600 Band Rehearsal

Wednesday

- 1900 Gospel Bible Study
- 2000 Gospel Choir rehearsal

Thursday

- 1900 Contemporary 1100 Band Rehearsal
- 2100 Roman Catholic Eucharistic Adoration and Rosary

Friday

- 1245 Muslim Service "Juma'a" prayer
- 1700 Jewish Service
- 1900 AA 12 steps/12 traditions (Fellowship Hall)
- 1900 Gospel Intercessory Prayer
- 2000 Gospel Choir rehearsal

Saturday

- 0900 RCIA (RCT-6 Alamo)
- 1730 Contemporary 1600 Band Rehearsal
- 1800 RCIA (RCT-Alamo)
- 1830 The New Testament Challenge
- 1900 Contemporary 1100 Band Rehearsal
- 2100 Roman Catholic Mass

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@ar.mnf-wiraq.usmc.mil to schedule an appointment

Church Bulletin Bloopers

(taken from actual church bulletins)

Don't let worry
kill you off ~
let the Church
help.

Bertha Belch, a missionary from Africa, will be speaking tonight at Calvary Methodist. Come hear Bertha Belch all the way from Africa.

During the absence of our Pastor, we enjoyed the rare privilege of hearing a good sermon when J.F. Stubbs supplied our pulpit.

Remember in prayer the many that are sick of our community. Smile at someone who is hard to love. Say "hell" to someone who doesn't care much about you.

Scouts are saving aluminum cans, bottles, and other items to be recycled. Proceeds will be used to cripple children.

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Don't forget your husbands.

Sermon: What is hell? Come early and listen to our choir practice.

For those of you who have children and don't know it, we have a nursery downstairs.

Army Pvt. Joshua Garza and Spc. James Dunn, both members of the 81st BCT and Camp Ramadi Mayor's Cell, guide one of two boxes full of civilian clothing on to a truck May 12, 2009. (Photo by Army Sgt. Amanda Gauthier)



Giving back: Camp Ramadi donates unclaimed clothes to locals

By Army Sgt. Amanda Gauthier
81st BCT Public Affairs

The Camp Ramadi Mayor's Cell lost and found and laundry point had a collection of clothing that had been sitting around unclaimed for months. After sorting out all military clothing, the Mayor's Cell still had two shipping container boxes, approximately 4 feet by 4 feet, full of abandoned civilian attire they didn't know what to do with. They were hoping to give it to people who could use it but did not have any community contacts.

Marine Capt. Rose Griffith, the Assistant Iraqi Women's Engagement Officer for Provincial Reconstruction Team, heard from a colleague that the Mayor's Cell was trying to get rid of unwanted clothing. She contacted them and proposed giving the clothes to the Alsuraa Association for Orphans and Widows in Ar Ramadi. Griffith gained contacts around Ramadi, working with civil affairs during her last deployment. She contacted her friend, an Iraqi woman who runs the association, and let her know about the clothes.


Alsuraa is a nongovernmental organization that helps out families in need, most of which



Marine Capt. Rose Griffith from PRT takes a moment with the husband of the Iraqi woman who runs Alsuraa after assisting with the clothes donation May 12, 2009 on Camp Ramadi. (Photo by Army Sgt. Amanda Gauthier)

are widows and orphans. The woman who runs Alsuraa was eager to receive the clothing and distribute them to needy families. The association already had a list of families who were in need of clothes before they were contacted by Griffith.

"She is always excited to get anything from us," said Griffith about the woman who runs Alsuraa.

The clothing will really help out the needy widows in the area. When the Iraqi women's husband met with Griffith and two members of the 81st Brigade Combat Team, Washington Army National Guard and the Mayor's Cell to pick up the clothing May 12, 2009, he thanked the Camp for the clothing. 



By Army Maj. Todd Bonham
81st BCT

Recent volatility and instability in the financial markets has created concern for investors. I'd like to share some thoughts on the issues that are affecting the financial markets.

Much of what we are experiencing now can be attributed to an increased mortgage default rate among residential homeowners. A relaxation of loan qualification standards and the mistaken assumption that home values would continue to increase without interruption or decline led to the creation of investments with significant default risks. As a result, the landscape of the financial services industry has changed swiftly and dramatically. These types of occurrences in the economy can and should be expected.

Investing, much like dieting, is a way of life. There is the long-term goal or series of prioritized goals that the investor should articulate.

A long term goal of many investors is retirement or financial freedom. Many of you have probably heard of the need for diversification. Think of diversification as it can be related in the game of baseball. Each player in the game of baseball is strategically placed to cover that


specific space on the field. Different types of investments can and should be used to structure of mix of investments that should serve to cushion the fluctuation value and temper that fluctuation to fit your individual risk tolerance. With that in mind, the more tempered the fluctuation the less likely the overall long term return.

In previous articles I discussed the Savings Deposit Program (SDP) and the Thrift Savings Plan. Both of the programs are good vehicles that can help you achieve your financial goals.

The SDP is essentially a savings account on steroids. This is an exceptional short term investment vehicle that allows you to achieve an abnormal return of 10 percent! This is the bucket where you should accumulate your emergency money. Money that will be used for a down payment on a home or pay for living expenses when you're in college in a few years.

The TSP account is meant for saving for that long term goal, retirement. Don't worry, even if you're not staying in the military this is still a great place to start saving for that goal. You can always rollover the account into an IRA after you leave the military. It is this account that many investors need help to decide how to invest. The TSP has different types of investment vehicles that should be used to develop a portfolio that fits your risk tolerance and timing considerations.

There is no time like the present to plan for your future financial wellbeing. The U.S. economic system has many strengths. It is interesting to note that since 1900 there have been 31 "bear markets," defined as a decline of 20 percent or more in the market indexes, followed by 31 recoveries. We have no reason to doubt that better times will return.

If you're looking to retire someday, now may be a great time to get started. Remember a few simple rules, stick with quality, always diversify, and invest for the long term. While no advice is guaranteed to be foolproof, these strategies are designed to help your portfolio weather most market conditions. 

Chairman Issues Military Spouse Appreciation Day Message

Courtesy of American Forces Press Service

Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, has issued a message to service-members and their families around the world, commemorating May 8 as Military Spouse Appreciation Day.

Here is the chairman's message:


"Each May, our nation pauses to pay tribute to our past, present and future military spouses. Nothing could be more right, or more honorable, than this. Without our families, those of us in uniform cannot serve. And truly, our spouses serve just as much as we do.

"Despite the strain of nearly eight years of war and numerous critical engagements around the globe, America's military is stronger and more capable than ever. From personal experience, I know that much of

that strength comes from our spouses. They are vital to our success. And they make the journey of service – truly one we choose together – so much richer, rewarding, and satisfying.

"Military spouses bear great burdens, but they also know the tremendous difference they are making. That resilience is due not just to the rewards of service – which are great – but also by means of a critical network of support, one that many spouses themselves create.

"Deborah and I have seen and experienced this network ourselves – and believe us – it makes a big difference.

"On behalf of the Joint Chiefs and their families, we are proud to honor this occasion on the eighth of May. The unending service and sacrifice of our military spouses are worthy of both praise and an equally continuous commitment from a grateful nation." 

Secondary school for boys opens doors

By Marine Cpl. Ryan Turnage
RCT-6 Public Affairs

In downtown Ramadi, Iraq, a new structure stands two stories high with glass double doors and marble steps. Kids play in the courtyards and stand with their friends while waiting for the start of their day.

This day, though, was special because it marked the grand opening of the Secondary School of Al-Zaitoon Exemplary for boys, April 21, 2009.

In previous years, the focus in the eastern Al Anbar province was increasing the security level. Civil reconstruction and plans to improve the quality of life were put on hold. Now that security situation has dramatically improved, the citizens of this area of Ramadi were finally able to finish something they had been attempting to construct for years – a secondary school for boys.

The Iraqis did all of the planning and construction for the school, said 1st Lt. Silas Smith, a Civil Affairs Group team leader with 2nd Battalion, 10th Marine Regiment. Coalition Forces only helped with some of the funds, he added.

After a brief tour of the structure, Coalition Forces and Iraqi civilians gathered in the school auditorium



Col. Lionel Rotelli, deputy team leader for the PRT, cuts the ceremonial ribbon to signify the official opening of the Secondary School of Al-Zaitoon Exemplary for boys in Ramadi, Iraq, April 21, 2009. (Photo by Marine Cpl. Ryan Turnage)

for a performance given by the school's young attendees.

Several students organized a play depicting the struggles against insurgency. Rules and regulations of the previous provincial government prohibited students from participating in creative arts, but now Iraq's young generation can show off their talents.

"It's magnificent that the children can now have plays and show their

creative sides. Not too long ago it was prohibited in the schools," said Mr. Fazel Khalaf Saleh, the Director-General of Education. Fazel went on to say the facility met all of his expectations and is very grateful for everyone's hard work.

This was the third of four schools Fazel wished to complete and with the Iraqi Security Forces providing

a high level of security throughout eastern Al Anbar province and keeping violence at an all-time low, he predicts the final school will be completed within the next year. 🇮🇶



Six of the secondary school students sing a traditional song for an audience of more than 100 people in the auditorium of the new Secondary School of Al-Zaitoon Exemplary for boys in Ramadi, Iraq, April 21, 2009. Nearly a year ago, the previous provincial government prohibited students from performing arts in schools, according to Mr. Fazel Khalaf Saleh, the Director-General of Education. (Photo by Marine Cpl. Ryan Turnage)



Faculty and students stand outside the new Secondary School of Al-Zaitoon Exemplary in Ramadi, Iraq, April 21, 2009. (Photo by Marine Cpl. Ryan Turnage)

This month in history

June 1, 1938 - The first issue of Action Comics, featuring Superman, was published.

June 2, 1924 - Congress granted U.S. citizenship to all American Indians.

June 4, 1896 - Henry Ford took his first car out for a test drive.

June 4, 2003 - Martha Stewart was indicted on charges of insider trading.

June 5, 1968 - Robert F. Kennedy was shot and mortally wounded while leaving the Hotel Ambassador in Los Angeles. The shooting occurred after a celebration of Kennedy's victory in the California presidential primary. He died at 1:44 a.m., June 6, at age 42, leaving behind his wife Ethel and eleven children, the last one born after his death.

June 5, 1981 - The Centers for Disease Control published the first report about the disease that would later become known as AIDS.

June 6, 1872 - Pioneering feminist Susan B. Anthony was fined for voting in a presidential election at Rochester, New York.

June 6, 1944 - D-Day, the largest amphibious landing in history, began in the early-morning hours as Allied forces landed in Normandy on the north coast of France. Operation Overlord took months of planning and involved 1,527,000 soldiers in 47 Allied divisions along with 4,400 ships and landing craft, and 11,000 aircraft. By the end of the day 150,000 Allied soldiers and their accompanying vehicles had landed with 15,000 killed and wounded.

June 9, 1934 - Donald Duck made his screen debut in *The Wise Little Hen*.

June 13, 1971 - The *New York Times* began publishing the Pentagon Papers, a collection of top secret documents exposing U.S. strategy in the Vietnam war.

June 14, 1775 - The first U.S. Military service, the Continental Army consisting of six companies of riflemen, was established by the Second Continental Congress. The next day, George Washington was appointed by a unanimous vote to command the Army.

June 14, 1777 - The Continental Congress adopted the Stars and Stripes as the official flag of the U.S. John Adams introduced the resolution stating, "...that the flag of the thirteen United States shall be thirteen stripes, alternate red and white; that the union be thirteen stars, white on a blue field, representing a new constellation." This anniversary is celebrated each year in the U.S. as Flag Day.

June 16, 2004 - The 9/11 Commission determined that Saddam Hussein had no strong links to al-Qaeda, contradicting White House beliefs.

June 17, 1972 - Following a seemingly routine burglary, five men were arrested at the National Democratic Headquarters in the Watergate complex in Washington, DC. However, subsequent investigations revealed the burglars were actually agents hired by the Committee for the Re-election of President Richard Nixon. President Nixon resigned on August 9, 1974.

June 17, 1885 - The Statue of Liberty arrived in New York City aboard the French ship *Isere*.

June 17, 1994 - O. J. Simpson's slow-speed chase by the police, watched by millions on TV, ended in his arrest.

June 19, 1862 - Congress abolished slavery in the U.S. territories.

June 21, 1788 - The U.S. Constitution went into effect when New Hampshire became the 9th state to ratify it.

June 25, 1997 - The U.S. Air Force released The Roswell Report, closing the case on the 1947 Roswell, N.M. incident concerning UFOs and alien bodies.

June 25, 1876 - Gen. George A. Custer, leading 250 men, attacked an encampment of Sioux Indians near Little Bighorn River in Montana. Custer and his men were then attacked by 2000-4000 Indian braves. Only one scout and a single horse survived 'Custer's Last Stand' on the Little Bighorn Battlefield.

June 28, 1997 - Boxer Mike Tyson bit Evander Holyfield's ear during their heavyweight title fight, earning a 16-month suspension.

June 28, 2004 - In Iraq, the United States transferred power back to the Iraqis two days earlier than planned.

June 30, 1998 - The remains of a Vietnam War serviceman buried in the Tomb of the Unknown Soldiers were identified as those of Air Force pilot Michael J. Blassie.

In case of any emergency: Fire- Medical -Security **CALL..... 911**

AVAILABLE
THROUGH ALL
DSN PHONES



Members of the Camp Ramadi Fire Department gather for a photo April 26, 2009. (Photo by Army Sgt. Amanda Gauthier)

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.

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

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 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 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

Emergency 911
Fire Emergency: 344-0911
KBR Fire Department: 344-0770

Services

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

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.

DISNEY Continued from page 9

all day. We used the one at Universal and found it to be a good deal. Universal also sells drink bottles with free refills all day.

If you want to plan your day out ahead of time you can buy books with all of the parks laid out, a couple of other travelers recommended "Hidden Mickeys." All parks have free maps available at the gate. My number one plan-ahead tip: pick which ride you want to go on the most or you think will have the longest line. There is a program available at Disney World parks called Fast Pass. To use this free program you just slide your entrance ticket at a kiosk near the ride you want. You will receive a ticket with a time on it to come back to the ride where you will be able to go to the front of the line. You can only get one every few hours, and they sell out, so pick the one ride you don't want to miss first. We ended up standing in line for the Expedition Everest ride for 90 minutes, which wasn't bad considering they estimated our wait time to be 120. Universal has a similar program for a fee. I saw a few people who bought it and they went straight to the front of all the ride lines.

Even with 15 days in Orlando we didn't get a chance to go to Sea World or drive up to Busch Gardens in Tampa, both of which offer free admission to servicemembers and up to three dependents. I have previously visited Sea World in San Diego and really

Helpful websites

Army MWR Travel: <http://www.armymwr.com/portal/travel/traveldeals/>

Busch Gardens, Seaworld, Sesame Place: <http://herosalute.com/>

Shades of Green: <http://www.shadesofgreen.org/>

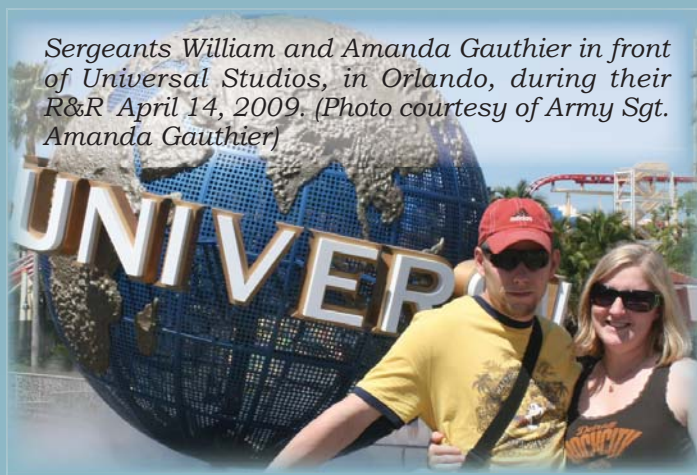
Shades of Green ITT: <http://www.shadesofgreen.org/ATS.htm>

Disney World military discounts: www.disneyworld.com/military

Other discounts for military: <http://www.4militaryfamilies.com/militarydiscounts.htm>

AKO Slick Deals recreation page: <https://www.us.army.mil/suite/page/428504>

Disneyland military discounts: <http://www.disneymilitarysales.com/>



enjoyed it. I was able to get free tickets by visiting <http://herosalute.com/>.

There is so much to do in the Orlando area. Besides the theme parks, there are several dinner shows, theaters, museums and other attractions like, Medieval Times, Pirate Dinner Adventure, Kennedy Space Center, Ripley's Believe It or Not Museum and Blue Man Group. My husband and I went to see the Blue Man Group. We also enjoyed shopping at the flea markets and outlet shopping in and around Orlando. If you are thinking of going on a vacation that has something for everyone, I recommend Orlando. 🍷



Hints

- Even if you stay elsewhere, stop by the ITR (Information Tickets and Recreation) office located in Shades of Green to get your discounted theme park, dinner theater or museum tickets.
- Do some research and book your room early
- Plan ahead. Bring your own water unless you don't mind paying \$4.00 a bottle.
- If you have a hungry family to feed the Meal Plan at Disney and Meal Deal at Universal are worth it.
- Take your time, there is never going to be enough time to see it all.

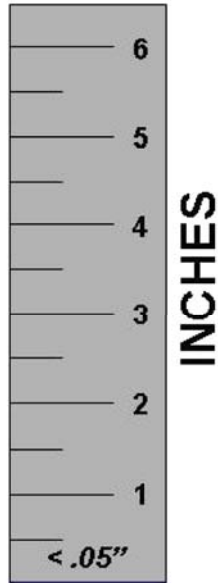


Ar Ramadi, Iraq Climatology (June)



PRECIPITATION

Monthly Mean



Extreme Max: <.05"
Extreme Min: 0.0"

SKY CONDITION



0% ≤ 3,000'
0% ≤ 10,000'

MONTHLY

Day(s) with:
Rain

0

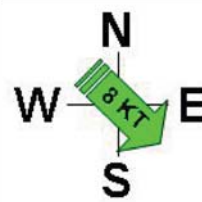
Thunderstorms

<.5

RH: 38% (0600D)

RH: 13% (1500D)

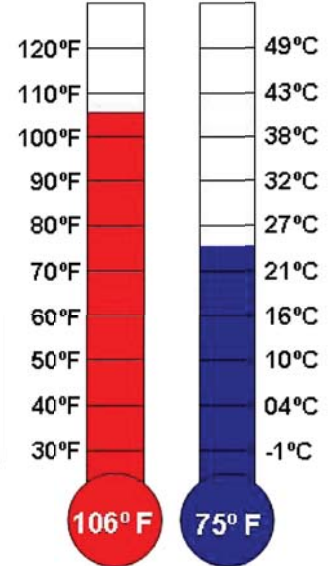
WINDS



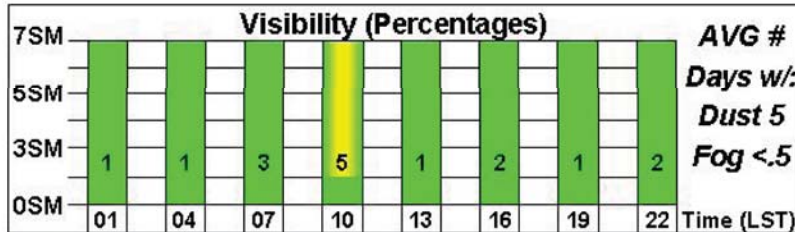
Max Gust 37 KT

TEMPERATURE

Monthly Mean



Extreme Max: 116°F/47°C
Extreme Min: 66°F/19°C



- The thermal Lows over Iran and southeastern Saudi Arabia are at peak strength.
- Frontal systems no longer reach this area and rainfall essentially stops.
- Northwesterly winds in the lower 15,000 feet of the atmosphere maintain a persistent dust layer.
- Shamal reaches maximum intensity occurring suddenly and can persist for weeks at a time. It is weakest at night and strongest in the afternoon.
- Ceilings below 25,000' are rare or do not occur at all.
- Low level turbulence is moderate for UAV's and helicopters.

Arroyo Continued form Page 5

and I want to be a Marine."

Arroyo was told to come back tomorrow if he was serious. At 9 a.m., the recruiter walked up to the locked office to find Arroyo standing outside, anxious to follow a dream.

The recruiter began his presentation on what the Marine Corps had to offer. Politely interrupting the Marine recruiter, Arroyo had his own speech prepared.

"I am not 18 years old; I am not a high school senior. I am divorced, I have kids and I have a career. Can we just pull out the contracts and start signing?" said Arroyo.

After a number of waivers were reviewed and accepted, he was on his way to boot camp. Days before leaving, an early online-survey with his age registered an automatic response letter from the office of former Marine Corps Sergeant Major, Sgt. Maj. John L. Estrada.

"We regret to inform you..." the letter read. As he continued reading, the letter explained that age limitations conflicted with his hope to enlist. Ready to set feet on those yellow footprints, Arroyo put the letter back in the envelope and saved it for his return from boot camp.

On January 12, 2007, Pfc. Arroyo walked toward his

grandfather in his dress blue uniform, as the honorman of his platoon.

Meritoriously promoted three times, Arroyo moved up in the ranks, taking on more responsibilities as well duties.


Staff Sgt. Juan Angeles, the RCT-6 Information Assurance Chief, has monitored and mentored Arroyo since he came to the operating forces as a private first class.

"He was locked on," said Angeles. "He would always take opportunities to direct whatever was going on."

Not the common Marine, Arroyo's experience working with others contributed to his ability to lead others in the work space.

"In the rear, even as a private first class, he would basically take charge of the group," said Angeles. "He can easily take the lead on anything. I am

sure he will excel at whatever he is doing."

Looking toward the drill field as his next challenge, the man who was told he wouldn't be able to become a Marine hopes to one day transform civilians into Marines. Now in Iraq, meritoriously promoted to the rank of sergeant, Arroyo doesn't see an end in sight for his potential future in the Marine Corps. 

"He was locked on. He would always take opportunities to direct whatever was going on." Staff Sgt. Juan Angeles

CAMP RAMADI COMBAT STRESS

Unit Level Classes:

- ~ Unit Climate Survey
- ~ Stress Management
- ~ Anger Management
- ~ Healthy Living
- ~ Tobacco Cessation
- ~ Critical Event Debriefing
- ~ Redeployment Education
- ~ Sleep/Relaxation



Clinic Services:

- ~ Anxiety / Depression
- ~ Insomnia
- ~ Post-Traumatic Stress Disorder
- ~ Tobacco Cessation
- ~ Stress/Anger Management
- ~ Relationship Problems
- ~ Medication Management
- ~ Command Referrals
- ~ Individual Counseling

Call the Combat Stress Team at DSN: 344-0998 or SIPR: 696-5051, or stop by building 3100 to set up an appointment, get more information or just to visit

Suicide prevention resources

<http://www.usmc-mccs.org/suicideprevent/>

<http://www.armyg1.army.mil/hr/suicide/>

www.militaryonesource.com - 1-800-342-9647

National Suicide Hotline - 1-800-SUICIDE (784-2433)

www.suicidepreventionlifeline.org - 1-800-273-TALK (8255)


Military Equal Opportunity

By Sgt. 1st Class Sheletha Quillin
Camp Ramadi Equal Opportunity Advisor

Equal Opportunity is the right of every servicemember, DoD civilian or dependent to be treated with respect based on their merit instead of their color, national origin, race, religion or gender; and to work in an environment free from sexual harassment.

Everyone can support the Equal Opportunity Policy by setting a good example, making on-the-spot corrections vs. ignoring violations, considering if the behavior would be offensive if directed at your loved ones and seeking assistance to resolve issues before they escalate into serious problems.

If you have questions or concerns about EO you should contact Sgt. 1st Class Sheletha D. Quillin, Camp Ramadi EO Advisor and Sexual Assault Response Coordinator, DSN 344-0932 VoSIP 696-5171 Bldg 2100, Ar Ramadi, Iraq, sheletha.quillin@ar.mnf-wiraq.usmc.mil.

"Sometimes the only difference between a weed and a flower is perception." 



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(IDENTIFICATION = FULL NAME, RANK, UNIT, DUTY POSITION AND HOMETOWN).