

The North Star

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Ghoulish water point wins



Photo by Sgt. Chad D. Nelson, 135th Mobile Public Affairs Det.

First Sergeant Gregory Roman, the first sergeant of Headquarters and Headquarters Operations Company, Division Special Troops Battalion, 3rd Infantry Division, passes out cups of water to runners during the Task Force Marne 10-Miler at COB Speicher, near Tikrit, Iraq. HHOC took first place for the most spirited water point during the 10-miler. See RUN, Page 2

Medics conduct advanced training with IA

**Article by
Spc. Robert England,
2AAB, 25ID PAO**

A man laid motionless on a table, as Soldiers worked to locate a fracture in his leg. Pressure was applied to the tissue around his left kneecap, and then he lets out an unexpected chuckle. Apparently he is ticklish.

The man on the table was an Iraqi Army soldier, and the fracture was a simulated condition set by an instructor as part of a training exercise.

Soldiers from C Company "Cobras," Task Force 225th Brigade Support Battalion, 2nd Advise and Assist Brigade, 25th Infantry Division, conducted advanced medical training with their Iraqi

Army counterparts Oct. 2 - 7 at FOB Warhorse, Diyala province, Iraq. This was a train-the-trainer course, created at the request of the 5th IA Division's medical company commander and division surgeon. The course began with classroom instruction to familiarize the IA medics with medical terminology and the types of injuries they

are likely to see in combat situations. Afternoon sessions involved hands-on, step-by-step tutorials, allowing them to administer care to simulated casualties.

"We started out with classroom training to help them identify different types of injuries – trauma, laceration,

See TRAINING, Page 3

Spirit points liven up 10-miler

Article by
Sgt. Johnathon Jobson
TF Marne PAO

Close to 300 service-members and civilians from Contingency Operating Base Speicher, including Maj. Gen. Tony Cucolo, the commanding general of Task Force Marne, participated in the TF Marne 10-Miler, Oct. 10. The 10-Miler was the last of three runs organized by the 21st Combat Support Hospital.

A team of Soldiers from the 21st CSH, led by 1st Lt. Emily Baldo, a clinical staff nurse in the emergency room, put together the 5 km "Why Not Run," the 10 km "Top of Iraq" and the 10-Miler run, which were designed to build upon each other in a training aspect.

"The original idea for the runs came from 1st Lt. Baldo when we first got here, said Capt. Peter Attilio, a nurse anesthetist and primary assistant in planning the runs. "As we developed the idea, we realized that most people have never run 10 miles."

To build endurance and stamina and encourage people to run in the TF Marne 10-Miler, the five- and 10-km runs were held, Capt. Attilio added.

Endurance and training were tested during second through fifth miles of the race as the runners moved



Photo by Sgt. Johnathon Jobson, TF Marne Public Affairs

Task Force Marne Commanding General, Maj. Gen. Tony Cucolo, poses with the top-three male and female winners of the Task Force Marne 10-Miler, Oct. 10, at COB Speicher, near Tikrit, Iraq.

from a paved surface to gravel, said Sgt. Maj. Charles Friend, the senior enlisted Soldier in the TF Marne G-6. Knowing the course before the run allowed them to plan their pace accordingly at the start of the race to account for the gravel, he added.

For the 10-Miler, 1st Lt. Baldo wanted to boost morale amongst the units. Her first idea was to pass out T-shirts. However, her second option worked out best – spirit water points.

"We realized that our spirit and motivation was not going to be able to come from T-shirts, that it needed to be from people. ... We decided to ditch the original idea and have a giant party

that involves the entire COB with one-mile runs between the [water] points," said 1st Lt. Baldo.

Soldiers from tenant units around COB Speicher manned the party points and were allowed to decorate them and wear costumes. To improve the scenery and break run monotony individual runners, walkers and teams voted for the most spirited party points. The winner was the ghoulish HHOC, 3rd DSTB, Halloween party point.

The night before the long run, 1st Lt. Baldo and Capt. Attilio planned a pasta dinner.

"The goal of the 10-Miler was to shadow the Army 10-Miler in Washington, D.C.," said 1st Lt. Baldo. "Before that race many teams will sponsor a pre-race spaghetti dinner. It was something that we wanted to do out here to

boost morale and get people excited about the run."

When all runners had finished, Maj. Gen. Cucolo presented awards to 47 personnel who were in the top three within their age group and gender and to the overall top three males and females.

The three runs were a first for some Soldiers. Staff Sergeant Nadejda Vorobyeva-Santiago, the disbursement noncommissioned officer for Detachment B, 125 Financial Management Company, had not run any races before she began training for the 5 km run and finished by coming in second in the TF Marne 10-Miler.

"The [10-Miler] run was awesome," said Staff Sgt. Vorobyeva-Santiago. "The atmosphere was great and the weather was great. I had a lot of fun. This was my first 10-Miler. I started running here, downrange, and this was my third race. I placed first in my age group and second overall for the females. I am definitely looking forward to more runs."

Top Finishers:

Top Males:

- 1.) Capt. Stephen Krutko, 1:03:42
- 2.) Maj. Stephen Frank, 1:04:10
- 3.) Pfc. James Wallace, 1:05:40

Top Females:

- 1.) Spc. Sondra Setterington, 1:18:40
- 2.) Staff Sgt. Nadeja Vorobyeva 1:20:49
- 3.) Staff Sgt. Tina McQueen, 1:25:06

Top 5-man team:

Team 25th ID
 Total Accumulated Time: 6:24:59

Top Party Point

Headquarters and Headquarters
 Operations Company

Continued from TRAINING, Page 1

tion, fractures –,” said Capt. Christopher Cowan, a Pawleys Island, S.C., native, and the battalion surgeon for TF 225th BSB.

“Today we are teaching them about fractures and sprains, and some of the different splinting techniques to manage these injuries on the battlefield until they transport the wounded Soldiers back to the company or hospital,” said Capt. Cowan.

The idea for the course came after the IA medical company commander and division surgeon expressed a desire for their Soldiers to receive more advanced trauma training.

Captain Cowan said that according to U.S. data, one of the major killers on the battlefield during the Iraq and Afghanistan wars is excessive bleeding, specifically extremity hemorrhaging.

This led the Cobra medical team to address fractures and hemorrhaging in the curriculum.

“After talking with them we decided to focus the initial course on trying to treat the number one preventable cause of death,” Capt. Cowan said. “With common causes of hemorrhage being femur fractures or pelvic fractures we decided to include it as part of our course – it’s something they specifically asked for.”

This medical training course is part of the brigade’s advise and assist mission as well as its diminishing role in Iraqi affairs. The “train-the-trainer” model allows IA Soldiers to learn crucial skills from American forces while still maintaining control as they share this training with their fellow Soldiers.

Staff Sergeant Stephenie Kaauamo, a Tucson, Ariz., native, and a combat medic with C Co., TF 225th BSB, said he hopes the training gets the Iraqis to where U.S. troops give them the materials, all the classroom instruction and they can lead the



Photo by Spc. Robert England, 2AAB, 25ID PAO

Specialist Sara Lenzo, a Waterbury, Conn., native, and a combat medic with C Co., TF 225th BSB, 2nd AAB, 25th ID, advises an Iraqi Army medic on how to locate a fracture during an advanced medical course for IA medics at FOB Warhorse, Diyala province, Iraq Oct. 4.

next block of instruction.

When the IA medics arrived healthy working relationships were established quickly despite the communication issues caused by the language barrier.

“They are doing well, they pick it up pretty quick,” said Spc. Sara Lenzo, a Waterbury, Conn., native, and a combat medic with C Co.,

TF 225th BSB. “I mean the language barrier is probably the toughest part but we’re making it work.

“The IA has relied on us for a while, but now we’re just passing off the torch and passing on the skills that we know and that we have so that they’ll be better prepared for when we leave,” she said.

IP, local leaders provide aid to 75 families in need

**By Spc. Jessica Luhrs
1AATF, 1AD PAO**

With winter and the first day of school both approaching soon in the Aruba District of Kirkuk, Iraq, the Iraqi police and local leadership joined together to provide much-needed supplies to 75 families, at the Aruba IP station, Sept. 29.

The mission was led, planned and conducted by the IP; Soldiers of Charlie Company, “Cobras” 1st Battalion, 30th Infantry, 2nd Advise and Assist Brigade, 3rd Infantry Division out of Fort Stewart, Ga., provided security at the request of IP leadership.

The IP and local leadership passed out school supplies, blankets, hygiene kits and soccer balls, to the families in the district who cannot afford basic supplies.

All of the families from the villages are very happy to receive the assistance, said a local leader.

“We thank the IP for providing the people with supplies and doing it in a secure way,” continued the village leader.

Local leadership assisted by identifying families in their villages who needed assistance the most, then inviting those families to come to the IP station to receive the aid.

During the mission, which was described as very orderly, the IP handed out aid to families and ensured each child received a soccer ball and backpack full of school supplies, according to Col. Sherzat Marif Najat, Aruba IP chief.

He continued by saying the main purpose of the mission for the IP was to let the families know that they are there to help them as well as provide

security for the district and to gain their trust.

“It is very good for the IP and the local leadership to provide aid to the villages together. It lets the people know we both care about their safety and well-being,” said Col. Sherzat.

The Cobra Commander, Capt. Aaron J. Kuykendall, agreed with his IP partner, saying having the IP and local leadership in the lead is critical to the success of the mission.

“Ultimately, we are leaving, which is why it is important that the IP are a respected security force who have the support of the people,” he said.

Captain Kuykendall also said he was very impressed by the IP and their professionalism.

“From the moment we arrived the IP took over and executed the handouts with professionalism and in an orderly fashion,” he said.

Task Force Marne Heroes of the North



Specialist Richard McCulley, a Sacramento, Calif., native with 72nd MAC, 724th Engineer Battalion, is his company's communications chief specialist. He diligently ensures the highest standard of maintenance and accountability of the unit's reconnaissance platforms and communications equipment. His absolute competence and attention to detail has made him a vital combat multiplier, increased the range of communications within the unit's patrol elements and ensured each route clearance patrol has the best possible communications while executing critical and hazardous missions. His actions directly enabled his unit to maintain flawless communications with three reconnaissance platforms on a nightly basis, and he has ensured that hundreds of route clearance patrols supporting missions across northern Iraq could communicate along the entirety of their route. Specialist McCulley has, on his own initiative, ensured everyone in his unit is proficient on all assigned communications equipment. These actions and his dedication to duty make him a most worthy choice for the Task Force Marne Hero of the North.



Mr. Johnny Langley, a Columbus, Ga., native with Oberon Associates, is a biometrics enroller technician at Contingency Operating Base Speicher, Main Entry Control Point. He retired from the U.S. Army and joined Oberon in 2008 and is giving the same pride and hard work to the military as he did while serving 20 years in uniform. He takes his job very seriously and is a firm believer that biometric enrollments can and do prevent unauthorized personnel from entering the COB. The level of proficiency he's achieved in conducting his duties is a combat multiplier and has saved the COB's security forces hundreds of man hours. While enrolling Iraqi military personnel recently, his experience and expertise ensured a process that rightfully should have taken more than a day was complete in just a matter of hours. Langley is a top notch professional who never shies away from a difficult task when given a mission. Langley is a valued member of Oberon and the ECP team, making him a natural choice for the Task Force Marne Service Provider of the Week.

Iraqi poet highly regarded among peers worldwide

Cultural Tidbit Special to the North Star

Saadi Youssef was born in Baghdad in 1932. Though he defected from Iraq in 1979, his poetry has become respected within the global community of poets. He began writing poetry at the age of 17 and has published 30 volumes of poetry and some works of prose. He was also responsible for translating the works of major Western poets and writers into Arabic including Walt Whitman, Federico Garcia Lorca, and George Orwell.

His work, although influenced by Western poets, is also steeped in Arabic verse tradition and he was heavily influenced by the free verse of Shathal Taqa. Though pages could be filled attempting to describe his work, it is best to let the words speak for themselves.

This report is a product of Florinda Lucero, Analyst with the Human Terrain Analysis Cell.

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Red Night (Hamra)

A candle in a long street
 A candle in the sleep of houses
 A candle for frightened shops
 A candle for bakeries
 A candle for a journalist trembling in an empty office
 A candle for a fighter
 A candle for a woman doctor over patients
 A candle for the wounded
 A candle for plain talk
 A candle for the stairs
 A candle for a hotel packed with refugees
 A candle for a singer
 A candle for broadcasters in their hideouts
 A candle for a bottle of water
 A candle for the air
 A candle for two lovers in a naked flat
 A candle for the falling sky
 A candle for the beginning
 A candle for the ending
 A candle for the last communique'
 A candle for conscience
 A candle in my hands.

REGIONAL HEADLINES

Texas declares war on hogs gone wild

www.upi.com

DALLAS, Texas — October won't be the best month to be a feral hog in the state of Texas.

The state's Agriculture Commissioner Todd Staples has declared October "Hog Out Month - Get the Hog Outta Texas!" as part of a campaign to eradicate the pests.

The campaign aims to get Texans to lock and load and hunt down the animals, which cause widespread damage to farmers and other landowners.

"Not only are feral hogs a costly nuisance to agricultural operations and wildlife habitats, but they are increasingly finding their way into urban areas and destroying residents' yards, public parks and golf courses,"

Staples said in a statement this week when the campaign was unveiled.

"On my ranch in East Texas, I have eliminated a number of hogs and I am asking Texans around the state to step up and join the county challenge to learn about feral hogs and how best to legally hunt and trap them in their area," he added.

Feral hogs are mostly domestic pigs that have gone wild, with some European wild boars that have escaped from exotic game ranches thrown into the mix and bloodlines.

State officials estimate the feral hog population in Texas to be around 2 million and they are estimated to cause around \$400 million in damage annually as they eat or root up pastures, crops and even golf courses.

This makes them one of the most costly invasive species in the country.

The campaign may not please

some animal rights groups but Texas farmers don't need much prompting to pull the trigger when it comes to feral hogs.

Their numbers are growing because they are prolific breeders with few natural predators and are moving into suburban and urban areas.

They are also regarded as a challenge to hunt or trap because they are wary and intelligent.

In author George Orwell's novel "Animal Farm," the pigs ran the show for a reason.

"Get the Hog Outta Texas" month will feature a challenge among Texas counties that will run until October 31. The county that documents the most hogs removed during the month will get a \$25,000 grant toward what the Texas Department of Agriculture terms "feral hog abatement technologies."

Canceled Events

Buffalo "Jills" Cheerleaders

Where: McHenry, Irbil, India, Heider, Nimur - Oct. 19

Chuck Milligan

Where: FOB Warrior - Oct. 22
Where: FOB Marez - Oct. 23
Where: FOB Warhorse - Oct. 24

Mint Condition

Where: FOB Marez - Oct. 28
Where: COB Speicher - Oct 29

THE North Star

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