



The Expeditionary Times

Proudly serving the finest Expeditionary service members throughout Iraq

Vol. 4 Issue 36

January 19, 2011

www.armyreserve.army.mil/103rdESC

Return to Iraq



**Brothers, Soldiers
are reunited**

Page 4

Communication



**Soldiers better
prepared**

Page 5

Drawdown



**Soldiers manage
material waste**

Page 7



Spc. John Franklin, a shower, laundry and clothing repair specialist for the 540th Quartermaster Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and native of Adelphi, Md., loads containers full of retrograde equipment onto a flatbed trailer for movement out of the Victory Base Complex, Iraq's amnesty yard.

540th responsible for drawdown at VBC

STORY AND PHOTO BY
1ST LT. MICHAEL SHEAR
540TH QUARTERMASTER COMPANY

VICTORY BASE COMPLEX, Iraq— The responsible drawdown of forces in Iraq has made history by being the largest and most complex drawdown and redistribution of equipment since Vietnam. The 540th Quartermaster Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), is at the tip of the spear of this massive exodus of equipment and supplies.

The mobile redistribution team yard at Victory Base Complex, Iraq, which supports seven different operating locations throughout United

States Division-Center area of responsibility, is led by 1st Lt. Joshua Helsel, officer in charge of the MRT yard and a Lake City, Mich., native

"We are drawing down all of the excess equipment in Iraq, saving the Army over \$1,000,000 per week," said Helsel.

Many units who are leaving country have stockpiles of brand new equipment or supplies which they cannot take home with them. When these redeploying units want to get rid of their excess or scrap, they bring it or send it to the MRT yard. That equipment is received, processed into several categories, and either taken to the proper scrap yards, shipped out to an Army supply depot or offered for free issue to units still on ground.

Once a week, units are allowed to come to the MRT yard and 'shop till they drop' for many different items including printer ink cartridges, maintenance parts, lumber, tires and many other mission-essential supplies and equipment. This

service allows units to acquire what they need without spending additional money and bringing more equipment and supplies into theater.

"The equipment has a specific place where it goes depending on the type of item it is," said Staff Sgt. Geronte Hooks, the noncommissioned officer-in-charge of the MRT yard and a Pasadena, Calif. native. "New items can get shipped to California, scrap metal or plastic goes to DRMO, uniforms and wood go to the incinerator, chemicals go to HAZMAT, and major end items go to the RPAT yard."

The MRT yard sees hundreds or thousands of items every day, depending on the number of units coming and going.

The concept of mobile redistribution teams came about when the Army analyzed the amount of equipment needed for the removal of U.S.

540th cont. page 6



**SASA brings their mes-
sage to service members
at JBB**

Page 8

Where do you read your

Expeditionary Times?

Joint Base Balad :
318-483-4603

COB Adder:
318-833-1002

COB Taji:
318-834-1281

Al Asad Air Base:
318-440-4103

COB Speicher:
318-849-2501

**For distribution, contact
the 103rd ESC PAO at
Joint Base Balad, Iraq**

e-mail: escpao@iraq.centcom.mil

What can bring you hope

CAPT. HARRY BROWN
CHAPLAIN
1-140TH AVIATION REGIMENT



What do you think of when you hear the word hope? I immediately think about the historical meaning of hope and the significance of what it has meant to so many different cultures. Hope was personified in Greek Mythology as Elpis. When Pandora opened Pandora's Box she let out all the evils except one: hope. This left all of humanity in despair until she eventually released hope and they received a much deserved sense of liberation. Hope plays a very significant function in all religions of the world. Buddhist and Muslims believe strongly in the concept of free will and hope. In my own Christian belief the Bible reveals a significant teaching on hope found in the book of Hebrews chapter eleven verse one: Now faith is confidence in what we hope for and assurance about what we do not see.

The dictionary defines hope the following ways: A wish or desire accompanied by confident expectation of its fulfillment. Something that is hoped for or desired. One that is a source of or reason for hope. The theological virtue defined as the desire and search for a future good, difficult but not impossible to attain with God's help. So as you can read from these definitions, hope very often includes someone relying on God and believing the end result will not be obtained without God. In the book Human All Too Human, existential philosopher Friedrich Nietzsche had this to say about hope: "Hope. Pandora brought the jar with the evils and opened it. It was the gods' gift to man, on the outside a beautiful, enticing gift, called the "lucky jar." Then all the evils, those lively, winged beings, flew out of it. Since that time,

they roam around and do harm to men by day and night. One single evil had not yet slipped out of the jar. As Zeus had wished, Pandora slammed the top down and it remained inside. So now man has the lucky jar in his house forever and thinks the world of the treasure. It is at his service; he reaches for it when he fancies it. For he does not know that that jar which Pandora brought was the jar of evils, and he takes the remaining evil for the greatest worldly good--it is hope...to that end, he gives man hope." It is this hope that has sustained numerous American prisoners of war who have returned home. They each described how their faith in God sustained them and gave them the hope needed to survive from day to day. There is another hope which has provided military personnel throughout the twentieth century with motivation to keep up the good fight - Bob Hope.

Bob Hope started working with the USO in the 1940's and without his involvement we would not be enjoying all the free entertainment provided to us at Joint Base Balad. For nearly six decades, be the country at war or at peace, Bob, with a band of Hollywood gypsies, traveled the globe to entertain our service men and women. His efforts to promote hope for our military did not go unnoticed as Bob was honored five times by the United States Congress. But, in October 1997, Bob received one of his greatest tributes when Resolution 75 was unanimously passed by members of both houses making him an Honorary Veteran - the first individual so honored in the history of the United States. He was feted in the US Capitol Rotunda by members of congress, military personnel and veterans. The next day, Bob, family and friends were guests in the oval office for the signing of the resolution by President Clinton. He has also had US Navy Ships and an Air Force C-17 named after him. My hope is this article challenges each of us to remember and honor the true historical meaning of hope.

Clarification

On the front cover of the Jan. 12 issue of the Expeditionary Times, the three Soldiers featured on the picture of the MRT story are from the 276th Ordnance Company, an Army reserve unit from Puerto Rico, which is with the 2nd Battalion, 402nd Army Field Support Brigade. They work at the MRT yard which is managed by the 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary).

If you would are interested in submitting a correction, or a story or photograph of your own, please e-mail us at escpao@iraq.centcom.mil.

EXPEDITIONARY TIMES

103rd ESC Commanding General, Brig. Gen. Mark W. Corson

Expeditionary Times is authorized for publication by the 103rd Sustainment Command (Expeditionary). The contents of the Expeditionary Times are unofficial and are not to be considered the official views of, or endorsed by, the U.S. government, including the Department of Defense or Operation Iraqi Freedom.

Expeditionary Times is a command information newspaper in accordance with Army Regulation 360-1 and reviewed by the ESC G2 for security purposes.

Expeditionary Times is published weekly by the Stars and Stripes central office, with a circulation of 3,500 papers.

The Public Affairs Office is located on New Jersey Avenue, Building 7508, DSN 318-433-2154. Expeditionary Times, HHC 103rd ESC, APO AE 09391. Web site at www.dvidshub.net.

103rd ESC PAO, Managing Editor
Maj. Angel R. Wallace
angela.wallace@iraq.centcom.mil

103rd ESC PA NCOIC
Sgt. 1st Class Raymond P. Calef
raymond.calef@iraq.centcom.mil

103rd ESC Operations NCO
Sgt 1st Class Kevin Askew
kevin.askew@iraq.centcom.mil

103rd ESC Layout and Design
Spc. Matthew Keeler
Matthew.Keeler@iraq.centcom.mil

103rd ESC Staff Writers
Spc. Zane Craig
zane.craig@iraq.centcom.mil

Spc. Emily A. Walter
emily.walter@iraq.centcom.mil

Contributing public affairs offices
3rd Sustainment Brigade
224th Sustainment Brigade
14th Movement Control Battalion
3rd Combined Arms Battalion, 116th Cavalry Regiment
1st Combined Arms Battalion, 163rd Infantry Regiment
332nd Air Expeditionary Wing

For online publication visit:
www.dvidshub.net
keyword: Expeditionary Times

Contact the Expeditionary Times staff at:
escpao@iraq.centcom.mil

Mission Statement: The Expeditionary Times Staff publishes a weekly newspaper with the primary mission of providing command information to all service members, partners, and Families of the 103rd Sustainment Command (Expeditionary) team and a secondary mission of providing a means for units on Joint Base Balad to disseminate command information to their audiences.

The Weekly Standard: Harvard leadership part 2

MAJ. ERIK VERHOEF
103RD ESC DEPUTY IG



This week’s article is a continuation of last week’s based on the Leadership ‘That Gets Results’ article by Daniel Goleman first published in the March-April 2000 issue of the Harvard Business Review. Last week we learned that there were six leadership styles and that two of the six were detrimental to command climate and morale. Let’s look at each of the styles in a little more depth; the table has an overview of the leadership styles to refresh your memory.

Approach	Coercive	Authoritative	Affiliative	Democratic	Pacesetter	Coaching
Style in a phrase	Demands immediate compliance.	Mobilizes people toward a vision.	Creates harmony and builds emotional bonds.	Forges consensus through participation.	Sets high standards for performance.	Develops people for the future.
When the style works best	In a crisis, to kick start a turnaround, or with problem Soldiers.	When changes require a new vision, or when clear direction is needed.	To heal rifts in a team or to motivate people during stressful circumstances.	To build buy-in or consensus, or to get input from valued Soldiers.	To get quick results from a highly motivated and competent team.	To help an employee improve performance or develop long-term strengths.
Impact on Climate	Negative	Most positive	Positive	Positive	Negative	Positive

Coercive is defined as bullying, yelling, and demeaning others. The risk of this style is that it can often have quick results which the leader takes as positive reinforcement and continues down the path. This leadership style not only brings down unit morale but it also hurts the effectiveness of the unit. Soldiers that have to operate in a coercive environment quickly lose the desire to take initiative. This hampers the leader’s ultimate goal which is to be more effective. This style has its place in a crisis situation like a firefight or as a last resort with a Soldier with discipline problems. But even

with a Soldier with discipline issues, coercive is not the only style an effective leader should use. Authoritative can be confused with coercive but there are important differences. An Authoritative leader provides a vision to the subordinates. This is not easy because there are two important pieces to this: first the leader has to be capable enough to understand the job and how to do it. Then he has to communicate this vision down to the lowest level. This is hard work and it does not provide immediate results, however, implementing it has the most positive results on unit morale and effectiveness. Soldiers will want to do their best. Unleashing the creative minds of US Soldiers and Airmen is the best way of solving any problem but this will only happen with an Authoritative leader.

For brevity’s sake, I will combine Affiliative, Democratic, and Coaching styles since each one of these styles is people centered. They all take the Soldier’s wellbeing into account and once the Soldier is taken care of he will take care of the mission and the commander will succeed. This is simplistic but I am limited in space here. The link to the article is below if you want more information. Pacesetter at first glance looks like a great leadership style. The leader sets the standard and then achieves it; at the same time insisting that everybody else reaches the standard. Sounds fair and it even appeals to many in the military where we have standards for just about everything. However, Pacesetter can destroy unit morale. Leaders that set unreasonably high standards in the hope of creating a better unit will see that the opposite happens. Soldiers are demoralized by the high expectations and quit trying. They stop using initiative and only work when the leader is there to show them how. As military professionals our organizations revolve

around the leader, from the squad leader on up to the Corps commander. It is important to study leadership and to reflect on our style from time to time. With a new year upon us, now would be a good time to reflect and see if we have all the tools we need in our leadership tool box. My guess is that we can all get some new tools for our collection since an effective leader has multiple leadership styles he can employ depending on the situation. You can download the article Leadership that gets Results by Daniel Goleman here: <https://www.jbb.iraq.centcom.mil/provider/specialstaff/IG/IG%20Document%20Library/Leadership%20that%20gets%20Results%20by%20Goleman.pdf>

I.G. Contacts

Joint Base Balad (103rd ESC):
DSN 433-2125
Lt. Col. Jeffrey Schneider (*Cmd*)
Maj. Erik Verhoef (*Deputy*)
Master Sgt. Arnett Cooper (*NCOIC*)

Adder/Tallil (224 SB):
DSN 433-2125

Speicher (103rd ESC):
VOIP 433-2125

Combat Stress: Learning effective studying skills

MAJ. LORIE FIKE
85TH COMBAT STRESS CONTROL



Many service members are taking advantage of the opportunity to earn college credits while deployed. Some feel excited, yet anxious, because they have never taken college courses before. Enrolling in college is a huge step in an individual’s life, and it is important to set yourself up for success during this new endeavor. Today’s article will discuss some study skills that may help you become a more effective student. Start by obtaining a weekly planner. Once you receive your class syllabus, place all the important assignments and test dates in your

calendar. This will prevent you from inadvertently missing an important deadline. Allocate blocks of time to study, and document study time in your planner. You need to treat study time just like any other important engagement. Try to study daily. This technique will prevent procrastination and will allow your brain to process and grasp information more thoroughly. Complete assignments early, because you can’t predict what may go wrong if you wait until the last minute. Your computer may break; you may get called on a mission; you may get sick. Unfortunately, your professor may not be sympathetic, especially if the assignment was posted weeks earlier. Learn to prioritize. You may have to make the difficult decision to study and forego a fun event. Ultimately, you need

to decide that your school work takes priority. Plan ahead. If there is a special event you would like to attend, ensure you have completed your studies early, and then reward yourself by attending the event. Study when you are rested and alert, because you will stay more engaged and comprehend more information. Take study breaks away from your study material. Get up, stretch, take a short walk, or get something to drink, but provide your mind a reprieve from the study topic. Break your tasks into manageable segments, and set short-term and long-term goals to accomplish these tasks. Find a location that is conducive to your study habits. Avoid locations that are distracting or where others can interrupt you. Interruptions and distractions can cost you

valuable study time. Your study site should be comfortable yet afford the adequate space. If you are reading an article, a chair may be appropriate. If you are writing a research paper, you may need more space to spread out your books, articles or research material. Have a consistent place for your study items, so you do not waste valuable time searching for them. Get support. Find a study partner or a tutor if needed. The techniques discussed can help improve your study skills, but the bottom line is you have to employ the techniques and take responsibility for your education. Earning a college degree could catapult your career to new heights, but you need to be dedicated to your studies, embrace the opportunities, and take personal responsibility for your future. Good luck!

Oregon Soldier takes gold at MWR held 10K

STORY BY
1ST LT. WILL LIEBHAVER
3-116TH CALVARY REGIMENT

CONTINGENCY OPERATING SITE DIAMONDBACK, Iraq—Unit pride was on the line Christmas morning when runners crossed the starting line for the Contingency Operating Site Diamondback, Iraq, Morale, Welfare and Recreation Christmas ten kilometer run.

The cold morning air made for perfect running conditions as the participants wound through the base. Soldiers and Airmen from nearly every unit on COS Diamondback participated alongside civilians representing the various support activities on the base.

Most of the soldiers of Delta Company, 3rd Battalion, 116th Cavalry Brigade Combat Team, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), based in Hermiston, Ore., spent Christmas Day sleeping in and enjoying a rare break from operations. This was not the case for Staff Sgt. Mark Kretschmer, Sgt. Alejandro Sanchez, Spc. Anthony Ives, and Spc. Alex Henry, all members of the convoy security teams for Delta Co., 3-116th Cav. Reg., 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary). All four soldiers braved the morning cold to compete for Delta Company pride, and have a little fun. Little did the rest of the competitors know that Kretschmer is not only a competent convoy commander, but also a marathoner and a long-distance running enthusiast. Kretschmer took first place, crossing the finish line with a time of 38

minutes 55 seconds, nearly 2 minutes ahead of his nearest competitor. “10K?” asked Sgt. 1st Class Dennis Coreson, Kretschmer’s platoon sergeant. “You’d have to make K [Kretschmer] run all morning to get him to sweat.” Kretschmer, a native of La Grande, Ore., joined the Oregon National Guard four years ago. “I think I was just born for it, the discipline, maintaining the standard, and I love to learn,” said Kretschmer of his service. “There is always something new to learn.” His pride for his unit is also intense. Since being notified of his mobilization, Kretschmer left his job as Vice President of a local construction company and started working full time for Delta Company. Even today, he is upbeat and ready for whatever faces him out on the road.

Married Soldiers reunited for promotion

STORY AND PHOTO BY
CAPT. ANGELA CERVELLI
240TH CSSB

AL ASAD AIR BASE, Iraq— A Soldier with the 240th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), was promoted by his wife, a Soldier with the 262nd Quartermaster Battalion, 23rd Quartermaster Brigade, from Ft. Lee, Va., Jan. 1 at Al Asad Air Base, Iraq.

Staff Sgt. Parvin Rosario, property book noncommissioned officer with the 240th CSSB, and a Camden, N.J., native, was promoted to the rank of staff sergeant by his wife, Sgt. Francesca Rosario, a noncommissioned officer with the 262nd QM Bn., and a Virginia Beach, Va., native.

Francesca, stationed in Baghdad, Iraq, was able to travel to Al Asad for her husband's special day. "I'm so glad I got to have the chance to pin my husband," Francesca said. "I didn't expect that I could."

Not only do the Rosario's face the hardship of being deployed in two locations, but they also have two children waiting at home.

"Being away from my wife and kids is the biggest stressor of deployment," Parvin said.

The Rosario's stay in contact through Instant Messenger and video chat. They also work through home concerns via e-mail and phone to make sure everything is taken care of.

After she pinned on his new rank and gave him his promotion kiss, he turned his attention to the audience at the ceremony. "I would like to thank Command Sgt. Maj. (Romeo) Montez for making my promotion happen when my wife was here so that it could be more special," Parvin said. "I'm happy she got to pin me."

Staff Sgt. Parvin Rosario, property book noncommissioned officer with the 240th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Camden, N.J., native, is promoted to the rank of staff sergeant by his wife, Sgt. Francesca Rosario, a noncommissioned officer with the 262nd Quartermaster Battalion, 23rd Quartermaster Brigade, and a Virginia Beach, Va., native, Jan. 1 at Al Asad Air Base, Iraq.



Interpreter brothers reunited once again

STORY AND PHOTO BY
1ST LT. BLAIR GRIMES
512TH QUARTERMASTER COMPANY

CONTINGENCY OPERATING BASE SPEICHER, Iraq— A quarter century later, two brothers, both born in Iraq, after moving to the United States, found themselves back in Iraq, but this time as members of the U.S. Army.

Spc. Ammar Ameen, a linguist with 512th Quartermaster Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a resident of San Diego, Calif., joined his younger brother, Spc. Bashar Ameen, a linguist with 4th Infantry Division, at Contingency Operating Base Speicher during the holidays.

The brothers were born in Baghdad, but moved to Libya when their mother started teaching English there from 1995 until 2003. After their mother's contract ended, they moved back to Baghdad where they stayed for five years.

Ammar went to college in Baghdad studying mechanical engineering, but soon found himself working with the United States Army as a translator for a special forces unit who operated out of Fallujah, Iraq. He said he had a choice; he could continue studying engineering or work as a translator. He said he chose to work as a translator because he took the test and passed.

Ammar said he was then moved to the International Zone in Baghdad and worked at a checkpoint with many units, including the 3rd Infantry Division, the 4th Infantry Division, and the 1st Cavalry Division. Both brothers worked for three years as transla-

tors, working with different units.

In 2008, both brothers moved to San Diego and joined the Army. Both he and his brother were able to move to the United States because they had worked for more than a year as a translator, and they had recommendations from a General, said Ammar.

"I was lucky to have the same unit with my brother during basic training and advanced individual training," said Ammar. "The Army tried to keep us together."

He said they both received deployment orders at the same time last May and deployed to Baghdad in June 2010. Both brothers worked as translators on the forward operating base, but were moved at the end of July.

Ammar went to Joint Base Balad, Iraq, and his brother, Bashar, went to COB Speicher.

"They tried to keep us together, but they couldn't with the drawdown," said Ammar. "Baghdad changed, it feels a lot more secure than before."

Ammar travels with 13th Combat Sustainment Support Battalion's personal security detachment and works as the translator for the team. The team travels to the Baghdad area frequently.

"People are outside and it's more crowded than usual," said Ameen.

At the request of Ammar's commander, Capt. Alphonso Harrell, the 512th Quartermaster Co.'s commander, and a native of Philadelphia, Ammar was able to travel to Speicher to see his brother for the holidays.

"Spc. Ammar Ameen has been a great asset to us since he came on board, and also came with a unique situation," said Harrell. "He was deployed with his brother who was placed at Speicher, so I felt the best way to



Spc. Bashar Ameen (far left), translator for the 4th Infantry Division, and native of San Diego, and his brother, Spc. Ammar Ameen (middle seated), translator for the 512th Quartermaster Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), also a native of San Diego, spend time together for the holidays at Contingency Operating Base Speicher.

show my appreciation for him and all he does, was to let him spend the holidays with his brother."

This past week, Ammar headed to COB

Speicher on a short pass to spend time with his brother.

"My brother got time off and it was very nice to relax together," said Ammar.



(Left to right) 1st Lt. Eugene Ingalls, commander of the outgoing 528th Financial Management Detachment, and a Coudersport, Pa., native, and Capt. Charlton Matthews, commander of the incoming 1153rd Financial Management Detachment, and a Jacksonville, FL., native, are part of the 24th Financial Management Company, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary). Here they go over the different procedures and work to be done at Victory Base Complex, Iraq, during the training cross over between both units.

Communication has helped better prepare 1153rd

STORY AND PHOTOS BY
SPC. MATTHEW KEELER
EXPEDITIONARY TIMES STAFF

Victory Base Complex, Iraq— The ending of the 528th Financial Management Detachment's time at Victory Base Complex means that it's time for the 1136th FMD to take over the financial mission at VBC, Iraq, on Jan. 5th.

When the 528th initially arrived in country there were a lot more Soldiers on VBC because combat missions were still taking place. Since the drawdown, it's not only combat troops that have left Iraq, but other finance units too.

The other locations on VBC like Camp Slayer, are not large enough for finance offices to be opened or kept running on a daily basis. The 528th has adapted, running finance missions to support the Soldiers and civilians alike to offer them cash and help deal with issues that they might have with Eagle Cash.

"We picked up more permanent sights and had to cover down on more dispersing agent locations," said 1st Lt. Eugene Ingalls, commander of the 528th Financial Management Detachment, 24th Financial Management Company, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Coudersport, Pa., native.

"It was a bit stressful, but we remained flexible and stepped up to the plate," he said. "We handled the largest financial mission in theater."

The amount of customers might be similar on paper, but the pressure of getting to these Soldiers has changed.

What has helped the 528th handle these changes and better develop these Soldiers is their NCO leadership. Ten of the 11 NCOs in the unit have been previously deployed either to Kosovo, Afghanistan, or Iraq. For a few NCOs it will be their third or fourth tour.

"Most of our NCOs have been here and done the job," Ingalls said. "It helps the mission when you have NCOs with experience who can lead the other Soldiers through a deployment."

Now with the change of mission, the 1136th is prepared because of the constant communication that has developed between Ingalls and Capt. Matthews, he said.

"Since Oct. 2009, we have been in contact with the 528th," said Capt. Charlton

Matthews, commander of the 1153rd Financial Management Detachment, 24 FMC, and a Jacksonville, Fla., native.

"Matthews and I have had numerous conversations over the phone, email, and even Skype," said Ingalls. "I wanted to make sure that they knew at all times what was happening here, and they were prepared to come here and succeed."

Through this constant communication, the 1136th is better prepared to face the changes in theater with the support of the 528th.

"A turn-key operation, where our computers were set up for us, so all we had to do was get into country to begin working," said Matthews.

With the arrival of the new unit, it's their first deployment and for a couple of Soldiers it's their first real experience in the Army.

"While at AIT [Advanced Individual Training] at Fort Jackson, S.C., I found out that I was deploying," said Pvt. Lucia Cruz, cashier with the 1153rd FMD, 24th FM Co.

For Cruz, learning that she was deploying was not terrible or scary news, she said. "I was just more concerned how to tell my parents."

This deployment is special for Cruz, because during Basic Combat Training she earned her citizenship, she said.

"I came to this country at 19 years old as a legal citizen from Sao Paulo, Brazil, and then I became a U.S. citizen before I finished BCT," she said. "I don't feel special. It's just unique that I've become a U.S. citizen, a U.S. Soldier, and now I'm across the world defending my country."

Another Soldier in 1153rd FMD is experiencing more than just his first tour of duty in Iraq.

"I was a bit nervous at first, when I learned that we were deploying," said Pfc. Troy Edenfield, cashier with the 1153rd FMD, 24 FM Co, and a St. Augustine, Fla., native. "I've never been outside of the United States, let alone across an ocean."

"For the 528th, we have accomplished our goal to help the Soldiers here," said Sgt. Sandra Salazar, chief of military pay for the 528th FMD, 24th FMC, and a Sarasota, Fla., native.

"If a Soldier experienced a problem with their pay, then it was my problem until it was fixed," said Salazar.

"I'm proud of myself and the United States," said Cruz. "The 528th have given us a lot of great guidance and making sure that we are prepared before they leave."



Pvt. Lucia Cruz, cashier with the incoming 1153rd Financial Management Detachment, 24th Financial Management Company, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and an Orlando, Fla., native, enters information for a Soldier to deposit funds into their Savings Deposit Plan.

Information office helps keep unit connected

STORY AND PHOTO BY
CW2 SAMUEL VOIGHT
632ND MAINTENANCE COMPANY

CONTINGENCY OPERATING BASE

ADDER, Iraq— Two Soldiers with the 632nd Maintenance Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), have been keeping their company connected and the information flowing for their organization at Contingency Operating Base Adder, Iraq.

Sgt. Jedediah Pinnock, Information Management Office non-commissioned officer-in-charge with the 632nd Maint. Co., and an Alamogordo, N.M., native, and Spc. Harold Davis, computer detections systems repairer with the 632nd Maint. Co., and a Clarksville, Tenn., native, have been spending hours ensuring that the 632nd's local area network and telephone services remain fully operational 24 hours a day.

The greatest attribute that the personnel in the IMO can possess is patience. The IMO continuously receives calls with computer issues ranging from very simple to moderately difficult that require research.

When asked what type of tasks that the information office performs, Pinnock said that they assist with setting up user accounts,

running network cables, repairing or replacing existing network cables, troubleshooting problems, and finding solutions for both hardware and software issues. The IMO also provides unit-level communication support to the company's combat platforms, such as the Force Battle Command Brigade and below systems, as well as counter-improvised explosive device systems.

Pinnock and Davis have been facing new experiences everyday. Pinnock said the most important part of working in the IMO is maintaining flexibility.

Davis said he enjoys working in the IMO because he feels he plays an integral part of keeping the company's communications operational. He gets to interact with everybody from the lowest private to the company commander. The job gratification is instantaneous since many of the issues resolved offer immediate results. He said much of the duties he performs now will aid him when he gets out of the Army and begins another career in the information technology field.

Capt. Jesus Pena, commander of the 632nd Maint. Co., and a Del Rio, Texas, native, and 1st Sgt. Ralph Algieri, with the 632nd Maint. Co., and a Mendota, Ill., native, said they appreciate the hard work that the Soldiers in IMO provide.

"Due to their skill sets and expertise, they guarantee our combat platforms and recovery assets to be 100 percent mission capable," Pena said.



Sgt. Jedediah Pinnock, information management office noncommissioned officer-in-charge with the 632nd Maintenance Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and an Alamogordo, N.M. native, assists Sgt. William Hansen, armament section NCOIC with the 632nd Maint. Co., and a Ludowici, Ga., native, in troubleshooting a computer issue. Jan. 2 at Contingency Operating Base Adder, Iraq.

540th from page 1

Forces from Iraq. Since the beginning Operation Iraqi Freedom, the U.S. has been adding equipment to the Iraq theater of operations. When a timeline was established to remove U.S. Forces, the need arose to move an entire country's worth of equipment.

Three times per week, units on VBC can drop off their unwanted items to the yard for processing. Units who reside on surrounding bases in USD-C are serviced by mobile teams from the operations at VBC and Joint Base Balad, Iraq, who go to smaller locations to pack up equipment and send it back to VBC.

Despite thorough screening, sometimes the MRT yard receives some pretty strange and potentially dangerous materials.

"We have received many items here in the yard like live ammunition, trailer mounted generators, forklifts and water buffalos," said Hooks.

Other Soldiers working in the yard have seen everything from popcorn makers to old anti-aircraft weapons.

Although the Soldiers of the 540th Quartermaster Co. hold the military occupational specialty 92S, which is shower, laundry and clothing repair, they have quickly and efficiently learned the skill sets necessary to categorize equipment into the Army's classes of supply, looking up the national stock number, using automated logistical systems, and determining the next destination of the equipment, whether it be Kuwait or a stateside Army depot.

"The most challenging part has been training Soldiers with a completely different MOS to do logistics work at a fast pace," said Helsel.



Staff Sgt. Geronte Hooks, with the 540th Quartermaster Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), gives instructions to the material redistribution specialists, Sps. Yonas Haile, a Seattle, Wash., native, and Sps. John Franklin, an Adelphi, Md., native, at the VBC amnesty yard.

Despite the challenges associated with learning a new skill set on a time crunch, most of the Soldiers in the MRT yard enjoy the work that they do.

"Working outside my MOS can only expand my knowledge of other aspects of the Army," said Sgt. Kenneth Foster, day shift NCO at the MRT yard at VBC for the 540th Quartermaster Co., and a native of Lacrosse, Wis.

"It's great to actually get something new

to experience and to see the things the Army uses in our everyday life," said Spc. Tatisha Whichard, a shower, laundry and clothing repair specialist for the 540th Quartermaster Co., and a Greenville, N.C. native.

"The downsizing of U.S. forces is a pivotal transition," said Capt. Tyonne Carter, commander of the 540th Quartermaster Co., and native of Columbia, Maryland. "540th Quartermaster Soldiers are leaving their footprint with the MRT mission and our

primary shower, laundry and clothing repair mission. Years from now they will be able to share with their children and children's, children the impact they had during this historical period."

With the United States' presence in Iraq drawing to a close, the MRT mission of the 540th Quartermaster Co. is making history by retrograding millions of dollars worth of supplies and equipment, and leaving clean and organized bases for the Iraqi people.

298th receive special holiday packages from SOS

STORY BY

1ST LT. MICHELLE HART
298TH MAINTENANCE COMPANY

JOINT BASE BALAD, Iraq— Soldiers of the 298th Support Maintenance Company, 13th Combat Support Sustainment Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), received a special holiday gift from Operation Support Our Soldiers Dec. 23 at Joint Base Balad, Iraq.

When Soldiers of the 298th gathered outside company headquarters for the company's holiday event, they only had a slight idea of the holiday gift they were about to receive. But as their commander, Capt. James Grassmyer, native of Altoona, Pa., opened the 20-foot container almost completely filled from floor to ceiling with nearly 300 individual and group packages, the Soldiers were astonished at the holiday spirit.

"I am extremely grateful that people would even think of us," said Sgt. Jeremy Ginovsky, a power generation equipment repairer for the 298th SMC and native of Damascus, Md. "This is absolutely amazing."

The company paused to take a group photo with a flag made by the Hollidaysburg Area YMCA School Age Program and then the commander donned his Santa hat and began passing out individual packages to the



U.S. Army photo by Spc. David Christian

Soldiers of the 298th Support Maintenance Company, 13th Combat Support Sustainment Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), pose for a group photo with flag made by the Hollidaysburg Area YMCA School Age Program.

Soldiers of his unit.

Each of the Soldiers received a large "individual" box and then selected items out of several rows of "group" boxes. As you walked by the Soldiers, you would hear comments such as "amazing," "fantastic," or "just what I needed."

Soldiers spent time rummaging through the boxes and filling sacks with goodies, toiletries, and other items. Among the favorite items received were footballs, hot sauce, DVDs, hot chocolate, Tylenol, reading lights, razors and cheese curls.

"It is very rewarding to know there are people back in the states that care enough to take so much of their time and effort to go to

such hard work for the Soldiers," said Spc. Jonathan McCall, an information systems technician with the 298th SMC and Richmond, Va., native.

Throughout the year, Gary Clare, a retired Army veteran, collects thousands of items at his store, Smith Furniture, in Duncansville, Pa. These items are carefully packaged for Soldiers serving overseas to help make the holidays a little brighter for American troops who are stationed there.

Clare had contacted the 298th's Family Readiness Group earlier this year and asked to support the 298th SMC for the 7th annual Operation SOS. On Nov. 30, a volunteer crew of more than 200 military supporters,

wives, children and veterans spent the night carefully packaging over 300 packages for the Soldiers.

"There was a lot of hard work by so many people for these packages, and I appreciate it," said Spc. Joshua Teems, a member of the mobile redistribution team for the 298th SMC and a Ball Ground, Ga. native. "You can tell by how everything was packaged that there was so much more in the packages than just the items."

Afterwards, Soldiers tossed around footballs and frisbees while others talked about getting ready to go home. Each and every Soldier of the 298th was touched by this holiday present this year.

Three Soldiers maintain regulated waste yard

STORY AND PHOTO BY

2ND LT. PATRYK KORZENIEWSKI
565TH QUARTERMASTER COMPANY

CONTINGENCY OPERATING BASE ADDER, Iraq

— Three Soldiers with the 565th Quartermaster Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), have been running the regulated waste yard at Contingency Operating Base Adder Iraq.

Sgt. Erik Fortson, regulated materials noncommissioned officer with the 565th QM Co. and a Little Rock, Ark., native, Spc. Ivelisse Torres, fuel point clerk with the 565th QM Co., and a Puerto Rico native, and Staff Sgt. Melvin Baez, yard noncommissioned officer-in-charge with the 565th QM Co., and a Puerto Rico native, have been on this mission since arriving on COB Adder in October.

The yard is open for appointments from 9 a.m. to 5 p.m., seven days a week. The yard takes different fuels, batteries and aerosol cans. Any materials deemed potentially dangerous can be taken to the yard. The yard supports all of COB Adder and is for both military and Kellogg Brown and Root use.

"We can pretty much take anything that would be deemed hazardous," Torres said.

The regulated waste yard was moved from the sixth street area, a place it had been since 2003, to the 565th QM Co. location in December.

"It was pretty hectic," Baez said. "We had a lot of stuff to move and a lot of preparation of the new area. It is good though since there is so much more space now."



Spc. Ivelisse Torres, fuel point clerk with the 565th Quartermaster Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Puerto Rico native, and Sgt. Erik Fortson, materials noncommissioned officer with the 565th QM Co., and a Little Rock, Ark., native, prepare to move materials on Dec. 31 at Contingency Operating Base Adder, Iraq.

Message of hope, “Find your voice”, received on Joint Base Balad



STORY AND PHOTOS BY
SPC. ZANE CRAIG
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq—Approximately one hundred service members attended the Sisterhood Against Sexual Assault conference Jan. 10 at the Morale, Welfare and Recreation Center East, on Joint Base Balad, Iraq.

The theme of the conference was “finding your voice” to speak up for yourself to prevent yourself from being assaulted and to report any incidence of assault to your chain of command.

“The goal of SASA is to promote confidence building and self-esteem so Soldiers don’t become victims,” said Col. Janice Dombi, engineer capacity development munitions chief, U.S. Forces Iraq, and a San Francisco native.

Maj. Lisa Belcastro, J7 Engineering Capacity Development plans and operations officer with USFI and a Grand Prairie, Tex. native, came up with the idea for the program in March and the first conference was held in June at Camp Victory, Iraq.

Belcastro shared the story of how she achieved her successful military career despite being a newly divorced mother of three with no high school diploma at the age of 22. Belcastro found the support of her boss, Col. Dombi, who had been assaulted during her basic training and later experienced sexual harassment. Together with

their other SASA colleagues, it is their goal to show younger Soldiers that victims of assault and harassment can still be high achievers in the military.

“The conference consisted of a raw kind of honesty and candor that isn’t often seen from higher-level leaders, as they shared their past experiences, including being sexually harassed and assaulted while serving in the military,” said Belcastro.

SASA and many service members present said it is unfortunate that sexual assault and harassment training is almost always in the

can’t say how many people haven’t been sexually assaulted because of the program. What we see is women telling us they are getting treatment, talking to us about what happened to them, and getting help,” she said.

The future of the program and its goal of Army-wide implementation looks promising, as the SASA team has permission to begin the program at Ft. Hood, Tex. in their upcoming redeployment to the U.S.

This conference at Balad was the last to take place in Iraq featuring the current

Gen. Mark Corson, commander of the 103rd Sustainment Command (Expeditionary) and a Maryville, Mo. native.

“Thankfully it didn’t go farther than it did. That person had no right to do that. That person made me feel disempowered and do you think I ever reported it? No. But you get over it. Except I shouldn’t have had to get over it. Nobody in the world should have to put up with that,” he said.

Corson acknowledged, as did the SASA members, that sexual assault can happen to males and females of all ages, but the most common victims are females between the ages of 18 and 24, the same age bracket Corson deals with in his civilian job as a college professor.

“I can tell you as a commander, I am absolutely committed to ensuring that justice is done and everyone’s rights are respected,” said Corson.

SASA and Corson emphasized that our right to be treated fairly comes with the responsibility to treat others the same way and to act in a way that indicates you are not willing to become a victim.

“Nobody asks to be assaulted, but also you don’t drive your Mercedes and wear your diamonds and Rolex into the bad part of town,” said Dombi, emphasizing the necessity of being aware of your surroundings and acting accordingly.

Soldiers are expected to demonstrate personal courage, one of the Army values. The Soldiers who comprise SASA and others who share the stories of horrific events in their lives so the next generation doesn’t suffer the same kind of trauma.

‘You have the right to be treated with dignity and respect, male and female and to define what that means and to say something about it,’

-Col. Janice Dombi

form of a power point briefing. The SASA conference did not rely on power point, but included speakers who interacted with the audience, a skit, short videos, and a group exercise in which everyone participated.

Belcastro and Dombi say they would like to see SASA or a similar program implemented Army-wide, with SASA teams going from base to base to train commanders and perhaps reaching Soldiers as early as during Advanced Individual Training.

“I think the program is very successful based on the feedback we’re getting,” said Dombi.

“Prevention can’t be measured. You

team led by Dombi and Belcastro. In what was surely an emotional day, it took place on Dombi’s birthday as well as her last day in country before returning home to retire from the military.

“You have the right to be treated with dignity and respect, male and female and to define what that means and to say something about it,” said Dombi, summarizing her message.

Unfortunately, sexual assault continues to be all too common, both in the military and the civilian worlds.

“When I was a teenager, I was a victim of sexual assault by a male,” said Brig.



Col. Janice Dombi, Engineering Capacity Development Munitions Chief, U.S. Forces Iraq, and a San Francisco native, inspires service members to find their voice at the Sisterhood Against Sexual Assault conference Jan. 10 at the Morale, Welfare and Recreation, East, Joint Base Balad, Iraq. This, her birthday, was Dombi's last day in Iraq. She will return to her home in San Francisco and retire from the military but continue the fight to raise awareness of sexual assault

OPPOSITE PAGE: Sgt. Major Clarence Wilson, Force Protection Sgt. Major, U.S. Forces, Iraq, and a Mayesville, S.C. native, leads service members in the Cupid Shuffle at the Sisterhood Against Sexual Assault conference Jan. 10 at the Morale, Welfare and Recreation, East, Joint Base Balad, Iraq

'I can tell you as a commander, I am absolutely committed to ensuring that justice is done and everyone's rights are respected,'

-Brig. Gen. Mark Corson.



Brig. Gen. Mark Corson, commander of the 103rd Sustainment Command (Expeditionary) and a Maryville, Mo. native, delivers the closing remarks at the Sisterhood Against Sexual Assault conference.



Approximately 100 service members committed to fighting sexual assault attended and took part in the SASA conference. Members encouraged the audience to participate in the event by asking questions, having a group activity, and even dancing, to help further their message.

14th MCB help with small part for big results

STORY BY
CAPT. JEFFREY HENDEL
14TH MOVEMENT CONTROL BATTALION

Joint Base Balad, Iraq— The 14th Transportation Battalion (Movement Control), 103rd Sustainment Command (Expeditionary), stationed out of Vicenza, Italy was critical to the success

of the Responsible Drawdown of Forces during the summer of 2010. During those summer months thousands of vehicles transported thousands of pieces of equipment across the entire Iraqi theater of operations. Here on Joint Base Balad, the Headquarters and Headquarters Detachment, 14th Transportation Battalion was just trying to do its own small part to support the larger effort.

Recently the Soldiers of HHD, 14 MCB began the work of transforming their battalion headquarters in an effort to reduce the unit footprint and support the Joint Base Balad drawdown mission. A large part of this small project was the removal of four office trailers that at one time were used as the Detachment Commanders office; a unit Morale, Welfare, and Recreation (MWR) SPAWAR computer room; a unit supply storage room; and a battalion maintenance office. Removing these four trailers meant a significant reallocation of office space, some

handy work by the Soldiers, and coordination with the JBB Drawdown Office.

The first step in the process was preparing a new MWR computer room for the Soldiers to use. With a fresh coat of paint, some tools from self-help, and some sweat from the hard working Soldiers, an old dusty storage room was quickly converted in to a new MWR facility. The new change resulted in more than twice the space of the old trailer and provided the Soldiers, and equipment, some protection from the never ending dust of the desert.

The next step was figuring out how to reposition over 20 T-Walls, as well as, the removal of an entire patio deck that surrounded the four trailers. This seemingly daunting task proved easier than expected after a quick phone call to the Joint Base Balad Drawdown Office. The JBB Drawdown Office personnel were able to provide easy step-by-step directions on how to coordinate everything; from disconnecting the electricity, to removing the air conditioning units, to realigning the t-walls.

Although the coordination took weeks to arrange, the results were almost instant. Once the necessary paperwork was signed and the crews arrived with the heavy equipment, the dirty job was completed in just a couple of hours. The t-walls were removed, the office trailers lifted, and the wooden deck torn apart as if it never existed at all.

If you were to drive by building 7510



U.S. Army photo by Pvt. Fernando Lopez

Spc. Justin Bowins, a motor transport operator, and a Kingwood, W.Va., native, and Pvt. Fernando A. Lopez, a signal support system specialist, and a New York, N.Y., native, both with the Headquarters and Headquarters Detachment, 14 Transportation Battalion, 103rd Sustainment Command (Expeditionary) remove wooden deck in prior to the trailer removal. The wooden decks are built to the ground with the trailers and need to be removed in order to move the trailers.

today, you would never know the structures were there or realize the work that went in to having them removed. The Soldiers of the Headquarters and Headquarters Detach-

ment, 14th Transportation Battalion though will always remember that they did their small part to help accomplish the bigger mission of reducing the foot print.

Battalion hosts NCO induction at COB Adder

STORY AND PHOTO BY
1ST LT. MICHAEL BEAGLE
8TH ORDNANCE COMPANY

CONTINGENCY OPERATING BASE ADDER, Iraq—

Several junior non-commissioned officers with the 2nd Detachment, 8th Ordnance Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), were inducted into the Corps of Non-Commissioned Officers Jan. 4 at Contingency Operating Base Adder, Iraq.

The NCO induction ceremony was a celebration for the newly promoted sergeants joining the ranks of a professional non-commissioned officer corps; it emphasizes and builds on the pride NCOs all share as members of such an elite corps. The ceremony also served to honor the memory of those men and women of the NCO Corps who have served with pride and distinction.

"The NCO induction ceremonies symbolic nature stimulates a majestic atmosphere for all non-commissioned officers, as well as the NCOs who have been a part of the NCO Corps," said Sgt. Holly Gilbert, of 703rd Brigade Support Battalion, 4th Advise and Assist Brigade, and a Hanford, Ca. native. "It inspires the lower ranks to one day become a part of the Corps."

The 2nd Det., 8th Ord. Co., had four newly promoted sergeants inducted at Memorial Hall. The ceremony began with

"A Soldier's Request," during which junior enlisted Soldiers declared out loud in the packed hall what they needed of their newly inducted non-commissioned officers. Then, the newly-inducted NCOs recited a declaration intended to remind them of their mission to mentor and prepare their Soldiers: a "Boots of the NCO" poem that reflected on the NCO Corps' rich history. As a rite of passage, each NCO walked through the "Arch of Responsibility" that symbolizes the passing of a Soldier to a sergeant into the Corps of Non-Commissioned Officers.

"I felt honored to be inducted into the NCO corps. Although I had been an NCO for some time now, it felt great to be acknowledged," said Sgt. Kimberly Sullivan, a supply sergeant with the 2nd Det., 8th Ord. Co., and a Youngstown, Ohio, native.

The ceremony closed out with past and present inductees reciting both the NCO creed and the oath of the NCO to publicly declare their commitment and pledge to the NCO corps. The NCO induction ceremony serves as a tribute to the history of the NCO corps and the recently inducted NCOs.

Four non-commissioned officers with 2nd Detachment, 8th Ordnance Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), were inducted into the Corps of the Non-Commissioned Officer in a ceremony Jan. 4, in Memorial Hall on Contingency Operating Base Adder, Iraq.



Communication Sgt. helps keep unit connected

STORY AND PHOTO BY
STAFF SGT. PAT CALDWELL
3-116TH CALVARY REGIMENT



Sgt. Alan Arnson, a member of the 3rd Battalion, 116th Cavalry Regiment, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), works on radio equipment at Joint Base Balad, Iraq. Arnson stepped into the No. 2 slot in the battalion's communications section just before he deployed to Iraq.

JOINT BASE BALAD, Iraq— Sgt. Alan Arnson admits Iraq is different.

When the 29-year-old La Grande, Ore., native arrived in Iraq in 2004 on his first deployment, the nation was still struggling to shrug off the shackles of Saddam Hussein's brutal regime. There was also a full-scale war going on as coalition forces battled insurgents across Iraq.

Fast forward nine years. Now on his second deployment to Iraq, Arnson said the country has changed.

"It is a lot more organized. A lot less like the Wild West," he said. "It is much better."

Arnson is just one member of eastern Oregon's 3rd Battalion, 116th Cavalry Regiment, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary) deployed to Iraq. The unit, consisting of citizen-Soldier outfits from across eastern Oregon, mobilized for active duty in September and deployed to Iraq in November.

As the 3rd Battalion's communications non-commissioned officer, Arnson holds down one of the most important jobs in the unit. Without communications, the unit would be unable to conduct its mission of protecting convoys.

"I manage the [battalion] communications section with the signal officer," he said.

The battalion communications section ensures an array of different radio and computer systems are operational. At the same time, he and his crew must also trouble shoot any problems that crop up with the unit's communications edifice.

Arnson did not deploy expecting to hold down a key lead-

ership role in the 3rd Battalion's communications section. Right before the battalion departed Camp Shelby, Miss., in November, he was propelled into the communication section's No. 2 spot. The 3rd Battalion's top enlisted man, Command Sgt. Maj. Bill Wyllie, of John Day, Ore., said the decision to push Arnson into a critical leadership slot was a good one.

"We hand-picked him for that position and he's performed well," Wyllie said. "Sergeant Arnson is serving in a position two slots above his rank."

While the promotion was unexpected, Arnson said he welcomed the opportunity to succeed in a key leadership slot. Now, in Iraq, he and his small team of communications technicians stay busy.

"The hard part of my job is to figure out what could go wrong next," he said. "You have to stay on top of God knows how many different radio systems."

Learning to be a leader also presented some challenges, Arnson said.

"I sometimes have to stop and realize I need to delegate because I'm a workhorse," he said.

Arnson said he also learned a lot on his first deployment to Iraq – like the importance of planning ahead.

"The first time I failed to plan before I got back. I was young and my first wife and I did not prepare well. We changed. Now I'm thinking ahead," he said.

Part of that preparation revolves around going back to school. Arnson already earned a Bachelor of Science in Theater Arts at Eastern University, but he said he wants to secure more education and continue his career in the Oregon Army National Guard.

Arnson, who recently remarried, said so far his deployment has been a good one.

"Things are going well," he said.

540th conducts mobile redistribution support

STORY BY
1ST LT. MICHAEL SHEAR
540TH QUARTERMASTER COMPANY

VICTORY BASE COMPLEX, Iraq— You may not have heard of Operation Clean Sweep, but if you are in Iraq, you are definitely a part of it. For the past nine years, United States Forces in Iraq have been accumulating materials, supplies and equipment – enough to support over 170,000 troops at one point.

As we entered into Operation New Dawn, the level of troops declined to levels below 50,000 personnel, which has left many units up to their necks in excess equipment.

To mitigate this logistical challenge, the 540th Quartermaster Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), assumed control of the retrograde of this material for United States Division – Central's area of operations.

The unit operates one of two Fixed-Material Redistribution Team yards in theater at Victory Base Complex, Iraq, and many Mobile-Material Redistribution teams. The mobile teams support the many small Forward Operating Bases in USD-C that do not have the space, facilities or experts to tackle this monster of a task.

M-MRTs consist of a noncommissioned officer-in-charge and up to three Soldiers who deploy to outlying FOBs for a period of 10 days to "clean house" at locations which don't have their own redistribution facilities. These Soldiers specialize in sorting and retrograding all different types of material back into the Army system or to their proper disposal locations.

"When on M-MRT missions, the team advises local FOBs on processing their excess supplies and assists in the segregation and packing of items which will be shipped to the F-MRT yard at VBC," said 1st Lt. Joshua Helsel, the F-MRT officer-in-charge for the 540th Quartermaster Co. and Lake

City, Mich., native.

Upon arrival at VBC, each item is recorded and a national stock number, or part number, is annotated. M-MRT personnel then use the NSN to calculate how much money they are returning to the Army system. Since assuming control of the mission in August 2010, the 540th Quartermaster Co. has returned over \$28-million back into the Army system.

Once the value is recorded, the items are categorized by their final destination. Many items will be sent to disposal locations like the hazardous materials facility or to the Defense Reutilization and Marketing Office.

Common excess items include vehicles, weapon parts, chemicals requiring special handling, communications equipment and office supplies.

With no prior experience the Soldiers of the 540th Quartermaster Co., a Field Service company from Schofield Barracks, Hawaii, had to progress from the "crawl phase" to the "run phase" quickly. This included learning several automated logistics systems, categorizing items by class of supply, training on several forklift platforms, like the Kalmar container handler, the palletized load system and numerous other tasks outside the scope of their military occupational specialty.

"Team cohesiveness and working together to get the mission done was pretty much the most important thing I learned," said Spc. Montoya.

Another unique aspect to this mission is the amount of interactions these Soldiers have with senior NCOs and Officers.

"The most important thing is good people skills; if you don't have good people skills you cannot do this job at all," said Spc. Thomas Slade, a shower laundry clothing repair specialist and Portsmouth, Ohio native.

Sgt. Mike Tillett, a SLCR NCO and native of San Diego, Calif., had some solid advice for units prior to turning in their excess.

"First, make sure the equipment is not on the hand receipt," said Tillett. "Second, go and meet face to face with the OIC or NCOIC, and find out their advice on what can and cannot be turned in and if you require MHE [material handling equipment] support."

"Get in touch with the F-MRT yard you're trying to turn items in to, so you can get a list of what you can and can't turn in and what paperwork you need ahead of time," said Slade.

If your unit has excess materials, just contact the 13th CSSB Clean Sweep office, if in the USD-C, or USD-N area..



LEARN THE DRAWDOWN

The 840th Transportation Battalion is hosting Integrated Booking System/Container Management Module Training 8 a.m. to 12 p.m. every Sunday at the battalion headquarters, 7119 Eagle Dr. (near bus stop #62) at Joint Base Balad.

You will need to make reservations for the class by calling 318-483-4241.



The advantages of having an SLR camera: part 3

SGT. 1ST CLASS KEVIN ASKEW
EXPEDITIONARY TIMES STAFF

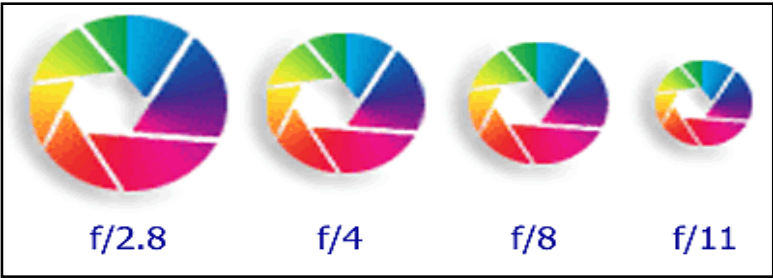


I always like to start my article with recapping what we have previously discussed. In my first article we discovered that the advantage of a digital single lens reflex camera is interchangeable lenses. During the following article we continued to define the selling point of all digital SLR's its megapixel rating and what that means to you. We also determined that there are three categories that camera's fall in: Budget, Consumer, and Pro-Sumer. I closed last week's article by pointing out not all is what it seems.

We are now at the point where we have answered a few questions and are ready to look at purchasing a camera. We know that we want to use the camera for capturing moments in our children's lives as they grow up, the photo's we take will be emailed and posted on Facebook, etc. for friends and family. We also have taken an interest in photography and are thinking about expanding our knowledge and possibly making it a hobby that could earn some extra money on the side. So nothing less than a 12 megapixel camera will meet our needs. And to answer the most important question, we have \$1,000 we are willing to spend on the purchase of a digital SLR.

So where do we start? The answer is simple, and goes back to the first question that I asked, "how much money are you willing to spend"; \$1,000 of our hard earned cash, right. Since we want the best deal we can get, we need to do some more comparisons. A good source of reference is www.bhphotovideo.com, so we will use this site as a tool in our research and comparison.

Since we have narrowed our criteria to \$1,000 and 12 megapixels this presents us with three options. We have the Nikon D-90, the Olympus E-30, and the Pentax K-r. All three are packaged as a kit, meaning they are sold with a standard lens. All are 12 megapixels and are in our price range. So what makes one stand out from the others? That is exactly what we are going to explore. Let's start with the Nikon D-90, lists on B&H Photo for \$919.00 and comes with an 18-105mm, f/3.5-5.6 Nikkor Autofocus lens.



The graph represents different f-numbers also known as aperture f/2.8, f/4, f/8, and f/11; these numbers represent how large the opening of the lens is. In order to understand this, you need to be able to think "backwards". As you can see f/2.8 produces a higher f-number or larger opening than f/11. Still confused? Look at it this way, the larger the f-number the smaller the opening; the smaller the f-number the larger the opening. So let's use the Pentax K-r and its 55-300mm f/4-5.8 and the Nikon D-90 18-105mm, f/3.5-5.6 lenses as our examples. Knowing what we just explained and looking at the chart, which lens has a higher f-number value? The choice is obvious, the Nikon D-90, it is a half stop "more" sensitive to light at f/3.5 than the Pentax K-r lens at f/4. Therefore the Nikon f/3.5 allows more light though the lens to the image sensor making it a "faster" lens. Still not sure, think of it this way. You are in a dark room; the pupils of your eyes are wide open to get as much light as possible so you can see what is in the room. Suddenly, someone pushes you out into the bright sunlight, your pupils contract, to react to all the light, your pupils become small; or sensitive to light. A camera's aperture is the same, f/2.8, or a large aperture in the dark room and f/11, or small aperture in the sunlight.

As you can tell it is difficult to explain what goes into the purchase of a digital single lens reflex camera. To make an adequate decision, you must understand a little bit about photography and its terminology. Every article seems to end with a lesson in terminology and what it means. My goal is to keep this column as fun as possible so you will continue to read it. My hope is that I am educating you in the principles so you are able to make an intelligent camera purchase.

Next week we will continue exploring the Nikon D-90, the Olympus E-30 and the Pentax K-r and what they have to offer and what you are actually purchasing with your \$1,000.

Word on the Street

What is your favorite Army memory?



"My favorite Army memory is my first day of drill when I was counseled by a Warrant Officer to stop acting like a private."

Sgt. Andy Lund, non-commissioned officer of Iraqi Business Industrial Zone with the 103rd Sustainment Command (Expeditionary), and a Des Moines, Iowa, native.



"My favorite Army memory will be the final day of mobilization when I'm finally home with my family for good."

Sgt. Jeremy Manges, Iraqi Business Industrial Zone non-commissioned officer-in-charge with the 103rd Sustainment Command (Expeditionary) and a Des Moines, Iowa, native.



"My favorite Army memory is getting a chance to experience the American culture during Basic Combat Training."

Spc. Lina Ramadan, Iraqi Business Industrial Zone linguist with the 103rd Sustainment Command (Expeditionary), and a Sterling, Va., native.

THEATER PERSPECTIVES

“The Iraqi people for the first time... are on the verge of literally creating a country that will be democratic, sustainable and God willing prosperous and it can have a dramatic impact on this entire region,”

U.S. Vice President Joe Biden’s comment during an unannounced trip to Iraq to visit troops on 13 Jan.

“There’s a government in Iraq that’s embraced by the Iraqi people. The attitude toward that government and Iraq among its Arab neighbors is changing. More and more people are seeking out relationships, seeking out trade agreements, opening embassies,”

U.S. Secretary of State Hillary Clinton stated when urging countries in the Gulf region to support Iraq’s newly created government when talking to CNN 12 Jan.

“We are where we want to be. One of those things that we have to do is continue to strengthen the Iraqi security forces to ensure they have the capability and capacity to do this on their own when we’re no longer here,”

Gen. Lloyd Austin, commander of U.S. forces in Iraq, communicated this in a telephone interview with USA Today.

“It will be the answer to my dreams when we can finally re-open to the public,”


Amira Edan, Iraq’s National Museum Director, stated regarding the museum’s reopening scheduled for March 2011. The museum was closed in late 2002, and is reopening for the first time since Saddam Hussein’s rule.

“I think that a new phase of Iraq’s political life has started; the Iraqi mood has started to relax and the process of reconciliation and accordance is going ahead. Iraq is an important cornerstone of the Arab world and the stability of the region,”

Arab League Secretary-General Amr Moussa during a visit to Baghdad in preparation for the Arab League summit scheduled for March.

DR. MARTIN LUTHER KING JR.

“Our nation’s forefathers laid down the foundation beginning with the Declaration of Independence, “We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights that among these are Life, Liberty, and the Pursuit of Happiness”. Our journey and quest to attain equality has ventured through many milestones that have been realized through the Civil Rights Movement. One Enigmatic, persuasive, iconic, and catalyzing figure continues to be Dr. Martin Luther King Jr., the Civil Right Leader.” -Gen. Mark Corson, commanding general of the 103rd Sustainment Command (Expeditionary)



A DREAM OF EQUALITY CELEBRATED ON JAN. 17, 2011

- VOTED MAN OF THE YEAR IN 1963, AND YOUNGEST MAN TO RECEIVE THE NOBEL PEACE PRICE IN 1964
- COMPLETED HIS RESIDENCY FOR A DOCTORATE AT BOSTON UNIVERSITY IN 1953, AND A DEGREE IN 1955
- A STRONG WORKER AND MEMBER OF THE EXECUTIVE COMMITTEE OF THE NATIONAL ASSOCIATION FOR THE ADVANCEMENT OF COLORED PEOPLE
- BETWEEN 1957-1968, TRAVELED OVER SIX MILLION MILES AND SPOKE OVER TWENTY-FIVE HUNDRED TIMES IN SUPPORT OF CIVIL RIGHTS
- DIRECTED THE PEACEFUL MARCH ON WASHINGTON, D.C., FOR 250,000 PEOPLE AND DELIEVERED HIS “I HAVE A DREAM” SPEECH

1. Indianapolis Colts 2. Arnold Palmer 3. Will Chamberlain 4. Martin Brodeur 5. Deion Sanders 6. Machel Jordan

<u>INDOOR POOL</u>	Edge Weapons & Stick Fighting	Caribbean Night:	8 p.m. Friday	Hold'em: Mon., Fri.,	Ping-pong: 7 p.m.
Swim Lessons: Mon., Wed., 6 p.m.	Training: Tue., Thur., 6:30 p.m.	ing Combat: Sat., 8-10 p.m.	Friday 9 p.m.	Monday, Friday, 2 p.m.	Aerobics: Mon., Wed., Friday
Tue., Thu., Sat., 6:30 p.m.		Chess & Dominoes: Friday 8 p.m.	CC Cross Fit: Mon, Saturday 10:30 p.m.	8:30 p.m. Tuesday	Football: 7 p.m.
Aqua Training: Tue., Thu., 7:30 p.m., 8:30 p.m.	<u>EAST REC- REATION CENTER</u>	Salsa Class: Saturday 8:30 p.m.	Mon., Wed., 5:45 a.m., 7 a.m., 3 p.m., 6 p.m.	8:30 p.m. Tuesday	Body by Midgett Toning Class: Tue., Thu., 7 p.m.
<u>EAST FIT- NESS</u>	4-ball tourney: Sunday 8 p.m.	Poker: Saturday 7:30 p.m.	Tue., Thu., 7 a.m., 3 p.m.	Spades: Wednesday 2 a.m., 8:30 p.m.	Dodge ball: Game: Tuesday 7:30 p.m.
<u>CENTER</u>	8-ball tourney: Monday 8 p.m.	<u>H6 FITNESS CENTER</u>	Sunday 5:45 a.m., 7 a.m., 3 p.m.	Salsa: Wednesday 8:30 p.m.	Furman's Martial Arts: Mon., Wed., Sun., 1 p.m.
Open Court Volleyball: Sunday 6 p.m.	Karaoke: Monday 8 p.m.	Spin: Sunday 9 a.m.	Mon., Sat., 4:30 a.m., 4 p.m., 10 p.m.	9-ball: Thursday 2 a.m., 8:30 p.m.	Gaston's Self-Defense Class: Fri., Sat., 7 p.m.
Aerobics: Mon., Wed., Fri., 5:30-6:30 a.m.	Swing Class: Tuesday 8 p.m.	Fri., 2 a.m., 8 a.m. 2 p.m., 7 p.m.	Midnight Soccer: Tue., Thu., 8 p.m.	Karaoke: Thursday 8:30 p.m.	Officer Poker: Saturday 7 p.m.
Yoga Class: Mon., Friday, 6-7 a.m.	Table Tennis: Tuesday 8 p.m.	Tue., Thu., 5:45 a.m., 9 a.m., 8:30 p.m.	Tue., Thu., 8 p.m.	Thursday 8:30 p.m.	basketball: 1 p.m., 8 p.m.
Step Aerobics: Mon., Wed., Fri., 5:30 p.m.	Plastic Models Club: Wednesday 7 p.m.	9 a.m., 7 p.m.	Yoga: Wednesday 8 p.m.	Dominos: Saturday 8 p.m.	Squat Competition: Open court soccer: Mon., Wed., 7 p.m.
Conditioning: Training Class: Mon., Wed., Fri., 7:15-8 p.m.	9-ball tourney: Wednesday 8 p.m.	Boxing: Sunday 4 p.m.	MACP Level 1: Friday 8 p.m.	Darts: Saturday 8:30 p.m.	Zingano Brazilian Jiu Jitsu: Tue., Thu., 8:30 p.m.
Brazilian Jui-Jitsu: Mon., Wed., Fri., 8-9 p.m.	Dungeons & Dragons: Thursday 7:30 p.m.	Tue., Thu., 2 p.m.	5 on 5 Basketball: Saturday 8 p.m.	<u>WEST REC- REATION CENTER</u>	<u>WEST FIT- NESS CENTER</u>
Abs-Aerobics: Tue., Thu., 6-7 a.m., 5-6 p.m.	Poetry Night: Thursday 8 p.m.	8:45 a.m. Tue., Thu., 7 p.m.	<u>H6 RECREATION CENTER</u>	Karaoke: Sun., Wed., 7:30 pm	3 on 3 basketball: Saturday 7:30 p.m.
	6-ball tourney: Thursday 8 p.m.	Power Abs: Mon., Tue., 8 p.m.	Bingo: Sunday 8 p.m.	Green Bean Karaoke: Sun., Wed., 7:30 pm	6 on 6 volleyball: Saturday 7:30 p.m.
				9-ball tourney: Monday 8 p.m.	Floor hockey: Mon., Wed., Fri., 8-10 p.m.

COLLEGE BB: Penn State @ Ohio State, 1:30 a.m.,
AFN Xtra
NHL: St. Louis Blues @ San Jose Sharks, 6:30 a.m.,
AFN Xtra
NFL: NFL Primetime, 9 a.m., AFN Sports
NFL: AFC Divisional game, 9 p.m., AFN Sports

ARTS & ENTERTAINMENT

'The Sports Lounge': College bowl concluded

BY SGT. 1ST CLASS RAY CALEF
EXPEDITIONARY TIMES STAFF



Musings from a somewhat unpredictable bowl season...My final tally looking at my picks back in December was 22-13. Not horrible, not great. Kind of like my Hawkeyes this year. Iowa finished with an 8-5 record after their thrilling 27-24 triumph over at the time number 13 Missouri. It is of interest to note, at least to me anyway, that Iowa finished 2-5 in games I was able to watch while on Balad. That is just a tad better than the 0-4 they finished while watching them during my previous deployment to Iraq in 2005.

Let's see, that means Iowa is 2-9 in games I have been able to see in this country. My gut tells me I need to leave and not come back!

Besides Iowa's Insight Bowl win, Ohio State and Illinois were the only other Big Ten winners in bowl games. Ouch. On New Year's Day the Big Ten suffered through an 0-5 stretch, with Michigan and Michigan State losing by a combined score of 101-21. Wow. Absolute humiliation. To

top it off, the Southeastern Conference tagged those losses in both games, and coupled with Florida's 37-24 victory over Penn State, finished 3-0 against the Big Ten.

Auburn secured the national championship with a rather low-scoring yet thrilling win over the Oregon Ducks, 22-19, in a game befitting a title. Defenses rose to the occasion, as the over-under set by Vegas was a whopping 74 points. Oregon was every bit Auburn's equal, yet a failed set of downs inside the Tigers' 10 yard line which yielded zero points led to the Ducks demise.

Early favorites for 2011? Louisiana State returns 18 starters from an 11-2 team which won the Cotton Bowl. Keep this in mind as well. Neither Auburn or Oregon started the year sniffing the top ten. The expectation on college football these days is to expect the unexpected. Someone will come from out of the blue to challenge for supremacy.

The National Football League has whittled its teams down to eight. This weekend's divisional playoffs promise high drama. Each game has intrigue. Start with Saturday's games. First on the docket are the Steelers-Ravens. These teams split the regular season series, each team winning on the opposing team's field by three. The Steelers were

without Big Ben Roethlisberger the first game and he was banged up in the second. I give the edge to Pittsburgh at Heinz Field, 20-17. The playoffs, at least into the divisional rounds, are huge advantages for the home team.

The second game Saturday features another regular season rematch between Green Bay and Atlanta, who has home field throughout the National Football Conference playoffs. Atlanta won a defensive battle earlier this year, 20-17, at the Georgia Dome. I am picking the Packers; however, as I think they are peaking as a team, and despite Matt Ryan's late-game heroics, the Pack win this 24-20.

Sunday's first game features a rematch between the upstart Seahawks and the Bears. Can Seattle continue playing well after last week's dramatics? They sacked Jay Cutler six times in their earlier win over Chicago. Although I am secretly rooting for the Seattle, take the Bears at Soldier Field, 28-17.

The last divisional game could be a bloodbath between the Jets and Patriots. All of the feigned outrage shown by the Jets against New England won't matter. While it won't be 45-3 like the earlier meeting in Foxboro, chalk up a 31-20 win for the Pats.

Jeff Bridges honors John Wayne in True Grit remake

BY SPC. ZANE CRAIG
EXPEDITIONARY TIMES STAFF



True Grit, released last month in the States, is a Coen brothers film based on the 1968 novel of the same name by Charles Portis. There is another film based on the book, made in 1969.

The 2010 version stars Jeff Bridges as Rooster Cogburn, the role played by John Wayne in 1969 for which he won his only Academy Award for Best Actor.

The 2010 version is not a remake of the 1969 version, but a new adaptation of the novel that stays truer to the novel by telling the story from the point of view of Mattie Ross as a grown woman.

The film begins immediately after Mattie's father is killed and robbed by Tom Chaney. Mattie, a 14 year-old girl, hires Cogburn, a middle-aged, alcoholic U.S. Marshal to find

Chaney so she can have her revenge by watching him hang for her father's murder.

A Texas Ranger, LaBoeuf, played by Matt Damon, is also searching for Chaney to get reward money for crimes Chaney committed in Texas. This puts him somewhat at odds with Mattie who wants to see Chaney hang in Fort Smith for her Father's murder.

Most of the movie consists of Mattie and Cogburn, sometimes with LaBoeuf, tracking Chaney across the Indian Territory, present day Oklahoma. They encounter some interesting characters and get involved in their fair share of gunfights.

The movie ends somewhat abruptly, shifting 25 years into the future to Mattie as an old spinster trying to reunite with Cogburn at a Wild West show, where he had been performing. She discovers he had died only days before.

In the John Wayne version the story begins and ends in the same era and Mattie as adult isn't the narrator as in the

book and the new version. In the 1969 movie, there was a hint of a love interest between LaBoeuf and Mattie that is neither in the book nor in the 2010 movie.

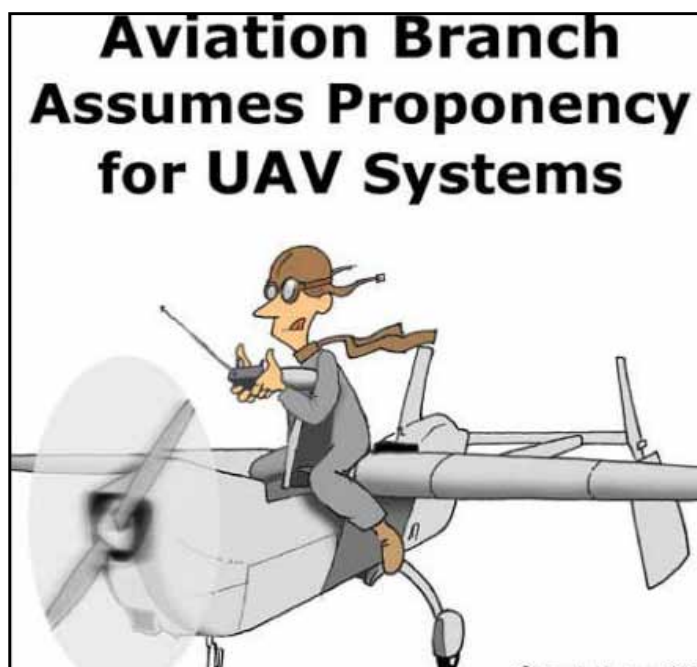
Unfortunately, two sequels followed the 1969 version of the movie. The first, Rooster Cogburn, 1975, costarred Katharine Hepburn as a spinster lady who teams up with Cogburn in what was basically the same plot as the original. A made for TV sequel, True Grit: A Further Adventure, appeared in 1978.

I suppose it's a small comfort that the phenomena of studios releasing unnecessary sequels of profitable films instead of coming up with new, creative ideas isn't as recent as I had thought.

True grit is the characteristic that makes Mattie choose Cogburn out of several Marshals to hunt down Chaney. Ultimately, it is shown by the three main characters who track down Chaney, especially by Mattie herself.

It gets a five out of five for the best movie this month.

PVT MURPHY'S LAW



Wednesday January 19
5 p.m. Megamind (PG)
8 p.m. Burlesque (PG-13)

Thursday January 20
5 p.m. Burlesque (PG-13)
8 p.m. Unstoppable (PG-13)

Friday January 21
6 p.m. Tangled (PG)
9 p.m. The Green Hornet (PG-13)

Saturday January 22
2 p.m. Tangled (PG)
5 p.m. The Green Hornet (PG-13)
8 p.m. Love & Other Drugs (R)
12 p.m. The Green Hornet (PG-13)

Sunday January 23
2 p.m. The Green Hornet (PG-13)
5 p.m. Love & Other Drugs (R)
8 p.m. Tangled (PG)



U.S. Army photo by Spc. Matthew Keeler

(Left to right) Staff Sgt. Kimberly Stevenson, chief of military pay for the 1153rd Financial Management Detachment, and a St. Augustine, Fla., native, and Sgt. Sandra Salazar, chief of military pay for the 528th Financial Management Detachment, and a Sarasota, Fla., native, both units are part of the 24th Financial Management Complex, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary). They discuss the steps and procedures that need to be done at Victory Base Complex, Iraq, during the cross training as the 528th FMD prepares to depart. Stevenson and Salazar have worked together before in 2004, when they helped train in Indianapolis, Ind., with the Defense Financial and Accounting Services.



U.S. Army photo by 1st Lt. Michael Shear

Spc. Juan Morales-Morquecho, a shower, laundry and clothing repair specialist for the 540th Quartermaster Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and native of Colima, Mexico, sorts scrap metal received from re-deploying units at the Victory Base Complex amnesty yard.



U.S. Army photo by Spc. Zane Craig

Command Master Chief Teri McIntyre, U.S. Naval Forces Iraq and a Rockville, Ind. native, tells service members of her own harrowing experience and lessons learned during the Sisterhood Against Sexual Assault conference Jan. 10 at the Morale, Welfare and Recreation, East, Joint Base Balad, Iraq.