

Victory Times



Telling the United States Forces - Iraq story

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Concession stands scheduled to close

Story and photos by
Spc. Charlene Mendiola
USF-I Public Affairs

Over a span of eight years, the Army and Air Force Exchange Service has provided troops with options other than eating at the dining facility or shopping at the same concession stands. The AAFES motto is "We go where you go" and their mission in Iraq is to sustain the needs of troops serving away from home.

Now the military mission here has changed, and as Operation New Dawn nears its completion, the AAFES concessions currently serving service members and civilians on Victory Base Complex are beginning the closure process.

Effective 1 April, all non-essential concessions, such as brand-named fast food operations, gift, jewelry, rugs, t-shirts and electronics shops, will be closed.

"The closure timing is linked to the proposed closure of each forward operation base," said Lt. Col. Larry Hart, senior liaison officer and AAFES officer-in-charge (forward) with AAFES military operations. "It is imminent that a delicate balance is maintained for class-six support as we thin and consolidate the AAFES footprint."

During this transition process, troops

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Photo by Sgt. A.M LaVey

Former Disney exec, Lee Cockerell, delivers lessons in leadership to senior enlisted leaders at a professional development program at Al Faw palace, Camp Victory Feb. 18.

Former Disney exec trains leaders

Story by Sgt. A.M. LaVey
USF-I Public Affairs

Senior leaders across Iraq have attended professional development programs led by Lee Cockerell, a former Army cook, during the first weeks of February. Camp Victory's Al Faw Palace was the site of a recent presentation on Feb. 18.

Cockerell once worked as a cook while assigned to Fort Polk, La., before his professional evolution took

him to corporate executive, then on to inspirational speaker. He made some interesting stops along the way, including military senior leaders deployed to Iraq.

After accumulating 30 years of hospitality and management experience working for companies such as the Hilton and Marriot hotel chains, Cockerell became executive vice-president for operations for the Walt Disney World Resort. He now teaches lessons in

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Chaplain's Corner

Everything I needed to know, I learned from Noah

By Chaplain (CDR) Roger Bouma
USF-I Operations Chaplain

You may have heard, "Everything we need to know we learned in kindergarten." I submit that "everything I need to know, I learned from Noah's Ark."

The following insights are taken from an anonymous author:

Remember, we are all in the same boat. Don't miss the boat. Plan ahead. It wasn't raining when Noah began the ark. Stay fit because when we are 60, we may be asked to do something really important. Don't listen to critics; just get on with the job that needs to be done. Build the future on high ground. For safety's sake, travel in pairs. Speed isn't always an advantage: the snails were on board with the cheetahs. When we are stressed, we should float for a while. Remember that the ark was built by amateurs; the Titanic was built by professionals. Finally, when we are with God, there is a rainbow at the end of the storm.

Commitment is a corps value that resonates among all branches of service. We talk about commitment to our significant others and commitment to our mission.

Individuals always work better as a team.

We all trained in different specialties, but our specialties shine brightest when we are supported by others. The Apostle Paul said that while we may be different parts of the body, we still form one body.

Performing our mission can be difficult, especially when critics are very vocal. Following through requires another corps value - moral courage.

We should respect all people of all colors, faiths, and diverse ethnic backgrounds. Within our respective callings, we should all strive to exhibit the highest degree of personal excellence and moral character.

One last thought:

The Bible does not contain the word retirement. As with Noah, our mission is to serve in our calling as long as God give us breath to do so. We need to take care of ourselves. Who knows, when we are 60, God may call us to do something really great!

Kindergarten holds nothing over the story of Noah for teaching us what we require to be effective in our life callings.

SARC Smarts



If someone you know has been sexually assaulted **DO:**

Be supportive and listen to them.

Communicate to your friend that he or she is not responsible for what happened.

Allow your friend to regain control by making his or her own decisions.

If someone you know has been sexually assaulted **DON'T:**

Attempt to seek revenge.

Make jokes.

Be angry with your friend.

Force them to talk and/or take control from them.

Ask your friend how they could "let this happen."

Assume you understand how your friend feels.

Discuss the incident with others unless you have permission from your friend.

Call the USF-I Deployed Sexual Assault Response Coordinator (DSARC) at 485-5085 or 435-2235 for help. Army members should seek assistance with their Unit Victim Advocate (UVA) or DSARC.



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A Soldier walks out of the Army and Air Force Exchange Service Post Exchange after purchasing personal items. PX/BX services have been available to service members on Victory Base Complex since 2003. Essential services like the PX/BX are scheduled to remain open until 60 days prior to the completion of Operation New Dawn.

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will have fewer options to dine and shop. The quality of life for service members and civilians on VBC will also evolve, as they must now face the inevitability of sustaining themselves without many of the amenities they have enjoyed.

"It takes away from the variety that is given to the people out here," said Sgt. 1st Class Dexter Avery, a tactical satellite noncommissioned officer-in-charge with the Company B, 40th Expeditionary Support Battalion. "It was great that... fast food restaurants were made available to us because sometimes simple things like this make us feel a little bit closer to home."

As changes occur in the coming months, VBC residents will also have to adjust by finding alternate resources for the things they want and planning ahead. Hart suggested that troops remain flexible and recognize that 2011 is a year of expectation management.

"With AAFES closing down their shops, I have to depend on care packages for most of my personal hygiene products, snacks and reading materials," said Warrant Officer Luis Figueroa, an electronic maintenance supervisor with Headquarters and Headquarters

Company, 40th ESB.

"It is somewhat of a downfall because it will be harder to purchase keepsakes to send back home," Avery said. "Although it is important to have some memorabilia from deployment, the honor of serving in Iraq with the support of AAFES is a memory of its own."

Quality of life for service members in Iraq continues to be a priority for AAFES. Essential services including the Post Exchange, beauty and barber shops,

alteration shops and internet services will remain open until 60 days prior to the base closure. Living with limited amenities is a challenge that must be faced as U.S. forces approach the end of their mission here.

"It is going to be rough, but it is something we have to deal with," said Figueroa. "We are warriors, therefore, we have that ability to adapt and overcome any obstacles that come our way."



Service members wait for their food in front of a mobile Subway concession. Concession stands are scheduled to close on Mar. 31.

Training, from page 1

leadership to groups world-wide.

Cockerell is no stranger to military audiences. He first spoke to military leaders when he gave a presentation to a group of general officers in Orlando, Fla. He met Gen. Lloyd J. Austin, USF-I commanding general, while Austin was the chief of staff for the U.S. Central Command.

Austin was impressed by Cockerell's "extraordinary ability to communicate his philosophy of leadership in a way that is easily embraced by others." As a result, the speaker has lead seminars at many of the general's commands.

Cockerell's strongest trait is that he leads by example," said Austin. "He has been exceptionally successful in every endeavor because he actually lives by those principles outlined in his philosophy."

Austin's command team and his senior enlisted advisor, Command Sgt. Maj. Joseph R. Allen, brought Cockerell to Iraq.

"I've heard him speak twice, and both times I've come away with so much inspiration," said Allen, at a meeting of senior enlisted leaders and the guest speaker.

Cockerell spoke of the similarities in how the Army and corporate America run their organizations and how many of the lessons learned by leadership in the corporate arena also apply to the armed forces and vice-versa.

"The Army knows what most people



Photo by Staff Sgt. Caleb P. Barrieau

Lee Cockerell speaks with Master Chief Petty Officer Teri M. McIntyre, command master chief, U.S. Naval Forces - Iraq, at a leadership and management seminar at held at Camp Victory Feb. 17.

know," said Cockerell, "you can't know everything at all times, but if you surround yourself with people who know their [mission] you'll be okay."

The difference between management and leadership was also covered.

Management is doing things, getting things done, checking the box, Cockerell said. Leadership is inspiring your people to [accomplish the mission] and taking care of them. Good leaders are "effective, efficient and successful."

"As leaders, we are in the people

business," said 1st Sgt. Garton E. Francis, first sergeant, Headquarters Support Company, Task Force Dragon. "As senior enlisted leaders, [we] set the tone, not only for that day, but for the entire period that you are there. I plan to get with my [NCOs] and share with them all I've learned."

All these lessons in leadership, combining them with planning for the future, taking care of yourself, being reliable and keeping a good attitude, Cockerell said, will get you far.

Electrical Fire Safety

Never overload extension cords or wall sockets.

Do not place cords and wires under rugs, over nails, or in high traffic areas.

Replace all worn, old, or damaged appliance cords immediately.

Look for products that meet the UL standard for safety when buying electrical appliances.

Do not trap electric cords against walls where heat can build up.

If an appliance has a three-prong plug, use it only in a three-slot outlet.

Soldiers train to combat sexual assault

Story and photos by
Staff Sgt. Edward Daileg
USF-I Public Affairs

Inside the walls of the Camp Liberty Gym, sounds of fierce and determined Soldiers delivering punches and kicks could be heard. They were there to learn sexual-assault defense strategies to improve their resistance against sexual predators.

The Sexual Assault Defense Class trains Soldiers on how to avoid being soft targets by teaching them self-defense techniques and giving them the self confidence to fend-off any sexual-assault attempts. Soft targets are described as unarmored, undefended, or otherwise vulnerable.

“The focus of this training is to teach Soldiers how to escape and evade sexual assault by giving them simple tools to defend themselves,” said the class instructor, Master Sgt. Richard Burkholder, clinical operations sergeant major with 807th Task Force - Medical.

During the training, Soldiers hit the floor mats wearing protective gear and gloves as they practiced punches, blocks and kicks using realistic scenarios to resist a perceived enemy.

“Being put in different situations and protecting yourself with physical force



Spc. Jennifer Bogacki, an automated logistical specialist with Co. A, 299th BSB, 2nd BCT, 1st Inf. Div., throws a punch at Capt. Patrick Naughton, a property book officer for TF 807th Med., and class instructor, during the Sexual Assault Defense Class at Camp Liberty, Feb. 09. Bogacki and Naughton were demonstrating techniques on how a Soldier can get away from an attacker using physical force.

was fun,” said Spc. Jennifer Bogacki, an automated logistical specialist with Company A, 299th Brigade Support Battalion, 2nd Brigade Combat Team, 1st Infantry Division. “It’s a learning experience that helped me the gain the confidence I need to react to attackers bigger and stronger than me.”

Although physical resistance was the main focus of the training, service members realized that there are simple things they can do to defend themselves effectively.

“I learned that we have weapons we don’t even think of as weapons, such as screaming, speed and situational awareness,” said Capt. Lillian Berry, commander, Co. A, 299th BSB, 2nd BCT, 1st Inf. Div.

Berry said learning how to use your voice to call for help and running to heavily populated areas can ward off attackers instantly.

Attackers don’t want attention drawn to themselves, said Spc. Monique Browett, a supply clerk

with Co. A, 299th BSB, 2nd BCT, 1st Inf. Div. “Using your voice as a first line of defense is the most effective way to keep attackers away.”

After the self-defense techniques portion of the training was over, Soldiers gathered in a circle as they were told of other available resources for assistance and what actions to take if they are sexually assaulted.

In the end, Soldiers gained some knowledge of self defense and realize the importance of the training.

Barry said the training gave them the opportunity to acquire the skill set and situational awareness to help mitigate sexual assault, giving them a chance to get away and survive such attacks.

As one successful class ends, other opportunities for service members will be available in the future. Classes are available upon unit request and anyone is welcome to join. Burkholder said his hope is to spread the training all throughout Victory Base Complex as part of his goal for the Sexual Assault Defense Class.



Spc. Monique Browett, a supply clerk with Co. A, 299th BSB, 2nd BCT, 1st Inf. Div., kicks a strike pad during the Sexual Assault Defense Training at Camp Liberty.

UNSUNG HERO



Spc. Michele C. Baker is recognized as this week's Unsung Hero and received a Certificate of Achievement from Brig. Gen. Michael X. Garrett, deputy chief of staff, United States Forces - Iraq, at Al Faw Palace, Feb. 18. Baker received the certificate for her exemplary performance as the food operations administration noncommissioned officer-in-charge for the Sports Oasis Dining Facility.

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What are you doing to improve yourself while deployed?



**Capt.
Zachary Staudter**
Requirements Action Officer
193rd Brigade Support Battalion
J6 Plans and Policy
"Working out, because it's a stress reliever and it keeps me physically fit."



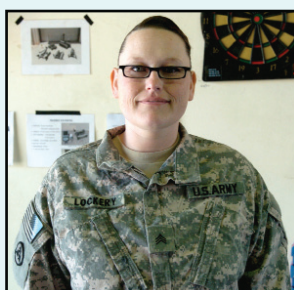
**Spc.
Johnny Artmann**
Robotic Technician/Information Management Officer
Joint Robotics Repair Detachment
"I want to learn how to ride a motorcycle, after winning a bike from Bikes from Baghdad."



**Spc.
Jason Williams**
Patient Administration Specialist
547th Area Support Medical Company
"I'm working on my warrant officer packet and physical fitness."



**Staff Sgt.
James Mullins**
Analyst Technician
USF-I J7 Explosive Hazards Coordination Cell
"I am trying to quit smoking. This is something I want to accomplish."



**Sgt.
Kerstin Lockery**
Robot Repair Technician
Headquarters Battalion
301st MI Bn.
"I'm going to attend Baghdad Signal University."



**Sgt.
Jeremy Sandoval**
Golby Troop Medical Clinic
Noncommissioned officer-in-charge
547th ASM Co.
"I will be studying economics and learning about stocks and mutual funds."

VBC Facility Operating Hours

Sports Oasis DFAC
Breakfast 5:00 - 8:30 a.m.
Lunch 11:30 a.m. - 2:30 p.m.
Dinner 5 - 8:30 p.m.
Midnight chow 11:00 p.m. - 1:00 a.m.
Sandwich Bar open 24 hours
Sunday brunch 7:30 a.m. - 1:30 p.m.

Education Center
8 a.m. - 8 p.m.

Camp Liberty Post Exchange
8 a.m. - 10 p.m.

Camp Victory Post Exchange
8 a.m. - 10 p.m.

Paul Smith Gym
Open 24 Hours

Victory Main Post Office
Monday - Friday 7:30 a.m. - 5:30 p.m.
Saturday 8 a.m. - 5 p.m.
Sunday 9 a.m. - 3 p.m.

USF-I Unit Mail Room
Customer Services/Mail Call:
Daily 3 - 6 p.m.

Al Faw Palace Post Office
Wednesday and Sunday
12:30 - 5:30 p.m.

Golby TMC Sick Call
Mon, Wed, Thur, Fri
08:30 - 10:30 & 1500 - 1700
Tues and Sat 0830 - 1030
Sunday - Emergency Only

Mental Health Clinic
Monday - Friday 9 a.m. - 4 p.m.
Saturday 9 a.m. - noon

Pharmacy
Monday - Friday 7:30 a.m. - noon;
1 - 4:30 p.m.
Saturday & Sunday 9 a.m. - noon

Websites

Check it out:

USF-I Web pages
www.usf-iraq.com
www.flickr.com/photos/mnfiraq
www.twitter.com/USF_Iraq

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United States Forces-Iraq
U.S. Army
XVIII Airborne Corps
Fort Bragg

Comedians boost morale, Soldiers share laughs

Story and photos by
Sgt. T.J. Moller
USF-I Public Affairs

Service members throughout Victory Base Complex shared laughs, as they were entertained by three comedians at the Sather Theater and Scorpion Morale, Welfare and Recreation facility, Feb. 15.

The 12-day, 10-show comedy tour coordinated by Lone Wolf Entertainment featured Olivia Arrington, Lars Callieou and Thea Vidale, who brought with them 50 years of comedic experience to share with troops in Iraq and Kuwait.

The returning comedians shared a common goal of serving the troops and boosting their morale as they toured the country.

Arrington, a comedian who has performed for troops in 23 different countries said, "I am happy to serve the Soldiers."

The appreciation that comes from the troops is something you don't see back home, she said. "I am going to keep on giving."

"I want the troops to see that they

matter to me," said Vidale. "I plan on doing as many tours as I can."

"Not many comedians get to do this," said Callieou. "It is an honor to be able to come over here and do a show."

"These shows help Soldiers relax after working long hours, and breaks up the monotony of life here," said Staff Sgt. Tisschya Anderson, an operating room technician with Company B, Task Force 86th Combat Support Hospital.

"Comedy is great for Soldiers and it boosts morale," said Spc. Sasha Papp, a medic with Co. B, TF 86th CSH.

"Shows like this are important because it takes us away from work and it gives us a chance to look forward to something we can relax to," said Staff Sgt. Christopher Strache, a structural craftsman with 447th Civil Engineer Squadron.

In the end, the comedians met their goal as the troops enjoyed the show and shared laughs that brightened their day.



Comic Olivia Arrington, one of three comedians on the 2011 Lone Wolf Entertainment Comedy Tour, entertains service members at Sather Theater on Sather Air Base, Iraq.



Senior Airman Brenton Roubo and Airman 1st Class Dahvid Schloss, computer systems operators with the 447th Expeditionary Communications Squadron, relax and enjoy the comedy show entertainment at Sather Theater on Sather Air Base, Iraq.