

THE *Ivy* U.S. DIVISION-NORTH LEAF



VOLUME 1, ISSUE 22

★★★★★ ESTABLISHED IN 1917 TO HONOR THOSE WHO SERVE ★★★★★

APRIL 1, 2011

U.S. Division-North welcomes new ‘Devil 6’



U.S. Army photo by Pfc. Alyxandra McChesney, 1st AATF PAO, 1st Inf. Div., USD-N

U.S. Division-North Commanding General Maj. Gen. David G. Perkins, 4th Infantry Division, presents brigade colors to Col. Michael Pappal, 1st Brigade Combat Team, 1st Advise and Assist Task Force, 1st Infantry Division, signifying the passing of trust, and responsibility for the unit and its Soldiers to the unit's new commander during a ceremony at Contingency Operating Site Warrior, Kirkuk, Iraq March 28, 2011.

Pfc. Alyxandra McChesney
1st Advise and Assist Task Force Public Affairs
1st Infantry Division, U.S. Division-North

CONTINGENCY OPERATING SITE WARRIOR, Iraq – Col. Michael Pappal assumed command of 1st Advise and Assist Task Force, 1st Infantry Division during a ceremony at Contingency Operating Site Warrior, Iraq, March 28.

With the passing of the brigade colors, Pappal assumed responsibility of “Devil” Brigade Soldiers spanning three coun-

tries, two continents and two conflicts.

Pappal said the Soldiers of Devil Brigade are completing their missions throughout the world—from the Rear Detachment at Fort Riley Kansas; to the task force serving in the advise, train and assist mission in support of Operation New Dawn in northern Iraq; to the “Iron Rangers,” 1st Battalion, 16th Infantry Regiment; “Pale Riders,” 4th Squadron, 4th Cavalry Regiment; and the “Dreadnoughts,” 2nd Battalion, 34th Armored Division, serving in Afghanistan.

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STEADFAST AND LOYAL
IRONHORSE
FIT FOR ANY TEST
DEVIL
LONGKNIFE
WARRIOR

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IRONHORSE STRONG: Soldier of the Week

For any military operation to run smoothly, military units conducting joint missions must be coordinated and synchronized, the parts of the whole acting as one.

Pfc. Lauren Leonard, Intelligence, Surveillance and Reconnaissance manager assigned to Company B, Division Special Troops Battalion, 4th Infantry Division, significantly contributed to the "One Team, One Fight" concept, providing critical, timely information in support of the U.S. Division-North operating environment in March.

Leonard gathered the critical information from advise and assist units within the U.S. Division-North footprint, collecting and prioritizing the information package sent to her chain of command for approval.

"She compiled all the information in a limited time using limited assets from other U.S. Divisions (in Iraq)," said Chief Warrant Officer 3 Brandy Galloway, Deputy Collections manager, Company B, DSTB, 4th Inf. Div. "She kept track of the various assets through constant phone calls and e-mails."

During operations in March, Leonard selflessly worked long hours to de-conflict more than 180 hours of full motion video coverage to ensure the coverage plan included the right assets at the right time.

"By gathering all the information, she made sure we were aware of our capabilities," said Galloway, who hails from Fountain, Colo.

Leonard ensured scheduled assets within U.S. Division-North synchronized with all supporting units' operations, as well as identifying gaps in coverage and dynamically re-tasking ISR assets to critical locations.



U.S. Army photo

Pfc. Lauren Leonard, Intelligence, Surveillance and Reconnaissance manager assigned to Company B, Division Special Troops Battalion, 4th Infantry Division, monitors U.S. Division-North ISR assets in northern Iraq, March 28, 2011.

"Her maturity, how she does her job, is far more advanced than the level of a (private first class)," said Staff Sgt. Jeff Gifford, collection, management and dissemination noncommissioned officer, Company B. "She's a self starter. She sets her own standards and then meets those standards."

Leonard's commitment to excellence and her dedication to accomplishing the mission resulted in enhanced situational awareness for commanders across U.S. Division-North's operating environment, earning her "Ironhorse Strong" Soldier of the Week.

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THE IVY LEAF

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Command Sergeant Major – Command Sgt. Maj. Daniel A. Dailey

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1st Advise and
Assist Task Force
1st Infantry Division

2nd Advise and
Assist Brigade
25th Infantry Division

4th Advise and
Assist Brigade
1st Cavalry Division

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"This is the highlight of my time in the Army, to be the most recent commander of a long list of commanders, of the oldest continually active brigade in the United States Army," said Pappal.

U.S. Division-North Commanding General Maj. Gen. David G. Perkins, 4th Infantry Division, expressed confidence in the 1st Bde., 1st Inf. Div. ability to accomplish its mission with excellence under Pappal's leadership.

"To the Devil Brigade Soldiers—great job in rising above the occasion and exceeding our expectations in a very difficult, very ambiguous, very challenging mission," said Perkins

In closing his speech before handing over the 1st Brigade to its new commander, Perkins said, "Col. Pappal, remember our nation is giving you the greatest honor we can give any citizen of the United States, and that is taking command of Soldiers in a combat environment."

Organized on May 24, 1917, 1st Bde., 1st Inf. Div. is the first Brigade to be created in the U.S. Army and remains as one of the only two divisional brigades in the U.S. Army authorized its own distinctive unit insignia.

Soldiers of 1st Brigade started their fight in the trenches of World War I, continuing to fight with valor in 24 major battles through America's major conflicts, ranging from World War II to

the Vietnam War.

In 1990, Devil Bde. Soldiers deployed in support of Operations Desert Shield and Desert Storm. Leading the front

lines into Iraq, Feb. 24, 1991; the battalions serving with the Devil Bde. earned a Valorous Unit Citation.

The Devil Bde. became one of the first units to deploy to Iraq as part of Operation Iraqi Freedom, July 23, 2003, again receiving the Valorous Unit Citation for the actions of its Soldiers.

Pappal, a native of Indiana, Pa., said he feels honored to have the opportunity to work side by side with so many different U.S. organizations and agencies, as well as the Iraqi forces working to rebuild their nation.

"I am grateful to be a part of such a historical time period here in Iraq, and particularly in Kirkuk," said Pappal

Command Sgt. Maj. John Jones, senior enlisted leader of 1st Advise and Assist Task Force, 1st Infantry Division, renders honors as the "Star Spangle Banner" plays during Col. Michael Pappal's Assumption of Command Ceremony at Contingency Operating Site Warrior, Kirkuk, Iraq March 28, 2011.



U.S. Army photo by Pfc. Alyxandra McChesney, 1st AATF PAO, 1st Inf. Div., USD-N

Leaders of 1st Advise and Assist Task Force, 1st Infantry Division, stand in formation as Col. Michael Pappal assumes command of "Devil" Brigade during as Assumption of Command ceremony at Contingency Operating Site Warrior, Iraq, March 28, 2011.



U.S. Army photo by Spc. Andrew Ingram, USD-N PAO

Field artillerymen, Iraqi Police 'clear out rooms' in Iraq during training exercise

Spc. Terence Ewings
4th AAB Public Affairs
1st Cav. Div., U.S. Division-North

CONTINGENCY OPERATING SITE MAREZ, Iraq – Maneuvering in four-man teams, Iraqi policemen of 3rd Federal Police Division formed stacks against the exterior of a training building before entering and clearing rooms as part of an urban operations training exercise at Contingency Operating Site Marez.

Soldiers of Battery A, 5th Battalion, 82nd Field Artillery Regiment, 4th Advise and Assist Brigade, 1st Cavalry Division, led close-quarter battle training for members of 3rd FP Div. at the Ghuzlani Eagle Training Site, March 21.

“Today we are focusing on hallway and room-clearing procedures and maintaining awareness while reducing their reaction time,” said Sgt. Kamowa Reynolds, a cannon crew member assigned to Battery A.

The 5th Bn., 82nd FA Regt., “Black Dragon” Soldiers taught the Iraqi federal policemen how to enter and clear a room, maneuvering squad-sized elements through the training site during the tactical exercise at the enduring training facility in northern Iraq.

Four-man teams of policemen practiced maneuvering through “L-shaped” hallways and clearing rooms along the way.

Using techniques acquired through multiple training events during the unit’s mission readiness exercise at the Joint Readiness Training Center, Fort Polk, La., Black Dragon troopers taught Iraqi Police how to clear objectives while searching for suspects and evidence.

“I just love training Soldiers in general,” said Reynolds, a native of Allentown, Pa. “The Iraqi Federal Police are motivated and willing to learn, and because of that they’re doing exceptionally well here.”

Staff Sgt. Gregory Pascal, platoon sergeant, Battery A, works as the senior advisor with the U.S. Soldiers responsible for leading the training for the tactical IPs in Mosul.

Serving his second deployment to Iraq, Pascal said training Iraqi Police is part of



U.S. Army photo by Spc. Terence Ewings, 4th AAB PAO, 1st Cav. Div., USD-N

Spc. Luis Gonzalez, field artilleryman, assigned to Battery A, 5th Battalion, 82nd Field Artillery Regiment, 4th Advise and Assist Brigade, 1st Cavalry Division, observes Iraqi policemen of 3rd Federal Police Division practice maneuvering as a four-man team in a “stack” formation during close quarters battle training at Ghuzlani Eagle Training Site, March 21, 2011. Gonzalez, a native of Hoover, Ala., taught the policemen basic urban tactical skills during a five-day training course to enhance Iraqi Security Forces’ proficiency in conducting urban operations.

his mission to advise, train and assist Iraqi Security Forces, building and refining the individual and small-unit tactics and capabilities of the Iraqi forces.

“I like working with the Iraqis in hands-on exercises like this,” said Pascal, a native of Blackwood, N.J. “From the first day of training when they’re not sure what to do, to the last day when their proficiency is better than when they first arrived, it’s all very rewarding.”

U.S. Soldiers hosted the five-day training course at the Ghuzlani Eagle Training Site to enhance the 3rd FP’s urban operations skills, preparing the Iraqi Police to conduct effective checkpoint operations, and secure the local populace.

Pascal said the federal police returned to their duty, responsible for providing security for the citizens of Mosul, bringing the knowledge and skills learned during the U.S.-led training.

“Some of the IPs that come here say they’ve never received training quite like this, and this is something that they’ve been looking for to better their skills,” said Pascal. “That’s why this training is so important, because these guys actually need it and will use it as soon as they leave.”

Black Dragon Soldiers continue to work to enhance ISF proficiency in conducting urban operations during 4th AAB’s deployment in support of Operation New Dawn.

Tadreeb al Shamil provides education opportunities for Iraqi, U.S. Soldiers

Sgt. Shawn Miller
109th MPAD
USD-N Public Affairs

FORWARD OPERATING BASE NORMANDY, Iraq —

As U.S. Soldiers watched intently, Iraqi Army infantrymen swept across an open plain to assault a mock village during a battalion live fire exercise at Forward Operating Base Normandy, March 27.

As the final test of skills learned during a 25-day Tadreeb al Shamil training cycle, Iraqi soldiers assigned to 4th Battalion, 21st Brigade, 5th IA Division demonstrated their ability to plan, rehearse and execute the battalion-sized exercise independent of U.S. assistance.

More important than simply proving their capacity to independently conduct the training event, Iraqi leadership showed the logistical progress made by Iraq's military, said U.S. Army

Iraqi Army officers of 4th Battalion, 21st Brigade, 5th IA Division use a terrain model to plan a battalion live fire exercise at Forward Operating Base Normandy, Iraq, March 27, 2011. Using Iraqi Army supplies and assets, the IA officers planned and completed the mission independently of U.S. assistance demonstrating their readiness to take full control of the Tadreeb al Shamil training program, said U.S. Army 1st Lt. Philip Riglick, executive officer of Company A, 1st Battalion, 21st Infantry Regiment.

1st Lt. Philip Riglick, executive officer of Company A, 1st Battalion, 21st Infantry Regiment.

In recent years, Iraqi Army supplies often remained stockpiled in warehouses far from ground troops, Riglick said.

Iraqi leadership now shows an improved logistical system capable of distributing assets to units in the field, with the live-fire exercise serving as tangible proof of their capabilities, noted Riglick.

"They're consuming and



U.S. Army photo by Sgt. Shawn Miller, 109th MPAD, USD-N PAO

using the resources owned by Iraqi Ground Forces Command ...," said Riglick, a native of Granite Bay, Calif.

"The only thing we supplied them was the knowledge on how to do this throughout the cycle," he said.

U.S. Soldiers of Company A, part of 2nd Advise and As-

sist Brigade, 25th Infantry Division, serve as instructors and advisors to Iraqi trainees during Tadreeb al Shamil, the IA initiative focused on building cohesion among units and modernizing Iraqi ground forces' capability to defend Iraq.

U.S. forces transitioned many of the teaching duties to Iraqi cadre working at the Kirkush Military Training Base and FOB Normandy, along with the responsibility to supply and finance Iraqi soldiers.

Beyond the logistics of supplying hundreds of battalion troops for the event, senior

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Iraqi soldiers advance toward a mock village while mortars bombard the target during a battalion live-fire exercise at Forward Operating Base Normandy, Iraq, March 27, 2011. The soldiers, assigned to 4th Battalion, 21st Brigade, 5th Iraqi Army Division, used the training exercise to showcase skills learned during a 25-day Tadreeb al Shamil training cycle. Tadreeb al Shamil, Arabic for All Inclusive Training, focuses classes on building unit cohesion and modernizing combat techniques.



U.S. Army photo by Sgt. Shawn Miller

'Long Knife' Troopers, Iraqi Police celebrate district headquarters opening

1st Cavalry Division



U.S. Army photo by Spc. Terence Ewings, 4th AAB PAO, 1st Cav. Div., USD-N

Brig. Gen. Dawud, commander of al Nasir District Police headquarters, and Chris Henzel, leader of Ninewa Provincial Reconstruction Team, cut the ribbon at the opening of the new al Nasir District headquarters, March 23, 2011. The Nasir District Police headquarters is one of ten Iraqi police stations built by the U.S. Army Corps of Engineers in Ninewa province, Iraq.

Spc. Terence Ewings
4th Advies and Assist Brigade Public Affairs
1st Cavalry Division, U.S. Division-North

CONTINGENCY OPERATING SITE MAREZ, Iraq – Soldiers assigned to 4th Advise and Assist Brigade, 1st Cavalry Division joined Iraqi policemen for the opening of al Nasir District Police headquarters, March 23.

The Nasir District headquarters building is one of ten head-

quarters built in Ninewa province, Iraq, collectively representing months of cooperation and an investment of more than \$16 million, said Lt. Col. Paul Reese, deputy commanding officer, 4th AAB, 1st Cav. Div.

“While the new bricks and mortar will not secure the people of Mosul, these completed police stations are symbolic of the growing strength of the Iraqi Police force,” said Reese, a native of St. Louis.

The Nasir District Police work in conjunction with Iraqi soldiers of 2nd Iraqi Army Division to secure local Iraqi citizens in northern Iraq.

U.S. Soldiers assigned to Task Force Shield, 4th AAB, are training the policemen to assume sole responsibility for securing the district without the aid of IA soldiers, allowing the 2nd IA Div. to focus on external security threats, said Lt. Col. James Wideman, Stability Transition Team chief for Task Force Shield.

“I’m glad that I was able to be here and assist the Iraqi Security Forces secure a better future for Iraq,” said Wideman, a native of Wildwood, Fla.

Maj. Achim Biller, civil military operations officer, 4th AAB, assisted the Ninewa Provincial Reconstruction Team coordinating the construction of the district police headquarters.

Biller said using funds provided through the Commander’s Emergency Response Program, the U.S. Army Corps of Engineers built the district headquarters to facilitate the growing number of local Iraqi Police in the area.

“It’s a good feeling to be able to put something like this together and hand over a better facility to the Iraqis,” said Biller, a native of Burlingame, Calif.

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Iraqi officers also demonstrated their planning skills, integrating mortar and helicopter teams into the exercise.

Battalion officers poured through their manuals, laid out terrain models and reviewed training from the month’s classes to determine the best methods for directing their soldiers to successfully attack the “enemy” stronghold without the need for U.S. help.

“The main issue we had with the event was the short amount of preparation time,” said Col. Anwar, commander of 4th Bn., 21st Bde.

The battalion achieved its

goal, despite only having three days to organize and plan the assault, said Anwar.

Effectively coordinating the exercise and maneuvering a battalion while adding in mortars and helicopter teams—all while using live ammunition—underscored the importance of the exercise displaying the IA’s progress, said Riglick.

After the successful completion of the live fire exercise and the training cycle, Riglick added, Iraqi leadership will see the tangible benefits of continued training once the Iraqi soldiers return to their duty stations.



U.S. Army photo by Sgt. Shawn Miller, 109th MPAD, USD-N PAO

An Iraqi Army mortar crew assigned to 4th Battalion, 21st Brigade, 5th IA Division fires an 81 mm mortar during a battalion live fire training exercise at Forward Operating Base Normandy, Iraq, March 27, 2011.

Iraqi soldiers test skills during Tadreeb al Shamil as U.S. leaders gauge progress



U.S. Army photo by Sgt. Shawn Miller, 109th MPAD, USD-N PAO

Iraqi Army jinood, Arabic for soldiers, assigned to 4th Battalion, 21st Brigade, 5th IA Division, practice room clearing techniques while their instructor watches closely from outside during a platoon training exercise at Forward Operating Base Normandy, Iraq, March 21, 2011. U.S. Soldiers assigned to 1st Battalion, 27th Infantry Regiment, 2nd Advise and Assist Brigade, 25th Infantry Division, supervised Iraqi cadre instructing classes, as part of an Iraqi military training initiative to create a self-sustaining ground force capable of protecting Iraq.

Sgt. Shawn Miller
109th MPAD
USD-N Public Affairs

FORWARD OPERATING BASE NORMANDY, Iraq —

At the end of several weeks of Tadreeb al Shamil classes at Kirkush Military Training Base, Iraqi Army company commanders tested their soldiers' skills during platoon and company-level exercises at Forward Operating Base Normandy, March 23.

Iraqi soldiers assigned to 4th Company, 4th Battalion, 21st Brigade, 5th IA Division practiced moving as a cohesive unit,

training on react to ambushes and Improvised Explosive Device drills in preparation for the culminating event of their 25-day training cycle—a battalion-sized live fire exercise.

After several months of U.S.-led training in support of Tadreeb al Shamil, Arabic for All Inclusive Training, Iraqi cadre assumed control of classes, demonstrating techniques to the trainees as U.S. Soldiers assumed a supervisory role and assessed the ongoing training.

Iraqi instructors are previous graduates of the Tadreeb al Shamil program, specially selected by U.S. forces to lead

the training efforts in support of Tadreeb al Shamil during March's training iteration, said Sgt. Jeremy Mingle, an infantryman assigned to Company A, 1st Battalion, 27th Infantry Regiment, 2nd Advise and Assist Brigade, 25th Infantry Division.

Iraqi instructors training Iraqi soldiers on the techniques, tactics and procedures previously taught by U.S. Soldiers is a strong indicator that Tadreeb al Shamil is working, said Mingle, a native of Cortland, N.Y.

"Us stepping back shows that we trust them to take care of their own missions and training their own soldiers," he said.

Having Iraqi trainers leading the courses also allowed the students to receive more training in a shorter time without the need for interpreters to translate between U.S. instructors and Iraqi troops, Mingle added.

Mingle and fellow Soldiers serve as advisors attached to 1st Battalion, 21st Infantry Regiment, 2nd AAB, overseeing the individual and collective training during the month-long rotations.

During three days of training in the hilly terrain at FOB Normandy, Iraqi unit leaders planned and executed their own missions as U.S. Soldiers watched carefully, evaluating the progress made by the troops and their instructors.

Even the instructors stepped back more and more from the first day to the final day, allowing the trainees to act on their own and make their initial mistakes, said 1st Lt. Stuard Stegall, a platoon leader with Company A, 1st Bn., 27th Inf. Regt., and native of Tulsa, Okla.

After each exercise, Stegall and the Iraqi cadre gathered the students to offer an assessment of the soldiers' performance, identifying areas where they did well and areas where the students need more practice.

During the final exercise of the three-day event, the instructors teamed with several U.S. Soldiers to create a training scenario incorporating simulated IEDs, ambushes and "enemy" fighters in a small cluster of training buildings.

Stegall said the Iraqi soldiers completed the lane one time without any assistance from the instructors, allowing the platoons to learn from their mistakes.

"It's very important to make mistakes in a training environment," said Stegall. "Here you may get yelled at—you may get scuffed up when you make mistakes—but everyone is still alive."

The Iraqi students moved slowly through the scenario at first as simulated explosions and mock enemy fire pinned down their platoons.

Instructors and U.S. leaders provided their evaluations, before sending the trainees back through for a second and final time.

"The way they reacted, you could tell they were a lot better as a unit," Stegall said after the second event.

As Iraqi officers and leadership witness the progress made by their soldiers during the 25-day Tadreeb al Shamil cycle, it is just as important for U.S. Soldiers to see progress and know their efforts during Operation New Dawn are paying off, Stegall noted.

IA soldiers complete GWTC combat training rotation



U.S. Army photo by Spc. Terence Ewings

U.S. Division-North and 4th Infantry Division Commanding General Maj. Gen. David G. Perkins congratulates Iraqi soldiers assigned to 3rd Battalion, 11th Brigade, 3rd Iraqi Army Division, after the completion of their month-long training rotation at Ghuzlani Warrior Training Center, March 31, 2011.

Spc. Terence Ewings
4th AAB PAO
1st Cav. Div., USD-N

CONTINGENCY OPERATING SITE MAREZ, Iraq —

Iraqi soldiers assigned to 3rd Battalion, 11th Brigade, 3rd Iraqi Army Division, concluded a month-long training cycle with U.S. Soldiers at Ghuzlani Warrior Training Center culminating in a battalion live fire exercise, March 31.

The Iraqi Army soldiers showcased fire and maneuver techniques taught by “Head Hunter” Troopers of 1st Squadron, 9th Cavalry Regiment, 4th Advise and Assist Brigade, 1st Cavalry Division.

“This is a very high level of training and (the Iraqi soldiers) did very well; obviously this battalion is well-trained,” said U.S. Division-North and 4th

Infantry Division Commanding General Maj. Gen. David G. Perkins.

Attacking three different “enemy” objectives, using direct and indirect fire during the exercise, the Iraqi light infantry battalion employed all of the training learned during the previous three weeks under the tutelage of U.S. Soldiers.

Four of the IA companies led a ground assault, while the mortar company launched 60 mm and 81 mm high explosive mortar rounds, engaging notional “opposing forces” during the training exercise.

Perkins and the Head Hunter Soldiers watched as Iraqi Army soldiers maneuvered to assault the enemy positions, while mortar rounds flew overhead.

“We spend as much time thinking about and preparing doctrine for how we train as we do on how we fight and prepare our doctrine for fighting,” said Perkins, during his speech following the live fire event.

“When you bring all those (elements) together, you end up with a great training exercise like this, which ends up with a well-trained unit that can fight,” said Perkins.

During the past month, U.S. Soldiers have worked with their Iraqi partners to modernize the Iraqi battalion as part of Tadreeb al Shamil, an Iraqi military training program to provide individual and collective infantry training for Iraq’s ground forces.

Starting at the individual, squad and platoon levels, the IA soldiers build on their tactical knowledge and skills, progressing to company and battalion-level exercises during the 25-day training cycles of Tadreeb al Shamil, Arabic for All Inclusive Training.

“They enjoy it,” said Lt. Col. John Cushing, commander

of the Head Hunter Squadron. “I think they enjoy getting out of the normal routine of being put on different checkpoints and they get an opportunity (to train as a battalion) and come together as one team.”

The all inclusive training is an Iraqi Ground Forces Command training initiative to develop and strengthen IA units’ capabilities to secure and defend the people of Iraq from external threats to Iraq’s sovereignty.

This is the first battalion-level training event the Iraqi soldiers of 3rd Battalion, 11th Brigade, 3rd Iraqi Army Division have conducted collectively, said Cushing.

“(The Iraqi soldiers) have never trained together as a battalion, so we take it upon ourselves to really try to help them understand what right looks

like through this training,” said Cushing, a native of Rochester, Mich.

The Ghuzlani Warrior Training Center is one of two Iraqi training centers in northern Iraq where both company and battalion-sized units can practice and enhance their fire and maneuver techniques with live ammunition.

“We all knew before we came here we were coming in to advise, train and assist the Iraqi Security Forces. So whatever we could do to make that a reality is very important to the squadron,” said Cushing.

During the deployment in support of Operation New Dawn, Soldiers of Head Hunter Squadron have led three iterations of Tadreeb al Shamil rotations for the 3rd Iraqi Army Division at GWTC since January.



U.S. Army photo by Spc. Terence Ewings, 4th AAB PAO, 1st Cav. Div., USD-N

Iraqi soldiers assigned to 3rd Battalion, 11th Brigade, 3rd Iraqi Army Division, maneuver toward the final of three objectives during a live fire exercise at Ghuzlani Warrior Training Center, March 31, 2011. The Iraqi soldiers demonstrated the enhanced combat skills acquired during a month of partnered training with U.S. Soldiers of 1st Squadron, 9th Cavalry Regiment, 4th Advise and Assist Brigade, 1st Cavalry Division, during the culminating battalion level live fire exercise. The 3rd Bn., 11th Bde., 3rd IA Div., is the third IA unit to complete the month long training exercise at the training center.

12th IA medics prepare for emergencies

Spc. Kandi Huggins
1st AATF Public Affairs
1st Inf. Div., U.S. Division-North

CONTINGENCY OPERATING LOCATION K1, Iraq – Medics assigned to 12th Iraqi Army Division, hurried through a field, carrying stacks of litters to assist fellow wounded jinood during a mass casualty exercise at Contingency Operating Location K1, March 23.

The Iraqi combat medics partnered with combat medics of Company C, “Guardians,” 101st Brigade Support Battalion, 1st Advise and Assist Task Force, 1st Infantry Division, for the exercise, where they treated artificial wounds sustained during a simulated helicopter crash.

Lt. Col Amed, Division Surgeon, 12th IA Div., said the Iraqi soldiers, or jinood, understand the basics of their responsibilities as medics, and are very organized in their approach to caring for a casualty in a hostile environment.

Amed said he helped develop the medics by teaching the jinood to prioritize patient care during combat, assessing patients and administering treatment as appropriate.

MASCAL exercises offer realistic scenarios to help prepare units for emergencies, said Sgt. 1st Class William Wright, medical advisor for Iraqi Security Forces serving at COL K1.

The response, mitigation and recovery involved in the realistic simulation of a MASCAL drill ensure IA medics understand multi-tasking and each individual’s responsibility when triaging and caring for casualties, said Wright, a combat medic assigned to Company C, 101st BSB, 1st AATF, 1st Inf. Div.

“It’s critical they have a medical element that is able to support them during their real-world operations,” said Wright, who hails from Fort Riley, Kan. “They have the



U.S. Army photo by Spc. Kandi Huggins, 1st AATF PAO, 1st Inf. Div., USD-N

During a mass casualty exercise at Contingency Operating Location K1, combat medics of 12th Iraqi Army Division provide emergency medical care to a “notional” casualty, simulating wounds as part of a training scenario led by medics of 1st Advise and Assist Task Force, 1st Infantry Division, March 23, 2011. Designed to test 12th IA Div. medics’ ability to treat patients under the pressures of combat, the exercise presented realistic scenarios and stressors, such as taking enemy fire, to validate the Iraqi soldiers’ training provided by U.S. Army medics of Company C, 101st Brigade Support Battalion, 1st AATF, 1st Inf. Div.

basic idea ... but until they get hands-on training, they won’t fully understand the components involved in a mass casualty.”

Spc. Chip Allen, combat medic, Company C, said the MASCAL exercise offered a venue for IA medics to refine their skills and abilities.

“We set up training lanes in order for them to practice setting up security, treat patients accordingly and evacuate them to a safe zone,” said Allen, who calls Denton, Texas home. “If they continuously apply dressings and tourniquets, and whatever they need to do to treat patients over and over, eventually their skills will become quicker and smoother, and they will work together more and be better at their jobs.”

IA medics conducted two iterations of

the MASCAL exercise. The first scenario simulated a helicopter crash with multiple casualties. In the second simulation, notional enemy forces opened fire on an ambulance full of passengers, injuring everyone inside.

Combat medics of 12th IA Div. participated in every aspect of the exercise, from receiving moulage makeovers, portraying casualties, to acting as security while the other medics trained.

Allen said the training was designed to place the trainees in difficult situations to develop their skills to the level of more experienced medics.

“Sometimes you get training but don’t get hard training; but I feel we’ve challenged them and made it more of a realistic situation for them,” he said.

As the medic training progresses, the Guardian Soldiers look forward to incorporating more IA units into the MASCAL exercise, said Wright. By incorporating other units into the medical training, Iraqi Security Forces will increase the number of 12th IA Div. jinood prepared for an emergency.



U.S. Army photo by Spc. Kandi Huggins, 1st AATF PAO

Always making little improvements

25th Infantry Division

1st Lt. Kyle Miller
2nd Sqdn., 14th Cav. Regt.
2nd AAB Public Affairs
25th Inf. Div., U.S. Division-North

CONTINGENCY OPERATING LOCATION COBRA, Iraq – Holding a pair of pliers while leaning into a mess of concertina wire, a Soldier began cutting free a picket for salvage at a checkpoint near Contingency Operation Location Cobra.

Without flinching, Pfc. Joseph Andali slid the picket out with the help of fellow Soldiers. Sun burning high overhead on a hot afternoon in late March, the infantryman from New Hyde Park, N.Y., pounded the post down and forced the sharp concertina wire back into place. Like clockwork, the Soldiers picked up their equipment and moved toward another tangled weakness in their checkpoint defenses, leaving an organized and intimidating line in their trail.

U.S. Soldiers of Troop A, 2nd Squadron, 14th Cavalry Regiment, 2nd Advise and Assist Brigade, 25th Infantry Division assumed the responsibility to assist the Iraqi Army and Kurdish Regional Guard Brigade maintain operations at combined checkpoints in June 2010.

The combined checkpoints in Diyala province of northern Iraq promote security in the region and provide a unique opportunity for the IA and RGB to work and train together, said Staff Sgt. Kyle O'Leary, a cavalry scout from Tehachapi, Calif.

Working with the combined security forces in Diyala, Soldiers of 2nd Sqdn., 14th Cav. Regt., 2nd AAB followed a basic principle of soldiering: constantly improve the position.

After establishing numerous defensive improvements, such as gates, fences, walls and sandbags, the platoons manning the checkpoints found the need to improve and rebuild positions.

High winds and heavy rain altered the terrain and degraded fortified positions, said O'Leary.

The constant attention to security and protection provided an additional opportunity to teach and train the Iraqi Security Forces, said Staff Sgt. Darwin Phillips, a native of Angeles City, Philippines.

"We're also trying to get the ISF involved with our battle drills and reconnais-

sance so they can see how we do things," explained Phillips a cavalry scout assigned to Troop A.

Integrating the ISF into battle drills at the combined checkpoints provided an opportunity for realistic training for the tripartite forces, said Phillips.

Battle drills, pre-determined actions conducted with few orders in reaction to various circumstances, remain vital to the overall force protection posture, he added.

Phillips said a proactive approach must be used to prevent the combined security forces from becoming complacent in their day-to-day operations.

According to Capt. Thomas Burns, commander of Troop A, 2nd Sqdn., 14th Cav. Regt., U.S. Soldiers operating at the combined checkpoints vigilantly strive to improve their defensive positions and also take time to build simple amenities for the tripartite forces.

"The gyms have become more robust," said Burns, a native of Kearny, N.J., "We've built (a Morale, Welfare, and Recreation) center; then there's the (weapons) ranges themselves—training is definitely a quality of life improvement."

Early in the squadron's deployment, Soldiers subsisted on supplies of Meal-Ready-to-Eat rations. In contrast, each

checkpoint now has a small grill and a cold container to store hamburgers and hot dogs, said Burns.

Complementing the increased protection of razor wire and heavy gates, simple pump-fed showers and modest gyms enhance the Soldiers' quality of life, he said.

The small section of Soldiers working along the barbed wire fence displayed knowledge and skills acquired from their experience, quickly stopping to mend broken, disorganized breaks in the perimeter.

The Soldiers resourcefully salvaged damaged concertina wire and buried pickets, using available supplies on hand.

"Without anything on hand, we're going to go through, restring and improve," Burns said. "We identify what we're short and keep ordering; working until we're either out of time or supplies."

Force protection remains an ongoing requirement that U.S. Soldiers and their Iraqi counterparts face on a daily basis, said O'Leary.

Holding back a strand of razor wire in his gloves, O'Leary reflected on his platoon's accomplishments.

"It's a constant thing," he said. "I can't tell you how many times we've been out here re-establishing our positions, making them stronger."



U.S. Army Photo by 1st Lt. Kyle Miller, 2nd Sqdn., 14th Cav. Regt., 2nd AAB, 25th Inf. Div., USD-N

Pfc. Joseph Andali, left, infantryman, Troop A, 2nd Squadron, 14th Cavalry Regiment, 2nd Advise and Assist Brigade, 25th Infantry Division, turns his head away as Staff Sgt. Brian Bingham, cavalry scout, Troop A, cuts an uprooted picket free from the maze of concertina wire near a Diyala Province combined checkpoint, March 26, 2011.

Tadreeb al Shamil graduates learn teamwork, benefits of ongoing training

Sgt. Shawn Miller
109th MPAD
USD-N Public Affairs

KIRKUSH MILITARY TRAINING BASE, Iraq - As the newest graduates of Tadreeb al Shamil, the Iraqi Army's comprehensive training program, soldiers assigned to 4th Battalion, 21st Brigade, 5th IA Division, returned to their duty stations across Iraq to carry on lessons learned.

Following 25 days of military training, senior IA and U.S. officers honored more than 400 members of the battalion during a graduation ceremony at Kirkush Military Training Base, March 28.

U.S. Army Lt. Col. Robert Forte, deputy commanding officer of 2nd Advise and Assist Brigade, 25th Infantry Division, expressed gratitude to the Iraqi soldiers as they prepared to leave KMTB to continue their mission in defending the people of Iraq.

"It has been our honor to work side by side with you and to watch you improve every day," said Forte. "We look forward to seeing continued victories and success with this bat-

talion and the 5th IA Division as you continue to secure Iraq for the people and for a positive future."

The Iraqi soldiers became the third class to graduate from the course at KMTB, which began rotating Iraqi Army battalions through the 25-day Tadreeb al Shamil training cycles earlier this year.

Tadreeb al Shamil, Arabic for All Inclusive Training, focuses on building cohesion in IA units and changing their mission from focusing on internal security to defending against external threats, said Col. Anwar, commander of 4th Bn., 21st Bde., 5th IA Div.

"We've been seeing the benefits of this training from the beginning," said Anwar.

Tadreeb al Shamil provides Iraqi officers and noncommissioned in his battalion the opportunity to collectively train, learning with their soldiers and developing as a team, rather than conducting individual, isolated training at Iraqi bases and security checkpoints throughout northern Iraq.

During the course, Iraqi soldiers learned the benefits of daily training, said Anwar,



U.S. Army photo by Sgt. Shawn Miller, 109th MPAD, USD-N PAO

Iraqi Army jinood, Arabic for soldiers, assigned to 4th Battalion, 21st Brigade, 5th IA Division, revel in their certificates of completion, following a Tadreeb al Shamil Graduation Ceremony at Kirkush Military Training Base, Iraq, March 28, 2011. As part of Tadreeb al Shamil, the Iraqi-led initiative focused on building military capabilities, Iraqi soldiers completed 25 days of training on ground combat fundamentals and coming together as collective units.

from conducting morning physical fitness to building trust in their weapons and comrades, learning to move and communicate as squads, platoons and companies.

"When we go back, we will continue to do this training in our own time so the soldiers do not forget it during missions," Anwar said.

U.S. Soldiers of Company

A, 1st Battalion, 21st Infantry Regiment, 2nd Advise and Assist Brigade, 25th Infantry Division led the training classes during previous cycles, until recently transitioning most of the teaching responsibilities to Iraqi cadre.

Throughout the training cycle, U.S. Soldiers stressed the importance of a daily training regimen to develop and maintain skills critical to being a soldier ready for combat.

Anwar said the partnership and dedication of his American counterparts made the training program possible and showed the possibilities of what could be achieved through such training.

Upon the completion of the graduation ceremony, U.S. forces began working with Iraqi cadre to prepare for the next training rotation at KMTB scheduled to start in early April.

Iraqi Army soldiers of 4th Battalion, 21st Brigade, 5th IA Division stand in review before senior officers during a graduation ceremony at Kirkush Military Training Base, Iraq, March 28, 2011. More than 400 soldiers assigned to the battalion graduated the 25-day Tadreeb al Shamil, an Iraqi military training initiative to develop the Iraqi Army's ability to act as a collective unit and modernize its combat techniques. The Iraqi soldiers became the third class to graduate from the course at KMTB, which began rotating Iraqi Army battalions through the 25-day Tadreeb al Shamil training cycles earlier this year.



U.S. Army photo by Sgt. Shawn Miller, 109th MPAD, USD-N PAO

'Wolfhounds,' PRT deliver pediatric wheelchairs to Tikrit Rehabilitation Hospital

Sgt. Coltin Heller
109th MPAD
U.S. Division-North Public Affairs

CONTINGENCY OPERATING BASE SPEICHER, Iraq – Iraqi parents soothed and cradled their children, waiting for assistance promised by the Tikrit Rehabilitation Hospital staff.

Smiles appeared on the faces of Iraqi children and their parents as members of Salah ad Din Provincial Reconstruction Team, escorted by U.S. Division-North Soldiers assigned to Company A, 1st Battalion, 27th Infantry Regiment, 2nd Advise and Assist Brigade, 25th Infantry Division, delivered wheelchairs to Iraqi families in need March 28.

Brad Blauser, founder of a non-profit organization that provides pediatric wheelchairs for disabled Iraqi children, personally delivered 12 wheelchairs purchased with funds donated by the PRT.

"This program tries to do this as often as possible," Blauser said. "For us, it's all about the kids."

Members of the hospital staff assisted

A staff member of the Tikrit Rehabilitation Hospital unloads a pediatric wheelchair for Iraqi families with physically disabled children, March 28, 2011. The non-profit organization, which donated the chairs that facilitated better mobility and quality of life for the children, also donated several wheelchairs in February. "This program tries to do this as often as possible," said Brad Blauser, founder of the non-profit organization that donated the chairs. "For us, it's all about the kids."

Blauser and PRT members unload the wheelchairs transported by "Wolfhound" Soldiers of 1st Bn., 27th Inf. Regt. Parents carried their children into the Tikrit Rehabilitation Hospital gymnasium, and with assistance from the PRT, settled their children into their new wheelchairs.

"For many of these kids, this is the first time they have seen a wheelchair," said Staff Sgt. Matthew Spady, civil liaison team noncommissioned officer who works with the PRT. "The kids seem frightened at first, but after awhile you can see them enjoying the chair."

Spady, with other members of the PRT, fitted each child to their new pediatric wheelchair, adjusting the foot rests and



U.S. Army photo by Sgt. Coltin Heller, 109th MPAD, USD-N PAO

padding, ensuring the children sat comfortably and secure.

"This is big deal for these kids. They are usually carried or carted everywhere," said Spady, who hails from Rainier, Oregon. "You notice a big difference."

"You could tell the parents were really into what we were doing," said 1st Lt. Ty Lin, platoon leader, Company A. "They watched and were very attentive on what was going on, so they know what to do to make their kids as comfortable as possible."

Lin, who escorted the PRT on previous humanitarian missions, said he enjoys the reactions of the children, and has no reservations coming back.

"I'm proud to escort the PRT when conducting this type of mission," said the Danville, Calif. native. "It's great knowing you could have a hand in something as good as this."

In addition to the 12 chairs donated during the event, the PRT donated 20 chairs in February, providing other Iraqi families better quality of life for their children.

Staff Sgt. Matthew Spady, civil liaison team noncommissioned officer who works with the Salah ad Din Provincial Reconstruction Team, makes one last adjustment to a pediatric wheelchair donated to the Tikrit Rehabilitation Hospital, March 28, 2011. U.S. Division-North Soldiers assigned to Company A, 1st Battalion, "Wolfhounds," 27th Infantry Regiment, 2nd Advise and Assist Brigade, 25th Infantry Division, transported the wheelchairs, provided by a non-profit organization.



U.S. Army photo by Sgt. Coltin Heller, 109th MPAD, USD-N PAO

Iraqi Kids Day brings spirit of Iraq to ‘On Time’ Soldiers at Joint Base Balad



U.S. Army photo by Staff Sgt. Ricardo Branch, 2nd AAB PAO, 25th Inf. Div., USD-N

A local Iraqi girl breaks open a piñata during an Iraqi Kids Day, March 26, 2011, at Joint Base Balad, Iraq. Since the summer of 2010, units serving at Joint Base Balad have hosted Kids Day. Hosted by U.S. Soldiers of 2nd Brigade, 25th Infantry Division, approximately 100 Iraqi children participated in the day's events, to include rappel rides, face painting, and sport activities. Since the summer of 2010, U.S. Soldiers of Joint Base Balad have hosted Kids Day, offering kids and local Iraqis a rare glimpse in the lives of U.S. troops operating in and around Balad.

Staff Sgt. Ricardo Branch
2nd AAB Public Affairs
25th Inf. Div., USD-N

JOINT BASE BALAD, Iraq – A group of excited, young Iraqi children jumped up to swarm 1st Lt. Jae Kim, dashing around his feet, in an attempt to catch the soccer ball he kicks around playfully at the Joint Base Balad Morale, Welfare and Recreation building March 26.

One year ago, interacting with Iraqi kids only occurred in fleeting moments when U.S. Soldiers took small breaks on patrol to play with the kids, said Kim. These days, units operating from Joint Base Balad regularly host events, such as the Iraqi Kids Day, bringing service members together with the local community.

Kim, a native of Fort Lee, N.J., said after numerous missions outside the base, playing with kids can bring joy to even the most battle-tested Soldiers.

“Some of these kids come from some economically depressed areas, so you don’t see a lot of fun activities where all the kids get together,” said Kim, Battery A, 2nd Battalion, 11th Field Artillery Regiment, 2nd Advise and Assist Brigade, 25th Infantry Division.

“The simple things we take for granted, you just don’t see a lot of here, so it’s good to just get a bunch of the kids together for some fun.”

“When the kids see us on the streets, all they see are Soldiers in body armor with weapons, moving about on missions,” Kim said. “This lets them see

the other side of U.S. Soldiers.”

He explained that events, like the Kids Day, serve dual roles to the Iraqi community.

“Bringing the kids here allows them to see us without our combat gear and learn we’re just like everyday people, and it gives parents an opportunity to see we’re here to help them,” Kim said.

Soldiers of 2nd Brigade, 25th Infantry Division, joined units at Joint Base Balad, hosting approximately 100 Iraqi

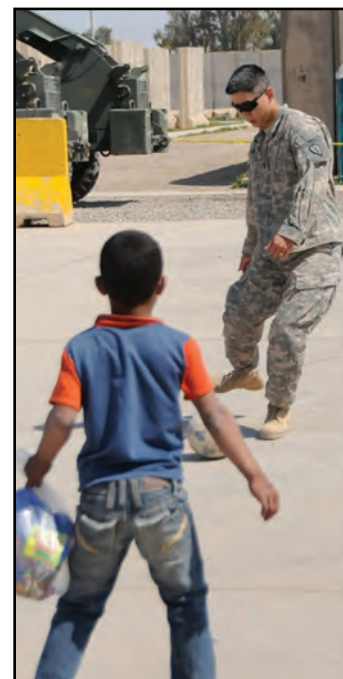
1st Lt. Jae Kim, a native of Fort Lee, N.J., and executive officer of Battery A, 2nd Battalion, 11th Field Artillery Regiment, 2nd Advise and Assist Brigade, 25th Infantry Division, U.S. Division North, kicks a soccer ball around with a local Iraqi child during an Iraqi Kids Day, March 26, 2011, at Joint Base Balad, Iraq.

children participating in the day’s events, to include rappel rides, face painting, sport activities, and a piñata filled with candy and toys.

“Seeing these kids here together enjoying themselves and just being kids is good to see,” said Spc. Francisco Valdes, an artilleryman assigned to Battery C, 2nd Bn., 11th FA Regt. “I’ve been able to see a lot of good things we have done in Iraq and this is definitely one of those good things.”

Valdes, from Aibonito, Puerto Rico, and father of three, said the kids often remind him of his own children, which prompted him to take part in the Iraqi Kids Day activities.

“I’ve always heard about these events but never took part in them,” he said. “I volunteered immediately when I heard Kids Day was happening again on JBB. Just seeing the kids smile makes all the hard work we do here worth it.”



U.S. Army photo by Staff Sgt. Ricardo Branch

Appreciating the moments, Chamillionaire learns about Soldiers at COS Warrior



U.S. Army photo by Spc. Kandi Huggins, 1st AATF PAO, 1st Inf. Div., USD-N

Chamillionaire, a rapper from Houston, performs for service members and civilians stationed at Contingency Operating Site Warrior, March 27, 2011, as part of the Chamillionaire Tour, a Morale, Welfare and Recreation-sponsored event for Soldiers deployed to U.S. Division-North in support of Operation New Dawn. The rapper said he enjoyed performing for troops and appreciates the opportunity to say "Thank you" to America's men and women in uniform.

Spc. Kandi Huggins
1st AATF Public Affairs
1st Inf. Div., U.S. Division-North

CONTINGENCY OPERATING SITE WARRIOR, Iraq – "It's different from seeing it on TV," said rapper Chamillionaire about his first-hand experience with the Soldiers and their daily lives at Contingency Operating Site Warrior. "When you see it on TV, you have a certain view of how you think the military life is ... I feel closer and understand a lot more now than what I did before."

Rap artist Chamillionaire visited service members and civilians based at COS Warrior during a Morale, Welfare and Recreation Tour, performing for service members and civilians March 27.

During the day, Chamillionaire visited with military police and received a tour of their compound at COS Warrior.

The MPs accompanied the hip-hop artist to their motorpool for a crash course in how to properly wear tactical equipment and how to enter a tactical vehicle. Later, the troops sat down with Chamillionaire to share their experiences of life for a Soldier in Iraq.

"That was the most interesting part—learning," said Chamillionaire. "Everybody has their own twist on history, and this place is rich with history. It made me want to go back and read up more."

Later that night, a crowd of service members and civilians crowded the stage known as the Wagon Wheel, taking in every moment of Chamillionaire's performance.

The artist kept the crowd on their feet with their hands in the air as he motivated them to "Body Rock" and "Say Good Morning."

Cpl. Jeremy Jordan and Cpl. William

Daniels said it was "cool" to see the rapper in person and they are grateful for the opportunity to spend time with an icon.

"I was listening to Chamillionaire before the world knew who he was," said Jordan, a military policeman from Houston, assigned to Headquarters and Headquarters Company, 1st Special Troops Battalion, 1st Advise and Assist Task Force, 1st Infantry Division. "I felt honored to meet someone from my hometown, knew and listened to growing up."

Jordan received the opportunity to escort Chamillionaire around COS Warrior and said, for him, the highlight of the rapper's visit, came when he played a pick-up game of basketball with the rapper.

Daniels, a motor specialist, also from Houston, serving with Company F, 2nd Battalion, 12th Cavalry Regiment attached to the 1st AATF, 1st Inf. Div., said it was an honor for him to be called up on stage with Chamillionaire.

"When I got on stage with Chamillionaire, there was no fear when I looked down at the crowd," said Daniels about his free-style performance with the rapper.

It felt great seeing people he knew from his neck of the woods, said Chamillionaire.

The rapper said he could tell, when they shook his hand and said they appreciated him coming to visit, they meant it.

"I definitely appreciate the job and service our troops do for us a lot more," Chamillionaire said. "I see troops all the time in the airport. I shake their hands and it's easy to be like 'keep your head up, come back safe' but as you get closer to see everything they go through every day ... it's a different appreciation," said Chamillionaire.

People have their opinion about Soldiers based on what they see on television and what they see in movies, but there's a lot going on in the lives of the Soldiers in Iraq, said Chamillionaire.

Chamillionaire said he has performed for Soldiers before, mostly at Fort Hood, Texas, but the experience did not compare to entertaining troops overseas, and hanging out with the Soldiers deployed in support of Operation New Dawn.



Chaplain's *Seizing the Ordinary* Corner: *Moments Every Day*

Maj. Kenneth Hurst
Deputy Chaplain
U.S. Division-North

Many of you are familiar with the old Bible story of David and Goliath.

The armies of ancient Israel were under siege by the Philistine aggressor, Goliath. He was a notorious warrior who violently slew his enemies, and on this day, he was taunting the king of Israel to take action.

Everyone in Israel's army was too frightened to step forward to battle the giant. Finally, the shepherd boy, David, accepted the challenge. David would not permit Goliath's mockery of God or his king to be voiced unopposed.

I'm sure that you remember the ending. David goes to battle by faith and mortally wounds the enemy with a smooth stone and sling shot.

This is a great story filled with lessons for faith and life; yet, this was a very unusual event. Slaying giants didn't happen every day.

In fact, it only happened once! David spent most of his days in an incredibly boring and mundane job—watching sheep. The ordinary days for David were spent sitting on a hillside, baby-sitting smelly sheep—but the ordinary days prepared

him for the extraordinary.

During my first deployment, I left my Ford Taurus in the care of my daughter while she was attending college. She totaled it, and it was a write off. This is "ordinary stuff."

On my second deployment, my son lost his job and struggled with the enormous challenges unemployment presents—more ordinary stuff.

During my current deployment, my wife has watched as her mother's health has declined and the Family has stepped in to support her well-being—painful, but ordinary stuff.

And, the normal ups and downs of a relationship, that can produce frustration, anger and additional distance to the hard work of maintaining marital peace—you guessed it—ordinary stuff.

Every Soldier in U.S. Division-North has their own list of ordinary stuff that occupies their thinking and frustrates their ability to affect the lives of others. Life happens in the ordinary moments.

Being successful, being resilient and being a leader means using ordinary moments as opportunities for growth and change.

The interesting thing about these events is that they keep happening, but we seem

to never learn how to respond differently.

We need to seize the ordinary moments! The well known Latin phrase, *carpe diem*, means "seize the day," or take advantage of today's opportunities.

Moses wrote some of the Psalms contained in the Old Testament. In one he says, "Teach us to number our days; that we may gain a heart of wisdom."

Ordinary moments reveal where we struggle with God. God is in these everyday events. So many times, we are trying to wrestle control of our universe—an impossible task—out of God's hands. The opposite of wrestling with God is trusting in his presence.

Ordinary moments reveal our areas of blindness. We frequently respond to others with the same destructive reaction but expect a different result. We can be blind to our own need for growth in love and patience.

Ordinary moments prepare us for the extraordinary. David learned skills as a shepherd that allowed him to successfully guard the sheep. He employed these skills against the giant.

We have thousands of ordinary moments still ahead of us in this deployment. Let us encourage one another to grow in God's love and grace.

U.S. Division-North Social Media Sites



Check out the U.S. Division-North social media sites, where you can find stories, photos and videos of U.S. Soldiers deployed in support of Operation New Dawn.



www.facebook.com/4thID

www.twitter/4thInfDiv



www.Slideshare.net/the4id

www.flickr.com.photos/the4id

youtube.com/The4ID

Hey Doc: ‘Help! I’m running out of medication’

Lt. Col. Mark Krueger
Pharmacy Consultant
U.S. Division-North

“Hey Doc: I’m running low on my allergy medication. Before I deployed, I heard something about getting another prescription mailed to me. How do I do this?” – Signed “Sneezy.”

Dear “Sneezy,”

This is a very timely question since our living conditions will become increasingly austere as we “go expeditionary,” and prepare to leave Iraq. Get squared away now before medical assets draw down, and the mail stops running. Be sure to have enough medication to last you through the redeployment and reintegration process, including block leave.

You should have deployed with 180 days of medication, and your refill prescriptions should be on file with the TRICARE Mail Order Pharmacy contractor Express-Scripts.

TMOP is best used for prescriptions taken on a long-term basis, such as blood pressure or cholesterol medication. Pain medication or antibiotics to treat an acute illness should be obtained from your local military treatment facility. Some behavioral health prescriptions have quantity limits and will also need to be filled at a local pharmacy.

To ordering medication refills through Army Knowledge Online, log onto <http://www.us.army.mil>:

1. - Under “Self-Service” click on “My Medical.”
2. - Scroll down halfway to “Deployment Maintenance Medication Supply.”
3. - Click on the link for “TRICARE Mail Order Pharmacy Program (TMOP).”
4. - Register if you have not logged on previously.
5. - Log-in with username and password.
6. - Go to “My Prescriptions” at upper left corner of screen.
7. - First link is “Order Refills.”
8. - Update your mailing address to ensure meds are sent directly to you.

At least one month before your medication runs out, log onto the Express-Scripts website to verify your Iraq mailing address and ensure your refill prescriptions are on file.

If you need another prescription, contact your primary care provider—battalion surgeon or physician assistant. They can send another prescription to the TMOP, and it will arrive in two to three weeks.

If you can’t get online, contact Express-Scripts via commercial telephone at 1-866-363-8667 if you are stateside, or 1-866-275-4732 if you are overseas.

U.S. Division-North Photo of the Month



U.S. Army photo by Chief Warrant Officer 4 Joseph Goellener, USD-N

Pfc. Kyle Gannon, Sgt. 1st Class Timothy Bevis and Sgt. John Huber, military intelligence analysts assigned to Company B, Division Special Troops Battalion, 4th Infantry Division, fold the American flag flown during Veteran’s Day in northern Iraq as part of Operation New Dawn. The flag was sent back to the United States, Nov. 11, 2010.

U.S. Division-North Photography Contest

- Designed for service members who have an interest in photography and open for all troops deployed to U.S. Division-North in support of Operation New Dawn.

- Submit photos Monday through Saturday to U.S. Division-North PAO at usdnpa0@usdn4id.army.mil.

- The photos will be posted on USD-N social media sites to be voted upon. At the end of the month the photo with the most votes will be deemed the winner. Winning entries will be posted on U.S. Division North social media sites and contest winners will receive a coin from the U.S. Division-North Command Sergeant Major.

- Each photo must be an original un-altered photo taken on a personal camera; be 5 x 7 inches and have an Operation New Dawn related subject.

- A unique title, along with the photographer’s name, unit, job title, and a brief description of the photo will be attached to each entry.

- Photographic Quality and subject matter will be the basis on which all photos will be judged.