



-PATCH

36TH INFANTRY DIVISION NEWS

VOL. 3, ISSUE 3

BASRAH, IRAQ

JANUARY 23, 2011

From the Texas Adjutant General

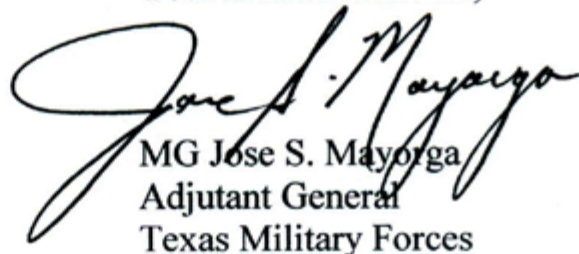
Dear Service Members and Employees of the Texas Military Forces,

Thank you for your service to our State of Texas and to our United States. You have chosen to serve in uniform or support those in uniform and you represent a very small segment of our society. You are truly a remarkable group of individuals and you are the very best our state and our nation have to offer. I recognize and appreciate your daily contributions to the Texas Military Forces. We could not be successful in providing ready trained forces for Defense Support of Civil Authorities, Homeland Security Missions, or Overseas Contingency Operations to both of our Commanders-in-Chief, the Governor of Texas and the President of the United States, without your dedication and devotion to our Texas Military Forces. Thank You!

In the very near future I will be stepping down as your Adjutant General in order to pursue other opportunities. It has been both an honor and a privilege to have served as your Adjutant General. I thank Governor Rick Perry for his trust and confidence and the opportunity to lead the finest military force in the nation. I am taking with me some of my most cherished memories as a member of the Texas Military Forces. I intend to stay through the confirmation and orderly transition of a new Adjutant General and assist with the passage of our legislative agenda through the 82nd Legislative Session.

I thank all of you for the support you have provided Maria and me throughout my tenure as your Adjutant General. Maria and I are most grateful.

Very Respectfully and
Your Humble Servant,


MG Jose S. Mayorga
Adjutant General
Texas Military Forces





Chaplain Programs and Religious Services

Holy Joe's Coffee

(Coffee Bar and Fellowship)

Monday - Saturday

0600 - 2200

william.culver@iraq.centcom.mil

Ladies of the Rosary

Tuesday at 2000

COB Basrah Chapel

barbara.reilly@iraq.centcom.mil

Mid-Week Prayer with Chaplain Mays

Wednesday at 1200

COB Basrah Chapel

wayne.mays@iraq.centcom.mil

Basrah Chapel Bible Studies

Thursday

1900 - New Believers Bible Study

2000 - Bible Study Classes

Protestant Services

Sunday

COB Basrah Chapel

1000 - Contemporary Service

1130 - Traditional Service

1400 - Gospel Service

1700 - Liturgical Protestant

The Church of Jesus Christ of Latter Day Saints (LDS)

Sunday

Old PX Building

0900 - Sacrament Service

Roman Catholic

Saturday

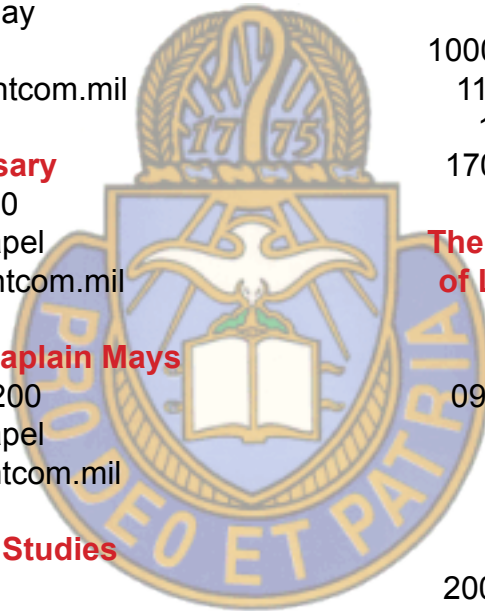
COB Basrah Chapel

2000 - Rosary/Vigil Service

Sunday

COB Basrah Chapel

0830 - Catholic Service



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Spc. Eve Ililau, Spc. Hunnelle E. Trenery

36th Infantry Division:

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CSM - Command Sgt. Maj. Wilson Early

Division Special Troops Battalion

Commander - Lt. Col. Doug DeVries

CSM - Command Sgt. Maj. Todd Richardson

Headquarters Support Co. - Capt. Brent A. Middleton

A Co. - Capt. Omar Davila

B Co. - Capt. Kadett Derry

C Co. - Maj. John F. Kerby

D Co. - Chief Warrant Officer 2 Jeff Lightsey

Son Deploys With Father for Last Hoorah

Story by Sgt. Raymond T. Quintanilla
305th MPAD, USD-S Public Affairs

One Soldier who jumped at the chance to serve in Iraq for a year-long deployment is Staff Sgt. Michael R. Breito of Crowley, Texas. He boarded a plane in December knowing it was the opportunity of a lifetime to serve side-by-side with his own father, Chief Warrant Officer Steven D. Breito.

"I was motivated to deploy with him," said the younger Breito, who manages Living Space Area Normandy at Contingency Operating Base Basra, where Breito's unit, the 36th Infantry Division, is currently serving as the command element for U.S. Division - South.

"When I was asked to deploy it was an easy answer," said the Texas National Guardsman. "They could have filled it with someone else if I wasn't available, but I made it a point to come."

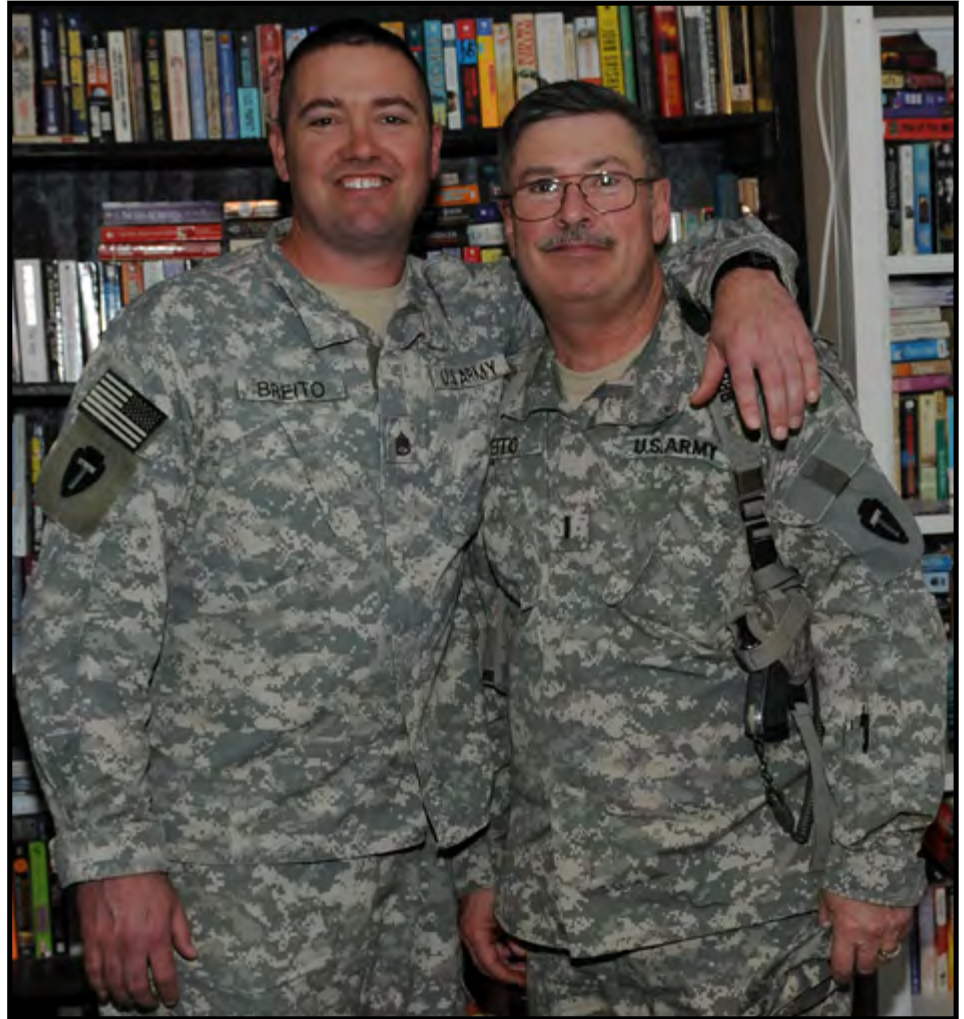
"The last time we deployed together was in 2002," said Steven Breito, from Azle, Texas, and the 36th Inf. Div. maintenance officer. "It's going to be good to see Family two or three times a week."

Steven Breito holds the highest warrant officer rank in the Army with 36 years in service and a civilian job as the assistant superintendent for the Combined Support Maintenance Shop #1, in Fort Worth, Texas.

Michael Breito enlisted in 1995 and works as a range operations specialist at Fort Wolters Training Center in Mineral Wells, Texas.

Both are second- and third-generation military, following in the footsteps of Steven Breito's father, a retired Air Force master sergeant.

"When we get back, in all likelihood he's got about a year left," said Michael Breito. "This is the last big mission before my father's retirement



Chief Warrant Officer Steven D. Breito, from Azle, Texas, and his son Staff Sgt. Michael R. Breito, from Crowley, Texas, deployed to Iraq together this past December with the 36th Infantry Division, Texas National Guard. The Breitons are second- and third-generation military, following Chief Breito's father who served during the Vietnam era. The family has a combined service to their country of nearly 75 years. (Photo by Sgt. Raymond T. Quintanilla, 305th MPAD)

and the last opportunity for us to do something good together in the Army; something significant."

Michael Breito said he enjoys

spending time with his Father and will cherish their deployment experience. "It's a common thread that we will have for the rest of our lives." 🇺🇸

**We may need YOU
to save your battle buddy's life.**

COB Basra Troop Medical Clinic
Lab Department.

Call Monday to Saturday for a
screening appointment from
0830-1130 or 1300-1600.

Walk-ins welcome!

NIPR: 858-4832

SIPR: 241-2426

"Give blood, and give the gift of life."

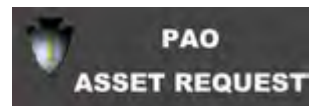


Need coverage by Public Affairs?

Here's how to get it!

Go to the home page on the **SIPR** computer web portal. Click "Effects" on the drop-down menu, and scroll down to Public Affairs. Then click on this button!

Just follow the directions and submit your request, Monday through Friday, during normal business hours. We'll get back to you within 24 hours!



Join Us For the Fun!

Coming up this week:

Sunday, Jan. 23	NFC/AFC Championship Game	2300/0230
Monday, Jan. 24	UFC Fight for Troops	1000
Wednesday, Jan. 26	Basrah Lecture Series	1900-2000
Thursday, Jan. 27	January Birthdays Celebration	
Friday, Jan. 28	Poetry Jamz	2030
Saturday, Jan. 29	Texas Hold Em	2000

Until Every One Comes Home®

“Dude, where’s my photo?!?!”

Looking for that really cool photo or video you just *know* Public Affairs took of you? Here’s how you can find it!

On NIPR computers; click on the “Start” button, and then on “run.” Type in: \\10.65.20.61 and click “okay.”

Double-click on pao_photos; click on the folder of the year, then on the folder of the month, the photo was taken. Each event that month will have its own folder with two sub-folders in it. One sub-folder will contain the package we submit, and the other will have all the raw photos. Video packages are coming soon to the same place, so keep checking!

Sometimes it takes a few days to get all the photos and video completed, so be patient. Our broadcast and print journalists load everything onto the shared drive once it is approved!

Want your family and friends to see just how awesome you look in full gear? They can find you on the internet!



www.facebook.com/pages/36th-Infantry-Division



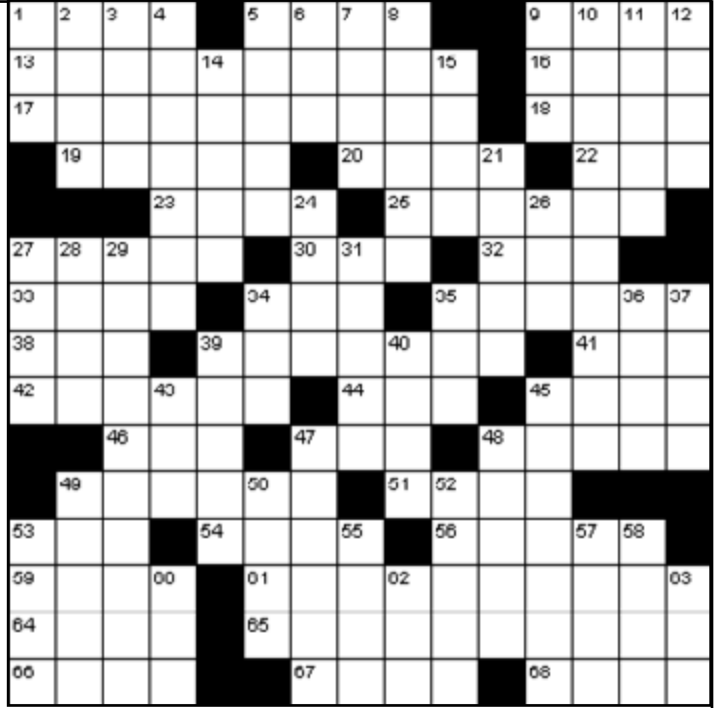
www.youtube.com/user/36IDArrowheadNetwork



pao36id.smugmug.com

Just For Fun!

- Across**
- 1 Otherwise
 - 5 Composer Alban
 - 9 Arab ruler
 - 13 “___ Tales” (Hawthorne title)
 - 16 Fill a hold
 - 17 Congealed
 - 18 Oceanic ice
 - 19 Brief period
 - 20 Swedish auto
 - 22 100%
 - 23 Do some housework
 - 25 They’re sweet and viscid
 - 27 Choir section
 - 30 Express
 - 32 It has a blade
 - 33 “All The Way” lyricist
 - 34 High-tech scanner
 - 35 Sentence shortener
 - 38 UN agency
 - 39 Hasty
 - 41 Place in position
 - 42 Actress Elke
 - 44 Hostelry
 - 45 Type
 - 46 Battery size
 - 47 Posed for a portrait
 - 48 Nonplussed
 - 49 Exhausted
 - 51 Some time ago
 - 53 Dutch carrier
 - 54 Evian and Vichy
 - 56 Checkout units
 - 59 “And others,” briefly
 - 61 Utter
- 64 Fish-eating bird**
- 65 Amassed**
- 66 Take short breaths**
- 67 Egyptian sacred bull**
- 68 One of the Muppets**
- Down**
- 1 Enumeration follower
 - 2 Asian nation
 - 3 Go off the deep end
 - 4 Encouraged
 - 5 Campanologist’s concern
 - 6 Actress Aulin
 - 7 Decays
 - 8 Let up
 - 9 Fairy tale creature
 - 10 Out of place
 - 11 Admired ones
 - 12 Angler’s item
 - 14 Humdingers
 - 15 Time for a big event
 - 21 Extensive in scope
 - 24 Absolute ruler
 - 26 Short-lived Egypt-Syria union: Abbr.
 - 27 ___ and Galatea (Handel work)
 - 28 “Symphonie espagnole” composer
 - 29 “Death in Venice” author
 - 31 Open-air rooms
 - 34 Blackguard
 - 35 Cob’s mate
 - 36 Tempt
 - 37 Blues singer James
 - 39 Flip side?
 - 40 “___ each life...”



- 43 West of Hollywood
 - 45 Shooting marble
 - 47 Land of Leonidas
 - 48 Cause trouble
 - 49 Extreme
 - 50 Poison-bearing tree
 - 52 Chips
 - 53 Board and lodging
 - 55 Organ setting
 - 57 Shopping complex
 - 58 Cut flower
 - 60 Call at Wimbledon
 - 62 Henri’s here
 - 63 Japan’s capital, formerly
- * Answers next week!**

j s i e o e w e h t t a m
 u e s w e r b e h n h w a
 d j s n a i s e h p e i r
 e g a l a t i o n s s o k
 s i l m i i j m j o s m n
 a s o t e s p e r i a i o
 p t u t n s t p o s l i m
 e s n a i h t n i r o c e
 t i m o t h y c e l n s l
 e o l p s e n k a o i e i
 r e o o c i u c t s a h h
 a r e v e l a t i o n s p
 s c o l o s s i a n s m i

- Acts
- Colossians
- Corinthians
- Ephesians
- Galatians
- Hebrews
- James
- John
- Jude
- Luke
- Mark
- Matthew
- Peter
- Philemon
- Philippians
- Revelations
- Romans
- Thessalonians
- Timothy
- Titus

Got an Idea?

Tell us!

Let us know if you have any good ideas on what you would like to see in the T-Patch.

Send an e-mail to: 36IDPAO@gmail.com today!



Headquarters Snapshots: Who We Are.



1st Lt. Feather Wright – From Harker Heights, Texas, the operations security program manager for the Provost Marshalls Office enlisted in 1997 on active duty as a private.

Wright entered the National Guard in 2003 as a Staff Sgt., and rose to the rank of Sgt. 1st Class before receiving her commission in Jan. 2009.

She worked as an intelligence analyst for the Drug Enforcement Agency in N.Y. while on active duty orders before transferring to Texas in 2005.

The crime-busting Soldier who rights the wrongs enjoys outdoor activities with her family such as camping, swimming and boating.

On her first deployment, and normally working in smaller units, the Criminal Justice major said working at a division level encompasses a bigger picture and would add to her experience in the military police realm.

Sgt. Michael Blucher – The Judge Advocate General noncommissioned officer-in-charge for the administrative law section comes from Buda, Texas. He started his career in signals communications before transferring to legal in 2001, and he has been on active guard reserve status since.

The Austin Community College student is working towards a Computer Science degree with the chance of crossing into architectural engineering at the University of Texas.

Blucher relaxes by working his 5-acre property with the company of Macho Baby, a 10-year-old Yorkshire Terrier. For added fun, he spends time restoring his classic 1985 Volkswagen GTi (Grand Turismo International).

Blucher hopes to develop a broader understanding in the military legal system while in Iraq.

“I’ve done a few different things in the legal arena,” said Blucher. “This is another department I get to learn and I think I will get a more well-rounded knowledge of the JAG Corps.”



Private 1st Class Michael Coffey – Your helpful administrative assistant at the Information Systems Signal Support front counter is a Dallas native.

He enlisted in the Army National Guard as a cable installer as a means to earn college money.

With the hopes of one day following in his Uncle Chris Bookman’s footsteps by owning a business, he currently holds civilian jobs as an inventory controller specialist and a cashier at two major American franchises to add to his college fund.

Coffey said beyond the money he saves during the deployment, he wants to take the opportunity to improve as an individual while he’s here.

“I want leave here a changed person; develop more than I was before I came here,” he said.

He enjoys playing basketball and working out in his spare time.

Correct Crossfit

With 2nd Lt. Bau Phan

The Deadlift

The deadlift is unrivaled in its simplicity and impact while unique in its capacity for increasing head-to-toe strength.

1.



2.



3.



4.



5.



1. INHALE: Take a deep breath and hold it as you start the pull off the floor. This increases torso stability by bracing the spine and helps generate greater strength of the muscles involved when you're lifting heavy.

2. BAR NONE: Keep the bar close to your body (actually touching) throughout the range of motion.

3. START THE PULL: Pull the weight off the floor by straightening your legs, keeping your back flat and the bar close to your body with your arms straight. Your shoulders and hips must come up at the same relative speed; don't let your hips "kick up" before your shoulders move. Think about pushing through the floor with your feet as you drive to stand upright.

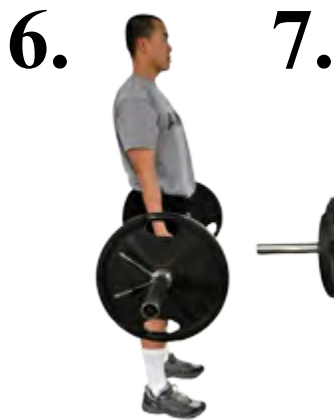
4. LOSING FORM: If you feel you're losing your form as you execute the move, just drop the bar—don't try to complete a rep, especially with heavy weight, if you're in a compromised body position.

5. KEEP YOUR BACK FLAT: Once you get the bar over your knees, maintain a straight back. As your legs approach full extension, squeeze your glutes to drive your hips forward and raise your torso back and up to the erect position. Concentrate on pulling with your hip muscles, not your arms, when raising your torso.

(Cont'd on Pg. 8)

Correct Crossfit

(From Pg. 7)



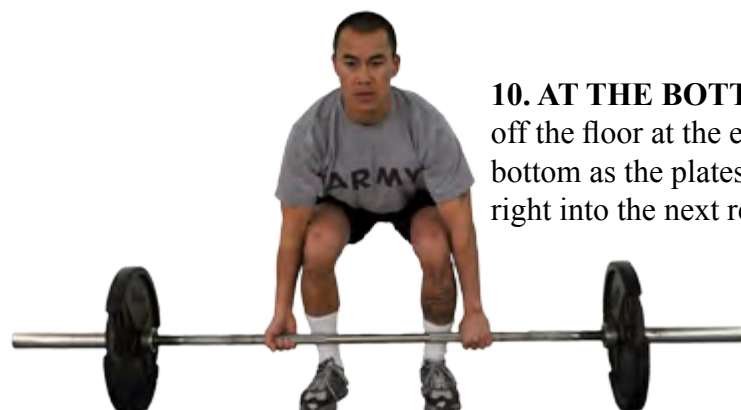
6. EXHALE: Breathe out forcefully as you reach the top of the lift.

7. AT THE TOP: Stand erect in the fully upright position with your legs straight and knees unlocked, but don't lean back at the top of the lift. Keep your chest out and shoulders back, holding the arch in your lower back. Take 1 to 3 deep breaths and hold your breath as you descend back down.



8. STAY ALIGNED: Keep your ankles, knees and hips aligned at all times to ensure an ideal line of force and reduce stress on the knees and hips.

9. ON THE WAY DOWN: Lower the bar under control by bending your hips and knees. Push your hips back and, as you bend your knees and maintain normal spinal curvature, incline your torso forward about 45 degrees. The exact degree of forward inclination is determined by your ability to hold the natural arch in your lower back.



10. AT THE BOTTOM: Don't bounce the bar off the floor at the end of the lift. Stop at the bottom as the plates touch the floor, then go right into the next rep from a dead stop.



WATER RESPONSIBILITY

- Limit water use
- Take combat showers
- Do **NOT** leave faucets running

Please remember that your water containers have a limited supply and they **will** run out. Be considerate of others, and they will be to you!

AIR CONDITIONING AND HEATING RESPONSIBILITY

Clean your air conditioner filter! Periodically cleaning the filter will extend the life of your unit and reduce the power required.



USD-S OPSEC

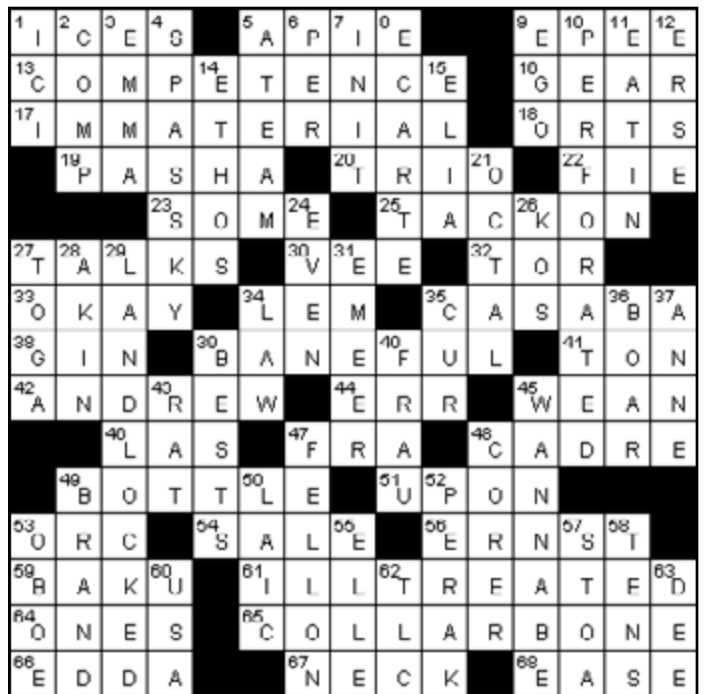
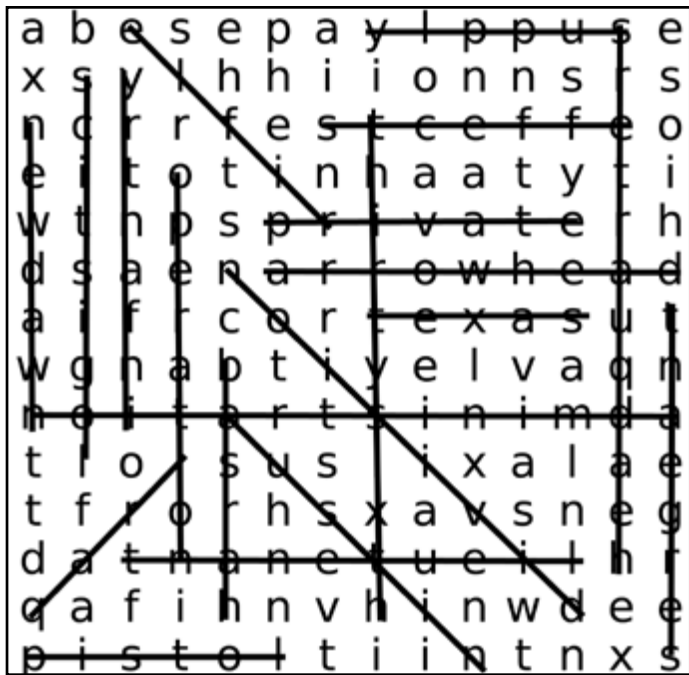
Remove all mailing labels from packages (shred or burn)



*****Don't let your guard down*****

USD-S OPSEC PM 768-1189 / 858-4093

Last Week's Puzzles: The Answers



“When you hear the alert ...

Hit the dirt!”

Don't be a 'hero' and stay alive!

Get flat on the ground and make yourself a small target.
The higher you are, the greater your chance of injury from shrapnel!

Move to a bunker or other hardened area when you are told.
Not before! Your “CHU” is not a hardened structure.

Be accountable for yourself and your Soldiers. Always make sure you have everyone!



Morale, Welfare and Recreation LSA Normandy

- FREE Internet!
- FREE Snacks!
- FREE DVD Loans!
- TWO Volleyball Courts!
- TWO Movie Theaters!
- X-Box, Games and More!

Staff Sgt. Willie Diles
MWR Manager
willie.diles@iraq.centcom.mil

858-4413

Jan. 23

AFC/NFC Championship Game
Live music starting at 2100!
Free food starting at 2200!
Game will be on the big screen
outside of MWR.

Jan. 30

Four-person, 5-mile Relay Run
0800 at the Mayor Cell
Come sign up!

Sgt. Michael Breito
MWR Asst. Manager
michael.breito@iraq.centcom.mil

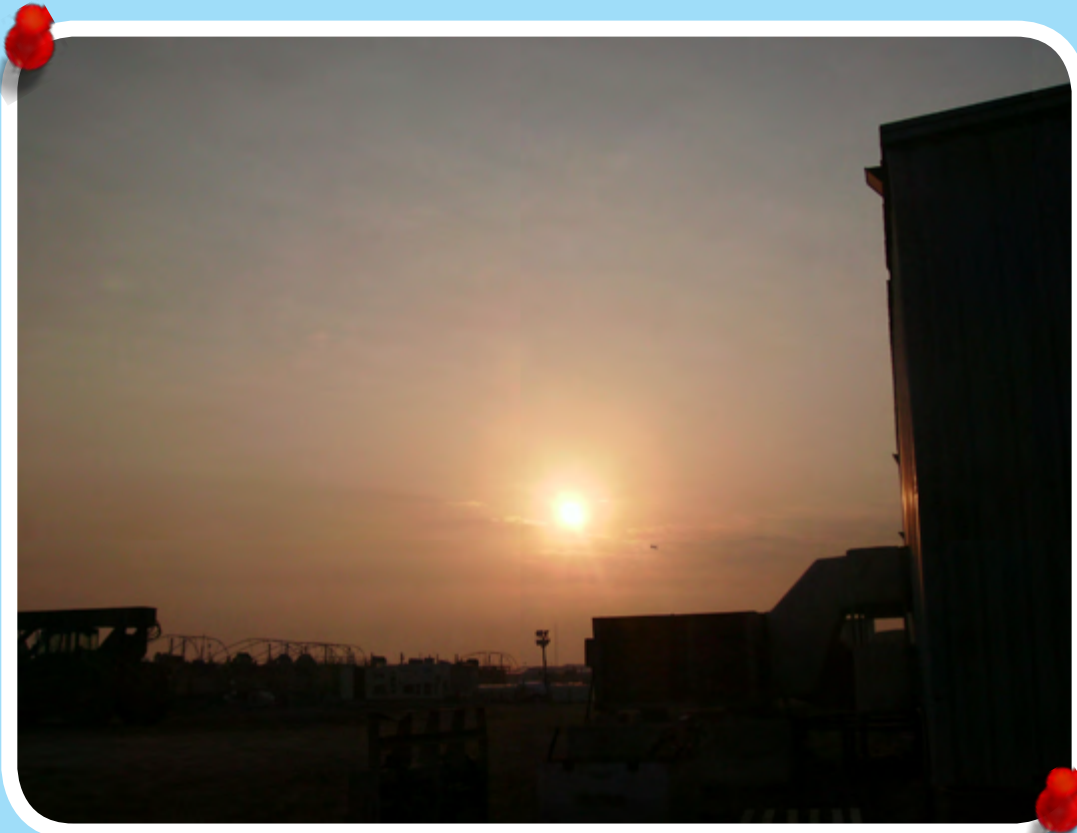
Sgt. Maj. Al E. Gator Says ... *“Keep my pond area clean!”*

The smoking area is a
privilege provided for your
convenience. Keep it clean
to keep that privilege!

Put cigarette/cigar butts
in the cans provided. The
ground is not the proper
receptacle!

Trash goes in trash cans.
Butt cans are not trash cans!

Photo of the Week!



The sun rises over the Class I yard on Contingency Operating Base Basra, Iraq, Jan. 20. Thanks to Army Pfc. Celeste Brown from 64th Brigade Support Battalion, 4th Infantry Division, for the photo! This week's photo was another easy pick, since it was also the only one sent in. As you can see, you don't have to be from the 36th ID to win, but you DO have to send in your photos!

Think your photos are good enough to be Public Affairs material? Send them in! Every week, we'll choose the best of your photos to publish in the T-Patch newsletter. Just e-mail us your photo in a high-quality format, along with your full name and rank and a description of what your photo is about and when it was taken. Include full name, rank and job title of each person in your photo. We look forward to seeing what you can do. And remember - keep it clean!

**Send your photos to:
36IDPAO@gmail.com**