



3rd ACR opens Resiliency Center at Kalsu

New center to focus on improving Soldier resiliency, well-being

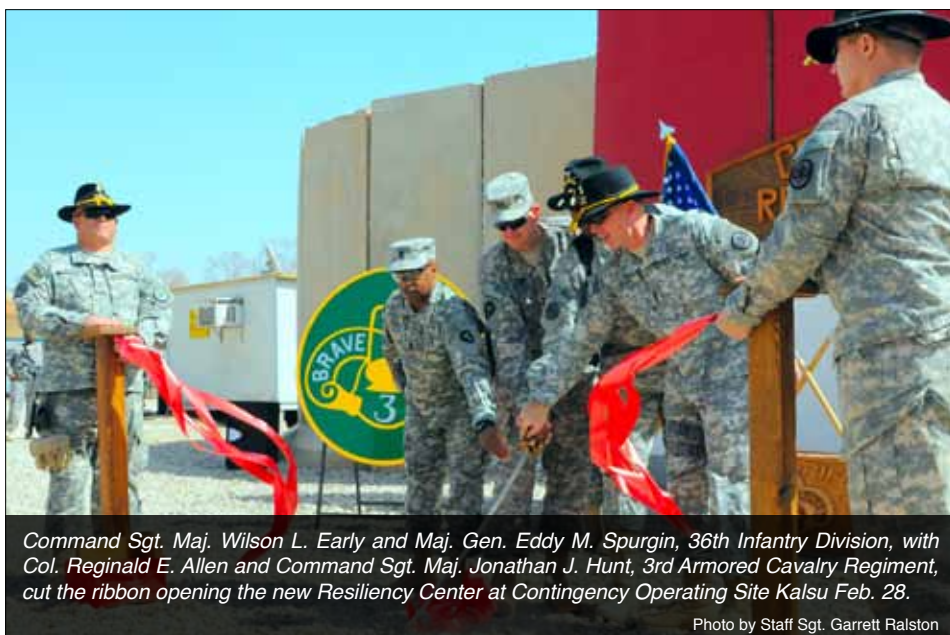
By Staff Sgt. Garrett Ralston
3rd Armored Cavalry Regiment PAO

BABIL, Iraq – As the 3rd Armored Cavalry Regiment places great emphasis on its daily missions in Operation New Dawn, it is also focusing on the health and welfare of the Soldiers it tasks to perform those missions.

In a recent ceremony on Contingency Operating Site Kalsu, senior leaders of the regiment, joined by the senior leaders of the 36th Infantry Division and a large group of local Soldiers and leaders, cut the ribbon opening the new COS Kalsu Resiliency Center.

Plans for the center's development began shortly after the regiment assumed responsibility for COS Kalsu. Now open, new features will continue to be added under the regiment's supervision.

"We will continue to make improvements to the center as funds and more equipment become available," said Col. Reginald E.



Command Sgt. Maj. Wilson L. Early and Maj. Gen. Eddy M. Spurgin, 36th Infantry Division, with Col. Reginald E. Allen and Command Sgt. Maj. Jonathan J. Hunt, 3rd Armored Cavalry Regiment, cut the ribbon opening the new Resiliency Center at Contingency Operating Site Kalsu Feb. 28.

Photo by Staff Sgt. Garrett Ralston

Allen, commander of the 3rd ACR.

Currently, the center provides Soldiers with access to a relaxation room, computers with webcam capability so Soldiers can visually communicate with their families, as well as a library. Soldiers can also use the United Through Reading program, allowing them to record themselves reading children's books and send the video to family.

"This center is the best thing on Kalsu," said Sgt. Justin E. Parker, a supervisor for the center assigned to Supply and Transportation Troop, Regimental Support Squadron, 3rd ACR, and a native of Seattle. "The internet is really fast, and even the video connection is flawless."

The center hosted a recent Functional Academic Skills Training course, which allowed students to raise their ASVAB scores, opening new possibilities for their

future service.

Other physical health related courses are held in the center's education room.

"We will hold smoking cessation, relaxation, and anger management courses here in the center," said Spc. Luis A. Rosado, a mental health specialist assigned to the 883rd Combat Stress Detachment. "These courses will show Soldiers how to cope with the stresses of the deployed environment."

Soldiers on Kalsu now have a place to go to get some quiet time to themselves, share some counsel with fellow Soldiers, and even receive specialized training and assistance if needed.

"It is my hope and intent that this center will foster greater collective strength," said Allen. "This collective strength is the key to resiliency in all our 'Brave Rifle' men and women." ▼



Sgt. Justin Parker explains the United Through Reading program to Maj. Gen. Eddy Spurgin during a tour of the new Resiliency Center.

Photo by Staff Sgt. Garrett Ralston



A member of the Iraqi Security Forces is interviewed by public affairs instructor 1st Lt. Adam Musil, 36th Inf. Div., as part of a practical exercise during a public affairs course hosted by U.S. Div.-South at Contingency Operating Base Basra. The course was intended to reinforce best practices in media relations, media interviews, and writing press releases.

Photo by Capt. Brian Melanephy

Making a statement: Iraqi Security Forces refine their media moxie

By Sgt. Jason Kaneshiro

305th MPAD, USD-S PAO

CONTINGENCY OPERATING BASE BASRA, Iraq – Soldiers assigned to the 36th Infantry Division, U.S. Division – South public affairs office recently hosted a two-day public affairs course for members of the Iraqi Security Forces at the COB Basra Resiliency Campus.

The course was intended to introduce and reinforce the fundamentals of public affairs to the ISF students. It included instruction in event planning, media facilitation, conducting and preparing for interviews, and writing stories and news releases.

“Basically, the goal of this training is to advise and train the Iraqis on techniques to best deal with the media,” said 1st Lt. Adam Musil, the division command information officer.

In addition to the classroom instruction, the Iraqi students also participated in a practical exercise intended to simulate a television interview. One of the instructors would pose interview questions to a student through an interpreter and gauge the

responses of the student.

“This training will help the Iraqi Security Forces better understand how to deal with the media from a military perspective,” said Musil. “It will also demonstrate the most effective ways to communicate with the people of Iraq, the Middle East, and the rest of the world.”

As U.S. Forces continue to draw down in Iraq, the ISF are learning the importance of maintaining a positive working relationship with the media, whose role in the new Iraq is much different than it was under Saddam Hussein, when freedom of speech and freedom of the press did not exist. At the same time, technology continues to evolve and change the way that citizens receive their news.

“It seems that everything is either on television or on the Internet,” Musil said. “The world is much smaller now than it was only a few years ago.”

The class was part of U.S. Div.-South’s ongoing efforts to provide training, advice and assistance to the ISF to ensure a smooth and stable transition leading up to the withdrawal of U.S. military forces by Dec. 31, 2011. ▼



The T-PATCH Staff

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EYES on the BAD GUYS

3rd ACR maintains
maximum-security facility

By Staff Sgt. Garrett Ralston
3rd Armored Cavalry Regiment PAO

BAGHDAD, Iraq – The Theater Internment Facility on Camp Cropper is home to some of the most dangerous prisoners in Iraq's recent history. U.S. Forces are currently responsible for the security of the compound until Iraqi officials decide on the future of the facility and the future and those housed there.

For the last six months, the Soldiers of E Troop, 2nd Squadron, 3rd Armored Cavalry Regiment, have maintained security at the TIF, ensuring continued progress during Operation New Dawn.

"Our guys have adapted to a mission they really weren't prepared for," said 1st Lt. Sid McMath, a platoon leader with E "Eagle" Troop, and a native of Little Rock, Ark. "So far, we have been tremendously successful both internally and externally."

The unit was initially moved to Camp Cropper to bolster security of the TIF after a security breach identified the need for a stronger force. The troop arrived and immediately began training to assume their new role.

Every Soldier who works inside the walls of the facility had to undergo a gauntlet of training before being certified. Soldiers trained with a wide array of non-lethal weaponry including the employment of tasers, tear gas, and shotguns that fire "bean bag," or rubber rounds. Additionally, each Soldier must be subjected to the taser and pepper spray in order to be certified.

"Having to do the taser and the spray was one of the worst experiences ever," said Spc. Rasean Williams, a logistics specialist working in the TIF, originally from Flushing, N.Y.

The Soldiers work 12-hour shifts and man observation towers, catwalks,

and assist in the movement of inmates throughout the compound. Members of the 40th Military Police Company from Fort Leavenworth, Kan., assist them in their daily duties.

"Currently we run two shifts, day and night, every day," said Spc. Matthew Jackson, an armor crewman from Evansville, Ind. "The job is brutally monotonous so we fill the time with a lot of extra training to stay sharp on our skills."

The Soldiers working on each shift are divided up to man all the posts and to cover the Internal Reaction Force. The IRF is set up to quell mass noncompliance situations should they occur.

"My guys are trained to take actions based on escalation of force and conflict," said McMath. "Here its de-escalation we have to react to. We have to calm a situation before it gets out of our control."

Despite the unfamiliarity of the mission, McMath said his men run the daunting mission, day in and day out, without complaint.

"Because we're new to this we have developed a lot of our own tactics for the operation," said Matthews. "We've received a lot of praise for our duty here."

Still, the lone unit, separated from the rest of the regiment that is further south, continues to execute their mission every day flawlessly and by their high standards.

"Knowing what a lot of these guys are in here for, and the destruction they've caused, makes you realize how vital our role here is," said McMath. "We make sure they stay here where they belong, so they cannot interfere with the stabilization efforts in this country." ♥



Soldiers of E Troop, 2nd Squadron, 3rd Armored Cavalry Regiment, conduct training with tear gas launching riot guns on Camp Cropper Oct. 2010. The troop has been operating inside Cropper's Theater Internment Facility since last year, and is responsible for maintaining the internal and external security for its some 200 inmates, many of which are former Al-Qaeda operatives.

Photo by U.S. Army

ARMY STRONG

Soldiers stay fit through deployments

By Staff Sgt. Mark Albright
3rd Armored Cavalry Regiment PAO

BABIL, Iraq – Soldiers often set goals to achieve while deployed, finishing college, learning to play an instrument or, one of the most popular, getting in better shape.

Often, Soldiers have hectic schedules during deployment and find it hard to schedule time to go to the gym. Often, when they do find the time, the gym is full of other Soldiers working for the same goal.

Soldiers with the Maintenance Troop, Regimental Support Squadron, 3rd Armored Cavalry Regiment, have an alternative to hectic schedules and gym over-crowding – starting their own gym. The “First String Gym” started with one piece of gym equipment and has developed into a functional workout facility in the RSS motorpool.

“At First String Gym we promote healthy and safe workout and eating habits with good nutrition. That’s why we are able to see the best results,” said Staff Sgt. Hector Martyr, a noncommissioned officer in Maintenance Troop, originally from the Caribbean island of St. Lucia.

“Here we don’t care how much you can lift. We care that you are doing it correctly and that you see the results,” said Cpl. Kenneth Messenger, also from Maintenance Troop and a native of Oshkosh, Wis.

The main focuses of gym patrons are getting in shape or maintaining desired fitness levels. First String was started with both in mind.

“First String Gym started in a primitive stage with unconventional and unorthodox methods of keeping fit, due to work constraints and scheduling,” said Martyr.

“We didn’t have time to conduct [organized] physical training. So we figured out a way to do it on our own,” said Messenger.

Martyr and his fellow Soldiers found their first piece of equipment during the cleaning up of their motorpool. This

led to the discovery of other workout equipment in their area.

“Our night crew approached a group of Soldiers and asked if we could use a Bow-Flex that was sitting in their bay at the time. We were then sent to a container that had some dumbbells,” said Martyr.

In addition, welders in the unit fabricated a weight bench and the gym’s founders received sponsorship from Master Sgt. John Dowd, the head noncommissioned officer for the 3d ACR supply section and a resident fitness expert on the base. Dowd, a native of Burgaw, N.C., also advised the team on safety and proper usage of the weights.

“Master Sergeant Dowd was the biggest help,” said Martyr. “His interest in us and willingness to help us get more equipment has set us up for success.”

First String has grown in size and equipment, and its patrons are in the process of creating a motivational t-shirt. The gym even has its own Facebook page, designed to allow family members to follow along with their Soldier’s fitness progress. ▼



Spc. David Bostik, Maintenance Troop, Regimental Support Squadron, 3rd Armored Cavalry Regiment lifts weights in the First String Gym. The gym is housed in the RSS motorpool and is designed to allow Soldiers to have access to workout equipment to meet fitness goals while continuing their mission.

Photo by Staff Sgt. Mark Albright



Cpl. Kenneth Messenger, Maintenance Troop, Regimental Support Squadron, 3rd Armored Cavalry Regiment performs dips in the First String Gym.

Photo by Staff Sgt. Mark Albright

Street BEAT

What do you hope will happen to the country of Iraq after we leave?



Coast Guard Cmdr. Brenden Kettner, officer-in-charge, USCG Port Advisory Coordination Element, Lowell, Mich.

They are able to implement the rule of law, and to streamline and modernize their port facility to assist in reconstructing their country.



Air Force Maj. Rick Ernest, staff weather officer, 22nd Expeditionary Weather Squadron, Pensacola, Fla.

To continue to develop a stable security environment so they can grow economically and become a self-sustaining nation in the Middle East without another force present.



1st Lt. Crystal Warren, executive officer, Company B, Division Special Troops Battalion, Louisville, Ky.

To continue to grow, flourish, and maybe adapt some of our customs and make their country a better place to live a long and prosperous life.



Air Force Staff Sgt. Richard Psculkowski, battlefield weather forecaster, 22nd EWS, Philadelphia

I hope they're able to continue to form their government so all their people are represented and have a say and for their infrastructure to continue to build up so their people experience what we do in America.



Sgt. Jessica Lindstrom, mail clerk, Headquarters Support Company, Eagle Grove, Iowa

I think a lot about the Iraqi children. I hope their country improves on their daily living necessities such as power, water and more importantly an education system so the future generation can have a normal life.

CHOW

Midnight • 0000 - 0130

Breakfast • 0530 - 0830

Lunch • 1130 - 1400

Dinner • 1700 - 2000

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Chaplain Programs and Religious Services

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Monday - Saturday

0600 - 2200

william.culver@iraq.centcom.mil

Ladies of the Rosary

Tuesday at 2000

COB Basra Chapel

barbara.reilly@iraq.centcom.mil

Mid-Week Prayer with Chaplain Mays

Wednesday at 1200

COB Basra Chapel

wayne.mays@iraq.centcom.mil

Basra Chapel Bible Studies

Thursday

1900 - New Believers Bible Study

2000 - Bible Study Classes

Protestant Services

Sunday

COB Basra 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 Basra Chapel

2000 - Rosary/Vigil Service

Sunday

COB Basra Chapel

0830 - Catholic Service

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Mail handlers:

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Sgt. 1st Class
Joe Lawton



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**COB Basra
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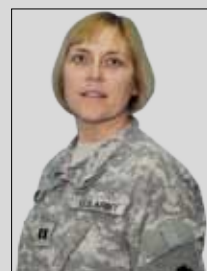
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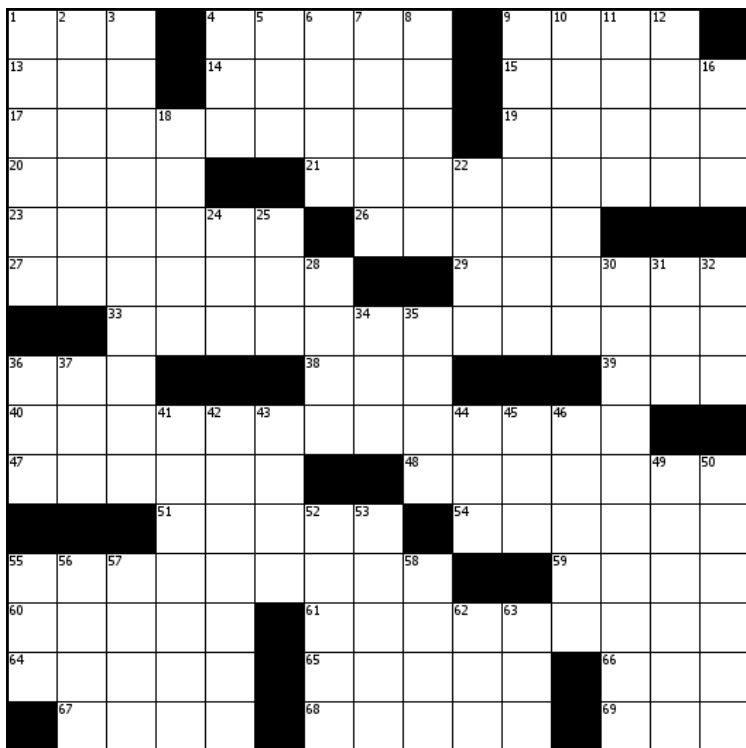
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Anonymous Tip Hotline on NIPR

<https://msc.forces.iraq.centcom.mil/usds/default.aspx>

Capt.
Lisa Ann Lerma





Across


1. What some older golfers use as a scoring goal
4. Dessert at the drive-thru
9. Do a Chicken Dance move
13. "Friends" costar
14. Polytheist of sorts
15. Got fired up
17. Show whose original theme song was done by Bill Haley and His Comets
19. Campfire bit
20. "___, Sing America" (Langston Hughes poem)
21. Cartoon show whose theme song is done by Les Claypool of Primus
23. Cell with an axon
26. Black Panther Party co-founder Bobby
27. Beginnings
29. Type of popcorn
33. The Presidents of the United States of America sang its theme (with "The")
36. News agcy.
38. Far less than quadri-
39. Linguist's suffix
40. Show whose theme was written and performed by Quincy Jones
47. "Hey, watch where you're going!" oaf
48. Feet-landing-first dives
51. Andorra neighbor
54. University in Philadelphia
55. With 61-across, show whose theme is sung by They Might Be Giants
59. End in ___
60. Diminutive form of word agricultural; another word for a farmer
61. See 55-across
64. Have a feeling
65. Sheltering sort
66. The Matterhorn, e.g.
67. Game with a "Livin' Large" expansion, with "The"
68. Borden bovine
69. Learned and smart, in rebus puzzles

Down

1. Like broken hearts
2. Popular facial hair
3. Bringing forth a statement
4. Bond, e.g.
5. Conned
6. "Jumpin' Jack Flash, it's ____"
7. Knocks out cold
8. Come after
9. KISS member Ace
10. Snail relatives
11. Jessica of "Fantastic Four"
12. Fair jury member
16. Dwight Gooden's nickname
18. One who reads thoroughly
22. Have
24. Sugary suffix
25. Word in four state names
28. Gulf War missile
30. Tomorrow
31. ___ Lobos
32. She puts the "she" in "sheep"
34. Santa ___ winds
35. It comes in a small box
36. Kind of computer port
37. With 62-down, long-bearded teacher in "Kill Bill: Vol. 2"
41. Extreme form of government
42. Takes the anti side
43. Flesh and blood
44. He gets a holiday in June
45. Title for the unknown
46. 2,004 years ago
49. Actor John C. ___ of "The Aviator"
50. Doc's mate
52. "___ One That I Want" (Margaret Cho album)
53. Nothing, in ancient Rome
55. Range components: abbr.
56. Bellicose god
57. "WKRP" alum Anderson
58. Beatty and Flanders, for two
62. See 37-down
63. Burning anger

Sudoku

4	3							2
		6				1	7	
	9			3				
6		3			8			
9				4				7
8		7		6	5	2		4
		9						
			5	1		9		
3	8				9			



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Photo of the Week



Photo by Sgt. Jason Kaneshiro

Lt. Gen. Frank Helmick, commander of operations for U.S. Forces Iraq, shares a story with Sgt. Maj. Larry Rayburn, 36th Inf. Div., and Maj. Gen. Eddy Spurgin, commander of the 36th Inf. Div. and U.S. Div.-South, during a visit to Contingency Operating Base Basra, Mar. 11, 2011. Helmick presented coins to three Soldiers of the 36th Inf. Div. during his visit.

Think your photos are good enough for the Photo of the Week? Send them in! 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. Remember to include full name, rank and job title of each person in your photo. We look forward to seeing what you can do.

Send your photos to:
36idpao@gmail.com

Want your family and friends to see just how awesome you look in full gear?

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www.youtube.com/user/36IDArrowheadNetwork



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