

Victory Times



Telling the United States Forces - Iraq story

Vol. VI, Issue 11

April 25, 2011



Photo by Sgt. Joseph Vine

The 37th Chief of Staff of the Army, Gen. Martin E. Dempsey, speaks to Soldiers during a town hall meeting on Camp Victory, Iraq, April 19. This was Dempsey's first stop during his visit to the region.

First stop: 37th Chief of Staff of the Army visits troops in Iraq

Story by Spc. Charlene Apatang Mendiola
USF-I Public Affairs

The Chief of Staff of the Army, Gen. Martin E. Dempsey, made his first visit to Iraq since being sworn in on April 11. The general met with more than 70 service members in the Al Faw Palace on Camp Victory, April 20.

"I am proud of all of you," Dempsey said. "I am mostly proud of what you have done out here. The mission has changed several times and as Soldiers and leaders, you give the nation options."

"I am proud of how you team with the Iraqi partners to help them continue

their development," he said.

After a few minutes of introduction and praises, he opened the floor to a question-and-answer session.

The questions varied from the Don't Ask, Don't Tell policy appeal, suicide, service member benefits and guard and reserve deployment status.

In response to a question about the Army's reduction of forces, Dempsey said "There is always expansion and contraction within the end-strength of the Army."

"We come from a long line of

See Dempsey, Page 4 —

NCO improves detainee food program

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

At the age of 16 he started his first job in the food service industry as a dishwasher at a local restaurant. Going home soaking wet everyday didn't stop this teenager from succeeding. He used his love and interest for serving up the best possible meal for his customers, earning him the position of kitchen manager eight years later. In 2004, he combined his passion to prepare the best meal and love for his country by enlisting in the Army as a food service specialist.

Today, Sgt. Jeremy McPhail, from Fort Leavenworth, Kan., a detainee dining facility noncommissioned officer-in-charge, Headquarters Headquarters Company, 40th Military Police Battalion, set a goal to improve the existing food program at the Theater Interment Facility located on Camp Cropper.

His mission was to provide the most nutritional and appetizing meals possible for the detainees.

Although this deployment is McPhail's first, he is no rookie when it comes to preparing meals for other people. He brings with him more than nine years of food service experience from several food chains in Kansas. He has received culinary awards,

See Detainee, Page 5 —

INSIDE:



Iraqi Scouts
Page 3



Joint Egress Exercise
Page 6-7



Army Reserve cake cutting
Page 8

Chaplain's Corner

Talent or Character

By Chaplain (Cpt.) Matthew Guncheon
303rd EOD Battalion Chaplain

What is the difference between talent and character? Which would you rather have? I'll pause while you all use your dictionary app on your smartphones, and try to solve these questions by first defining terms. Author and speaker John Maxwell, who speaks frequently about leadership, organization, and management from a perspective of faith, contrasts the two by saying, "Talent is a gift; character is a choice."

In our shared experience of life, we all know the person whose great store of talent has carried him throughout his life journey, sometimes seemingly without much work or effort. Conversely, we know too, the person who has sweated buckets for

every achievement and task he has completed. This person never once complained that the disparity between him and the talented one wasn't very fair. Perhaps there are more than just these two types of persons out there and we are not one or the other of these folk. At times it's arguable we have been both types, though probably not simultaneously.

I personally would rather choose to have character than be blessed with a ton of talent.

We can divide life into two categories: the good times and the bad times. This is also how we organize our memories and our experiences. Talent and a person's gifts are usually prominent in the good times. However, the bad times we have, and the adversity generated there, are often

results of when our talent and our gifts aren't enough to overcome the problem we face. In adversity, we can choose character to be known for being steadfast, faithful, and true in the face of a crisis to gain a reputation for always doing the right thing, and for being in the right place in the right time. Talent will then kick in to serve as a source of energy and strength from which to draw inspiration and support to make the choices that serve to define our character. Natural gifts backed by a solid and true base of character makes for the natural charismatic leader and friend who inspires us to greatness. So as you go on this week, I ask you to take a look at your lives and see if you've been relying more on talent or choosing character.

SAPR Spotlight



If someone you know has been sexually assaulted DO:

- Be supportive and listen to them
- Communicate to your friend that he or she is not responsible for what happened
- Allow your friend to regain control by making his or her own decisions

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

- Attempt to seek revenge
- Make jokes
- Be angry with your friend
- Force them to talk and/or take control from them
- Ask your friend how they could "let this happen"
- Assume you understand how your friend feels
- Discuss the incident with others unless you have permission from your friend.

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



The Victory Times is an authorized publication for members of the Department of Defense. Contents of this publication are not necessarily the official views of or endorsed by the U.S. Government or the DOD. The editorial content of this publication is the responsibility of the Public Affairs Office of United States Forces-Iraq.

USF - I Commanding General: Gen. Lloyd J. Austin III
USF - I Senior Public Affairs Officer: Col. Kevin V. Arata
USF - I Senior PA Enlisted Advisor: Sgt. Maj. Sharon Opeka
Editor: Sgt. TJ Moller
Print Staff: Staff Sgt. Edward Daileg, Sgt. A.M. LaVey
Sgt. Joseph Vine, Spc. Charlene Apatang Mendiola
Layout: Spc. Paul Holston

The Victory Times welcomes columns, commentaries, articles and letters from our readers. Please send submissions, story ideas or comments to the editorial staff at tanyajo.moller@iraq.centcom.mil. The editorial staff reserves the right to edit for security, accuracy, propriety, policy, clarity and space.



Camp Victory military, civilians support Iraqi scouting

Story and photo by Sgt. Neil W. McCabe
XVIII Airborne Corps and Fort Bragg Public Affairs

More than 40 American military and civilian personnel deployed to Camp Victory, Iraq, in support of Operation New Dawn, volunteered to help a mixed gender scout troop at the camp's Area 4, April 16.

"I started this troop two years ago with one tent and 15 children," said Iraqi army Maj. Raheem Falin, who is assigned to Iraqi special operation forces. "Now, there are 200 children—all made possible with the encouragement and contributions of the American volunteers."

The major, whose scoutmaster uniform was a blue shirt with the patch of Camp Victory Council Baghdad and the Iraqi flag along with his black beret and blue and yellow neck scarf, was a Boy Scout himself for three years from 1977 to 1980, he said.

Zainab Abood, who is Falin's assistant scoutmaster, said she has seen the positive impact of scouting on her own children since they joined the troop. "I have family in Baghdad and Karbala, but their children don't have scouting and you can see a big difference."

It is more than just playing games, she said. "It gives them a better heart."

The major said he agrees with Abood from the changes he sees in the children once they join the troop and from the comments parents give him.

"One father told me, 'You make my kids more polite and helpful around the house. Now, they ask me how they can help with things and they do not argue with me. I am so grateful.'"

At this day's event, the scouts held an opening ceremony that included the raising of a children's Iraqi flag and the children singing their national anthem. Facing the scouts on the other side of the flag poles, the American service members and civilians stood in their own formation. When the children finished singing, the Americans responded by singing "The Star Spangled Banner."

After the ceremony, the children broke up into groups where they were taught lessons in dental hygiene with a giant toothbrushes and large models of teeth.

Air Force Capt. Douglas C. Holmes, a dentist training Iraqi army dentists, said, "This is my first time volunteering here. The children are so energetic and inquisitive."

The central event of the day was baseball. As the girls went off to make arts and crafts and play games, the boys rushed to the pile of baseballs, bats and gloves the Soldiers dropped in the middle of the field.

Falin said baseball is a great game and his own favorite team is the Boston Red Sox.

"Before we did not have baseball in Iraq, but now when my children see the game on TV, it is their favorite," he said. "When they learn the rules, they love baseball more than before."

One of the batting practice pitchers, Air Force 1st Lt. Erin M. Laughlin, a contracting officer assigned to the Central Command office at the camp, said she just wanted to volunteer and help.

"It is so strange to be with these kids with the sounds of the target range in the background," she said.

"They have seen so much, but still they come here and have a good time," she said.

Sgt. 1st Class James D. Tilton, a trainer with the 804th Medical Brigade, said he helps the scouts because it is an opportunity for men and women who have children back home to practice parenting again for a short time between work.

Maj. David A. Little, deployed to Iraq with XVIII Airborne Corps' Headquarters and Headquarters Battalion, said he feels an obligation.

There are others helping to take care of his children back home in Fayetteville, N.C., so he feels the need to help take care of someone else's child to return the favor, he said.

Little said he is throwing himself into the planning of the upcoming spring camporee because as the responsible drawdown of American troops continues, Soldiers will not be around to volunteer as much as in the past. "This is our last hurrah."

Falin said the camporee will be a two-day, one-night camping event with a baseball game, awards ceremony and a massive bonfire where the scouts will perform songs and skits.

"We will even have marshmallows," Abood said.



Capt. Douglas C. Holmes, a Special Operations Iraq Transition Team dental advisor, trains a scout on proper dental hygiene April 16 in Area 4. Service members and civilians volunteer their time to help Iraqi scouts at the camp.

Dempsey, from page 1

continuity," he said. "It is continuity that gives us the traditions and values that allow us to be who we are."

Dempsey said the Army will continue to change and he is concerned with the changes. He said it is up to the commanders, sergeants major, and leaders to develop trust within the organization and base the outcome off of that.

Following the question-and-answer session, Dempsey met with the media and told them that as the Army's top Soldier, he will work to balance the current demand requirements and conflicts.

When asked what he expected from the Soldiers, he said, "All I ask from them is trust, discipline, and to be fit."

Come Dec. 31, Operation New Dawn will end and the question of whether U.S. presence will remain beyond that is left for the Iraqi government to decide, Dempsey said when asked about staying past the end of 2011.

"If asked we will deliver that presence," he said. "Iraq is a wonderful country and we will definitely be partnered in the future. The Army has to preserve the options for the nation to get things right to remain steadfast partners with the Iraqi counterparts."

However, as the U.S. departs, it will be the Soldiers who leave behind a legacy of partnering and professionalizing the Iraqi army to operate in the battlefield, Dempsey said. "I have confidence that they will sustain. Whether it's traditional or adaptive, we will continue to help them. Iraq will be the country that it wants to be."

Shortly before his departure, Dempsey made his final statement to the troops.

"Keep doing what you're doing with your Iraqi partners and be the Soldiers you are," he said. "History will record your accomplishments here in Iraq as we continue to build a stable partner in the region."



Photo by Sgt. Joseph Vine

Sgt. 1st Class Braulio Silva, a platoon sergeant with C Co., XVIII Airborne Corps, asks the 37th Chief of Staff of the Army, Gen. Martin E. Dempsey, a question during a town hall meeting in Al Faw Palace, Camp Victory, Iraq, April 19. This was Dempsey's first stop during his visit to the region.

WEAPONS SAFETY

Treat every weapon as if it's loaded
Handle every weapon with care
Identify the target before you fire
Never point the muzzle at anything you don't intend to shoot
Keeep the weapon on safe and your finger off the trigger until you intend to fire

T.H.I.N.K
TO SAVE LIVES

Detainee, from page 1

including the Installation Management Command Korea Culinary NCO of the Quarter and 1st Infantry Division Culinary NCO of the Quarter. He credits his experience for his expertise in the food service field.

“My prior work experience helped me improve meals based on customer feedback. With feedback, I apply food preparation techniques and procedures from my past work experiences to meet their requirements,” said McPhail.

McPhail has prepared meals for Soldiers and distinguished visitors such as General George W. Casey and General Martin E. Dempsey. He also taught a cooking class at Fort Leavenworth entitled Cooking Nutritionally in the Single Soldiers Quarters.

During his arrival in Iraq, McPhail

was faced with a different challenge to prepare meals. This time it wasn't for Soldiers or any service members, but for detainees in Iraq.

McPhail quickly realized that the importance of his unit's mission depends highly on his job to feed the detainees.

“Food plays a key role in the way the detainees behave,” said McPhail. “When detainees are fed properly it keeps our detainee operation running smoothly.”

Although the United States government provides detainees with three meals a day that meet Iraqi cultural requirements provided by bi-lingual and bi-cultural advisors, McPhail still saw room for improvement.

With McPhail's drive for perfection, he reviewed ground surveys from the detainees and started to look for ways to improve the existing meals.

Faced with the cultural differences, McPhail worked hand-in-hand with the Iraqi bi-lingual and bi-cultural advisors to get information on what kind of food detainees prefer based on their culture.

“Based on the ground surveys and input from bi-lingual and bi-cultural advisors, I worked with the food contractor in choosing the right spices, executing different meal-preparation techniques for meats, vegetables and pastries to enhance the detainee food program with no additional expenses,” said McPhail.

“After all the revisions on spices and cooking procedures, we do sample-tastings with bi-lingual and bi-cultural advisors to ensure that meals are prepared with detainee culture-specific requirements,” he said.

McPhail also worked with dietitians and nutritionists to ensure the changes he made met the detainee's dietary and nutritional needs.

As a result of his efforts, detainees now enjoy meals like Al Biryani, a traditional Iraqi meal consisting of rice and lamb, grilled foods made with fish or chicken, and beef kabobs included in their 28-day menu.

Slight meal modifications like adding three additional fruits to an existing two-fruit menu, and adding Arabic cheese and jam made a big difference in detainee food satisfaction.

“A carefully-planned menu creates a robust variety and insuring proper rotation of all available rations increases detainee satisfaction,” said McPhail.

Since the modification of the meals, the unit gained superior compliance from detainees and improved the detainee-ground surveys they receive on a weekly basis.

Seven years later McPhail adds to his list of accomplishments, the improvement of the detainee food program. Accomplishing his goal to meet or exceed detainee food satisfaction helped the 40th MP Bn. increase detainee compliance and mission readiness.



Sgt. Jeremy McPhail, the detainee dining facility noncommissioned officer-in-charge with Headquarters and Headquarters Company, 40th Military Police Battalion, inspects a food plate prepared for detainees at Camp Cropper. McPhail worked hand-in-hand with the Iraqi bi-lingual and bi-cultural advisors, dietitians, and nutritionist to enhance the detainee food program.

U.S., Iraqi firefighters gather for joint egress exercise

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

A distress call comes in through the radios of a helicopter on fire. Firefighters respond by placing a fire truck at a 90 degree angle away from the front of the aircraft. Using hand lines, a team creates an entry way towards the aircraft, while the other team secures the inside of the aircraft extracting an injured pilot. The casualty is taken to a triage area where medics treat him. Meanwhile, the firefighters perform a second check of the aircraft to ensure no other passengers or crew members are left behind or thrown out and to declare the aircraft safe.

U.S. firefighters demonstrated this scenario as the Iraqi firefighters observed their performance.

Fire personnel from Baghdad International Airport, Sather Air Force Base, New Al-Muthana Air Base and the Iraqi Civilian Aviation Authority participated in a three-hour long aircraft familiarization and egress exercise on Sather Air Force Base, Apr. 18.

This is the first time that the Iraqi and U.S. fire fighters gathered for a combined training exercise.

"This is one of the many historical events in Iraq as we shadow the advising, assisting and training roles," said Lt. Col. Steven Ballew a strategic plans and safety advisor with Iraq Training and Advisory Mission – Air.

Firefighters, crew members and translators divided into three separate teams prior to engaging in the familiarization process.

As key players to the exercise, it is imperative to have participants interact with each other said Wayne Morrow, Sally Port fire chief with Sather Air Force Base Fire Department. "Both parties need to know who they are and who they will be working with."

The training started as the helicopters landed on an open area of the flight line

followed by the familiarization of three different aircrafts: the Utility Helicopter often referred to as UH-1 from the Iraqi Army Aviation Command 2nd Squadron, the Multirole Helicopter known as the MI-17 flown in by the IAAC 4th Squadron and a Black Hawk, UH-60, operated by the 40th Combat Aviation Brigade.

Performing aircraft familiarization is an important element for emergency-response teams. In the event of an emergency, team members are able to respond accordingly while understanding the systems and devices within an aircraft.

Crew chiefs and pilots of each aircraft took on the role as instructors as they briefed the teams about the basic elements of the specific aircraft as well as the placement of emergency equipment.

"Just like every other heavy equipment, there are many essential parts," Morrow said. "This is just a process for personnel to get the idea of what an aircraft looks like and how it operates."

The basics of doors and hatches, oxygen shut off buttons, recognizing

aircraft hazard areas, proper procedures of pinning an aircraft, adjusting seats and isolating power were just a few training aspects throughout the familiarization process.

"This training will provide Iraqi fire fighters some basic-firefighting concepts, crew extractions, and response measures and capabilities," said Sheldon Longnecker Jr., theater fire chief, United States Forces – Iraq, Task Force Safety Actions for Fire and Electricity.

The second half of the training involved the aircraft-egress drill. The exercise conducted by U.S. firefighters demonstrated the importance of situational awareness. Crew-rescue teams are reminded to remain flexible when responding to emergencies as challenges of weather and terrain may exist.

"There were several objectives to this exercise," said Morrow, "including securing the crash site, properly positioning a vehicle, hose line deployments, proper advancement to the aircraft, shut-down procedures, crew egress and triage position."

Because there are many scenarios

Continue on Page 7



Firefighters from Sather Air Force Base Fire Department pull an injured pilot from a helicopter. The firefighters participated in a simulated aircraft egress exercise as a demonstration for Iraqi firefighters to observe on Sather Air Force Base, April 18.

From on Page 6

that could happen here, the ultimate goal is to train the Iraqis so they can be prepared to react and overcome any obstacles they may face, Longnecker said.

This is an ITAM-Air hosted event, Ballew said. Staff Maj. Gen. Anwer Ahmed made an official request to execute this training as an ongoing effort to advise, assist and train Iraqi partners toward self-reliance.

As Operation New Dawn approaches its mission deadline, the efforts of both U.S. and Iraqis are essential to the transition and drawdown process, he said. Although the presence of the U.S. will remain on Sather Air Force Base, this signifies future partnership with the Iraqi counterparts.

Planning efforts are in progress for



Firefighters from Sather Air Force Base Fire Department drag a hose line towards an aircraft that was on fire. The firefighters participated in a simulated aircraft egress exercise as a demonstration for Iraqi firefighters to observe on Sather Air Force Base, April 18.

future training with ITAM-Air and the fire departments.

"The air base here in Iraq is shared between the U.S. and the Iraqis," Morrow said. "Therefore working hand-in-hand is important because it will allow crash-rescue teams to respond and assist regardless of the borderline."

The USF-I Equal Opportunity and Sexual Assault Prevention and Response Office: Ask the EO

By Sgt. 1st Class Michael Christian
USF-I Deployed Sexual Assault Response Coordinator

Topic: Sexual Harassment -- Situations often posed to the EO are in regards to sexual harassment. Most are familiar with the AR 600-20 definition: Sexual harassment is a form of gender discrimination that involves unwelcomed sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature. However, similar to when you are on the rifle range, you have to know your left and right limits. Many are unaware that gender-biased behavior can also be classified as sexual harassment. For instance, that Dallas Cowboys Cheerleader screen saver on your computer or the Firemen of NYC calendar hanging in your office can be perceived as sexual harassment. Also, did you know that if someone overhears your conversation with another person and is offended by something you said, you committed sexual harassment? For example, John is telling a sexually explicit joke to Jane. Jane thinks the joke is funny and is not offended by the joke. However, Mary in the office next door heard the joke through the wall. If she is offended, she can claim sexual harassment. Lastly, remember you are subject to the sexual harassment policies 24 hours a day, 7 days a week, off duty or on duty, off post or on post. If you have any situation you are unclear about just ask the EO!

VBC Facility Operating Hours

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

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

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

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

SFC Paul Smith Gym
Open 24 Hours

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

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

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

Golby TMC Sick Call
Mon. Wed. Thur. Fri.
8:30 - 10:30 a.m. & 3 p.m. - 5 p.m.
Tues. and Sat. 8:30 - 10:30 a.m.
Sunday - emergency only

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

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

Websites

Check it out:

USF-I Web pages
www.usf-iraq.com
www.flickr.com/photos/mnfiraq
www.twitter.com/USForcesIraq
www.youtube.com/USFIraq
Facebook
United States Forces-Iraq
U.S. Army
XVIII Airborne Corps
Fort Bragg

UNSUNG HERO



Spc. Ozgur Vural is recognized as this week's Unsung Hero and received a certificate of achievement from Brig. Gen. Michael X. Garrett, deputy chief of staff, United States Forces - Iraq, at Al Faw Palace, April 22.

Vural received the certificate for his outstanding performance as the USF-I Headquarters and Headquarters Battalion transportation movement NCO.

Let them eat cake

*Photo by Sgt. A.M. LaVey
USF-I Public Affairs*

U.S. Army Reservists Maj. Gen. Adolph McQueen, Jr., deputy commanding general for detainee operations and provost marshal general, United States Forces - Iraq, and Spc. Melinda Tirado, an executive administrative assistant, DCG-DO, USF-I, cut a cake at the 103rd birthday celebration for the U.S. Army Reserve held at Camp Victory April 23.

