

The Expeditionary Times

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Vehicle upgrades protect Soldiers, convoys

STORY AND PHOTOS BY
SPC. MATTHEW KEELER
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – For years, the U.S. Army has been known for the quality of its Soldiers and its versatility in an ever-changing battlefield. It is this ability to change and adapt that has made the Humvee one of the best-known icons of the Army over the last several decades.

The Humvee, or the High Mobility Multi-purpose Wheeled Vehicle (HMMWV), was first introduced to the Army in the late 1970s as an upgrade to larger and slower trucks.

It offers speed, maneuverability and added firepower to support troops in the field that larger trucks cannot.

From the Persian Gulf War to both Operation Iraqi Freedom and Enduring Freedom, the Humvee has been tested to its limits. Its role as transport and a light-fire support vehicle transformed into more of a stand-alone gun truck.

“I was deployed [in Iraq] from ‘06 to ‘07 with the 370th [Transportation Company],” said Sgt. Jose Garza, a truck commander with the 370th Trans. Co., 275th Combat Sustainment Support Battalion, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command, and a Houston, Texas, native. “[During that time] I was a driver, then a gunner, and a specialist at that time.”

The convoy escort vehicles, or “gun trucks” the 370th Trans.

Co. used to escort their transports were Humvees at that time. In the 370th Trans. Co., certain platoons would drive Palletized Loading System trucks, and others would drive escort vehicles. During Garza’s tour, convoys travelled at night and at times were required to wear night-vision goggles, he said.

Garza said the original intent for the Humvee was not to be mine resistant.

“Its original intention was as a utility vehicle,” he said.

Both OIF and OEF introduced a new weapon of warfare: improvised explosive devices. These weapons were hand-created mines designed to incapacitate vehicles on the road. The power of these weapons proved to be a challenge to the Humvee.

See **SAFE**, pg. 8



Chief Warrant Officer 3 Michael Carr, the Army watercraft master and electronic warfare officer with the 310th Expeditionary Sustainment Command, conducts his daily physical training May 24 at the outdoor pool on Joint Base Balad, Iraq. The Castine, Maine, native’s swimming program conforms to the U.S. Navy SEAL and Surface Warfare Combatant Craft program.

Warrant officer exercises his love for water during Iraq deployment

STORY AND PHOTOS BY
SGT. STEPHEN SCOTT
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – Most people assume that anything dealing with the water falls into Navy territory, but the Army maritime presence has modestly played a pivotal role in American warfare for more than a century. Chief

Warrant Officer 3 Michael Carr may be one of the few who can describe the Army maritime’s current and historic missions, trends and the vessels it utilizes.

This relative anonymity of this field is the reason Carr is greeted with looks of confusion and disbelief when he tells people his primary Military Occupational Specialty with the 310th Expeditionary Sustainment Command is watercraft master.

You can almost see the little question marks floating above their heads.

It’s easier to explain that a watercraft master is the commanding officer of an Army vessel than is to explain why a command deployed to the center of predominantly landlocked country would need one.

See **CARR**, pg. 5



No more communication breakdown
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Splash out! IA hones artillery skills
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Repaying locals for damage done
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Correction

In the May 25 edition of "The Expeditionary Times," the article about the opening of the Wrangler Dome on COB Adder was attributed to the wrong author. The story was written by Pfc. Amy Lane from the 4th Sustainment Brigade.

If you have a comment or correction for the "Expeditionary Times" staff, please e-mail us at:
escpao@iraq.centcom.mil.

The Chaplain's Corner

Army chaplains operate as servants for those who serve

MAJ. DINO J. BESINGA
HHC, 20TH ENGINEER BRIGADE CHAPLAIN



One of the leadership models that I found more relevant is "The Chaplain as a Servant of the Servants," as it is a better descriptive of a chaplain in the Army. In the culture of "rank has its priority," to put a chaplain as the servant is deemed the ideal. The idea of a chaplain should model as that servant of the servants. Indeed, I find this kind of leadership to be most fitting of chaplains.

When I joined the Army, I was commissioned to the rank of a captain. Something novel, indeed! I was initiated to the military customs and traditions to salute and be saluted. I like the feeling, as it has drilled into me a unique kind of authority I am now laden with. At the same time I am revered as a chaplain.

Being called "reverend" or "chaplain" after being saluted leads me further to enjoy more deeply the unique role and kind of ministry my commission to the Army is pointing me toward.

I should be cultivating the trust of a spiritual father to Soldiers. As a father, they could come to me for comfort, support and inspiration in moments of depression, sadness and tragedy. Similarly, I would be with them in joy, success and glory, just as a father would.

I should be able to bring God to them and bridge them to God in their personal spiritual journeys and prayer life.

Ministry in the Army, I believe, is calling us to the same

"To truly lead our men in the service, the chaplain should have the heart to go down to where our Soldiers are situated to be one with them..."

- Maj. Dino Besinga

We may never be asked to give our life for someone else, but that attitude of self-sacrificing service should be the mark of our ministry

- Maj. Dino Besinga

kind of leadership – the servant-leader.

That is, to truly lead our men in the service, the chaplain should have the heart to go down to where our Soldiers are situated to be one with them in ministering each other. In short, to be a servant-leader the chaplain is not aloof to the needs and demands of the former. He would program his ministry not just for people to go to him, but vice-versa, he likewise goes to the Soldiers.

One of the most amazing parts of the ministry performed by a chaplain in the Army is his special place in the service.

His presence evokes the presence of the divine and thus adds to the morale of troops in the field. My tours of duty in Iraq have attested to that referred reality. Our Soldiers reported that they felt protected in operations when the chaplain was there to pray and bless them.

We chaplains, as leaders, must be interested in serving rather than being served. Our example is our Savior. He did not come to the world to be served, but to serve.

"Just as the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many..." (Matthew 20:28)

We may never be asked to give our life for someone else, but that attitude of self-sacrificing service should be the mark of our ministry. To serve others is the most noble of human endeavors.

Our human endeavor would become worthless and useless unless we rested ourselves in the presence and will of God. And this endeavor needs discipline and commitment in the part of Unit Ministry Teams.

The Expeditionary Times

**310th ESC Commanding General:
Brig. Gen. Don S. Cornett, Jr.**

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The Real Barracks Lawyer

Repeal of 'Don't Ask' presents new questions for SJA to field

CAPT. DANIEL RIECK
310TH ESC CHIEF OF LEGAL SERVICES



Last December, President Obama signed into law the "Don't Ask, Don't Tell Repeal Act of 2010." In preparation for this change in policy, all branches of the military are currently undergoing training. I have had the opportunity to sit in on quite a few DADT repeal training sessions and have noticed that the same questions and concerns are being voiced by many of JBB's residents.

As such, this article is designed to provide the reader with guidance regarding the legal ramifications of the repeal of DADT.

Question: When will the repeal actually take place?

Answer: While the president signed the bill into law late last year, the actual repeal date has not yet been announced.

The legislation-provided repeal would take place 60 days after the president, the secretary of defense, and the chairman of the joint chiefs of staff each certify that the military is prepared to implement the repeal while still maintaining readiness, effectiveness, unit cohesion, recruiting and retention.

Rest assured that the certification and eventual repeal date will be widely publicized once they do occur.

Question: How will this affect the Army's standards on grooming and appearance?

Answer: This area of conduct will be unaffected by the repeal. There will be no changes to AR 670-1, which prescribes the standards for grooming and wear of Army uniforms. The current standards are based on gender, meaning that one's sexual orientation is immaterial in terms of how they must wear their uniform.

Question: How will this affect billeting?

Answer: Prior to the repeal of DADT, the only distinction the Army used for the purposes of billeting, toilet and shower facilities was gender. That remains the case after repeal. In

fact, the DoD and the Army have expressly prohibited separate billeting, toilet and shower facilities based on sexual orientation, as creating such facilities would only serve to isolate and stigmatize Soldiers.

It should be noted, however, that commanders will retain the authority to alter billeting assignments on a case-by-case basis. In other words, commanders may still alter Soldiers' billeting if they are doing so in order to promote good order and discipline.

Question: How will this affect my freedom of speech?

Answer: The repeal of DADT does not affect the policies that govern speech and freedom of religion in the Army. Existing policies on speech will not change, nor will policies on the Soldier's free exercise of religion.

The DoD and the Army will continue to require professionalism and respect from and toward all Soldiers.

The repeal of DADT will bring about many legal and policy changes, but the cornerstones of military life will remain intact, namely high standards of discipline, professionalism and respect for your comrades in arms. Any questions or concerns about the repeal of DADT can be brought to the Consolidated Legal Center, building 7235 at JBB.

The Weekly Standard

End of tour does not necessarily mean award time for every Soldier

MASTER SGT. MALEAH M. JOHNSON
310TH ESC INSPECTOR GENERAL



Every service member who honorably completes a tour duty in Iraq will be appropriately recognized for his/her service. The goal for

end-of-tour awards is to present the awards prior to redeployment. There are misconceptions, however, about flagging actions blocking awards or causing an award to be downgraded.

According to AR 600-8-22, Military Awards, medals will not be awarded or presented to any individual whose entire service subsequent to the time of the distinguished act, achievement or service has not been honorable.

The determination of "honorable" will be based on "honest and faithful service" according to the standards of conduct, courage and duty required by law and customs of the service of a member of the grade to whom the standard is applied. Individuals who are suspended from favorable personnel actions neither are recommended for nor receive awards during the period of the suspension.

Exceptions to the above are Soldiers who are flagged for APFT failure.

In accordance with AR 600-8-2, Suspension of Favorable Personnel Actions, flags for APFT failure do not prohibit awards. There is also a misconception that the APFT and height/weight requirements are automatically waived while deployed. Commanders have the discretion to administer the APFT based upon mission requirements but do not have the authority to suspend the requirement for Soldiers to be weighed at least every 6 months.

Soldiers who fail the height/weight requirements will be flagged and will not receive an award with one exception: Flags for weight control do not block a retirement award, the Purple Heart or award based on valor and heroism.

"Honorably completes a tour of duty"

If during your tour you've received UCMJ action, a negative counseling, memoranda of reprimand, letters of concern, or have failed to meet the standard on any issues during your deployment, your commander may have justification to downgrade your award, or in severe cases, not approve an award at all.

"Appropriately recognized"

Your opinion on what you should be awarded may be different from your chain of command's opinion. The service member's supervisory chain of command is responsible for ensuring your performance and contributions are properly recognized. Although the service member may think the proper recognition might be a Bronze Star Medal, the chain of command and/or the commander may not concur.

Either way, "appropriately recognized" does not imply that you are assured a certain level of award.

Finally, service members often feel that they are not being properly recognized with the appropriate award recommendation, or their recommended award was unjustly downgraded. These issues should be discussed with your chain of command unless the award was improperly processed in accordance with AR 600-8-22 or the USF-I awards policy (last updated May 7, 2011).

If there was a violation of policy or regulatory guidance, your local IG will assist you with the matter, but keep in mind that as IGs, we can only recommend. We are not commanders, and ultimately you will have to address the issue with your chain of command.

Repairers keep equipment on air

STORY AND PHOTO BY
1ST LT. MATTHEW ROSKAM
1729TH FSMC

CONTINGENCY OPERATING BASE ADDER, Iraq—Sometimes we take our ability to communicate for granted until the ability is taken away.

Soldiers from the communications and electronics section of the 1729th Forward Support Maintenance Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command help to ensure that communication is kept up and running for everyone who needs it.

The 1729th FSMC, an Army National Guard unit from Havre De Grace, Md., is composed of several sections capable of fixing almost everything in the Army's inventory of equipment.

The C&E section is a vital section within the unit, tasked with maintaining and repairing everything from vehicle radio systems to communication towers.

The skill set held by the members of this section are not ones that you will find in most units and are highly technical, dealing with circuitry, computer chips, radio waves and microwaves.

"This is a great opportunity for the 1729th C&E shop to improve upon military occupation specialties skills, but also to conduct our war-time mission," said Sgt. 1st Class Derrick Hayes, the noncommissioned officer-in-charge of the C&E section.

Outside of this deployment the Soldiers don't have the opportunity to use their skill sets as often as they would like and take advantage of any opportunity they have to practice.

They spend most of their time in the shop troubleshooting faulty equipment, testing, replacing, reprogramming and adjusting parts as necessary. Most of the work in the C&E shop comes in the form of repairing radio components such as speakers, handsets, headsets, radio mounts, amplifiers or antennas.

"I am what I am; and I do what I can," said Sgt. Christopher Forner, a radio repairer with the 1729th FSMC, and a Glen Burnie, Md., native. "I love fixing military equipment and care about what I do for the 1729th."



Sgt. Christopher Forner, a radio and communications repair specialist with the 1729th Forward Support Maintenance Company, 749th Combat Support Sustainment Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command and a Glen Burnie, Md., native, stands by a communications tower he helped repair on Contingency Operating Base Adder, Iraq. Forner and other equipment repair specialists with the 1729th FSMC pride themselves on their ability to fix just about any kind of Army equipment.



An Iraqi field artillery crew of 105th Field Artillery Regiment, 5th Iraqi Army Division emplace a M198 155mm howitzer before conducting a fully synced dry-fire crew drill at Kirkush Military Training Base, Diyala province, Iraq, May 19, 2011. Each of the sections the IA soldiers received training on—forward observer, fire direction control, and gun crew—synced together, coordinating their efforts and communicating to perform the crew drills in preparation for a live fire exercise scheduled for later this month.

IA brings out the big guns

STORY AND PHOTOS BY
SGT. DAVID STRAYER
109TH MPAD

KIRKUSH MILITARY TRAINING BASE,



Iraq—Soldiers of 105th Field Artillery Regiment, 5th Iraqi Army Division conducted dry-fire crew drill exercises at Kirkush Military Training Base in the Diyala province of Iraq, May 19.

Iraqi Army soldiers conducted the full-speed drills to practice for an upcoming live-fire exercise prior to Operation Iron Lion, a provincial capstone exercise demonstrating Iraqi Security Forces' capabilities and the cooperative operations between various ISF agencies.

Iraqi forward observers, fire direction operators and gun crews synced at full speed for the first time during the integrated dry fire crew drills.

"There were several purposes to this training exercise," said Capt. Lance Magill, the field artillery training chief with Headquarters and Headquarters Battery, 2nd Battalion, 11th Field Artillery Regiment, 2nd Advise and Assist Brigade, 25th Infantry Division. "It gave them the opportunity to field this new artillery equipment, and employ the M198 weapon system at full speed."

During the dry fire drills, Iraqi forward observers identified targets while the fire direction center computed and sent forward data to the gun crews at full speed in preparation for upcoming live fire exercises.

Throughout several weeks of artillery train-

ing with the Iraqi students, U.S. instructors also seek to transform some of the students into instructors capable of taking the training regimen back to their respective units, Magill said.

"One of the biggest pieces here is our train-the-trainer efforts," said Magill. "Field artillery is a perishable skill. We have selected and have been training IA soldiers that will go back to their units and sustain and perpetuate this training for their soldiers. That is what is going to make these guys keep getting better and more professional."

The dry fire exercises are instrumental for artillery teams to learn teamwork, Magill said.

"Integration is essential for this to work," said Magill. "The forward observers and the fire direction [Soldiers] can know their job in and out independently, but they have to know how their pieces fit together to be able to accomplish the mission."

The M198 howitzer crew drills, and the capstone scheduled to follow later this month, attracted several different Iraqi news media outlets from across northern and central Iraq to document and broadcast the new indirect firing capability of 5th IA Div.

"We all came here to cover this training and how they will use this weapon and how they will be a better army because of it," said Munjid, a journalist with the Iraqi Media News network. "We will also be here to cover the capstone; it is a very significant event that will show the improvements in security and bring peace of mind to the Iraqi people."

Even after the live-fire exercise and the Iron Lion capstone event, Magill said the partnered

efforts between U.S. and Iraqi forces and artillery training will bring long lasting benefits to the Iraqi Army.

"This equipment translates into more capa-

bility; it makes them more viable on a linear battlefield," said Magill. "It's a huge piece in their modernization and essentially, it makes a more complete army for Iraq."



An Iraqi M198 155mm howitzer crew member with 105th Field Artillery Regiment, 5th Iraqi Army Division uses a collimator to sight his crew's howitzer during a fully synced dry-fire crew drill at Kirkush Military Training Base, Diyala province, Iraq, May 19, 2011. Iraqi field artillery teams integrated forward observers, fire direction operators and gun crews during the exercise in preparation for an upcoming live-fire exercise.

CARR: Deployment provides warrant with new experience

Continued from pg. 1

Expeditionary sustainment commands are a fairly new beast in the Army, and when they were created, they were designed with many different components so they could handle any mission they should undertake on deployment, Carr said.

The position of watercraft master was one of those components that served to increase the command's flexibility, but the 310th ESC doesn't have any Army watercraft responsibilities on this deployment, explained the soft-spoken warrant officer.

"I'm not doing a watercraft mission now. I'm doing electronic warfare because that's where the need is," Carr said. "I volunteered to go to electronic warfare school in order to have a real job."

Carr is a generally positive person, but that sentiment seems warranted. After all, he has been working in the nautical field since he graduated from U.S. Navy Diving School in 1979 as a member of the Coast Guard. This was two years after graduating from the U.S. Coast Guard Academy in 1977 with a bachelor's degree in history and government.

The Castine, Maine, native said when you grow up in New England, you either learn to love the maritime environment or you move. He chose the former of the two.

"I spent 11 years in the Coast Guard doing search-and-rescue diving and vessel operations," Carr said. "I was a deck watch officer and a diver mainly."

He stayed in the Coast Guard until 1990 when he began working as a commercial diver and captain.

"I worked down in the Gulf [of Mexico] doing commercial diving on oil rigs which is everything from cutting and welding to just basic repair jobs," he said. "It's very similar to being a mechanic on land; it's just that you're doing it underwater."

During his nearly decade-long break from service, Carr also used his extensive nautical knowledge to mold minds at the Maine Maritime Academy and the U.S. Merchant Marine Academy.

"I really enjoyed the academic atmosphere," he said. "I enjoyed teaching college students."

When Carr speaks about past jobs, he doesn't talk about the money made or the prestige of the position. Instead, he speaks in terms of the fulfillment he got from those occupations.

Carr said the Coast Guard appealed to him because it offered him the opportunity to help people while performing diverse missions. He also said he appreciated the size of the service, because there tends to be less bureaucracy in smaller elements and the



Chief Warrant Officer 3 Michael Carr, the Army watercraft master and electronic warfare officer with the 310th Expeditionary Sustainment Command and a Castine, Maine, native, finishes a lap as he conducts his daily physical training regimen May 24 at the outdoor pool on Joint Base Balad, Iraq.



Chief Warrant Officer 3 Michael Carr, the Army watercraft master and electronic warfare officer with the 310th Expeditionary Sustainment Command and a Castine, Maine, native, talks about the electronic warfare field at a Military Occupational Specialty recruiting brief May 25 at the East Morale, Health and Welfare building on Joint Base Balad, Iraq.

straightforwardness is satisfying.

When Carr joined the Army Reserve in 2000, he was attracted to the Army watercraft field for some of the same reasons he was drawn to the Coast Guard.

"The Army watercraft field is nice because of its smallness and simplicity, and I just like the missions we do," Carr said. "I like working with small groups of people independently and being given a lot of flexibility on how to get things done."

Once a member of a unit stationed at Curtis Bay in Baltimore, Md., Carr was involved in many missions including ones in Puerto Rico, the Caribbean, and Hawaii.

"We did a mission from Hawaii where we went from Hawaii to California, picked up a fuselage from a C-17 cargo plane Boeing donated to the Army, and brought it through the Panama Canal up to Fort Lee so they could use it for a training aid there," Carr said.

In 2008, Carr joined the Active Guard Reserve and was stationed with the 310th ESC in Indianapolis, Ind. He deployed with them earlier this year on what was technically his first deployment. However, he's been on many extended missions lasting up to six months at a time, so his wife and high-school-aged daughter are used to him being gone, just not for so long.

"The whole concept of going away wasn't such a big deal except that in this case it's for a full year, so emotionally that's significantly different than three months or even six months, so that makes it harder," Carr said.

Other than being away from his family for a year, one of the most difficult tasks for Carr may be getting used to working in an office all day.

"Up until now, everything I've done has involved being outside, being active, and having a combination of being of physical and mental," he said. "This deployment is pretty much sitting at a desk. It's different, because that's not my forte."

Given Carr's penchant for water activity, it's not very hard to guess where he goes when he is in need of some physical activity.

"I've been going to the pool, which has been great. That outdoor pool is so sweet," he said.

Instead of dwelling on what he is lacking, Carr focuses on what he can gain from this deployment, especially in the realm of physical training.

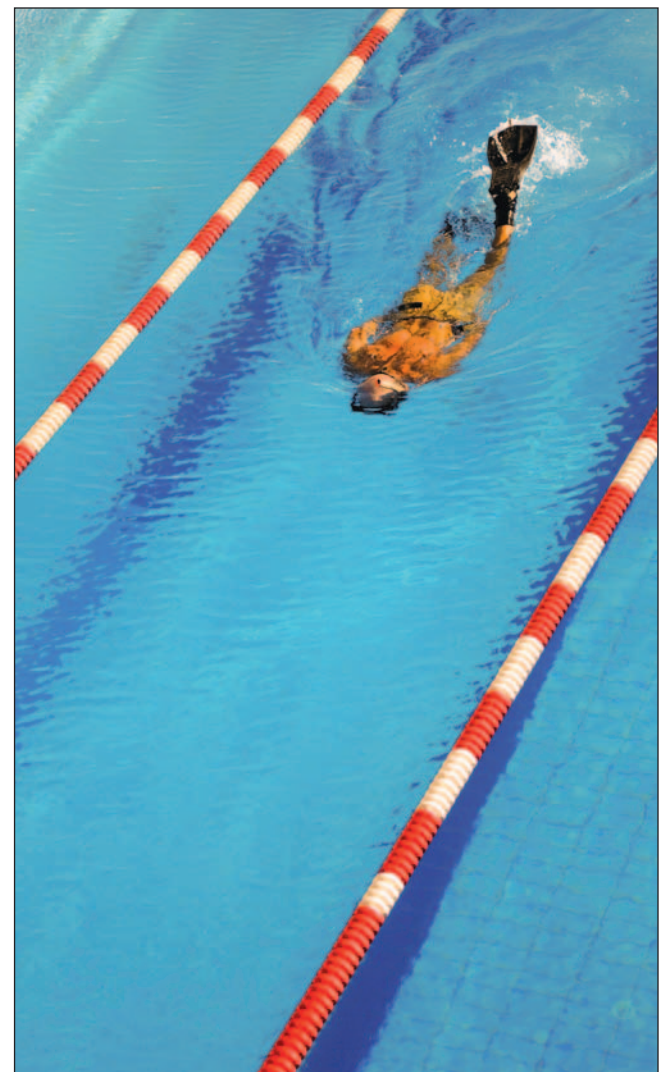
"I love the fact that there's a lot more time to do PT," Carr said. "We have this pool here and these beautiful gyms, and there's no excuse not to be able to get into good shape."

Even though he is deployed here doing a job that puts him behind a desk instead of a helm, Carr seems to have a knack for staying positive, and he still embodies the sustaining diligence of the Army's maritime mission.

When this deployment is over, Carr said he would like to be the skipper of the Army's largest watercraft, which is the logisti-

cal support vessel. When his military career is finished, he said he might want to return to teaching, but he's not really sure what the future has in store for him, except for this:

"I'll just be sad when they close the pool."



Chief Warrant Officer 3 Michael Carr, the Army watercraft master and electronic warfare officer with the 310th Expeditionary Sustainment Command and a Castine, Maine, native, conducts his daily physical training May 24 at the outdoor pool on Joint Base Balad, Iraq.

Shop gets ready to get busy during summer rush

STORY AND PHOTO BY
1ST LT. VIRGIL T. DUNMEYER
1729 FSMC

CONTINGENCY OPERATING BASE ADDER, Iraq – As the heat outside rose to an uncomfortable 110 degrees, the Soldiers of the Heating, Ventilating and Air Conditioning section of the 1729th Forward Support Maintenance Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command maintained their poise and ensured their customers continued to stay cool.

The 1729th FSMC, an Army National Guard unit from Havre De Grace, Md., arrived in Iraq in March. The HVAC section provides support to more than 64 units on Contingency Operating Base Adder as well as convoys that are passing through requiring immediate assistance.

Warrant Officer 1 Gabriel Garzia, an automotive technician and a North East, Md., native who has owned his own HVAC company for 15 years as a civilian, manages the 1729th HVAC section. He was hand-picked by the company commander to accompany the unit to Iraq and run the section.

Garzia said he volunteered for this deployment, his second, and he knew that managing the HVAC section was going to be a daunting task.

“So far I like it. I mean, we’re busy and time flies pretty fast,” Garzia said. “We’ve got a good group of young Soldiers that I get to train. That’s one of the reasons why I became a warrant officer, so I could train and mentor young Soldiers.”

The HVAC section is composed of two civilian contractors and nine Soldiers: six utilities equipment repairers, one power generator equipment repairer, and two quartermaster and chemical equipment repairers. The shop has completed more than 175 work orders since April, which is a COB Adder record for this time of year.

The section is capable of inspecting all military HVAC systems and equipment as well as conducting routine and emergency services. They also perform special services such as hose fabrication, reclaiming and recovery of refrigerants, and electrical troubleshooting. With the hottest part of the summer approaching, the HVAC section will be even busier.

Garzia and Staff Sgt. Daniel Varholy, the noncommissioned officer-in-charge with the 1729th FSMC and a Baltimore, Md., native, are the only Soldiers in the shop with experience prior to this deployment. Varholy, a graduate student, has worked at Stevenson University in Maryland as an HVAC technician for 11 years.

Spc. Keenan Robinson, a utilities equipment repairer with the 1729th FSMC and an Edgewood, Md., native, joined the Army



Spc. Keenan Robinson, a utilities equipment repairer and an Edgewood, Md., native, and Spc. Chukwumaobi Enezuagu, a utilities equipment repairer and a Lanham, Md., native, both Soldiers with the 1729th Forward Support Maintenance Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, troubleshoot electrical issues on a hydraulic excavator May 16 on Contingency Operating Base Adder, Iraq.

three years ago looking for an opportunity to learn something new.

“It’s a good experience; definitely something I had to go through,” Robinson said. “HVAC’s good. You get a lot of knowledge fast, a lot of hands-on. You get to make a difference really quickly.”

Pfc. Kathleen Kulaga, a utilities equipment repairer and a Joppa-towne, Md., native, joined the 1729th FSMC five months prior to the unit’s deployment, coming straight from Advanced Individual Training.

“I joined the National Guard as a way to join the military, travel and go to college at the same time,” she said.

Kulaga earned the highest efficiency rating out of all of the 1729th FSMC’s mechanics for the month of April.

“I think it’s great,” she said. “I get a lot of experience. It’s a lot of hands-on, and it’s something new every day. None of the vehicles have the same problems.”

Lead mail room specialist gets pinned, serves as head NCO

STORY AND PHOTO BY
CAPT. ANTWONE M. WILSON
4TH SUSTAINMENT BRIGADE

CONTINGENCY OPERATING BASE ADDER, Iraq – The Contingency Operating Base Adder Mayor Cell’s mission has given many Soldiers and leaders the opportunity to work in positions usually reserved for Soldiers in higher ranks.

One Soldier, Spc. Shavon Jones, a Newark, N.J., native and the noncommissioned officer-in-charge of the mail room for Special Troops Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, was recognized by her leadership as one of the best in the unit and was rewarded May 25 with a lateral promotion to the rank of corporal.

“I’m thankful that my supervisors saw enough in me to promote me,” said Jones. “The pressure is on and I look forward to new challenges.”

All official mail leaving COB Adder comes through Jones’ hands before being shipped to its next destination. Jones was able to draw from pre-

vious experience in conducting postal operations during her first deployment, where she worked in a registered mail room in Afghanistan.

Jones said she enjoys her job, understands its importance to mission success, and appreciates being given such a huge responsibility.

Cpl. Heather Rourke, a San Antonio, Texas, native, and a personnel actions noncommissioned officer with STB, was on hand to place the new rank on her best friend and battle buddy.

“It’s about time,” Rourke said. “She’s well-deserving of her new promotion. She stood up to the plate when she had Soldiers working under her. I can’t wait until we make the rank of sergeant together. That will be a dream come true.”

Jones and Rourke have been battle buddies since meeting at their home station at Fort Hood, Texas, and have continued to strengthen that bond during this deployment.



Cpl. Heather Rourke places a newly ranked cap on her battle buddy and best friend Cpl. Shavon Jones, the noncommissioned officer-in-charge of the unit’s mail room.

Unit recognizes importance in practicing rifle marksmanship

STORY BY
1ST LT. KRISTEN ADAMS
189TH CSSB

AL ASAD AIR BASE, Iraq – Soldiers from the Headquarters and Headquarters Company, 189th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, executed basic rifle marksmanship qualification on Al Asad Air Base, Iraq.

Staff Sgt. Gwedolyn Goodwin, a retention noncommissioned officer with HHC and native of Canovanas, Puerto Rico, was one of 16 Soldiers who qualified with their assigned weapon.

“It isn’t that different qualifying here than it is qualifying at Fort Bragg,” said Goodwin. “It is sandy and hot in both places.”

Goodwin said she prefers qualifying with her weapon on paper-target ranges rather than traditional pop-up targets found at many state-side bases.

“I know exactly where the targets are so I can focus on the four fundamentals instead of worrying about where the next target is going to pop up. It is a better test of my basic marksmanship skills.”



U.S. Army photo by Spc. Justin Williams

Spc. Monique Tilley, an operations section battle specialist and a native of Greensboro, N.C., has her weapon inspected by a range safety officer while on the firing range on Al Asad Air Base, Iraq.

Most of the Soldiers agreed that pop-up qualification ranges, like those used on Fort Bragg, are more realistic and provide better training, but when it comes to testing their basic skills the paper targets are preferred.

“Once you are comfortable with your weapon, it doesn’t matter what the target is,” said Staff Sgt. James Catalano, the operations NCO for HHC. “The paper target is only used when normal pop-up ranges are unavailable and is effective at reinforcing those basic marksmanship fundamentals.”

All Soldiers who attended the range qualified. “It is important to conduct ranges in theater, because it reaffirms the Soldiers’ confidence, both in their weapon and in their ability to use that weapon effectively,” said HHC 1st Sgt. Michael Pierce, a native of Fayetteville, N.C.

Army shows good will toward Iraqi population

STORY AND PHOTOS BY
SPC. ZANE CRAIG
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – In a cramped, hot room in central Iraq, a group of Soldiers huddle around the table as their leader passes a smiling Iraqi man a payment.



This meeting was nothing sinister and its nature was entirely legal. In fact, the Soldiers' leader is a foreign claims commissioner for the Judge Advocate General, and the payment to the Iraqi man was a settlement rewarded to him for his septic tank that was accidentally damaged by an American convoy.

Capt. Daniel Rieck, the foreign claims commissioner for the 310th Expeditionary Sustainment Command and a Milwaukee, Wisc., native, authorized payment to the Iraqi man after a lengthy review May 18 at the East Gate Badging office on Joint Base Balad, Iraq.

"We have decided it is a valid claim, so we will be making the payment today if you accept it," Rieck said.

The man immediately put the money into his pocket. When asked if he would like an envelope, he replied through the translator that now the money was in his pocket, it was not going anywhere.

The process whereby civilians can file claims for damages to property caused by U.S. forces dates to World War II and is essentially used to convey America's good will toward the general population, Rieck said.

"We're not under any legal requirement to pay these claims," he said. "There is certainly a legal justification, but we're not required."

Combat losses and anything that happened beyond the two-



U.S. Army Capt. Daniel Rieck, the foreign claims commissioner for the 310th Expeditionary Sustainment Command and a Milwaukee, Wisc., native, helps an Iraqi man sign a settlement at the East Gate Badging office on Joint Base Balad, Iraq, May 18, paying him for damage done to his septic tank by a U.S. convoy. The man must sign the settlement using his thumbprint, as he is uneducated.

year statute of limitations are not subject to reimbursement. There must also be sufficient documentation provided by the claimant to prove ownership of the property and that the U.S. military is responsible.

This man is one of the few claimants to meet these stringent requirements in JBB's area of operations recently.

"I contacted the convoy commander and he was able to verify that it had happened and he sent pictures taken by the Americans and they linked up with the pictures [the Iraqi man] had sent, so I knew it was a legit story," Rieck said.

Convoys traveling through populated areas generally carry claims forms with a section in English for them to fill out, and an Arabic section for the Iraqi to fill out.

The JAG office meets with potential claimants every first and third Wednesday of the month at the East Gate Badging office so Iraqis can bring these forms and other documentation and the JAG can begin to investigate the claim.

"A lot of times, we have to send them away and ask for them to come back with more proof that they own the land, pictures of the destruction," Rieck said. "Then we contact the Americans, too, because we need some kind of verification."

The translator plays a key role in this process. He facilitates both written and oral communication between the U.S. forces and Iraqi civilians, many of whom are not educated.

"Whatever goes on between the Army, the JAG office, and the claimant, I am in the middle," said John Marogen, a civilian-contracted translator and Toledo, Ohio, native. "I'm the middle man to make sure both parties understand what's going on."

The U.S. military's claims process allows Iraqi civilians to use an established and legal path to gain just compensation for property they lost as a result of the U.S. presence in Iraq.

Rieck said that this claims process is a positive step toward providing the people of Iraq a better overall view of U.S. service members.



An Iraqi man signs a settlement on Joint Base Balad, Iraq, May 18 paying him for damage done to his septic tank by a U.S. convoy.

Leader rides with Soldiers in convoy during circulation

STORY AND PHOTO BY
STAFF SGT. ARTUR TARADEJNA
749TH CSSB

CONTINGENCY OPERATING BASE ADDER, Iraq – The demands of a Soldier are vast during deployment. Many Soldiers have duties to perform in addition to their regular job. Each of these duties is important to the overall success of the mission.



Staff Sgt. Rudolph Juarez, a motor pool non-commissioned officer with Headquarters and Headquarters Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, and an Antioch, Calif., native, and Spc. Dave Fluker, a motor pool foreman with HHC, 749th CSSB, and a Dublin, Calif., native, are part of the team responsible for maintaining security for Lt. Col. David Ceniti, the battalion commander of the 749th CSSB, and a resident of Sacramento, Ca-

lif., while he conducts a Battlefield Circulation.

Battlefield Circulation allows the command to see the progress of the 749th CSSB in its mission of providing sustainment during the re-posturing of forces in Iraq.

The goal for the battalion commander during BFC is to get a boots-on-the-ground view of the missions for which he is ultimately responsible. Ceniti traverses the battlefield by inserting himself and his team of Soldiers into a convoy. From this first-person perspective he is able to get total situational awareness of the mission when combined with the analysis done by the battalion staff.

In order for the commander to be secure in being protected by the best, Juarez and Fluker have gone through extensive training that gives them the ability to adapt to the needs of protecting the principal personnel. Prior to the deployment, Juarez and Fluker went through tactics and training that focused on small-element security forces. This training included responding to indirect fire and improvised explosive devices, and qualifying with crew-served weapons on both un-mounted and mounted gunnery.

There were multiple culminating events where the team put all their newly acquired skills to use in realistic scenarios.

"You hope that nothing happens while you're out with the colonel, he's like a close member of the family," Fluker said. "We're just trying to do the best job we can and keep the big man happy."



Spc. Dave Fluker, the motor pool foreman with Headquarters and Headquarters Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command and a Dublin, Calif., native, makes final preparations to a Mine Resistant Ambush Protected vehicle on Contingency Operating Base Adder.

SAFE: Prior deployments provide drivers with experience in operating multiple vehicles

Continued from pg. 1

Later in Garza's tour, his platoon was sent to Taji to help work in the development of the "up-armored" Humvees, he said.

"It was during my time at the 'frag five shop' that I got a firsthand experience with upgrades of the Humvees," he said. "It was our job to work as a conveyor belt and attached the different parts of the armor to the vehicles."

The experience in helping better armor the vehicle showed Garza the commitment that the military had to protecting its Soldiers against new types of weapons, he said. It was also during the end of his tour that Garza got his experience with the newest vehicle, the Mine Resistant Ambush Protected vehicle.

"My first experience was with an RG-31 MRAP, and my first impression was that it was fast compared to our Humvees," he said. "My squad leader was shocked because I had this new truck topping off around 60 miles per hour."

Just as the Humvee had been designed to fit a role in the military, the MRAP was the newest vehicle on the block. It combined the best parts of the Humvee and improved on them with more armor and larger passenger space.

"Driving, I felt a lot safer," said Garza. "[The MRAP] has a lot of accommodations; it's cooler inside, faster and offers better protection."

Now on the 370th Trans. Co.'s current tour, their unit's escort teams are utilizing MRAPs instead of Humvees. For Soldiers like Spc. Viktor Guerrero, a driver with the 370th Trans. Co. and, a Los Fresno, Texas, native, they have more experience with the MRAP than of the Humvee on the roads.

"[The MRAP] is built for the way that we work," he said. "It is able to carry troops safely and quickly where they need to go."

In the construction of the MRAP, the designers learned from the complications of upgrading the Humvee with additional armor.

"Because the construction of the Humvee, when we had to upgrade it with fragmentation armor, we had to remove sections of the vehicle itself," said Garza, referring to his last deployment. "But, the MRAP has rails built along the sides for additional armor to be mounted, depended on the mission requirements."

The iconic nature of the Humvee as the military's primary vehicle may be drawing to a close, but the development and direction that it helped provide will continue to promote better vehicles and protection for the service members who drive them. For Soldiers like Garza and Guerrero, the MRAP has aided them the same way the Humvee aided Soldiers in the early '80s.

"The MRAP is the Army's development to offer better and safer protection for us," Guerrero said.



Sgt. Jose Garza, a truck commander with the 370th Transportation Company, 275th Combat Sustainment Support Battalion, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command and a Houston, Texas, native, is shown inside the cab of a Mine Resistant Ambush Protected (MRAP) vehicle, en route to Joint Base Balad, Iraq, after delivering an order of Mine Resistant Ambush Protected vehicles to the 370th Transportation Company. Unlike his first tour to Iraq in '06 to '07, the 370th Trans. Co. uses



Working by just a single flashlight, Sgt. Jose Garza, a truck commander with the 370th Transportation Company, 275th Combat Sustainment Support Battalion, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command and a Houston, Texas, native, disconnects a Mine Resistant Ambush Protected vehicle from the trailer of his Heavy Equipment Transporter after arriving on Contingency Operating Base Cobra, Iraq.



Mine Resistant Ambush Protected vehicles, transported by the 370th Transportation Company, 275th Combat Sustainment Support Battalion, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command and a Houston, Texas, native, are shown being loaded onto a trailer. Soldiers better protection against roadside bombs in Iraq.



A soldier from the 275th Combat Sustainment Support Battalion, 77th Sustainment Brigade, drives his Heavy Equipment Transporter back to the Contingency Operating Base to deliver damaged vehicles to the Soldiers at Contingency Operating Base. The soldiers use MRAPs to escort convoys instead of Humvees.



Soldiers of the 370th Transportation Company, 275th Sustainment Brigade, 310th Expeditionary Sustainment Command, offer



Spc. Viktor Guerrero, a driver with the 370th Trans. Co., 275th Combat Sustainment Support Battalion, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command and a Los Fresno, Texas, native, uses just the headlights of the Mine Resistant Ambush Protected vehicle attached to his Heavy Equipment Transporter to do his work. After arriving on Contingency Operating Base Cobra, Iraq, the 370th Trans. Co. went to work unloading their cargo to the waiting Soldiers.



Humvees are still used in Operation New Dawn, but the Mine Resistant Ambush Protected vehicle and its ability to offer more protection to Soldiers on convoys has reduced the Humvee's role.



Spc. Thomas Smith, a North Platte, Neb., native, and 1st Lt. Matt Franz, from Fort Lauderdale, Fla., with the 15th Transportation Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, tow a recovered Mine Resistant Ambush Protected vehicle.

Downed vehicle is found, recovered by trans. co.'s wrecker on Iraqi roadway

STORY BY
2ND LT. PATRICK MALONEY
15TH TRANSPORTATION COMPANY

CONTINGENCY OPERATING BASE ADDER, Iraq – Soldiers of the 15th Transportation Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, recently helped recover a downed vehicle out on the roads of Iraq.

During a logistical patrol to Contingency Operating Base Kalsu, Soldiers of the company's 3rd Platoon came upon members of the 1st Infantry Regiment, 163rd Combined Arms Battalion, 4th Sust. Bde., whose vehicle was broken down.

The 15th Trans. Co.'s recovery team sprang into action, using a Simplified Army Wrecker truck to recover the downed Mine Resistant Ambush Protected vehicle.

In that SAW truck were Spc. Thomas Smith, a North Platte, Neb., native, and 1st Lt. Matt Franz, from Fort Lauderdale, Fla., with the 15th Trans. Co.

"It's times like these that practicing battle drills pays off, because in 12 months of convoys we have never had to recover any of our own assets," Franz said. "Battle drills are the key to combat logistical patrols."

The team recovered the vehicle successfully.

Soldier uses music to entertain, pass time

STORY BY
SPC. VICTORIA PRESCOTT
8TH ORDNANCE COMPANY

CONTINGENCY OPERATING BASE ADDER, Iraq – Soldiers find various creative ways to rid themselves of the stresses brought on by a lengthy deployment.

While some engage in aggressive workouts or grill food for buddies, Spc. Aaron Waters, an ammunition specialist with 2nd Platoon, 8th Ordnance Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, a Dover, Del., native, uses the passing days of his deployment as an opportunity to pursue his lifelong dream of playing music.

"Adot Waters," his alter ego and stage name, applies his experiences as a Soldier, father and husband to develop harmonic, catchy rhymes and lyrics.

"I have always loved music since I started to

pursue my career," Waters said. "Verbally, I have never received a bad review. I love when people can vibe and relate to my lyrics. It's a good feeling to have positive feedback."

Although an amateur in the field of music, Waters manages to attract a stable fan base as a regular performer at Contingency Operating Base Adder's hip-hop night.

Spc. Anibal Rodriguez, an ammunition specialist with 2nd Plt., 8th Ord. Co., and a Washington, D.C., native, has been a fan of Waters' music since first meeting him in 2008 at Fort Bragg, N.C.

"When I first met Waters in 2008, I knew he would be the future voice of hip-hop," Rodriguez said. "The way he flows and his swag is one of a kind. If you don't believe me, listen to his music for yourself."

Waters said music soothes his soul and it helps keep an inner peace.

"Music speaks what cannot be expressed, soothes the mind and gives it rest, heals the heart and makes it whole, flows from heaven to the soul," Waters said.

Trans. co. supports 3rd Cav's gunnery

STORY BY
2ND LT. PATRICK MALONEY
15TH TRANSPORTATION COMPANY

CONTINGENCY OPERATING BASE ADDER, Iraq – Soldiers from the 15th Transportation Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command supported a 3rd Armored Cavalry Regiment gunnery mission to Forward Operating Base Hammer earlier this month.

When tasked with the mission, Soldiers from 15th Trans. Co. looked forward to a change of pace from their normal daily operations.

Team meets deadline for processing all containers in Adder's yards

STORY BY
1ST LT. PATRYK KORZENIEWSKI
565TH QUARTERMASTER COMPANY

CONTINGENCY OPERATING BASE ADDER, Iraq – Soldiers from seven companies under the 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command are running the Fixed/Mobile Redistribution Team-South.

The Soldiers that comprise the MRT were tasked with processing everything in the Contingency Operating Base Adder yard by May 1. They cataloged and sent out more than 200 containers in six weeks.

"It was a lot of work, there was a lot of stuff that needed to go out and not a lot of time to do it," said 1st Lt. Grant Workman, the officer-in-charge of the MRT with the 749th CSSB and a Chicago, Ill., native. "At times we had to scrape by, but the guys worked hard and we accomplished the mission with plenty of time to spare."

The MRT mission is not over, but containers from other places in Iraq will no longer be sent to COB Adder for processing. The MRT will, however, continue to process and ship parts and equipment from COB Adder.

"We will continue to be busy with the mobile mission; there is a lot of equipment throughout Iraq that needs to still be processed and it is our job to do it," said Sgt. 1st Class Frank Cash, the mobile MRT noncommissioned officer-in-charge with the 749th CSSB and a Killeen, Texas, native.

Small teams of Soldiers will also be sent throughout Iraq to help process gear which can be brought back into the system.



Sgt. Christopher Monge, a day-shift noncommissioned officer from the Joint Distribution Center of the 565th Quartermaster Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310 Sustainment Command and a Rio-Piedras, Puerto Rico, native, guides a vehicle onto the vehicle ramp at the JDC on Contingency Operating Base Adder, Iraq.

Joint Distribution Center gets cargo moving through Adder

STORY AND PHOTO BY
1ST LT. PATRYK KORZENIEWSKI
565TH QUARTERMASTER COMPANY

CONTINGENCY OPERATING BASE ADDER, Iraq

Soldiers from the 565th Quartermaster Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command's Joint Distribution Center have been hard at work keeping track of the wheeled vehicles and cargo that come into the JDC yard on a daily basis.

The clerks are a vital part of the JDC, ensuring everything runs smoothly and efficiently. These Soldiers ensure the equipment and items stored at the JDC are 100 percent accounted for and ready to roll out quickly.

They maintain the wheeled cargo inventory by keeping a running total of what is in and what

has gone out of the JDC. This allows for a quick turnaround time for the customers who come to pick up their vehicle.

"Getting those inventories right is a big part of our mission," said Sgt. Christopher Monge, a day-shift noncommissioned officer at the Joint Distribution Center, 565th QM Co. and a Rio-Piedras, Puerto Rico, native. "It makes things so much easier for the customer as well as getting out the main report."

They also maintain paperwork from the customers and validate vehicle numbers, as the overflow yard often contains many of the same models of vehicles.

"It's important that we validate whatever paperwork we get in from the customer," said Spc. Lawanda Chestnut, a JDC clerk with the 565th QM Co. and a New York City, N.Y., native. "We have lots of vehicles that look identical; by checking and re-checking the paperwork and tags, we make sure the vehicle going out is the right one."



JBB All BBQ/Sports Challenge

04 JUN 1500-1900 at the East Gym/Holt Stadium

3-on-3 Basketball

Single elimination – 20 teams max

Each game is first to 11 points OR 10 minutes

Volleyball

Single elimination – 10 teams max / 6 players per team

Each game is first to 12 points, rally point scoring

Dodgeball

Prizes for Winning Teams!

Single elimination – 10 teams max / 8 players per team

To register, contact TSgt Lacey Brown
at DSN 433-7654 or lacey.brown@blab.afcent.af.mil

Questions on overall event – contact SMSgt Alfonso Evans @ 443-2525

Sponsored by



Proper Format for Mail Address

Three Line Addressing Format

Someone sending mail to you and the proper way to write your return address

Soldier Name

310th ESC

APO AE 09391

Your Family
123 Anystreet
Hometown, IL 62234



Soldier Name
310th ESC
APO AE 09391

NEVER include the country name (Iraq/Afghanistan) in your mailing address as the mail might not arrive to your APO!

WANTED

The U.S. Army's Criminal Investigation Command is seeking qualified, high-caliber Soldiers to become CID Special Agents and conduct felony investigations, provide executive protection for DOD leaders and to help safeguard the community by providing criminal investigative support into terrorist activities.

- CID has a long proud history of being the premier criminal investigative agency within the Department of the Army
- Our special agents rank among the very best of federal law enforcement
- Our highly trained agents not only have to be expert detectives, they also must be Soldiers able to execute their investigative responsibilities in the harshest of expeditionary and combat environments
- As a CID Agent, you will contribute to a safer community and a stronger Army

For more information, check out WWW.CID.ARMY.MIL, or contact Special Agent Jesus H. Goytia, Joint Base Balad CID Office, at DSN 483-4597 or jesus.goytia@iraq.centcom.mil.

Tactical Physical Training

Who: Everyone on JBB is welcome

What: A high-intensity circuit training workout that tests your will, perseverance and combat preparedness

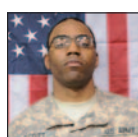
When: Tuesday, Thursday & Saturday 0530-0630
Monday, Wednesday & Friday 1830-1930

Where: JBB East Gym (behind circuit gym)



A critic a day keeps complacency away

BY SGT. STEPHEN SCOTT
EXPEDITIONARY TIMES STAFF



Last week, my supervisor criticized my column saying it was an angry rant that talked about nothing. I didn't agree with his assessment of my work, so I essentially had two choices of how to handle this critique. I could dismiss his views completely as a difference of opinion, or I could use this as an opportunity to reevaluate my product to ensure I'm delivering my intended message.

No one likes to be criticized especially if it's in an area they view as one of their strengths. When you're good at something, you don't feel like you need someone to tell you how to do it better.

Having this confidence is key to being successful in most endeavors, but if you let your pride keep you from accepting criticism, you'll reach the plateau of that success sooner than you'd like.

It's easy to dismiss the words of critics, because you may feel as if you are being attacked. The first position assumed by someone under attack is a defensive one. A defensive posture is not conducive to the absorption of information, because the best way to defend an attack is to deflect it, not absorb it.

When you are being criticized you have to learn to separate the suggestion in the criticism from its tone. Don't take it personally. If you can put your feelings aside and actively listen to criticism objectively, even when it's negative, you can use it as a catalyst for self-improvement.

That being said, not all criticism is worth your attention. Most critiques are rooted in some form of truth, and more often than not it is some-

thing that has escaped your attention. However, some critics will evaluate you with no justification to support their beliefs because they are angry, jealous or misguided. When faced with this hollow criticism, it's best to not waste your energy fighting off attacks, because it doesn't benefit you.

Criticism based on substance, however, allows you to look at yourself and your achievements from a fresh perspective. Learning to listen and analyze a situation from a different view is essential to problem solving and continued progress.

Stepping outside of your thought process also helps break up the mental monotony. Monotony leads to complacency, and if you've seen the signs, you know complacency kills.

When you are consistently successful while performing an action, it can be easy to become complacent and feel like you don't need to fully exert yourself. When this happens it becomes difficult to maintain your level of focus and proficiency.

Also, lack of criticism can lead you into a false sense of security. If you're doing a sub-par job and your coworkers and supervisors don't call you on it, they are doing you a disservice.

A healthy dose of feedback and criticism can keep you on your toes, focused on making improvements and striving to be your best.

I, for instance, realized that I tend to drown everything I write in sarcasm, so I need to evolve my writing skills to encompass other techniques and vessels to carry my message to the masses.

What can you learn about yourself? The next time someone is tearing down something you put your precious time and effort into building up, take a deep breath and just listen. There may be some information buried in the rubble of your pride that will help you rebuild a stronger structure.

Word on the Street

What are you going to do with the money you save up on deployment?



"I'm going to buy a new car, pay off debt and put away for a house."

Sgt. Adam Davis is a SPO mobility land noncommissioned officer with the 310th Expeditionary Sustainment Command and is an Indianapolis, Ind., native.



"A good chunk of it is going toward a new kitchen, and I'm going to buy a new kayak."

Sgt. Michael Muntifering is a bulk fuels noncommissioned officer with the 310th Expeditionary Sustainment Command and a Cincinnati, Ohio, native.



"The wife and I are going to get an apartment, and we are going to take some of that money and have a ceremonial wedding."

Spc. Charles Powell is a Command-Post-Of-the-Future operator and a Rushville, Ind., native.

Attention!

The 310th ESC PAO is looking for Soldiers who have previously deployed for interview opportunities and for photographs from Joint Base Balad, COB Adder, Camp Taji, COB Speicher, and the country of Iraq.

If you are interested in submitting a story or photograph of your own, please e-mail us at escpao@iraq.centcom.mil.

THEATER PERSPECTIVES

The Golf Forward Support Company of the 3rd Advise and Assist Brigade, 1st Cavalry Division undertook a particularly dirty task recently. During a routine patrol of a canal that brings water to Contingency Operating Base Adder, Iraq, the Soldiers heard loud cries from what they thought was a dying animal. The noises were coming from a camel stuck in three feet of mud in the canal, and it was vomiting on itself. The Soldiers stopped and helped the camel’s herder pull the animal out of the mud and onto dry land. Here are a few thoughts from the Soldiers of Company G on the rescue effort:

“He gave us a few solid shukrans.”

1st Sgt. Ted Thomas

“The camel was obviously not happy to be stuck in the mud, and we found that the gentleman was having a difficult time.”

1st Sgt. Ted Thomas

“It smelled like wet camel.”

1st Sgt. Ted Thomas

“I would probably be yakking up my lunch, too, if I was stuck in a canal.”

Capt. Austen Fuchs

Camouflage: A mixture of art and science

The U.S. Army is looking to test new patterns of camouflage this summer for implementation in the near future. Military camouflage, including patterns being considered to this date, can trace their origins back to the cubist art movements at the turn of the 20th century. A blend of scientific research and artisitic endeavor, military camouflagage was created by contracted artists and was initially used to hide equipment. Below are some facts about military camouflage and its evolution over the years.

camofleurs

French artists were commissioned to create painted pieces of cloth, decoy equipment and fake roadways to help hide French military assets and confuse the enemy.

dazzle ships

These were ships painted with complex patterns of geometric shapes in contrasting colors during World War I. The pattern was not meant to hide the vessel, but it helped to hinder German U-boat torpedos from effectively tracking a ship.

countershading

Some animals found in nature have a dark-colored back and a lighter underbelly. When the sun hits their back, the light on top and subsequent shadow on bottom cause the animal to become “flat” and blend in with surroundings. This concept of counterbalanced shadows is used even today to create camouflage for military uniforms and equipment.

1915

The French military first adopted this technique in 1915, followed by the British in 1916. The United States began using camouflaging techniques in 1917, even creating the American Camouflage Corps to aid the effort. All three countries enlisted the talents of renowned sculptors, painters and designers to help create the camouflage.

Sudoku

The objective is to fill the 9×9 grid so each column, each row and each of the nine 3×3 boxes contains the digits from 1 to 9 only one time each.

Last week's answers:

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

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

Test your knowledge

1. What director earned a Bronze Star Medal and a Purple Heart during his tour of duty in Vietnam?
2. What theme is central to the movies “The Lost Weekend,” “The Morning After” and “My Name Is Bill W?”
3. What NBC sitcom once saw two of its neurotics try to pitch NBC a sitcom about nothing?
4. What veteran British rock star said “I smash guitars because I like them.”?
5. What’s the first word in the most pop song titles?

1. Oliver Stone 2. Alcoholism 3. Seinfeld 4. Peter Townsend 5. “I”

JBB Worship Services

PROVIDER CHAPEL

Tuesday / Wednesday / Thursday
1130-Roman Catholic Mass

Friday
1200-Muslim Prayer

Saturday
1000-Seventh Day Adventist
2000-Catholic Mass

Sunday
0900-Contemporary Protestant
1100-Roman Catholic Mass
1300-Latter Day Saints
1530-Church of Christ (Annex)
1700-Traditional Service
1900-Gospel Service

GILBERT CHAPEL (H6)

Wednesday
2000-Contemporary Prot Service
(Bible study starting 25 May)

Friday

1700-Catholic Mass
1800-Jewish Shabbat

Sunday

0800-Roman Catholic Mass
0930-Contemporary Protestant
1100-Gospel Service
1900-Latter Day Saints

HOSPITAL CHAPEL

Tuesday / Thursday
1715-Roman Catholic Mass

Sunday

1230-Roman Catholic
1800-Protestant Personal
Reflection Time – materials
provided

MWR EAST

Sunday
1100-Gospel Service

FOR INFORMATION, PLEASE CALL:
Warrior Support Center: 483-4108
Gilbert Chapel: 433-7703
Provider Chapel: 483-4115

JBB Activities Schedule

INDOOR POOL Swim Lessons: Mon., Wed., 6 p.m. Tue., Thu., Sat., 6:30 p.m. AquaTraining: Tue., Thu., 7:30 p.m., 8:30 p.m.	Edge Weapons & Stick Fighting Combative Training: Tue., Thur., Sat., 8-10 p.m. EAST RECREATION CENTER 4-ball tourney: Sunday 8 p.m. 8-ball tourney: Monday 8 p.m. Volleyball: Sunday 6 p.m. Aerobics: Monday 8 p.m., Wed., Fri., 5:30-6:30 a.m. Yoga Class: Monday, Friday, 6-7 a.m. Step Aerobics: Mon., Wed., Fri., 5:30 p.m. Conditioning Training Class: Mon., Wed., Fri., 7:15-8 p.m. Brazilian Jui-Jitsu: Mon., Wed., Fri., 8-9 p.m. Abs-Aerobics: Tue., Thu., 6-7 a.m., 5-6 p.m.	Caribbean Night: Friday 8 p.m. Chess & Dominoes Tourney: Friday 8 p.m. Salsa Class: Saturday 8:30 p.m. Poker: Saturday 7:30 p.m. H6 FITNESS CENTER Spin: Sunday 9 a.m. Mon., Wed., Fri., 2 a.m., 8 a.m. 2 p.m., 7 p.m., 9 p.m. Table Tennis: Tuesday 8 p.m. Plastic Models Club: Wednesday 7 p.m. 9-ball tourney: Wednesday 8 p.m. Dungeons & Dragons: Thursday 7:30 p.m. Poetry Night: Thursday 8 p.m. 6-ball tourney: Thursday 8 p.m.	8 p.m. Friday 9 p.m. CC Cross Fit: Mon, Saturday 10:30 p.m. Cross Fit: Mon., Wed., Fri., 5:45 a.m., 7 a.m., 3 p.m., 6 p.m. Tue., Thu., 7 a.m., 3 p.m. 3 p.m. Sunday 5:45 a.m., 7 a.m., 3 p.m. P90x: Mon., Sat. 4:30 a.m., 4 p.m., 10 p.m. Midnight Soccer: Tue., Thu., 8 p.m. Yoga: Wednesday 8 p.m. MACP Level 1: Friday 8 p.m. 5 on 5 Basketball: Saturday 8 p.m. H6 RECREATION CENTER Bingo: Sunday 8 p.m. Texas	Hold'em: Mon., Fri., 2 p.m., 8:30 p.m. Tuesday 2 a.m., 8:30 p.m. Ping-pong tourney: Tuesday 8 p.m. Jam Session: Tuesday 7:30 p.m. 8-ball tourney: Wednesday 8 p.m. Guitar Lessons: Thursday 7:30 p.m. Game tourney: Friday 1 p.m., 8 p.m. Enlisted Poker: Friday 1 p.m., 8 p.m. Officer Poker: Saturday 1 p.m., 8 p.m. Squat Competition: Saturday 8 p.m. WEST RECREATION CENTER Green Bean Karaoke: Sun., Wed., 7:30pm 9-ball tourney: Monday 8 p.m.	Ping-pong tourney: Tuesday 8 p.m. Foosball tourney: Tuesday 8 p.m. Tuesdays Toning Class: Tue., Thu., 7 p.m. Dodge ball Game: Tuesday 7:30 p.m. Furman's Martial Arts: Mon., Wed., Sun., 1 p.m. Gaston's Self-Defense Class: Fri., Sat. 7 p.m. Open court basketball: Thursday 7 p.m. Open court soccer: Mon., Wed., 7 p.m. Zingano Brazilian Jui Jitsu: Tue., Thu., 8:30 p.m. CIRCUIT GYM Floor hockey: Mon., Wed., Fri., 8-10 p.m.
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AFN SPORTS SCHEDULE



Wednesday 6/1/11

MLB: San Francisco Giants @ St. Louis Cardinals, Live 0200, AFN | sports
MLB: New York Yankees @ Oakland Athletics, Live 0500, AFN | xtra
MLB: Philadelphia Phillies @ Washington Nationals, Delayed 1400, AFN | sports

Thursday 6/2/11

MLB: Minnesota Twins @ Detroit Tigers, Live 0200, AFN | xtra
MLB: Colorado Rockies @ Los Angeles Dodgers, Live 0500, AFN | xtra
MLB: Milwaukee Brewers @ Cincinnati Reds, Delayed 1000, AFN | sports
MLB: Pittsburgh Pirates @ New York Mets, Live 2000, AFN | sports

Friday 6/3/11

MLB: Texas Rangers @ Cleveland Indians, Live 0200, AFN | xtra
NBA: 2011 NBA Finals Game 1, Live 0400/Delayed 1400, AFN | sports

Saturday 6/4/11

MLB: Los Angeles Dodgers @ Cincinnati Reds, Live 0200, AFN | sports
MLB: Chicago Cubs @ St. Louis Cardinals, Live 0300, AFN | prime Pacific
MLB: Atlanta Braves @ New York Mets, Delayed 1000, AFN | sports

Sunday 6/5/11

NHL: Stanley Cup Finals Game 1, Live 0300, AFN | sports
MLB: Chicago Cubs @ St. Louis Cardinals, Delayed

0700, AFN | xtra

NASCAR: Nationwide Series Race, Delayed 1000, AFN | xtra
MLB: Philadelphia Phillies @ Pittsburgh Pirates, Live 0200, AFN | prime Atlantic

Monday 6/6/11

NBA: 2011 NBA Finals Game 2, Live 0300/Delayed 1630, AFN | sports
NHL: Stanley Cup Finals Game 1, Delayed 1330, AFN | sports

Tuesday 6/7/11

MLB: Los Angeles Dodgers @ Philadelphia Phillies, Live 0200, AFN | sports
MLB: Chicago Cubs @ Cincinnati Reds, Live 0200, AFN | xtra

ARTS & ENTERTAINMENT

The Sports Lounge

The glory of Lord Stanley's coveted cup

BY SPC. MATTHEW KEELER
EXPEDITIONARY TIMES STAFF



In a land of sand and of very little water, ice and skates could be the last thing on a Soldier's mind. But no matter the sun and the heat, there is very little that could stop a Soldier from watching the culmination of missing teeth, bruised eyes, and playoff beards; the Stanley Cup finals.

For many fans of the high-speed sport, the history of the giant silver trophy is sometimes unknown.

"There does not appear to be any outward sign of a championship at present, and considering the interest that hockey matches now elicit, I am willing to give a cup which shall be held annually by the winning club," said Lord Stanley of Preston in a sports banquet of Ottawa in 1892. In 1893, Lord Stanley, the Canadian governor-general, purchased a silver bowl for \$50 and named it the "Dominion Hockey Challenge Cup," later to be renamed the "Stanley Cup."

The trophy that players hold above them in celebration now is not the same bowl, though. The original was replaced in 1969 because it was too fragile. A carefully constructed replica rests at the top of the current cup.

In the early days, players would inscribe their names onto the cup with a knife or anything they could onto the original bowl. From the 1890s to the 1930s, bands were added to the bottom of the bowl with player's names and the winning team.

The shape kept changing during this time as more bands were added even when it was standardized more or less as a cigar shape in 1939. It was later rebuilt as a two piece trophy with a wide barrel shape base and a removable bowl and collar. In 1958, the Stanley Cup became the modern day cup that is the coveted trophy of young and veteran hockey players.

In 1947, the Stanley Cup was formalized and became the sole possession of the National Hockey League.

The first American team to compete for the Cup was the Portland Rosebuds in 1916, and the Seattle Metropolitans were the first American-based team to win it.

The Montreal Canadiens have won the most Stanley Cups in NHL history, including one in the pre-NHL era, too.

Some of the most exciting games of hockey have been played in the Stanley Cup playoffs, including one last season. The Philadelphia Flyers lost the first three games of the second round to the Boston Bruins, and went into overtime

during the elimination game. One goal would decide if the Flyers went home or kept playing hockey. In dramatic fashion, the Flyers won the game and went on a streak, winning the next two games to force a Game 7. The Bruins scored the first three goals, and once more the Flyers fought back to win the game 4-3 and eliminate the Bruins.

This season the Bruins got their revenge by sweeping the Flyers in the second round in four games; a couple by 5-1.

Unlike many other sports, the Stanley Cup is a single symbol of the history and the glory of hockey. It has grown and changed over the years but still captures the essence of that original intent by Lord Stanley to celebrate a team for battling and coming out on top.

At the time this was written, the final teams were still to be decided. But, the one thing that will stay true at the end of the seven-games series will be that a hockey player will hoist that trophy into the air and celebrate. And, it will be good hockey.

The Reel Review

'Away We Go' uses interesting characters to drive humor

BY SGT. STEPHEN SCOTT
EXPEDITIONARY TIMES STAFF



John Krasinski, who plays Jim on "The Office," and Maya Rudolph from "Saturday Night Live," play Burt Farlander and Verona De Tessant, a couple in love with a baby on the way. This movie came out in 2009, but I just learned about it from a friend who had also just heard about it. I can't believe this stayed off my radar so long, because it's the best movie I've seen since I've been here.

Burt and Verona are a couple so in love that it would have been sickening if Krasinski and Rudolph hadn't been able to make it seem so genuine. After moving to be closer to Burt's parents to raise their baby around family, Burt and Verona find out his parents are moving to Antwerp before the baby is born.

Having no reason to stay, Burt and the six-months-pregnant Verona embark on a journey to find a place to live that suits them.

Don't worry, they briefly explain how they are able to do this



Review: 4.5 / 5 stars

and be financially stable, which I appreciate, because it helped keep the movie grounded while not losing focus.

I really enjoyed the dialogue in this movie. I felt it was well written and well acted. It does seem like Rudolph only has four facial expressions and an equal amount of voice inflections, but the script didn't really call for her to go too far out of that range.

Most of the humor in the movie comes from the interaction of its characters. Some of them were eccentric, but they really just exhibited slight exaggerations of real personality traits and thought processes.

Most of the thought processes displayed were related to parenting, and each place the couple went, the viewer got to see a different philosophy in play. Themes of death, desertion, love and finding your place in the world are also explored.

The whole design of this movie seemed simple, but not simple as in it's missing something. It was purposely simplistic, and this made it potent, because the movie was devoid of distraction. There was nothing fancy about the camera play, but the angles used effectively moved the story along and matched the pace and spirit of the script.

This "less is more" approach is probably why this movie is amusing, but there weren't any real laugh-out-loud moments. Well, there was one scene I found hilarious because the character's statement was completely unexpected.

Really, that's why I liked this movie.

It was entirely unexpected. I didn't know anything about it except I enjoyed the comedic work of the two main actors in the movie, and it turned out to be unlike the other movies I've seen lately, which I really appreciated.


You can only watch so many comedies that try to be "The Hangover," and you can only watch so many love stories where two people meet, fall in love, fall apart, and then they come back together at the end.

I give this movie four and a half stars because I really enjoyed almost everything about it, and it broke the monotony of the type of films I've seen in the recent past.


PVT MURPHY'S LAW™

BY MARK BAKER


BASED ON MY EXPERIENCE...




SIR, TRUST ME.




WELL, MY DRILL SGT SAID...



WATCH THIS!





Oh BROTHER, HERE WE GO AGAIN.

Reel Movie Times

Wednesday June 1

1700 PIRATES OF THE CARIBBEAN:
ON STRANGER (PG-13)
2000 HANNA (PG-13)

Thursday June 2

1700 ARTHUR (PG-13)
2000 PIRATES OF THE CARIBBEAN:
ON STRANGER (PG-13)

Friday June 3

1800 THE HANGOVER, PT. 2 (R)
2100 KUNG FU PANDA 2 (PG)

Saturday June 4

1400 SCREAM 4 (R)
1700 KUNG FU PANDA 2 (PG)
2000 SOURCE CODE (PG-13)
2400 KUNG FU PANDA 2 (PG)

Sunday June 5

1400 KUNG FU PANDA 2 (PG)
1700 THE HANGOVER, PT. 2 (R)
2000 SCREAM 4 (R)

Recognition for dedicated work

(Right) *Spc. Nicholas Wills, a mechanic with the 310th Expeditionary Sustainment Command, receives a challenge coin from Gen. Lloyd Austin, the commanding general for United States Forces-Iraq, in the 310th ESC headquarters on Joint Base Balad, Iraq.*

(Below) *Staff Sgt. Joshua Rucinski, an admin noncommissioned officer with the 310th ESC, also receives a challenge coin from Austin. Ten NCOs and junior-enlisted Soldiers received these coins from Austin in recognition of their hard work and dedication on JBB.*



U.S. Army photo by Sgt. Felicia L. Adams



U.S. Army photo by Sgt. Felicia L. Adams

Victory Through Support