

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



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JUNE 3, 2011

## Joint live fire exercise demonstrates ISF cooperation and tactical proficiency

Sgt. David Strayer  
109th MPAD  
USD-N Public Affairs

KIRKUSH MILITARY TRAINING BASE, Iraq – Agencies of the Iraqi Security Forces, conducted an Operation Iron Lion live fire exercise at Normandy Range, near Kirkush Military Training Base, Iraq, May 31.

The 5th Iraqi Army Division, the Diyala provincial police's Emergency Response Force, Explosive Ordinance Disposal units, as well as provincial aerial assets, participated in the exercise.

Operation Iron Lion is a series of training exercises conducted throughout several provinces, demonstrating interagency development and cooperation between entities of the Iraqi Security Forces.

Soldiers of the 5th IA Division also used the live fire exercise as the culminating event of a month-long training rotation at KMTB during Tadreeb al Shamil, an Iraqi military initiative to modernize its forces.

Iraqi soldiers demonstrated capabilities of the M198 155mm howitzer and 120mm mortar indirect fires weapon systems—both newly introduced systems at KMTB.

“Iron Lion is the provin-



U.S. Army photo by Sgt. David Strayer, 109th MPAD, USD-N PAO

A jundi, Arabic for soldier, with Light Artillery Battery, 19th Brigade, 5th Iraqi Army Division pulls the lanyard on his 120mm mortar, shaking the earth beneath him and sending a round toward a target at Normandy Range near Kirkush Military Training Base, Diyala province, Iraq, May 31, 2011. The mortar crews joined infantry and artillery teams as well as multiple Iraqi Security Forces agencies during the exercise as part of Operation Iron Lion, an ongoing series of provincial capstone exercises demonstrating the ISF's ability to independently plan and conduct missions using multiple agencies.

cial capabilities demonstration for the Diyala province,” said Lt. Col. John Ring, chief of security force assistance, Headquarters and Headquarters Company, 2nd Advise and

Assist Brigade, 25th Infantry Division. “It is an opportunity for the Iraqi Security Forces in the province to demonstrate all that they have learned and put their capabilities on dis-

play to both local and national Iraqi leaders as well as the U.S. forces leadership.”

During the four previous

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STEADFAST AND LOYAL  
IRONHORSE  
FIT FOR ANY TEST  
DEVIL  
LONGKNIFE  
WARRIOR

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IRONHORSE  
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# IRONHORSE STRONG:

## Soldier of the Week

All units of the U.S. Army operate as a team, with no single part more important than any other. Each piece performs vital tasks, whether maintaining communications equipment or conducting dangerous missions.

Spc. Joel Shoemaker, a medic assigned to Company A, 1st Battalion, 21st Infantry Regiment, 2nd Advise and Assist Brigade, 25th Infantry Division, earned the title of "Ironhorse Strong" Soldier of the Week for training Iraqi soldiers on medical skills during a Tadreeb al Shamil rotation at Kirkush Military Training Base, May 5-18.

Shoemaker, a native of Winter Park, Fla., independently planned and executed a combat life-saver course and an advanced medical training course for Iraqi Army soldiers assigned to 1st Company, 3rd Battalion, 18th Brigade, 3rd Iraqi Army Division.

"Shoemaker is a hard working guy," said Sgt. Jerry Johnson, battalion aid station noncommissioned officer, Headquarters and Headquarters Company, 1st Bn., 21st Inf. Regt. "He's the kind of guy that you give an order or instructions to and he executes. You don't have to double-check; you know he'll get the job done."

Coordinating with the 18th Bde. surgeon and 1st Company medics, Shoemaker assisted the Iraqi soldiers as they inventoried the unit's aid station and medic's aid bags, tailoring the training specifically to the medications and equipment.

"I don't think he thought he would end up with that kind of assignment when he first came to Iraq," said Johnson.

Shoemaker took the task and ran with it, and showed poise and took on a lot of responsibility as a medical trainer to the 5th IA, added Johnson.



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

Spc. Joel Shoemaker, a medic from Winter Park, Fla., serving with Company A, 1st Battalion, 21st Infantry Regiment, 2nd Advise and Assist Brigade, 25th Infantry Division, leads Iraq Army soldiers through a medical training course at Kirkush Military Training Base, Iraq, March 12, 2011. Shoemaker's efforts in leading first aid and combat life saver training with Iraqi and U.S. troops earned the medic the title of "Ironhorse Strong" Soldier of the Week.

Shoemaker initially taught his CLS classes to Iraqi companies. Iraqi Army battalion medics capitalized on the training, making CLS training mandatory during static and maneuver live fire exercises to better facilitate training of infantry platoons.

In addition to training IA soldiers, Shoemaker also increased the combat readiness of U.S. Soldiers with Company A, 1st Bn., 21st Inf. Regt., teaching the Soldiers CLS refresher courses based on first responder care.

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COMBAT TRAINING ROTATION AT  
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PLATOON LEADER TRAINS,  
MOTIVATES SOLDIERS.

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## THE IVY LEAF

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## TASK FORCE IRONHORSE

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

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1st Advise and  
Assist Task Force  
1st Infantry Division

2nd Advise and  
Assist Brigade  
25th Infantry Division

4th Advise and  
Assist Brigade  
1st Cavalry Division



**LIVE FIRE, cont'd from Pg. 1**

months' culminating live fire exercises at Normandy Range, single battalions of IA soldiers assaulted their objective as a demonstration of tactics gained during the Tadreeb al Shamil cycles.

Now, during Operation Iron Lion, IA battalions partnered with other ISF components for a more complex and multi-dimensional exercise to display the ISF's ability to independently plan and execute exercises and missions, said 1st Lt. Scott Guo, Headquarters and Headquarters Company, 1st Battalion, 21st Infantry Regiment, 2nd AAB, 25th Inf. Div.

"This is important, and different from past exercises because it demonstrates the ability of the ISF to utilize interagency efforts with efficiency and effectiveness to accomplish a large scale mission," said Guo.

During the demonstration, three platoons of the 19th IA Light Artillery Battery showed off their skills by conducting a "fire for effect" mission, dropping many simultaneous rounds on targets in support of ground troops.

"Our partnership allowed us to advise, train and assist these

guys to gain a familiarity with a 120mm mortar system that was new to them, and get them to a proficiency level where they are able to go out and effectively place rounds on a target, and provide support by fire to the infantry soldiers," said Guo. "They demonstrated that during the capstone live fire exercise. They hit a home run with their performance."

Guo said Iraqi Army soldiers showcased competence, attention to detail and professionalism during the live fire exercise—all the hallmarks taught by instructors during the previous month of training.

Distinguished visitors and media at the provincial and national level, including the provincial governor, attended to witness the demonstration of interagency cooperation by Diyala's ISF components.

"This really has been a culminating effort," said Command Sgt. Maj. Daniel A. Dailey, command sergeant major 4th Infantry Division and U.S. Division-North. "It shows all of the great training that has gone together with the partnership between the U.S. forces and the ISF, and it shows that the ISF are ready to assume the



U.S. Army photo by Sgt. David Strayer, 109th MPAD, USD-N PAO

**A gun crew member with 19th Brigade, 5th Iraqi Army Division pulls the lanyard on his M198 155mm howitzer, sending a live 155mm shell toward the target during a live fire exercise at Normandy Range near Kirkush Military Training Base, Diyala province, Iraq, May 30, 2011.**

security mission in the Diyala province."

Ring said Operation Iron Lion provided Iraqi soldiers a chance to show progress made during the training with U.S. counterparts throughout Operation New Dawn, and prepared them to protect the people and infrastructure of Iraq.

"The effects of this provincial demonstration are profound," said Ring. "Short term, they are building confidence within the Diyala citizens, leaders and within themselves. In the long term, they

are building a reputation that will live on and be something that they can draw upon down the road and say, 'That demonstration that we did is what we are capable of. How can we build upon it and make ourselves even better?'"

Beyond displaying the benefits of training with U.S. forces, Dailey said the live fire exercise and Operation Iron Lion let Iraqi soldiers demonstrate their capabilities to the Iraqi population.

"Exercises like this build confidence," said Dailey. "The better trained (the soldiers) are, the more confident they are that they can accomplish the mission. The people here watching this demonstration today—the governing officials, the Sheiks and Diyala community members—it gives them confidence as well that there is going to be security, peace, and prosperity in an area that has not seen that in many years."



U.S. Army photo by Sgt. David Strayer, 109th MPAD, USD-N PAO

# Ready to Respond

## *Iraqi Police conduct emergency response exercise in Kirkuk*

Staff Sgt. Robert DeDeaux  
1st AATF Public Affairs  
1st Inf Div., USD-N

CONTINGENCY OPERATING SITE WARRIOR, Iraq – Concealed by thick smoke, seven men in black fatigues crept silently across a shell-littered field, aligning themselves one-by-one against the gate of a bullet riddled house.

The lead man lifted a gloved hand into the air and clutched his fist tightly, holding the squad in place. He peaked through a hole in the gate to view the door and signaled his team forward with a hand gesture.

The raid team sprung from around the gate, sprinted toward the door and smashed it open with a battering ram. Four men entered the dwelling while three secured the front exit from any potential counter attacks. Seconds later, the team exited the building with a suspect.

Iraqi Police officers conducted the simulated raid as part of an emergency response exercise at Kirkuk Training Center, May 29.

Iraqi Security Forces used the exercise to demonstrate a broader goal of conducting security and emergency operations independently during Operation Iron Lion, said Maj. Eric East, operations officer, Provincial Police Transition Team, 1st Advise and Assist Task Force, 1st Infantry Division, who provided mentorship to the Kirkuk City police who trained for the event.

“This event is a portion of Operation Iron Lion,” said East. “The events will focus on how they will respond to critical incidents in Kirkuk.”

East said several EREs are scheduled to be included in the ongoing Operation Iron Lion.

Operation Iron Lion is a set of events, missions, and exercises demonstrating various ISF agencies’ self-sufficiency, interoperability, and adaptability in order to establish internal security and defend against external threats.

“One of the most important aspects of the event is the interagency coordination,” said East, a Purcellville, Va., native. “They are now comfortable with cross talk among the agencies.”



U.S. Army photo by Staff Sgt. Robert DeDeaux, 1st AATF PAO, 1st Inf. Div., USD-N

**An Iraqi Policeman establishes a perimeter while waiting for fire department responders to control a simulated vehicle-borne improvised explosive device during an emergency response exercise at the Kirkuk Training Center, Iraq, May 29, 2011. Iraqi Security Forces conducted the ERE as part of Operation Iron Lion, a set of events, missions and exercises demonstrating various ISF agencies’ self-sufficiency, interoperability and adaptability to establish internal security and defend the Iraqi populace against external threats.**

ISF personnel also trained on reaction to vehicle-borne improvised explosive devices during the exercise, as well as crowd control procedures to keep civilians out of harm’s way and ensure safety of the surrounding public.

The PPTT and 1st AATF began their advise, train and assist mission with the Kirkuk policemen after arriving in northern Iraq to support Operation New Dawn in fall 2010.

The goal of the EREs and Operation Iron Lion as a whole is to demonstrate the ISF self sufficiency to the people of Iraq, said East.

“This is the fifth ERE conducted since November,” said the East. “The only thing the PPTT has done this time around was provide a small amount of logistical support and a little bit of advising to the key leadership.”

Gen. Kawa, commander, Kirkuk Training Center, said he appreciated the 1st

AATF mentors’ efforts to guide the policemen while allowing them to conduct the majority of the operation independently.

“Thank you for the great job you do,” Kawa said to U.S. Soldiers during a readiness exercise prior to the ERE. “We appreciate all you do.”

Kawa, a leading coordinator of the ERE, oversaw every step of the process leading up to the event.

Kawa said he sees the training events being as much a training tool as a demonstration which will increase his officers’ ability to serve the people of Kirkuk City.

“Training events like these teach them to teach others in the future,” said Kawa of his officers. “More knowledge will lead to better police.”

“The IP are fully capable of handling any type of emergency within Kirkuk City, and they fully intend to better themselves so the people of Kirkuk can feel safe,” said East.



## Deployed troops honor fallen comrades at COS Warrior

SpC. Kandi Huggins  
1st AATF Public Affairs  
1st Inf. Div., USD-N

CONTINGENCY OPERATING SITE WARRIOR, Iraq – Of the 1,000 words a picture might be worth, only one appeared on the stone sitting before Soldiers, Airmen and contractors at Contingency Operating Site Warrior, May 30. The stone simply read, “Remember . . .”

Chaplains of 1st AATF coordinated the Memorial Day ceremony to pay homage to service members who lost their lives in Afghanistan and Iraq.

Troops attended the ceremony in front of the memorial wall at the COS Warrior airfield, a fitting location to host such an event in observation of Memorial Day, said Sgt. Brian Jones, chaplain noncommissioned officer in charge, 101st Brigade Support Battalion, 1st AATF.

“I don’t know how to describe it,” said Jones. “After we stood up, everyone walked forward to a name they knew and it was just overwhelming to see that—to see people remembering their battle buddies.”

U.S. Soldiers constructed the wall during Operation Iraqi Freedom in 2009. Ready First Task Force, 1st Armored Division finished the wall, September 1, 2010, marking the end of Operation Iraqi Freedom and the beginning of Operation New Dawn.

“Today we stand here before this memorial—a long, black wall with 4,408 names of service members who died during OIF,” said Col. Michael Pappal, 1st AATF commander. “It also represents, unnamed, the 36 who died in Operation New Dawn, the 1,476 in Operation Enduring Freedom, as well as each and every Soldier, Sailor, Airman, Marine and civilian

throughout our history who has given his or her life in service, whether in combat or later after living a long and fruitful life.”

Growing up, Pappal recalled how he saw Memorial Day as a long weekend off from school, a parade in town and a family picnic at his grandparents’ house.

He then recalled the memorial wall in his hometown of Creekside, Pa., that he helped maintain.

“As a Boy Scout, I helped maintain our little town memorial that has the names of those men who had left and were called to serve in World War I, World War II, Korea, and Vietnam that had not returned,” recalled Pappal. “It sits near the park by a bridge where you can see it every time you drive down Main Street, but I could not see it for what it was at that time.”

Now, said Pappal, through

his time in service, he reached a greater understanding of such memorials, including the one at COS Warrior.

Memorials are symbols and summations of our memories of friends, comrades, loved ones and those we never knew but respected nonetheless, he said.

Chaplain (Maj.) Anthony Kazarnowicz, 1st Special Troops Battalion, 1st AATF, read the verse, John 15:13, from the Bible to the audience during the ceremony, “There is no greater love than for a man to lay down his life for his friend.”

When thinking of the word “Friend,” Kazarnowicz said he thinks of a loved one who loves in return.

But for service men, women and civilian contractors who left their family and friends behind to enter a life of physical and mental discipline, Kazarnowicz continued, love extends

beyond natural human love, becoming the perfecting example of the natural love we have for one another.

“These men and women traveled to another country to protect total strangers, people they have never seen, faces they did not know, beliefs different from their own,” said Kazarnowicz, a native of Clinton, Mass. “Because they came to protect and defend, they died.”

“Many of us know somebody on this wall and find it hard, emotionally, to remember them,” said Chaplain (Maj.) Peter Dissmore, a resident of Manhattan, Kan., serving with 1st Advise and Assist Task Force, 1st Infantry Division.

“I invite you to come up after the ceremony and take pictures of the names on this wall and remember. Honor our fallen comrades by remembering them,” he said.



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

**Soldiers and Airmen of 1st Advise and Assist Task Force, 1st Infantry Division, render honors during the playing of the National Anthem during a Memorial Day Remembrance ceremony at Contingency Operating Site Warrior, Iraq, May 30, 2011. The Soldiers and Airmen remembered fallen service members who gave their lives during Operation Iraqi Freedom and Operation New Dawn, as well as veterans of past wars.**

# 'Long Knife' Soldiers sharpen skills at Destiny Range during combined arms live fire exercise

Spc. Angel Turner  
4th AAB Public Affairs  
1st Cav. Div., USD-N

CONTINGENCY OPERATING SITE MAREZ, Iraq – Soldiers assigned to Headquarters and Headquarters Company, 2nd Battalion, 7th Cavalry Regiment, 4th Advise and Assist Brigade, 1st Cavalry Division, sharpened their skills during a combined arms live fire exercise at Destiny Range, May 28.

Cavalry scouts, field artillerymen, mortar men and forward observers conducted the exercise to maintain proficiency on indirect fire weapons as they lead Iraqi troops on similar training.

“Garry Owen” Soldiers of 2nd Bn., 7th Cav. Regt., fired 120mm mortar rounds from an M1064 Mortar Carrier to targets nearly 1800 meters away.

Several miles away at Contingency Operating Site Marez, “Black Dragon” artillery crews assigned to 5th Battalion, 82nd Field Artillery Regiment, fired howitzers as forward observers at the range monitored the impacts at Destiny Range.

When the artillery rounds stopped, Gary Owen Soldiers echoed back with several more volleys from the 120mm mortar systems as the units attacked “enemy” positions on the expansive range as part of the training scenario.

Each of the Soldiers worked together to defeat the simulated enemy and provide indirect fire support for ground troops.

“If any Soldier needs help with immediate suppression, cover fire, or cover and concealment, they can call on the mortar men to give them fire support to achieve the desired effect and get them out of harm’s way,” said Spc. Christopher Hunthorp, a mortarman assigned to Headquarters and Headquarters Company, 2nd Bn., 7th Cav. Regt.

A 120mm mortar round flies into the sky during a combined arms live fire exercise at Destiny Range, May 28, 2011. Soldiers assigned to Headquarters and Headquarters Company, 2nd Battalion, 7th Cavalry Regiment, 4th Advise and Assist Brigade, 1st Cavalry Division, conducted the CALFEX where mortar men, field artillerymen and forward observers increased proficiency on the weapons.



U.S. Army photo by Spc. Angel Turner, 4th AAB PAO

**Spc. Christopher Hunthorp, a mortarman assigned to Headquarters and Headquarters Company, 2nd Battalion, 7th Cavalry Regiment, 4th Advise and Assist Brigade, 1st Cavalry Division, prepares a 120mm mortar round during a combined arms live fire exercise at Destiny Range, May 28, 2011.**

A native of Omaha, Neb., Hunthorp added, “This (CALFEX) gives us more hands-on training and helps make us more efficient in our jobs.”

Forward observers provided mortar Soldiers with locations of targets to engage. After adjusting the mortar tube and prepar-

ing to fire, Soldiers dropped the shells into the tube and took cover.

Seconds later, a loud pop echoed through the air followed by a plume of smoke as the round launched from the mortar tube, trailed through the air and impacted in the designated area.

The exercise helped Soldiers stay fresh as mortar men, said Sgt. Eric Skinner, a mortar crew member assigned to HHC, 2nd Bn., 7th Cav. Regt.

“It’s a perishable skill,” said Skinner, a native of Paola, Kan. “If you don’t do it enough times throughout the year, you’ll forget how to do it.”

Skinner, a squad leader, said he focused on ensuring the mortar tube was accurately positioned and that Soldiers did not shake the tube when dropping shells into the tube.

“It has to be a smooth launch so it is accurate,” said Skinner.

After honing indirect fire skills, Skinner and fellow 4th AAB Soldiers returned to COS Marez, where they teach Iraqi soldiers the same skills at the adjacent Ghuzlani Warrior Training Center, part of Tadreeb al Shamil, Arabic for All Inclusive Training.

Tadreeb al Shamil is an Iraqi Ground Forces Command initiative to modernize the army’s combat capabilities and train soldiers as part of cohesive units.



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



# Iraqi Army medics hone field medical skills

Spc. Andrew Ingram  
USD-N Public Affairs

**CONTINGENCY OPERATING LOCATION K1, Iraq** – Medics assigned to Company C, 101st Brigade Support Battalion, 1st Advise and Assist Task Force, 1st Infantry Division mentored medics assigned to 12th Iraqi Army Division during a mass casualty exercise at the 12th IA Div. headquarters in Kirkuk province, Iraq, May 28.

During the training, American medics observed, evaluated and suggested corrections while their Iraqi counterparts performed all of the hands-on medical work.

The Iraqi medics showed an outstanding level of competence and professionalism as they demonstrated life saving abilities, said Staff Sgt. Brian

Elsesser, a combat medic assigned to Company C.

“These young medics are really taking advantage of this opportunity to learn from us,” said Elsesser, from Selinsgrove, Pa. “When they don’t know something, they ask us. They are eager to learn and are doing an outstanding job.”

Iraqi medics evaluated mock patients at the scene of an accident and loaded the casualties into ambulances for transport to a field aid station, where the medics provided life-saving treatment.

By running through the operation—from responding to the initial call for an ambulance all the way through treating the patients—the medics gained a more accurate understanding of the steps involved in treating injured comrades, said Pvt. Jamal, who enlisted in the Iraqi



U.S. Army photo by Spc. Andrew Ingram

Army as a medic in 2010.

“I have worked with the U.S. Soldiers twice before, and they always help us a lot with our training,” Jamal said. “They have a lot of experience and they are very good at sharing it with us.”

While many of the Iraqi soldiers in the exercise previously trained as lab technicians or

Staff Sgt. Brian Elsesser, a medic assigned to Company C, 101st Brigade Support Battalion, 1st Advise and Assist Brigade, 1st Infantry Division, and a native of Selinsgrove, Pa., evaluates the progress of Iraqi Army medics as the students conduct a mass casualty exercise at 12th Iraqi Army Division Headquarters in Kirkuk province, Iraq, May 28, 2011.

X-ray machine operators, most had little experience working with badly injured patients in the field, Elsesser explained.

“Many of the soldiers had previous training with doing this sort of thing, so some of the guys here today are already very competent at what they are doing, but others still need some practice,” Elsesser said. “Right now we are trying to get everyone to a baseline capability and then we can build them up from there.”

As Company C medics continue training their Iraqi counterparts, Elsesser said he hopes to pass on more in-depth lessons to the soldiers responsible for the health and welfare of Iraq’s fighting forces.

“Today they asked us to give them a thorough walk-through of everything we do as American medics,” Elsesser said of the students. “They essentially want to emulate what we do—our actions, our fluidity, when it comes to treating casualties.”

Elsesser said after working on the basics of combat life saving skills with Iraqi medics and refining their skills during Operation New Dawn, the Iraqi medical field is ready to make the final push to become a self-sufficient force capable of providing care for their fellow service members.

“I hope they continue to teach each other,” he said. “I believe if they push themselves and each other, they will do great things for their country.”



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

Iraqi medics practice proper procedures for dressing a chest wound during training led by U.S. Army medics of Company C, 101st Brigade Support Battalion, 1st Advise and Assist Task Force, 1st Infantry Division at the 12th Iraqi Army Division Headquarters in Kirkuk province, Iraq, May 28, 2011. “These young medics are really taking advantage of this opportunity to learn from us,” said Staff Sgt. Brian Elsesser, a combat medic from Selinsgrove, Pa., assigned to Company C. “When they don’t know something, they ask us. They are eager to learn and are doing an outstanding job.”



# Iraqi Army soldiers successfully complete month-long training rotation at GWTC

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

**CONTINGENCY OPERATING SITE MAREZ, Iraq** – With mortar rounds flying overhead and artillery rounds exploding near the front lines, Iraqi Army soldiers maneuvered toward their objective during a battalion-level live fire exercise at Ghuzlani Warrior Training Center, May 26.

Soldiers of 2nd Battalion, 9th Brigade, 3rd Iraqi Army Division demonstrated tactics, techniques and procedures learned from the previous month of Tadreeb al Shamil courses led by U.S. Soldiers at GWTC.

Tadreeb al Shamil is an Iraqi military program in which U.S. advisors teach combat skills to Iraqi battalions during month-long rotations at GWTC and several other bases throughout Iraq.

Iraqi soldiers greeted U.S. Division-North and 4th Infantry Division Commanding General, Maj. Gen. David G. Perkins, who reviewed the exercise and commented on the IA's improving combat skills.

"The most encouraging observation is that we all continue to get better with each training rotation, and that shows as we bring each subsequent battalion through," said Perkins. "Throughout the five rotations that we've had here so far, it is very clear that information is making its way into the entire army."

Iraqi staff Col. Tawfiq Kalaf, commander of 2nd Bn., 9th Bde., joined Perkins and other Iraqi and American leaders on the reviewing stand as the event progressed.

The reviewing group watched intently as the Iraqi battalion swept through the valley below, utilizing the combat tactics learned in the previous month to attack three different "enemy" objectives.

**A U.S. trooper assigned to 1st Squadron, 9th Cavalry Regiment, 4th Advise and Assist Brigade, 1st Cavalry Division, kneels beside Iraqi soldiers providing support by fire during a battalion live fire exercise at Ghuzlani Warrior Training Center, May 26, 2011. Soldiers assigned to 2nd Bn., 9th Bde., 3rd IA Div., took part in the culminating event to signify the completion of their training iteration.**



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

**U.S. Division-North and 4th Infantry Division Commanding General, Maj. Gen. David G. Perkins, speaks with leadership of the Ninewa Operations Command and 3rd Federal Police Division following the 2nd Battalion, 9th Brigade, 3rd Iraqi Army Division's completion of a month-long training rotation at Ghuzlani Warrior Training Center, May 26, 2011.**

Kalaf said the live fire exercise was successful and would give his soldiers more confidence to execute real missions in the future.

"We are happy to receive this training," said Kalaf. "The training efforts of the Iraqi Army and the American Army were really good, and we have a good partnership."

"Head Hunter" troopers of 1st Squadron, 9th Cavalry Regiment, 4th Advise and Assist Brigade, 1st Cavalry Division, led the Iraqi battalion through the Tadreeb al Shamil courses at GWTC.

Starting at the individual, squad and platoon levels, IA soldiers built on their tactical knowledge and skills, progressing to company and battalion-level exercises during the month-long training cycles.

"This is our chapter in Iraqi deployments," said Lt. Col. John Cushing, commander, Head Hunter Squadron. "Just like there was the surge chapter (during) Operation Iraqi Freedom, this is our final chapter to accomplish our mission, and it's critical we do a good job with this as well."

Following the completion of the live fire exercise, Iraqi soldiers graduated from the month of training, marking the fifth successful Tadreeb al Shamil cycle at GWTC.

Deployed in support of Operation New Dawn, the 4th AAB Soldiers from Fort Hood are responsible for advising, training and assisting the Iraqi Security Forces in northern Iraq.

"By doing this, we're accomplishing the mission and honoring all those who have been here to Iraq on multiple deployments and given the ultimate sacrifice," said Cushing.



U.S. Army photo by Spc. Terence Ewings, 4th AAB PAO



## Combined Security Forces conduct medevac training



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

Kirkuk Combined Security Forces members load a patient onto a medevac helicopter during medical training at Kirkuk Training Center, May 25, 2011. During "hot loads," the CSF teams practiced strapping their casualty to a litter, loading the litter onto a helicopter, moving back to the starting position, and then going back to the helicopter to unload the casualty.

Spc. Kandi Huggins  
1st AATF Public Affairs  
1st Inf. Div., USD-N

KIRKUK TRAINING CENTER, Iraq – In an effort to continue building on medical knowledge, the Kirkuk Combined Security Forces conducted an air medevac exercise at the Kirkuk Training Center, May 25.

"Thunderhorse" medics of Headquarters and Headquarters Company, 2nd Battalion, 12th Cavalry Regiment, attached to 1st Advise and Assist Task Force, 1st Infantry Division, guided Iraqi students on proper evacuation steps and medical treatment.

CSF soldiers familiarized themselves with the steps necessary to transfer a patient to higher levels of care using a helicopter, said Spc. Jose Amezcuita, a health care specialist assigned to 2nd Bn., 12th Cav. Regt.

During the medical course, the fourth cycle led by Thunderhorse medics, instructors continued building upon basics of medical training to provide Iraqi Security Forces with trained personnel capable of teaching subsequent classes of CSF soldiers.

Eventually, Iraqis will train themselves without assistance or supervision from U.S. forces, said Amezcuita, a native of Killeen, Texas.

"We're trying to be hands off so they can be the primary instructors for the medevac training," said Amezcuita. "With them being the instructors and having gone through the training, they'll be able to ensure they have a better understanding of the procedures and requirements to ensure everything runs smoothly."

Prior to the medevac class, most CSF soldiers had limited exposure to medical operations utilizing helicopters.

"Today we're going to evaluate how well they practice commands," explained Amezcuita. "They will be putting a casualty onto a litter, loading the casualty on the helicopter and unloading the casualty and carrying (the patient) to the rally point."

To help things run smoothly, Sgt. Mike Schutte, a flight medic with 2nd Battalion, 135th General Support Avia-

tion Battalion, Nebraska National Guard, conducted a safety briefing to prevent any accidents during the medevac training.

Schutte, a native of Lincoln, Neb., said practicing good safety habits is paramount to the training of CSF soldiers.

"The purpose of medevac is to get the troops in need where they need to go as quickly as possible," said Schutte. "One slip-up can cause them to hurt themselves, and that will potentially make them another casualty."

CSF teams commenced the exercise by loading their casualty onto a static helicopter to familiarize themselves with fundamentals of loading before moving onto operations with a running helicopter.

As the training progressed, new CSF soldiers and Gen. Kawa, Iraqi Police Chief, Kirkuk province, observed the event along with U.S. instructors evaluating the trainees' performance.

"Thank you and I really appreciate your hard work," said Kawa to the instructors. "The knowledge they've gained helps everybody, because they can transfer it to all soldiers and teach other students in the future."

Amezcuita said as the CSF students continue the course, they will eventually be certified on emergency medical skills and expand their realm of knowledge.



U.S. Army photo by Spc. Kandi Huggins

Members of Kirkuk Combined Security Forces, join Sgt. Mike Schutte, flight medic, 2nd Battalion, 135th General Aviation Support Battalion, Nebraska National Guard, to strap a casualty onto a litter before loading the patient onto a medevac helicopter at Kirkuk Training Center, May 25, 2011. Iraqi CSF students learned tactics for loading and evacuating casualties using helicopters as part of the training course.



# Platoon leader trains, motivates Soldiers



U.S. Army photo

First Lt. Anthony Burch, platoon leader, Company C, 1st Special Troops Battalion, 1st Advise and Assist Task Force, 1st Infantry Division, administers the oath of enlistment to Spc. Clayton Martin, a combat engineer assigned to 4th platoon, during a ceremony at Contingency Operating Site Warrior, Iraq, Jan. 6, 2011. As a platoon leader, Burch, who hails from Hoopeston, Ill., is responsible for leading and training his Soldiers.

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

CONTINGENCY OPERATING SITE WARRIOR, Iraq – On the battlefield of modern U.S. Military operations, combat engineers play a versatile role. One week they are sweeping for Improvised Explosive Devices, and the next, teaching Iraqi Soldiers how to zero and qualify with their newly assigned M16 rifles.

As a platoon leader on his first deployment, responsible for dozens of combat engineers deployed to northern Iraq in support of Operation New Dawn, 1st Lt. Anthony Burch, a platoon leader assigned to Company C, 1st Special Troops Battalion, 1st Advise and Assist Task Force, 1st Infantry Division, leads “Devil” Brigade Soldiers, ensuring his platoon remains trained, focused and motivated every day.

“I’ve had to learn how to motivate people in a way I didn’t see coming,” said Burch, a Hoopeston, Ill. native. “It is not in the heat of battle you have to motivate somebody; it’s when people are bored, or when people are tired of doing the same job day in and day out—that is when you really need to motivate Soldiers to keep them from getting complacent, to keep them from doing something irresponsible.”

Burch attended the University of Illinois with a scholarship from the Reserve Officer Training Corps and graduated with a degree in anthropology. During his time at UI, Burch also met his wife, Mary Pat, who works in advertising for the Chicago Tribune.

In 2009, Burch began his military career as a platoon leader in the STB’s Headquarters and Headquarters Company, before taking over responsibility of 4th platoon as Soldiers of 1st AATF began training for

their deployment.

In October of 2010, 4th platoon initially contributed to the deployment as a route clearance team, inspecting roads frequently traveled by American troops for IEDs nightly.

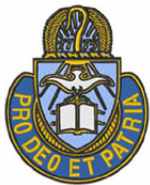
Undertaking this responsibility helped many of the younger, untested Soldiers in the platoon gain a level of experience and proficiency they will need to further themselves in the Army, Burch said.

“We have definitely all grown up a lot during this deployment,” said Burch. “I pride myself in saying that this platoon is extremely mature.”

“Our attitude isn’t ‘Let’s go to Iraq and get in a bunch of fire-fights,’” he explained. “It’s ‘We are going to go to Iraq and support this government as it sets itself up.’ I am very proud of my platoon.”

At the end of March, Burch’s platoon  
**See LEADER, Pg. 11**





# Chaplain's Corner: Tick, Tick, Tick

Chaplain (Lt. Col.) Keith Goode  
USD-N Chaplain

Tick ...Tick ...Tick. Hear that? That is the sound of your deployment slipping away one second at a time.

"That's great, Chaplain!" you say. "I wish my time would go by even faster!"

But why would you wish your life away while you are here in Iraq? What a waste of time!

Here is a challenge—instead of wishing you were already home, focus instead on making the effort to seize every second of everyday to do something that makes a difference.

But again, you may reply, "Make a difference over here? Me? No way!"

I disagree. How you spend those seconds each day does make a difference. Maybe what you are doing is not immediately known or reported in the command update briefs. Maybe what you are doing is not dramatic, because what you have accomplished has not appeared on the front page of Star and Stripes.

But you are making a difference nevertheless. The 101 choices you make each day are making a difference in who you are becoming as a person. Those same choices are also making an impact on those around you.

So how are you spending your time in order to make a positive difference? Will you spend time with others to speak words that will build them up or tear them down? Will you use the time strengthening your body at the gym or opt for the third helping of ice cream at the dining facility? Will you exercise your minds and spirit in reading and worship, or just waste a little more time on a cheap DVD?

The Almighty has given us an exact amount of time for each day and everyone gets the same amount. No more, no less.

The general does not get more than the private and Kellogg, Brown and Root employees cannot contract to get a little more as a bonus for a job well done! The limit is 24 hours per day.

What's more, it is just the right amount to accomplish all that He has given us for the day. The attitude we bring to every decision, choice and action is ours to use or lose as we walk through those precious minutes that make up our single whirl around the world.

How tragic it will be to leave this theater, not being able to look back over a second or two that made a positive difference in the realm of our work or in the influence of others.

Open your eyes and look beyond your own busyness or loneliness to see where you can help do something or help someone else. You may not be the one talking, but you can be a listening ear. You may not be the star of the show, but you can help that star shine. You may not be sad, but you can cry with someone who is.

Each "tick" can make a difference that can bring good results in yourself and others! It is written in the Christian New Testament from Ephesians 5:16 that we are to use our time wisely. It reads, "Redeem the time, for the days are evil."

To redeem something means to gather and buy up every second of our day, and then use that time to fight against the evil that thinks seconds are cheap.

In redeeming those moments, you will soon see that one's life does make a difference. What was considered a "waste of time" will become "time well spent," as you begin to see the value of the moment and how quickly the seconds slip away.

The clock will no longer drag its weary hands around the face, but it will record the moments of your life that matter for eternity! Listen, time is ticking, and it is time to get busy.

## LEADER, cont'd from Pg. 10

handed off their route clearance mission to begin working with 12th Iraqi Army Stability Transition Team in the Kirkuk province, providing security as the STT worked with their 12th IA counterparts.

Burch said his Soldiers often have the opportunity to take part in training and mentoring the Iraqi soldiers as they prepare to take full responsibility for the security mission in Iraq.

"Our job out here at K1 gives my guys the opportunity to work hand-in-hand with the Iraqi soldiers," said Burch. "They are the primary mission in Iraq right now, and it is good to be a part of it."

Spc. Clayton Martin, a combat engineer assigned to Burch's platoon, said the unit's primary mission at K1 is escorting the STT members as they counteract with the 12th IA soldiers.

As he continues assisting the 1st AATF mission, Martin said he enjoys the guidance and leadership Burch provides to the Soldiers of 4th platoon.

"It's not as crazy with random stuff happening out here. We've got a good battle rhythm with stuff we have to accomplish on a day to day basis," said Martin, who hails from Frenchtown, Mo. "Lt. Burch is easy to work for. He's pretty straight forward and says what's on his mind, and he makes this seem too easy."

Burch said he is eager to continue his career and further his Army experience.

"I don't know if I will stay in until retirement, but I want to experience what the Army has to offer," he said. "I want to be a company commander; I have always wanted to be a teacher, so I would like to look for positions in the Army that would allow me to train others."

## USD-N SOCIAL MEDIA SITES



To catch all the up-to-date action in northern Iraq, click on the icons to view a USD-N social media page. On these pages you can read and download stories, videos and photos of U.S. Soldiers deployed in support of Operation New Dawn as they advise and train their Iraqi counterparts. Show your support for the troops by viewing the pages, and feel free to leave comments!

# Hey Doc: 'Is my urine supposed to be brown?'

Maj. David Schnabel  
Preventative Medicine Physician  
Surgeon, U.S. Division-North

"Hey Doc, *It's been hot out, but my buddies and I try to take our minds off of it by running mid-day in body armor. I really like pushing myself, but today after a couple miles, my legs started feeling weak and painful, and now my pee is brown! What's going on?*"

-Signed, "1st Lt. P.N. Browne"

Dear 1st Lt. Browne,

I hope you immediately went to the nearest medical facility because what you described is actually quite dangerous. By overexerting yourself—especially in the heat of the day—you caused your muscles to start disintegrating.

This is called rhabdomyolysis, commonly known as "Rhabdo." The released muscle enzymes and iron made your urine brown and can lead to the most serious problem—kidney failure.

I am sure you were also partly dehydrated, which makes for a dangerous combination. Rhabdo and kidney failure are medical emergencies, so if you suspect such a thing, seek immediate medical care.

Muscular overexertion in hot weather, while dehydrated, is a common cause of rhabdo, but not the only important one. Rhabdo can result from crush injuries in vehicle accidents, for example.

Additionally, patients long incapacitated by severe injuries or comas can experience rhabdo. More uncommonly, some medicines like cholesterol-lowering drugs or illicit drugs can cause rhabdo.

The use of dietary supplements for weight loss is very dangerous because they ramp up the body's metabolism, creating heat and setting you up for a catastrophic outcome.

Some people inherit enzyme deficiencies, which make them more susceptible to repeated bouts of rhabdo, and others simply are repeat cases. Unfortunately, the extreme, hot, and demanding environment of deployment is the wrong place to be.

Repeated rhabdo cases, or one severe incident, could cause the service member to be redeployed. By regulation, two instances of mild rhabdo within 24 months or one severe case of rhabdo will lead to a

medical board and potentially leaving the service.

So what can you do? Most importantly, take the same common sense precautions used to protect you from heat injury.

When it is hot and humid, moderate your work periods with rest cycles and drink plenty of water. Choose cooler periods of the day to do activities like running or other physical training. Mission essential activities will always take priority, but you and your leadership must have adequate hydration plans.

Some dietary supplements are really dangerous in this setting. We already have had service members take themselves out of the fight because of rhabdo partially

caused by dietary supplements.

The most worrisome supplements are metabolic enhancers or weight loss products which include products like "bitter orange" and synephrine. My advice for all Soldiers is to get rid of these supplements and only use safe products like protein.

Here is the bottom line: if you overexert yourself and are worried about these symptoms, see a health care provider immediately. Exercise or work in moderation during the hottest time of the day and hydrate yourself. I wish you a speedy recovery.

Don't become a casualty, 1st Lt. Browne. And Task Force Ironhorse keep those questions coming!

## Are You Hydrated? Take the Urine Color Test

### Urine Color Chart\*

**HYDRATED**

OPTIMAL  
↓  
WELL HYDRATED

**DEHYDRATED**

DEHYDRATED:  
You need to drink more water

SEEK MEDICAL AID:  
May indicate blood in urine or kidney disease

\*This color chart is not for clinical use.

### Purpose

- With normal kidney function, your level of hydration is indicated by the color of your urine. Some vitamins and supplements may cause a darkening of the urine unrelated to dehydration.
- Since heat-related illness often follows dehydration, this simple test will help protect your health.
- Dehydration also increases your risk for kidney stones.

### How does it work?

- Match your urine color to closest color in the chart and read the hydration level on the chart.
- Watch the urine stream not the toilet water, as the water in the toilet will dilute your urine color.
- In response to dehydration, the kidneys conserve water and excrete more concentrated urine; the more concentrated the urine the darker the color.

### Prevent Dehydration

- No amount of training or acclimatization can reduce the body's requirement for water.
- Follow the water consumption guidelines in the water consumption table.

### Water Consumption Table

Heat Category	WBGT Index, °F	Easy Work Water Intake (Quart/Hour)	Moderate Work Water Intake (Quart/Hour)	Hard Work Water Intake (Quart/Hour)
1	78° - 81.9°	½	¾	1
2	82° - 84.9°	¾	1	1½
3	85° - 87.9°	1	1½	2
4	88° - 90.9°	1½	2	2½
5	≥ 91°	2	2½	3

The fluid replacement volume will sustain performance and hydration for at least 4 HOURS of work in the specified heat category. Fluid needs can vary based on individual differences and exposure to hot sun or full shade.

CAUTION: hourly fluid intake should not exceed 1.5 quarts. Daily fluid intake should not exceed 12 quarts.

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