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★★★★★ ESTABLISHED IN 1917 TO HONOR THOSE WHO SERVE ★★★★★

JUNE 10, 2011



ISF work together to protect Iraq

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

CONTINGENCY OPERAT-
ING SITE MAREZ, Iraq –
Following the end of combat
operations across Iraq late last

year, U.S. troops began the
mission of advising and train-
ing Iraqi Security Forces dur-
ing Operation New Dawn.

U.S. Soldiers assigned to
4th Advise and Assist Brigade,
1st Cavalry Division, spent
the past eight months train-

ing their Iraqi counterparts
throughout Ninewa province
to build a sustainable security
force for the country.

ISF in Ninewa province
now plan to participate in Op-
eration Iron Lion, a series of
exercises showcasing interop-

erability between the agen-
cies, throughout the month of
June.

The purpose of Operation
Iron Lion is to demonstrate to
the local populace that Iraqi

See ISF, Pg. 3



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

Soldiers assigned to 1st Battalion, 11th Brigade, 3rd Iraqi Army Division, prepare to clear simulated enemy fighters from a building during urban operations training at Ghuzlani Warrior Training Center. Iraqi soldiers are scheduled to begin Operation Iron Lion, an ongoing series of exercises designed to showcase cooperative abilities of several Iraqi Security Forces agencies in Ninewa province.

STEADFAST AND LOYAL
IRONHORSE
FIT FOR ANY TEST
DEVIL
LONGKNIFE
WARRIOR

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IRONHORSE STRONG:

Soldier of the Week

Many people, when thinking of U.S. forces in Iraq, think of Soldiers patrolling through windswept towns or advising and assisting Iraqi Security Forces. Few, however, think of the Soldiers who keep the troops on the ground supplied and able to perform.

Sergeant Patrick Kopecky, transportation management noncommissioned officer assigned to Company C, 101st Brigade Support Battalion, 1st Advise and Assist Task Force, 1st Infantry Division, provides the link between Soldiers and the supplies they require at Contingency Operating Site Warrior.

Kopecky, who hails from Manitowoc, Wis., handles supplies traveling in and out of COS Warrior, and makes decisions on what cargo to load. His mission ensures vital supplies such as ammunition, medical supplies and repair parts for mine resistant ambush protected vehicles reach their destinations.

"He's out there to meet the plane, regardless of what time it is," said 1st Sgt. Richard Hawk, senior NCO with Company C. "He'll call ahead to notify personnel of the incoming equipment."

Kopecky's communication becomes crucial when a unit is awaiting equipment and supplies needed to complete a mission.

"He lets us know immediately when cargo arrives," said Hawk, a native of Columbus, Ohio. "This way, we can make use of the cargo instead of having it sit somewhere for a few days."

In addition to his regular duties, Kopecky also provides flight information to Soldiers going on environmental morale leave, informing the Soldiers about possible flights.

While operating a smooth and effective flow of traffic for up-loading and downloading supplies, Kopecky maintains a positive attitude, and serves as an inspiration to those around him.



U.S. Army photo

Sergeant Patrick Kopecky, transportation management noncommissioned officer assigned to Company C, 101st Brigade Support Battalion, 1st Advise and Assist Task Force, 1st Infantry Division, and a native of Manitowoc, Wis., oversees cargo being loaded onto an aircraft at Contingency Operating Site Warrior. Kopecky manages cargo and supplies being shipped into and out of COS Warrior and ensures units remain current on equipment essential to mission completion.

"He enjoys his job, and you can see it in the way he carries himself and interacts with his Soldiers," said Hawk. "He always comes in with a good attitude that you can see affects the rest of his crew, boosting morale and mission execution."

Unit leaders said Kopecky serves as a vital cog in the wheel of logistical support on COS Warrior, which earned him the title of "Ironhorse Strong" Soldier of the Week.

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THE IVY LEAF

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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



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

Iraqi soldiers assigned to 1st Battalion, 9th Brigade, 3rd Iraqi Army Division, advance from fighting positions along a ditch to assault an objective during training at the Ghuzlani Warrior Training Center, April 19, 2011. Iraqi soldiers are preparing for Operation Iron Lion, a training exercise that showcases the capabilities of Iraqi Security Forces and their readiness to secure Ninewa Province.

ISF, cont'd from Pg. 1— forces are capable of independently providing security from both internal and external threats, said Lt. Col. Philip Gage, operations officer assigned to Headquarters and Headquarters Company, 4th AAB.

Soldiers of 2nd and 3rd Iraqi Army Divisions, policemen from 3rd Federal Police Division, and local police units are each slated to play a role in a culminating training exercise to display their ability to eliminate threats, investigate crime scenes and perform basic urban operations to enhance public safety.

The operation will be conducted at multiple locations throughout Ninewa province.

"This exercise shows that the ISF are trained and ready to protect the people of Ninewa province and the country of

Iraq," said Gage, a native of Diboll, Texas.

"(Operation Iron Lion) is important to the local population so they are confident once U.S. forces leave, the Iraqi Security Forces can protect them and enable their government to continue to grow into a stable democracy," Gage added.

Iraqi forces are scheduled

to conduct several exercises during the operation, including police raids of suspected violent extremist networks, crime scene investigations, and a large-scale live fire exercise.

Following the conclusion of the joint forces operation, Iraqi and U.S. forces leaders plan to assess strengths and weaknesses observed throughout

the individual exercises.

"This is their opportunity to demonstrate what they are capable of and show the (federal) government, the provincial government and the general population, 'we are capable of performing operations, and performing them together,'" said Lt. Col. James Adams, operations officer assigned to Task Force Spear, 4th AAB, and a native of Alexandria, La. "In the end, they'll be one of the best military forces in the Middle East."



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

Policemen assigned to 3rd Federal Police Division, practice techniques for crowd control during a training course at Contingency Operating Site Marez, May 2, 2011. Throughout June, policemen from 3rd FP Div., are scheduled to join several other Iraqi Security Forces agencies during Operation Iron Lion, an ongoing series of exercises demonstrating interagency cooperation and capabilities.

'Golden Dragons' return Contingency Operating Location Gaines Mills to Iraqi Security Forces



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

Colonel Kalaid, executive officer, 47th Brigade, 12th Iraqi Army Division, officially assumes responsibility for Contingency Operating Location Gaines Mills from U.S. forces during a base transfer ceremony in Kirkuk province, Iraq, June 1, 2011.

Spc. Andrew Ingram
USD-N Public Affairs

CONTINGENCY OPERATING SITE WARRIOR, Iraq – U.S. forces from 1st Advise and Assist Task Force, 1st Infantry Division, officially returned Contingency Operating Location Gaines Mills to the Government of Iraq during a transfer ceremony in Kirkuk province, Iraq, June 1.

Lieutenant Colonel Andrew Ulrich, commander, 1st Battalion, 14th Infantry Regiment, "Golden Dragons," 1st AATF, officially signed over stewardship of the compound to Col. Kalaid, executive officer, 47th Brigade, 12th Iraqi Army Division.

Kalaid thanked Soldiers of 1st Bn., 14th Inf. Regt., and all the other units who served at COL Gaines Mills during recent years for their support and friendship.

"We remember today the circumstances our soldiers went through together," said Kalaid. "During counterterrorism operations and training, you stood by us. Also by providing logistical support and intelligence, the American Soldiers have assisted us greatly and shown that they are true friends."

The return of COL Gaines Mills, known as Tal Awar to Iraqi Forces, served as a symbol of the Iraqi Security Forces' readiness to train and conduct operations independently, Ulrich said during the transfer ceremony.

"We are very sad today to leave Tal Awar," Ulrich told gathered 47th Bde. soldiers. "It has been our home away from home for the past year now, but we hope you enjoy it for many years to come."

Although U.S. forces left COL Gaines Mills, Ulrich said Soldiers will continue to train and work with Iraqi units for the duration of Operation New Dawn.

"Every day we spend working together makes us better," Ulrich said. "Whether it's training or fighting insurgents, we learn from each other. I hope for a continued, long lasting relationship between the people and the army of Iraq, and the people and Army of the United States."

Kalaid said he looks forward to a continued partnership with U.S. forces based on respect and dedication to the safety of the Iraqi people.

"We will stay loyal to the people and give our hearts and bodies to making a strong Iraq," he said.

Originally established as a forward operating base designed to support a battalion-size element in 2004, U.S. forces gradually began turning over sections of COL Gaines Mills to the Government of Iraq in the years that followed, and trained Iraqi units who moved in.

As the last U.S. unit assigned to COL Gaines Mills, Golden Dragon Soldiers worked closely with Iraqi troops occupying the rest of the base, first by assisting them during partnered security operations near Kirkuk.

As U.S. forces transitioned to an advise, train and assist role during Operation New Dawn, Soldiers shifted their focus to the professional development of their Iraqi counterparts, said 1st Sgt. Craig Buck, senior enlisted leader of Company C, 1st Bn., 14th Inf. Regt.

"(Iraqis) are already handling most operations on their own," Buck explained. "I give all the credit for the success of our mission to my Soldiers, especially my pla-

toon sergeants, who were out there training the Iraqis every day."

COL Gaines Mills derived its name from the 1862 American Civil War battle of Gaines Mills. That battle provided Golden Dragon Soldiers of Company C an interesting historical context to work with during their year-long residence at COL Gaines Mills, said Buck. The battle, part of the Peninsula Campaign in Virginia, resulted in the 14 Inf. Regt. being recognized for its first Medal of Honor recipient, Sgt. George C. Williams.

Williams became an inspiration for his fellow Soldiers, and later to the Golden Dragons at COL Gaines Mills who trained Iraqi soldiers assigned to 47th Bde., said Buck.

Buck said by returning the base to the 47th Bde., U.S. forces could motivate the Iraqi soldiers to heroic actions of their own.

"Turning this place over is a boost of confidence to the Iraqi soldiers," he said. "It signifies a change—not only a change in the property books—but the confidence that the Iraqi populace has in their army."



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

Lieutenant Colonel Andrew Ulrich, commander, 1st Battalion, 14th Infantry Regiment, 1st Advise and Assist Task Force, 1st Infantry Division, addresses soldiers and officers assigned to 47th Brigade, 12th Iraqi Army Division, during the Contingency Operating Location Gaines Mills Transfer Ceremony in Kirkuk province, Iraq, June 1, 2011.

'I could be that one in a million'

Military Policeman serves, protects fellow Soldiers

1st AATF, 1st Inf. Div.



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

Private Adam Young, a military policeman from Prospect, Ky., serving with Headquarters and Headquarters Company, 1st Special Troops Battalion, 1st Advise and Assist Task Force, 1st Infantry Division, writes a traffic ticket for speeding at Contingency Operating Site Warrior, Iraq, June 3, 2011. "MPs didn't choose this job to be bullies or come after (Soldiers) for no reason," said Young. "I could be the one out of a million MPs in the world, but I chose this job and I am here to help make (Soldiers) lives better."

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

CONTINGENCY OPERATING SITE WARRIOR, Iraq – Integrity, by definition, is the quality of being unimpaired and sound, with an adherence to a strict moral or ethical code. As the sixth Army Value, integrity means doing what is both ethically and morally right.

Private Adam Young, a military policeman serving with Headquarters and Headquarters Company, 1st Special Troops Battalion, 1st Advise and Assist Task Force, 1st Infantry Division, said integrity is the number one Army Value

he tries to uphold.

Soldiers should do the right thing even when no one is looking, Young said.

"I try to do it to the best of my ability, to think about the outcome of certain things," said the Prospect, Ky., native. "I look at other people, at their mistakes and successes, and evaluate that to use in my own terms of progression and success."

Military policemen, in particular, face many situations where they have the opportunity of doing the wrong thing, and thus integrity should be the number one quality they possess, he said.

"For instance, if you do a drug bust and you don't have

100 percent integrity, the wrong MP could take it and use it for personal gain," explained Young. "Even if the person is your best friend, you have to have integrity and duty to do the right thing, to process him and take him in."

Inspired to join the military by his grandparents, and motivated as an MP to help others, Young helps ensure troops and civilians at Contingency Operating Site Warrior remain safe.

"I'm part of what you could call 'force protection,' but really it's more like law and order," said Young. "We patrol the COS to look for crimes in progress and wait for crimes to be reported to go to the scene, solve and fix the problem.

We're safety and security."

Some aspects of his job include conducting traffic control points, walking patrols and static traffic enforcements to help maintain a presence throughout COS Warrior, which Young said often prevents crimes from happening.

Looking from an outside perspective, Young said he does not see himself as doing anything extraordinary, he just has to be in the right place at the right time.

Aside from being an asset in the protection of the lives on COS Warrior, Young has proven to be an asset within the MPs as well.

Young's desire to help others and fulfill his duties makes him stand out, said Staff Sgt. Sean Noranbrock, a squad leader within the MP company.

Noranbrock said Young is a hard working, dedicated Soldier who asks questions and seeks higher guidance in order to gain more knowledge.

While Young does what a normal Soldier would do, Noranbrock said Young differs because he takes the extra steps to improve himself.

"Young exemplifies the MP Corps by consistently showing there are Soldiers out there doing the right thing, no matter what," said Noranbrock, a native of Baltimore. "He exudes all of the Army Values—integrity, personal courage in being able to set standards high and maintain them, and the selfless service to honor and uphold those values as an MP."

While not perfect, Noranbrock said Young helps his unit by using his knowledge and past deployment experience to

See ONE, Pg. 6

Medics react during mass casualty exercise

Sgt. Justin Naylor
2nd AAB Public Affairs
1st Cav. Div., USD-N

CONTINGENCY OPERATING BASE WARHORSE, Iraq – While commanders cannot predict when an attack will happen, leaders can train their Soldiers to treat casualties when an attack does occur.

Medics and health care providers with 2nd Advise and Assist Brigade, 1st Cavalry Division, practiced their skills at reacting to a simulated mass casualty event on Contingency Operating Base Warhorse, Iraq, June 6.

The exercise was an opportunity to jump-start training for a group of medics and providers who recently arrived in Iraq.

“This is about creating muscle memory,” said Maj. Emuejevoke Okoh, brigade surgeon. “When it actually comes to treating Soldiers ... everyone gets nervous. This helps get people in the mode to respond without having to think about it.”

Medical personnel faced five casualties with varying degrees of injury. Medics and first aid responders triaged the wounded, treated life-threatening injuries and then prepared the injured Soldiers to be evacuated to a larger treatment facility.

“This training helps ensure the Soldiers are proficient in medical exercises and evacuation,” explained 1st Sgt. Chad McDaniel, senior enlisted leader with Company C, 15th Brigade Support Battalion, 2nd AAB.

This training helps medics and providers practice important concepts like mov-

ing casualties and working as a team, said McDaniel.

Soldiers also gain proficiency in simple, yet important tasks, McDaniel added, such as knowing where certain equipment is located or where different medications are kept within their aid bags.

“This will help them be ready the first time a real situation comes up,” said Okoh.

For the medics who participated in the mass casualty exercise, the benefits became immediately clear.

“We can feel ourselves getting better

with each exercise,” said Spc. Hao Wu, a medic with 2nd AAB.

Wu said after seeing the proficiency of the medical staff and quality of care provided during the exercise, he feels confident about bringing his Soldiers to the clinic if an attack ever does happen.

Soldiers of 2nd AAB, 1st Cav. Div., are scheduled to assume control of operations in Diyala province later this month, as 2nd AAB, 25th Infantry Div., returns to the U.S. following a year-long deployment in support of Operation New Dawn.



U.S. Army photo by Sgt. Justin Naylor, 2nd AAB PAO, 1st Cav. Div., USD-N

Soldiers of 2nd Advise and Assist Brigade, 1st Cavalry Division, triage Soldiers with simulated wounds during a mass casualty training exercise on Contingency Operating Base Warhorse, Iraq, June 6, 2011. Medics and first aid responders honed their skills as 2nd AAB prepares to assume the advise, train and assist mission in Diyala province during Operation New Dawn.

ONE cont'd from Pg. 5

mentor fellow Soldiers.

“Young gained a plethora of knowledge he’s been able to pass on to his peers,” said Noranbrock. “Instead of having a Soldier standing next to him and not knowing what to do, Young will tell them the right way to do things. He helps bring his fellow Soldiers into the knowledge and experiences he’s had.”

Previously deployed with the 300th MP Company, 97th MP Battalion, 1st Inf. Div., to

Baghdad, Young recalled going on missions to help local Iraqi Police better themselves as policemen.

“It was stressful in the beginning, but in the end it was just like everything else,” said Young. “If you do it enough, it becomes easy and you don’t think about it, you just do it.”

Young said after arriving at COS Warrior, he helped to refine tactics for responding to certain situations. For example, rather than driving di-

rectly to a location such as a house, Young encouraged MPs to take a moment to look and listen before moving in.

Now supporting 1st AATF’s advise, train and assist mission during Operation New Dawn, Young said he helps fulfill the mission by protecting the brigade’s greatest asset—its Soldiers.

“I’m here to help protect Soldiers when they’re trying to relax and recover from missions,” said Young. “That’s

when they are most vulnerable.”

“MPs didn’t choose this job to be bullies or come after them for no reason,” he said. “I could be the one out of a million MPs in the world, but I chose this job and I am here to help make their lives better.”

“When they’re done with mission, when they come home and try to relax, we’re here to protect them and make sure the Soldiers are safe at home,” said Young.

Medical Operations NCO earns award

Sgt. Coltin Heller
109th MPAD
USD-N Public Affairs

CONTINGENCY OPERATING BASE SPEICHER, Iraq – Some Soldiers perform jobs to a standard. Others perform above the standard, setting an example of leadership for others to follow.

Staff Sergeant Jayme Turner, medical operations non-commissioned officer assigned to Company B, Division Special Troops Battalion, Division Surgeon Section, 4th Infantry Division, earned the Capt. John R. Teal Leadership Award for exemplifying outstanding leadership and soldiering skills.

Captain John R. Teal, brigade medical planner with 2nd Brigade, 4th Inf. Div., died Oct. 23, 2003, near Baqubah when an improvised explosive device detonated, destroying his vehicle and wounding two other Soldiers.

After Teal's death, which marked the first time a medical officer died in Iraq, the Medical Service Corps established the annual award, presented to health services operations officers and NCOs in medical logistics and operations sections who made significant contributions to the mission and whose actions exceeded standards.

"I'm flabbergasted by the whole event," said Turner from his seat behind an array of computer monitors in the joint operations center. "I didn't know I was being awarded."

From his seat within the JOC, Turner manages medical services and support functions, and tracks assets across the U.S. Division-North operating environment, including medevac helicopters and various medical aid stations.

"It's my job to provide up-to-date information on the medical capabilities the command has at its leverage," said Turner, who calls Salt Lake City home. "I make sure I do everything I can to get my brothers and sisters back to the U.S. safely."

Turner, currently on his third deployment, originally served in the Navy on a bomb assembly team for an aviation ordnance unit. Turner decided to leave the Navy in 2000.

"It wasn't something I wanted to do at the time," he said.

One day while watching television, Turner decided to return to military service.

"I came back in after I saw the invasion on TV," said Turner, thinking back on the day. "I thought it was my responsibility to be out there with them, helping my countrymen. I didn't feel right sitting on my couch."

Turner enlisted in the Army in 2003 as a combat medic, enabling him to fulfill his desire.

"I wanted to do something that was positive, and I thought being a medic and serving was the most positive thing to do in a uniform," he said.

During his first deployment to Iraq, Turner served with Troop B, 1st Squadron, 10th Cavalry Regiment, 2nd Heavy Brigade Combat Team, 4th Inf. Div., conducting operations near Arab Jabour as a senior line medic.

Turner's second tour with 4th Inf. Div., in 2008, brought him to Baghdad, where he served with a military transition team as a medical advisor to the 6th Iraqi Army Div.

Now serving on his third deployment to Iraq, Turner no longer serves with a line unit, but said he still finds his job



U.S. Army photo

Staff Sergeant Jayme Turner, serving as a line medic with Troop B, 1st Squadron, 10th Cavalry Regiment, 2nd Brigade Combat Team, 4th Infantry Division, teaches an Iraqi child the peace sign during an inspection of a water treatment plant in Al Hillah, Iraq, in 2006.

challenging as well.

"I've enjoyed the technical challenge of the job that has been given to me," he said. "It's a different type of job at the division level. I had to learn to do the job of an operations NCO."

Turner said he was given the opportunity well before his time, as his job is usually staffed by senior NCOs, and appreciates the chance to excel at a higher level.

Maj. Todd Ryktarsyk, chief of medical operations with Division Surgeon Section, 4th Inf. Div., submitted Turner for the award.

"When I saw the announcement, I thought, 'What guys in

the section go out of their way to make an improvement?'" he said. "Staff Sergeant Turner is that guy."

For Ryktarsyk, the award means more than just words or a medal.

"I knew J.R. Teal," Ryktarsyk said. "I was stationed with him in Hawaii, so this has personal meaning to me."

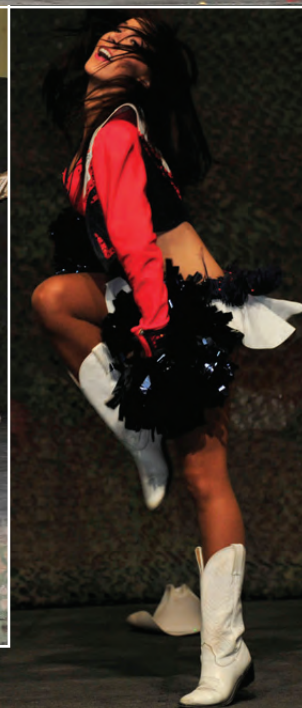
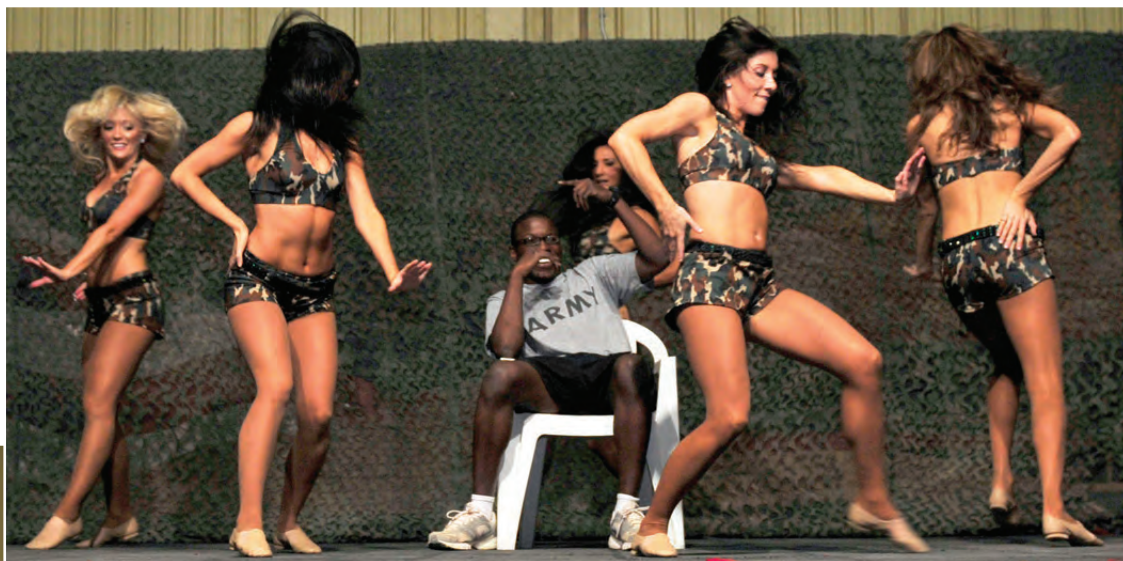
Ryktarsyk praised Turner for being an independent thinker and his ability to make sound decisions regarding the use of medical assets for support and coverage.

"You can give him a task and he'll run with it," said Ryktarsyk, who hails from

See NCO, Pg. 9

Denver Broncos cheerleaders gallop through COB Speicher

Denver Broncos cheerleaders perform for service members and civilians deployed to northern Iraq in support of Operation New Dawn during a show at Contingency Operating Base Speicher, June 5, 2011. During their performance, the cheerleaders danced, initiated friendly competitions between the audience members, gave away Broncos football memorabilia and thanked the deployed troops for their sacrifices in service to their nation.



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

Deployed dad watches daughter graduate high school

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

CONTINGENCY OPERATING SITE MAREZ, Iraq – While deployed overseas, U.S. service members often miss out on important family events such as birthdays or anniversaries.

For 1st Sgt. Michael Robling, deployed to Contingency Operating Site Marez, Iraq, as senior enlisted leader of Company C, 4th Brigade Special Troops Battalion, 4th Advise and Assist Brigade, 1st Cavalry Division, a video teleconference brought him front and center to his daughter's high school graduation, June 6.

Prior to the Ellison High School graduation in Killeen, Texas, Robling spoke with his daughter Averie and enjoyed quality time with the soon-to-be graduate.

"I'm a little overwhelmed," said Robling, a native of Seattle. "This is my second child that is graduating high school. Even though I'm in Iraq, I still got to see her in her gown."

Despite the time difference and showing up to the teleconference at 2 a.m. to see the ceremony, the veteran of 21 years said he was excited to see his daughter receive her diploma.

"She was looking forward to this all



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

First Sergeant Michael Robling, senior enlisted leader of Company C, 4th Brigade Special Troops Battalion, 4th Advise and Assist Brigade, 1st Cavalry Division, waves to his daughter during a video teleconference call at Contingency Operating Site Marez, Iraq, June 6, 2011.

day," said Robling. "Being able to share this opportunity brings us closer, because it's not only important to her, but to me also."

Major Ernesto Lopez, information operations officer, Headquarters and Headquarters Company, 4th AAB, coordinated the video teleconference between COS

Marez and Killeen.

Participating in the video teleconference definitely shows Soldiers that unit leaders are going the extra mile, said Lopez, a native of Bakersfield, Calif.

"It shows Soldiers that events like this are important (to the unit) and it helps to boost their morale," Lopez added.

NCO cont'd from Pg. 7

San Antonio. "He has a broad base of knowledge and applies it to whatever he does."

Turner, in addition to his other duties, developed an internet portal the section uses to track tasks, improving overall operations.

"He constantly improves what he developed and he shares that knowledge and helps out other sections in the JOC," said Ryktarsyk.

Turner attributes his work ethic to his mother.

"My mother has been my biggest influence. She was a single mom raising five kids, all the while maintaining a full-time job in the National Guard," said Turner. "The one



U.S. Army photo

Staff Sergeant Jayme Turner, a former military transition team medical advisor to the 6th Iraqi Army Division, inspects a hospital at Al Muthana Airfield in Baghdad with his Iraqi counterpart while deployed in support of Operation Iraqi Freedom in 2008.

"I didn't do anything special, I just came to work and improved my fighting position," said Turner humbly. "I treat this job just like every other mission."

Instead of IV bags and abdominal dressings, Turner said he now uses operations orders and fragmentary orders in his job at division headquarters.

"It's like a digital aid bag; just a new set of tools at my disposal," he said.

thing she taught me that I keep in my mind is to do something right or don't do it at all."

Turner said his wife, who he has known since childhood, is his biggest supporter.

"I forget who said it, but the saying goes 'Behind ev-

ery great man, there is an even greater woman,' and I have two of them—my mother, and my wife, Joselyn," he said.

After being recognized with the award, Turner said he simply performed his job the only way he knew how to.

'Guardians' mark mid-deployment with organizational day, friendly competition



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

Flag football teams from 101st Brigade Support Battalion, 1st Advise and Assist Task Force, 1st Infantry Division, compete for the title of "Ultimate Guardian" during a 101st BSB organizational day held at Contingency Operating Site Warrior, June 4, 2011. "Guardians" Soldiers of 101st BSB celebrated their mid-deployment mark with a series of friendly competitions to build esprit de corps between subordinate units of the battalion.

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

CONTINGENCY OPERATING SITE WARRIOR, Iraq – The crowd stood mesmerized as the quarterback quickly dodged defenders, looking for an open teammate. He looked left, scanned right, and then threw a running pass down the field.

The receiver leapt into the air, wrapped his hands around the football and fell to the ground just past the goal line etched in the dust at Contingency Operating Site Warrior, Iraq.

The 101st BSB "Guardians" increased morale and unit cohesion with an eventful day of competition during the Ultimate Guardian Challenge, June 4.

"This is all for the Soldiers," said Command Sgt. Maj. Jeffrey Adams, senior enlisted leader of 101st Brigade Support Battalion, 1st Advise and Assist Task Force, 1st Infantry Division.

"The purpose of today's event is to build esprit de corps, bring everyone

closer together and give everybody a little time off," said Adams, a Dumas, Texas, native. "We set up this organizational day for these soldiers to break the everyday monotony of being in Iraq."

The Ultimate Guardian Competition consisted of teams of four participating in six full minutes of push-ups and sit-ups, and a two mile run.

After a brief rest, Soldiers competed in a water jug carry race, then ended with football and basketball, said Adams.

Adams said Soldiers had some great food and challenging events for the Guardians to get out and have a good time



U.S. Army photo by Staff Sgt. Robert DeDeaux

and get rid of that "Groundhog Day effect" which may set in during a year-long deployment.

The Guardian Battalion deployed to U.S. Division-North in support of Operation New Dawn in October 2010, with a mission of advising and training Iraqi Security Forces in Kirkuk province.

"It's a time for our Soldiers to get together and take a break. Because of our mission, we don't get to take a break all that often," said Lt. Col. Brandon Grubbs, commander, 101st BSB, and a Bakersfield, Calif., native. "It's good competition between one another. We want the Soldiers to get a renewed sense of teamwork."

The 101st BSB consists of three companies spread throughout COS Warrior, performing vital tasks and missions such as down vehicle and aircraft recovery, Provincial Reconstruction Team mission security, advising and assisting the 12th Iraqi Army Logistical Transportation Command, and operating the Davis Combat Clinic healthcare center.

The Ultimate Guardian Competition provided the entire 101st BSB a rare moment to interact and build cohesion between the companies, said Grubbs.

The success of the event could be measured by the stories exchanged between Guardian Soldiers and their smiles as the companies came together during a day of friendly competition.

Adams said he particularly enjoyed just being with his Soldiers and watching them have a good time.

"I'm just thankful that I can be here with these great people and be a part of the BSB," said Adams. "It has been a pleasure being a Guardian."

"Guardian" Soldiers of 101st Brigade Support Battalion, 1st Advise and Assist Task Force, 1st Infantry Division, compete in the Ultimate Guardian Competition at Contingency Operating Site Warrior, June 4, 2011. The 101st BSB's mid-deployment organizational day event consisted of multiple events, including sit-ups, push-ups, a two-mile run, water jug carry race, and football and basketball tournaments, with each team competing for the title of "Ultimate Guardian."



Chaplain's Corner: Finish Strong

Chaplain (Capt.) Scott Ingram
DSTB, 4th Inf. Div., USD-N

We have braved more than three-quarters of the deployment's time away from Family and friends in a desert environment, and the end is in sight! Yes, we have more months to go, but we have less time in front of us than behind us.

Doing what our country has asked us to do gives us a sense of pride and accomplishment. I have spoken with quite a few Soldiers who have taken constructive advantage of their limited personal time and have pursued an advanced degree or made significant progress toward their requirements needed for promotion.

For others, time away from the distractions of the familiar have helped them sort through some important life choices, envision a different kind of life for their future, and have seen some noteworthy progress in their personal growth.

Whatever the case, many people have good reason to appreciate where they have come and the direction they are headed.

For some Soldiers, the narrowing deployment time becomes taxing. For instance, the reality of their tax-free income drawing to an end can increase the stress of their current indebtedness.

For others, it may be the fear of re-engaging unhealthy relationships with loved ones, a Family member, or someone else that geography has helped you to avoid. I am sure that there are a host of other reasons that fill peoples' minds and hearts with dread as they draw closer to the time of returning back home.

As I reflect on my time and the prospects of returning back home, I think of what is written in Deuteronomy 8:2, "Remember every road that God led you on for those forty years in the wilderness, pushing you to your limits, testing you so that he would know what you were made of, whether you would keep his commandments or not."

Moses wrote this after he and his followers left Egypt and more than 400 years of slavery. Though this was written for long ago, there are some parallels to our experience in the desert/wilderness as well, and there are a few thoughts worth mentioning.

First, the journey is worth remembering. As a young man, I once thought that the destination was so important. As an older person now, with, as I would like to think, more wisdom, I have discovered that the journey is extremely important.

The lessons that I have learned and the processes that I have endured are all necessary for the making of who I am as a person. It would follow then, that I need to hold onto all of the incremental lessons I have learned, as well as looking toward the finished product.

What has your journey taught you? How have you matured or regressed over the past 7-8 months?

God wants us to remember every road that He has led us on. Our life experiences are cumulative and tell a story of who we really are as whole and broken individuals—where we have healed and where we need still need to mend.

Where we have been also strengthens us for the journey that lies ahead.

Second, stress is not bad. It reveals who we are and have become. The text says that while Israel was in the desert, God pushed the people to their limits to see what they were made of.

Have you experienced being pushed to your limit this year? Have you been s-t-r-e-t-c-h-e-d by a supervisor, colleague or peer at work? Do you feel as if you have been trying to perfect the art of managing your anxiety or your boredom with projects and certain people?

I have experienced being stretched by these elements over and over during the course of the past eight months. Yet I am humbled, perhaps even aghast, at the thought that it may have been God Himself pushing me, stretching my limits, and testing my character—to see who I really am.

Could it be that what you have experienced during this past year is building fundamental reserves of perseverance, endurance, strength, wisdom and perspective into your life to amply deal with what is to come as you redeploy back home?

You may have grown much more in your ability to address issues in your life than you give yourself credit for. Living in the desert affords us these opportunities for growth—God directs it.

Finally, living out our faith in God is a good thing. It was easier for God to lead Israelites out of Egypt than it was for Him to remove Egypt from their hearts.

The Israelites did not enjoy Egyptian slavery, but they had grown comfortable because it was a familiar place.

Most of the Hebrew scriptures illustrate the internal struggle that Israel experienced while learning to let go of that past and place all of their trust in God.

God often leads us to unfamiliar and uncomfortable places. He does this not only to test what is in our hearts, but also so that we can take possession of, and experience, the good He has in store for our lives. Yes, some of God's best work comes from being deployed to the desert!

As we turn the page in our deployment and begin planning for redeployment back home, are you concerned about whether you will finish this deployment strong?

Will you remember? Have you learned? Is faith strengthened? Better yet, have you looked around to see if anyone is struggling and offered your support to them?

God not only wants you to finish strong, but all of us in Task Force Ironhorse. The ultimate goal is to reunite with your Family and friends with a sense of gratitude for the journey and hope for the future.

There will be a Prayer Breakfast in the Contingency Operating Base Speicher dining facility's Ivy Room, June 23 at 7:30 a.m., with the theme: "Perseverance: Until the Mission's Complete."

Chaplain (Lt. Col.) Keith Goode will be the guest speaker and the 4th Infantry Division Band will be performing as well. If your schedule allows for it, all are encouraged to attend.

Hey Doc:

“What should I do with my contacts?”

Lt. Col. Mark Krueger
Pharmacy Consultant
Surgeon, USD-N

“Hey Doc: I try to keep my contacts cleaned really well and usually wash my hands before touching my eyes. After this last dust storm, my eyes got really red and hurt horribly. Now I think I have an eye infection. To add insult to injury, my buddies are calling me ‘Squinty.’ What should I do?”

-Signed, “Spc. Dustie N. Redd”

Dear Spc. Redd,

Please immediately seek medical care since untreated eye infections can threaten your vision. Next, stop wearing your contact lenses until you get back to the U.S.

The environment we are in is very unfriendly to contact lenses. It is really difficult to keep your hands clean enough to safely handle contacts. As you have discovered, these dust storms wreak havoc with contact lenses.

Since our work days are often unpredictable, it is very easy to “overwear” your contact lenses, as extended work hours could result in leaving them in longer than

recommended.

Some risks you face by wearing contact lenses while deployed begin with discomfort. Not just a little bit, but very red, painful, and injured eyes. Infections can lead to corneal ulcers and permanent vision loss. You do not want your desire to look stylish in the dining facility or at Salsa Night to lead to a needless injury.

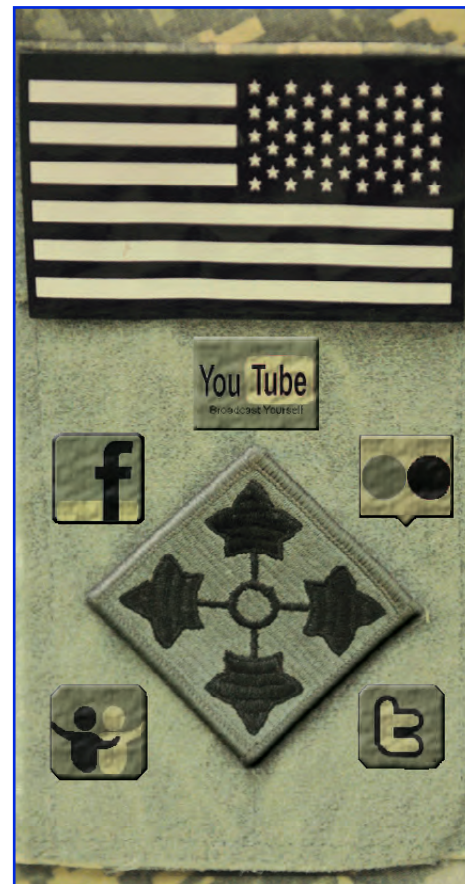
Because of these dangers, you are not allowed to wear contact lenses while deployed. In fact, service members require a Central Command medical waiver to wear contacts and these are rarely granted. Considered life-support equipment, Air Force flight crews may wear contacts due to the nature of their job.

Other than these few exceptions, save your contacts for your welcome home party.

When you get back to the States, remember that DA PAM 40-506, The Army Vision Conservation and Readiness Program, does not allow contacts during basic training, field exercises, or gas chamber exercises.

The military provides you with very trendy glasses, affectionately known as “birth control glasses,” at no charge. Who is there to impress in Iraq anyway? Plus, your buddies are sporting the same style so the playing field is level when looking for a dance partner at Salsa Night.

Vision ready is mission ready, Spc. Redd! Take care of your eyes, and keep those Task Force Ironhorse questions coming!



U.S. Division-North Social Media Sites

Click on any of the icons above to visit your favorite U.S. Division-North Social Media sites. “Like” or “Follow” any of the pages to have the latest photos, videos and news about U.S. Soldiers deployed in support of Operation New Dawn, delivered straight to your computer.

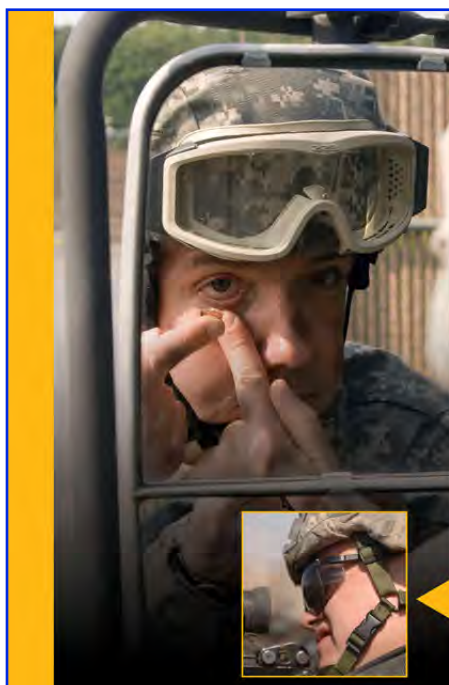
www.facebook.com/4thID

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www.twitter.com/4thInfDiv

www.slideshare.net/the4ID



Contact Lenses in the Field? NO WAY!

DA PAM 40-506, The Army Vision Conservation and Readiness Program:

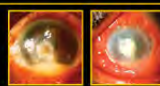
“Contact lenses will not be worn during basic training, field exercises, gas chamber exercises, deployments, or combat.”

Field Deployment = Unfriendly Environment

- Poor hygiene—Difficult to keep hands clean
- Dust, dirt, mud
- Extended hours of continuous operations
- Contact lens overwear

The Risks:

- Red, painful, injured eye
- Infection, corneal ulcer, permanent vision loss



The Cost:

- Dollars, lost time, decreased mission readiness

**Wear your goggles or specs in the field!
Vision Ready is Mission Ready!**



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