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The Expeditionary Times

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Welcome to the Club

Operations noncommissioned officer trains himself to join the JBB 1,000-lb. club

STORY AND PHOTOS BY
SGT. FELICIA L. ADAMS
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – What is 1,000 pounds? A thoroughbred horse; five, 200-pound Soldiers, an average Harley Davidson motorcycle, or maybe a Siberian tiger? For one Soldier, 1,000 pounds is a goal he had set for himself when he began his deployment.

Staying physically fit is an ambition for almost all Soldiers, especially during a deployment. Some are trying to improve their Army Physical Fitness Test score, while others are working out just for the health benefits and tangible results. But one Soldier is testing his strength and power in a different way.

Staff Sgt. Evan Kreakie, an operations noncommissioned officer for Headquarters and Headquarters Company, 310th Expeditionary Sustainment Command and a Hicksville, Ohio, native, made a goal for himself to become a member of the 1,000-lb. club.

"It's motivation, stress relief and something to look forward to outside of normal, everyday work," Kreakie said about the club.

A combination of three different exercises must be performed to join the 1,000-lb. club: squat, dead lift and bench press.

Success is achieved by having the sum of the maximum lift in all three events equal to or greater than 1,000 lbs. See **CLUB**, pg. 5



Staff Sgt. Evan Kreakie, an operations noncommissioned officer for Headquarters and Headquarters Company, 310th Expeditionary Sustainment Command and a Hicksville, Ohio, native, trains hard for the 1,000-lb. club here on Joint Base Balad, Iraq. Kreakie trains for the challenge by lifting weights 5 to 6 days a week.

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Do you have a story to tell?

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 from all around the country of Iraq.

If you are interested in submitting a story or photograph of your own, please e-mail us at:
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The Chaplain's Corner

Don't let yourself get dragged down; reach out for a lifeline

MAJ. DALE NELSON
310TH ESC CHAPLAIN



Most people have times in their life when they find themselves in a deep, dark pit. Sometimes it comes from tragedy, like the loss of a loved one or the sudden loss of multiple loved ones. It can also come from stress of not finding work or from fear of being unable to meet the demands of work. It may come in the form of depression from fearing failure in the goals and dreams one had for oneself. One may feel they are failing as a husband, father or provider.

Whatever the case, people find themselves in a deep, dark pit, and they can see no way out. What does one do? If we do nothing, then soon despair comes in and one could even start to despise or hate their life. At this stage, one is drowning and they desperately need a life raft to grab hold of. What can they grab?

Now let us learn from the example of a drowning person. A person who is drowning is generally unable to save themselves or else they would do so. They are unable to save themselves by their own power and thus need a power greater than themselves. They need this power to throw them a lifeline and rescue them. Furthermore when the lifeline is thrown they need to recognize it and grab hold of it.

How does this apply to the pits of life that we might find ourselves in? Like the person who is drowning, we can find ourselves in the midst of struggles that we cannot seem to crawl out of by ourselves. We need a higher power to throw us a lifeline. For some people that higher power might be a lot of things, but for me it is God. But this article is not about higher powers or about God. It is about recognizing the lifelines that are thrown to us and using them to get out of the pit or the deep water.

What are these lifelines that God (or a person's higher power) can throw to someone? How can we recognize these lifelines? There are multitudes of lifelines, so I will share those that have been helpful to me.

Talking it out

The first lifeline I found was talking. I found if I could talk to someone, then the problem suddenly became less frightening and often I could talk my way through it. I just needed someone to listen. Personally I talk to God in prayer, which is one part of this lifeline. But I also found it necessary to talk to people here who I can see, and often God may be working through them. I talk to friends and

also to those with professional counseling experience. My preference here is talking with other ministers, but one should have someone with professional training they feel they can turn to if they need to.

Caring for the body

The next lifeline I found was simply caring for my body. If I am lacking food, sleep or exercise, my body feels horrible and it is difficult to face problems. Many times problems have seemed unconquerable and then I went to sleep and in the morning I discovered it was not as bad as I thought it was. Getting proper sleep may involve developing some relaxation techniques or seeking counseling. If my body is not properly nourished, it can have many of the same effects that a lack of sleep can have. Lack of exercise also leaves me sluggish and less able to handle life stresses. But exercise also falls under another lifeline I have found.

Burning off excess energy

When faced with stressful conditions the body pumps out huge amounts of energy and it is important to burn that energy off. Sometimes the event itself may burn off the energy. But one cannot always count on this, because some stress demands more mental activity than physical. For me exercise is a lifeline that cares for my body, burns off excess energy, and is a time for me to commune with God. Meditation on God's power helps me to enjoy what could otherwise be viewed as a painful activity.

Keeping the mind busy

Stress causes us to focus overwhelmingly on one issue and often exclude every other activity that is going on. One's thoughts are totally meshed around that event. Now this is good if it is a disaster and you are right in the middle of it. One's survival may depend on focusing on one major event when disaster strikes.

But it is not good when the event has passed and you continuously cannot think of anything else. It will likely take several lifelines to overcome this problem. But one lifeline is to get your mind busy with other things. I like to read my Bible. This gets my mind busy and it is another time where I commune with my God. I also keep up with news and sports so I keep my mind busy this way. Reading other books also broadens my perspective and stretches and exercises my mind. I have found myself to be a continual student, and I am always ready to learn.

These lifelines have helped me in my life. What lifelines can help you out of the pit you are stuck in or the water you are drowning in?

The Expeditionary Times

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

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The Real Barracks Lawyer

Counsel your Soldiers to help boost output

STAFF SGT. BRANDON BADGER
310TH ESC MILITARY JUSTICE NCOIC



FM 6-22 states that counseling is the process used by leaders to review with a subordinate the subordinate's demonstrated performance and potential. This applies whether they demonstrate potential for promotion or potential for reduction and separation.

The goal here is to provide some insight for junior leaders into how developmental counseling benefits everyone and how it is utilized in the Judge Advocate General world. As you will soon see, these counseling forms are regularly used in legal actions at many levels. It is important, however, that the leader follows the Army's guidelines when completing both positive and negative counselings.

We can all agree that when we are doing good work and receive positive feedback through regular counseling, awards and promotions, we feel better about ourselves, our unit and the Army. Positive counseling boosts morale, professional growth and retention. Conversely, when others around us are lazy, disrespectful or otherwise badly behaved and are allowed to continue without correction, that has a distinctly negative impact on morale and retention.

The solution is easy: corrective counseling.

When misbehavior is addressed, either by informal or formal means, the members of the unit gain confidence in their leaders. That increased confidence is a direct contributor to morale. Many times the Soldier, given an opportunity to modify their behavior, will do just that. For those times when the Soldier chooses to continue the same pattern of behavior, these counseling sessions form a picture of the exhibited behavior that can be reviewed and considered by commanders and boards. Just as positive event and monthly counseling should build on one another to support awards and promotions, negative counseling can build on each other to provide a case for further administrative or military justice action.

The two most common supporting documents in actions against Soldiers are sworn statements and developmental counseling forms. Sworn statements are used primarily in investigations when there is little or no documented record to use as evidence. Ordinary developmental counseling forms are the basis for many administrative actions and non-judicial punishment. They are also commonly used in court-martial proceedings. Many of these actions "live or die" based on supporting documents, i.e. developmental counseling forms.

Examples include, but are not limited to, administrative separation, administrative reduction to include junior noncommissioned officers, and all Article 15 proceedings.

So help your subordinates, yourself, your unit and the Army by counseling your subordinates, good or bad.

The Weekly Standard

Make sure family is taken care of back home

MASTER SGT. CYNTHIA MESSERSCHMIDT
310TH ESC ASSISTANT INSPECTOR GENERAL



It is heart-breaking to say that some Soldiers are failing in one of the most important tasks in their lives: supporting their dependents. Non-support of dependents has become a common trend in the Army and a common request for assistance we get in the Inspector General office.

Let's look at some common misconceptions about a Soldier's obligation on the part of their dependents. A Soldier is still obligated even if:

- A court order does not exist.
- There is a dependent, but Soldier is not married.
- There was misconduct by the spouse or dependent.

The categories of non-support are financial support, child custody and visitation, paternity and other related matters for dependents.

There are too many scenarios under financial support to fully describe each, but the bottom line is a Soldier is still obligated to financially support any dependents, married or not. Also, if a Soldier decides to place his or her family on a budget without

their consent, the family can contact the Soldier's commander for assistance in ordering the Soldier to provide support. In the end, commanders are required to take appropriate actions against Soldiers who fail to comply with financial responsibilities in accordance with AR 608-99, paragraph 3-10. The commander is also required to respond to the inquiry within 14 days of receipt.

Court orders, written agreements and oral agreements are formal means of determining obligations. Once a divorce decree is granted, a written agreement is no longer enforced unless incorporated in the decree. If there is no formal agreement, then AR 608-99, paragraph 2-6 has a formula for determining the Soldier's financial responsibility.

Some state laws and international treaties prohibit a parent from removing a minor child from the state in which they reside. A court order needs to always be followed in regards to child custody and visitation. The commander may give a lawful order based upon the content of the court order, such as returning a child.

In the absence of proof of paternity, a male Soldier has no obligation to provide financial support of a child alleged to have been born to him and the child's mother out

of wedlock. Soldiers may admit paternity without proof and start and terminate payment at will until paternity is determined. The Soldier may also, in some circumstances, receive their basic housing allowance based upon the amount of the financial obligation. But BAH-WITH is not authorized if the Soldier or the family is residing in government family housing.

Commanders should read and understand AR 608-99 in order to be informed when speaking with Soldiers and leaders. They are advised to always use their legal office to ensure that all legal requirements are met, to include protection under the Privacy Act. AR 608-99 references how to conduct the investigation for the incidents listed above, what actions should be taken, and when to refer the incident back to civilian authorities.

As stated in one of the seven Army Values, integrity is doing what is right, legally and morally, and being willing to do what is right even when no one is looking. Let's do our part; we are not the only ones making sacrifices. Let's take care of our dependents the same way we take care of our brothers and sisters in uniform; let's fight and defend them with the same passion and love that we defend our freedom and the greatest nation in the world.

Electrical hazards spark awareness

STORY AND PHOTOS BY
PFC. AMY LANE
4TH SUSTAINMENT BRIGADE

CONTINGENCY OPERATING BASE

ADDER, Iraq — Many Soldiers may be unaware that the electrical system in Iraq is different from what they are accustomed to back state-side. The common belief that any adaptor or power strip will work the same as the next is a major cause of fires and electrical shocks on U.S. military bases in Iraq.

A recent electrical fire in a Soldier's living area has caused safety officials at Contingency Operating Base Adder, Iraq,

to take a closer look at fire prevention and electrical safety efforts.

Michael Moore, the garrison safety officer with the 4th Sustainment Brigade, 310th Expeditionary Sustainment Command and a Madison, Ala., native, said units will conduct monthly inspections of Soldiers' living quarters.

They will ensure fire extinguishers are charged and electrical adaptors and power strips are compliant with safety standards.

"Iraq has no electrical code," said James Scarlett, a master electrician and a Ravenna, Ohio, native. "We inspect electrical systems to ensure that they are safe for use. If I inspect your [area] and find an unap-



Soldiers line up June 6 to exchange their unapproved power strips and adaptors for ones that are compliant with U.S. safety standards on Contingency Operating Base Adder, Iraq.



Soldiers line up June 6 to exchange their unapproved power strips and adaptors for ones that are compliant with U.S. safety standards.

proved power strip, I leave an approved one. All I ask from you is that you use it and get rid of the unsafe one."

Moore said the equipment sold in the PX is approved and in compliance with safety standards. Soldiers should not use power strips and adaptors purchased from the local shops and markets.

Soldiers should take care not to overload power strips, and Moore said never 'daisy-chain' power strips. These are not only fire hazards; they can also cause electrical shocks.

In addition to electrical hazards, Soldiers should also be careful of cigarette butts and storing barbecue supplies.

Commander is torn between his two families

STORY AND PHOTO BY
STAFF SGT. PAT CALDWELL
3-116TH CAVALRY REGIMENT

JOINT BASE BALAD, Iraq – He calls her his “game-changer.”

She just calls him Dad.

The bond between father and daughter is often a special relationship, a sentiment that Capt. Max Arvidson, the commander of Company Foxtrot, 3rd Battalion, 116th Cavalry Regiment, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command, can easily relate to.

Arvidson said when his daughter Molly was born six years ago, the event was one of the happiest moments of his life. Yet the birth of his daughter also forced him to ponder an array of new issues regarding his family.

Until Molly arrived, Arvidson said his military priorities were fairly simple. A man with a reservoir of commitment regarding duty, he had faced the fact his National Guard unit could and would deploy with a certain amount of subtle acquiescence. He was a part-time Soldier, and serving his country was an honor.

Arvidson knows a lot about serving and deploying. Arvidson, who kicked off his career in the military as an enlisted Soldier, deployed to Croatia, as well as in support of Operation Desert Storm, Operation Iraqi Freedom, and finally Operation New Dawn.

Going overseas was part of the job, a fact of life. Then Molly arrived.

Now, with more than 20 years of service under his belt, Arvidson faces a decision regarding retirement when the 3rd Bn. returns home from Iraq.

“It was never as much a sacrifice until my daughter was born. Molly was my game-changer,” Arvidson said.

Arvidson said he will close out his career and retire when the 3rd Bn.’s deployment ends. His resolution to hang up



Capt. Max Arvidson walks past Soldiers from his company after an awards ceremony. Arvidson, who has spent more than 20 years in the military, plans to retire after his deployment to Iraq ends.

his military hat, he said, isn’t an easy one. Yet it is the right decision, he said.

“Time is the most precious commodity we have. I intend to spend time with Molly and my family now,” he said.

The concept of family plays a pivotal role in Arvidson’s outlook as a commander, even in Iraq. His unit, he said, is very much like a family unit and he said that kind of unity often pays dividend out on the highways of Iraq where Company F performs convoy escort security duty.

“There is a very familial feel to my company,” he said.

The atmosphere of unity at Company F revolves around what Arvidson calls his “Pillars of Success.”

Five short sentences, the pillars embody the sum of a lifetime of experience for Arvidson both in his military career and his civilian job as a corrections officer at Snake River Correctional Facility in Ontario, Ore.

To understand Arvidson’s command philosophy and

to appreciate what his unit stands for, all one has to do is review his pillars of success, he said. The notions are simple and easy to understand: Treat people the way you want to be treated; do not lie to anyone; don’t embarrass yourself or your command; lead by example; you can’t choose your mission, only the attitude you adopt to accomplish it with.

Arvidson, a Parma, Ind., resident, said another key component to command is a fundamental belief that people are a reservoir of opportunity.

“I buy into the fact people can change. You show them a positive example, they can change,” he said.

His pillars, he said, provide a foundation for his Soldiers to secure success in life.

“When I look back on my career at a dark time, I realize I was operating outside my five pillars,” he said.

Even a cursory glance at his time in Iraq illustrates success for Arvidson and Foxtrot Company. The unit has weathered a high operational tempo, improvised explosive device ambushes, and time away from loved ones. Arvidson said that now that his career is coming to a conclusion, he feels good about how his unit conducted its mission.

“It has been very fulfilling. I’ve seen my Soldiers grow and learn from their mistakes,” he said.

Arvidson is proud of his military experience.

“I can say I was part of the first free elections in Iraq during my first deployment. This time I can say I was part of the reposturing of forces,” he said.

And, while he freely admits he plans to retire, he acknowledges the decision isn’t an easy one.

“I’m torn about retiring. I know I will see less of something that has developed into a family for me. But when I feel torn I look at my little girl,” he said.

Arvidson, who has spent most of his military career in the Oregon National Guard, said he understands there are many in the 3rd Bn. that hope he will stay on after the current deployment ends. But he said it is time, after more than 20 years of military service, to seek other opportunities.

Foreman recognized for higher safety standards

STORY AND PHOTO BY
PFC. AMY LANE
4TH SUSTAINMENT BRIGADE

CONTINGENCY OPERATING

BASE ADDER, Iraq – A Soldier with 4th Sustainment Brigade, 310th Expeditionary Sustainment Command received a certificate of appreciation June 1 for his efforts to improve the safety of the Wrangler brigade’s motor pool on Contingency Operating Base Adder, Iraq.

Sgt. Jonathan Mock, the motor pool shop foreman for the 4th Sust. Bde., and a Soldotna, Alaska, native, received a certificate and a multi-tool from Michael Moore, the garrison safety officer with the 4th Sust. Bde., and a Madison, Ala., native.

Following the presentation, Moore completed an initial walk-through for a safety inspection.

Moore said the motor pool was not up to standard as far as safety and cleanliness when the brigade first took over – that’s not the case anymore.

“He’s the kind of person who doesn’t take ‘no’ for an answer,” Moore said. “He visited other motor pools to see how they were running. He had the wash rack repaired and made sure the maintenance tents have

proper lighting.”

Mock has also worked on getting rid of trash and debris that was littering the motor pool, as well as repairing eyewash stations. The Department of State now uses his newly repaired wash rack to clean their vehicles.

“The real challenge has been accomplishing the maintenance mission while also trying to clean and bring the motor pool up to safety standards,” Mock said.

While the facility has come a long way, he said it still isn’t where it needs to be to meet its standard.

“We just do a little more each day,” he said. “There is no reason for unsafe acts; I try to focus on being safe while accomplishing the mission.”

Mock said he can’t take all the credit for the improvements. He said his motor sergeant, Sgt. Kenneth Andrews, has played a role as well.

“I’m just executing his vision,” he said. “I know what he wants and I do my best to do it. And of course my Soldiers have provided the manpower; they’ve been involved in regularly cleaning up, and setting up materials for turn-in.”

A particular challenge has been figuring out where to dispose of old tires that were left behind by a previous unit. Moore said he has confidence that Mock will handle



Sgt. Jonathan Mock, the motorpool shop foreman for the 4th Sustainment Brigade, 310th Expeditionary Sustainment Command and a Soldotna, Alaska, native, shows the safety features of the motorpool to 1st Lt. Bonita Graham, the maintenance officer for the 4th Special Troops Battalion, 4th Sust. Bde., and a Sanford, N.C., native, and Michael Moore, the garrison safety officer with the 4th Sust. Bde. and a Madison, Ala., native, during a June 1 safety inspection on Contingency Operating Base Adder, Iraq.

this like he has handled other challenges.

“Mock has made tremendous progress in the motor pool,” Moore said. “They’re on

the right track now and I’m very pleased with the men and women of the 4th Sust. Bde.”

CLUB: NCO keeps his eyes set on goal of lifting personal bests in competition

Continued from pg. 1

When Kreakie first arrived in Iraq, he found out about the challenge through a flyer in his e-mail. He said he thought it was interesting and was curious to see what people could lift. He initially had plans on trying out toward the end of his deployment, but quickly changed his mind.

"I figured why not try it earlier, just to see where I'm at," Kreakie said.

Kreakie has competed in the challenge twice to date, making weight both times.

"It makes me feel pretty good, especially last month, because I was one of the smaller guys compared to [those] who showed up," he said. "And, knowing that I can stay in there is motivating."

Not only did he make the club on his first attempt, but Kreakie said he surprised himself by lifting his personal best on both the bench press and dead lift.

He said he tries not to think about the weight during the challenge.

"I think about making sure I do the lift right and correctly," he said. "I don't get too nervous, I'm pretty relaxed, I just try to focus and take my time."

Kreakie's battle buddy, Staff Sgt. Donald Distler, a supply sergeant for HHC, 310th ESC and a Middletown, Ohio, native, helps ease his nerves by attending the competitions and also supports him while he prepares for the challenge, Kreakie said.

"He keeps me from getting too nervous and keeps me focused during the challenge," Kreakie said.

He said he works out with Distler all the time and that Distler encourages him because he knows what Kreakie is



Staff Sgt. Evan Kreakie, an operations noncommissioned officer for Headquarters and Headquarters Company, 310th Expeditionary Sustainment Command and a Hicksville, Ohio, native, shows off the T-shirt he received for completing the 1,000-lb. club challenge on Joint Base Balad, Iraq. Kreakie achieved this by combining his squat, bench press and dead lift weights.



Staff Sgt. Evan Kreakie, an operations noncommissioned officer for Headquarters and Headquarters Company, 310th Expeditionary Sustainment Command and a Hicksville, Ohio, native, attempts to max the dead lift during the 1,000-lb. club challenge on Joint Base Balad, Iraq. Kreakie has competed in two challenges, making the 1,000-lb. weight goal both times.

capable of.

"I have helped him get motivated for [the challenge]," Distler said. "A lot of the times he doesn't realize what he can do, so I have to tell him and explain to him how much weight he can do, and I also have to convince him that he can do more than what he thinks he can actually do."

Kreakie said he works out about five to six times a week. On a month's schedule, he'll go about three weeks with heavy weights and a week with light weights, for a recovery period all in preparation for the 1,000-lb. challenge.

A personal challenge for Kreakie is fitting in regular workouts while getting ready for the competition.

"Consistency and just continuing getting into the gym on a daily basis is one of my challenges," he said. "I also try not

to overwhelm it; stay healthy and make sure I don't get worn out or injured."

With the challenges of working out and his job, Kreakie is unsure whether he will continue with the club.

"It's kind of hard to stop doing it because it's motivating," he said. "I might stop, but it depends on the mission; how busy we get and mission changes."

If he does continue to compete, Kreakie's goal is to maintain the max weight he's lifted so far, he said. He's not trying to lift too much weight because he knows what his limits are and does not want to risk injury.

"I'm not a big guy, I know my body can only take so much beating and stress, and now I pretty much want to maintain," Kreakie said.



Staff Sgt. Evan Kreakie, an operations noncommissioned officer for Headquarters and Headquarters Company, 310th Expeditionary Sustainment Command and a Hicksville, Ohio, native, attempts to beat his personal best on the bench press during the 1,000-lb. club challenge on Joint Base Balad, Iraq.

Calif. National Guard command visits Soldiers

STORY AND PHOTO BY
1ST LT. SHEILA R. BABOT
749TH CSSB

CONTINGENCY OPERATING BASE

ADDER, Iraq – The California Army National Guard command team visited with Soldiers of the 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command during a trip June 3 to Contingency Operating Base Adder, Iraq.

The command team for Land Component Command, California National Guard, consisting of Sacramento, Calif., native Brig. Gen. Donald Currier, and Riverbank, Calif., native Command Sgt. Maj. Michael Winstead, met up with the troops at the COB Adder dining facility for breakfast, where they spent more than an hour visiting with 749th CSSB Soldiers.

"All of you Soldiers are doing a great

job, and I want to remind you that what you are doing here is important," said Currier as he spent the hour discussing current events and deployment.

"Your jobs are about to increase tremendously as we close out Iraq, so be prepared," he said.

Currier explained the importance of staying alert and focused on the task at hand.

"You are on the last half of your deployment now and it is extremely important not to let yourself become complacent. Know and use your Army values, the Army standards are my standards, that is where I expect your focus to be," Currier said.

They fielded questions from the Soldiers. Though some questions were tough, they never held back, and all subjects were answered forthright.

"Make sure that your actions are such so that when you come home, you hold your head high," Winstead said. "This is an important time for Soldiers in Iraq, and your being here is crucial to the mission for this country."



Command Sgt. Maj. Michael Winstead, the senior enlisted leader for Land Component Command, California National Guard, and a Riverbank, Calif., native, visits with Soldiers from the 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command during a trip to Contingency Operating Base Adder, Iraq, June 3.

The command team also visited the 749th CSSB headquarters where they were able to meet more Soldiers, tour the Tactical Operations Center, and present coins to four

Soldiers.

Brief yet noteworthy, their visit was indeed significant to the California National Guardsmen.

Truck drivers accept new responsibility

STORY BY
CHIEF WARRANT OFFICER 2 TERRIE WOOD
941ST TRANSPORTATION COMPANY

CONTINGENCY OPERATING BASE ADDER, Iraq

– When a mission comes up at the 941st Transportation Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, many Soldiers might think about loading the trucks and driving, but other tasks must be accomplished to complete each mission.

Several members of the 941st Trans. Co. work at the 749th CSSB on a daily basis to help the mission run smoothly.

Pvt. Mychal Stevens, a Rocky Mount, N.C., native, and Spc. Robert Hill, a Mebane, N.C., native, both truck drivers with the 941st Trans. Co., are dedicated to ensuring the correct people move in and out of the battalion's headquarters building.

They stand and greet all who enter and ensure that those that enter have the proper clearance or have a proper escort. They also serve as directory assistance for the building.

"It has its perks," Hill said. "There is a set schedule, and I still get to see my 941st Trans. Co. battle buddies back at the living area."

Capt. Jesse Estrada, a Riverview, Fla., native and a transportation officer with the 941st Trans. Co., is assigned to the battalion for the duration of his deployment. Estrada, who works in the Tactical Operational Center, became part of the battalion family when he was promoted to captain. He works with the various units under the battalion concerning the mission needs. He said he enjoys meeting new people and has a strength in deciphering paperwork.

Pfc. Aja Singleton, a truck driver with the 941st Trans. Co., and a Charleston, S.C., native, also works in the TOC as a radio transmission operator. She directs convoys and updates briefing slides among other duties.

"I have learned military bearing working with so many higher ranking officers," Singleton said.

From accountant to commander

Soldier leaves a quiet civilian workplace to help reposture Iraq as convoy escort team commander

STORY BY
STAFF SGT. PAT CALDWELL
3-116TH CAVALRY REGIMENT

JOINT BASE BALAD, Iraq – A year ago, Hood River, Ore.'s Staff Sgt. Brian Gibson was busy working as an accountant.

His life was framed by the picturesque landscape of the Columbia River gorge and an upcoming marriage.

A lot has changed since then.

Gibson, 30, is now married and holds down a very different work position than the one he filled at the accounting firm in Hood River and The Dalles.

He is a convoy escort team commander with Company Delta, 3rd Battalion, 116th Cavalry Regiment, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command in Iraq.

Instead of a desk, Gibson now meets his work day in the front seat of a Mine Resistant Ambush Protected vehicle, and he manages more than 120 people each time his convoy escort team moves out to escort convoys on the roads of central Iraq.

He still deals with facts and figures, though. Statistics are as much a part of his new job in Iraq as they were back home.

Gibson must keep track of the number of trucks in his convoy, the number of Soldiers under his command and always the total number of miles his convoy escort team travels across central Iraq.

While the work conditions are very different from his office in Hood River, Gibson said the mission of his convoy escort team is actually straight-forward.

"We bring the beans and bullets to the troops," Gibson said.

Gibson said he and his fellow Soldiers are fulfilling an important role.

"We are helping with the reposturing. We bring the food

and fuel," he said.

Gibson, who deployed with 3rd Bn. in 2004 during its first mobilization to Iraq, said a lot has changed in the country since then.

"When people think of being deployed, they think shooting and doing raids, and that isn't our job," he said. "And the danger is different. We have better equipment with MRAPs compared to Humvees."

And Gibson said there is a lot of responsibility tied to his role as a convoy escort team commander. For example, on a routine mission Gibson must safeguard the lives of more than 20 of his own Soldiers as well as protect up to 120 truck drivers and their big semi-trucks.

"It is a big production. Everyone has to do their part," Gibson said.

On a typical mission, Gibson must juggle coordination between his convoy escort team, air support, and the leaders of the 3rd Bn.

All of that could add up to a lot of stress, but Gibson said he actually enjoys the challenge.

"I kind of enjoy the stress. In a way I get to prove myself in a leadership position. It is really a lot of multi-tasking," he said.

Gibson said the single key to success for his convoy escort team, and Delta Company as a whole, pivots around a simple concept: teamwork.

"Everyone helps everyone else out. Relying on your buddy is huge. Everyone has to do their part, trust in your brother," he said.

Leadership, too, is crucial, Gibson said. One key leadership tenant for Gibson is leading by example.

"People will grow to you as a leader if you are in the thick of it with them," he said.

Guidance during a contingency operation, he said, is not about screaming at Soldiers.

"Every man deserves to be treated like a man. I don't get a kick out of smoking people. I don't micromanage, I trust my guys," he said.

The roads are still dangerous for Gibson and his convoy escort team, but he said he doesn't spend a lot of time wondering about the risks.

"You trust your equipment, and you can't worry about something that hasn't happened," he said.

Then he paused and smiled.

"It is out of my control. Besides, I know what I'm doing out there," he said.

Organized run means more than just training

STORY AND PHOTO BY
SGT. EDWIN GRAY
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – Throughout history, brave service members have given their lives for the freedoms that U.S. citizens have today. They are all remembered and known as America's fallen heroes. Nineteen of them were Soldiers with the 20th Engineer Brigade, who gave their lives in Afghanistan last year.

More than 300 Soldiers, Sailors and Airmen participated in the Memorial Day 5K run May 27 here in memory of those who fought and lost their lives for America's freedoms.

The run was hosted by the 20th Eng. Bde. and was in memory of all of the fallen heroes with a special dedication to those who bravely gave their life with the 20th Eng. Bde. The brigade gave away 300 Memorial Day 5K T-shirts to the top 220 runners, top 30 walkers, and 50 were available for volunteers.

The names, ranks, company and date of death of those 19 Soldiers who gave their lives last year in Afghanistan were printed on the back of each shirt.

"What you will notice is these T-shirts have the names of a lot of our fallen warriors that died last year while serving the 20th Eng. Brig. and their country," said Army Col. Rick Kaiser, commander of the 20th Eng. Bde. and a Fort Bragg, N.C., native. "They came respectfully from the 27th Engineer Battalion and the 7th Engineer Battalion. We took this day in special honor and memory of those Soldiers who gave their lives last year. All of these Soldiers were in Afghanistan."

During the run, many participants took time to reflect on those who sacrificed their lives for freedom. Although most of the runners exercise every day, they used this 5K to remember their fallen heroes and to remind anyone who has forgotten the true purpose of Memorial Day.

"We try to do physical fitness training everyday of the week," Kaiser said. "Today what we chose to do in honor of our fallen heroes was an organized run. Memorial Day is a day that we celebrate those who gave their life's blood to serve their country, and many Americans forget. We wanted to remind everybody by doing this run that [the fallen Soldiers] are the vanguard of freedom that allows family members and loved ones back home to celebrate Memorial Day's freedoms and joys."

Several of the runners felt as though the run was not only



Several service members and civilians participated in the Memorial Day 5K run May 27 on Joint Base Balad, Iraq, in memory of those who fought and lost their lives for America's freedoms. The run was hosted by the 20th Engineer Brigade and was in memory of all of the fallen heroes with a special dedication to those who bravely gave their life with the 20th Eng. Bde.

a competition but a tool of remembering all of those they've lost. Many of them used that tool as motivation.

"I can't be first all the time but I'm just representing my battalion," said Army Sgt. Martin Rodney, the first-place runner, a combat engineer in the Personal Security Detachment for Headquarters and Headquarters Company, 326th Eng. Bn., 20th Eng. Bde., and a Baltimore, Md., native. "Memorial Day is a great day. It's a day to remember those we lost, so it's always motivating when we do events like this."

Many of the runners stated their hearts and minds were dedicated toward those who lost their lives while serving in combat and their families.

"I was definitely thinking about those Soldiers and their families," said Army 1st Lt. Erin Hanley, the first female to finish and the platoon leader with the PSD, 326th Eng. Bn. and a Buffalo, N.Y., native. "Just remember everyone who sacrificed before us and I'm glad that the rest of us are here to do something like this run."

To some it is challenging to celebrate Memorial Day due to loved ones killed in action. The 20th Eng. Bde. under-

stands the meaning and importance of Memorial Day and the sacrifices prior service members have made. To some, a 5K is challenging but the 20th Eng. Bde. has troops that run like this daily. However, today they are running for the remembrance of the fallen heroes.

"It was just like everyday [physical training]," said Army Staff Sgt. Nicholas Reed, PSD first squad leader with the 326 Eng. Bn., the second-place 5K finisher, and a Fort Campbell, Ky., native. "Running two laps around [the housing area] is 4.4 miles. This is just a little less."

As most reflected during their run, others volunteered to help serve water and refreshments to runners in remembrance of fallen warriors. Many of them are thankful to be able to serve.

"This is the time to come together and remember our fallen service members," said Air Force Staff Sgt. Natasha Jackson with the 467th Expeditionary "Prime Beef" Squadron and a Jesup, Ga., native. "Personally, being in the military, over here and away from family and friends, it's a good time to be thankful that you even have the opportunity to even come out and run."

Trans. companies swap jobs, step into new role

STORY AND PHOTO BY
SGT. ZERPHLEE WATSON
749TH CSSB

CONTINGENCY OPERATING BASE

ADDER, Iraq – Applause filled Memorial Hall as Capt. Stacey Jelks, commander of the 15th Transportation Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command and a Fort Sill, Okla., native, saluted Lt. Col. David Ceniti, commander of the 749th CSSB, and Sacramento, Calif., native, and said in a loud and thunderous voice; "Sir, mission complete."

Soldiers and civilians across Contingency Operating Base Adder gathered for the Transfer of Authority ceremony between the 15th Trans. Co. and the 68th Trans. Co., 749th CSSB. The Transfer of Authority signified the end of the missions

for the 15th Trans. Co. and the beginning for the 68th Trans. Co.

"It's been a long year," said Spc. Tiffany Zackery, a Shreveport, La., native, and a unit supply specialist with the 15th Trans. Co. "I'm glad we came here and did what we were supposed to do: accomplished the mission. But most of all, everyone we came here with, we are going home with."

As the 15th Trans. Co. said their good-byes, many Soldiers talked about all they accomplished throughout the year, and how they were eager to get back home and spend quality time with their friends and families.

"I feel that the unit is up to the job, all the training we had prior to the deployment has prepared us for the job we have been tasked to do," said Sgt. Matthew Gilson, a Cedar Ville, Ark., native, and a motor transport operator for the 68th Trans. Co.

The Soldiers of the 68th Trans. Co. were standing tall as Capt. Tyler Olsen, commander of the 68th Trans. Co. and a



Capt. Tyler Olsen, left, a Nephi, Utah, native, and 1st Sgt. Anthony Scymanky, a Kerzer, Ore., native, the command team for 68th Transportation Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, salute the unit's flag during the Transfer of Authority ceremony between the outgoing 15th Trans. Co. and incoming 68th Trans. Co.

Nephi, Utah, native, let them know that all general orders, rules and regulations were still in effect and to get ready to start working.



Soldiers place the mission first but still hold on to thoughts of home

STORY AND PHOTOS BY
SPC. SEAN MCGUIRE
4TH SUSTAINMENT BRIGADE

CONTINGENCY OPERATING BASE

ADDER, Iraq – The sky is pitch black. The only illumination stems from hulking gun trucks lined up one after the other. For some, June 3 is just another night in Iraq, but with only a few minutes remaining for these Montana National Guardsmen, it's almost go-time.

"I have a weird feeling going into this mission," said Spc. John Jodsaas, a .50-caliber machine gunner and Missoula, Mont., native, who is in the trail vehicle on this mission.

His strange gut feeling is shared by fellow "Outlaw," Sgt. Brandon Paye, a truck commander and the mission's assistant convoy commander.

"There's been a lot of activity in the southern region lately," said Paye, a Belgrade, Mont., native.

These Soldiers of Company Bravo, 1st Combined Arms Battalion, 163rd Infantry Regiment, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command have

been on the roads since November. Before that, they spent two months at Fort Lewis, Wash., training for their tour, totaling at this point eight months away from home.

They run convoy escort and security missions for civilian contractors and third country nationals as well as fellow Army transportation units, who bring commodities all around United States Division-South's area of responsibility.

Only sometimes do they have the luxury of air weapons teams providing eye-in-the-sky cover.

Out of all the teams in the battalion, they have one thing going for them.

"We're still the only guys to not see contact – knock on wood," Paye said.

While they have been lucky enough thus far into the deployment not to encounter any attacks, the Soldiers are constantly watching the roads for signs of possible improvised explosive devices as well as assisting with numerous vehicle breakdowns.

On this mission alone, Paye would stop and dismount three times, including one halt to sort out a fuel truck's crossed break lines, which can cause a fire.

"There aren't any rules on these roads. But I'd take breakdowns anytime, just as long as there aren't any [explosively formed projectiles]," Paye said.

Everything these infantry Soldiers have seen stands in stark contrast to previous years in a country that has had a U.S. presence since 2003.

"Back in 2004-2005 when I was with Charlie Company, it was all about kicking down doors," said Sgt. 1st Class Clay

Cooper, a truck commander with 19 years of Army service.

Cooper's last time with the 163rd Inf. Regt. in Iraq was days spent on foot and in Humvees, many without armor.

"For now, it's about getting safely from point A to point B. It's not a sexy job, but it's a job and one we signed up for," he said.

Paye, as a noncommissioned officer, is a leader in Iraq. Back home, he's a stone mason and has a wife and an eight-month-old baby girl who was born three weeks before the unit left for pre-deployment training.

"I fell in love with having work I enjoy and still being able to serve," said Paye, who enlisted in 2005.

As for Jodsaas, he wants to eventually enter schooling to become an emergency medical technician and a firefighter. First and foremost, however, he will be going back to his wife of nearly two years.

Sgt. 1st Class Cooper is eyeing retirement.

Before Paye, Cooper, Jodsaas and the rest of the 163rd Inf. Regt. can head home, they must keep driving on.

"We aren't here to argue over the big picture," Paye said. "We're here to keep our head down and get the job done until we can go home."

After nearly a year away from their spouses, children, friends and the mountains of Montana, there are mere months remaining for these Soldiers. When they return home, they will again become masons, students, firefighters and most importantly reacquaint themselves with the life and family they left behind to serve their country.

(Top) Spc. Steve Spencer, Bravo, 1st Combined Arms Battalion, 4th Sustainment Brigade, drives a M1090 vehicle during a convoy escort heading away from Contingency Operating Base Adder, Iraq.

(Top Right) Spc. John Jodsaas and native of Missoula, Mont., drives a M1090 vehicle during a convoy escort heading away from Contingency Operating Base Adder, Iraq.

(Right) A view from inside an Ambush Protected vehicle during a mission conducted by men of the 163rd Infantry Regiment, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command.

(Below) Sgt. Brandon Paye, Company B and a native of Belgrade, Mont., drives a M1090 vehicle during a convoy escort heading away from Contingency Operating Base Adder, Iraq.

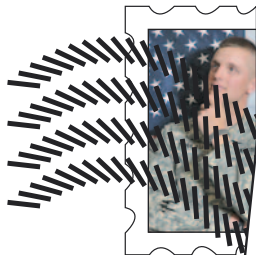


an infantry Soldier with Company
Battalion, 163rd Infantry Regi-
gade, 310th Expeditionary Sustain-
line Resistant Ambush Protected
ort and security mission June 3
gency Operating Base Adder, Iraq.

Isaas, a .50-caliber machine gun-
s, Mont., performs radio checks
om Company B moves out on the
escort and security mission.

the cab of a Mine Resistant
of a convoy escort and security
nbers of Company B June 5.

, a truck commander for Compa-
de, Mont., talks to his driver June
and security mission bringing his
se Complex to Contingency Oper-



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133
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2-Soldier team keeps Adder connected

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

CONTINGENCY OPERATING BASE ADDER, Iraq –

Have you ever wondered how your computer magically recognizes you during the initial login process? What about how Microsoft Outlook and Army Knowledge Online mysteriously link with your Common Access Card, allowing you to bypass the tedious and sometimes annoying username and password?

The answer to these questions is neither mysterious nor magical. In fact, at the Contingency Operating Base Adder mayor cell, the answer is found within a dynamic, two-Soldier information management team.

They are none other than Sgt. Kevin Serna, a San Marcos, Texas, native, the information technology staff noncommissioned officer-in-charge, and Spc. James Gardipee, a Green Bay, Wis., native, and an information management officer. Both Soldiers are part of the 4th Special Troops Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command.

Their daily tasks include running computer automations, responding to trouble tickets, Armed Forces Network repair, and running the communication cell phone tower. They hold down the mission all by themselves in a section that normally would require at least five Soldiers and one officer.

Gardipee has completed more than 600 trouble tickets since assuming the duties of IMO for the mayor cell.

“Every day brings a new and unique learning experience,” he said. “I like meeting new people and being able to solve their problems. My major goal is to make sure computers, printers, and digital senders don’t fall off the network. It keeps me busy.”

Moving forward into phase two of the unit’s mission in Iraq, each passing month will see a decrease in automa-



Sgt. Kevin Serna, a San Marcos, Texas, native, and the information technology staff noncommissioned officer in charge, 4th Special Troops Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, stands on top of the Garrison Command mayor cell building June 9 to adjust the Armed Forces Network antenna at Contingency Operating Base Adder, Iraq.

tions for the 4th STB. Serna is actively working to develop an automations blueprint that will support the unit until the mission is complete.

“I have to be much more versatile here in comparison

to my job back at home station,” he said. “I have to look at the big picture and account for all the small variables that affect that picture. I enjoy my job and I am confident we will continue to be successful in servicing our customers.”

Final stretch presents challenges

STORY AND PHOTO BY
STAFF SGT. PAT CALDWELL
3-116TH CAVALRY REGIMENT

JOINT BASE BALAD, Iraq –

For the Soldiers of the 3rd Battalion, 116th Cavalry Regiment, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command, the light at the end of the deployment tunnel is gradually growing brighter.

That light will remain dim for a little longer, but the unit has reached and then skirted past the halfway mark on its one-year deployment to central Iraq.

The last 90 to 120 days of a tour in Iraq can be a hazardous period, according to the commander of the 3rd Bn., Lt. Col. Phil Appleton, a Silverton, Ore., native.

“It is the second most dangerous time in Iraq. The reason is not because the environment has changed but because Soldiers can get overconfident or cut corners,” he said.

Finding practical methods to combat that scenario remain a key part of Appleton’s job during the next few months. There are several techniques to keep Soldiers focused on the job at hand, he said.

“We changed routes so Soldiers would see different terrain and stay as fresh as possible,” Appleton said.

Increased vigilance also means leaders must step up their game.

“One of the unique challenges is



Lt. Col. Phil Appleton, the commander of the 3rd Battalion, 116th Cavalry Regiment, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command and a Silverton, Ore., resident, chats with Staff Sgt. Anthony Hilton, a native of La Grande, Ore., during a convoy escort mission at Al Taji, Iraq.

commanders and junior leaders must stay engaged,” he said.

The leadership aspect may be one of the most important elements of the next 100 days, Appleton said.

“The focus is on direct leadership so we don’t have simple mistakes that could cause a Soldier to be injured. We have to be vigilant,” he said.

Appleton remains confident his unit will be just fine as its tour of duty winds down.

“The battalion continues to do exceptionally well in a sensitive and challenging environment,” he said. “Our Soldiers have a phenomenal attitude day in and day out.”

Appleton said the 3rd Bn. conducted more than 1,000 convoy escort missions since it arrived in central Iraq in late November. He also said the operational environment in which the 3rd Bn. works contains its own set of distinct difficulties.

“The [counterinsurgency] environment is not easy. Things are not cut-and-dry,” he said.

The 3rd Bn.’s mission is very different than the one U.S. forces performed during Operation Iraqi Freedom. Now under the banner of Operation New Dawn, U.S. military forces are either in an advise-and-assist role – helping train the Iraq military – or reposturing forces as U.S. troops prepare to depart Iraq.

When the 3rd Bn. deployed to Iraq in 2004, the unit focused on finding and fighting insurgents. Now, the battalion safeguards logistical convoys across central Iraq.

Appleton admitted a certain degree of risk still shrouds the convoy missions.

“This is a very dynamic environment. Soldiers that were here last time are seeing more contact incidents this deployment than last deployment,” he said.

Appleton said the risk for 3rd Bn. Soldiers is managed through a complex web that combines technology, equipment, training and the intangible impact of esprit de corps.

“Our equipment and our level of professionalism in our Soldiers has saved lives,” he said.

The 3rd Bn. commander pointed out that the Mine Resistant Ambush Protected vehicles proved to be a game-changer in terms of safety for his Soldiers. Long months of preparation before the deployment also proved invaluable, he said.

“The training at Camp Shelby, pre-mobilization instruction, leader development, all of it has paid off,” he said.

Appleton said his gaze is already fixed toward the remobilization procedure when the battalion returns home this fall.

“I’m looking at the [remobilization] process and making sure, administratively, we have things in place,” he said.

Appleton said the procedure is very important. He said he believes the Army, and the leadership of the 3rd Bn., will ensure all of its Soldiers receive the best care possible.

“If we broke them, we have a responsibility as leaders to fix them,” Appleton said. “I will do everything feasible to make sure Soldiers get the proper care if they need it. I have all the faith in the world that Fort Lewis can provide the care efficiently, and I look forward to working with them.”



U.S. Army photo courtesy of 4th Sustainment Brigade

Sgt. Zachary Clark, class instructor with 1729th Maintenance Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, teaches a group of Iraqi Army Soldiers purging techniques during night-vision device training at Contingency Operating Base Taji, Iraq. The class was designed as a "train-the-trainer" block of instruction, in that the Iraqi Army Soldiers present could take what they have learned and teach other Iraqi Soldiers.

Night vision class provides IA Soldiers with valuable training

STORY BY
MASTER SGT. ROGELIO RODRIGUEZ
4TH SUSTAINMENT BRIGADE

CONTINGENCY OPERATING BASE



ADDER, Iraq – Soldiers with the 4th Sustainment Brigade, 310th Expeditionary Sustainment Command conducted night-vision device

training with their Iraqi Army counterparts at Contingency Operating Base Taji, Iraq.

The training was established with a train-the-trainer mentality to educate Iraqi Soldiers to be experts with the devices and be capable to train other IA Soldiers on the same equipment.

"This was a great opportunity to closely work with the Iraqi Army; I feel very privi-

leged to be part of this project," said Master Sgt. Rogelio Rodriguez, the training coordinator for 4th Sust. Bde. and a Dallas, Texas, native. "This is what Operation New Dawn is all about."

The training included operator maintenance, troubleshooting procedures, purging operations, quality assurance/quality control and operation of the night-vision device test sets.

"The training was a success in enhancing the Iraqi Army's capabilities and knowledge with the night-vision devices," Rodriguez said. "This style of training is what will make Operation New Dawn a great success. It is a great opportunity for Soldiers from two very different armies, cultures and backgrounds to work together and to learn from each other."

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!

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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.

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Good communication will help curb conflict

BY SGT. STEPHEN SCOTT
EXPEDITIONARY TIMES STAFF



With this being my first deployment, I didn't know what to expect when I got in country. I wasn't sure what hardships awaited me or how I would deal with them. A mixture of nervousness and curiosity engulfed me the first couple of weeks here.

During this time, I was so involved with getting acclimated to my new surroundings and position at work that I didn't really have time to worry. I was too busy observing and learning how to function in this life to focus on how the life I left behind was functioning without me.

I think this experience is typical for those who have been deployed for the first time and maybe even for those who are on their second or third deployment. I think this adjustment period is happening back at home as well, but it is a slightly different process.

Your husband, wife, children, pets, parents and significant others haven't been placed in a new environment, they've just had an important piece removed. Most of the changes and difficulties they are dealing with stem from your absence. Their separation anxiety has already been in play a few weeks before missing them really had a chance to settle in your thought process.

Once the "new deployment smell" has worn off and the reality of separation does hit you, you've probably just gotten into a routine that includes regular communication with your loved ones.

This is usually when the issues surface. Now you have more time to hear the problems at home, which has been going on for weeks already, and you start to worry about them.

One of the most important things to remember while deployed is you are not home. I know that sounds like an obvious and redundant statement, but you really have to come to terms with the fact that the problems being faced at home won't be resolved by you.

You are not on the frontlines of the home life now. While deployed, you are your home's combat support, and that's

something you and your loved ones have to accept. One of the biggest things to master is communication without expectation.

You have to be able to listen to the concerns and problems that are being faced in a supportive manner while realizing you often won't be able to help implement a plan or find a solution. You should also be able to express your feelings and concerns with the understanding that this flow of information is not intended to add stress but to inform.

Communication is key to any relationship. When this is lacking, that void is then filled with misunderstanding and resentment. It may seem easier to just keep your thoughts to yourself to avoid the worry, stress, and/or conflict, because you're a member of the military; you've been trained to persevere.

A year is a long time to harbor feelings and leave things unsaid. You and your loved ones will change during the year, and if you don't keep each other abreast of those changes throughout, you'll be struggling to figure things out once you return home.

I understand it can be hard to stay objective when people at home seem to need you and you can't be there for them. However, the best thing you can do for your family is try to keep yourself as mentally, physically and emotionally healthy as possible so when you do return, you can offer them your best.

That's why it's important to take advantage of all the morale and welfare programs, and strive to keep yourself occupied with positive endeavors. These things can involve exercise, reading, writing, drawing, painting, doing puzzles, studying, developing your spirituality, etc.

You can also share these activities with your loved ones at home to try to add some positivity to the exchange of information. Being deployed is not always going to be easy on you and your family members, but you're in it together.

Listen to and support each other, don't point fingers when problems arise, and don't stress over what you can't control. Have faith in your loved ones to handle their mission at home as they, and the rest of the country, trust you to handle your mission abroad.

Word on the Street

How has your father inspired you?



"My father impacted my life by leading by example in everything he preached to me and lived on an everyday basis."

Staff Sgt. John Carrier is a resource management noncommissioned officer with the 310th Expeditionary Sustainment Command and a Lake Charles, La., native.



"He taught me the value of human life and the golden rule - how to treat other people."

Sgt. 1st Class Robert Chamberlan is the medical operations noncommissioned officer-in-charge with the 310th Expeditionary Sustainment Command and an Indianapolis, Ind., native.



"Although my father died when I was only 15 years old, he was able to inspire me to stand up for what I believe and to push forward despite any resistance."

1st Lt. Dawn McCracken-Bruce is the support operations day battle captain with the 310th Expeditionary Sustainment Command and a Pittsburgh, Pa., 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

U.S. forces from the 1st Advise and Assist Task Force, 1st Infantry Division officially transferred Contingency Operating Location Gaines Mills to the Government of Iraq during a June 1 ceremony. This site, known as Tal Awar to Iraqi forces, served as a symbol of the Iraqi Security Forces’ readiness to train and conduct operations independently. Below are some comments made during this ceremony, reflecting the partnership between U.S. and Iraqi forces.

“Every day we spend working together makes us better.”

Lt. Col. Andrew Ulrich, 1st Bn. 14th Inf. Regt.

“We will stay loyal to the people and give our hearts and bodies to making a strong Iraq.”

Col. Kalaid; 47th Bde.,
12th Iraqi Army Division

“It signifies a change...”

1st Sgt. Craig Buck; 1st Bn., 14th Inf. Regt.

“Turning this place over is a boost of confidence to the Iraqi Soldiers.”

1st Sgt. Craig Buck; 1st Bn., 14th Inf. Regt.

<div><div>Flying Free</div><div>In light of the recent incident involving an airline charging redeploying Soldiers for their extra baggage, many service members may be wondering what airlines support military personnel with free baggage and what is required for the exemption. Here is a checklist of major airlines in the United States and what they require for active-military bags to fly free.</div></div>	Airline	I.D.	Orders	No. of bags	Dependents
	AirTran	X		3	_____
	American	X		3	2 free bags w/ ID, orders
	Continental	X		4	4 free bags w/ ID, orders
	Delta	X	X	4	4 free bags w/ ID, orders
	JetBlue	X	X	2	_____
	Southwest			2	2 free bags
	United	X	X	4	4 free bags w/ ID, orders
	U.S. Airways	X		3	_____

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:

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

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

Test your knowledge

1. Under what name did Jefferson Airplane regroup at the top of the charts?
2. Which group wrote the songs for the movie “Saturday Night Fever?”
3. Were the Doobie Brothers actually brothers?
4. Who teamed up with Paul McCartney for ebony and ivory?
5. What is the name of Whitney Houston’s daughter, named after the baby’s father?

1. Starship 2. The Bee Gees 3. No 4. Stevie Wonder 5. Bobbie

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.	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.	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.	Hold'em: Mon., Fri., 2 p.m., 8:30 p.m. 8-ball tourney: Tuesday 2 a.m., 8:30 p.m. Ping-pong tourney: Tuesday 8:30 p.m. Spades: Wednesday 2 a.m., Thursday 8:30 p.m. Salsa: Wednesday 8:30 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.	Ping-pong tourney: Tuesday 8 p.m. Foosball 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: Thursday 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.	7 p.m. Aerobics: Mon., Wed., Friday 7 p.m. Body by Midgett Toning Class: Tue., Thu., 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.
EAST REC- REATION CENTER 4-ball tourney: Sunday 8 p.m. 8-ball tourney: Monday 8 p.m. Karaoke: Monday 8 p.m. Fri., 5:30-6:30 a.m. Yoga Class: Mon., 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.	EAST REC- REATION CENTER 4-ball tourney: Sunday 8 p.m. 8-ball tourney: Monday 8 p.m. Karaoke: Monday 8 p.m. Fri., 5:30-6:30 a.m. Yoga Class: Mon., 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.	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 4 p.m. Dungeons & Dragons: Thursday 7:30 p.m. Poetry Night: Thursday 8 p.m. 6-ball tourney: Thursday 8 p.m.	H6 RECRE- ATION CENTER Bingo: Monday, Tue., Thu., Sunday 8 p.m. Texas	WEST REC- REATION CENTER Green Bean Karaoke: Sun., Wed., 7:30pm 9-ball tourney: Monday 8 p.m.	WEST FIT- NESS CENTER 3 on 3 basketball tourney: Saturday 7:30 p.m. 6 on 6 volleyball tourney: Friday	CIRCUIT GYM Floor hockey: Mon., Wed., Fri., 8-10 p.m.



AFN SPORTS SCHEDULE



Wednesday 6/15/11

NBA: 2011 NBA Finals Game 7 (if necessary), Live 0400/
Delayed 1400, AFN I sports
MLB: Cleveland Indians @ Detroit Tigers, Delayed 1000,
AFN I sports
MLB: San Francisco Giants @ Arizona Diamondbacks,
Delayed 1700, AFN I sports

Thursday 6/16/11

NHL: Stanley Cup Finals Game 7 (if necessary), Live
0300/Delayed 1400, AFN I sports
MLB: Los Angeles Angels @ Seattle Mariners, Live 0500,
AFN I xtra
MLB: Texas Rangers @ New York Yankees, Delayed
1000, AFN I sports
Golf: U.S. Open Championship: First Round, Live
1700 & 2200, AFN I sports

Friday 6/17/11

MLB: St. Louis Cardinals @ Washington Nationals, Live
0200, AFN I xtra
MLB: Milwaukee Brewers @ Chicago Cubs, Delayed
1000, AFN I sports
Golf: U.S. Open Championship: Second Round, Live
1700 & 2200, AFN I sports

Saturday 6/18/11

MLB: Baltimore Orioles @ Washington Nationals, Live
0200, AFN I xtra
MLB: Kansas City Royals @ St. Louis Cardinals, Live
0300, AFN I sports
Golf: U.S. Open Championship: Third Round, Live 2100,
AFN I sports
MLB: New York Yankees @ Chicago Cubs, Live 2300,
AFN I prime Atlantic

Sunday 6/19/11

MLB: Detroit Tigers @ Colorado Rockies, Live 0230,
AFN I xtra
Golf: U.S. Open Championship: Final Round, Live 2030,
AFN I sports

Monday 6/20/11

MLB: New York Yankees @ Chicago Cubs, Live
0300, AFN I sports
MLB: Philadelphia Phillies @ Seattle Mariners, Delayed
1700, AFN I xtra

Tuesday 6/21/11

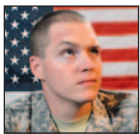
MLB: New York Yankees @ Cincinnati Reds, Live 0200,
AFN I sports
Tennis: Wimbledon: Day 2, Live 1400, AFN I sports

ARTS & ENTERTAINMENT

The Sports Lounge

It's almost the MLB's 'seventh inning stretch'

BY SPC. MATTHEW KEELER
EXPEDITIONARY TIMES STAFF



"There's no crying in baseball!" Tom Hanks famously said in the movie "A League of Their Own," and even though that movie came out in 1992, it still sums up the idea; there is no reason to cry, baseball is a very long season.

Think of the 162 games and realize that just because some teams are slumping, doesn't mean that it's time to jump ship, fans. No, it's time to grab some peanuts and Crackerjacks and get back to the games. Let's take a look at some of the standouts of the season so far.

There was a lot of thought put into which player deserved the top spot in hitting, with a lot of players striking the ball well. But, by crunching the comparison of at-bats, the top of the food chain on the list goes to Adrian Gonzalez, the first baseman for the Boston Red Sox. His statistics are towards the top of every category. Gonzalez has played 62 games this season, scoring 41 runs on 86 hits with a batting average of .336.

It's because of Gonzalez that Boston was able to bounce back from their struggle in the early part of the season, and they now sit atop the American League-East.

The pitcher who deserves the top spot for this part of the season is one of the

more difficult decisions: Justin Verlander, pitcher for the Detroit Tigers, has pitched 102.2 innings, played 14 games, with an earned run average of 2.89 and a record of 7-3; Cole Hamels, pitcher for the Philadelphia Phillies, has pitched 90.2 innings in 14 games, with an ERA of 2.58, but he has a record of 8-2.

The difference of 12 innings separates these two pitchers, but there are a few more statistics that place Hamels in the win for the top spot. He has allowed only 26 runs on 68 hits. Verlander, with his additional 12 innings, has allowed 35 runs (33 earned runs) on 71 hits. That is close to a run per inning. My money is on Hamels for the top spot in pitchers.

Most important is what team tops the Major League, and it's currently not the Cleveland Indians, at least not anymore. For a long time, the Indians were on top and leading the league in wins. Then it was the Philadelphia Phillies, lead by their all-star pitching staff, going game-for-game with the Indians.

But as the season has progressed, it is the Indians who have slipped, and now the St. Louis Cardinals, led by their stellar hitting staff, are now leading the majors with a record of 38-26. The Phillies (37-26), and the Red Sox (36-26) are both close in second. Meanwhile, the Atlanta Braves, Milwaukee Brewers and San Francisco Giants sit at 35-28.

With half the season almost done and a whole lot of baseball still ready to play, there is a lot of stuff that could happen. Players can still be traded, picked up, and in some cases cut. Injuries are still a very likely possibility with such a long season, which will provide chances for rookies to step up.

It means that you should grab those peanuts and Crackerjacks, because for another half of a season, it's time to keep on going back.

The Reel Review

High expectations help in making 'Hangover 2' subpar

BY SGT. STEPHEN SCOTT
EXPEDITIONARY TIMES STAFF



Recently, I've been saying how there are too many comedies trying to be the next "Hangover", well the next "Hangover" is actually here. The first installment was a classic, and it's very hard to follow a classic. If "The Hangover" saw "The Hangover 2" it would be like seeing a slightly older, less attractive version of itself.

"The problem with 'Hangover 2' is we have to live up to what we did, which is very difficult," said Zach Galifianakis, who starred as the unstable Alan in both movies.

They didn't exactly do that, but they made a valiant effort. The biggest complaint I've heard about this movie is the fact that the plot is exactly the same as the first one. This complaint has merit, but the plot didn't bother me that much, because I was prepared for it.

Having this information before you see it helps put the movie in perspective and diminish any disappointment you may feel. You also need to realize this movie never had a chance of meeting our insanely high expectations set by its predecessor.

The formula they used to try to meet our expectations was raunchiness to the second power multiplied by shock value. It's like they just sat and discussed what could be worse or more unexpected than what happened the first time.

The location this time around is Bangkok, courtesy of Stu's (Ed Helms') impending wedding in Thailand. One beer



Review: 4 / 5 stars

on the beach to celebrate the wedding leads to Stu, Alan, and Phil (Bradley Cooper) once again waking up with no recollection of the night before. This time they've lost the bride-to-be's little brother.

Galifianakis did a great job as Alan. His character is so outrageous; he can get laughs from the most mundane statements and actions. He's a scene-stealer, and I'm not sure if it's by design or just natural humor. This in no means takes anything away from the other actors.

The all played their roles well and complemented each other. Without this balance, the story would never work. Their interaction and timing is key. I don't think the situations were as laugh-inspiring as they could have been, but all in all I enjoyed the crazy randomness of this movie.

The only thing I didn't like about this movie is the reception they got when they finally arrived at the wedding. I found some of the more outlandish moments from their search through Bangkok more realistic than this. I'll go for a monk in a wheelchair taking shots, but I'm not buying this end.

I give this movie four out of five stars because it really was funny, and it's the rating I would have given it if I hadn't seen the first one. It's really difficult not to rate it based on what it lacks from the first one, but if you watch it under the pretense of it not being a sequel, I think you'll enjoy it.

PVT MURPHY'S LAW™

BY MARK BAKER



A Professional and a Leader

(Right) Shown here in 2006, Staff Sgt. Jayme Turner, then a line medic, teaches an Iraqi child the peace sign during an inspection of a water treatment plant in Al Hillah, Iraq. Turner currently serves as the medical operations noncommissioned officer assigned to Company Bravo, Special Troops Battalion, Division Surgeon Section, 4th Infantry Division, and was awarded the Capt. John R. Teal Leadership Award for his outstanding performance as the medical operations NCO.

(Below) Turner helps inspect a hospital in Baghdad with his Iraqi counterparts.



U.S. Army photo



U.S. Army photo

Victory Through Support