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ESTABLISHED IN 1917 TO HONOR THOSE WHO SERVE



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‘Black Jack’ Brigade take reins in two Iraqi provinces, ‘Warrior’ Brigade redeploys

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

CONTINGENCY OPERATING BASE WARHORSE, Iraq – Soldiers of 2nd Advise and Assist Brigade, “Black Jack,” 1st Cavalry Division, assumed responsibility for the U.S. mission in Salah ad-Din and Diyala provinces, Iraq, during a Transfer of Authority ceremony at Contingency Operating Base Warhorse, June 13.

Black Jack Brigade replaced 2nd AAB, 25th Infantry Division, as “Warrior” Brigade wrapped up a year-long deployment in support of Operation Iraqi Freedom and Operation New Dawn.

The transfer of authority marked the start of Black Jack Brigade’s fourth tour of duty in Iraq, and the unit’s first deployment in an advise, train and assist role in support of Operation New Dawn.

“Second AAB, 1st Cav. Div., will conduct stability operations and security force assistance in Diyala and Salah ad-Din provinces to support Iraq’s continued development as a sovereign, stable, and self-reliant strategic partner committed to regional stability,” said Col. John Peeler, commander of Black Jack



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

Colonel John Peeler, left, commander of 2nd Advise and Assist Brigade, 1st Cavalry Division, and Command Sgt. Maj. Emmett Maunakea, command sergeant major of the brigade, uncasing the “Black Jack” Brigade colors during the Transfer of Authority Ceremony between 2nd AAB, 25th Infantry Division, and 2nd AAB, 1st Cav. Div., at Contingency Operating Base Warhorse, Iraq, June 13, 2011.

Brigade.

Black Jack Brigade, from Fort Hood, Texas, will continue with the efforts and ini-

tiatives that have already been set in motion by 2nd AAB, 25th Inf. Div., with a focus on the successful completion

of the advise, train and assist mission in Iraq, said Peeler.

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IRONHORSE STRONG:

Soldier of the Week

Whether stationed at home or deployed overseas, any Soldier's main concern stays in the forefront of their mind: the well-being of their comrades next to them.

Staff Sergeant George Nettles, noncommissioned officer in charge of the signal cell for Special Operations Task Force-North, U.S. Division-North, and a native of Birmingham, Ala., earned the title of "Ironhorse Strong" Soldier of the Week for saving a fellow Soldier during a routine lunchtime meal in the dining facility at Contingency Operating Base Speicher, Iraq, May 30.

"We went to the chow hall, and we were sitting there eating when I felt a piece of chicken lodge in my throat," said Staff Sgt. Jeremy Benton, NCOIC of personnel at the signal cell. "I waited to see if it would clear, and tried drinking some water, but it didn't help."

Benton said he remained calm, trying to clear the blockage on his own. When the blockage did not clear, Benton motioned to Nettles that he was choking and unable to breathe.

Both Soldiers stood up at the same time, and Nettles, remembering his training, immediately positioned himself behind Benton and performed the Heimlich maneuver, clearing the obstructing piece of food from Benton's throat.

Nettles did not even hesitate or question the situation, Benton said. Nettles did what needed to be done, for which Benton said he is grateful.

Although Nettles serves as the NCOIC of the signal cell's equipment, he makes time to ensure the welfare of Soldiers serving alongside him, unit leaders said, exemplifying the NCO Creed by placing the needs of his Soldiers above his own.



U.S. Army photo

Staff Sergeant George Nettles, noncommissioned officer in charge of the signal cell for Special Operations Task Force – North, U.S. Division – North, tracks equipment for the signal cell at Contingency Operating Base Speicher, Iraq, June 14, 2011. Nettles used the Heimlich maneuver to save a fellow Soldier from choking during a meal on base, May 30. For his selfless service and dedication to his comrades, Nettles earned the title of "Ironhorse Strong" Soldier of the Week.

While Nettles spends most of his time working with equipment, Benton said Nettles always welcomes younger Soldiers into his office for training or advice.

"He'll take Soldiers into his office, listen to them, and give them advice based on his years of experience," said Benton. "This gives the Soldiers another way to communicate any issues they have if they need to."

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THE IVY LEAF

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2nd Advise and
Assist Brigade
1st Cavalry Division

4th Advise and
Assist Brigade
1st Cavalry Division

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

Colonel Malcolm Frost, left, commander of 2nd Advise and Assist Brigade, 25th Infantry Division, and Command Sgt. Maj. William Hain, senior enlisted leader of the brigade, case the "Warrior" Brigade colors during the Transfer of Authority ceremony between the 2nd AAB, 25th Inf. Div., and the "Black Jack" 2nd AAB, 1st Cavalry Division, at Contingency Operating Base Warhorse, Iraq, June 13, 2011.

"We are proud of how far Iraq has come, but we are also aware of the challenges ahead," said Peeler. "Our Black Jack Soldiers are determined to work toward lasting stability and security while continuing to build an enduring relationship between our two countries."

Peeler emphasized that his unit will accomplish its advise and assist mission by building on the work done by Warrior Brigade.

During their time in Iraq, 2nd AAB, 25th Inf. Div., worked closely to assist provincial governments and Iraqi Security Forces to further the goals of these organizations.

Colonel Malcolm Frost, commander of 2nd AAB, 25th Inf. Div., whose unit will return to their home station at Schofield Barracks, Hawaii, said U.S. forces working with

their Iraqi partners saw huge advancements in security, governance and economic areas within Salah ad-Din and Diyala provinces.

"I am simply staggered by

the incredible progress that has been made by local provincial governments, the Iraqi Army, Iraqi Police and border patrol," said Frost.

"You can be proud of your

accomplishments," said Frost to local provincial and ISF leaders attending the ceremony. "Iraq is now an oasis of hope in the Middle East."

Frost also reminded Black Jack Brigade Soldiers that gains made in security and governance can be easily lost if Iraqi and U.S. forces do not continue to work toward increased regional stability.

"The reward for success is always more work and greater responsibility," said Frost. "The Iraqi people desire to build on recent successes, improve their quality of life, and obtain security forces who can defend not just their cities, but Iraq's borders. Therefore, I challenge you to keep moving forward toward a brighter destination for Iraq."

"Although the Warrior Brigade is departing, I am confident that the Black Jack Brigade, under Col. Peeler, is no less committed to assisting and supporting the governments of Diyala and Salah ad-Din, and their security forces, as they provide enduring security and stability for all Iraqi People," he added.

The people of Salah ad-Din and Diyala provinces can expect the same commitment and dedication that the Soldiers of Warrior Brigade displayed in ensuring stability and security within these provinces, explained Peeler.

"We will work as one team to meet our shared goals and vision of security and stability within these provinces," Peeler said of his Soldiers and their ISF partners.



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

Soldiers from 2nd AAB, 25th Inf. Div., join Soldiers of 2nd AAB, 1st Cavalry Division, and the 5th Iraqi Army Division, to form the color guard during the Transfer of Authority ceremony at Contingency Operating Base Warhorse, Iraq, June 13, 2011.

Iraqi instructors use U.S. Army techniques to train new soldiers

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

JOINT SECURITY STATION INDIA, Iraq – After months of training with their U.S. partners, Iraqi instructors from 3rd Brigade, 2nd Iraqi Army Division, showcased their ability to train and mentor fellow soldiers during classes near Joint Security Station India, Iraq, June 13.

“Ghost” troopers from Troop D, 2nd Squadron, 7th Cavalry Regiment, 4th Advise and Assist, 1st Cavalry Division, observed Iraqi soldiers conduct weapons familiarization techniques.

“We are here to advise and assist the instructors, and ensure they understand how to teach their trainees,” said Sgt. Mark Martinez, an armor crewman assigned to Troop D.

“When we see the soldiers learn something new in class and correctly use it in a tactical situation, it lets us know we’re doing the right thing and our instructors are teaching these guys what right looks

like,” said Martinez, a native of Monte Alto, Texas.

Ghost troopers are responsible for mentoring and overseeing the Iraqi training instructors during Operation Lion Leader Forge, a month-long training exercise designed to enhance the military and leadership capabilities of 2nd IA Div. soldiers.

In addition to the Lion Leader Forge training effort, U.S. and Iraqi Security Forces soldiers are currently preparing for Operation Iron Lion.

Operation Iron Lion is designed to demonstrate the increased capacity of the Iraqi Army, Iraqi Police and Federal Police to coordinate efforts to deter and defeat criminal and extremist elements across northern Iraq.

“We have a good relationship with our American partners and we give thanks to them for all they have taught us,” said Cpl. Yaqob Kaden, an infantryman and Iraqi instructor from Baghdad.

In addition to breaking down rifles and learning each of the parts, Kaden and the



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

Corporal Ahmed Gased, a native of Baghdad, an infantryman assigned to 3rd Brigade, 2nd Iraqi Army Division, reassembles an M16A4 rifle during a weapons familiarization and maintenance class at Joint Security Station India, Iraq, June 13, 2011. U.S. Soldiers from Troop D, 2nd Squadron, 7th Cavalry Regiment, 4th Advise and Assist, 1st Cavalry Division, are responsible for advising and assisting the Iraqi trainees who will graduate and become instructors.

other instructors drilled each of their trainees on the importance of being safe and clearing the weapons after each use.

“These are very good skills that every soldier should know,” said Kaden. “We train them to remember skills and use the skills wherever they go.”

After successfully completing a weapon functions check, Pvt. Akram Atalah, right, an infantryman from 3rd Brigade, 2nd Iraqi Army Division, displays the chamber of his M16 rifle so the Iraqi instructor can verify the weapon is clear during a weapons familiarization and maintenance class at Joint Security Station India, Iraq, June 13, 2011.

Sergeant Christopher Dibella, one of the initial Ghost mentors for the class, said he believes the unique thing about the Iraqi instructors is their ability to relay the training guidance and course material to their trainees.

“The Iraqi instructors do a very good job at using the regulations and standards they have to teach these trainees,” said Dibella, a native of Easton, Pa., and an armor crewman assigned to Troop D. “They took what we initially taught them and made it their own.”

Iraqi students are scheduled to graduate from Lion Leader Forge later this month.



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

4th AAB, 1st Cav. Div.

USD-N Soldiers celebrate 236 years of Army history



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

Lieutenant Colonel Matt Tedesco, commander, Division Special Troops Battalion, far left, and Command Sgt. Maj. Keith Moore, the battalion's senior enlisted leader, far right, cut the Army birthday cake with the help of the oldest and youngest Soldiers deployed to Contingency Operating Base Speicher, Iraq, at the North Dining Facility, June 14, 2011. Sergeant 1st Class Walter Richard, 57, a motor sergeant with Company C, 3rd Battalion, 116th Cavalry Regiment, U.S. Division – North, and Pvt. Erica Daggett, 18, a cargo specialist with 89th Transportation Company, 6th Transportation Battalion, 49th Quartermaster Brigade, participated in the tradition to mark the U.S. Army's 236th birthday.

Spc. Andrew Ingram
U.S. Division-North Public Affairs

CONTINGENCY OPERATING BASE SPEICHER, Iraq – “Tradition is a very important part of our service. We need to remember where we came from.”

Lieutenant Colonel Matt Tedesco, commander, Division Special Troops Battalion, 4th Infantry Division, spoke these words after cutting a cake commemorating the Army's 236th birthday at Contingency Operating Base Speicher, June 14.

Soldiers at COB Speicher celebrated with two Army traditions: a fun run and a ceremonial cake.

The day began at 6 a.m., when Soldiers gathered in front of U.S. Division – North Headquarters to participate in a 5-kilometer fun run sponsored by the 275th Combat Sustainment Support Battalion from Fort Lee, Va.

Bragging rights went to the 591st Engineer Company, 326th Engineer Battalion, as Spc. Joseph Holzinger, combat engineer from Seneca, S.C., finished the run first with a time of 19 minutes, 50 seconds.

“For me, this was a great way to spend the Army Birthday,” Holzinger said at the finish line. “I had a lot of fun out here; it was a great confidence booster. Happy birthday, Army!”

For lunch, the kitchen staff at the COB Speicher dining facility prepared a special meal of steak, lobster and shrimp cocktail for service members and civilians deployed in support of Operation New Dawn. For dessert, the staff brought out an enormous birthday cake with the Army Crest painted in icing across the center.

Keeping with Army tradition, the youngest and oldest Soldiers serving at COB Speicher joined Tedesco and Command Sgt. Maj. Keith Moore, senior enlisted leader of DSTB, to cut the cake.

Private Erica Daggett, 18, a cargo specialist assigned to the 89th Transportation Company, 6th Transportation Battalion, 49th Quartermaster Brigade, and Sgt. 1st Class Walter Richard, 57, a motor sergeant with Company C, 3rd Battalion, 116th Cavalry Regiment, made the first incisions into the cake.

Richard, who began his military ser-

vice in 1970 at age 17, said he is glad to see many of the traditions he learned about as a young Soldier still hold true in the modern Army.

“Our customs hold the military together,” said the Union, Ore., native. “The esprit de corps between Soldiers is very important, especially in a deployed environment like this one. We need to take pride in our history and our heritage.”

Daggett, a resident of Eureka, Calif., said celebrating the Army's history and traditions helps young Soldiers build respect and pride in their service.

“It's awesome to take part in this tradition,” she said. “A lot of Soldiers have given their lives to protect our country since the Army started out 236 years ago, and it is great to be able to be a part of that history.”

“Continental Congress called upon the formation of 10 companies to support operations in Boston in 1775,” Tedesco said. “It's important to take time out to recognize the sacrifices our forefathers made. It is a proud day for everyone in uniform, especially those who are deployed.”

Soldiers, personnel practice emergency response techniques on COB Speicher



U.S. Army photo by Sgt. Coltin Heller, 109th MPAD, USD-N PAO

Contingency Operating Base Speicher Fire Department personnel carry a Soldier “injured” in a simulated mortar attack to an ambulance during a mass casualty exercise at COB Speicher, June 13, 2011. Soldiers assigned to the Base Defense Operations Center, Company D, Division Special Troops Battalion, 4th Infantry Division, the 272nd Military Police Company, and 256th Combat Support Hospital, U.S. Division – North, coordinated efforts during the exercise to refresh triage and emergency response skills and test each asset’s capabilities.

Sgt. Coltin Heller
109th Mobile Public Affairs Detachment
U.S. Division-North Public Affairs

CONTINGENCY OPERATING BASE SPEICHER, Iraq – Medical and emergency personnel stationed on Contingency Operating Base Speicher rushed to the Morale, Welfare and Recreation building following reports of Soldiers being injured from indirect fire during a mass casualty exercise, June 13.

Medics, military police, firemen and the base reactionary force responded to the call, refreshing crucial skills and techniques should such an incident actually occur.

Soldiers fight the way they train, said Col. Edward Horvath, deputy commander, 256th Combat Support Hospital, U.S. Division – North.

“MASCAL events are ... infrequent, which makes it all the more incumbent on us to practice and stay sharp,” said Horvath, a native of Bay Village, Ohio.

Division Special Troops Battalion,

4th Infantry Division, personnel played a large role in the training exercise – specifically Base Defense Operations Center Soldiers assigned to Company D – who provide daily force protection for troops and civilians on COB Speicher.

Within minutes of the call, Soldiers assigned to the BDOC raced to the scene and cordoned off the area, with assistance from the 272nd Military Police Company, to provide security for first responders.

Elements of the fire department arrived moments later, dousing simulated fires before medics with the CSH moved in to assess casualties.

“Today was much better than expected,” said Maj. Russell Morton, operations officer assigned to DSTB, 4th Inf. Div. “We got really good response times. The

Surgeons and medics assigned to 256th Combat Support Hospital treat a Soldier’s simulated wounds during a mass casualty exercise at Contingency Operating Base Speicher, Iraq, June 13, 2011. First responders stabilized injured troops before transporting the patients to the CSH for treatment.

medics were on scene very quickly. We had security on the scene about the same time, so we could secure it and keep anybody else from wandering into the area, and (preventing further casualties).”

After stabilizing the casualties, who suffered simulated wounds ranging from simple sprains to severe lacerations and burns, medics moved the injured troops away from the MWR building. Medics and firefighters then loaded the wounded into ambulances for transportation to the hospital.

Event coordinators mixed in several complicated scenarios with severely wounded patients to test emergency responders’ skills, said Morton, who helped organize the scenario.

“(Medics) did a great job of dealing (with) what we had thrown at them today,” said Morton.

Medical staff organic to the CSH, as well as several medics from various units stationed on COB Speicher, unloaded and treated the patients upon arrival to the CSH.

“It went very well. Everybody responded quickly, so we were able to assign roles before the patients rolled in,” said Sgt. Kelly Barger, noncommissioned officer in charge of ground ambulance

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U.S. Army photo by Sgt. Coltin Heller, 109th MPAD, USD-N PAO

Task Force ODIN continues mission

SpC. Andrew Ingram
USD-N Public Affairs

CONTINGENCY OPERATING BASE SPEICHER, Iraq – Flags fluttered in the warm Iraqi wind as Soldiers of Task Force ODIN marked the next chapter in their mission to defeat the improvised explosive device threat in northern Iraq, with a Transfer of Authority ceremony at Contingency Operating Base Speicher, Iraq, June 14.

The outgoing Soldiers of Task Force ODIN V, slated to redeploy to the U.S. after a yearlong deployment in support of Operation Iraqi Freedom and Operation New Dawn, accomplished their mission with the utmost professionalism and competence, said Lt. Col. Nicholas Arata, outgoing commander, Task Force ODIN V.

Task Force ODIN is a battalion-sized element comprised of various active duty and reserve units designed to observe, detect, identify and neutralize threats using aerial reconnaissance assets.

“It was nearly 12 months ago when I said a few words on a morning much like today, speaking about how our Soldiers had been preparing for this deployment, our special training, and the days that lay



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

ahead,” Arata said. “We came into this deployment ready to make a difference, and as we crossed each phase line along the way, I have never been more proud of the Soldiers of this task force.”

With the ceremonial casing of the Task Force ODIN V colors, Arata and Command Sgt. Maj. Mickey Somers, the task force’s senior enlisted leader, officially ended their tenure as the eye in the sky for Soldiers of U.S. Division – North.

Through the uncasing of the Task Force ODIN VI colors, Lt. Col. Jon Tussing and Command Sgt. Maj. Ronald Mason assumed responsibility for the task force’s mission to provide

aerial reconnaissance, surveillance and target acquisition for forces across northern Iraq.

“We have the best Soldiers in the world here and outside the wire,” said Tussing. “They deserve the best support we can provide them. We understand the requirements, we have the right people and equipment, and we are ready to make it happen. Remember, Task Force ODIN will always be watching.”

During the ceremony, Brig. Gen. Michael Garrett, deputy chief of staff, U.S. Forces-Iraq, thanked Arata and Soldiers of Task Force ODIN V for their excellent work during their deployment, and expressed confidence in Tussing and his team to continue providing overwatch for service members deployed in support of Operation

Lieutenant Colonel Nicholas Arata, outgoing commander, Task Force ODIN, and Command Sgt. Maj. Mickey Somers, the task force’s senior enlisted leader, case the Task Force ODIN V colors during a Transfer of Authority ceremony at Contingency Operating Base Speicher, Iraq, June 14, 2011. Task Force ODIN, a composite of multiple military and civilian personnel, assists the mission of U.S. Division – North by providing aerial reconnaissance focusing on defeating the threat of Improvised Explosive Devices.

New Dawn.

“Task Force ODIN V has set an incredibly high standard for the task force in this theater and the future theaters of operation,” said Garrett. “They have left some pretty big shoes to fill but I have the utmost confidence that Jon Tussing and his Soldiers are up to the challenge.”

Major Stephen Shure, operations officer, Task Force ODIN V, said he saw a visible decrease in the number of attacks against U.S. and Iraqi forces during his yearlong deployment as a part of U.S. Division–North.

“We own the day,” said Shure, who hails from Merchantville, N.J. “We have been very effective in defeating much of the IED threat in Iraq over the past 12 months.”

The new Soldiers filling the ranks of Task Force ODIN VI must remain vigilant to keep insurgent activity in Iraq to a minimum, said Shure.

“The fact that we are finding fewer IEDs highlights the fact that we are accomplishing the mission,” he said. “But just because business is down doesn’t mean we aren’t vital to the mission. If we find one IED, it is worth it.”



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

The Task Force ODIN Color Guard stands at attention in front of a C12 Huron during a Transfer of Authority ceremony at Contingency Operating Base Speicher, Iraq, June 14, 2011. During the ceremony, Lt. Col. Nicholas Arata, outgoing commander, Task Force ODIN V, handed over responsibility for the task force’s mission to observe, detect, identify and neutralize improvised explosive devices in northern Iraq to Lt. Col. Jon Tussing and the Soldiers of Task Force ODIN VI.

New police officers graduate MPSA

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

CONTINGENCY OPERATING SITE MAREZ, Iraq – Soldiers assigned to Task Force Shield, 4th Advise and Assist Brigade, 1st Cavalry Division, and Iraqi officials watched as police academy graduates showcased newly acquired skills at the Mosul Public Service Academy, June 12.

During the four-week basic recruit training course at the MPSA, students learned the fundamentals of operating as police officers.

The training included police ethics, martial arts, evidence collection, crime scene security, marksmanship and rights of the accused.

“They get the building blocks of being a police officer, then they go out to their unit and get more on-the-job training,” said Lt. Col. Kevin Henderson, commander of Task Force Shield.

The Iraqi policemen demonstrated how to collect evidence at a simulated crime scene,

mark the scene, take photographs and dust for fingerprints before allowing emergency responders to move into the area.

By exhibiting tactics and abilities, the class showed they are ready to be part of the police force, said Henderson, a native of Newburgh, N.Y.

Graduates also displayed their martial arts skills and discipline with a demonstration of defensive techniques during a scenario where the officers protected a “dignitary” from an attack by extremists.

“Having a big graduation builds confidence,” said Henderson. “It’s like their rite of passage into the police force.”

With the completion of the basic police training, Iraqi police officers join others in the ranks already securing the people of Ninewa province and the city of Mosul.

“These training centers are the foundation of all the training,” said staff Maj. Gen. Ahmed Hassan, the Ninewa provincial director of police. “We’re not going to leave any gaps for the terrorists inside or outside the city.”



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

An Iraqi policeman defeats attackers during a martial arts demonstration as part of a graduation ceremony at the Mosul Public Service Academy in Mosul, Iraq, June 12, 2011. Newly graduated policemen exhibited their readiness to join the police force by demonstrating combative skills, evidence collection, marksmanship and crime scene investigation techniques while top Iraqi leaders watched the event.

MASCAL, cont'd from Pg. 6

missions, 256th CSH. “They were triaged and the litter bearers brought them in, and we knew right away where they were supposed to go.”

Medical personnel assigned to the CSH rotate every 90 days, presenting logistical challenges of streamlining operations between changing units, in addition to the already stressful environment of treating wounded Soldiers.

We have a good group of physicians, and this helps them get in sync with one another, said Horvath.

In addition to testing medical readiness and capabilities, troops also used the scenario as an indicator of the level of communication between medical and emergency response units.

Fire department, base defense and military police Soldiers integrated with medics during initial triage, providing constant communication to keep hospital staff informed of patients’ conditions.

Emergency response and base defense units assisted the CSH and allowed medical personnel to practice standing operating procedures and test communication links in an effort to more efficiently and effectively treat patients, said Col. Lisa Dumont, commander, 256th CSH.

“It tests our communication between not only the command post and the tactical operations center here, but also the hospital and then our assets on post,” Dumont said.

Morton said coordinating all the pieces of the exercise presented a challenge for the DSTB.

“Everybody has a real world mission, and everybody’s working everyday to do what they have been deployed for,” said Morton. “The CSH sees and treats patients just like battalion medics do. The base defense team is normally out doing security missions, and the fire department does their job on a daily basis.”

All the units involved in the MASCAL took time from their daily routines to sharpen skills during the event. Prior to the mission, each unit rehearsed battle drills and focused emphasis on individual roles, said Morton.

“Everybody came together, identifying what their training requirements would be for executing (the MASCAL),” said Morton. “So, as we build the scenario, we can make sure we achieve those training goals.”

'Warpigs' secure snap traffic control points

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

KIRKUK, Iraq – “Warpigs” Soldiers of Company D, 2nd Battalion, 12th Cavalry Regiment, 1st Advise and Assist Task Force, 1st Infantry Division, trained Kirkuk Emergency Service Unit members on traffic control points on the streets of downtown Kirkuk, Iraq, June 13.

“We’re right there with them providing security and advice,” said 1st Lt. Alonzo McNeal, an armor officer with Company D. “We are continuing the advise, train and assist mission by teaching the new ESU soldiers during the TCPs.”

McNeal, who hails from Chicago, began conducting partnered missions with Kirkuk Police and the ESU at the onset of Operation New Dawn in September 2010.

“Today, we conducted another counter-indirect fire patrol on three different named

areas of interest with our Iraqi Security Force counterparts,” said McNeal. “Then we’ll check some historical rocket point-of-origin sites. This is a fairly normal day for us.”

Though ESU soldiers lead each mission, communication between Iraqi Police and U.S. counterparts is necessary to ensure mission completion, he added.

Each mission begins with U.S. Soldiers and ESU leaders reviewing plans, said McNeal. He added that coordination between them is important because the two most experienced teams will also conduct TCPs in other areas around Kirkuk.

The partnered teams refer to the traffic points as “snap TCPs,” as they can be set up to quickly establish security, search vehicles and move to a new location.

“The purpose of the snap TCP is to allow the ESU to deny enemy freedom of movement, deter criminal activity and disrupt indirect fire,” said



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

First Lieutenant Alonzo McNeal, a platoon leader assigned to Company D, 2nd Battalion, 12th Cavalry Regiment, 1st Advise and Assist Task Force, 1st Infantry Division, conducts a review with Kirkuk Emergency Service Unit platoon leaders after conducting snap traffic control points in downtown Kirkuk, Iraq, June 13, 2011.

Capt. Josh Van Epps, executive officer, Company D. “At this point, the ISF coordinates everything and we just provide overwatch security and ... advice.”

After patrolling the streets of southern Kirkuk, the lead Iraqi vehicle crew gave the signal to set up the TCP.

When driving in the city,

you have to learn not to cut the turns too tight; be cautious, said Staff Sgt. Scott Colson, a Warpigs squad leader, warning of the threats of possible improvised explosive devices.

Six vehicles then moved into position, forming a TCP as ESU members and policemen signaled oncoming traffic to stop.

Once the trucks moved into position, Warpigs Soldiers established security while ESU members conducted the stop, said Colson, who hails from Longview, Wash.

“The ESU are going to take the lead on everything,” said Colson. “We’ll just provide security. The (Lieutenant) will answer any questions they might have.”

ESU members inspected several vehicles under the watchful eyes of U.S. Soldiers before taking down the TCP and moving onto another area of the city.

“I think that we did well,” said McNeal, speaking of the U.S. and Iraqi forces. “We were successful by showing our presence within the city. It shows the people we are still out here trying to protect them.”



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

U.S. forces and the Kirkuk Emergency Service Unit conduct partnered snap traffic control points in downtown Kirkuk, Iraq, June 13, 2011. “Snap TCPs allow security forces the ability to safely search vehicles, deter weapons smuggling, apprehend violent extremists and discourage criminal activity,” said 1st Lt. Alonzo McNeal, a platoon leader with Company D, 2nd Bn., 12th Cav. Regt., 1st AATF, 1st Inf. Div.

Bikes Over Baghdad



Professional BMX riders with the Bikes Over Baghdad tour provide entertainment and boost morale of U.S. Division – North service members and civilians during a show at Contingency Operating Base Speicher, Iraq, June 11, 2011. During the show, the riders launched themselves over military vehicles and personnel, handed out prizes ranging from energy drinks to a Harley-Davidson jacket, and thanked the audience of U.S. troops for serving and protecting the people of the United States.





Chaplain's Corner: _____

'If it doesn't work, do something different'

Chaplain (Maj.) Paul Foreman
Family Life Chaplain
U.S. Division-North

Human beings are creatures of habit. From the moment we get up in the morning until we lay down to rest at night, we do certain things like clockwork and behave in ritualistic ways.

We brush our teeth and comb our hair the same way at the same time. We sleep on the same side of the bed. We sit at the same seat at dinner. We give little thought to our daily habits until something unusual happens, like somebody else sitting in "our chair" for dinner.

So we also behave habitually in our relationships with others, especially our significant others.

Michelle Weiner Davis is a well-known marriage and family therapist. She said that behaving habitually is usually only problematic when relational difficulties arise. Couples get into the same crazy cycle over and over, and think that this will solve their problems.

When we do something different, she said, it interrupts the negative sequence of events and forces a different outcome.

Most of us have experienced driving a car. The majority of the time you do not have to think about driving at all. You can carry on a conversation, sightsee and yell at the kids all at the same time.

However, when something unexpected occurs, like a dog jumps out in front of you, you immediately become conscious of the road and you are driving attentively once again. Unforeseen happenings on the road put us in an alert state.

Similarly, unforeseen happenings in our marriage and relationships wake us up and shift us out of auto-pilot. So, Davis said, if what you are doing does not seem to be working, do something different.

The problem, sometimes, is that we have become so predictable to each other in our arguments. We do the same things over and over, at the same time, and in the same location much of the time.

But when a small change is introduced, it is amazing what can happen. In fact, the more inflexible you become in your arguments, the more perceptible any small change will be.

Gregory Bateson, a renowned anthropologist, was once asked to observe two otters at a zoo. The zoo officials were concerned because the otters had become listless stopped playing like they used to.

After several days of observing the otters, Bateson had an idea. He took a piece of paper, attached a string to the end of it and dangled it where the otters rested.

After a while, one otter spotted the paper curiously and then

the other otter came over. Before long, the two otters were playing with each other. The otters continued playing and never returned to their listless behavior.

What happened? Why the sudden change in the otter's behavior?

Bateson was sure of one thing. As long as nothing new was introduced, nothing new would happen.

The dangling paper provides an important lesson to couples who constantly argue over the same things and are trying to resolve their problems in the same old way.

Davis said to ask yourself: "What have you been doing that doesn't seem to be working? What are your 'more of the same' behaviors?" If we asked your partner what you do in an argument that does not help them, what would they say? Would they say you nag a lot? Or would he or she say you withdraw?

Ask yourself: "What would I have to do differently for my partner to think I'm changing?"

Whatever pigeon hole your spouse has placed you into, this is the behavior you must change. You must surprise your partner by doing something different the next time.

The guideline is this: The next time you get into the same situation where you feel tempted to do the same old thing, do something different. No matter how weird or crazy it might seem, do something you have never done before.

There's an old saying, "If it ain't broke, don't fix it." But now you know the other saying... "If what you're doing doesn't work, do something different." Try it out the next time you sense things are starting to go south in your relationship and let me know what happens.

U.S. Division-North Social Media Sites

Click on the link below to visit the USD-N Flickr page to view more photos of U.S. Soldiers deployed in support of Operation New Dawn.

www.flickr.com/photos/the4ID



Hey Doc: *Is it too late to get my medications?*

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

"Hey Doc: I've heard that the post office is closing soon and I haven't reordered my medications yet. I also heard that the selection at the base pharmacy is getting smaller. I'm getting concerned since I will still be here for a few more months and I really need my medication. What should I do?"

-Signed, Staff Sgt. I.M. Pokey

Dear Staff Sgt. Pokey,

Looking around our bases, we are often reminded that we are in an expeditionary environment. Folks are packing up to go home, T-walls are moving, and base populations are dropping.

Services are being reduced and, fairly soon, getting your groove on at weekly Salsa night will be history as well. These are positive indications that we are closer to leaving Iraq.

Some changes are merely annoying, like losing your favorite flavor of ice cream at the dining facility. However, a more significant loss will occur approximately 45 days prior to base closure - mail

service will stop.

If you take medication on a regular basis, now is the time to get resupplied. During pre-deployment processing, you probably received six months worth of medication with one refill on file.

Whether you used your refill prescription or not, it is important to count how much medicine you have remaining. Because block leave can be 30 days, it takes some days to reintegrate into the home health care system.

Since there can be unforeseen delays in the redeployment process, the rule of thumb is always to have approximately 60 days worth of your medicines beyond your estimated redeployment date. Reordering these additional medicines now will make your transition much less stressful.

Reorder your medications from the TRICARE Mail order pharmacy three months prior to base closure.

Here's how:

- 1. Log into AKO. Under "Self-Service," click on "My Medical."**
- 2. Scroll down halfway to "Deployment Maintenance Medication Supply."**
- 3. Click on the link for "TRI-**

CARE Mail Order Pharmacy Program (TMOP)."

4. Register if you have not logged on previously.

5. Log in with username and password.

6. Go to "My Prescriptions" at upper left corner of screen.

7. First link is "Order Refills."

8. Update your mailing address to ensure meds are sent directly.

If you can't get online, call the Pharmacy Operations Center at DSN 312-471-8274 or commercial 1-866-275-4732, option 8. They provide friendly service and are open 24 hours a day.

If you need another prescription, contact your primary care provider. Your battalion surgeon or physician assistant can send a new prescription to the TMOP. It will arrive in about four weeks.

Please stop dragging your feet, Staff Sgt. Pokey. You do not want to be out of any critical medicine.

Get set with your medications, and keep those Task Force Ironhorse questions coming!



Medical Bulletin

**Chronic Medication Reordering
USD-North MB-003**

**Do you have enough medication
to last through redeployment?**

FACTS

- Maintenance medications are those taken on a regular basis.
- As we leave Iraq, supplies of these medications will rapidly decrease.
- Personnel should have deployed with 6 months of medication.
- During the SRP process, a 6-month prescription should have been placed on file with the TRICARE Mail Order Pharmacy (TMOP).
- Mail service stops 45 days prior to base closure.
- Personnel must reorder medication three months prior to base closure.