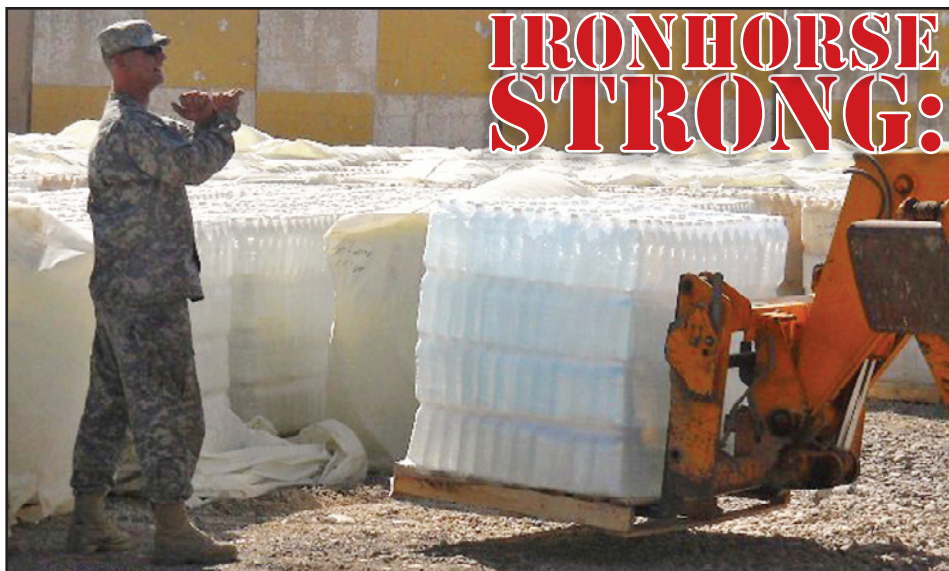


U.S. Army photo by Spc. Angel Turner, 4th AAB PAO, 1st Cav. Div., USD-N

"It's very gratifying to see that their security forces are firmly in charge of securing Ninewa province and continuing to build a professional military force," said Col. Brian Winski, commander, 4th AAB, **See LION, Pg. 3**



U.S. Army photo

Private 1st Class Keith Kunz, a supply specialist serving with Company B, 101st Brigade Support Battalion, 1st Advise and Assist Task Force, 1st Infantry Division, supervises bottled water distribution at Contingency Operating Site Warrior June, 28, 2011. Kunz ensures daily distribution of water to COS Warrior and surrounding bases, keeping fellow Soldiers supplied, and earning him the title of "Ironhorse Strong" Soldier of the Week.

No matter the job, every Soldier plays a vital role during a deployment, whether in a line unit or supporting from behind the scenes.

Private 1st Class James Kunz, a supply specialist assigned to Company B, 101st Brigade Support Battalion, 1st Advise and Assist Task Force, 1st Infantry Division, earned the title of U.S. Division – North "Ironhorse Strong" Soldier of the Week for providing potable water for U.S. Sol-

diers stationed at Contingency Operating Site Warrior.

Kunz ensures water purification and distributes more than 10,000 gallons of water on a daily basis, ensuring Soldiers stationed at COS Warrior and outlying bases remain supplied with essential hygiene capabilities.

"He's the go-to guy in the section," said Sgt. Christopher Craig, fuel and water supply sergeant, Company B, 101st BSB.

Soldier of the Week

"He is directly responsible for all water distribution on the COS, and keeps me informed of how much water needs to be dropped each day."

Each day, Kunz, a native of Dallas, ensures the readiness of six water storage units by purifying water for Soldiers stationed at Fire Base Manila, as well as distributing bottled water for service members stationed at COS Warrior.

On average, Kunz makes 75 to 80 water drops a day, said Craig.

Kunz also assists with unloading each pallet of water from flatbed trucks, utilizing forklifts and manual labor.

"He also helps out with (distributing fuel) if needed," said Craig. "Even though his main responsibility is water, he jumps to help whenever he is needed."

Kunz maintains his motivation by conducting physical training on his own, as well as keeping up with basic soldiering skills, which assist him in accomplishing the mission, unit members said.

Craig said Kunz needs little guidance once given a task.

"I can give him a task and won't have to double down on him," Craig said. "He's reliable, without a doubt."

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THE IVY LEAF

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**1st Advise and
Assist Task Force
1st Infantry Division**

**2nd Advise and
Assist Brigade
1st Cavalry Division**

**4th Advise and
Assist Brigade
1st Cavalry Division**

LION, Cont'd from Pg. 1



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

After rescuing simulated hostages, Iraqi Special Operation Forces soldiers assigned to 7th Regional Commando Battalion, 2nd Iraqi Army Division, bring a suspected criminal out of a building during Operation Iron Lion at Ghuzlani Warrior Training Center, in Ninewa province, Iraq, June 27, 2011.

1st Cav. Div.

"As you look at the history of Iraq over the course of the last eight years, there have been some periods that were very problematic in terms of the capabilities of the Iraqi Security Forces, but that is no longer the case," said Winski. "This is our main training effort – to help the Iraqis achieve a foundational capability for defense against external threats, which are portrayed in these exercises."

Through extensive training and hard work, the ISF developed a foundation to protect the people of Ninewa, said Winski, a native of Milwaukee.

Leading to the training exercise, Soldiers assigned to 5th Battalion, 82nd Field Artillery Regiment, 4th AAB, trained Iraqi federal policemen to conduct urban operations, checkpoint procedures and tactics to increase proficiency in combatting terrorists and criminals.

Using tactics improved upon from previous training events, the federal policemen conducted a hasty raid to apprehend "terrorists" who fired a simulated rocket-propelled grenade at a checkpoint.

Acting on information gathered in an intelligence report compiled from the first training event, Iraqi Special Operation Forces tactically moved down a dirt road, closing in on a building suspected of holding notional hostages. Moments later, the group of specially trained soldiers assigned to 7th Regional Commando Battalion, 2nd Iraqi Army Division, moved inside, capturing the criminals and rescuing the hostages.

At nearby Ghuzlani Warrior Training Center, Iraqi Army leaders laid out a detailed terrain map and briefed units for a battalion-level live fire exercise to culminate Iron Lion.

Iraqi soldiers of 1st Bn., 10th Bde., 3rd IA Div., spent the month leading up to Iron Lion conducting Tadreeb al Shamil, Arabic for All Inclusive Training.

Troops studied basic infantry operations under the direct mentorship of cavalry troopers assigned to 1st Squadron, 9th Cavalry Division, 4th AAB.

"When this unit started their training, I'd say they started out doing a really good job," said Sgt. 1st Class Kenneth Hayes,

platoon sergeant, Troop C, 1st Sqdn., 9th Cav. Regt. "To this point they have all improved. The soldiers have shown that they care about the training they get, and I think they will do very well."

Hayes, who hails from Natchez, Miss., said he believes a combination of in-depth training and solid leadership resulted in an outstanding demonstration for the senior U.S. and Iraqi military leaders, and news media representatives attending the event.

Iraqi soldiers were very eager to demonstrate their combat efficiency to their senior leadership and the Iraqi people, said 1st Sgt. Ali, 1st Bn., 10th Bde., 3rd IA Div.

"My men are well trained and ready," said Ali. "The (U.S.) forces have helped us greatly when it comes to how to conduct training. We want to prove that we are proficient and ready for the security mission in Iraq."

Using infantry ground units and mortar crews, 1st Battalion assaulted three separate locations of "terrorist cells" in the hills of GWTC.

Sergeant Daniel Martinez, Troop C, 1st Sqdn., 9th Cav. Regt., said the live fire exercise provided soldiers on the ground and the gathered audience a good example of what it takes to maneuver on a battlefield and accomplish a mission.

"It really is a spectacular thing to see – hundreds of Iraqi soldiers shooting, moving and communicating," said Martinez, a native of Reno, Nev. "I think it will really boost the esprit de corps of the Iraqi people to see that their military can accomplish all of this."

"The battalion live fire is a very complex operation and they did it exceptionally well," said Winski. "Long Knife" troopers will continue training them to further enhance their capabilities."

Long Knife Soldiers of 4th AAB, 1st Cav. Div., are scheduled to begin their seventh monthlong training cycle with a new group of Iraqi soldiers in July.

Following the live fire finale, ISF leaders representing each of the participating units in Iron Lion answered questions from the media regarding the demonstrations, and the future of Iraqi Security Forces, during a press conference at Contingency Operating Site Diamondback.

Iraqi leaders remain confident in Iraqi Security Forces' improved ability to secure the area and the future of Iraq, said Iraqi Brig. Gen. Khalid Sa'adon, public affairs officer, Ninewa Operations Center.

Sa'adon said tactics taught by U.S. Soldiers will enable Iraqi Security Forces to protect Iraq from any future attacks they may face.

"We conducted this exercise to show the whole world that we have coordination between the ISF," said Sa'adon. "We would like to show to the people everywhere that the ISF is one hand helping each other."

Cavalry Soldiers honor fallen comrades

2nd AAB, 1st Cav. Div.



Sgt. Quentin Johnson
2nd AAB Public Affairs
1st Cav Div., USD-N

CONTINGENCY OPERATING SITE COBRA, Iraq – The sound of taps echoed through the dining facility at Contingency Operating Site Cobra, Iraq, as “Black Jack” Soldiers of 2nd Advise and Assist Brigade, 1st Cavalry Division, reflected on memories of two fallen comrades, June 28.

Staff Sergeant Russell Proctor, 25, from Oroville, Calif., and Pfc. Dylan Johnson, 20, a native of Tulsa, Okla., both of Troop C, 4th Squadron, 9th Cavalry Regt., 2nd AAB, died from injuries sustained while conducting operations in support of Operation New Dawn in Diyala province, June 26.

Soldiers and friends grieved, shared memories, and celebrated the lives of Proctor and Johnson during the ceremony, said Chaplain (Capt.) Andy Jenks, 4th Sqdn., 9th Cav. Regt.

“This is the day we have been given to honor our fallen brothers,” said Jenks.

Lieutenant Colonel Paul Garcia, commander, 4th Sqdn., 9th Cav. Regt., asked Soldiers to honor Proctor and Johnson because of the impact they left on the squadron.

“His loss is deep, but his impact on the young troopers of this squadron for generations to come will be lasting,” Garcia said of Proctor.

Garcia said Soldiers in Proctor’s platoon thought Proctor was tough when needed, but always profes-

sional and caring of his Soldiers.

“(Proctor) cared for his Soldiers 24 hours a day, seven days a week,” said Capt. Andrew Eagen, commander, Troop C.

Caring for his Soldiers was half of what made Proctor a great noncommissioned officer, he said.

“Staff Sgt. Proctor was the epitome of an NCO in my mind,” said Eagen. “He was an NCO that knew what right looked like and lived it each day.”

“Staff Sgt. Proctor set the example for every Soldier who knew him,” said 1st Lt. Christopher Boyer, a platoon leader with Troop C. “On the job, he had tactical insight that I still envy.”

In addition to Proctor’s leadership skills, friends also

remembered his jovial spirit.

“Above all else, I’ll remember Staff Sgt. Proctor’s sense of humor,” said Boyer. “He could make you laugh. You wouldn’t believe his wit.”

“He would light up any room or situation with his wit and humor,” said Eagen.

Comrades remembered Johnson’s sense of humor as well.

“(Johnson’s) platoon would also say that he was somewhat of a goof ... always cracking jokes and trying to keep it light,” said Garcia.

Johnson’s sense of humor was so unique, he even had a facial expression known to his fellow Soldiers as the “Johnson” face, said Pfc. Anthony Santiago, a Pollock
See HONOR, Pg. 6

Soldier leaves Iraq on own terms, gains closure

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

CONTINGENCY OPERATING BASE SPEICHER, Iraq – In the eye of the Soldier's mind, one thing is often focused on most – home. Many Soldiers enjoy that dream becoming reality after the long months of a deployment. For some, the trip home is overshadowed by wounds sustained during the deployment.

Retired Army Sgt. Kurtis Edelman and several other wounded troops returned to Iraq during Operation Proper Exit and witnessed changes in the country during a tour of U.S. Division – North, June 28.

Operation Proper Exit, a program created by the Troops First Foundation, provides wounded service members closure by returning them to where they served during their deployments and enabling them to leave on their own terms.

Edelman suffered a traumatic brain injury from an improvised explosive device while deployed as an infantryman with Company C, 2nd Battalion, 1st Infantry Regiment, 172nd Stryker Brigade, during a mission in Baghdad in 2006.

"I don't remember what happened," said Edelman, who calls Bountiful, Utah home. "I was out on mission one minute, and in a hospital the next."

The 172nd Stryker Brigade, stationed in Grafenwoehr, Germany, served a 16-month deployment, one of the longest during Operation Iraqi Freedom, from August 2005 to December 2006. Soldiers assigned to the unit patrolled areas around Mosul in northern Iraq before transferring to Baghdad near the end of the tour.

Edelman returned home to his wife of 10 years and three children, suffering from severe post traumatic stress disorder as a result of his injury.

"I didn't know what exactly what was going on at first," recalled Edelman. "I would see Soldiers and (enemies) walking down the street, and when I would look again they would be gone."

Edelman said, at the time, he did not know that it was his body dealing with the stress.

"I would also hear voices, both of my friends and enemies whispering to me. It was wearing me and my Family out," he



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

Retired Army Sgt. Kurtis Edelman, pets Rose, a 4th Infantry Division therapy dog, while talking with Soldiers at Contingency Operating Base Speicher, Iraq, during Operation Proper Exit, June 28, 2011. U.S. Division – North Soldiers talked with Edelman and several other wounded warriors during the visit. Operation Proper Exit provides wounded service members the chance to return to where they received their injuries, leave on their own terms, and gain closure.

said.

Edelman volunteered for Operation Proper Exit to return and see the changes made in Iraq since he left abruptly in 2006.

"It was surreal as I was getting closer. I feel a real sense of closure now," he said. "It feels like I'm coming home all over again, being able to leave in good terms."

While visiting Contingency Operating Base Speicher, Edelman and his companions toured Task Force ODIN, an aerial re-

connaissance unit designed to observe, detect, identify and neutralize enemy threats to Soldiers on the ground.

"It was great to see the guys on the ground have this type of support. I know if I was here now, I would feel safer," he said.

After touring Task Force ODIN, the wounded warriors stopped in at the U.S. Division – North Comprehensive Soldier Fitness Center for lunch. During lunch, **See EXIT, Pg. 7**

Engineers remove bridge in Kirkuk province

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

KIRKUK, Iraq – Soldiers of 74th Multi-role Bridge Company, 36th Engineer Brigade, along with support from Company C, 1st Special Troops Battalion, 1st Advise and Assist Task Force, 1st Infantry Division, recovered a temporary bridge from southern Kirkuk province, Iraq, June 20.

Soldiers emplaced the bridge early in Operation Iraqi Freedom to allow freedom of movement for U.S. and Iraqi forces throughout southern areas of the province.

Soldiers of 15th Brigade, 12th Iraqi Army Division, who now use permanent bridges several kilometers down the river from the removed bridge, attended the operation to witness the removal of the U.S. Wolverine bridge system.

Unlike many bridges emplaced by U.S. forces and donated to local governments during Operation Iraqi Freedom and Operation New Dawn, the Wolverine bridge is a piece of equipment accountable to a



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

Soldiers of 74th Multi-role Bridge Company, 36th Engineer Brigade, use a front-end loading excavation vehicle to pick up pieces of a temporary Wolverine bridge in southern Kirkuk province, June 20, 2011. Engineers removed the temporary bridge and loaded the pieces for shipment back to the U.S.

unit, and must be recovered so it can be used for training.

Because Soldiers from 74th Multi-role Bridge Company did not have the Wolverine vehicle system necessary to remove the bridge, the engineers had to improvise a plan to efficiently dismantle and take away the bridge.

“This was not your typical bridge removal mission,” said Capt. Miguel Solla, commander, 74th Multi-role Bridge Company. “The Wolverine bridge system that we were

tasked to remove would usually have a vehicle that is meant to offload and emplace the bridge, as well as remove and reload the bridge.”

Without the Wolverine vehicle designed to emplace and remove this particular bridge system, the engineers devised a hasty plan to accomplish the mission, relying on ingenuity and their engineering expertise to get the job done, Solla said.

“To accomplish the mission, we separated the bridge by disconnecting the trusses that keep

the two halves together,” said Solla.

“We then chained the bridge to the bucket of our front-end loader, and emplaced large rollers to stabilize the 6,000-pound piece of the bridge, as the front-end loader served to counter-balance the opposite end of the bridge that was suspended over the river during the removal process,” he added.

After removing and dismantling the bridge, engineers loaded the pieces for shipment and return to the U.S.

HONOR, Cont'd from Pg. 4



U.S. Army photo

The portraits of Staff Sgt. Russell Proctor, 25, and Pfc. Dylan Johnson, 20, cavalry scouts with Troop C, 4th Sqdn, 9th Cav. Regt., 2nd AAB., 1st Cav Div., are displayed during a memorial ceremony at Contingency Operating Site Cobra, Iraq, June 28, 2011.

Pines, Calif., native, and cavalry scout with Troop C.

Santiago said it was a facial expression that never failed to bring a smile to Soldiers' faces.

Unit members said humor was part of Johnson's life, and so was being a Soldier.

“Johnson was known as one of the hardest workers in White Platoon,” said Garcia.

“He was kind, always willing to lend a helping hand,” said Egan.

Johnson's kindness and hard work brought a sense of unity within the platoon, said Egan.

“He instantly became a sort of glue amongst the Soldiers in White Platoon.”

“He impacted my life in a way that no one ever has,” said Santiago about Johnson. “I loved him as if he is my own blood.”

Both Proctor and Johnson left great

footprints within their unit, said Egan, and they will be remembered as Soldiers and individuals.

“As we memorialize them today, each will be missed in a different way because of their different experiences, but both will be remembered for their impacts as men,” said Egan.

Jenks reminded everyone to rejoice in the privilege of knowing them both.

“We rejoice not in the loss we feel, but in the friendship we had with these men,” said Jenks. “While we rejoice, we also grieve. We grieve for our loss.”

Jenks said grief is a demonstration of love, and Proctor and Johnson's love for their fellow Soldiers builds hope.

“They served their nation and their Families to bring hope – a hope for freedom and a hope for tomorrow,” Jenks said.

Iraqi soldiers learn howitzer basics at GETS

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

CONTINGENCY OPERATING SITE MAREZ, Iraq – Soldiers of 102nd Field Artillery Regiment, 2nd Iraqi Army Division, conducted emplacement and displacement procedures training on the M198 155mm howitzer at Ghuzlani Eagle Training Site, Iraq, June 28.

Field artillerymen assigned to Battery B, 5th Battalion, 82nd Field Artillery Regiment, 4th Advise and Assist Brigade, 1st Cavalry Division, advised and assisted Iraqi soldiers to effectively use the howitzers.

Working as a section, the Iraqi field artillery soldiers rehearsed the steps necessary to ready the howitzer to provide indirect fire support.

“Field artillery is a major component in the Army,” said Staff Sgt. Walter Wells, a field artillery section chief from Battery B, 5th Bn., 82nd FA Regt.

Wells said the Iraqi trainees will now be capable of effectively engaging enemies with

the long-range weapon system.

During the training, U.S. Soldiers provided Iraqi field artillerymen the opportunity to prepare the howitzer with minimum U.S. coaching.

“Our goal is that they will be able to successfully fire rounds and do it on their own,” said Wells, a native of Bedford, Iowa. “These soldiers are the future of artillery. When they are done here, they will take their knowledge and pass it on.”

Iraqi Army soldiers are preparing to apply all the fundamentals taught by U.S. forces during a live fire exercise scheduled for next month.

“Getting more experience on this equipment will improve their Army,” said Sgt. Leopoldo Bejarano, a field artilleryman from Odessa, Texas assigned to 5th Bn., 82nd FA Regt.

“We are providing hands-on training to these soldiers,” Bejarano added. “We are starting at the basic level and gradually advancing so they can learn and better themselves as field artillerymen.”



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

Sergeant Kelvin George, a field artilleryman assigned to 5th Battalion, 82nd Field Artillery Regiment, 4th Advise and Assist Brigade, 1st Cavalry Division, assists Iraqi soldiers assigned to 102nd Field Artillery Regiment, 2nd Iraqi Army Division, as they learn emplacement and displacement procedures with an M198 155mm howitzer at Ghuzlani Eagle Training Site, Iraq, June 28, 2011. George, a native of Los Angeles, taught Iraqi soldiers fundamentals of operating the howitzer to increase the soldiers' proficiency as field artillerymen.

EXIT, Cont'd from Pg. 5

Maj. Gen. David G. Perkins, commanding general of U.S. Division – North and 4th Infantry Division, presented each one with a division coin and certificate of appreciation.

“It’s great to have all of you here,” said Perkins to the guests. “You are what it means to persevere. If anyone wants to see the embodiment of strength, these warriors are it.”

The wounded warriors then separated into different aircraft, flying to the areas where they once served.

Edelman flew to Contingency Operating Site Marez, the 172nd Stryker Brigade’s area of responsibility during his deployment, where Command Sgt. Maj. Antoine Overstreet, senior enlisted advisor of 4th Advise and Assist Brigade, 1st Cavalry Division, welcomed the wounded warriors, providing a fly over of the city of Mosul.

“We’re all glad to have you here to witness the changes that have been made,” said Overstreet before the flight.

“It was awesome,” said Edelman breathlessly after the flight. “The country is thriving, crops are growing; there’s more green than the last time.”

The tour flew over several sections of Mosul, showcasing the growing infrastructure of the city.

“A lot of the places were little more than rubble, the last time. Now you see new houses and roads,” said Edelman.

Edelman said the best things he saw were the families.

“I saw families walking, acting as normal people should. Kids were playing in yards and by the river. You didn’t see any of that the last time,” he added.

Edelman met with former 172nd Stryker Brigade Soldiers now serving with 4th

AAB before the aerial tour and imparted his knowledge and experiences on living with PTSD.

“There is a stigma with PTSD – that it’s better to be labeled as an alcoholic than someone who has PTSD. Medicating yourself with alcohol is not the answer,” said Edelman to his former 172nd troopers.

“We all learned to be professional Soldiers, and I used that mindset when I returned home. I learned to be a professional civilian,” he said to the Soldiers.

Overstreet advised his troopers to heed the words of the wounded warriors, and take from them any advice offered.

Edelman also thanked the Soldiers in the room, asking them to pass on a message to all service members.

“I am so grateful to come back here and see the guys are continuing the legacy we started,” Edelman said.

Mayor Cell keeps base operational

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

CONTINGENCY OPERATING BASE WARHORSE, Iraq – Keeping a base running smoothly in a deployed environment presents a variety of challenges.

From having water delivered to troop living quarters to coordinating contractors to fix air conditioners in offices throughout the base, there are numerous jobs big and small conducted regularly to ensure units on base remain operational.

Filling this role on Contingency Operating Base Warhorse is the Mayor Cell, comprised of nearly a dozen Soldiers from 2nd Advise and Assist Brigade, “Black Jack,” 1st Cavalry Division, U.S. Division-North, deployed in support of Operation New Dawn.

The Mayor Cell is responsible for numerous base functions including facilitating living accommodations for visitors, acting as intermediaries between units and contracting agencies, coordinating work for local national employees, and filling out work requests for Soldiers and units, said Staff Sgt. Sherrod Nevels, an automated logistical specialist who currently fills the role of Mayor Cell noncommissioned officer in charge.

The Mayor Cell is also responsible for 65 to 70 local national workers who work on the base every day, explained Nevels, a Tampa, Fla., native.

Local nationals help keep the base clean, pick up excess scrap metal and wood, and also help clear out and shut down unused buildings and tents, he added.

“This cuts the manpower requirements for the units by hiring local nationals who can do a lot of the work,” said Nevels.

The Mayor Cell also helps fill out and facilitate the completion of nearly 200 work orders per week.

Between 70 and 90 people walk through the Mayor Cell doors every day in need of help, whether it is filling out a work or-



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

Sergeant Jennifer Peterson, a native of Miami, and Pfc. Juan Patrick, from Dallas, both communication specialists with 2nd Advise and Assist Brigade, 1st Cavalry Division, fill out work order requests at the Mayor Cell on Contingency Operating Base Warhorse, Iraq, June 20, 2011.

der to have a light bulb fixed outside their room, or requesting pallets of water to be dropped off at an office.

There is always something, said Sgt. Jennifer Peterson, a Miami native and communication specialist with 2nd AAB.

“It’s a very high operational tempo,” she said.

For Peterson, one of the biggest surprises of working at the Mayor Cell is seeing how well her Soldiers, nearly all of whom come from differing career fields and military backgrounds, work together to ensure

the base remains operational.

“They’ve done wonderfully,” said Peterson.

“There is never a dull moment,” said Pfc. Juan Patrick, a Dallas native and communication specialist with 2nd AAB.

Patrick, currently on his second deployment, works daily as an escort for local national workers.

Patrick said this position helps him experience an unfamiliar people and culture.

“This is my first time working with local nationals,” he said. “This isn’t something every communication Soldier gets to experience. I have a lot of fun,” Patrick explained.

Whether the job is large or small, Soldiers of 2nd AAB rely on the Mayor Cell daily to get any number of tasks done, which helps keep Soldiers at COB Warhorse mission-ready.




U.S. Army photo by Sgt. Justin Naylor, 2nd AAB PAO

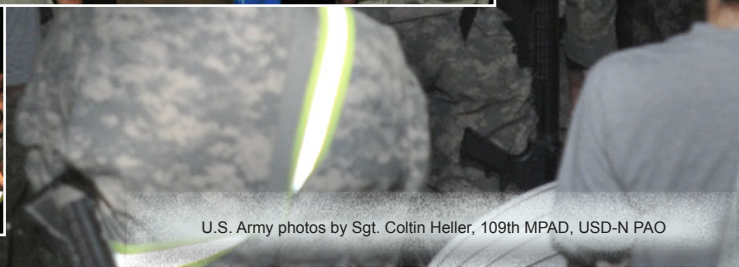
Specialist Eric Custer, right, a Westcliffe, Colo., native and a combat engineer with 2nd Advise and Assist Brigade, “Black Jack,” 1st Cavalry Division, U.S. Division-North, and Pfc. Juan Patrick, a Dallas native and communication specialist with 2nd AAB, work together to fix an air conditioning unit on Contingency Operating Base Warhorse, Iraq, June 21, 2011. Both Soldiers work in the COB Warhorse Mayor Cell, which is responsible for numerous base functions including facilitating living accommodations for visitors, acting as intermediaries between units and contracting agencies, coordinating work for local national employees, and filling out work requests for Soldiers and units.

HOOBASTANK ROCKS COB SPEICHER

M&R



Service members and civilians enjoy a rock show performed by Hoobastank at Contingency Operating Base Speicher, Iraq, June 25, 2011. Lead singer Doug Robb encouraged participation from the crowd during the hour-long show, inviting them closer to the stage, and to sing lines to some of the band's hit songs such as "Running Away," and "Crawling in the Dark." The band stopped at several bases in Iraq and Kuwait, providing a time for service members to relax from daily duties.



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

Kurdish Regional Guard trains squad, ambush movement tactics at MTC

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

MANILA TRAINING CENTER, Iraq – Squads of 1st Kurdish Regional Guard Brigade soldiers conducted ambush and movement training at Manila Training Center in Kirkuk province, Iraq, June 23.

Halfway through a four-week training cycle, U.S. Division – North Soldiers of 1st Advise and Assist Task Force, 1st Infantry Division, evaluated the performance of the students and the Iraqi instructors leading the tactical and technical classes.

Each training lane at MTC requires soldiers to build on skills from previous classes, progressing from individual and buddy team movements to platoon and company-level tactics.

“We usually start with the classroom stuff,” said Staff Sgt. David Benoit, Battery A, 1st Battalion, 5th Field Artillery Regiment, 1st AATF. “We continue to build on our teaching so that they can get to the point where they are able to go out and execute the more complex movements and employ the more complex concepts.”

Having already completed dry fire and live fire training on how to move on an enemy objective in buddy team and fire team elements, the KRGB trainees progressed to higher level movements.

“The training today was squad move-



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

Members of 1st Kurdish Regional Guard Brigade bound forward into the prone position during a squad ambush training exercise at the Manila Training Center in Kirkuk province, Iraq, June 23, 2011. Each training lane at MTC requires soldiers to build on skills from previous classes, progressing from individual and buddy team movements to platoon and company-level tactics.

ment and react to contact and ambush,” said 1st Sgt. Jared Muse, senior enlisted leader of Battery A. “This training will help these guys out tremendously; it will teach them how to tactically move as a squad and either egress ... from a larger enemy force, or go in for the kill in the event that they get enemy contact.”

Soldiers of Battery A attend each training event to provide overwatch and assistance as requested, but leave actual teaching duties and leading of the Kurdish troops to Iraqi instructors.

“The fact that the Manila Training Center cadre are the ones that are facilitating and conducting all of the training here is great for us,” said Muse. “It gives us the leeway that we need to continue to our role as advisors while these guys continue to sustain their own training.”

Muse said the progression of the training helps fulfill the goal of U.S. forces as Operation New Dawn continues.

Muse concluded, “This really is very close to the end-state that we want to see – the local security forces sustaining their own training and conducting their own missions without needing us at all.”



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

Members of 1st Kurdish Regional Guard Brigade position themselves on line before assaulting an objective during squad ambush training at the Manila Training Center, Kirkuk province, Iraq, June 23, 2011. Each squad broke up into an overwatch team, support-by-fire team, and assault team – running the lane in the same way that U.S. forces train.

EO Rep acts as 'The Voice of the Soldier'

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

CONTINGENCY OPERATING SITE WARRIOR, Iraq – For one noncommissioned officer deployed to Contingency Operating Site Warrior, Iraq, creating a support system for Soldiers in need is one more way of fulfilling his mission.

Sergeant 1st Class Nathan Haynes, an equal opportunity advisor with 1st Advise and Assist Task Force, 1st Infantry Division, said he acts as the “voice of the Soldier,” speaking on their behalf regarding issues troops face involving discrimination or harassment.

“My primary job is to be the eyes and ears for the brigade commander, making him aware of any issues within the brigade whether it’s discriminatory, sexual harassment, leadership, or human resource issues,” said Haynes, a Galesburg, Ill., native. “My secondary mission is to take care of the Soldiers and keep an eye on the climate of the brigade. I interact a lot with the people here, making sure things such as work areas are clean and remain a healthy environment.”

Because there is no rule book that covers how to handle each specific situation that arises, Haynes said he must rely on training and previous experience.

“I’ve known Haynes for about three years from our time as platoon sergeants,” said Sgt. 1st Class Adam Adams, personal security detail platoon sergeant, 1st AATF, 1st Inf. Div. “A lot of the junior platoon sergeants looked to him for guidance because he was seasoned with a wealth of knowledge and knew how to



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

Sergeant 1st Class Nathan Haynes, an equal opportunity advisor assigned to 1st Advise and Assist Task Force, 1st Infantry Division, hosts an equal opportunity leaders conference at Contingency Operating Site Warrior, Iraq, June 15, 2011. Haynes updated equal opportunity leaders on policies and procedures regarding the EO program so they may better assist Soldiers deployed to U.S. Division – North.

get things done.”

Adams, a native of Lawrence, Kan., said he replicated a lot of Haynes’ techniques to aid in his own professional development.

“We were in charge of maintaining the health and welfare of 39 Soldiers and fostering them into leaders,” said Adams. “Haynes worked well with the Soldiers and they genuinely respected him as a strong leader.”

Haynes said he faces problems that arise from any level and hopes Soldiers know he is available for them.

One experience Haynes credits to helping him as an EOA is the three years he served as a drill sergeant at Fort Benning, Ga.

“As a drill sergeant, I was able to interact with people,” he said. “Being busy all the time and on a schedule, I had to be precise in how I dealt with people – in being resourceful, and in utilizing the potential of every Soldier in order to make the team stronger.”

Haynes said his experiences taught him how to deal with problems as soon as they oc-

cur, which is a primary duty of an EOA.

“I attack issues at any level, and I must be forthright and tactful in doing so,” said Haynes. “I learned to pay attention to detail really well as a drill sergeant and I’ve found that attribute to help as I’ve continued my service in the Army.”

Staff Sergeant Christopher Cruse, a PSD section leader who works with Haynes, said he admires Haynes’ knowledge in promoting the EO climate and helping Soldiers and commanders mature in that environment.

“I’ve thoroughly enjoyed learning a lot from Haynes,” said the Phoenix, Ariz., native. “Because no two people are the same, it’s important to recognize the difference and similarities we have, as individuals, and find common causes in acknowledging those differences.”

Aside from the knowledge gained from working under Haynes, Cruse said he sees Haynes as a valuable asset to his section whenever Haynes goes on missions with them.

“EOA is a two-year tour, and when he’s done, he will go back to his duties and job before he became an EOA,” said Cruse. “It’s important for him to maintain his knowledge as an infantryman and to stay up-to-date on his warrior tasks and drills.”

Haynes said he encourages people to not only understand themselves, but also understand the people around them to help foster good order, discipline, leadership and respect.

“I hope Soldiers learn to take care of each other and how to handle situations as they arise with dignity and respect,” said Haynes.



Chaplain's Corner: —————

————— Making a big deal out of little things

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

Think about what bothers you most while you are in Iraq. Is it that small rock that trips you walking home each night, the iPod battery that goes dead ten minutes into your workout, or just missing the shuttle bus?

Or is it forgetting to pick up your laundry before 7 p.m., remembering your forgotten common access card while standing at the dining facility entrance, or a roommate that snores?

Why is it that those little things bother us so much as we try to live a "normal" life here? There is probably a small mountain's worth of gravel scattered around our base, so why get upset over the one small stone that we trip over?

There are TVs within earshot of every exercise machine in the gym, so why be frustrated over a dead battery? Will any of us actually starve to death as we take our "trip of shame" to retrieve the CAC from the computer? Will wearing a dirty uniform one more day do us in? Will the shuttle bus be back, could the walk do us some good, and are the chances better than average that someone will give us a ride anyway?

As far as the roommates ... well, that is another story!

No, seriously, all of these things fall into the same category – small stuff. Richard Carlson wrote in his book, "Don't Sweat the Small Stuff," that the way we react to life reflects who we are on the inside.

Losing sight of what is truly important in the big picture of life, we tend to overreact to all the little things around us. This lack of perspective leaves us living in a perpetual "emergency" state of mind.

We are tensed up over every little thing, meaning we are no longer able to discern between "big" and "small." Consequently, we become stuck, seeing life as one big disaster waiting to happen.

The worst effect of that viewpoint is that should a true emergency occur, we are left with modest emotional strength to handle the crisis. Already stretched thin by life's little things, we break down at that critical moment. So how do we adjust our reactions to the little things in life?

A good place to start is with this prayer by Reinhold Niebuhr, known as the Serenity Prayer:

*"God, grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference."*

Train your expectations to react appropriately to the events you face each day. Rocks will always be a bother, but what are those compared to life and death?

A difficult roommate may make for a long deployment, but what is that compared to being in the hands of the enemy, restrained to solitary confinement and without hope of rescue? Keeping your perspective through the day will build up your re-

siliency. Adjusting your attitudes will help you deal with genuine difficulties by seeing things as they really are.

We read in Philippians 4:6-7 this encouragement concerning our attitude – "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God."

This verse is a great reminder about how we should approach the "ankle-biters" that bother us each day. From God's eternal point of view, it is ALL small stuff!

We should not be frustrated or worried about anything, big or small, but instead take each thing we face during the day to God in prayer. We are called in this passage to depend on this big God who can certainly take care of our little troubles.

Talking to God about our frustrations and loneliness, disappointments and difficulties, are exactly the kind of prayers that we can expect to find help and hope from the Lord, and for that we can be thankful.

Learning to live life with God's perspective, we will soon be laughing at the gravel and the forgotten CAC card – well, okay – it will still be easier to laugh at the other guy that forgot the CAC, but you get the idea.

Better yet, we will each be able to move through the final months of this deployment with a much healthier outlook and go home with a newfound wisdom that knows the difference.



Ironhorse Forward

To see all the latest videos of news and events happening in U.S. Division – North, check out the first edition of "Ironhorse Forward," a biweekly news broadcast on our YouTube page.

www.youtube.com/the4id