

13th SUSTAINMENT COMMAND (EXPEDITIONARY)

# SUNBURST FORWARD

THE PULSE OF GLOBAL LOGISTICS

PUT IT ON PAPER

**ANTHRAX**  
IT'S NOT "COOTIES"  
REALLY!!! p. 14

**CIVIL MILITARY  
OPERATIONS**

p. 8



MUSIC: **SRCC**  
ON THE SCENE **IN IRAQ**

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**Cover:** Pfc. Theresa M. Marchese, a truck driver with D-Co., Forward Support Company, 1-167 Reconnaissance Surveillance and Target Acquisition, holds an Iraqi child as supplies are handed out Oct. 16. - Photo by Spc. Alexandra Hemmerly-Brown



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Maj. Jay R. Adams**

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**Back Page:** Leaders from throughout the 45th Sustainment Brigade join Soldiers who have reenlisted during deployment in celebrating a retention milestone Friday.  
- Photo by Sgt. 1st Class David E. Gillespie

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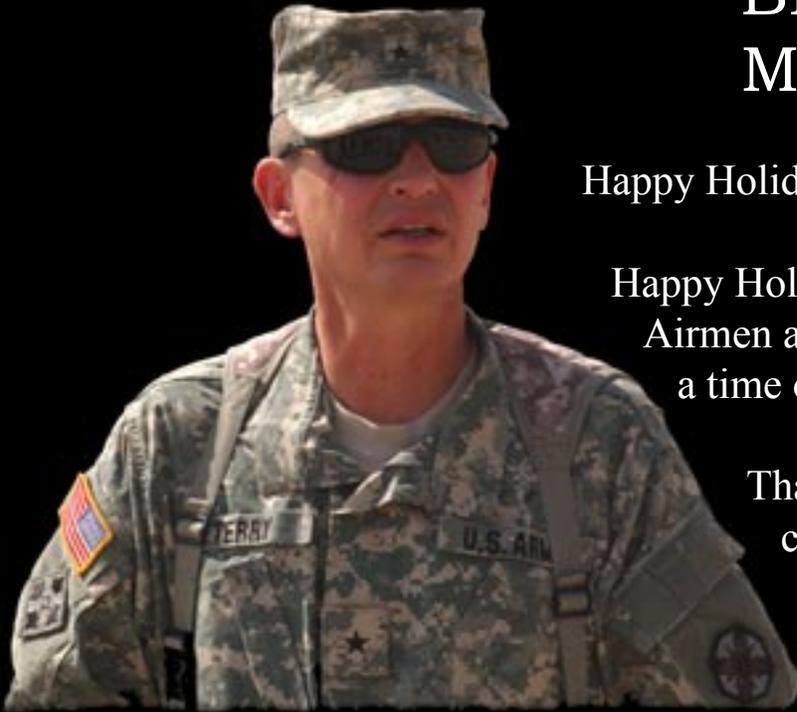
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## BRIGADIER GENERAL Michael J. Terry



Happy Holidays!

Happy Holidays to all Soldiers, Marines, Sailors, Airmen and Civilians serving our nation during a time of war here in Iraq.

Thank you for serving. Thank you for caring about something bigger than self and thank you for making Iraq a better place to live and work because of your commitment and discipline. We are seeing progress

in Iraq because of your efforts. Take pride in your accomplishments, share your experience with others, and take time to thank someone today for the difference they are making.

This holiday season, we are separated from many friends and family, but let's take the opportunity to be thankful for each other. Our success here cannot be achieved by just one. Success will depend on our collective effort. Together we will make a difference in the country of Iraq, in our own units and in our own lives.

Please take the opportunity to call home and stay connected with your family and friends. They are a critical part of our success too.

I wish each of you a safe and blessed holiday season. God bless you and God bless our great nation!



**13TH** SUSTAINMENT  
(EXPEDITIONARY) COMMAND



## "INTEGER!"

by Chaplain (Lt. Col.) Lyn Stike

*My wife and I raised two beautiful girls who are now married and have families of their own. During their teenage years like many parents we lived with the fear that someday they would make a life changing decision such as to drop out of school, marry someone we totally disapproved of or even become pregnant. Therefore, I instructed our girls that if they had to share such emotional information they should come to my office, give me the news, and immediately leave the room shutting the door behind them. I knew that my initial reaction would be to say something that could leave emotional scars and start a chain reaction that could forever alter our family. Parents, spouses, and all levels of leadership must understand that if we desire those around us to live lives of integrity we must plant the seed in the ground that will enhance its growth and production.*

General Charles C. Krulak's militaristic etymology of the word integrity can provide us greater clarity. "During the time of the 12 caesars a centurion would each morning inspect his troops. Standing in front of each legionnaire, the soldier would strike with his right fist the armor breastplate that covered his heart. The armor had to be strongest there in order to protect the heart from the sword thrusts and from arrow strikes. As the soldier struck his armor, he would shout "integritas", (in-teg-ri-tas) which in Latin means material wholeness, completeness, and entirety. The centurion would listen for this affirmation and also for the ring that well kept armor would give off.

At about the same time, the praetorians or imperial bodyguards were ascending into power and influence. They no longer had to shout "integritas" (in-teg-ri-tas) to signify that their armor was sound. Instead, as they struck their breastplate, they would shout "hail caesar", to signify that their heart belonged to the imperial personage-not to their unit-not to an institution-not to a code of ideals.

A century passed and the rift between the legion and the imperial bodyguard and its excesses grew larger. To signify the difference between the two

organizations, the legionnaire, upon striking his armor would no longer shout "integritas", (in-tet-ri-tas) but instead would shout "integer" (in-te-ger).

Integer (in-te-ger) means undiminished-complete-perfect. It not only indicated that the armor was sound, it also indicated that the soldier wearing the armor was sound of character. He was complete in his integrity...his heart was in the right place...his standards and morals were high."

Leaders at all levels of influence (parents, spouses, and every soldier) can facilitate the development of integrity within their organization by implementing three principles.

First, **A LEADER'S ACTION SPEAKS LOUDER THAN HIS/HER POLICY.** One can make hundreds of edicts but if our actions do not reflect our words then we are like "a resounding gong or a clanging cymbal" ( I Cor. 13: 1). If a leader is deceitful, never keeps his/her word, or cannot be trusted subordinates will ignore their leadership.

Second, **A LEADER'S REACTION DETERMINES THE LEVEL OF DISCLOSURE HE/SHE RECEIVES.** If you shoot the messenger you may eliminate the message. How do we receive bad news? Are we open to negative information? We cannot fix or change what we do not know. Take time to reflect upon the message. Seek a sounding board to determine if your emotional response is productive.

Third, **LEADERS GET WHAT THEY EXPECT.** If you demand full disclosure you will get full disclosure. If you want 100% compliance that's what will be reported no matter what the truth may be. It is amazing how humans employ selective listening. Leaders can declare their intent and if they are not clear or ambiguous a subordinate will only hear the ambiguity.

Leaders whether in the office, on the battle field or in the home must understand the importance of integrity to their organization. We must live it in our lives, expect it from those around us and teach it to our children. May we all reflect upon the values of our character.

## Integer !

# JUST A LITTLE TRIVIA

1. Who were two famous Army Officers assigned to a special Corps of Discovery in the territory involved in the Louisiana Purchase?
2. What do U.S. Navy sailors affectionately call their round white caps?
3. Who was the first Commander-in-Chief of the Army?
4. The first US Infantry ground combat unit committed to Vietnam, came ashore at what place, 8 March 1965?
5. What NATO nation is the only country in the world whose air force is larger than its army?
6. A white eagle descending on a blood-red outline of Corregidor island, became the insignia of what heroic World War II US Army airborne regiment?
7. What was the fabled broadsword carried by legendary King Arthur?
8. Which Native American Indian tribes made up the “Five Civilized Tribes”?

Answers on page 20

## GUESS WHERE ?

The Sunburst staff and contributors are constantly out there where ever you can find a 13th SC(E) unit. While on the road we take pictures of places that we visit. Can you guess where we took this picture. Look on page 26 for the answer.



# PUT IT ON PAPER

We sent out the initial poll to see what people thought of the Sunburst Forward. We wanted to know if we were just fakin' tha funk, or if we were working with a master plan. This is what our survey group had to say

I think it is great, please put me on the distro or at least forward me the link so I can save it in my favorites

Dont sweat it, I got you girl.

That is good stuff Hero.

That's my Hero, **HOOAH SGM!**

That is really good. I didn't read everything just yet but I read some and I liked it. Also the pictures were nice too.

Yeah, it is real cool.

I like it and it looks good. Do you think you can do an interview and a report of me being the only male soldier with tattoo eyebrows LOL?

Looks pretty cool. It needs more bull though.

**Don't hate, Appreciate,** but on the real check out my boys over at 1/34 BCT online @ [www.redbullweb.com](http://www.redbullweb.com)

This looks great to me!

I like your consistent use of luminous backgrounds. As a rule, I don't like montage imagery because it destroys the journalistic integrity. But it seems to work well for you in this format, especially on the Drowning Pool layout.

Actually this IS pretty damn good. ☺ Good Job!!

Hey, looks great! Nice layout and colors. It makes me feel better now, considering the \$\$\$\$ we're spending on this!

It's always good to know that the money-people like your stuff.

I guess the vote is in. **WE ARE NOT FAKIN' THA FUNK.** I'd like to thank all the little people out there for making this possible. Without them we couldn't have done it. Nah, we're happy that the troops out there are enjoying our format, and we're gonna try to keep the party going. So hit us back and let us know what's going on in your neck of the dust.

And a note from our local EO Advisor, **NO MEANS NO Darnit!!!** And **YES** means **NO** when you ain't supposed to be doing it too (at least that's what they told us at the our last madatory class).



Here's a picture of the Sunburst Christmas tree. Send us pictures of the tree in your office or living area.

[PUTMEON@BALAD.1RAZ.CENTCOM.MIL](mailto:PUTMEON@BALAD.1RAZ.CENTCOM.MIL)

# PUT IT ON PAPER



A young Iraqi girl shows her cast to Sgt. Kairo E. Ruffin, a scout for C-Troop, 5-117th Calvary, a New Jersey National Guard unit, on a visit to Ajeelia, Iraq, Oct. 16.

Photo by Spc. Alexandra Hemmerly-Brwon

# Civil military operations work towards safer Iraq

by Spc. Alexandra Hemmerly-Brown

Not far from Anaconda, along a labyrinth of narrow, jutting, dirt roads, mud houses, and flowing irrigation troughs, stands Ajeelia, a village which has long felt the presence of U.S. troops.

Considered friendly territory, the town has been on the receiving end of humanitarian aid since the occupation of Anaconda by U.S. forces in 2003.

Members of C Troop, 5th Squadron, 117th Cavalry Regiment, a Woodstown, N. J. National Guard unit, visited the village Oct. 16 as they often do, bringing donations of school supplies, clothing, and other much-needed supplies.

The unit makes two trips per week to visit the six local villages they are responsible for outside Anaconda, in attempts to form a trusting relationship with them, said 1st Lt. Michael G. Tarricone, force protection officer for the troop.

The unit's primary mission on Anaconda is to operate one of the entry control points, but they also have combat logistical patrols and combat reconnaissance patrols, Tarricone said. These are patrols that go outside the wire daily to ensure a military presence in the surrounding area, as well as gather any helpful information they can, he said.

The U.S. Army has a budget for supporting humanitarian aid in forms of education, healthcare, water treatment, and long-term employment for Iraqis, which it uses to make Iraq a better place for its citizens and tear down the walls of terrorism while doing it.

"We are hoping to decrease the attacks on LSA Ana-

conda by presenting the softer side of the Army," Tarricone of Manahawkin, N.J. said. "Indirectly, we are hoping on getting them to trust us enough to tell us where our enemies are."

This is a long-term project that is not only bringing aid to Iraqis now, but helping them to set up a more stable country for the future.

"Long-term, I'd like to see the towns become more self-sufficient," Tarricone said.

On this particular trip to the village, C Troop brought boxes of donations from both an organization called Operation Iraqi Children and one of the unit member's churches from New Jersey.

"We've gotten a lot of support from New Jersey," said Pfc. Theresa M. Marchese, a native of Berlin, N.J., and a truck driver with D Company, Forward Support Company (of Vineland, N.J.), 1st Squadron, 167th Cavalry Reconnaissance, Surveillance, and Target Acquisition.

Marchese, one of the only female Soldiers who goes out on C Troop's civil military operations, said she was asked to come to assist with the female villagers. Previously, she said the women in the villages wouldn't speak to male U.S. Soldiers, so there was no way to find out what supplies the women needed. She said she now brings them women's clothing, hygiene products, and baby supplies.

"This is my fourth time going out, and I try to bring them things they need so when we need information from them, they will help us out," Marchese said. The supplies from Operation Iraqi Children were

taken to the Al-Rafaiya school, which houses about 500 children.

Sheik Abbas Aboudi, the sheik of Ajeelia, met with Tarricone to hand the supplies over to the school, and to discuss future plans for the school's needs.

A possible expansion of the crowded school was discussed, as was the donation of playground equipment from the States.

Tarricone said these projects are reasonable requests which will be presented for either approval or disapproval. The way a project such as the school addition would work, is that if approved, bids would go out to a local Iraqi contractors to do the construction, creating more jobs, Tarricone said.

Aboudi was happy to have his request for a bigger school heard.

"We want to thank the American forces for helping us," Aboudi said through a translator. "A bigger school

would be better and safer for the kids."

He also mentioned that since the U.S.'s arrival in Iraq, the change has been positive in his village. Tarricone said that all projects and donations go through the sheik first, ensuring that the local government system stays intact.

"We bring donations and goodwill feelings from the American public to the Iraqi populace," Tarricone said.

Although this trip was just one of many, it is another step towards an independent Iraq.

"In an indirect way we support the Army's mission by showing the Iraqis we can provide increased security, jobs for the people, and health care," Tarricone said.

For now, C Troop will continue to conduct weekly visits to Anaconda's surrounding villages to ensure relationships are built and friends—not enemies are made.



# New beginnings for Al Batha citizens' future

Story by Spc. Dustin Perry

A pair of ceremonies were held Oct. 5 in Al Batha, Iraq, to officially mark the opening of a new water treatment plant and a renovated park and playground there, both of which were built in conjunction with ongoing assistance from the U.S. military.

Lt. Col. Larry Herke, executive officer of the 1st Brigade Combat Team, 34th Infantry Division, spoke at the event, along with Al Batha Mayor Ali Al-Shershah and Gov. Iziz Khadim Alwan of the Dhi Qar province. During his speech, Herke said he chose to help Al Batha because of the "good working relationship" between the town and U.S. forces, and the "potential for success."

"We all know of areas in Iraq that need help," said Herke. "Working together, we can show the rest of Iraq what success looks like."

In the last six months, more than \$1 million in various projects in Al Batha have been completed, said Herke. These projects have also created employment for more than 500 local workers, he added. The water treatment plant cost about \$1.3 million to build, said Herke.

"We all know how important water is to our health, agriculture and economic development," said Herke.

"This water treatment plant is an example

of the Iraqi government making progress and restoring basic services to the people of Iraq."

Herke also noted several other projects that have come to fruition since he arrived in Iraq, including the building of a new school and an additional

water treatment plant, newly constructed roads and donations of school supplies, clothing and toys.

Both Al-Shershah and Alwan lauded the efforts of the 1/34 BCT for their assistance in the building of each of the facilities.

"Yes, we are a rich country, but we have been afflicted by destructing wars and tyranny that knew no limit, which brought us to where we are today," said Al-Shershah. "For that reason, I use this opportunity in the presence of our generous friends and I urge them and our friendly and giving countries to work toward constructing quality projects that service generations of the sons of our region."

Following the speeches, everyone proceeded to the playground where Alwan placed a time capsule under the keystone with concrete and opened the park gates. Children were then allowed to play on the slides and swing sets.





Local children of Al Batha rushing to the top of the slide at the playground.

Photo by Spc. Dustin Perry



Combat life saver instructor Sgt. Hector Jasso supervises as 2nd Lt. Soonah Phem and Sgt. Ximena Hurtado use a buddy carry method to evacuate a simulated casualty from a danger zone.

# TROOPS HONE SKILLS AS COMBAT LIFE SAVERS

Story and Photos  
By Spc, Kyndal Hernandez



Spc. Javier Martinez uses the skills he learned in the combat life saver course to apply a field dressing to an injured Soldier's arm during the final day of the certification course.

More than 30 Soldiers honed their combat life saving skills during an informative four-day training course at Forward Operating Base Q-West Sept. 25 through 28.

Combat lifesavers are neither first aid providers nor fully qualified emergency medical technicians. They are a combination of both, optimized to provide lifesaving care for trauma and medical emergencies on the battlefield.

“We take this training very seriously, especially out here,” said Spc. Roy Frank, a CLS instructor from Headquarters and Headquarters Company, 45th Sustainment Brigade.

“There isn’t always going to be a medic around when something bad happens, so we need to have Soldiers who are CLS qualified to help prevent their fellow Soldiers from losing their lives.”

The course consisted of classroom instruction taught by medics at the base’s troop medical clinic, followed by “round robin” type training where Soldiers put into action the skills they learned during classroom instruction. As part of the CLS certification, Soldiers practiced applying splints to broken bones and fractures. They also performed compressions and procedures for maintaining an open airway. On the third day, troops tested their trust in each other, taking turns at giving intravenous fluids to each other.

“The best part was when we started the IV’s, I thought it was going to be scary, but it was fun,” said Spc. Mathew Arnold, a missile technician with 45<sup>th</sup> SB.

On the final day, the troops applied all the skills they learned throughout the course.

“Being a support unit ... we train other Soldiers on the basic CLS techniques and rely on them to be the first responders,” explained Sgt. Timothy Laynor, Troop Medical Clinic Noncommissioned Officer in Charge, Headquarters and Headquarters Company 45<sup>th</sup> SB.

“This class also helps our medics who are teaching the course because ... they get to show off their skills and it gives them more confidence in their work.” Frank said having more combat lifesavers on missions off base greatly improves the number of lives saved. “We all have family and friends to go home to so having people who are CLS qualified out on convoys gives us a greater chance to save someone’s life and make sure they get back home in one piece.” 🇺🇸



Spc. Javier Martinez struggles to get a fellow Soldier to the evacuation site after performing basic combat life saver tasks he learned in the days prior

# Mandatory

# Anthrax

by Spc. Alexandra  
Hemmerly-Brown

# Vaccinations

The Department of Defense announced Oct. 16 it will resume its mandatory Anthrax Vaccine Immunization Program for servicemembers and civilian employees who are considered in high-risk locations.

The vaccinations will be administered to those serving overseas in locations including Iraq, Afghanistan, and South Korea within the next 30 to 60 days, the DoD said.

On Anaconda, a plan to immunize the whole base has not yet been initiated, but one will be soon, said Maj. David B. Hale, 13th Sustainment Command (Expeditionary) surgeon.

“We have outstanding professionals, not only here but throughout the theater, and I am sure that they are all aware of the recent decision to make the Anthrax

vaccine mandatory, and are already making plans on how to immunize a potentially large population,” Hale said.

He said he believes the vaccine is safe, and the benefits outweigh the risks in getting it. “I do think this is a very well thought-out, well-researched program and would try to reassure anyone with concerns that the series is safe and that it is in his or her best interest to go ahead and get the vaccine,” Hale said. Receiving the immunizations has been voluntary since 2004, when six former servicemembers filed a lawsuit claiming the vaccine was unsafe. The vaccine also led to the court-martial of more than 100 servicemembers who refused to take it since 1997. Due to new research, the vaccine has become mandatory again.

“The Food and Drug Administration went out again ... and came to the very unambiguous and clear conclusion that the vaccine was safe and it was effective against all forms of exposure,” said Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs.

Winkenwerder said although previous anthrax attacks have occurred in the U.S., servicemembers overseas are believed to be at higher risk than those in the States. “The anthrax vaccine will protect our troops from another threat—a disease that will kill, caused by a bacteria that already has been used as a weapon in America, and that terrorists openly discuss,” Winkenwerder said.

Anthrax, according the Centers for Disease Control, is an infectious disease caused by the spore-forming bacterium *Bacillus anthracis*. *B. anthracis* spores live in soil, and humans can become infected with anthrax by handling products from infected animals or by inhaling anthrax spores.

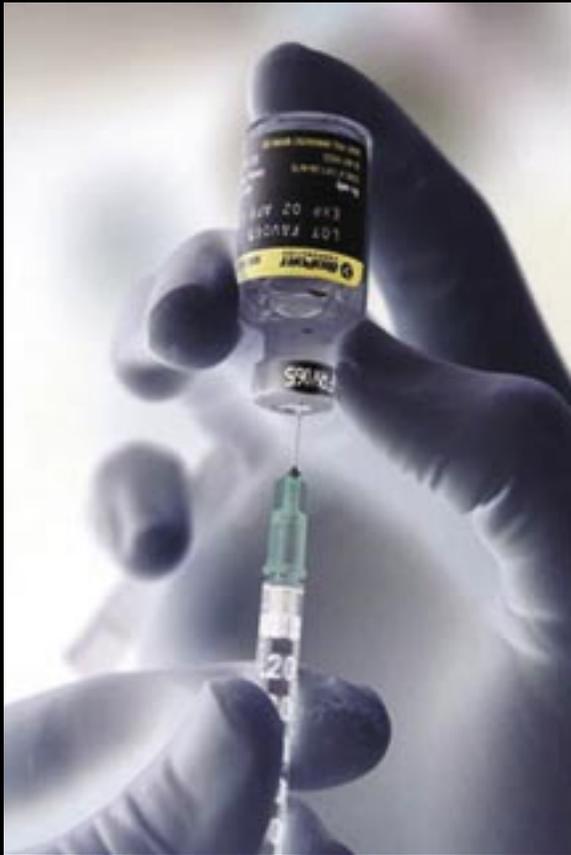
In 2001, anthrax-tainted letters were intentionally distributed through the U.S. postal system, causing 22 cases of anthrax and five deaths.

Under the previously voluntary program, the vaccine acceptance rate was approximately 50 percent, the DoD said.

“This rate of vaccination not only put the servicemembers at risk, but also jeopardized unit effectiveness and degraded medical readiness,” Winkenwerde said. “The threat to the environment and the unpredictable nature of terrorism make it necessary to include biological warfare defense as part of our force protection measures.”

An approximate 1.2 million military and civilian personnel have received the vaccine to date.

Those who have not yet started the series here can expect to be getting it soon, and personnel who have already started the vaccine but are no longer deployed will be allowed to receive booster shots on a volunteer basis.



# Iraqi graduates from student to teacher

Story and photo by Spc. Kyndal Hernandez

Twenty five Iraqi soldiers graduated from the noncommissioned officer academy at Q-West in November, but one will be returning to the academy to teach the next class.



Iraqi Army Sgt. 1st Class Taha Shaban

Sgt. 1st Class Taha Shaban, the distinguished honor graduate, will return to the academy next cycle as an instructor for the four-week course to help teach the next class how to train and lead their soldiers.

“This course is important because right now there is no stable NCO corps in the Iraqi Army, so we have got to start somewhere,” said 1<sup>st</sup> Sgt. Steven Rosales, NCO Academy commandant. “We train, teach, and mentor them to help them become better NCOs.”

Instructors taught soldiers different teaching techniques through classes in first aid, close quarter marksmanship and a lot of combatives.

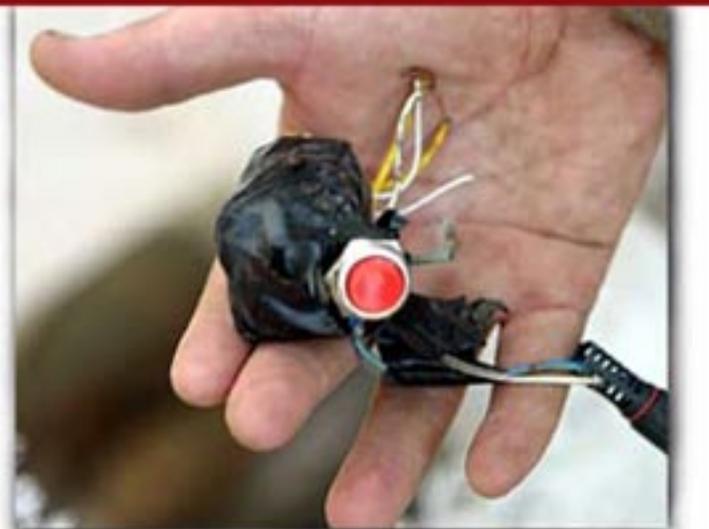
Physical fitness played a big role throughout the course with the soldiers running an obstacle course and passing a physical fitness test.

“All of these Soldiers are good leaders, but Shaban just did a little bit more than the other Soldiers. He really paid attention to detail and took charge,” Rosales said.

Shaban was selected to come back and teach the next course because he pushed himself to be the best in all the areas of training, and really set himself apart to prove that he was a good leader, Rosales added.

“It makes me very proud to be able to come back and teach the next group of Soldiers,” Shaban said. “It will allow me to serve my Army as well as my country.”

**Someone on the  
other end of that  
line...  
is watching you.**



**DO  
YOUR  
CHECKS**

OPERATION IRAQI FREEDOM

A HISTORY TO REMEMBER



A

COM



1/34th BCT can trace its history through the 135th Infantry Regiment to the 1st Minnesota Volunteers, organized in 1861. Minnesota Governor Henry Sibley had committed the regiment to the Union while he was in Washington, D.C. on the day the Confederacy attacked Fort Sumter, making it the first regiment to be accepted on active status during the Civil War

The 135th Infantry Regiment fought with the 34th "Red Bull" Infantry Division in WWII. The Division has the distinction of being the first division sent to Britain and has accumulated more days of actual combat than any other U.S. division.

1/34th BCT mobilized in the Fall of 2005 to train at Camp Shelby, Mississippi for deployment to Operation Iraqi Freedom 06-08.

Its soldiers have proud claims to:

- 4 Medals of Honor
- 28 Distinguished Service Crosses
- 17 Legions of Merit
- 348 Silver Stars
- 469 Bronze Stars
- Approximately 4,000 Purple Hearts

DESTINY TO WRITE...



13th SUSTAINMENT COMMAND (EXPEDITIONARY)

# SUMBURST

FORWARD

THE PULSE OF GLOBAL LOGISTICS



# 2007 Sunburst Calendar

PHOTO BY Staff Sgt. Ken Gallagher

## January

S	M	T	W	T	F	S
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29



# Trivia answers

1. Captain Meriwether Lewis & Lt. William Clark
2. "Dixie cup"
3. George Washington
4. Da Nang
5. Canada
6. 503rd Parachute Infantry
7. "Excalibur"
8. Cherokee, Chickasaw, Choctaw, Creek, and Seminole



[PUTMEON@BAZAD.IRAQ.CENTCOM.MIL](mailto:PUTMEON@BAZAD.IRAQ.CENTCOM.MIL)

**PUT IT ON PAPER**



Guess Where Answer: The Ziggurat of Ur outside of LSA Adder.



Eye  
Protection  
It  
Works...

“One does not need buildings, money, power, or status to practice the Art of Peace. Heaven is right where you are standing, and that is the place to train.”

– Morihei Ueshib, founder of Aikido

by Spc. Alexandra Hemmerly-Brown

# Aikido What's That About

The above words were spoken by the man who founded the modern martial art form, Aikido, in the 1920s.

Aikido is a self-defense discipline which is non-competitive, but centered on harmonizing with your universal life force, or 'Ki.' According to the Japanese philosophy every person has a Ki, it just needs to be stimulated out of its dormant state.

“It's not brute strength, it comes from your Ki, from inside,” said Sgt. 1st Class Stephen Y. Chinen of Mililani, Hawaii, with the 657th Area Support Group at Camp Anaconda, who teaches an Aikido class three days per week.

Chinen, the installation chaplain's assistant noncommissioned officer in charge, and an elementary school counselor in Hawaii, volunteered to teach the class shortly after arriving at Anaconda.

“I saw it as an opportunity to further my growth,” Chinen said after seeing a flyer at the gym for wanted martial arts instructors.

Chinen was introduced to the method in 1978 when, as a University of Hawaii student he took a world religions class where his professor spoke of Aikido.

He said learning about the discipline in school encouraged him to join a dojo (or place of training) nearby, where he began to train. Spurred by a desire to learn more about the martial art, his heritage, and the language, Chinen went to Japan in the 1980s where he stayed for more than six years.

There Chinen studied Japanese and trained diligently in Aikido at a traditional dojo, where as a student he had to perform disciplinary work such as cleaning toilets as part of his education.

He returned to Hawaii in 1991 as a black belt.

Aikido has a belting system similar to other martial arts, which awards trainees different colored belts depending on how many hours they have trained and passed required tests, Chinen said.

Chinen said he was awarded his black belt after eight years, but the length of time it takes to move up in Aikido's ranking system can vary greatly depending on how often a student can practice, he said.

A core element to learning Aikido is the practice of finding one's tanden, or “one point.” Located two inches below the navel and one inch inward, one's tanden is the physical center of gravity, the point from which a person's energy is focused.

According to its doctrine, an

Aikido student should draw upon his or her tanden when in a fight, and focus all movements from their core.

“That's where your energy and power come from,” Chinen explained.

In Aikido, practitioners should be able to defend themselves without injuring their opponent. Using take-downs, pressure points, and balance, Aikido students can overpower an opponent of any size, he said.

The Aikido method, as practiced by actor Steven Seagal, is a martial art for all ages and body types, Chinen said.

“Live as you train, train as you live,” Chinen, who joined the National Guard and later the Reserves after returning to Hawaii in the 1990s said is one of his mottos. Chinen considers Aikido a way of life, and wanted to teach it to others.

Being his first deployment, Chinen said he didn't think he would be able to practice Aikido this year, and is grateful he has the chance to share his art form with others.

“His class is very solid and principle-rich,” said Staff Sgt. Richard M. Harris from Phoenix, Ariz., with the 164th Corps Support Group. Harris, who has been taking Chinen's class, is also an instructor of Aikijujutsu here at the Air Force compound. Aikijujutsu is a modified form of Aikido which has integrated more combative and attack-based techniques into it.

“Because I know what Aikido is, I wanted to study the traditional approach from him,” Harris said.

Harris, who has been here for two months, said he planned ahead to practice Aikido here.

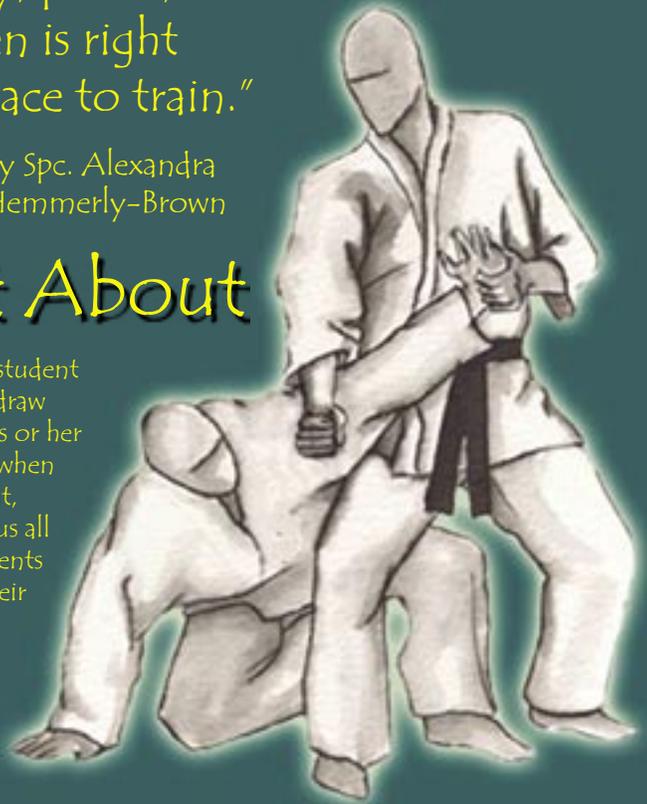
“I knew I'd be able to practice it here, it was just a matter of with who,” he said.

A 10-year veteran of the art form, Harris also calls it a way of life, and has introduced it to his three boys, ages 5, 10, and 18.

“It's a great stress-reliever, to get your mind off of being in the zone,” Harris said of practicing Aikido in Iraq.

In the first class he has taught by himself, Chinen stresses taking up the opportunity of getting involved in any martial art. He encourages servicemembers to come and observe his class, and if they find it's not for them, then to try another class.

“It is my chosen path in life,” Chinen said.



Sgt. 1st Class Stephen Chinen (right) shows a student some Aikido take-downs. Quam te nen vensult ridemultum



## BECOMING AMERICANS

**O**N THE DAY AFTER VETERAN'S DAY, 44 SERVICEMEMBERS TOOK THEIR OATH OF ALLEGIANCE DURING A NATURALIZATION CEREMONY HERE TO BECOME CITIZENS OF THE COUNTRY THEY ARE FIGHTING FOR.

AS IN TIMES OF PEACE, MANY SERVICEMEMBERS IN THE AMERICAN MILITARY ENLIST WITHOUT BEING CITIZENS OF THE COUNTRY THEY SERVE.

"YOU CAME FROM AFRICA TO ASIA, FROM EUROPE TO SOUTH AMERICA. BUT TODAY IN IRAQ- A COUNTRY STRUGGLING FOR ITS OWN FREEDOM- YOU ARE ALL AMERICANS," SAID BRIG. GEN. MICHAEL J. TERRY, 13TH SUSTAINMENT COMMAND (EXPEDITIONARY) COMMANDING GENERAL, AT THE CEREMONY.

THANKS TO A LAW PASSED BY CONGRESS IN 2004, NATURALIZATIONS CAN NOW TAKE PLACE OUTSIDE THE UNITED STATES. PREVIOUS TO THIS LAW'S PASSING, ALL NATURALIZATIONS HAD TO OCCUR ON THE GROUND IN THE UNITED STATES, ACCORDING TO THE U.S. DEPARTMENT OF HOMELAND SECURITY.

"OVER THE PAST FOUR YEARS, MORE THAN 20,000 MEN AND WOMEN IN UNIFORM HAVE BECOME CITIZENS OF THE UNITED STATES—THE COUNTRY THEY SERVE," TERRY SAID.

SPEAKERS AT THE CEREMONY INCLUDED TERRY, COMMAND SGT. MAJ. TERRY FOUNTAIN, 13TH SC(E) SERGEANT MAJOR, AND DR. EMILIO T. GONZALEZ, DIRECTOR OF U.S. CITIZENSHIP AND IMMIGRATION SERVICES.

"THOUSANDS OF IMMIGRANT TROOPS ARE

MAKING EXTRAORDINARY SACRIFICES FOR AMERICA," GONZALEZ SAID. "THESE MEN AND WOMEN HAVE PLEDGED TO DEFEND WITH THEIR LIVES LIBERTIES THEY HAVE YET TO SECURE FOR THEMSELVES. THERE IS NO MORE FITTING WAY FOR A GRATEFUL NATION TO SHOW ITS APPRECIATION THAN THROUGH GRANTING QUALIFIED MILITARY SERVICEMEMBERS U.S. CITIZENSHIP AS QUICKLY AS POSSIBLE."

GONZALEZ, A FORMER ARMY COLONEL AND NON-U.S.-BORN CITIZEN, SAID HIS POSITION SIGNIFIES AMERICA'S UNIQUENESS. HE SAID THE FACT THAT A FOREIGN-BORN CITIZEN IS NOW AMERICA'S DIRECTOR OF CITIZENSHIP AND IMMIGRATION, IS AN ILLUSTRATION OF THE COUNTRY'S DISTINCTIVE MELTING-POT QUALITY.

"AMERICA IS GREAT BECAUSE OF ITS IMMIGRANT COMMUNITY, NOT IN SPITE OF IT," GONZALEZ SAID. "IN AMERICA, PEOPLE DON'T SWEAR ALLEGIANCE TO A PRESIDENT OR LEADER, THEY SWEAR ALLEGIANCE TO A CONCEPT."

DURING TERRY'S SPEECH, HE QUOTED SEVERAL OF AMERICA'S PAST LEADERS ON WHAT IT MEANS TO BE TRULY AMERICAN.

"YOU CAN GO TO LIVE IN FRANCE, BUT YOU CANNOT BECOME A FRENCHMAN. YOU CAN GO TO LIVE IN JAPAN, BUT YOU CANNOT BECOME JAPANESE. BUT ANYONE, FROM ANY CORNER OF THE WORLD, CAN COME TO LIVE IN AMERICA AND BE AN AMERICAN," TERRY SAID QUOTING FORMER PRESIDENT RONALD REAGAN.

"BECOMING AN AMERICAN CAN HAVE NOTHING TO DO WITH BIRTH OR ANCESTRY"

STORY BY SPC. ALEXANDRA  
HEMMERLY-BROWN

# 44

## TAKE THE OATH

TERRY SAID. “THAT IS BECAUSE AMERICA IS AN IDEA, NOT A RACE.”

THE SERVICEMEMBERS WHO WERE NATURALIZED CAME TO THE CEREMONY FROM BASES ALL OVER IRAQ, AS WELL AS AFGHANISTAN AND KUWAIT.

SPC. SIMON MUTURI, ORIGINALLY FROM KENYA, SERVES WITH THE 164<sup>TH</sup> CORPS SUPPORT GROUP, AND WAS AMONG THE SERVICEMEMBERS OBTAINING CITIZENSHIP. MUTURI, WHO JOINED THE ARMY IN 2000, SAID HE WOULD CONTINUE TO BE A KENYAN AT HEART, BUT WANTED TO BECOME AN AMERICAN.

“AMERICA IS WHERE IT’S AT,” MUTURI SAID.

“NO OTHER COUNTRY CAN GIVE YOU THE OPPORTUNITIES LIKE AMERICA CAN.”

NATURALIZATION CANDIDATES HAVE TO GO THROUGH AN INTERVIEW AND CITIZENSHIP PROCESS BEFORE BEING ELIGIBLE TO BECOME AMERICANS. UNLIKE THE PROCESS STATESIDE, DEPLOYED SERVICEMEMBERS CAN APPLY FOR AND OBTAIN CITIZENSHIP WITHOUT HAVING TO WAIT THE MINIMUM TIME CIVILIANS IN THE U.S. HAVE TO.

“FOR SOME OF YOU, THIS DAY COMES AFTER A LONG AND DIFFICULT JOURNEY,” TERRY SAID. “FOR ALL OF YOU, THIS IS A DEFINING MOMENT IN YOUR LIVES. AMERICA IS NOW MORE THAN YOUR HOME; AMERICA IS YOUR COUNTRY.”

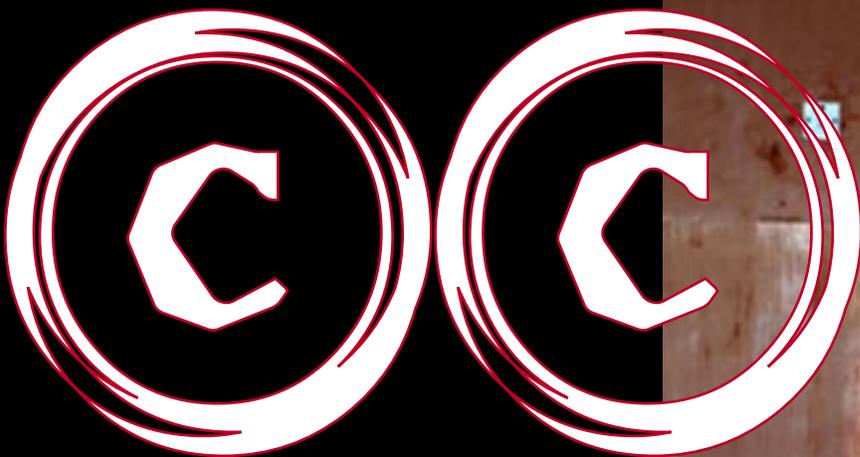
# S R



The members of SRCC, a novelty rock band, clown around at rehearsal Nov. 6.

# Soldiers' novelty rock band brings joy to fellow Soldiers

Spc. Ray Claudio performing Oct. 31 at the Camp Liberty Morale, Welfare and Recreation Center.



Story and photos by Sgt. 1st Class Mary Mott  
363rd MPAD

In 2004, Spc. Ray Claudio, Jr., and his buddy, Spc. Ellis “Super Rosco” Robson, both communications technicians with the 98th Maintenance Company, 393rd Corps Support Battalion, 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary), decided to enter a talent show together.

Robson, who hails from Sheboygan Falls, Wis., has played drums and keyboard for more than a dozen years and said he was “just looking for someone to practice with,” so that his skills would stay sharp. Robson is also a music composer.

When he found that Claudio played an instrument and wrote song lyrics, they teamed up and entered the talent contest at Fort Richardson, Alaska, with a song they composed.

Although they came in second behind a group of dancers, the two were pleased at their warm and enthusiastic reception by fellow Soldiers and decided to write and record more on their spare time, said Robson.

“(We) had actually played our final show in February because we were coming here and didn’t think we would have the opportunity to play,” said Claudio, from Chicago, the group’s lead vocalist, who also plays guitar.

The band’s name is “SRCC,” which Claudio acknowledges is not catchy or easy to remember. The meaning of the acronym changes all of the time. We thought we would play once together and not play anymore, so we chose the name ‘Sgt. Rivera’s Cadence Callers,’ after our



Spc. Ellis “Super Rosco” Robson SRCC drums and keyboard player.

squad leader,” said Claudio.

“When we became serious about our music, we changed it to Super Rosco and the Claudio Crusaders ... now we are simply called SRCC, or Sick Rick (after a cartoon cherub, the group’s logo) and the Canceled Cure.”

After arriving at Camp Seitz Annex on the Victory Base Complex in March, the group formed, borrowing guitars from friends and using the chapel’s drums, said Claudio.

The duo became a trio. “Lizard just showed up one day and started playing bass (guitar) and hit every note; we never sounded so good.”

“Lizard” is 1st Lt. Ricardo J. Lizardi-Ortiz, 393rd CSB S-2 battle captain, a 13-year military veteran from Bayamon, Puerto Rico.

“I really love to do this,” said Lizardi-Ortiz. “It gets my mind off Iraq. I look forward to each week when we have practice.” Lizardi-Ortiz was the “find” of the group’s informal manager, Capt. Luis J. Vega, Battalion adjutant, 393rd CSB.

“I’ve been playing bass five or six years as a hobby,” said Lizardi-Ortiz. “Then in May, Capt. Vega told me to come hear the group and I brought my guitar, just to practice with them.” Lizardi-Ortiz has been with the group since then.

“They used to practice at the Seitz Annex chapel on Saturdays,” recalls Vega. “I happened to be passing by and heard them and thought they were great, but I told them they really needed a bass player. So I found them one.”

Vega became the group’s most ardent supporter, devoting much of his personal time to promote their talent. While SRCC was still

a duet, Vega made sure they were booked at the small MWR on Seitz Annex every Saturday night to entertain Soldiers.

“Capt. Vega believed in our music the

moment he heard us. He went out of his way and helped us get all new equipment – drums, amplifiers, sticks,” said Claudio. “On top of that, he helps us get our shows lined up and he provides our transportation and makes sure we have everything we need to go rock out.”

Thanks largely to the efforts of Vega, from Juana Diaz,

Puerto Rico, the group played at the Camp Liberty Scorpion MWR for the Fourth of July, at forward operating base Striker’s outdoor stage and most recently at Camp Liberty’s 4th Infantry Division MWR.

The team of Claudio and Robson are currently working on new material and will be recording a lot in November and December.

Thus far, the two have written more than two dozen original songs. It is difficult to describe the group’s sound, because “they have a unique style,” said Vega. There is an old-time rock flavor, mixed with something that cannot be categorized, although fans of legendary rock pioneer Chuck Berry may recognize his influence in Claudio’s virtuoso guitar style.

Their songs vary from the serious to the absurd, including Vega’s personal favorite “Don’t you know,” which is “all about that woman you love to hate,” Claudio said laughing.

As for the group’s fate after redeployment next February, “Super Rosco and I will be returning to Anchorage, Alaska, and Lizard will be returning to Puerto Rico. I love them both and would not want to record SRCC songs without them – so recording our songs after redeployment may be out of the



1st Lt. Ricardo J. Lizardi-Ortiz SRCC bass player.

question,” said Claudio.

“I’m just really happy that we have the opportunity to play up here for our friends and make new friends in the process. We are good at what we do and we can sometimes bring laughter, or even just a grin – or maybe even nausea,” Claudio said. “Sometimes any different feeling can mean the world to people who have been stuck in the same feeling for a whole year.”

Spc. Louie King, radio and communications security repair specialist who hails from Birmingham, Ala., is the band’s sound technician.

“He makes sure we are sounding as good as possible. Louie has been there for every set up and tear down,” said Claudio.

The group even has a “roadie,” Spc. Patrick Brown, from Chicago, missile systems repair specialist, 393rd CSB, who moves the band’s equipment. “He is our bus driver – when we have a bus,” said Claudio.

“Pat helps set up, and whatever else

we might need at the last minute, and even transports fans from FOB to FOB to hear the band play. The bus broke down one time and he ran all the way back to Seitz Annex to get a working one – in boots, mind you,” Claudio said, laughing.

Subbing on drums when Robson is unable to perform due to scheduling or other conflicts is Spc. Brandon Neal from Louisburg, N.C., light wheeled vehicle mechanic, 393rd CSB.



Spc. Louie King and Spc. Ray Claudio prepare for a performance of SRCC.



*"We have several different competitions during the year, but this is the super bowl of culinary arts for us."*

**HAPPY**

*Story by  
Sgt. Kevin McSwain*

**HOLIDAYS**

**T**

*is the season, the holiday season that is, and the traditions are not dimmed in a war-zone. All across Iraq, and everywhere Soldiers of the 13th Sustainment Command (Expeditionary) are stationed, Army holiday traditions are honored.*

*During Thanksgiving, the dining facilities were manned by members of leadership, and cakes, costumes, and colorful displays were easy to find as dining facilities throughout the Army dressed up for holiday competition.*

*"This is our chance to show off our talents," said Staff Sgt. Christopher Parker, manager of DFAC 3 on Camp Anaconda. "We have several different competitions during the year, but this is the super bowl of culinary arts for us."*

*Thanksgiving of course, leads into the Christmas season. The near seamless transition sometimes causes other winter holidays to be overlooked. "There are three main holidays in December this year; Christmas, Hanukkah, and Hajj," said Capt. Michael Stephan, 49th Movement*







Following a long standing tradition, Lt. Col. Skip Adams, 45th Sustainment Brigade executive officer, carves and serves turkey at the Q-West dining facility Thanksgiving Day. (photo by Sgt. 1st Class David E. Gillespie)

Control Battalion chaplain. "Each one of these holidays will be celebrated in the month of December but each celebration has its own meaning."

Stephan said that each holiday has a specific day that it is known for, and each religion has a preparation period before that day arrives. "Christmas, celebrated on Dec. 25, actually begins its celebration during advent," he said.

"Advent is the Christian time of preparation for observing the birth of Jesus Christ."

Stephan said advent begins on the Sunday nearest Nov. 30 and is the beginning of the Christian worship year. The season continues through Dec. 24 and is observed with the lighting of advent candles, the display of wreaths, and special ceremonies, he said.



time, the eight-candle Menorah is lit in remembrance of the eight days the lamps burned during the recapture of the Jerusalem temple. Due to the Jewish lunar calendar, the celebration takes place on different dates in December.

For the Islamic religion, the prominent holiday in December is Hajj. "Hajj, a sacred three-day pilgrimage to Mecca, is one of the most important rituals in the Islamic faith," he said. "It is one of the Five Pillars of Faith, a Muslim's five central duties. The ritual takes place during Dhul al-Hajjah, the last month of the Islamic lunar calendar." On the third day, after the pilgrims have completed a major part of Hajj, Muslims around the world join in the celebration of Eid al-Adha, "The Festival of Sacrifice."

The time of celebration and the traditions as-

In addition to Christmas, the Jewish holiday on Hanukkah is observed in December. "Hanukkah, the Jewish festival of lights, commemorates the Maccabean recapture and rededication of the Jerusalem Temple," Stephan said. "The celebration, which lasts eight days, is celebrated with special readings and songs focused on liberty and freedom."

Stephan said during this

sociated with each holiday, come from a significant event in the history of their religion.

"Christians celebrate Christmas to celebrate the birth of Jesus," he said. "The Jewish religion celebrates Hanukkah to remember the miracle of the lamps in which the Jews only had oil enough to burn their candles for one night. But God allowed their lamps to burn for eight days, which helped them defeat their enemy."

"Hajj celebrates a pilgrimage which was taken by the Prophet, in which he asked God to pardon the sins

Waqf al Arafat, an Islamic day of observance during Hajj, is a day in which pilgrims pray for forgiveness and mercy.



Kwanzaa, a week-long secular holiday with a focus on the traditional African values of family, community responsibility, commerce, and self-improvement, is observed from Dec. 26 until Jan. 1. Kwanzaa is neither political nor religious and despite some misconceptions, is not a substitute for Christmas. It is simply a time of reaffirming African-American people, their ancestors and culture.



Soldiers of Dining Facility 3 at Camp Anaconda pose in their Thanksgiving day costumes as they prepare to greet diners.

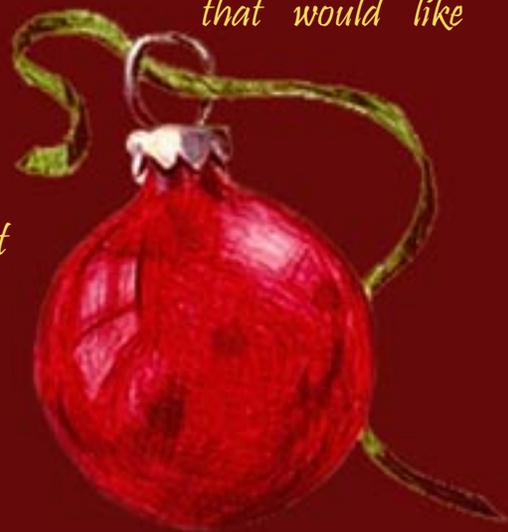
of pilgrims who stood at Arafat. And also to celebrate the victory of the Prophet Ibrahim over Satan, who was trying to persuade him not to follow God's command to sacrifice his son."

In addition to the major celebrations during the month of December, there are several days that are observed that coincide with the holidays.

Saint Nicholas day, the Christian celebration of the birth of Saint Nicolas, is observed on Dec. 6. Saint Nicolas is the patron saint of children and role model for gift giving.

Stephan said remembrance of their faith is what these celebrations have in common.

Any Soldier that would like to celebrate these or other religious holidays can contact their chaplain.





# Sustaining

**PUTTING ON PAPER**

# FORGE

**13th Sustainment Command  
(Expeditionary)  
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