

ANACONDA TIMES

JANUARY 17, 2007

PROUDLY SERVING LSA ANACONDA

By the Numbers

13th SC(E) CG reenlists 30
1744th Soldiers during ceremony

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F.I.G.H.T.

Soldiers learn Israeli
combative methodology
of self defense

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Army moving quickly to equip and reset force

WASHINGTON -- The Army's current plan to equip and reset the force is ahead of schedule. With the entire \$17.1 billion supplemental allocated by Congress at the beginning of fiscal year 2007, the Army has obligated \$9.8 billion for reset-\$4 billion has gone for depot and field-level repair, while \$5.8 billion has been allocated for new procurements.

After the Sept. 29 signing of the bridge supplement, the Army moved at unprecedented speed to distribute funding; both operations & maintenance and procurement funds were released within six days of receipt. The rapid release of those funds allowed the Army to front load new procurements within the initial 90 days of the fiscal year. The majority of procurement funding will be obligated by Feb. '07. The Army will spend the entire \$17.1 billion before the end of fiscal year '07.

The Army has moved rapidly to restore battle losses and repair equipment through an aggressive reset program, despite entering the long war against global terrorism \$56 billion short of equipment, as Army senior leaders have testified before Congress.

Additionally, the Army has had to quickly equip the Reserve Component as it transitioned from a strategic reserve to an operational force in meeting warfighting requirements. The Reserve Component has historically been under funded in its equipping and modernization programs.

Across the country, Army depots, program managers and headquarter staffs are expediting the reset plan. Depots' temporary and permanent workforces are increasing, further demonstrating the Army's unprecedented agility and flexibility in order to stay ahead of the dynamic and rapidly changing require-

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Realistic training keeps 1/34 Soldiers' skills sharp

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Photo by Capt. Randall Stillingner
The shadow of an AH-64 Apache helicopter from the 1st Bn, 149th Aviation Regt., 36th Combat Aviation Brigade served as a notice to insurgents that a recent combat logistic patrol was well protected by aerial fire power.



"I will never accept defeat."

I am Sgt. Ryan Howard from Greenup, Ky.

1st Engineer Battalion >> equipment operator team leader

'Why I Serve' participants to share motivation for military service

by Donna Miles

American Forces Press Service

WASHINGTON – Ask Army Staff Sgt. Jerome MacDonald why he serves in the military, and he doesn't talk about pay raises, tuition assistance or job security.

"My biggest reason for serving is my family," said MacDonald, a combat medic who returned in 2006 from a deployment to Iraq.

"I looked at my family, and I realized that I want them and their way of life to be protected," he said. "And one of the only ways to do that is to go overseas and take the fight to the enemy who are perfectly willing to come here and kill themselves just to kill an American. ... It requires some sacrifice, but I am willing to do that."

MacDonald is among eight participants in the Defense Department's "Why I Serve" program who will spend the next three months telling civilian groups around the country why they serve in the armed forces. The group members, all recently returned from Iraq, Afghanistan and elsewhere around the world in support of the war on terror, will also share their personal experiences and the importance of the public support they have received.

In addition to sharing his on-the-ground experiences, MacDonald said he plans to talk about the deep sense of connection he and many of his fellow servicemembers feel toward their comrades. MacDonald left the military in 2003 after six years of service, then returned less than a year later because he realized how much he missed what he had left behind.

"I found out when I got out of the military that I didn't have that brotherhood anymore, that camaraderie," he said. "I missed that, and I serve now also for the men and the women next to me in the foxhole and, ultimately, because I believe in the war on terror and that we are doing the right thing."

Petty Officer 1st Class Lyndon Romeo, a Navy Seabee, said he plans to tell the audiences he speaks with about how his latest deployments to Kuwait and Bahrain reaffirmed his belief in the value of military service. "I serve because I believe that the constitution needs defending and supporting, and I believe that probably the best way to do that is to service in the United States military," he said. "That's what I plan to tell them."

Air Force Staff Sgt. Jeramiah Poff said he looks forward to sharing with civilian groups

ranging from Boy Scouts to Rotary Clubs "how I feel to be in uniform and how proud I am of what I do."

Poff said he hopes to convey through the Why I Serve program that he sees his service as a way of honoring veterans of past wars, reinforcing those who serve alongside him today, and laying a foundation for the next generation of military members.

"I serve for all those who have served before me (and) all those who have fought and sacrificed in all the conflicts of the past," he said.

"I serve so (the soldier, sailor, airmen or Marine beside me) knows he has someone watching his back and able to catch him if he falls, pick him up if he gets hurt, motivate him if it's his bad day," he said. "And I am also there for all my troops for the future of the military services."

As the group members fan out across the country this week to spend the next 90 days speaking to groups ranging from the Boy

Scouts to local Rotary Clubs to schools and retirement community organizations, they also will emphasize the importance of public support for the troops.

"We have all seen the support that regular Americans give," MacDonald said. "The most important thing is that they are distinguishing between the soldier and the politics and the war and the soldier. ... As long as that continues, they can always support the soldier."

Marine Maj. Matt Morgan, director of the Why I Serve program, said he wishes every servicemember could get an opportunity to participate in the program to see firsthand how much they're appreciated. "Most servicemembers have a sense that Americans appreciate what they do. But until you go out in the communities where you are not usually seeing servicemembers, traveling through regional and local airports, and meeting with members of communities who don't see this military presence, you don't understand how

much they appreciate what you do," he said.

Morgan recalled an incident in which three participants in the program walking through a small regional airport got a standing ovation from the people awaiting their flights. "It was a very emotional moment for all of them because they just didn't get a sense of that in the regular media coverage, just how much Americans really appreciate what they do," he said.

The concept for the Why I Serve program originated with former Defense Secretary Donald H. Rumsfeld and Marine Gen. Peter Pace, chairman of the Joint Chiefs of Staff, who wanted a way to help reconnect troops to the American people, Morgan explained.

"So we took a number of ideas, and one of them was taking troops just returned from overseas and sending them out to the American people so they could talk to community organizations and groups and interface directly without the interference of filters," Morgan said.

Friendships bond Soldiers



Soldiers from 449th Aviation Support Battalion, 36th Combat Aviation Brigade, hang around a bon fire at a New Years party at LSA Anaconda, Iraq. Soldiers rang in 2007 by playing music from home and swapping war stories while taking a break from 24-hour operations.

Photo by Staff Sgt. Lonn T. Smith

ANACONDA TIMES

Anaconda Times is authorized for publication by the 13th Sustainment Command (Expeditionary) for the LSA Anaconda community. The contents of the Anaconda Times are unofficial and are not to be considered the official views of, or endorsed by, the U.S. Government, including the Department of Defense or Operation Iraqi Freedom.

Anaconda Times is a command information newspaper in accordance with Army Regulation 360-1.

Anaconda Times is published weekly by the Stars and Stripes central office, with a circulation of 5,000 papers.

The Public Affairs Office is on New Jersey Ave. in building 4136, DSN 318-829-1234. Anaconda Times, HHC 13th SC(E), APO AE 09391. Web site at www.mnf-iraq.com/publications_theater.htm

Contact Sgt. Gary A. Witte at gary.witte@balad.iraq.centcom.mil

13th SC(E) Commanding General, Brig. Gen. Michael J. Terry

Chief of the Anaconda Consolidated Press Center

Maj. Jay Adams
jay.adams@balad.iraq.centcom.mil

210th Mobile Public Affairs Detachment Commander

Maj. Robert W. Catlin
robert.catlin@balad.iraq.centcom.mil

Print OIC

Capt. Perry Jarmon
perry.jarmon@balad.iraq.centcom.mil

Editor

Sgt. 1st Class Mark Bell
mark.bell@balad.iraq.centcom.mil

Copy Editor

SpC. Alexandra Hemmerly-Brown
alexandra.brown@balad.iraq.centcom.mil

Staff Writers

Staff Sgt. Angela Archie
angela.archie@balad.iraq.centcom.mil
Sgt. Gary A. Witte
gary.witte@balad.iraq.centcom.mil
Sgt. Joel F. Gibson
joel.f.gibson@us.army.mil
Sgt. Kevin McSwain
kevin.mcswain@balad.iraq.centcom.mil
Sgt. KaRonda Fleming
karonda.fleming@balad.iraq.centcom.mil
SpC. Amanda Solitario
amanda.solitario@balad.iraq.centcom.mil

Contributing Public Affairs Offices

332 Air Expeditionary Wing	1/34 Brigade Combat Team
36th Combat Aviation Brigade	45th Sustainment Brigade
402nd Army Field Support Brigade	82nd Sustainment Brigade
411 Engineer Brigade	593rd Corps Support Group
164th Corps Support Group	15th Sustainment Brigade
657th Area Support Group	

Tax Center opens Feb. 19

by Sgt. Kevin McSwain

Anaconda Times Staff

LSA ANACONDA, Iraq—The Super Bowl and the college bowls mark the end of the football season but there is one season that is just starting.

Tax season, which affects every servicemember in the U.S. military, begins Jan. 1 and ends April 15.

For those who need assistance, there is help available on Logistical Support Area Anaconda.

"We will be providing free tax assistance to Soldiers," said Sgt. Bethany Becker, legal assistance noncommissioned officer in charge. "We are here to help servicemembers file their taxes properly."

Becker said the center, which is scheduled to open Feb. 19, will be assisting with the filing of forms 1040EZ and 1040A.

"Many new tax laws have been passed, and we are able to help servicemembers take advantage of new deductions and credits," she said.

Becker said they are focused on filing quick returns so servicemembers can receive their refund as soon as possible.

"We recommend choosing electronic filing," she said. "You are able to receive your return within seven to ten days as opposed to three weeks if you mail your return."

Becker, who has received training on how to help maximize a servicemember's return said it is important for all Soldiers to file their taxes, even if they do not expect a refund.

"This is what this service is for, we want to help Soldiers while they are deployed and make sure they keep the proper paperwork filed."

Becker encourages servicemembers to come in and use the service.

"There is plenty of time for Soldiers to come in, and with the 180-day extension given to deployed servicemembers, there should be no excuse," she said.

The center has made the process even easier for servicemembers.

"All you have to do is drop off your information," Becker said. "Then we will schedule a time for them to return once the form is complete."

The hours of operation for the center will be 9 a.m. - noon. Monday, noon - 8 p.m. Wednesday, and 9 a.m. - 6 p.m. Friday. Those with questions can contact Sgt. Bethany Becker at DSN 829-1838.

Red Bull Soldier visits part of family, unit history in Italy

story by Spc. Dustin Perry

CAMP ADDER, Iraq — Last September, while Maj. Mark Hoyne was in Italy for two weeks of Rest and Recuperation leave, he took a day off from seeing the sights to connect with a dual piece of his history — and to make good on a promise.

Hoyne, the aviation officer for the 1st Brigade Combat Team, 34th (Red Bull) Infantry Division, was asked by his aunt's mother-in-law, Mary Jane, to visit the gravesite of her husband, Cpl. Raymond E. Schmierer, who died Oct. 5, 1944. Raymond is not only a distant relative of Hoyne's but also served under the "Red Bulls" during World War II.

Hoyne, a native of Coleraine, Minn., agreed and made his way to the Florence American Cemetery and Memorial, located off the Certosa-Florence exit of the Rome-Milan autostrada.

The cemetery covers about 70 acres, mostly on the west side of the Greve River. Its hills are covered with symmetrically-curved rows of headstones, 4,402 of which belong to American military dead — and at Plot D, Row 13, Grave 5 sits Raymond's.

"Mary Jane asked if I would look up the gravesite because she had never visited it ... I was honored," said Hoyne.

Schmierer lived in St. Paul, Minn., with his wife and their son John, where he worked at a bank. In the Army, he served as a rifle squad leader with Company C, 133rd Infantry Regiment.



Cpl. Raymond E. Schmierer

His division was deployed in mid-1944 and participated in six major campaigns in North Africa, Sicily and Italy. He died during the 5th Army's attack on Bologna.

Hoyne said he never knew much about the decades-old family ties he had within his unit but was still extremely proud when he finally came upon the headstone.

He made a pencil etching of the inscription and placed one of his own unit patches at the site.

"Wearing the Red Bull patch and knowing he was a Red Bull was kind of awe-inspiring," said Hoyne. "Looking

at that, you realize the history you're part of is something much bigger than you are."

Prior to taking the trip, Hoyne was loaned several keepsakes from Mary Jane — photos, newspaper clippings, the last two letters she received from Raymond, and even a letter she wrote to her husband on Oct. 5, the day he died.

In it, she tells him a care package with "Fanny Farmer" candy is on its way and recounts a visit from her cousin Vesta, during which their then-2-year-old son "carries on quite a conversation" with them both.

The letter ends, "I love you so, Darling — my days are so little without you. I'm just half of a whole; and the other half is you, my Darling. God be with you and bless you and keep you. I love you so."

The visit to the gravesite provided "a sense of closure" for both Hoyne and his family, he said.

Even though he didn't know much about Raymond before the trip, he says he now feels a lot closer and has a deeper understanding of what it's like for generations of family to serve in a war.

"I think the feelings Soldiers experience during a war are pretty constant throughout time," said Hoyne. "Really, the only thing that's different, in my opinion, is the years that have passed. You're doing a job, but you can't wait until it's done to get home to your family."

email us your story idea to anaconda.times@balad.iraq.centcom.mil

How often do you do PT, what form of exercise do you focus on?

2nd Lt. Ignacio Romero



"I perform P.T. three to four days a week doing 45 minutes of cardio first, and next, strength training for the P.T. events. I try to eat a healthy diet."

Sgt. 1st Class Kimberly Mercado



"I work out five times a week. I enjoy training with free weights."

Master Sgt. Fernando Ramos Jr.



"Four to five times a week climbing in and out of blackhawks. No, seriously though, running is what I like to do."

Spc. Travis Bean



"Four to five days I do upper body strengthening and run. I play basketball every day."

One Soldier didn't let her 'duty' stop her from helping those in need

by Sgt. 1st Class Mark Bell

Anaconda Times Staff

LSA ANACONDA, Iraq – During the holiday season, you see them on every street corner and mall, ringing their bells. You hear the sounds of coins dropping in the red kettles bringing smiles to the volunteers and people donating their spare change.

For one Soldier, assigned to the 1st Brigade, 34th Division, being deployed in support of the 13th Sustainment Command (Expeditionary) near Balad, Iraq, raising money while in a combat zone seemed impossible.

Sgt. Lacy Hennessy, the A Company headquarters section NCOIC for the 1-34 Brigade Troops Battalion, said she had the desire to volunteer ringing bells for the Salvation Army this year, but her military obligations kept her from doing so – or so she thought.

“I have always loved to volunteer with various organizations and at different places,” she said. “In high school, I used to volunteer with the Salvation Army and ring the bells outside of stores in the southeastern Minnesota area.”

While here, Hennessy received weekly e-mails from the Salvation Army talking about the upcoming holiday season and their financial

goals. One of those e-mails caught her attention.

“When I saw one e-mail suggesting the e-kettles, I started one right away,” she said about her virtual campaign goal of only \$500. “It seemed like the least I could do while stuck in Iraq. It was perfect for me.”

Hennessy quickly designed an electronic flyer with a photo of herself and started sending out e-mails to everyone she knew to tell them about her mission to raise money from Iraq.

“I first set a modest goal of \$500 because I had no idea how much I would be able to raise,” she said.

She admitted it was slow in the beginning, but that quickly changed exponentially as hundreds of people chipped in.

“The Salvation Army was looking at the e-kettles and said to the person in the next cubicle, ‘Wow, someone in Iraq started a kettle, let’s do a story,’” she said.

Her story received attention from the national Salvation Army staff, and was quickly released by the Associated Press. It was read around the States, from California to New York City.

Her recognition in the media led to complete strangers donating to her virtual kettle.

“Many of my donors were people that I did not know,” Hennessy

said. “I kept meeting my goal, so I kept setting it higher.”

With her e-kettle busting at the rivets and only days before the deadline, she increased her final goal to \$4,000.

“I was able to make it the day of, raising just more than \$4,000,” she said.

Hennessy said the Salvation Army will use the money to provide food and shelter to the people less fortunate.

“With the money I raised I can do things such as feed more than 75 small families for three weeks or shelter more than 75 people for three days,” she said excitedly. “I am so happy to be able to help so many. I never imagined that I could raise so much money and I am so grateful to everyone who generously donated.”

The funds raised by the Salvation Army help support many of the 37 million people in poverty who turn to the Salvation Army for food and toys at Christmas, utility and homeless assistance, senior and child care, drug abuse treatment and many other social service needs.

“I wish that everyone could be as lucky as me to always have more than enough food, a warm home, gifts under the tree and loving family and friends,” she said. “I also love the holidays, and if I can make even a few people’s holidays better for them I will do what I can to do so.”

Iraqi Born American Soldier proudly serving in homeland

by Maj. Juanita Chang

25th ID TAC PAO

MOSUL, Iraq -- Eight years and many small miracles later, U.S. Army Spc. Jotyar Tile returned to his native land and will be serving both his countries.

Tile remembers the day his family fled northern Iraq after years of bombing and terror by Saddam’s government.

“If we had stayed one more day we would not have made it out alive; they were using chemicals against us and destroying our villages,” Tile said.

“My father was a hard headed and proud Kurd and did not want to leave our home. We were the last family to leave Qumri,” he said.

For years his family had endured the anti-Kurdish campaign led by the Iraqi regime of Saddam Hussein

“I remember every Friday we had to dress up and wear army clothes to school and march around and raise the flag and act like soldiers,” Tile said. “Saddam demanded we do this from about age 5 and up.”

In August 1988, then 18-year-old Tile, his parents, five sisters and seven brothers fled his home in the Kurdish region of northern Iraq to a refugee camp in Turkey.

Tile explained the conditions in the refugee camp were appalling with approximately 16,000 refugees in tents in four to five square miles. Refugees were not allowed to work and all had fled with no belongings; not even bringing

pots to boil water in. Many became ill and died because of the poor health and hygiene conditions and simple preventive medical issues like frostbite were rampant, he said.

“Then, one day, the U.S. and U.N. visited us and asked if we wanted to go to the U.S. or Europe,” Tile beamed. “I said yes, I want to go to the U.S.,” he said, but his parents declined and they returned to their home 1992 along with his siblings.

On Sept. 29, 1992 Tile arrived in New York City as a refugee and was giving a green card. Within days he moved in with a sponsor in Fargo, N.D.

“I did not know anything about U.S. except California and New York,” he said. “And I didn’t speak a word of English.”

Tile explained how “a very nice and beautiful lady volunteer named Karen Harris” changed his life.

This lady, whom he has not had contact with in years, taught him how to speak English, drive a car, and got him his first job for \$4.25 an hour.

“I would love to contact her and thank her but don’t know how,” he regretted. “When I received my first paycheck, I went back to the social service and thanked them and told them I didn’t



Spc. Jotyar K. Tile, 35, returns to his homeland in northern Iraq to serve both his countries.

want any more of their help,” he smiled.

He said they tried to tell him that he could continue to receive support for months, but he said he wanted it go to someone else who really needed it.

“I wanted to join the U.S. Army ever since I came to the U.S.,” he said, “to show my appreciation for everything they did for my people,” but he did not have a high school diploma and did not know how to obtain a general equivalency diploma.

The next several years meant several moves for Tile.

He moved to Sioux Falls and worked in a meat-cutting factory cutting pork “even though, as a Muslim, I do not eat pork.” He also lived in Nashville and Georgia.

Eventually he learned through a friend of his that there was a special program created for allowing native language speakers to join the army as interpreters.

“I contacted this guy and they flew me out to California and I joined the army as an E-3 after taking the ASVAB test, physical, language exam and others.

“Since then I have also recruited two others,” Tile said proudly.

After completing basic training and advanced

individual training at Fort Jackson, S.C., Tile found out he was assigned to a unit scheduled to deploy to Afghanistan.

“I went to my commander and told him I would do my duty as a Soldier and I would go anywhere they told me to go. But I asked him not to rely on me as an interpreter for Afghanistan because I do not speak those dialects,” Tile explained.

Within a few weeks, and with some help from his first sergeant, Tile was reassigned to a unit deployed to Iraq. Upon arriving in Iraq, he joined his new unit, the 352nd Corps Support Battalion from the Army Reserves out of Macon, Georgia. This unit performs a wide variety of logistical support for coalition forces serving in northern Iraq.

Tile said he has spoken with his family and they now know that he is back in Iraq and they are proud of him for serving both his countries. He will spend his deployment in the Kurdish region serving as an interpreter, and will be only an hour or so from his original home and family.

“My first goal is to make enough money to fix my family’s roof, and to help them.” When Tile’s family returned to their village in 1992, there was nothing left and the family was forced to start over and rebuild a house in a different location.

Tile, now 35 and a specialist in the Army, said that he loves his family and wants to help them and still misses his mother’s cooking even though has hasn’t seen them in more than 14 years.

“The U.S. did a lot for my people and this is only a little bit that I can give back,” Tile said

The Army Reserve Retention Office at LSA Anaconda

Current bonuses are: \$15,000 for 6 years and \$7,500 for 3 year reenlistments

Warrant Officer Applications -- Direct Commission Applications

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For more information call SFC Bettina Oberkirsch at 318-829-1129

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RELAXATION TECHNIQUES

MONDAY TO SATURDAY

3:30 TO 4 P.M.

STRESS MANAGEMENT

MONDAY AND THURSDAY

10 TO 11 A.M.

HOME FRONT ISSUES

MONDAY AND THURSDAY

5 TO 6 P.M.

CONFLICT RESOLUTION

WEDNESDAY AND SATURDAY

11 A.M. TO NOON

ANGER MANAGEMENT

TUESDAY AND FRIDAY

11 A.M. TO NOON

ANXIETY AWARENESS

WEDNESDAY

3 TO 3:30 P.M.

SATURDAY

10:30 TO 11 A.M.

SLEEP HYGIENE

MONDAY AND THURSDAY

6 TO 6:30 P.M.

GOAL SETTING

MONDAY AND THURSDAY

11 A.M. TO NOON

DEPRESSION AWARENESS

WEDNESDAY

2 TO 3 P.M.

SATURDAY

10 TO 10:30 A.M.

COMMUNICATION SKILLS

TUESDAY AND FRIDAY

10 TO 11 A.M.

RELATIONSHIP SKILLS

WEDNESDAY

9 TO 11 A.M.

for more information, email:
melissa.kale@us.army.mil

Local personnel specialists provide combat support to deployed Airmen

story and photos by
Air Force Staff Sgt. Alice Moore

BALAD AIR BASE, Iraq -- "First in, last out" is the battle cry of the Personnel Support for Contingency Operations team, better known as PERSCO. It's definitely the case during a deployment at Balad Air Base, headquarters to the 332nd Air Expeditionary Wing, when you're responsible for in and out-processing more than 7,000 Air Force personnel.

The members of the 332nd Expeditionary Mission Support Group's PERSCO team ensures accountability and a variety of other services are accomplished daily.

Made up of a team of personnel specialists, the team members provide deployed Airmen support 24-hours a day, seven days a week.

"Our number one priority is accountability," said Senior Master Sgt. Tony Pinkney, PERSCO superintendent, deployed from Andrews Air Force Base, Md. "We are responsible for ensuring we have the right amount of personnel with the correct skills and Air Force Specialty Code to complete the mission."

Along with accountability, PERSCO team members here are also responsible for casualty reporting and Red Cross notifications.

"We ensure headquarters and home stations receive all casualty reports in a timely manner so family members back home can be notified immediately the status of their loved ones," said 1st Lt. Jamie Fanning, PERSCO team chief also deployed from Andrews. "Red



Staff Sgt. Channa Johnson, 332nd Expeditionary Mission Support Group PERSCO team member, briefs Airmen upon their arrival to Balad Air Base, Jan. 2. Sergeant Johnson is deployed from Charleston Air Force Base, S.C. (U.S. Air Force photo by Staff Sgt. Alice Moore)

Cross notifications are equally important. Upon receipt, we notify the deployed first sergeants so they can assist the member with contacting home and obtaining emergency leave when necessary."

The team also acts as a "mini" military personnel flight to provide Airmen support with all their personnel actions such as delayed and early reporting requests, processing reenlistments and extensions and skill and grade level waivers and retirements,

Pinkney said.

Although PERSCO team members work to provide Airmen with a variety of personnel services, the scope of their job doesn't end with helping fellow deployed Airmen. They are also responsible for helping additional customers who they're typically not used to assisting back at home station.

"The operations tempo is higher because we deal with a broader range of customers, which includes foreign nationals, civilian contractors, and servicemembers from military bases around the world," said Staff Sgt. Channa Johnson, PERSCO team member deployed from Charleston Air Force Base, S.C.

A unique aspect of the PERSCO team here is that the 10-person team is made up of active-duty, Reserve and Air National Guard members. Despite the diversity, PERSCO team members say the working relationship couldn't be better.

"Overall the camaraderie of the shop is good and I think the working relationships that have developed will continue even though we come from different backgrounds," Pinkney said. "We went through all the known group dynamic stages and to look back from day one we can say that we have had an outstanding and professional deployment."

Now that the team's deployment is winding down, the team members are able to reflect more on their impact and accomplishments with a positive outlook.

"The unique thing about PERSCO is that many of the programs and daily job related activities here are not the same as home station," Fanning said. "Because of this, it was a bit of a challenge learning a new way of doing business. Fortunately, the entire team is made up of some of the best personnel specialists I've worked with and we all caught on fast. We've had a great rotation, learned a lot of valuable information and we are looking forward to bring our experiences and lessons learned back home to share with other Airmen deploying in the future."

Commentary:

7 tips for the 'resolutionary'

by Lt. Col. John Leitnaker

Materiel Command Surgeon General's Office

WRIGHT-PATTERSON AIR FORCE

BASE, Ohio -- It's January, and once again there is a wave of "resolutionaries." You know, all those folks who have a new plan to change their lives.

They are out in force, filling the gyms, losing weight, quitting smoking, and telling anyone who will listen about their latest behavioral change.

Many are trying to fix everything at once.

The fact is, it is a great time to make a change, whether losing weight, spending more time enjoying your children, getting spending under control, or finding that quiet time for reflection.

People are frequently more successful at making these changes during this time of year. They subsequently reap rewards through improved health, appearance, and relationships.

However, as we all know, there are many others who will fail in their resolutions.

We know the gym is crowded now, but in a few months there won't be as much trouble finding a parking space. The big talker at work won't be talking about the newest diet anymore. How can you be one of the successful resolutionaries?

Here are seven quick tips to help you be successful:

1) Identify one thing you want to improve. If you begin with one thing and have success, you are likely to try other changes. If you take on a few changes at once, you are more likely

to quit them all.

2) Make a list of the benefits of the change and keep it handy for review. A list helps you articulate why you want to make a change and can be useful in motivating yourself when you are feeling weak or frustrated.

3) Make a plan. Identify a series of small, easy steps to achieve the changes you want to make. A plan might include things like setting a date, scheduling a class, acquiring needed items, such as good exercise shoes, or getting rid of things like ashtrays or high-calorie snacks.

4) Make use of the resources around you. Join a class for support and encouragement. Ask your family and friends for their support. Encourage a friend to make the change with you.

5) Set goals. Working toward a reasonably attainable goal will help keep you focused. Track your progress and remind yourself that you are moving in the right direction.

6) Reward yourself. It may seem like a small thing, but planning rewards for progress and then actually giving yourself these rewards has been shown to be a very effective technique. It helps you celebrate the change and motivates you to press on.

7) Don't give up if you experience small setbacks. Setbacks are not uncommon for a variety of reasons, such as illness or disrupted schedules. Remind yourself you are still further along than you were and get back to where you left off.

Set yourself up for success as a resolutionary with these few tips and start reaping the rewards.

Common sense helps key on safety issues on LSAA

by Spc. Amanda Solitario

Anaconda Times Staff

LSA ANACONDA, Iraq— In two minutes, a person can smoke a cigarette, light a candle, or make a pot of coffee. If these actions are not taken with caution, two minutes is enough time for an entire building to become engulfed in flames.

A fire doesn't need a lot of time to destroy everything in its path.

Electrical fires seem to be the most common type of fire on base, and can prove to be very devastating, said Master Sgt. Magno Manzano, the installation safety NCOIC with the 657th Area Support Group.

Many of the offices and housing units have multiple appliances plugged into one outlet, and electricity standards are a bit different in Iraq compared to back in the United States, he said.

"It is important when you are in your living quarters that you do not overload the outlets," Manzano, the Ewa Beach, Hawaii native said.

In addition to making sure the outlets do not exceed the maximum voltage, servicemembers should always unplug objects not in use.

Manzano said simply turning off coffee pots, hot plates, and electric blankets are not a complete guarantee to fire prevention.



Photo by Spc. Amanda Solitario
A brown electrical plug from a small hot water heater pot is a sure sign of future trouble.

Another safety concern is exposed wires. If cords are broken, frayed, or stripped, they need to be replaced immediately.

"If you have those, you need to throw them away and get new ones," he said.

All wires should be taped to the ground and never put under a rug.

While there is no particular season when fires are most prevalent, wintertime appliances such as space heaters significantly contribute to the threat of a fire, Manzano said.

He said to check with the mayor's cell for a list of approved space heaters.

Electrical fires are not the only kind the fire department has to put out. Smoking carries many risks when it comes to fire safety.

"It is policy that smoking has to be further than 50 feet from buildings," Manzano said.

But having designated smoking areas does not stop the threat, he said. If servicemembers are not practicing proper disposal of their cigarette butts, they could potentially start a fire.

Servicemembers need to be proactive with their fire safety plans, Manzano said. Smoke detectors and fire extinguishers should be checked at least once a month.

"If anything is defective, they need to get a new one from the west side fire department," he said.

Every building ought to have a fire evacuation route for each room, and it should be displayed, Manzano said. The exits need to be clearly marked with easy access in case people have to evacuate quickly.

In the event of a fire, personnel should call 9-11 immediately. He said the person calling should be able to provide the fire department with the building number and the closest streets.

Manzano said he can't be everywhere at once, so units need to have designated safety NCOs to keep their companies free of fire hazards.

"They are here to be my eyes and ears for all safety issues and concerns," he said.

Shedding risks starts at the individual level. Manzano said it is up to each servicemember to practice good safety habits.

"Safety is everybody's concern," he said.



Soldiers get a smile from a homemade Valentine they received in an SI Yellow Ribbon Campaign "You Have Our Hearts" package on Valentine's Day 2006.

America Supports You: Group's Hearts Go Out to Troops

by Samantha L. Quigley

American Forces Press Service

WASHINGTON- An Illinois-based troop support group wants servicemembers to know they have America's hearts, literally.

"The whole theme around the 'You Have Our Hearts' campaign is about ... showing our love and compassion for the troops overseas," Amy Oxford, founder of SI Yellow Ribbon Campaign, said. "Every year we send over thousands of homemade Valentines from school kids and churches and even families."

The nonprofit group is a member of America Supports You, a Defense Department program showcasing ways Americans support the nation's servicemembers.

Fresh off of its fourth "Holiday Hugs to Our Heroes" campaign, the group has launched its fourth Valentine's Day project, which it has conducted every year since its March 2003 beginning.

Oxford, her mother, Kathy, and now 6-year-old daughter, Callie, stuff boxes full of homemade heart-shaped valentines sent in from across the country and get them to troops serving overseas.

And, because Valentine's Day is a holiday associated with sweets, of course those boxes also include candy.

"We try to do the heart theme with ... the heart (shaped) suckers and the little boxes of heart chocolates and conversation hearts," Oxford said. "We put a lot of love into those packages."

This year, she started the drive for the Valentine's Day mailings the day after Christmas. She hopes that thousands of Valentines and heart-shaped candy will pour in from across the country by Jan. 22. The seemingly early deadline will allow time to get the packages to the servicemembers as close to the holiday as possible.

Oxford and her small band of cupids also are hoping to receive cash donations to offset the cost of shipping 500 to 800 flat-rate boxes of goodies overseas. That's a hefty sum at \$8.10 each.

"We can definitely still use help there," she said. "There's always a standing need for postage."

Oxford said her group does this just to "let (servicemembers) know everybody back here in the good old U.S. hasn't forgotten about them, and we do love them on this Valentine's Day."

Information on how to make donations — goods or cash — can be found on the SI Yellow Ribbon Campaign Web site at: <http://www.siyellowribbon.com>

LTC Russell D. Rogers
russell.rogers@balad.iraq.centcom.mil

SSG Brandon D. Fambro
brandon.fambro@balad.iraq.centcom.mil

SSG Annette Tyler
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If you have any questions, contact Sgt. Bethany Becker at 829-1838 or email her at: bethany.becker@balad.iraq.centcom.mil.



The U.S. flag serves as a backdrop for more than 30 Illinois Guardsmen who reenlisted during the largest Illinois Army National Guard reenlistment ceremony held Jan. 6 here.

Photo by Sgt. Kevin McSwain

30 Illinois Guardsmen reenlist during ceremony

by Sgt. Kevin McSwain

Anaconda Times Staff

LSA ANACONDA, Iraq—The 30 Soldiers who stood in the middle of the motor pool had more in common than just being deployed to Iraq.

The Soldiers, members of the 1744th Transportation Company, an Illinois National Guard unit, participated in a reenlistment ceremony held Jan. 6 here.

"Every Soldier that is reenlisting today is from the state of Illinois," said 1st Sgt. Royal Schaefer. "These men and women have made their families and the nation proud by choosing to continue to serve their country."

Brig. Gen. Michael J. Terry, commanding

general of the 13th Sustainment Command (Expeditionary), led the ceremony. He said he was proud of the 1744th as he handed each Soldier their certificate.

"I feel humbled as I stand among all of you today," he said. "You have chosen to continue your service to the Army during a time of war, and that is very admirable."

Terry said servicemembers choose to reenlist for many different reasons but there must be something deep in a person's spirit that makes them want to stay in the military.

"America needs to understand who you are; you have made a greater sacrifice than some people can imagine."

Soldiers agreed with the commanding general's statement and said they felt there was

more to their reenlistment than just a bonus.

"We need to keep the knowledge in the Army," said Sgt. David Hill, armored support vehicle driver. "Experienced Soldiers are needed to teach the newest generations of Soldiers as they begin their career in the military."

Hill, who has been in the Army for more than nine years, said he reenlisted so he could deploy in support of Operation Iraqi Freedom.

Some Soldiers said they had already made the decision to reenlist because they wanted to finish their career in the military.

"I have over 16 years invested in the Army," said Staff Sgt. Michael Bickham, supply non-commissioned officer for the unit. "I enjoy the camaraderie with the Soldiers, and I felt we

need to develop the younger Soldiers to take our place."

Spc. Jimmie Wong-Soto, a driver for the unit convoy commander, has been in the Army for nine years. He said his family accepted and supported his decision to continue his career in the military.

"I think is important that we keep the Army strong with the experience of older Soldiers and the motivation of younger ones," Wong-Soto said.

In planning the event, the unit made a special request for the commanding general to present the certificates.

"We knew General Terry was a busy man," Schaefer said, adding that it was a great honor to have him take part in the ceremony.

The large number of Soldiers reenlisting at the same time was not a coincidence; they began their reenlistment paperwork prior to deploying to Iraq.

"We filled out their paperwork while at our mobilization station, and we waited until we arrived in country to initiate their paperwork in Illinois," Schaefer said. "We did this so Soldiers didn't have to go through the process here, and they could keep their mind on the mission."

Schaefer said the Soldiers were also able to take advantage of the tax exemption while deployed.

"The sum of everyone's bonus here totals close to half a million dollars," he said.

As the ceremony ended, each Soldier was thanked again by their senior leadership as they walked back to their building.

"As a first sergeant, it feels great to have your Soldiers reenlist," Schaefer said. "This is a great benefit to the Illinois National Guard."

Schaefer said no matter what reason each Soldier chose to reenlist, it was beneficial for both the servicemembers and the military.

"Some Soldiers may have reenlisted for the money," he said. "But the Illinois National Guard gets 30 good Soldiers."



Brig. Gen. Michael J. Terry, 13th Sustainment Command (Expeditionary) commanding general talks with Soldiers of the 1744th Transportation Company.



With their armored security vehicles and uparmored Humvees surrounding their formation, Soldiers reenlist during a Jan. 6 ceremony on LSA Anaconda.



Brig. Gen. Michael J. Terry, 13th Sustainment Command (Expeditionary) commanding general reenlists Soldiers of the 1744th Transportation Company.

Photo by Sgt. Kevin McSwain

Photo by Spc. Beth Fortenberry

Photo by Sgt. Kevin McSwain

Darkness provides realistic training

story and photos by Spc. Dustin Perry

CAMPADDER, Iraq – Training doesn’t stop when Soldiers arrive in Iraq. To ensure Soldiers stay sharp on the latest tactics, techniques and procedures for operating in a combat zone, 1st Battalion, 34th Infantry Division continues to hone their skills.

Soldiers at Camp Adder have been spending late-night hours training as they would fight – in the cover of darkness.

Several platoons of Soldiers assigned to 1/34 Brigade Combat Team have been getting some realistic, first-hand training on a wide array of dangers they commonly face when venturing “outside the wire.”

Capt. Rob Metcalfe, a Breezy Point, Minn., native and assistant S-3 for 1st Brigade Troops Battalion, 34th Infantry Division said the new training lanes allows Soldiers to fine-tune their military skills.

“The idea was to allow sets of Soldiers the opportunity to practice their current TTPs (tactics, techniques and procedures)

and train their senior leadership,” said Metcalfe, who is one of the key coordinators of the lane.

The training is available for any unit that wants to use it; they simply have to make a reservation in advance, allowing for ample time to secure an open date and set up the lane itself. One of the main benefits of conducting training on the four-mile circular course, Metcalfe says, is the broad spectrum of scenarios it allows servicemembers to recreate and subsequently learn from.

“The entire lane is currently designed to recreate a wide array of threats,” Metcalfe said. “Units can practice vehicle recovery, medical evacuations or how to set up a landing zone. Basically, leaders can pretty much refine their standard operating procedures, based on what they learn out there.”

Various pyrotechnics are allowed for use on the lane, which provide realistic recreations of detonations, said Chief Petty Officer Mike Green, a Navy electronic warfare officer on loan

to the 1-34th BTB. Platoon-sized convoys typically go through the lane during nighttime hours.

“This training device is also a good opportunity for junior leaders to get in there and take on a leadership position,” Green said. “Overall, we’ve had pretty good feedback on the lane itself when the units conduct their (AAR). We tell them in the beginning, ‘don’t get wrapped up in the scenarios, just remember your training.’”

During the last week of December, a BTB company conducted a twilight convoy exercise on the lane. A scout vehicle led the way, scoping out the road ahead of the rest of the convoy.

Nearly three-quarters of the way through, a pair of loud pops – accompanied by quick flashes – went off, signifying the convoy had been hit. The second vehicle was informed via radio of an “injury” sustained by one of its passengers during the blast, after which the Soldier was moved to a stretcher and treated with combat lifesaving techniques.

“It was great training, and my guys performed really well, considering the conditions,” said 1st Lt. Jon Anderson, Company C, 1st Battalion, 194th Armor Regiment, who supervised the training. “This is a great way to train on real-world threats in a realistic environment.”



(Above) Using flashlights for better lighting, a Soldier gives an exercise “casualty” and IV during night training at Taji. (Facing Page) Spc. Jesse George, 1st Brigade Troops Battalion, 1/34 Brigade Combat Team, treats an “injured” Sgt. 1st Class Christopher Berger by administering an IV near the end of his platoon’s lane training.



Sgt. 1st Class Christopher Berger, 1st Brigade Troops Battalion, 1/34 Brigade Combat Team, is treated with combat lifesaving techniques by Spc. Jesse George after his convoy was “hit” during night lane training. Spc. Elias Peltier is in the background.



A Humvee provides rear security for a “supply truck” during a four-mile training course on the convoy training lane.



"Braves" signal use more than smoke

by Sgt. 1st Class Nick Conner

15th Sustainment Brigade PAO

CAMP TAJI, Iraq – In the beginning, there was dust. There wasn't much else; just an officer, a first sergeant and a piece of paper. However, out of those humble, if not hectic beginnings, a company was born. As with all births, there was yelling, pleading and somewhere down the line, a smack and a cry.

B Company, 15th Brigade Troops Battalion, 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary) began as most new Army units do: as a briefing slide. Army modularity restructuring created the need for a main communications hub at the brigade level.

Capt. Jason Nunnery, a former division telecommunications officer, found himself in command of something unique. Given less than a year from creation to deployment, it was an opportunity to build something from the ground up.

"I was excited," he said. "[This command opportunity] doesn't happen every day."

The "Braves" also carried to war the new Joint Network Transport Capability system. The first of two units to receive the JNTC, Nunnery worked to prepare his fledgling command to fill the gap left by the Army's departure from signal battalion assets.

Planners created the system with a "moving-forward" Army in mind. The concept integrates mobility and technology. Satellite communication trailers and commercially-proven digital routers provide speed and better security features. Nunnery pointed out that everything now is digital; nothing is analog.

A new unit, new equipment, and a new mission was only missing one last element; new Soldiers. From January to March 2006, B Co. Soldiers spent more than two thousand man-hours learning network security, KU satellites and Joint Network Node systems.

"We had equipment, but didn't know how to use it," Nunnery said.

1st Sgt. Robert Knight, the company's telecommunications operations chief, sent every arriving Soldier to training; regardless of their job. With 17 years of signal

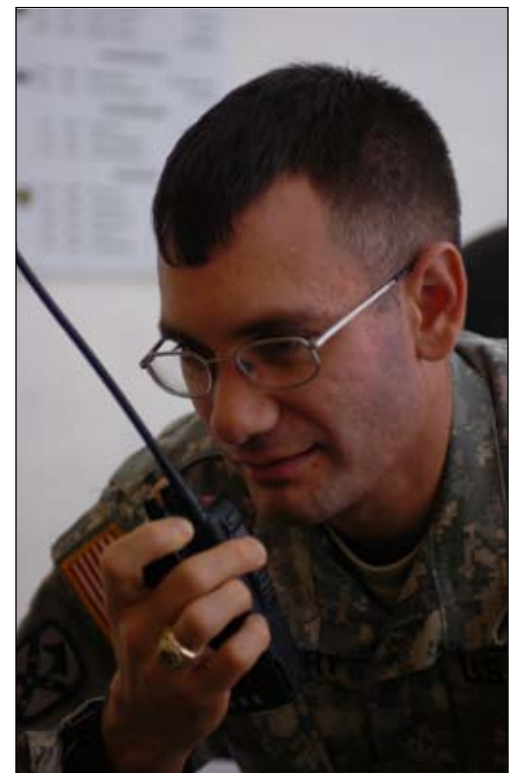


Sgt. Nicanor Amezcuita (left), a radio operator from Harlington, Texas, and Pfc. Robert Floyd (right), a signal support systems specialist from Willows, Ore., check to see if their phone communications equipment is performing properly.

experience, he realized the benefits cross-training affords.

"You've got to cross-train," he said. "It gives you piece of mind knowing you have someone to fill in if you need it."

Soldiers of the unit make history every day. Under the 13th SC(E), Nunnery's unit is the first to field and deploy the new JNTC system. A fact neither he nor his first sergeant can mention without a smile.



Capt. Jason Nunnery, Commander, B Co., 15th BTB, 15th SB, 13th SC(E), checks on his Soldiers progress by radio.

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The sky is the limit for OSACOM operations

“Our main goal is to get maximum utilization (of the aircraft), thereby keeping as many people off the roads as possible”

- Chief Warrant Officer Timothy Voss

by Spc. Amanda Solitario

Anaconda Times Staff

LSA ANACONDA, Iraq—Sherpas soar into the sky everyday, but without the tiny building just off the airstrip here, those flights would not be possible.

Inside the Operational Support Airlift Command office, Soldiers drift in and out of rooms checking on flights, preparing new requests, and monitoring aircraft already in the air.

OSACOM controls all Army fixed-wing utility operations for Multi-National Corps-Iraq. This means transporting cargo and personnel throughout the entire area of operation.

It is a big undertaking for the unit which arrived here in the beginning of December, but they do it flawlessly, said Chief Warrant Officer Timothy Voss, battle captain of operations for OSACOM.

The main concern of the unit is keeping servicemembers off the hazardous roads of Iraq, while moving logistics to the war fighters.

“It has been a wild ride this first month,” Voss said, noting that most of the Soldiers in the unit are volunteers so they are happy to be doing their part in the fight for a free Iraq.

Anaconda houses many of the Sherpas going in and out of Iraq, making the unit a hub for every flight request on a Sherpa.

Once the Soldiers working in the operations section receive an Air Movement Request, they begin processing and assembling missions to meet the needs of servicemembers.

“Our main goal is to get maximum utilization (of the aircraft), thereby keeping as many people off the roads as possible,” Voss said. “We do that by running a 24-7 operation.”

Day and night, the Soldiers are working to support as many AMRs as possible. Voss, a



Photo by Spc.Amanda Solitario

An Army C-23 Sherpa aircraft waits to taxi on Balad Air Base recently.

Jefferson City, Mo. native, said the work may seem chaotic, but it is actually an organized procedure.

The requests are separated into categories according to their priority level and the date the person wishes to fly. Just three days out from the mission, the operations team shuffles through AMRs, deciding which ones they can support.

On any given day, the number of aircraft available and flight crews on duty can vary. This needs to be taken into consideration when putting together the missions, Voss said.

“We are rigidly flexible,” he said. “Things change by the minute.”

Unfortunately, the unit is not always able to make everyone happy.

“Sometimes we are unable to support every mission,” Voss said. “I will call and say ‘hey, I can’t support you today, but how about tomorrow?’”

Voss said he will often direct them to the Space Available office. While many people may get aggravated their mission could not be supported, usually they can get on a flight the following day.

“They are a lot happier being a day late on a plane, than taking an 18 hour convoy to their destination,” he said.

Voss said it makes their job difficult to do if Soldiers are late for their “show time” or if they do not show up at all.

He said it is extremely frustrating when he has to turn people away for a flight, and then those scheduled for it do not show up. Voss said it is very helpful when the individual calls to cancel.

Besides personnel, the unit moves equipment throughout the country. It frequently takes to the skies via the Sherpa.

“We help bring high-priority stuff up to Balad,” Voss said. “Anytime we can get it there in a safe and timely manner the better.”

As the team compiles intelligence briefs, coordinates flight plans, and prepares emergency equipment for upcoming missions, they are carefully monitoring the planes already en route to their destinations.

“Our goal is to be the one-stop shop for the pilots so they can execute the mission and come home safely,” said Maj. Matthew Jordan, the assistant operations officer for OSACOM.

He said the operation’s team is there from the time they accept a mission all the way until the plane returns to Anaconda.

“There is no point that a Soldier in the operations (section) can rest knowing that their mission is complete, because (operations) is an ongoing process,” Jordan said.

While the actual flight may be the main event, without the behind-the-scenes effort from the operations team, the sky would just be a wide-open space with an airfield of grounded planes.

FORCE, from Page 1

ments of a ground force at war in some of the harshest conditions in the world.

To do that, the Army, with its industry partners, has implemented several initiatives to acquire, field, maintain, or reset thousands of pieces of equipment to include:

- Up-armored HMMWVs
- Rapid Equipping Force and Rapid Fielding Initiatives
- Aviation Survivability Equipment
- Radios
- Night Vision devices
- M4 Carbine rifles
- Improvised Explosive Device jamming devices

- Fragmentary armor kits
- Helicopters and tracked vehicles

All timelines in the Army’s plan have been designed with a full appreciation of unit rotation timelines and continued changing requirements from theater. The plan executes reset in synchronization with unit training and deployment schedules.

To ensure continued, rapid execution of the Army’s reset program, proper management and oversight procedures are in place.

The Army remains committed to and has applied resources aggressively to maintain the best trained, the best equipped, fully manned and best led ground force in the world.

ANACONDA exclusive NEWS SERIES

from AMR to final destination

A four-part series on how separate commands work together to move personnel, cargo by air

1. OSACOM planning
2. MCT’s Space-A puzzle
3. Flight Engineers
4. Sherpa Flight

Next Week

We’ll go behind the scenes with the 49th Transportation Battalion’s MCT that figures out the Space-A Sherpa puzzle

LSA ANACONDA RELIGIOUS SCHEDULE

Religious schedule subject to change

Roman Catholic Mass

Saturday 5 p.m. Tuskegee Chapel
Saturday 8 p.m. Provider Chapel
Sunday 7:30 a.m. Freedom Chapel
Sunday 9 a.m. Tuskegee Chapel
Sunday 5:30 p.m. Provider Chapel
Sunday 11 a.m. Air Force Hospital
Monday - Friday 5 p.m. Tuskegee
Sacrament of Reconciliation
30 minutes prior to each mass
Protestant-Contemporary
Sunday 10 a.m. Town Hall
Latter Day Saints

Sunday 1 p.m. Provider Chapel
Sunday 4 p.m. Freedom Chapel
Sunday 7 p.m. Tuskegee Chapel
Church of Christ
Sunday 2 p.m. Tuskegee Chapel
Islamic Prayer
Friday 12:30 p.m. Provider Chapel
Samoan Congregational Service
Sunday 4 p.m. Provider Chapel
Friday Shabbat Service
Friday 7 p.m. Tuskegee Chapel
Protestant-Gospel
Sunday, 11 a.m. MWR East Building

Sunday 11:30 a.m. Freedom Chapel
Sunday 2 p.m. Air Force Hospital Chapel
Sunday 7 p.m. Provider Chapel
Protestant Praise and Worship
Sunday 9 a.m. MWR East Building
Sunday 9 a.m. Eden Chapel
Sunday 7 p.m. Freedom Chapel
Sunday 7:30 p.m. Eden Chapel
Wednesday 7 p.m. Freedom Chapel
Protestant-Traditional
Sunday 9:30 a.m. Air Force Hospital
Sunday 9:30 a.m. Provider Chapel
Sunday 10 a.m. Freedom Chapel

Sunday 5:30 p.m. Tuskegee Chapel
Sunday 8:15 p.m. Air Force Hospital
Non-Denominational
Sunday 9 a.m. Signal Chapel
Non-Denominational Spanish
Sunday 2 p.m. Freedom Chapel
Protestant-Gospel
Sunday 3:30 p.m. Tuskegee Chapel
Protestant-Liturgical
Sunday 11 a.m. Tuskegee Chapel

January 17**Aerobics**

6 a.m. and 5:30 p.m.
East MWR Fitness Center

Yoga

6 p.m.
East MWR Fitness Center

Boxing

7:30 to 9 p.m.
East MWR Fitness Center

Rock Climbing Class

8 p.m.
East MWR Fitness Center

8-Ball Tourney

8 p.m.
West Recreation Center

Madden '05

8 p.m.
West Recreation Center

9-Ball Tourney

8 p.m.
East Rec Center

DJ Classes

8 p.m.
East Rec Center

January 18**Tae Kwon Do**

7 to 8:30 p.m.
East MWR Fitness Center

NOGI Jiu-Jitsu

9 p.m.
East MWR Fitness Center

Level 2 Swim Lessons

7 p.m.
Indoor Pool

Level 1 Swim Lessons

8 p.m.
Indoor Pool

ANACONDA ACTIVITIES

Your one-stop connection to activities around LSA Anaconda
to add your activity to the event calendar, email anaconda.times@balad.iraq.centcom.mil

Battlefield Ground

8 p.m.
East Rec Center

January 19**Aerobics**

5:30 p.m.
East MWR Fitness Center

Boxing

7:30 to 9 p.m.
East MWR Fitness Center

Chess Tourney

8 p.m.
West Recreation Center

4-4 Volleyball Tourney

8 p.m.
West MWR Fitness Center

Caribbean Dance

8 p.m.
East Rec Center

January 20**Aerobics**

noon to 1 p.m.
East MWR Fitness Center

Open Court Volleyball

6 p.m.
East MWR Fitness Center

500m Fins/Kickboard

9 a.m. and 7:30 p.m.
Indoor Pool

Texas Hold'em

8 p.m.
West Recreation Center

Aerobics

8 p.m.
West MWR Fitness Center

Salsa Dance

8 p.m.
East Rec Center

Tae Kwon Do

7 to 8:30 p.m.
East MWR Fitness Center

NOGI Jiu-Jitsu

9 p.m.
East MWR Fitness Center

Level 2 Swim Lessons

7 p.m.
Indoor Pool

Level 1 Swim Lessons

8 p.m.
Indoor Pool

Command & Conquer

8 p.m.
West Recreation Center

Dodgeball Tourney

8 p.m.
West MWR Fitness Center

Texas Hold'em

8 p.m.
East Rec Center

January 21**Aerobics**

5:30 p.m.
East MWR Fitness Center

Boxing

7:30 to 9 p.m.
East MWR Fitness Center

100m Butterfly

10 a.m. and 7:30 p.m.
Indoor Pool

Spades Tourney

8 p.m.
West Recreation Center

4-4 Volleyball Tourney

8 p.m.
West MWR Fitness Center

Caribbean Dance

8 p.m.
East Rec Center

January 22**Aerobics**

noon to 1 p.m.
East MWR Fitness Center

Open Court Volleyball

6 p.m.
East MWR Fitness Center

One-Mile Swim Race

10 a.m. and 7:30 p.m.
Indoor Pool

Texas Hold'em

8 p.m.
West Recreation Center

Aerobics

8 p.m.
West MWR Fitness Center

Salsa Dance

8 p.m.
East Rec Center

January 23**Open Court Volleyball**

6 p.m.
East MWR Fitness Center

Tae Kwon Do

7 to 8:30 p.m.
East MWR Fitness Center

Brazilian Jiu-Jitsu

9 p.m.
East MWR Fitness Center

Green Bean Karaoke

8 p.m.
Green Bean Coffee Shop

5-5 Basketball Tourney

8 p.m.
West MWR Fitness Center

Poker

8 p.m.
East Rec Center

January 24**Aerobics**

6 a.m. and 5:30 p.m.
East MWR Fitness Center

Boxing

7:30 to 9 p.m.
East MWR Fitness Center

Rock Climbing Class

8 p.m.
East MWR Fitness Center

One-Hour Swim-A-Thon

Two-Person Teams
5:30 a.m.
Outdoor Pool

Jam Session

8 p.m.
West Recreation Center

Aerobics

8 p.m.
West MWR Fitness Center

BOXING CLASS

SATURDAYS AND SUNDAYS AT 3 P.M.

WEST MWR FITNESS CENTER

Taught by former Golden Gloves and Panzer Boxing Team Competitor
Sgt. Alan Brodsky

For more information visit West MWR or email emily.mcGovern@kbr.com



RAW MATERIEL

Army Materiel Command's

by Spc. Alexandra Hemmerly-Brown

brings a little rock, blues, everything in between to LSA Anaconda



Sgt. Steve Lah, singer, and Sgt. David Jimenez, guitar player, practice with a little harder edge music before hitting their Iraq tour recently.

LSA ANACONDA, Iraq—The 389th Army Band (Army Materiel Command's Own) "Raw Materiel", will be performing all over Anaconda during the months of January and February.

The nine-member contingent of the 40-member-strong band from Aberdeen Proving Ground, Md., is on its fourth tour in Iraq entertaining troops.

"We're here to entertain troops, to bring joy, and show you can serve your country in all aspects," said Sgt. Quanda Brown a vocalist from Des Moines, Iowa, an assistant course director for the Army cooking school with the 266 Quartermaster Company.

Brown is the only member of the group in the tour who is not originally part of the 389th. She was offered a singing spot in the band after she came in third place overall in the 2006 Military Idol competition.

The group is on a 60-day mission in Iraq, playing at several different Forward Operating Bases throughout Iraq, for a total of about 36 shows. In



Bass trombone player Staff Sgt. Jeremy Davis, practices on Anaconda recently.

the states, the band plays an average of 200-250 shows per year.

The 389th Army Band (AMC's Own) was activated in January 1944 at Fort Monmouth, N.J., and now

resides at Aberdeen Proving Ground, Md., where it retains its designation of "AMC's Own."

"It's morale-boosting. It gives people a break over here and relieves stress," said Sgt. Manuel D. Jimenez, a guitarist in the 389th who is from San Diego, Calif. "Playing and practicing is great, but actually being on stage is the best part."

The band plays all genres of music and popular covers, ranging from Tina Turner to Fall Out Boy. Other bands covered by the AMC Band include Christina Aguilera, Toby Keith, Kelly Clarkson, and Rage Against the Machine.

This month the "Raw Materiel" will break up into smaller groups to entertain at many different FOBs, as well as performing together on Anaconda. The band will be playing from Jan. 13-Feb. 4 in various locations, check the 13th SC(E) homepage for a calendar of shows under the Morale, Welfare, and Recreation link.

SUSTAINER REEL TIME THEATER

(Schedule is subject to change)

Wednesday, Jan. 17

5 p.m. Flushed Away (PG)
8 p.m. Santa Clause 3 (G)

Thursday, Jan. 18

5 p.m. Borat (R)
8 p.m. Flag of our Fathers (R)

Friday, Jan. 19

2 p.m. Lets Go to Prison (R)
5 p.m. Happy Feet (PG)
8:30 p.m. Code Name: The Cleaner

Saturday, Jan 20

2 p.m. Borat (R)
5 p.m. Code Name: The Cleaner
8 p.m. Stranger than Fiction (PG-13)

Sunday, Jan. 21

2 p.m. Code Name: The Cleaner
5 p.m. A Good Year (PG-13)
8 p.m. Happy Feet (PG)

Monday, Jan. 22

5 p.m. Flushed Away (PG)
8 p.m. Lets Go to Prison (R)

Tuesday, Jan. 23

5 p.m. Stranger than Fiction (PG-13)
8 p.m. Code Name: The Cleaner

Raw Materiel's LSAA Schedule

Jan. 17 West Recreation Center at p.m. – Spare Parts: Jazz Combo

Jan. 18 DFAC 4 at noon

Jan. 18 H6 Recreation Center at 8:30 p.m. – "Spare Parts" Jazz Combo

Jan. 19 East Recreation Center at 1900 – "Spare Parts" Jazz Combo

Jan. 20 DFAC 4 at 1800 – "Spare Parts" Jazz Combo

Jan. 21 Provider Chapel at 9:30 a.m.

Jan. 21 West Recreation Center at 8 p.m. – "Spare Parts" Jazz Combo

Jan. 25 Raw Materiel East Recreation Center at 7 p.m. – Full Show Band

Jan. 28 Freedom Chapel at 9 a.m. - Quartet

Jan. 29 Raw Materiel West Recreation Center at 8 p.m. – Full Show Band

Feb. 1 Raw Materiel H6 Recreation Center at 8:30 p.m. – Full Show Band

Feb. 2 Raw Materiel West Recreation Center at 8 p.m. – Full Show Band

Feb. 3 Raw Materiel East Recreation Center at 7 p.m. – Full Show Band

Feb. 4 Contemporary Church Service East Recreation Center at 9 a.m.

13th SC(E) munitions team tracks all rounds in Iraq accuracy, speed essential for delivery to high-priority units

by Spc. Alexandra Hemmerly-Brown

Anaconda Times Staff

LSA ANACONDA, Iraq—To fight a war many things are necessary- especially ammunition, and that is where the munitions branch comes in.

The 13th Sustainment Command (Expeditionary) Munitions Branch processes, tracks requests, and delivers munitions throughout much of Iraq. They receive unit's requests for ammunition, and it is up to them to decide who gets it, and when.

Each unit has a monthly quota of how much ammo they can draw, said Spc. Phillip T. McFall, II from Colorado Springs, Colo., a munitions stocks control clerk for the 13th SC(E).

"It's like a bank account," he said. "They request a certain amount of ammo, and we figure out the balance for each unit."

Anaconda is also one of the Ammunition Supply Points in Iraq, so it is a hub for drawing and delivering ammo to units who need it in other locations, McFall said. They deal with all types of ammunition; from small-arms ammo to high-visibility missiles.

"Basically anything you can think of that has to do with ordinance, period. We are the people you have to go to," McFall said.

Munitions Soldiers receive requests for ammo, deal with paperwork, and try to out-process the order as quickly as possible.

"We actually see how much we help our units," said Spc. Cory J. Allen, a stocks control clerk from Bluffton, Ind. "Sometimes the ammo they need is very high-priority, and



Expended shell casings are collected in large bins for recycling.

they'll call us back a few days later and thank us."

The munitions branch processes a lot of ammo, and according to the unit, there is no real average request amount. The request frequency depends on the units and possible upcoming special missions, but the most common request is for small arms ammo, McFall said.

Another part of the job is the physical counting out and issuing of ammo which is done at the ASP's.

Getting the ammo to the Soldiers who need it is a top priority of the 13th SC(E), and speed is the key, whether it is transported by land or air.

"Through our efforts we are ensuring all the war fighters out there have all the bullets they need to accomplish their

mission," said Capt. George A. Martinez of San Francisco, Calif., an operations officer for the munitions branch.

Martinez said one of the unit's biggest accomplishments since being deployed was bringing Soldiers on Anaconda out of harm's way. He said a few months ago there was a buildup of unserviceable munitions on Anaconda, enough ordnance, that if exploded, it would endanger the lives of the servicemembers here.

The project to move all of the unusable ammunition to Kuwait was projected to take about four months, but the 13th SC (E) did the job in about two, he said.

The whole unit seems to agree that the best part of the deployment is the knowledge they have gained here.

The munitions branch chief, Maj. Evangeline M. Saiz of Lawton, Okla., said what her Soldiers have learned in 120 days usually takes five-10 years of experience.

"They came here to Iraq with no experience, and these guys have not only learned about every kind of ammunition in our inventory, but are moving ammo throughout the battlefield," Saiz said.

Allen agreed saying his leadership has done a really good job of passing on their knowledge from years of military experience down to the lower-enlisted.

"My platoon has become more independent because our leaders have taken the time to teach us every aspect of our job," Allen said.

Above all, the Soldiers feel their job is important, and are serious about getting the job done, Saiz said.

"My Soldiers take their mission personally," she said. "And they have made something of it."



Using a palletized load system vehicle, Soldiers load ammunition into large containers for shipping to other forward operating bases in Iraq.

Submitted photos

"Once Upon a Time"

A Celebration of Black History Month

FIRST REHEARSAL IS JAN. 20 AT 7 P.M. AT THE EAST MWR RECREATION CENTER
singers, dancers, musicians, poets, actors and artists needed

for more information, contact Capt. Janaia Nash at 829-1015 or email at janai.nash@balad.iraq.centcom.mil

Turkish restaurant opens doors- again

story and photos by
Spc. Alexandra Hemmerly-Brown

LSA ANACONDA, Iraq—If the smell of spices and roasting meat doesn't lure you in, then maybe the homey décor of an American-style diner will.

Sami's café, in its new location behind Sustainer Theater, held a grand opening Jan. 5, bringing some Middle Eastern flavor to those stationed on Anaconda.

Originally located inside Holt Memorial Stadium, the restaurant changed locales due to a shift in management.

The restaurant, open from 11 a.m. to 10 p.m. daily, gives servicemembers a taste of something different than the American-style meals served at the dining facilities here. The menu is small and simple, with items ranging from pizza to traditional Turkish dishes, with a few British "bites" mixed in.

The menu in some ways reflects the café's owner, Huseyin Sami Atilan. Born in Turkey but married to an English woman, Atilan began working for the U.S. military in 1966, and now calls London home.

He said he started out working at an on-post club at an Air Force base in Turkey while in college, and has been working for the U.S. military ever since.

"I love catering, I love cooking," Atilan

said of his work.

Atilan said he doesn't mind being in Iraq because he has worked side-by-side with the U.S. military for so long. "I am one of you, I love it," he said.

His goal, other than to bring in business, is to provide a place for servicemembers to unwind and take their minds off of fighting a war.

"It's a place to have good food, relax, and get away from the day," he said.

Atilan adds that although food is the medium of his business, his focus is on hospitality.

"The food is not that important, the service is," he said. "When someone brings your food, you feel like you are somebody."

Spc. Michael Demkowicz from Vail, Colo., a Blackhawk mechanic with 2nd Battalion, 135th Aviation Regiment (General Support Aviation Battalion), was one of the café's customers during the grand opening.

"It's pretty good, I'm supporting something new," Demkowicz said, as he tried a sandwich and sipped on some Turkish coffee.

"The coffee took me by surprise though," he said of the strong drink.

A stop into the café may mean coming away with a spicy gyro, a lift from some Turkish coffee, or, as Atilan hopes, a bit of relaxation.

"The one thing they taught us at (management) school is to smile," Atilan said. "Customer satisfaction comes first. That is the reason I am here, is to give a smile."



A server prepares some of the notoriously strong Turkish coffee.



(Above) Menus show a full range of foods for restaurant patrons to choose from. (Left) Spc. Michael Demkowicz from Vail, Colo., a Blackhawk mechanic with 2nd Battalion, 135th Aviation Regiment (General Support Aviation Battalion), spends his lunch relaxing in the restaurant that recently opened behind Sustainer Theater.



BE ALERT DURING HEAVY FOG

USE YOUR HEADLIGHTS (LOW BEAM)

REDUCE YOUR SPEED

LIMITED VISIBILITY-USE REFLECTIVE BELT/VEST

FIGHT CLUB

Servicemembers learn HaganaH techniques to improve self-defense

by Staff Sgt. Angela Archie

Anaconda Times Staff

LSA ANACONDA, Iraq -- The HaganaH self-defense system is a complete Israeli combative methodology based on both Israeli martial arts and military Israeli tactics used by Israeli special forces operatives in extremely hostile situations, according to Mike Lee Kanarek, chief instructor of the HaganaH System, worldwide.

The techniques incorporated into the system have been proven in violent hand-to-hand combat situations and have been carefully adapted to street-oriented self-defense, according to Kanarek, founder of the International HaganaH Federation.

"The fierce Israeli guerilla hand-to-hand tactics, F.I.G.H.T. program encompasses the hand-to-hand and empty-hand weapons defense components of the HaganaH system," said Robert Brock Gaston, executive officer for Theater Aviation Single Manager.

Gaston is an Israeli martial arts instructor in the discipline of HaganaH. "I was personally certified in 2003 as a military instructor by Kanarek," Gaston said.

Gaston said the events of Sept. 11 motivated him to become a student of Krav Maga and Greco Roman wrestling.

"I was wanting to explore outside for something that offered more ground and weapons defense.

He became a student of HaganaH.

The HaganaH system incorporates both unarmed and armed fighting methods.

"It's a well-rounded system that fills the gap," Gaston said.

The HaganaH system and its components enable a person at a disadvantage, such as size, to defeat an adversary with an advantage, said Gaston.

He explained, "HaganaH uses all four Israeli disciplines: KAPAP:Hebrew acronym for "face-to-face- combat", Krav Maga:contact combat, Hisardut:survival, and Lotar:anti-terrorism warfare."

"The Israeli tactical knife training and gun defense appealed to me," Gaston said.

"There are three points of reference that you're always working towards in every engagement; incapacitate, take-down or terminate your attacker," he said.

Gaston said that this is his first time teaching in theater.

"I began teaching the program in theater November 2006 within two weeks of my arrival," he said.

The hand-to-hand tactics instruction cycle lasts four months and covers 18 street attack scenarios, and 10 gun and knife defense scenarios.

"HaganaH uses the best of the best in self-defense and combat methodologies," said Gaston.

"We emphasize gross motor skills versus fine motor skills, which decompose under stress," Gaston said. "Footwork is very, very important in defending against a knife attack."

The Israeli defensive force periodically updates its hand-to-hand and combat techniques based upon daily combat experience. HaganaH integrates those updates after adapting them further for use by civilians and law enforcement professionals according to Kanarek.

Since his certification, Gaston said he has been teaching three HaganaH classes a week to military and law enforcement personnel in the Atlanta area near his hometown of Fayetteville, Ga.

"The training builds confidence as you practice: improve, and master the moves," Gaston said.

"It's a confidence booster," said Spc. Israel Gonzalez, B Company, 449th Aviation Support Battalion.

HaganaH is a simple and effective combat technique that is proven.

"The techniques are very simple, effective and are going to prepare me to survive outside the wire," said Chief Warrant Officer Tim M. Davis, 36th Combat Aviation Brigade, logistics chief.

"The moves are simple, clean, direct, and very effective," he said. Davis observed that the female Soldier that he's sometimes partnered with, Maj. Tyra Swanson, 36th Combat Aviation Brigade, surgeon medical operations officer, can easily handle a male even twice her size.

Although Swanson has no previous martial arts or grappling experience, she said, "It's really fun. I got talked into coming, but the techniques really work," Swanson said.

The servicemembers in the class enjoy the training for varied reasons.

"You learn skills you can use in everyday life," said Staff Sgt. David Castillo, B Company, 449th Aviation Support Battalion.

Gonzalez and Spc. Michael Bolduc, also from B Company, 449th Aviation Support Battalion, said that they tried the class to learn

moves to deal with possible situations outside the wire.

"The training is good, and builds up the confidence when I see that the defense works," said Gonzalez.

Gaston was presented with the International HaganaH Federation(IHF) Military Instructor of the year for 2005.

