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IA receives combat gear, conducts training at Besmaya Range



Photo by 2nd Lt. Justin Bishop

Soldiers from the 41/10th IA Div. receive hands-on training on 60mm mortar systems at the Besmaya Range Complex Jan. 14.

2ND LT. JUSTIN BISHOP
4TH BCT, 1ST CAV. DIV.



COB ADDER – The 41st Brigade, 10th Iraqi Army Division celebrated the completion of their Unit Set Fielding program and month-long training during a graduation ceremony at the Besmaya Range Complex Jan. 14.

U.S. Soldiers assigned to the 5th Battalion, 82nd Field Artillery Regiment, 4th Brigade Combat Team, 1st Cavalry Div. have partnered with the 41st IA Bde. since early October 2008. They trained the Iraqi Soldiers on the new tactical equipment and combat gear prior to the fielding process.

“They are the best Iraqi Army unit to have come through USF,” said Lt. Col. Timothy Renshaw, the senior advisor of the Besmaya Range Complex.

During the course, the Iraqi Soldiers received everything from medical combat lifesaver kits and sleeping bags to vehicles and weapons. The brigade was also able to rotate its Soldiers through various marksmanship qualification ranges and training opportunities.

“Together, we will make Iraq a safer place,” said Lt. Col. Timothy Daugherty, commander of the 5th Bn., 82nd Field Artillery Regt. Daugherty, who hails from Alabama, believes the new Iraqi unit, with assistance from his Black Dragon Battalion has made a positive impact on the people living in the Dhi Qar province in southern Iraq.

At the month’s end, the troopers completed AK-47 qualification exercises, military operations in urban terrain courses and improvised explosive device identification.

Seminar discusses vision for women’s rights

STAFF SGT. MICHEL SAURET
MND-C



CAMP VICTORY – As America celebrates its civil rights progress, Coalition and Iraqi leaders gathered for a Women’s Initiative Seminar on Camp Victory Jan. 17 bringing together assets from both national and provincial levels for the first time in its movement.

“I want to bring forward studies on women and human rights to be able to live in peace in the country and bring change to some aspects of our society’s perspective,” said Dr. Sameera al-Mosawi, president of the board for the Council of Representative of Women, Family and Children Committee.

“We want people to believe in this change like America did,” said Sameera.

The seminar sought to provide a forum where Iraqi government and Coalition representatives at all levels could openly discuss the challenges facing women in Iraq.

“Increased and honest exchanges of information are vital to the development of any plan of action that addresses this seminal Iraqi societal issue,” said Lt. Col. Robert Jones, Multi-National Corps – Iraq deputy civil affairs officer.

“We want people to believe in this change like America did.”

– *Dr. Sameera al-Mosawi*
President, Board for the Council of Representative of Women, Family and Children Committee

Representatives brought forth ideas and actual programs for projects in the future. Sameera discussed establishing research centers to study women’s issues and roles in society. She felt

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scientific studies, both through universities and public agencies, would be a powerful tool in uniting people toward a focused vision.

The main hurdle is to increase women's rights awareness among the people, Sameera said.

"Society cannot grow unless women participate in culture, and society must realize this through education courses in all levels, both in rural and urban areas," she said.

Representatives discussed using the help of non-government agencies, such as small businesses and private companies, to improve education but also by supporting financial projects.

Currently, there are 42 kindergartens in the entire country of Iraq, 20 of which are in Baghdad. Sameera said these centers are not enough to provide care and education to more than 13 million young children. Building additional centers would provide job opportunities to women as teachers directly but also to mothers who would otherwise remain home with their youngest child.

There is also a need for women learning craftsmanship and other skills important in their present economic markets. Ideally, both the trainers and the women learning would earn grants and financial aid while training.

"In my personal opinion, an educated woman is distinguished and stands in a better position among her community of women," said Dr. Nawal Majid al-Samarrai, minister of state women's affairs.

"We only need to assist her (to give her) an opportunity," she said.

Many of the projects brought to the table went beyond achieving rights for just women. There was discussion about children, orphans, displaced families and even the disabled.

Challenges facing this effort include a lack of resources, both



Photo by Staff Sgt. Michel Sauret

Coalition, Iraqi and private representatives listen in on a speech about challenges facing women in Iraq during the Women's Initiative Seminar Jan. 17.

human and financial. Additionally, the government does not have a unified vision, coupled with an ongoing movement to decrease national spending through ministry consolidation.

"It is paramount to involve women's programs through the restructuring of these ministries," Sameera said.

The biggest hurdle, Nawal said, is that offices for women's initiatives don't exist in provinces and cities throughout Iraq. They have been limited to inside Baghdad, isolated from the women who need it most in the communities.

"In terms of these obstacles, they're certainly placed for a short period of time," Sameera said.

"I'm very optimistic about the vision of Iraq. I'm optimistic as well that Iraq will develop for the future, and it will be part of the international community and do good for the Iraqi society as a whole."

Iraqi children receive school supplies

SGT. 1ST CLASS DAMIAN STEPTORE
4TH BCT, 1ST CAV. DIV.



COB ADDER – Approximately 200 Iraqi students of the Ur Primary School, located in the southern Iraqi city of Nasiriyah, could not hide their excitement

with American forces Jan 13.

For the first time since Coalition forces arrived in Iraq, the small Bedoin school received a visit from American Soldiers with school bags and school supplies in hand.

"We thank the Coalition forces for

the gift on behalf of the Nasiriyah Department of Education," said Camel Ali Joseph, the principal of the Ur Primary School.

"The kids were really happy and

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THE Mountain View

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Task Force 449

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SCHOOL

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excited today,” said Staff Sgt. Kristen Poe, an intelligence analyst assigned to the 4th Special Troops Battalion, 4th Brigade Combat Team, 1st Cavalry Division. “If you can make a (difference) in one person’s life -- to me that means I made my mark on my tour in Iraq.”

Poe, a 29 year-old native of Houston, Texas, decided to visit the school based on a suggestion from her new-found Iraqi friend, Daif. Daif has two children who attend the school, and he explained to Poe how badly all the kids needed school supplies.

“Since his kids go to this school, and I regularly go out to his home to check on him and his family, I wanted to make a difference in the school,” Poe said.

Poe located donated supplies through assistance from Sgt. 1st Class Kevin Al-

brecht, the 4th STB, 4th BCT, 1st Cav. Div. personnel security detachment platoon sergeant. Albrecht told her of a Web site that helps interested people make donations on behalf of Soldiers who were killed while serving in Operation Iraqi Freedom.

“Last deployment, two of my friends, who were also Soldiers, were killed over here,” said Albrecht, who hails from Grand Forks, N.D.

He said the wife of one of his late friends first discovered the Web site,

www.fallenstarsmemorial.com to honor her late husband and his fallen gunner, and to send school supplies to help needy children.

“When (they) were killed, there were two school-age children who were killed also,” added Albrecht.

The school supply delivery not only demonstrated the continued support of Coalition forces to stabilize and assist the Iraqi people, but for Poe and Albrecht, reaching out to the Nasiriyah children was a sign of progress in southern Iraq.



Staff Sgt. Kristen Poe, an intelligence analyst assigned to the 4th STB, 4th BCT, 1st Cav. Div. hands a school bag to an Iraqi girl at the Ur Primary School, located in the southern Iraqi city of Nasiriyah Jan. 13.

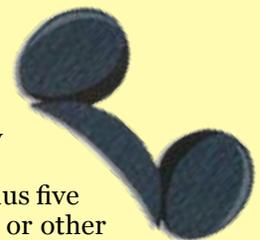
Photo by Sgt. 1st Class Damian Steptore



Photo by Sgt. 1st Class Damian Steptore

(Left) Sgt. 1st Class Kevin Albrecht, the 4th STB, 4th BCT, 1st Cav. Div. personal security detachment platoon sergeant, reaches for a school bag after handing a different bag to an Iraqi girl at the Ur Primary School Jan. 13.

Disney Armed Forces Salute



Active duty or retired members of the U.S. military, to include National Guard and reservists who were activated any time during 2008-2009, may obtain one complimentary 5-day Park Hopper ticket that includes the Water Park Fun and more options.

This ticket is valid for five days admission into the four Walt Disney World theme parks plus five visits to your choice of a Disney Water Park, Disney Quest Indoor Interactive Theme Park or other certain attractions.

During this offer period, eligible sponsors may also make a one-time purchase of up to five 5-day “Disney Armed Forces Salute” companion tickets for \$99 per ticket for a base ticket; \$129 for a 5-day hopper ticket or a 5-day base with water park options ticket; or \$149 for a 5-day hopper with water park options ticket.

Offer period is from Jan. 4 to Dec. 23. All tickets and options are nontransferable and must be used by Dec. 23.

A similar offer is in place at Walt Disney Land in California. More information is available at installation travel and recreation offices.

Staff Section Round-up

G-1 Corner: Opportunities for Soldiers at West Point

Regular Army and Reserve Component Soldiers are offered admission directly to the United States Military Academy at West Point or the United States Military Academy Preparatory School (USMAPS) every year. Interested Soldiers must be: U.S. Citizens; unmarried, with no legal obligation to support dependents; 23 years of age or younger on July 1 of the year entering West Point (22 for USMAPS); and of high moral charac-

ter. Candidates must also have a sincere interest in becoming an Army officer. MAJ Jeffrey Coulon, the Soldier Admissions Officer, can be contacted at DSN 688-5780 (commercial [845] 938-5780) or at Jeffrey.Coulon@usma.edu.

Additionally, USMA is looking for qualified noncommissioned officers in the rank of sergeant first class for staff and faculty. Noncommissioned officers should have a minimum of

18 months of platoon sergeant time, 12-15 years of service, and a true desire to serve the institution as instructors and/or company tactical NCOs.

Those interested in assignments to West Point can complete USMA Interest Forms on the West Point Adjutant General's home page at <http://www.usma.army.mil/adjutantgeneral/> or by writing to: Management Operations Branch, AG Division, West Point, N.Y. 10996-1926.

Chaplain's Corner: The Battle in the Mind

Albert Einstein once said, "The world we have created is a product of our thinking; it cannot be changed without changing our thinking." Certainly, this has been the case in my own life. Being deployed gives us the opportunity to do a lot of thinking without some of the distractions of home. This is good, but it can also lead to many problems. Faulty thinking can cause negative consequences; while good thinking can lead to positive consequences. It all starts in the mind.

The recent celebration of Martin Luther King Jr. allowed me to read about his life and many of the great things he accomplished. It is noteworthy to recognize that MLK scheduled one full day a week to just sit and think about life. He was not alone in this endeavor. Many people that have achieved monumental successes recommend this same practice.

God's Word also speaks about our thinking habits. King David's son, Solomon, has this to say about our thoughts: "As a man thinks in his heart, so is he." (Proverbs 23:7) If we are dissatisfied with life and who we have become; change is absolutely necessary. The first place to begin the change process is in the mind. Here are some good guidelines for thinking:

1. Take time to think. It has been said that if we do something seven - 10 times, it becomes a habit. Try this with thinking: Over the next several weeks, schedule a regular time to think. Make sure the "thinking place" is quiet and free from interruption.

2. Write your thoughts. Everything you think is not valuable; however, some great things come as a result of thinking. Writing helps to make the abstract become concrete. This will also help you to revisit the things that are most important as you formulate your thoughts.
3. Research your thoughts. If what you think dictates your behavior; perhaps, we should have evidence that backs up what we are thinking. Researching will separate day-dreaming from healthy thinking. It will also identify the faulty thinking that gets us into trouble.
4. Share your thoughts. Not too many people care about what you think, but you need perspective. Find someone that is honest enough to hurt your feelings and encouraging as they offer feed-back on your thoughts.
5. Act on your thoughts. Some of the greatest thoughts have never come to fruition because of a failure to act. Devise a workable plan that incorporates your thoughts into everyday life.

Another passage in Scripture teaches us to think on things that are true, noble, right, pure, lovely, admirable, excellent and praiseworthy. (Philippians 4:8) As our thinking changes, our life changes as well. Just something to think about.



INAUGURAL TOUR JANUARY 2009

Jan. 22:
Lonestar will be at Stryker's stage at 7 p.m.

Jan. 23:
David Cook will be at the East Liberty stage at 8 p.m.



Headline Round-up

World News:

An abrupt rise in Russian gas prices will undermine Ukraine's economic and energy security and leave some enterprises on the brink of insolvency, officials and analysts said Jan. 20. Its economy already in a tailspin due to the global financial crisis, Ukraine will now pay \$360 per 1,000 cubic meters of Russian gas in the first quarter, double the \$179.50 it paid last year. "Inasmuch as the government is fully responsible for the state of the national economy, the signed agreement is liable to negatively affect Ukraine's economic and energy security," Ukrainian President Viktor Yushchenko's chief of staff, Viktor Baloga, said in a statement.

Business:

Italian carmaker Fiat SpA struck a deal to get an initial 35 percent stake in struggling U.S. carmaker Chrysler in exchange for its technological expertise, distribution network and management services. Fiat, the maker of the iconic Cinquecento car, will pay no cash for its stake or commit any funding in the future. Chrysler's majority owner, private-equity group Cerberus Capital Management, will see its 80 percent stake in the group diluted.

Sports:

The Chicago Blackhawks lost to the Minnesota Wild Monday, but one of the team's fans won big. Right wing Martin Havlat scored Chicago's lone goal at the 10:00 mark of the second period, earning a random audience member \$1 million as part of a promotion with the Illinois State Lottery. The winner sat in a seat that was selected in the first period at the United Center. The lucky fan's name hasn't been released, but the Blackhawks say the person will be introduced before the team's game against the St. Louis Blues on Wednesday.

Health News:

People who are more laid back are less likely to develop dementia in old age, a study has suggested. Research published in the journal *Neurology* asked 500 healthy elderly people to fill out questionnaires about their personalities. Those who were calm and relaxed had a 50 percent lower risk of developing dementia during the six years of the study. UK experts said it offered "compelling evidence" of the need to be "socially active throughout life".

Quote of the Day

"At 18 our convictions are hills from which we look; at 45 they are caves in which we hide." - F. Scott Fitzgerald

S	7	2	6	9			1
	6		1	5			7
u	1			8	2	3	
d				3		5	8
	5		8		7		1
o				2			9
k		9		7			
	4	6		1			
u		8	5				4

For the answer to today's puzzle, go to:



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WHAT DO YOU THINK OF THE MND-C MURAL?



Photo by Staff Sgt. Amber Emery

"I think the mural captures the diversity and growth since the beginning of the war here," said Asibi Gardner, of Washington D.C., deputy chief, Mountain Visitors Bureau, 10th Mountain Division.



Photo by Staff Sgt. Amber Emery

"It's great because it depicts both combat operations and the interaction with the Iraqi people," said Spc. Samuel White, of Jenkins, Ky., operations specialist, 10th Mountain Division.