



The Rail Gunner Weekly

41st Fires Brigade



1-21 FA



2-20 FA



589th BSB



HHB

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Rail Gunner Weekly Staff

Commander

Col. Richard M. Francey Jr.

Command Sergeant Major

Command Sgt. Maj. Kelvin A. Hughes

Rail Gunner PAO OIC

1st Lt. Tanyia Bryant

Rail Gunner PAO NCOIC

Sgt. 1st Class Joe Thompson

Page Designer/Staff Writer

Sgt. Allison Churchill



41st Fires Brigade

Rail Gunners!

www.41stfiresbrigade.com

Rail Gunner PAO
SFC Joe Thompson
FOB Delta
APO AE 09317
DSN: 314-844-2716
E-mail:
joe.thompson@iraq.centcom.mil

MNF-I CSM visits Rail Gunners



Command Sgt. Maj. Lawrence Wilson looks at a trailer of motorcycles that have been exported from Iran into Iraq at the Zurbatiyah point-of-entry at the Iraq-Iran border June 1.

By Sgt. 1st Class Joe Thompson, 41st Fires Bde. PAO

By Sgt. 1st Class Joe Thompson
41st Fires Bde. PAO

Command Sergeant Major Lawrence Wilson, Multi-National Forces-Iraq's senior enlisted advisor, made his way around 41st Fires Brigade's area of operations during a battlefield circulation June 1.

Wilson spent the morning at Combat Outpost Shocker and then headed to the Zurbatiyah point-of-entry to see how U.S. Forces partner with the Iraqi border security forces along the Iraq-Iran border. After lunch with the troops, Wilson headed to FOB Delta to meet some more troops.

"It was outstanding; the warriors and leaders are great," said Wilson. "They're meeting the commander's intent, General Odierno's guidance of the security agreement, partnering by, through and with the Iraqi Security Forces, so I am very pleased and honored to be associated with this great unit."

Wilson wrote down almost every Soldier's name that he met in his all-weather spiral notepad as well as any information that he will pass on to the MNF-I commander, Gen. Ray Odierno. While talking with Soldiers and leaders he talked about professional education, standards and discipline and the Army

Knowledge Online website.

Wilson said the one message he wanted to get out to all the Soldiers and leaders is that they cannot become complacent.

"Our warriors and leaders need to keep that same intensity from day one to day 259. What I see is after about the third or fourth month, we start seeing complacency; we let our guards down, we think we got it, we're 10 foot tall, we're bullet-proof, we don't have to do the things that got us here, and the only thing I tell them is that if you do the basics of what leaders and Soldiers are supposed to do, you'll come out of this fine," said Wilson.

Wilson was already making plans with Command Sgt. Maj. Kelvin Hughes, 41st Fires Brigade's senior enlisted advisor, for a return trip to visit more of the Soldiers at FOB Delta as Hughes was bringing Wilson to the airfield.

"God Bless this unit and the troopers and their families, the sacrifices they've made," said Wilson.

"It's just phenomenal what we see and it amazes me what our warriors and their families do and the sacrifices they make so I'm just honored and privileged to be the sergeant major of Multi-National Forces-Iraq."

41st FB, FOB Delta, take time for safety

By Sgt. Allison Churchill
41st Fires Bde. PAO

Soldiers in 41st Fires Brigade and around FOB Delta took June 5 to consider safety as the brigade's deployment nears the end.

The day's events included a Mine Resistant Ambush Protected vehicle and M1151 humvee crew safety inspection; a fun run; classroom-setting safety briefs; an awards ceremony and talent show.

"This was not a reaction to bad things happening, but actually proactive preventative fires. At the 12-month mark, I felt it was a good mark to take a deliberate assault on complacency," said 41st Fires Bde., and FOB Delta commander Col. Dick Francey.

During the vehicle inspections, crews were judged on a point scale on their roll-over drills; weapons clearance procedures; proper gear storage; vehicle readiness and a written test.

The judges said they noticed good weapons clearing habits among the crews.

"They've got that down," said Sgt. Maj. Robert Norvell, 2nd Battalion, 20th Artillery Regiment operations

Both the MRAP and M1151 crew from 589th Brigade Support Battalion, 41st Fires Bde., took first place in their categories.

"From the get-go, 589th BSB has been at the forefront," said Spc. Brandon Stringfield, of Palestine, Texas, personal security detachment, Headquarters and Headquarters Com-

pany, 589th BSB. "We have great (standard operating procedures) and our companies work really well with each other."

Various safety-related awards were given during the awards ceremony. Spc. Cole Brown, of 1-77 FA Regt., received recognition for being the first male to finish the 3K Safety Stand-down Run; Spc. Rachel Penney, of Company B, 589th BSB, won first place among the female runners.

Battery A, 1-77 FA Regt., and Btry. C, 1-21 FA Regt., were both recognized with the Brigade Commanders Safety of Excellence Award for not having any Class A, B or C ground accidents or loss of resources for the second quarter of fiscal year 2009, awarded by Francey and Command Sgt. Maj. Kelvin Hughes.

In addition, each of the batteries in 2-20 FA Regt.; each company in 589th BSB and HHB, 41st Fires Bde., received the Commanding General's Organization Safety of Excellence Award, awarded by the now re-deployed 10th Mountain Division.

One Soldier, Spc. Nathan Alford, of Weatherford, Texas, received the United States Army Guardian Award, awarded by the U.S. Army Safety Center, for saving a mother and her baby during a car accident. Alford was on leave at the time and minimized the effect of the mother's injuries.

The awards ceremony segued into a talent show, won by Cpl. Jon O'Brien, of Boston, 772nd Military Police Company.



Spc. Brandon Stringfield, personal security detachment, Headquarters and Headquarters Company, 589th Brigade Support Battalion, 41st Fires Brigade, mans the controls of an MRAP during a safety inspection June 5 on FOB Delta. Stringfield's team's inspection and written test scores combined to make them the winning MRAP crew.

*Photo by Sgt. Allison Churchill
41st Fires Bde. PAO*

Balladeers battle it out at safety talent show

By Sgt. Allison Churchill
41st Fires Bde. PAO



Cpl. Jon O'Brien, 772nd MP Co., in a Boston Celtics hat to pay homage to his hometown, croons "Wonderful Tonight" by Eric Clapton, during a play-off to determine the winner of the FOB Delta Safety Stand-down Talent Show June 5 at the Morale, Welfare and Recreation Stage. For more photos please see page 4.

*Photo by Sgt. Allison Churchill
41st Fires Bde. PAO*

The FOB Delta Safety Stand-down Day Talent show narrowed the finalists from 17 to two guitar-playing singers.

Cpl. Jon O'Brien, of Boston, 772nd Military Police Company operations, edged out Staff Sgt. Corey Jarels, of Bedford, Va., 41st Fires Brigade command group personal security team to take the "FOB Delta's Got Talent" trophy in the end.

The talent show was set up much like many television talent shows, with a panel of judges helping the audience make the final decision, although none of the judges quite replicated Simon Cowell's sharp tongue.

"I really, really feel that one," said Chief Warrant Officer 2 Tom Strazza, of Brooklyn, N.Y., after O'Brien performed Hinder's "Lips of an Angel."

Likewise, after Jarels performed his original song "Moments," judge Staff Sgt. Helena Nissen, of Ontario, Calif., 41st Fires Bde., communications noncommissioned officer, told Jarels that "if this was the real 'American Idol,' you'd be headed to Hollywood."

"You owned that stage," said Capt. Robert Plowey, commander, Headquarters and Headquarters Battery, 41st Fires Brigade, told Sgt. Marjorie Terilus, of Trenton, N.J., 1-150th Assault Helicopter Battalion, who performed a dance to "Breathe," by Marie Bennett.

Sgt. Devon Nelson, of Brooklyn, N.Y., 1-150th AHB, played a patriotic medley on violin, instantly earning himself a standing ovation as the crowd stood at attention when he started with the "The Star-Spangled Banner."

Capt. Kevin Ross, of Jarrell, Texas, 1st Battalion, 21st Field Artillery, 41st Fires Bde., performed the "Star Wars Gangster Rap" and "Ice, Ice Baby" by Vanilla Ice, to applause and laughter.

"I'm speechless," remarked Sgt. 1st Class Eliza Sims, of Miami, 41st Fires Bde., logistics NCO-in-charge,

But, as no one opted to perform to "The Safety Dance," by Men Without Hats, the night ultimately belonged to the singer-guitarists.

O'Brien paid tribute to the spirit of the Safety Stand-down and his fallen comrade, Spc. Matthew Pollini, with "8th of November," by Big and Rich. O'Brien opened a can of "near beer" as the lyrics discussed a Vietnam veteran ordering a "tall one," and changed the lyrics to the last verse. Pollini was killed in a roll-over shortly after 772nd MP Co. arrived on FOB Delta.

For his turn in the play-off, O'Brien turned to Eric Clapton's "Wonderful Tonight." Jarels played another original, "Down."

"It wouldn't have been a talent show without great competition," said O'Brien.

Jarels seconded the notion.

"I couldn't have lost to a better person," Jarels said.

Surgeon's Section: Help available for eating disorders

By Maj. Philip Bascom
 Combat Stress OIC

As Soldiers, particularly females, approach going on leave or the end of a deployment, along with the excitement of seeing loved ones again, worries of fitting back into civilian clothes or looking good in a bathing suit may cross the mind.

However, there are healthy and unhealthy ways to accomplish your goals of looking good when going home. Starving oneself, excessive exercise or purging can be signs of pre-existing mental illnesses and can lead to severe health problems.

Eating disorders are extremely debilitating illnesses. An estimated 2.3 percent of the population, mostly girls, will develop an eating disorder before they turn 18. Nearly 1.3 percent of women aged 18-23 will develop a disorder. Males account for 5 to 10 percent of the population with eating disorders.

Of those who develop a disorder, nearly 10 percent have a high mortality rate. Almost 90 percent of eating disorder patients have another mental illness.

There are two primary types of eating disorders—Anorexia and bulimia. The descriptions, causes and treatment recommendations differ slightly.

Bulimia nervosa is marked by binge eating followed by inappropriate compensatory methods to prevent weight gain such as purging, excessive exercise and use of laxatives, enemas, or diuretics.

Body size and weight excessively influence self-esteem. The disorder typically begins in adolescence or early adulthood, predominantly in females. Clients are typically reluctant to discuss symptoms as the result of embarrassment or ambivalence toward bingeing. Family history of eating disorders may exist, and it is possible that the disorder is linked to sexual abuse.

Binge eating usually occurs in secrecy and is accompanied by feeling a lack of control. Binge eating is usually triggered by depressed mood, interpersonal stressors or intense hunger following a prolonged period of dieting.

There are two subtypes of bulimia nervosa: purging and non-purging. The latter relies on fasting and over-exercising to control weight.

Other symptoms of bulimia include: low self-esteem, extremely self-critical, difficulties with family and poor interpersonal skills.

Doctors and counselors attempt to meet several objectives when treating bulimia, including:

1. Restore healthy eating patterns.
2. Eliminate preoccupation with weight and body size.
3. Eliminate purging and other compensatory actions.
4. Reduce need to be perfect.
5. Develop new coping styles and improve interpersonal relationships.
6. If relevant, resolve sexual abuse issues.

The other primary eating disorder, anorexia nervosa, is characterized by an abnormal drive toward thinness and perfection, an intense fear of gaining weight or becoming fat and a refusal to maintain a normal body weight.

The onset usually begins in adolescence with a disturbance in the way individuals think about the size and weight of their bodies. Females are twice as likely as males to be affected by this disorder. The norms of Western society, cognitive distortions and family obsessions have been identified as contributing factors.

There are two subtypes of this disorder: restricting and purging. The restricting type reduces body weight by controlling calories and is usually obsessed with their food intake and feelings about superiority because of their control.

The purging type controls weight by vomiting and using laxatives and/or diuretics. Unlike bulimic patients, purging patients do not regularly overeat, but will purge even small amounts of food.

Some other common symptoms of anorexia nervosa include: significantly low body weight (85 percent of normal); intense fear of gaining weight or becoming fat; amenorrhea, the absence of three consecutive menstrual cycles; denial of seriousness of low body weight; restricted calorie intake and obsession with low-calorie, low-fat foods; purging and excessive exercise used to control weight; feels superior to others because of food control, but self-critical.

Again, the mortality rate for people left un-treated is very high. It is important for family, friends and co-workers to address their concerns with the patient in a concerned way and not minimize or reinforce the weight loss. Treatment considerations and objectives include:

1. Promote weight gain.
2. Reduce preoccupation with food.
3. Eliminate stressors that cause client to under- or overeat.
4. Develop healthy coping styles with family and others.
5. Eliminate irrational fears of fat.
6. Eliminate purging.
7. Restore normal eating patterns.

If you know of someone dealing with an eating disorder or are dealing with one yourself, get help sooner than later. You can get help by seeing your Combat Stress Operational Control team by calling 844-2963. There are people here to help you.

BOTD: Zubadiyah Health Clinic



Capt. Paul Shreve, Headquarters and Headquarters Battery, 1st Battalion, 77th Field Artillery Regiment, treats a man at Zubadiyah Health Clinic June 3.

*Photo by
 Sgt. 1st Class
 Joe Thompson
 41st Fires Bde. PAO*

Worship Opportunities Sunday

<i>Chapel 1</i>	
Traditional Protestant	0900
Latter-day Saints	1030
Gospel Service	1300
Reconciliation service	1830
Catholic Mass (English)	1930

Monday

<i>Chapel 1</i>	
Catholic Mass	0800

Tuesday

<i>Mayor Cell</i>	
Bible Study	1930
<i>Chapel 1</i>	
Bible Study	2000

Thursday

<i>TMC</i>	
Bible Study	1930

Saturday

<i>Chapel 1</i>	
Catholic Mass	0800
Christian Movie Night	2000

Iraqis continue generator maintenance, repair training

By Sgt. Allison Churchill
41st Fires Bde. PAO

Nine Iraqis gathered in the 589th Brigade Support Battalion, 41st Fires Brigade, motor pool June 1-4 to fine-tune their generator repair skills.

Several of the students, representing the Iraqi Army and Air Force, attended a basic class in March.

“It helps them sustain their own generators,” said Spc. Marcus Saunders, of Trenton, N.J., generator mechanic, Company B, 589th BSB. “Instead of replacing parts and spending money, they can fix the problem.”

During the first class, the Iraqis, most of whom had been vehicle mechanics, learned the parts of the generator and how to recognize faults.

For the second phase, the 589th BSB Soldiers taught their counterparts how to repair the problems, as well as the basics of electricity.

“They’ve grasped the concept,” said Sgt. Julian Ming, of Boynton Beach, Fla., power generator repair technician, Co. B., of being able to skip classroom instruction during Phase II and go directly into hands-on teaching.

“I have used the skills I learned in the last class,” said Cpl. Arrak, of 3rd Battalion, 32nd Iraqi Army Brigade.

“We had knowledge of maintenance. But they help us very much,” said Sgt. Rafid, 32nd IA Bde., headquarters, of the American Soldiers.

The students graduated from the class by finding and repairing generator faults placed by



Cpl. Arrak, 3rd Battalion, 2nd Iraqi Army Brigade, listens for the engine of a generator to start for his final test of the generator maintenance class taught by Soldiers from Co. B, 589th BSB, 41st Fires Brigade. The class included students from the Iraqi Army and Air Force.

Photo by Sgt. Allison Churchill, 41st Fires Bde. PAO

the instructors. The test was taken individually, but it wasn’t timed because in a real-life situation, it can take days to find some problems, said Saunders.

“Don’t limit yourself to one part of the generator,” Ming advised the students while watching one test taker glance over a fault. “Check everything out. And when you think

you’ve checked everything, check it again.”

The class earned the praise of the instructors’ leaders.

“My guys are really great at what they do,” said Chief Warrant Officer 2 Donnell Davis, of Baltimore, maintenance technician, Co. B. “I know the Iraqis use the knowledge and training given to them.”

Soldiers sing, rap, violin the night away at talent show



Left: Staff Sgt. Corey Jarels, of Bedford, Va., 41st Fires Bde. command group personal security team, performs an original song, “Down.”

Middle: Capt. Kevin Ross, of Jarrell, Texas, 1st Battalion, 21st Field Artillery Regiment, 41st Fires Brigade, takes on the part of Darth Vader as he performs the “Star Wars Gangster Rap.” Ross also performed “Ice, Ice Baby” by Vanilla Ice.

Right: Sgt. Devon Nelson, of Brooklyn, N.Y., 1-150th AHB, plays a patriotic medley, including the “The Star-Spangled Banner” and “The Army Song.”

Photos by Sgt. Allison Churchill
41st Fires Bde. PAO

Promotionpalooza



Top row, from left: Sgt. Brandon Morrison, of Jasper, Ala., 41st Fires Bde. command group PST, is promoted by Staff Sgt. Christopher Fernandez June 1. Capt. Vanessa Hooper-Yan, of Gross Ile, Mich., AAFES/MWR liaison, is promoted by Lt. Col. Brian Pierce. Capt. Theresa Piasta, of Santa Rosa, Calif., force protection OIC, is also promoted by Lt. Col. Brian Pierce June 2.

Second row, from left: Spc. Cody Kinney, Lafayette, Colo., is promoted by Fernandez June 1. Capt. Theresa Markel, of Watertown, S.D., is promoted by her mother, Carol Stanek-Markel, who works on the Kirkuk PRT, June 1. Capt. David Stevens adjusts his hat after his promotion.

Third row, from left: Lori Robertson, wife of Capt. Eric Robertson, watches her husband's promotion on FOB Delta June 1 by VTC from Fort Hood. Capt. Scott Smith, 324th Network Support Company, is promoted by Capt. Jose Leon during a ceremony at Hanger 49 June 1. Capt. Luke Sanders, of Middletown, Ind., is promoted by Maj. Scott Bishop during the same ceremony.

Bottom row, from left: Capt. Stephanie Cristopher, of Plattsmouth, Neb., is promoted by her husband, Capt. Adrian Christopher, of Sedona, Ariz., whom she promoted moments earlier during the ceremony at Hanger 49. Capt. Chris Smith, of Battle Ground, Wash., is promoted by Capt. Tommy Karpuk at the Karpuk Lounge June 1. Capt. Cass Drew, of North Hampton, Mass., is promoted by Lt. Col. Ina Yahn, 589th BSB commander, during the June 1 Hanger 49 ceremony.