

The North Star

Serving Task Force Marne
U. S. Division- North, Iraq



Volume 1, Issue 48

February 22, 2010

Joint air assault leads to four arrests

By Pvt. Zachary Zuber
3SBCT, 2nd Inf. Div. PAO

Helicopters hovering overhead may be a common sight for Iraqis, but for those in 1st Battalion, 23rd Infantry Regiment, 3rd Stryker Brigade Combat Team, 2nd Infantry Division, and their Iraqi Army partners, watching the skies provided an interesting sight, Feb. 17.

In a rare occurrence, a massive air assault mission was carried out that morning to clear three small villages to which there was no other access. The cooperative effort required extensive planning, but with the partnership of both forces, it ended in success.

"Impeccable planning, hard work, and excellent rehearsals were essential to our success," said 2nd Lt. William Horan, a planning officer for 1/23rd Inf. "It was an exhaustive effort to coordinate even just the air assets required for the missions."

Providing enough helicopters was a major concern. It required three Chinooks to provide transport for the Soldiers that completed the clearing, and four Black Hawks for the troops creating the security cordon. In addition, a team of two Apaches were on stand by to provide air security if needed.

"Once that part of the plan was figured out, we had to build a gigantic terrain model so we could do proper

rehearsals," said 2nd Lt. Horan, a native of Wethersfield, Conn. "During rehearsals, the Iraqi commanders showed an immense knowledge of the plan and were a direct factor in the success of this mission."

The Iraqi soldiers, from the 2nd Battalion, 19th Infantry Regiment, 5th Iraqi Army Division, played an integral role in the overall mission by memorizing locations and roles of U.S. Soldiers as well as their own.

"I learned from the training to try and make more active examples in rehearsals to provide a better understanding," said Sgt. Abbas Abraham Jassam, a noncommissioned officer with the 2/19th Inf. "Those things made us able to work together better to complete this operation."

All of the planning proved fruitful at the end of the day, as the mission resulted in four arrests and the confiscation of a small weapons cache. It also improved the relationship between the U.S. and Iraqi forces.

"Our time with them was like being with one of our tribes," Sgt. Jassam said. "They took care of us like family, providing food and a place to stay during training and before the mission."

Working together to accomplish such a positive outcome resulted in a lasting impression on the Iraqi soldiers and built their confidence for unilateral operations in the future.

"This is the first time I have been on a mission like this, flying in with U.S. Soldiers instead of driving like usual," Sgt. Jassam said. "It has been a great experience and I hope I can do it again soon."



Photo by Pvt. Zachary Zuber, 3SBCT, 2nd Inf. Div. PAO

Soldiers of Comanche Company, 1/23rd Inf., take cover from debris as the first flight of Black Hawks for an air assault mission lift off. The first flight dropped off security teams outside a secluded village in the Diyala province of Iraq.

Cooks spice things up in field

By Master Sgt. Duff McFadden
2BCT, 3rd Inf. Div. PAO

If you gather a dozen cooks, ask each to prepare a simple dish, such as spaghetti from the same recipe, you would have a dozen different versions of spaghetti. Each cook would use a variety of techniques, with different results, based upon their tastes and experiences.

It's no different in the world of military food service, at least in the field.

Just ask Pvt. 2 Tatiana Waddell and Spc. Rene Nava, both with Company E, 1st Battalion, 36th Infantry Regiment, 2nd Brigade Combat Team, 3rd Infantry Division. Waddell is a 21-year old from Garden Grove, Calif., and Spc. Nava is a 38-year old Soldier from Mission, Texas.

At a military dining facility, it's very strict and structured regarding how meals are prepared. Recipe cards are followed to the letter. On the rare occasion, a little of this or that can be added, but, as a rule, items can't be deleted.

"In the field, you have the option of being able to enhance your meal or product," said Pvt. 2 Waddell. "You have a certain amount of artistic freedom, as long as you don't go overboard. You get to put a little bit of your own personality into the food."

"We'll share methods and learn from each other. That way, you learn the best methods from others. Our sergeants

will also give us advice on how to cook, but sometimes, they'll turn to us for the latest advice, since we're recent graduates from AIT (Advanced Individual Training)," said Spc. Nava.

For Spc. Nava, Pvt. 2 Waddell, and the other food service specialists of the Joint Security Station India, located in Al Kindi, Iraq, the 20-foot by 20-foot containerized kitchen is where they weave their daily culinary magic.

Once their day is done, they will have provided approximately 500 servings, which roughly translates into 2,000 pounds of meat, 40 cans of vegetables, 28 cases of soda, 13 cases of Gatorade and other varied and sundry items.

Typically, their work day begins at 6 a.m. Burners are fired up, the oven warmed, and cooking begins. However, their day can also start as early as 3 a.m., if they're preparing meals to be delivered to Soldiers manning the surrounding checkpoints.

Once dinner is over, preparations begin for the next day's meals. After the trailer is sanitized, anything frozen has to be removed from its boxes and the food is prepped for the next day's meal.

They must also ensure Soldiers' daily dietary needs are met – proteins, such as meats, starches, vegetables, and "enhancements," such as hot pockets, pizza, hot dogs, and chicken tenders.

A former English teacher, Spc. Nava has been a member of the U.S. Army since June 2007. He'll graduate in May from Liberty Baptist College with a Masters of Religious Education degree. He plans on staying in the military and becoming a chaplain. Until then, he said, he's "serving food and serving God."

After working guest services at California's Knott's Berry Farm theme park, Pvt. 2 Waddell sought bigger challenges. "I didn't have a lot of discipline at home. I wanted to get away and do something different."

She originally signed on as a medic, but became a cook instead, a move she hasn't regretted. "Cooking is the whole reason we're here. We're providing food for the Soldiers," she said.

"There are times, when people don't think we do a lot, but we do," said Pvt. 2 Waddell. "They see us on a break and think we're just sitting around. Everything we do is for them, but they don't see the behind-the-scenes preparation."

"Sometimes, I'm not in a good mood – I might be mad, or I'm tired. Still, they thank you for the meal. They tell you 'It's delicious.' It makes it all worthwhile."

"I really enjoy the team-bonding, the camaraderie we share with each other," said Spc. Nava. "I also enjoy seeing the Soldiers and getting to know them and giving advice. I like reaching out to other people and helping out."

"The greatest part of this job is having daily contact with all the different Soldiers here. I wouldn't have met so many people if I hadn't worked here as a cook. You even get to know what it's like out there on patrol from the stories they tell."

Specialist Nava said it's often the little things that help provide reassuring comfort for the JSS India Soldiers.

"They often sleep in their MRAPS and this is a chance for them to have a hot meal. They ask me for little snacks and I supply them," he said. "When they're at the checkpoints, often for hours and, days, it's the little things, the coffee drinks, snacks, and cakes, that gives them some comfort that we're able to provide for them."



Photo by Pfc. Gregory Gieske, 2HBCT, 3rd Inf. Div. PAO

(Left to right) Specialist Rene Nava and Pvt. 2 Tatiana Waddell, of Co. E, 1/36th Inf., 2/3 Inf. Div., and Spc. Clarence Dawsey, 779th Eng. Bn., take a quick break by posing for a photo.

HEY DOC!

Stay healthy, Rock of the Marne!

By Kevin Taylor

CPT, 3ID

Division Preventive

Medicine Officer

conditions on our bases, we continue to see cases among our troops. Furthermore, as our presence in Iraq becomes more expeditionary in nature, the threat of insect-borne disease could increase again to levels we haven't seen since the beginning of combat operations.

Q: My buddy was evacuated with something called the "Bagdad Boil". Do I need to be worried about this?

A: As temperatures increase over the coming months, insects such as sand flies, mosquitoes, and ticks will begin to emerge in greater numbers. Along with the pesky nuisance of these critters comes the inevitable resurgence of insect-borne disease among our troops. Leishmaniasis, (AKA "Bagdad Boil"), is a disease characterized by chronic un-healing skin lesions. It's spread by the bite of infected sand flies and has afflicted U.S. troops throughout Iraq. While rates of leishmaniasis have decreased significantly in recent years due to improved living

Q: How can I protect myself against terrible diseases such as leishmaniasis?

A: The Department of Defense Insect Repellent System is the approved method for providing personal protection against insect-borne disease. It consists of three elements: 1) Treatment of uniforms with permethrin; 2) Use of DEET insect repellent on exposed skin surfaces; and 3) Proper wear of the uniform with sleeves down and cuffed tightly, pants tucked into boots, and undershirt tucked into pants. Bed nets treated with permethrin can also provide a layer of protection for troops living in more austere environments. The use of unapproved devices such as dog collars should be discouraged since they provide little protection and can often cause severe skin reactions.



Q: Is it true that permethrin should not be used on the new flame-resistant ACUs?

A: Permethrin should not be used on the currently issued FRACU uniform. Tests have shown that permethrin does not bind evenly to the FRACU material and leaves patches of untreated fabric. This results in inadequate protection against biting insects. In an effort to resolve this problem, the U.S. Army has developed a process for treating FRACUs with permethrin during the manufacturing process. The end-product is a more evenly treated uniform that provides protection for up to 50 washings. These new factory-treated FRACUs will be fielded for the first time in 2010.

You're invited

Black History
Observance Program
"History of Black Economic empowerment"

When: Feb. 27, 4 p.m.

Where: Main Gym

Soccer League Sign-Up

When: March 4, 7 p.m.

Where: Main Gym

officials needed!

35+ B-Ball Tourney

When: March 6, 7 p.m.

Team Rep. Meeting Feb. 27
at 8 p.m., Main Gym
Form and Registration due
by Feb. 27

Dragon Marathon

When: March 5,
registration ends 5:30 a.m.
start time 6:00 a.m.
Where: 4/1 BCT HQ
(Across from North Gym)

A Smiling Future



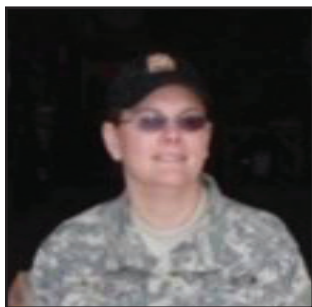
Photo by Pfc. Adrian Muehe, 3SBCT, 2nd Inf. Div. PAO

Captain Mary Nolan (right), from Lewiston, Minn., the 3rd Stryker Brigade Combat Team, 2nd Infantry Division's preventive medical officer, gives a toothbrush and toothpaste to an Iraqi child, while an interpreter explains proper brushing techniques in Albu Gaed, Iraq, Feb. 9.

Task Force Marne Heroes of the North



Staff Sergeant Richard Sosa is a CH-47 helicopter phase team leader who supervises, directs, and mentors his Soldiers with genuine concern and professionalism. Staff Sergeant Sosa streamlined a process which led his Soldiers to complete a 200-hour CH-47 phase in eight days; a task typically accomplished in 14 days. Not only did he accomplish this feat significantly faster than Department of the Army standards or any other unit in Task Force Wings, he did it with a team of highly motivated junior Soldiers who've grown into proficient maintainers under his tutelage. Staff Sergeant Sosa's Soldiers routinely conduct scheduled and unscheduled maintenance, enabling Task Force Hammerhead to fly more than 3,000 hours on CH-47s, and move more than 15,608 passengers and 650 tons of cargo throughout USD-N since the unit's arrival in October. His first rate performance has contributed significantly to the success of the Task Force's mission and has earned him the distinction of today's Task Force Marne Hero of the North.



Miss Jamie Albers distinguished herself through dedication and commitment as the Tank Automotive Command Logistical Assistance Representative in support of the United States Division – North in Tikrit, Iraq, from February 2009 to February 2010 during Operation Iraqi Freedom. Miss Albers provided technical support and training to more than 5,000 USD-N Soldiers. She was instrumental in assisting units to improve their operational readiness rates and Soldiers' abilities to maintain and operate key combat vehicles throughout Iraq. Through her actions assisting units, training Soldiers, obtaining repair parts and equipment, repair cycle times were greatly reduced. Miss Albers' actions are keeping with the finest traditions of Civil Service and reflect great credit upon herself, the USD-N, and the United States Army making her an obvious choice for this week's Task Force Marne Hero of the North.

On this day, Feb 22, in history ...

www.history.com

1732 - George Washington was born in Westmoreland County, Virginia.

1917 - Sergeant Benito Mussolini, the future totalitarian leader of Italy, was wounded by the accidental explosion of a mortar bomb on the Isonzo section of the Italian Front in World War I.

1942 - President Franklin D. Roosevelt ordered Gen. Douglas MacArthur out of the Philippines, as the American defense of the islands collapses.

1980 - The U.S. men's hockey team pulled off one of the biggest upsets in sports history with a 4-3 victory over the Soviet Union at the Winter Olympics in Lake Placid, New York.

1998 - Seven tornados ripped through central Florida on this day in 1998, killing 42 people. This was the deadliest outbreak of twisters in Florida's history.

| HURT FEELINGS REPORT | | | |
|--|---|--|--|
| For use of this form, see FM 22-102; the proponent agency is TRADOC | | | |
| DATA REQUIRED BY THE PRIVACY ACT OF 1974 | | | |
| PRIVACY: | 5 USC 301, Departmental Regulations; 10 USC 3013, Secretary of the Army and E.O. 9397 (SSN) | | |
| PAL PURPOSE: | To assist winners in documenting hurt feelings, and to provide leaders with a list of soldiers who require additional NCO leadership, and extra duty. | | |
| NE USES: | For subordinate leader development IAW FM 22-102. Leaders & winners should use this form as necessary. | | |
| DSURE: | Disclosure is voluntary, but repeated disclosure may result in a DA Form 779-1A, Report of Wall To Wall Counseling | | |
| PART I – ADMINISTRATIVE DATA | | | |
| A. REPORTER'S NAME (Last, First, MI) | B. RANK/GRADE | C. SOCIAL SECURITY NUMBER | D. DATE OF REPORT |
| E. ORGANIZATION | | F. NAME & TITLE OF THE PERSON FILLING OUT THIS FORM | |
| PART II – INCIDENT REPORT | | | |
| A. FEELINGS WERE HURT | B. TIME OF HURT/FEELING | C. LOCATION OF HURT/FEELING INCIDENT | D. NCO OR OFFICER SYMPATHETIC TO |
| E. NAME OF REAL MAN/WOMAN WHO HURT YOUR SENSITIVE | | F. RANK/GRADE | G. ORGANIZATION (if different from 1A) |
| E. INJURY (Mark all that apply) | | | |
| 1. IN WHAT EAR WERE THE WORDS OF HURT/FEELING SPOKEN INTO? <input type="checkbox"/> LEFT <input type="checkbox"/> RIGHT <input type="checkbox"/> BOTH | | 2. IS THERE PERMANENT FEELING DAMAGE? <input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> MAYBE | |
| 3. DO YOU REQUIRE A "TISSUE" FOR TEARS? <input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> MULTIPLE _____ | | 4. HAS THIS RESULTED IN A TRAUMATIC BRAIN INJURY? <input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> MAYBE | |
| F. REASON FOR FILING THIS REPORT (Mark all that apply) | | | |
| <input type="checkbox"/> I am thin skinned | <input type="checkbox"/> I didn't sign up for this | <input type="checkbox"/> I want my mommy | |
| | | | |

REGIONAL HEADLINES

Tourists left stranded on wrong island

United Press International

PUERTO DEL ROSARIO, Spain - A British family says while traveling among Spain's Canary Islands, they were stranded by an airline on the wrong island.

Kay Wright, 40, said she was traveling with her four children when a thunderstorm forced their Ryanair flight to the island of Lanzarote to land on the island of Fuerteventura, the Daily Mail reported, Feb. 19.

Wright said after being let off the airplane, she was forced to contact her partner, Tony Wainwright, to make arrangements to complete her family's journey to Lanzarote.

The Daily Mail said the family eventually was able to take a ferry to Lanzarote a day later, but the delay cost them nearly \$619 in travel and hotel fees.

Woman finds 32-year-old \$17,500 check

United Press International

LAUDERHILL, Fla. - A Florida woman said she found an unopened envelope containing a 32-year-old check for \$17,500 in the bottom drawer of her night stand.

Barbara Cosgrove, 85, of Lauderhill, Fla., said she does not remember who gave her the envelope or why she put it away instead of cashing the check, but she said she does recall the money is from an insurance company for an April 1, 1976, incident on New York's Brooklyn Bridge.

Cosgrove said her car was smashed by water that plummeted 200 feet from a Belt Painting Co. Tarp. She said the money was a payout from the painter's insurance company.

The former New Jersey resident said the check was void 60 days after issue.

Vancouver Schedule

(All times listed are local Iraq time)

-Feb. 22, 12:30 a.m.: Men's Two-Man Bobsled - Heat 3

-Feb. 22, 1:45 a.m.: Men's Two-Man Bobsled - Heat 4

-Feb. 24, 4 a.m.: Women's Bobsled - Heat 1

-Feb. 24, 5 a.m.: Women's Bobsled - Heat 2

-Feb. 25, 4 a.m.: Women's Bobsled - Heat 3

-Feb. 25, 5 a.m.: Women's Bobsled - Heat 4

-Feb. 26, 10:30 p.m.: Men's Biathlon 4x7.5km Relay

-Feb. 27, 12 a.m.: Men's Four-Man Bobsled - Heat 1

-Feb. 27, 1:30 a.m.: Men's Four-Man Bobsled, Heat 2

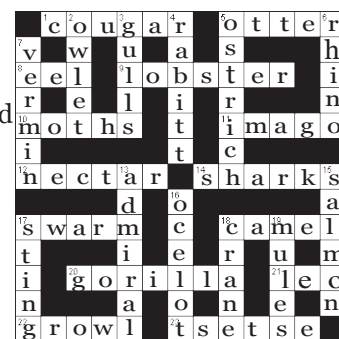
-Feb. 28, 12 a.m.: Men's Four-Man Bobsled, Heat 3

-Feb. 28, 1:15 a.m.: Men's Four-Man Bobsled - Heat 4

2010 WINTER OLYMPIC GAMES MEDAL COUNT

| |  |  |  |  |
|---|---|---|---|---|
|  United States | 6 | 7 | 10 | 23 |
|  Germany | 4 | 6 | 4 | 14 |
|  Norway | 5 | 3 | 3 | 11 |
|  S. Korea | 4 | 4 | 1 | 9 |

Answers
to
Friday's
Crossword
Puzzle



THE North Star

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4th Infantry Brigade Combat Team,
1st Infantry Division
2nd Heavy Brigade Combat Team,
3rd Infantry Division

3rd Stryker Brigade Combat Team,
2nd Infantry Division
1st Heavy Brigade Combat Team,
1st Armored Division

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Command Sergeant Major - Command Sgt. Maj. Jesse L. Andrews Jr.

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130th Engineer Brigade
135th Mobile Public Affairs Detachment