

THE TQ REVIEW

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SFC Bill Yuhas with several of the A/228th FSB mechanics. SFC Yuhas was teaching a class on the inner workings of the engine. Classes like these have helped each and every one of the A Company mechanics in diagnosing problems with vehicles as they are brought into the motor pool. SFC Steve Pasko tells his guys, "You have to understand that the everyday Soldier may not be able to tell you exactly what the problem is...they just know that 'something is making a noise.'" Classes like these have contributed to the great success of the Battalion's Maintenance and its high Operational Readiness.

Picture by: SFC Steve Pasko

Experienced Mechanics Teach the Young Wrenches

By: Specialist Aaron Berger

The motor pool section in Alpha Company, 228th Forward Support Battalion has been busy keeping the Headquarters and the Alpha Company vehicles FMC, (Fully Mission Capable) since their arrival on Camp Al Taqaddum. They have successfully transformed from part-time mechanics as reservists, to full-time wrenches on this deployment. With hundreds of man hours accrued, they still are eager to learn more.

Recently, SFC Bill Yuhas and WO1 Lou DePalma took the time to give the Company A mechanics some developmental classes on their trade. The motor pool personnel came into work a half hour early to attend these classes in order to be able to keep up with the daily work load in the motor pool. Specifically, SFC Yuhas taught the Soldiers classes on the fundamentals of engine function. He went into detail on how the oil cools the head, how the cam works and what each strike of the piston represents. He also gave classes on how the transmission works, the difference in the

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COMMANDER'S CORNER

By: Major Barry C. Sheehan

Hello everyone back home! This is MAJ Sheehan filling in this month as LTC Nissley enjoys some much deserved leave back home. March came in like a lion and will go out like a cheetah for us here in Iraq. Just when we think we can't get any busier, we take on more and more missions that prove us wrong. Just recently, the battalion completed *Operation Pixie Dust* that involved moving over a thousand Iraqi Army soldiers and a couple hundred vehicles into a new base camp in the Ramadi area. The mission was a great success with over a hundred soldiers from all of our companies within the battalion participating to make it all happen. Unfortunately, right in the middle of conducting this operation we suffered an unexpected and tragic loss within the battalion.

As many of you have now heard, SPC Fred Carlson passed away from unknown causes on March 25, 2006 here at Camp Taqaddum. SPC Carlson was 25 years old and appeared to be in great health at the time of his passing. Our medics on site and those at the Navy Trauma Center here on the base worked feverishly to revive him, but were unsuccessful. On March 29th a memorial ceremony was held at our base camp in remembrance of our fallen comrade. Our thoughts and prayers go out to his family and friends back in the states as they too deal with their loss. He will be surely missed by many within the battalion as well as those of you who knew him back home.

Speaking of home, we're heading that way soon! In the next few months you should start to see us arriving back at your doorstep. It's been a long 9 months, but the Soldiers are performing remarkably well. It's amazing and inspiring to see the challenges that they rise up to and overcome on a daily basis. We'll do our best to get everyone home safe and we'll see you soon. Thank each of you for your continued support of our fine Soldiers....



- MAJ Sheehan

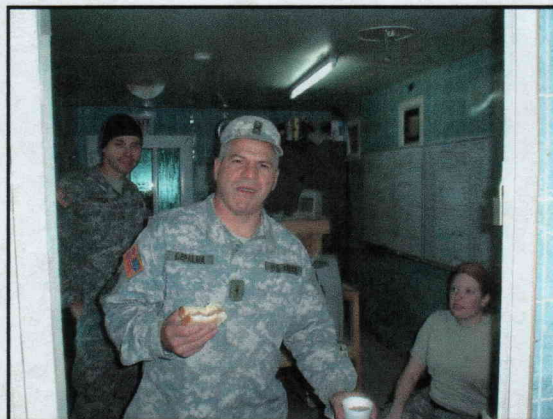
Experienced Mechanics Teach the Young Wrenches

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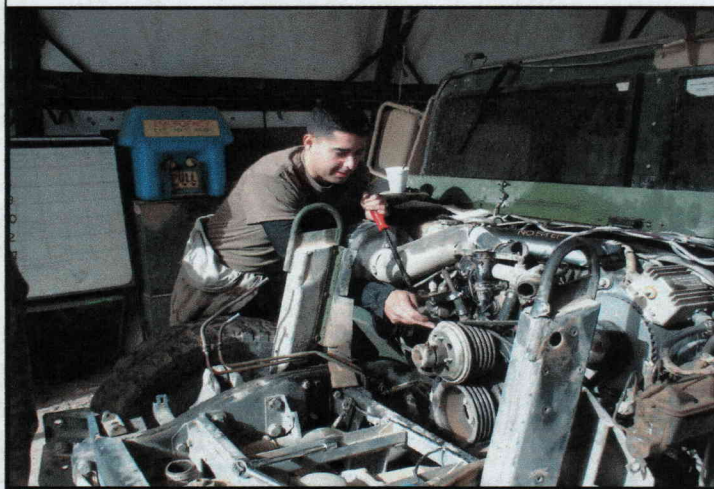
workings of the brakes on the HMMWV (Highly Mobile Multi-Purpose Wheeled Vehicle) as opposed to trailers, and the specifics on how the A/C units work in the vehicles. The knowledge that SFC Yuhas and Chief DePalma were passing on is so important because understanding how components of the various military vehicles work is vital to diagnosing problems as they head into the shop. That quick and efficient diagnosis could make that otherwise dead lined vehicle, mission capable much faster.

The motor pool personnel were very attentive and everyone of them expressed how much that they had learned. SPC Roloson was on guard duty and he told his section sergeant SFC Steve Pasko that he wanted to make up the classes that he missed. SFC Yuhas and Chief DePalma went out of their way to ensure that the young mechanic got one-on-one training for the classes that he missed. SFC Pasko and SGT Steudler, who have been mechanics for years, even proclaimed that they learned a great deal from the classes as well. SFC Pasko said, "I have been doing this for years, but if someone knows more than me, I want to learn from them." That attitude has helped everyone in the section expand their abilities significantly.

SFC Yuhas is acting as Battalion Motor Sergeant for this deployment in support of Operation Iraqi Freedom. This position is not a typical position in an FSB. He has taken pride in this responsibility and his vast knowledge has directly contributed to the Battalion and the Brigade's 90-plus percent Operational Readiness throughout our time in Iraq. He has traveled to other FOB's, (Forward Operating Bases) in Ar Ramadi, Combat Outpost, and Habbaniyah on many occasions to help out in any way that he can to get every vehicle up and running. SFC Yuhas used to own his own engine repair and transmission shop and he has made it his business to pass on his wealth of knowledge to all of the wrenches throughout the Brigade. He has been tasked with a focus on the QRF (Quick Reaction Force) vehicles. These vehicles spend a great deal of time on missions outside the wire. The QRF's mis-



WO1 DePalma hitting a sandwich after a class.
Picture by: SFC Steve Pasko



SGT Dan Berrocal working on a Hummvee.
SFC Steve Pasko

sion readiness is a top priority and he personally ensures that each QRF vehicle that is non mission capable gets fixed quickly and correctly.

Chief DePalma has a degree in Avionics and taught in a Vocational-Technology School. He taught the section classes on pro-links and broke down the celenoid and showed them how it works. He was recently sent to the Combat Outpost to head up the new Maintenance Support Team.

These classes were not just blocks of instruction. SFC Yuhas and Chief DePalma had each of them doing the hands on training. The hands-on part of the class is vital to truly understanding what has been taught earlier.

SFC Yuhas and Chief DePalma have made it their responsibility to ensure that every mechanic in this Battalion is equipped to diagnose and handle any mechanical issue that enters their motor pool. The

high Operational Readiness of this Battalion is a direct result of Soldiers like SFC Yuhas and Chief DePalma. Their unrelenting desire is to guarantee that all wrenches, not just the motor sergeants, can handle anything that comes their way.

Spiritual After Action Review (SAAR)

By: Chaplain Aristides Fokas

Wise warriors are mightier than strong ones. (Proverbs 24: 5a)

In the military service we place great value in lessons learned through After Action Reviews (AAR's). Usually, after a unit has conducted a training segment or a mission, the command will take time and conduct an AAR in order to better the process. The spirit of the AAR is one of openness and **learning** – it is not about problem fixing or placing blame. AAR's are excellent for making implicit knowledge explicit. Insights gained can usually be immediately applied through naming areas of strength and ones that need improvement. The four main questions that are asked in an AAR are: 1) What was supposed to happen? 2) What actually happened? 3) Why were there differences? 4) What did we learn?

As we come through the cycle of deployment, we have not only taken a military mission, we have taken a spiritual journey as well. Spiritual development is not a linear process. We are all growing and changing in different ways. We face personal challenges or unfinished business at our own rate and pace. But, there are specific questions we can ask ourselves to gain insight to who we are and who we are *becoming*.

Some useful questions in order to gain insight may be (but certainly, not limited to): *What did I expect would happen during this time in my life? What has and is happening? What is my role? (e.g. leader, follower, helper, hero, victim, etc.) What have I learned? Where is there pain? Where is there joy? Where is the growing edge? Where is God in all of this? And what and who is God calling me to be? What is the dominant mood in my life (e.g. anger, anxiety, hope, apathy, contentment, etc.) Where have I given up? Where have I hurt others? Is forgiveness involved? If "yes," how? Where is the hope?*

A SAAR may sometimes open more questions than provide answers. In an answer oriented society, open questions can be uncomfortable, but they may also lead to a deeper awareness and understanding of one's self. Taking some personal time ("Yeah, right, Chaplain! We get tons of that!") to reflect on our lives is necessary to find our truest purpose. This purpose is what carries us through the many heartaches and disappointments that life can deal out. There are also those who find value in reflecting on these questions with a trusted friend, prayer group, or counselor. We all have heard the phrase "Know thyself and to thine own self be true." (Plato) This is a definition of integrity that reminds us that it takes work, perseverance, and courage to look at one's life from the *outside looking in* and to take steps for life enhancing change.

Extreme Office Make-Over

By: Specialist Andrea Sweetland

Captain Todd McTavish, A Co 228th Commander, recently came back from R & R leave to find a new hue in his office. Pink apparently brings out his baby blue eyes.

Mastermind, SPC Paula Corbin, from the 228th, painted the office "Pepto-Bismol pink". She even went as far as to get written permission from 228th Battalion Commander LTC Glenn T. Nissley. SGT Derek Bucher, also from the 228th, built a separating wall so that CPT McTavish could have privacy in his new pink office. SPC Ferris Griggs, from the 1071st, also helped with the extreme office make-over.

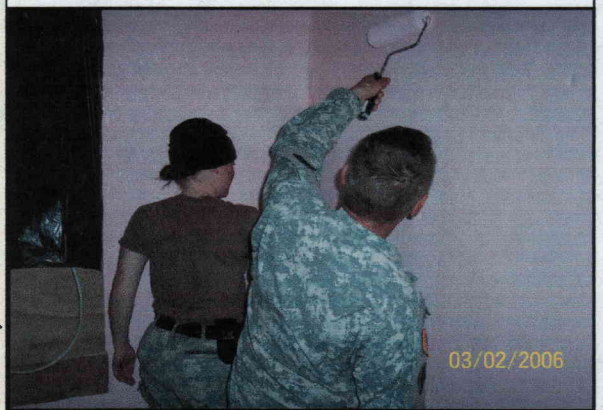
First Sergeant from A/228th, Leroy Dollak, had this to say, "The office is

very lovely; CPT McTavish seems comfy in it. He spends more time in the office than normal now."

SPC Corbin was pleased that the pink popsicles that were placed in the office disappeared very quickly, but knows this is a touchy subject. "He doesn't like to talk about it", Corbin says and hopes she won't be demoted to private anytime soon.



SPC Griggs carefully trimming the office. Pic by: SPC Sweetland



SPC Corbin and 1SG Dollak decorating CPT "Mac's" office while he was on R&R Leave.

Pic by: SPC Sweetland