



Medical Task Force 10
 HQ, Ibn Sina Hospital
 Baghdad, Iraq

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Reindeer Stall Cleaner:
CPT Doug Lomshek
Santa's Spin Doctor:
CPT Heard
Father Time:
MAJ Terry Flynn
Elf at large:
MAJ Ralph Deatherage
Yuletide Paparazzi:
LTC Pat "photo-op" Ahearne
Santa's personal physician:
COL Crisp
S4 Key Grip: PFC Erickson
No Job, just wanted to see his name in print: MAJ K
5th assistant to the assistant S4: CPT Valainis
Owner and Chief Elf:
D3 International, a subsidiary of "I got your Grinch" Inc.



Happy Holidays to all of our friends, families and fellow Soldiers from the Mountain Medics. With the holiday season upon us and being so far from home it can be easy to get a little down for both the Soldiers and their Families. It is Christmas time that gives us pause to remember family and home. Or, as Charles Dickens wrote, "Happy, happy Christmas, that can win us back to the delusions of our childhood days, recall to the old man the pleasures of his youth and transport the traveler back to his own fireside and quiet home."

Everyone copes in different ways with separation during the holidays; some make it seem so easy though. In looking around the CSH, I was inspired by the lengths some of our folks go to make the best of the situation. There are some, I am convinced, would bring on the yuletide spirit even if we were sitting in tents out in the middle of the desert. LTC John Groves' room is a prime example of the "home for the holidays" touch.



Not only did he go all out with his room, he also called back home and asked CSM Dean from EACH if he could help his wife

put up the outside Christmas lights- which of course the CSM did.



Every where around the hospital you can feel the holiday spirit grow with each and every package received from home. We have much to be thankful for. We have an outstanding bunch of doctors, nurses, medics and support personnel- Soldiers assigned to the 10th CSH. Everyday, lives are saved and human suffering reduced; it goes without saying. I could go on, however, instead I would like to try to capture the spirit of the holidays, 10th CSH style, for you...



The ICU halls are all decked,



and the Chaplains office.....

The lab...



And...



There were jingle bells...
 ...and stockings hung.



Friendships, whether they are old are new, seem to continue to grow during the holidays. Some seem almost inseparable....

(cont page 2)



Like V-1 and V-2 (V is for Velcro), among others...



NO Grinches could be found....



The ED was festive...



And the packages just kept coming...



Three wise men came to the Middle East...



The ICWs were not to be outdone...



And yes, as with every organization, there are always a few ah "relatives" that we do not talk much about...



We found out who the party animals were...

Of course the 10th CSH is a "No Grinch Zone." The Grinch hated Christmas – the whole Christmas season. Oh, please don't ask why, no one quite



knows the reason. It could be, perhaps, that his shoes were too tight. Or maybe his head wasn't screwed on just right. But I think the best reason of all

may have been that his heart was two sizes too small."



As for fun...



We have sleigh rides....



Christmas exists because of the birth of a child born in poverty, a birth that started a movement that gave meaning to forgiveness and reminded mankind that, if he so chooses to believe, no other man can hold dominion over another, but instead answers to a higher power.



Baby Tamarah was delivered at Ibn Sina Hospital by emergency c-section on 15 December 2005. -Merry Christmas everyone...

D3 Direct... Baghdaddy Bits



HAPPY



HOLIDAYS

A very Merry Christmas and Happy Holidays to all! We've had quite a news worthy month with many Soldiers reenlisting (and receiving nice, tax-free bonuses), several of our staff are new dads, we've promoted a host of Soldiers & officers, seven officers were selected for promotion to Major and we had our first Iraqi baby girl delivered by a US military physician (COL Brian Crisp) in the Ibn Sina hospital. Most importantly, our presence here enabled the free people of Iraq to vote for their first permanent government leaders and to select their Parliament. When that fact appears in the history books, our Soldiers here will rightfully boast that they witnessed and enabled the foundation for democracy in Iraq.

Our Soldiers continue to provide the finest combat healthcare in the world. This hospital is the premier trauma center in theater and there are very few military or civilian trauma centers in the States who compare. I hope we don't

continue to set the pace for trauma treatment and in fact, our patient load has decreased since our first month. The compassion and the quality of our care will continue to remain unmatched, however. Our Soldiers, who love and miss their families dearly, are performing superbly despite the hardship of separation especially acute around the holidays.

To help ease our homesickness, the Junior Officer Council hosted a talent show on 18 DEC. Who knows what secret talents lay within this diverse staff? This show will surely provide the correct dose of humor to ease any separation pain. The Council has also planned a New Year's Eve celebration so we can ring in the year (albeit 8 hours earlier than the Big Apple celebration) that will see us return to

our loved ones.

We have finalized our leave plan so Soldiers should be able to provide

families a projection at least for the month that they're scheduled for R&R leave. We can't project fixed dates for leave

since we're subject to slots provided every month from theater so please be patient and understanding. Our first group of Soldiers will take R&R this month and hopefully bring back lessons learned to share with the rest of us waiting for our turn.

Finally, I'll share with you one story of the compassionate, concerned care provided by our Soldiers. Late last month, we had an 8 year old Iraqi boy who re-

ceived a serious gunshot wound to his thigh. The EMT crew and OR staff patched him up but we couldn't find his family to comfort him. After some time in the ICU, he moved to the Step Down Unit (SDU) where he continued to deal with post-op pain and the fright of being in a strange place, unable to understand our Soldiers and without family. One of the SDU staff was able to approach him though and show him how to thumb wrestle. Other staff members would challenge the boy, who remarkably always won. Eventually, he began to smile and didn't seem so scared anymore. Finally, his grandfather found our hospital and was reunited with his grandson, who was soon discharged. Imagine one of our children in similar circumstances. You'd be overjoyed to know that he was cared for by a staff as concerned, competent and caring as the Soldiers of the 10th CSH. I am thankful every day to be counted among the number of Mountain Medics here in Iraq. May every Soldier here and our families at home enjoy a safe, healthy and fulfilling 2006!



Task Force South Corner

With the holidays fast approaching, we're definitely getting into the spirit of the season here at Task Force South. You can hardly enter any office or section within the hospital and the headquarters without seeing lots of decorations and goodies to help celebrate and enjoy this wonderful time of year. The HHD and B Company Family Readiness Group has helped us immensely in our celebration by providing lots of trees, decorations, and even a "Hands Across the Ocean" banner signed and decorated by our families back home. The highlight of our Christmas celebration is surely the soon-to-be holiday classic production of "What if Christ Were Born on an Army Installa-

tion", a dramatic work penned and directed by our own SPC Rayle (Chaplain's Assistant, Task Force South) and featuring the Mighty Task Force South Far East Touring Company Players. Destined to be a perennial holiday favorite, we'll record our production for posterity (as well as for the viewing enjoyment of our fellow Mountain Medics with Task Force North).

Another great way that we are celebrating the season is by touring the ruins of the ancient city of Ur, which is located within the perimeter of our FOB. This city was the cradle of civilization in the region, and it is regarded as the early home of Abraham, a key figure in three major world religions

(Judaism, Christianity, and Islam). These tours were led by the newest addition to the Task Force South Ministry Team, Chaplain (Major) Don Salisbury, as well as by a local tour guide whose father and grandfather led such tours in the past. It is amazing to walk through the ruins of the ancient city, and to visit an excavated house that is believed by many to have been Abraham's home. The tour ends with a climb to the top of the Ziggurat of Ur, a 70-foot high stone pyramid built 4,000 years ago as a temple. It is truly a once-in-a-lifetime experience that is altogether appropriate for the Christmas season.

Though we're away from our families and homes,

we're still finding the time to reflect on the important work we are doing here, and on the magic of the holiday season. Our spirits are high, and we are upholding the Mountain Medic reputation as the best and most powerful combat support hospital in the world! Take care, and we at Task Force South wish you all

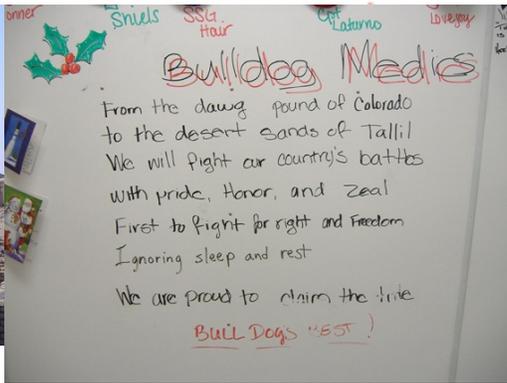


Happy Holidays, and a Happy New Year!

-Major Ralph Deatherage



The Ziggurat in Tallil



The Motor pool crew at the Ziggurat



Bulldogs!



Alpha Gators ...

There is life outside of Baghdad.

While Alpha Company continues to grow and work hard, we can't forget our soldiers that are located in outlying areas. Alpha Company soldiers are supporting unique missions throughout the country. 1SG Crews and I were able to make a trip up to Balad to visit SSG Marlin and SSG Hayes. They are instructors in at the 91W schoolhouse. They teach classes to support the 91W transition program. Additionally, they have certified hundreds of soldiers as Combat Life Sav-

ers, or as it is known in 101st Airborne area, "Eagle First Responders". They are working incredibly hard to ensure our soldiers receive the best training possible. However, they do enjoy some amenities that we lack such as a two large PX's and a full sized stadium-seating movie theater. Life isn't so bad on an Air Force base!

Our second group of soldiers is working at the Iraqi Schoolhouse in Taji. SGT Patterson and SGT Alvarez are instructors at the Iraqi Medical Officer Basic Course. They assist in transitioning the newly appointed Iraqi Army Officers from civilian to mili-

tary life. This includes the basics of drill and ceremony, proper wear of the uniform, and learning of rank structure. Sound familiar? Soldiers around the world have more in common than most of us realize! Our Alpha Company soldiers are doing a great job representing the 10th CSH!

I would also like to take a moment to introduce the new company XO, 2LT Rutkowske. She just com-

pleted the AMEDD OBC and is a recent graduate of University of North Carolina. She is excited to be here and assist Alpha Company in successful completion of our deployment. And if you need UNC sports scores- she's the LT to see!

I hope everyone has a great holiday season. We appreciate all of the hard work you do!

-CPT Schaefer



SSG Marlin



SSG Hayes and 1SG Crews in Taji

...and HHD Regulators

Seasons Greetings, Regulators! December is a month full of celebration and holiday spirits. It is unfortunate that we can not celebrate this joyous time with our loved ones and families close by. I am sure, however, that all of us are remembered and kept in their hearts as we continue our mission. It has been nothing short of spectacular to see how everyone in Medical Task Force 10 is coming together as a team, side by side, to provide the world-class health care in an austere environment. I am especially proud of all staff and support elements that are doing an exceptional job in supporting the hospital day and night, with little or no breaks in between. I wish you all a merry Christmas and a happy New Year as we embark on our journey into the year 2006. Keep up the good work!

- CPT Lee

Recognitions in the Task Force

Promotions:
 SSG Sean Powers (883rd CSC)
 SSG Benjamin Small
 SSG Douglas Capazzi
 SSG Sonya Ross
 SSG Chad Jackson
 SGT Tara Osorio
 SGT Jason Paquette
 SGT Paul Cardoso
 SGT Matthew Drew
 SPC Zachary Marconett
 SPC Filemoni Fanuaea

 LTC Patrick Ahearne
 CPT Kari Burroughs
 CPT Tiffany Fusco
 CPT Marva Wilcox
 1LT Ashley O'Neill
 1LT Niccole Harrison
 1LT Kathleen Williams
 1LT Ronnel Pequet
 1LT Natalie Skates

Selected for Promotion to Major:
 CPT Christy - #14
 CPT Malmquist - #100
 CPT McMurtry - #120
 CPT Smith, - #50
 CPT Swift - #24
 CPT Lomshek - #39
 CPT Venable - #157 (selected below the zone!)

Boards, Certifications, and Stuff:
 LTC Gwendolyn Thompson passed her boards and is now a Board Certified Pharmaceutical Specialist.

 CPT (P) Ron White has been accepted into a Pain Fellowship at WRAMC

Out and About at Ibn Sina (the life and times of a Fobbit)

The Holiday Spirit By MAJ Terry Flynn

Depending on your religious or spiritual preference, it seems that the “holiday season” touches all of us in a variety of ways (for many that touch goes deep into your wallet!). The commercialism associated with this time of year, particularly in America now stretches as far back as the beginning of autumn. Heck you can see the “new” Hallmark ornaments and begin placing your pre-order for the pre-order before the actual order and get a jump on your neighbor...or you can wait and get it on eBay!! My point is simple...it often is more about presents, food, lights, garlands, eating, tress, decorations, meals, vacations and cruises which have big buffets...oops, I think I’m getting really hungry for a decent meal. Okay, lets move on...

For many the spirit of the season is about giving...yet for many others the thrill of the season is about getting. Have we grown selfish? Have we let ourselves become consumed with the idea that we expect to get all of the things I mentioned and more? Are we really the decadent society that our “enemies” might want to portray so has to generate anger, frustration, disgust and mistrust among those we wish to help? We don’t even need to ask the people here in Iraq what they think of the American spirit of giving...just ask people in New Orleans, Mississippi, Florida and anywhere else that poverty, disaster, devastation and homelessness is present...what might their answer be today?

This isn’t a political discussion and I won’t let it run that way...this is about the 10th Combat

Support Hospital and its Soldiers here in Iraq and the families back at home. What does the “holiday spirit” mean to us and how do we demonstrate it to others? The answer is simple really. This spirit is really the concept of giving – total and unselfishly what you have to another with no hidden agenda, no expectations of anything in return.

You all realize that we treat hundreds of casualties here in Baghdad. This isn’t news to anyone. We treat ALL our casualties the same regardless of their particular affiliations (nationality, “good” guys, “bad” guys, military or civilian)...we GIVE what we have to give...our skill, talents, energy, medications, blankets, supplies...we don’t stop until we either heal or stabilize and then get them where they need to go. No questions asked...no hesitations...just give and we aren’t asking or expecting anything in return.

I have seen severely injured and wounded Soldiers lying in pain and asking about their buddies, their commander, their sergeants, everyone else but themselves...that is giving...“Sir, if you need my blood or anything to help them...take it.” Son, right now you need your own blood.

I have watched staff members

breakdown emotionally during some of these encounters, knowing the outcomes are in doubt, yet fight off the tears and place reassuring hands and continue to work to save another life. This kind of giving is commonplace and I wonder if they even realize that it flows naturally from them to the people we encounter daily.



Holiday spirit can be a string of mini lights around an air conditioner!

I have seen our two mail clerks make daily runs through the streets of Baghdad and work hard hours just to be sure we get our packages and mail each day. They don’t complain and they truly know they are doing special work to bring a smile to someone’s face when mail does arrive. They know the risks, but they feel the reward when that smile is directed at them.

Our Patient Administrative staff has the unenviable task of sorting through the pieces of equipment and cut apart uniforms covered in blood to catalog and assist in identifying casualties when the helicopters arrive. Not a job for anyone and yet they do it every day.

I could tell you about the techs in the lab, radiology, respiratory therapy and all our ancillary staff, but then I’d never get enough space in the newsletter. The newspapers will

talk about nurses, doctors, surgery, emergency rooms, trauma surgeons and skilled personnel. They will do features on TV about the really “cool stuff” that a CSH can do...but we can’t and shouldn’t ignore the people that make it happen for us and our patients in their special roles as well.

The real givers however aren’t even here from what I have seen. Sure we do special work and we are proud...and tired too! The real giving comes from you at home. Its not just emails, pictures, care packages, and cookies...(see I’m back to food again.) Its groups of people; organizations all across America sending us things for ourselves, our patients and anyone else we encounter that may need things we have. I won’t list details, but schools, churches, private organizations, non-profit groups, community volunteers as well as established and well known organizations...all funnel packages and boxes to us to distribute and you know what they want in return...nothing! We have decorations that have been hand-made by school children on one small tree, huge banners saying Happy Holidays from others, pictures, lights, snowmen, ornaments...and so much more.

Our decorations are going up slowly but surely to brighten the hospital...one young nurse told me her Mom had sent her an entire 25-day set of presents...each to be opened one day at a time as we progress towards the 25th of December. (continued next page)

The Holiday Spirit (Cont)

We shared a laugh as she began describing how the first package contained a small tree, then the next was lights, then ornaments, etc. We are watching the tree “grow” as a result of the love and giving of this one parent to a separated loved one far from home. That is the “spirit” intended; that is the message of what this time is about for all of us.

Someone asked me what you give to someone who has everything. The answer: Give them your time and your love unconditionally. The men and women of the 10th Combat Support Hospital may never fully realize just how strong and true they are to the “holiday spirit” until well after they are home and past this experience. We may not be able to tell you at home how much what you are giving and doing in our absence means to us as we work day to day...not because we don't see it or feel it, but because we are so focused on where we are right now.

I would like to be presumptuous and extend to you all our heartfelt love and appreciation on behalf of everyone here. I can't do it myself and I know that many of you may have

doubts...but I have come to know your loved ones and I do truly believe they would tell you this if they could. I need help as I close this piece about the holiday spirit and my impression that it's really about giving. I will leave you with a couple verses from a favorite song by the musical group 3 Doors Down...Happy Holidays from all of us!

If this keeps me away much longer;
I don't know what I will do.
You've got to understand that it's a hard life

That I'm going through.
And when the night falls in around me,
And I don't think I'll make it through.
I'll use your light to guide the way,
Cause all I think about is you.”

All these days I spend away,
I'll make up for this I swear.
I need your love to hold me up,
When it's all too much to bear.
And when the night falls in around me,
And I don't think I'll make it through.
I'll use your light to guide the way,
Cause all I think about is you.”



The JOC is here for you...



Junior Officer Council officers from left 2LT Austin, vice-President, CPT Conley, Secretary, and 2LT Smith, Presi-

Happy holidays from the 10th CSH Junior Officer Council (JOC). We are pleased to announce the success of our November elections and would like to thank everyone who voted. Congratulations to our newly elected officers: JOC President 1LT Simeon Smith; JOC Vice President 2LT D'Angelo Austin; and JOC Secretary CPT Annette Conley. On behalf of those elected, and the JOC senior advisor, MAJ Artis, I would like to thank the election committee- 2LT Sipe and CW2 Martin for doing an outstanding and professional job organizing the elections.

The JOC has planned several exciting events for the remainder of 2005.

On December 18th we will be hosting a talent show in the main dining facility (DFAC) from 1400-1600hrs. Everyone is welcome to participate (enlisted, officers, etc.). There will be prizes announced for the winners and the event will be recorded and covered by the media. The point of contact (POC) for this event is CPT Heard (our Public Affairs Officer) at 318-239-7622.

The JOC is spreading the holiday cheer to our enlisted

soldiers by volunteering to relieve those on guard duty Christmas day. We are looking for officers and senior NCO's to participate in this “Operation Guard Duty”. There is mandatory guard training for all volunteers. The POC for this event is CPT Conley, Annette- she can be reached on outlook.

The last event for 2005 will be our big New Years Eve bash. This event will tentatively be held in the main DFAC. We will begin the festivities at 2000hrs and end sometime after midnight. There will be food, music and fun, so be there on the 31st to celebrate the New Year with the 10th CSH!

If you are a 2LT to CPT, or WO1 to CW2 and are interested in joining the JOC please join us at our next meeting on 06 January 2006. Our meetings are scheduled for the first Friday of every month in the Jones Hall library at 1930.

Merry Christmas and Happy New Year from your 10th CSH JOC!

2LT D'Angelo Austin, JOC Vice President

DRUs, Who are You? This Month the 883rd CSC

The 883rd Medical Company (Combat Stress Control) is working hard to provide comprehensive combat stress and mental health services throughout Central Iraq. Headquartered in Baghdad, the unit has satellite locations in numerous places throughout the region. Its mission is to provide services quickly, efficiently, and as close to service members as possible. For example, the services offered at Camp Taji Military Base combat stress clinic include an outpatient mental health clinic, prevention services such as walk-abouts, CED's, unit climate surveys, redeployment surveys and counseling plus, other services such as anger management, relaxation techniques, life skills, and smoking cessation classes.

The 883rd MED CO (CSC) is a US



Army Reserve unit stationed in Boston, MA. In 2003, the 883rd was deployed to support Operation Iraqi Freedom. Its prevention teams trailed the 3ID and 101 ABN to Baghdad where they performed CSC operations to forward moving elements. The 883rd has subsequently been actively involved in providing combat stress support for demobilizing Operation Iraqi Freedom US Army Reservists stationed throughout New England.

The recent accomplishments of the unit have been documented in media and print. During home station deployment, the unit's ceremony was featured in national media outlets including Department of Defense EARLY BIRD service. The 883rd MED CO (CSC) has an active family support that recently had OPRAH MAGAZINE come to interview family support leaders. Unit members have also thrown out the first pitch at Fenway Park for the Boston Red Sox.

MAJ James Weeden, a counselor with the Commonwealth of Massachusetts, commands the unit. MAJ John Rodolico, a psychologist with McLean's Hospital and a leading researcher in sub-

stance abuse serves as the unit's Executive Officer. The unit's chaplain is CH (MAJ) John Borges, a minister with the Seven Day Adventist Church who oversees over 70 churches throughout New England. 1SG Luis Herrera is an active guard/reserve status soldier. He has been instrumental in supporting unit readiness since his first day of duty in the unit: September 11, 2002.

Happy Holidays!



Career Counselor's Corner

Re-enlistments for December:

SPC ABBAS, DUSTIN
 SPC CANALE, NICHOLAS
 SPC FOX, BREENA
 SPC FANUAEA, FILEMONI
 SPC ARNETT, STUART
 SPC TAYLOR, BEAU
 CPL SMITH, DENNIS
 SGT RIVERA, GABRIELLA
 SGT EDAMIVOH, LUARETTA
 SGT MILLINER, DARRELL
 SSG REESE, MARY
 SSG HUGHES, KEITH
 CPL TUCKER, DAVID



Mountain Medics



The Social Register, who's who in the Task Force

Family Business

MAJ Ed Paquette is proud to announce a new addition to his family. Cecilia Marie Rose Paquette was born on 6 Dec 2005 weighing in at 7 pounds 9 ounces, and is 21.1 inches and a ton of cuteness. Her older brothers, Joe, Frank and Eddie and Mom (Teresa) are all doing great.



Meanwhile, In Other News from the Home Front...



Santa Claus loses contract in the Southern United States.

Effective immediately, Santa Claus will no longer be able to serve the southern United States on Christmas Eve. Due to the overwhelming current population of the earth, his contract was renegotiated by North American Fairies and Elves Local 209. He now serves only certain areas of Ohio, Indiana, Illinois, Wisconsin and Michigan. As part of the new and better contract he also gets longer breaks for milk and cookies so keep that in mind. However, rest assured that your children will be in good hands with a local replacement who happens to be a third cousin of Santa named Bubba Claus. His side of the family is from the South Pole. He shares Santa's goal of delivering toys to all the good boys and girls; however, there are a few differences between Santa and Bubba Claus. Differences such as:

1. There is no danger of a Grinch stealing your presents from Bubba Claus. He has a gun rack on his sleigh and a bumper sticker that reads: "These toys insured by Smith and Wesson."
2. Instead of milk and cookies, Bubba Claus prefers

that children leave an RC Cola and a moon pie [or pork rinds] on the fireplace. And Bubba doesn't smoke a pipe. He dips a little snuff though, so please have an empty spit can handy.

3. Bubba Claus' sleigh is pulled by floppy-eared, flying coon dogs instead of reindeer. I made the mistake of loaning him a couple of my reindeer one time, and Blitzen's head now overlooks Bubba's fireplace.

4. You won't hear "On Comet, on Cupid, on Donner and Blitzen," when Bubba Claus arrives. Instead, you'll hear, "On Earnhardt, on Wallace, on Martin and Labonte. On Rudd, on Jarrett, on Elliott and Petty."

5. "Ho, ho, ho!" has been replaced by "Yee Haw!" And you also are likely to hear Bubba's elves respond, "I heard dat!"

6. As required by Southern highway laws, Bubba Claus' sleigh does have a Yosemite Sam safety triangle on the back with the words "Back off." The last I heard, it also had other decorations on the sleigh back as well. One is Ford or Chevy logo with lights that race through the letters and the other is a caricature of me (Santa Claus) peeing on the Tooth Fairy.

7. The usual Christmas movie classics such as "Miracle on 34th Street" and "It's a Wonderful Life" will not be shown in your negotiated viewing area. Instead, you'll see "Boss Hogg Saves Christmas" and "Smokey and the Bandit IV" featuring Burt Reynolds as Bubba Claus and dozens of state patrol cars crashing into each other.

8. Bubba Claus doesn't wear a belt. If I were you, I'd make sure you, the wife, and the kids turn the other way when he bends over to put presents under the tree.

And, finally, lovely Christmas songs have been sung about me, such as "Rudolph, The Red-Nosed Reindeer" and Bing Crosby's "Santa Claus Is Coming to Town." This year, however, songs about Bubba Claus will be played on all the AM radio stations in the South—songs such as Mark Chestnut's: "Bubba Claus Shot the Jukebox" and "Grandma Got Run'd Over by a Reindeer."





Absolute GRINCH



How To Tell if You Are A Grinch

1. You packed last year's Christmas cards in a MILVAN in order to send them out under your own name this year. (5 points)
2. You steal light bulbs and power from the Australian embassy to decorate your hooch. (5 points, 10 if neighbor's whole light sets or lighted Santa goes out)
3. You have ever dressed a dog, cat or a CSM as Santa Claus, elf helper, or reindeer. (10 points for each; if you dressed an endangered species, 5 extra points)
4. You donate last year's stale candy canes for the CSH Christmas party. (1 point for each piece of sticky candy). If you put out a chocolate or marzipan Santa also, add 10 points.
5. You enclose a shoddy and inferior gift from Target, Walmart, or K-Mart.com in a Bloomingdale's or other prestige box to impress your friends. (5 points for each infraction).
6. You make collect long distance phone calls to your family on Christmas day. (5 points, 10 if from a cell phone), claiming you are stuck in a phone booth in the red zone.
7. At the CSH Christmas party, you horde huge stockpiles of KBR goodies for later consumption back at your hooch. (5 points; 15 points if you use this stuff for your own party)
8. You steal the wreath to decorate a HMMWV for your own use [Southern Californian's only, others please ignore]. (5 points -- nobody but Angelenos are dumb enough to decorate a car)
9. After an invitation to a friend's house, you bring a commercially produced fruitcake and try to pass it off as "home made" in the EMT kitchen. (5 points; 15 points if the fruitcake is from last year).
10. Any misappropriation from the "Any Lonely Soldier" collection bins is a definite no-no. (20 points)

Evaluate your score on the "Grinch-O-Meter" from 20 to 100.

20-30: You are just a cheeseball.

30-50: You are an apprentice in Yuletide larceny and are probably wanted by the IZ police for high-jacking 500cc water bottles from the Palace Gym.

50-100: Grinch, move over. The Al Capone of Christmas crime has arrived.



Entertainment

PIRATED MOVIE REVIEW...AAARRRRRR!

Dougie-Doug Reviews: The Wedding Crashers

Watching the borrowed (thanks, LTC Groves), pirated DVD of the Wedding Crashers was a true challenge. No, not because it was a terrible movie (like War of the Worlds), but because it was soooo pirated, I couldn't get a DVD player that would actually read it. First my laptop said "no disk", and then the DVD player in the Baghdad Broadmoor said the same thing. Aaaaaarrrrr!!! Apparently there a little quality control problem at the \$2 DVD shop. Finally, I stooped to mooching yet again. I borrowed LTC Drennan's portable DVD player, which he has yet to use himself. After peeling back the labels and nearly plugging it into a 220v outlet (I caught myself at the last minute), I was ready to go.

I wasn't sure how this one would go over. On one hand, I'd heard good things about the movie. On the other hand, I can't stand Owen Wilson. I hate his "I speak really softly and mundanely, while trying to come across as funny" style of acting and comedy. The other guy was kind of funny in Dodgeball, so I thought this movie had a chance. It started off well, as there were no silhouetted heads to see over. It was somewhat amusing that the audio was in English, yet it also had English subtitles, but those subtitles only captured about 1/3 of the script, and the rest of it translated things incorrectly, such as an actor saying "What's up" into "What sap" in the subtitles.

The movie itself was actually very funny. It was a romantic comedy, but not like J. Lo "Maid in Manhattan", "Monster-In-Law", or "The Wedding Planner" romantic comedy / intelligent women (the editor made me remove "chick") flick. This was more like a guy-style romantic comedy that was much more comedy than romantic. I guess it was a comedy romantic.

Anyhoo, the two main characters make a hobby of crashing weddings for the purpose of mooching free food, and hooking up with single girls at the weddings. It's a wonder it took this long for someone to make a movie about this age-old tradition. The characters make up elaborate identities and relationships to the bride or groom, and try to stand out during the reception in a charming, caring, or humorous way, all in hopes of landing one of the eligible bridesmaids or other single girls at the reception. This is complete with a list of rules that, while they didn't quote all of them, goes at least as high as rule #158, "Never talk to a relative at the reception without studying the family tree of the bride and groom prior to the wedding."

Predictably, Owen Wilson's character falls in love with a bridesmaid from a wedding and pursues her by agreeing for him and his friend to go back to the father's (Christopher Walken) family house. It turns out she's engaged, but falls for him, but his lie is discovered by her fiancé who spills it to everyone, but Wilson's character fesses up and professes his love for her at his friends wedding, so she dumps her fiancé and drives off down the road in a convertible with Wilson, his friend, and his friend's new bride.

In short, it was good humor filled with laughs, and the sappy love stuff was kept to a minimum.

Best Scene: Cameo of Will Ferrell as the mentor and now "funeral crasher"

Most Fake Scene: Wilson's monologue of love for the girl as her jock fiancé politely sat and listened to the whole thing and didn't say a word until Wilson got through his entire profession of love

Rating: Aaaaarrrrrgreeably funny, a veritable treasure of laughs; good for a second screening with a cup of grog!

Naughty Ibn Sina Physician Finds Lump of Coal in Stocking.

Santa was not impressed with LTC Joe McClain, world renowned Thoracic Surgeon at the 10th Combat Support Hospital, Baghdad, Iraq leaving him "high and dry" when it came time to fill his stocking this yuletide season.

It is difficult to say what exactly put Dr. McClain on the "Naughty" list, but several items come to mind. Like the time he missed morning report because he was playing Nintendo all night with the S6 boys then said he'd been delayed because he was standing guard at the DFAC gate in order to give the enlisted troops some down time. Or it could possibly be the time when he reassigned all his medical records to lovable Dr. Harrison. Then there's the occasion he took a bunch of "To Any Soldier" items and hawked them on Ebay for \$600. Despite Dr. McClain's protests, Kris Kringle remained adamant, "If he pages himself out of another M&M to eat an entire bag of M&M's in the restroom again, he'll get more of the same next year! Period!"



Better Homes and Billeting

Here's the question- Where exactly is MSG Lopez's room and who is his interior decorator? This month's room of the month goes to MSG "Larry LUV" Lopez (wow that makes L3). After a hard day at work, there is nothing more relaxing and comfortable than wear a black silk robe and soft Chinese slippers. MSG Lopez's (AKA: Papasan, Master Po, Mr. Smoooooth as Silk or Suavé) room is the ultimate relaxing and meditating shrine on the FOB." Some of you may recognize this photograph from a featured spread in last month's MAXIM Magazine. Unfortunately, this edition of Extreme makeover, billeting addition can only be seen on pay-per-view.



I think the chaplain knows somebody...

MERRY CHRISTMAS & HAPPY NEW YEAR

This month has been full of goodies and bright smiles. The American people continue to express their love and appreciation for what we are doing. This month alone we have received food, clothing, Christmas decorations and many wonderful cards and letters from children and adults from all across the country.

She was pregnant and the trip across country had brought her into labor. Her husband was an obscure man and not much was known about him except that he came from a good family. There seemed to be no place for them in the inn. As labor approached she undoubtedly prayed in her mind and asked God for help. "Please Lord, are you going to let this child be born outside in the cold? Is there no one who could care for this poor helpless family in need? Even the animals have a place to stay and are able to get out of the cold." Then God had mercy and sent COL Crisp! Yes, I said, COL Crisp. If you have not heard, the 10th CSH has become home to a beautiful little baby girl. COL Crisp delivered the baby during this last election.

The Lord has put into the hearts of our fellow Americans to supply us with many wonderful gifts this Christmas season and then He provided us a new born baby to top everything off. Yes, we are having Christmas even over here in Iraq.

SGT Mack and CH Leathers would like to wish you all a very Merry Christmas, Happy Chanukah, Kwanza and a New Year. Enjoy your family and build lasting relationships.



SGT Mack and CH Leathers
"New this month– Starbucks's Christmas blend!"



The Sports Page



Pemberton repeats, Bowe and Soer place in Palace Turkey Trot 5K

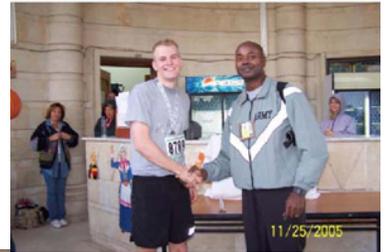
Baghdad- For those who wanted to run off a little of the Special Thanksgiving Dinner it was a great morning. The weather was cool and crisp, the mood of the crowd was expectant. 255 people participated by either running or walking the 5K. The 10th CSH made a big showing at the Thanksgiving Turkey Trot run at the Presidential Palace on 25 November 2005 taking 3 of 8 medals. CPT Laurie Pemberton was back to defend her win last month with another 1st place over all in the women's category. In close pursuit was 2LT Kimberly Soer finishing second to Pemberton. Another 10th CSH standout, 2LT Matt "I'd rather be mountain biking" Bowe finished second overall in the race in an unbelievable time of 17:22 to take silver.

Soer states that she plans to go for the gold at the Jingle Bell run this month. She has now hired MAJ Kundinger as her personal trainer- watch out Laurie!



*CPT Laurie Pemberton
1st Place women overall.*
Yes she ran with her ACH, IBAS and M-16. Amazing!

*2LT Matt Bowe
2nd Place men overall.*



*2LT Kimberly Soer
2nd Place women overall.*



Another 10th CSH notable included recent BZ Major selectee CPT Brett Venable (above) who was again found sleeping at the starting line.



Is Your New Years Resolution To Start Exercising More?

Does this New Years Resolution pattern sound familiar...

- 1999: I will get my weight down below 180.
- 2000: I will watch my calories until I get below 190.
- 2001: I will follow my new diet religiously until I get below 200.
- 2002: I will try to develop a realistic attitude about my weight.
- 2003: I will work out 5 days a week.
- 2004: I will work out 3 days a week.
- 2005: I will try to drive past a gym at least once a week.

If you're thinking about New Year's Resolutions, starting an exercise program may be among them. Here are a few things to remember before you start.

- Be patient. It took you awhile to get out of shape. Don't expect to get back into shape overnight.
- Be realistic. It's better to set a goal that you can achieve than one that will drive you crazy. Don't set yourself up for failure.

The Sports Page- continued

- Set goals. Evaluate your schedule and interests and set concrete goals. When you see progress, you'll be more likely to stick with it.
 - Get a buddy. An exercise buddy is a great way to be held accountable for your exercise commitment.
 - Make it a routine. Even the most well intentioned people can find themselves too busy to exercise. Consider making exercise a part of your schedule that is as non-negotiable as any other healthcare appointment.
 - Find something you enjoy. You're not going to stick with your resolution to run if you hate running. Anything that gets you moving counts as exercise. Think of activities you liked to do as a child and use those as a starting point.
 - Start slowly. Doing half or three quarters of your desired workout intensity for the first week and then building up from there can help you avoid injuries and soreness.
 - Mix it up! There's no reason why you can't do 2, 3, or even 5 different activities on varying days of the week. In fact, crosstraining will reduce your risk of overuse injuries.
 - Expect gain, not pain. Pain is never a good sign. It's true that you should feel like you're working, but you shouldn't push yourself to the point of pain. That's your body's way of saying, "Slow down!".
- Be well rounded. A good fitness plan incorporates exercises for cardiovascular fitness, muscular strength and endurance, and flexibility. These areas work in synergy so by training to improve each of them, you'll reduce your risk of injury and further enhance your performance in your chosen activities. Good luck and Happy New Year! -LTC Drennan

Living Well in the New Year...

The Holiday season is upon us and you know what that means...packages from home filled with wonderful goodies. But, the holidays can be a time when we consume too many calories and pack on unwanted pounds. Let this be the year you get fit and healthy. Forget New Year's resolutions - we're talking about a lifestyle change - a lasting change!

The 10th CSH Nutrition Care Division is proud to announce the launch of a new weight control program - Operation Weight Loss (OWL)!

WHO: Anyone interested in weight loss and/or healthy eating. Whether you are currently on the Active Duty Weight Control Program, close to maximum standards, or just want to lose a few vanity pounds while you're deployed - YOU may benefit from the OWL Program.

WHAT:

Operation Weight Loss is a Registered Dietitian supervised weight loss program modeled after the very popular and effective Weight Watchers. The "bullet" system will allow you to learn to control portion size and calorie intake while still enjoying the foods you love.

Monthly educational classes and support group forum:

Learn about basic nutrition, exercise, and

A New Year, A New You!

the principles of behavior change.
Support your peers and learn tips for healthier eating
Weekly weigh-ins and progress checks to help keep you motivated and on track.
The Dietitians and Nutrition Care Specialists (91M) will be available for follow-up appointments as needed.

WHY/WHEN: There is no better time than the present to get healthy and feel great!!! Nutrition and exercise help with stress management and disease prevention.

WHEN/HOW: Get started NOW!

Stop by the Nutrition Care Division in room 119A (right next to the Mail Room) or call extension #156 to make an initial appointment with the Registered Dietitian. The first appointment takes only 15-30 minutes and will include height/weight and waist circumference measurements, body fat percentage calculations, and a calorie needs assessment. We'll set you up with a meal plan that is right for you and your activity level.

Start the New Year off right!

-Major Janetta Blackmore OIC NCD

'Twas the Night Before Christmas at Ibn Sina

'Twas the night before Christmas, and all through Ibn Sina,
Not a creature was stirring, something not usually seen.
RFI issue, Pickett Hosiery, large, OD green, 1 ea, were hung on each ward with care,
In hopes that the RIP-TOA soon would be there.

The patients and the commander were nestled all snug in their beds,
While visions of KBR fruitcake danced through their heads.
And Gerke in his kerchief, the DCCS all gitty and light hearted,
Dr. Renz peeked into the ER, and then quickly departed.

When all of a sudden, outside on the LZ arose such a clatter,
I sprang from my rack to see what was the matter.
Away across the FOB I flew like a flash,
I took not the time to fasten my clasp.

Pale hospital lights as on fresh fallen snow,
Lit my bare bottom as my pants sunk too low.
When what to my wondering eyes should appear,
But an up-armored sleigh with a PSD, and eight nervous reindeer.

With a camouflaged old driver, his NVGs allowing him to move quickly,
I knew in an instant it must be either "Rummy" or good ol' St. Nickie
More rapid than 1SG Crews his curses they came,
Then he whistled then shouted requesting a Soldier detail by name.

"Now, Fej! now, Brett! Now, Lacer and Wilson!
On, Austin! On, Agin! On, Thompson and Sessions!
To the top of the MILVAN, to the top of Jones Hall!
Now EVAC! EVAC! EVAC away all!"

As dry as the pork chops that the DFAC does fry,
They met with the mighty 772nd FST conducting night ops bye bye...
So up to the top of the OR right quickly they flew,
With a pallet of Verizon coffee mugs, a bag of surprises and St. Nicholas too.

And then, up on the roof top, in a twinkling, he did smoke,
A stogy, with Vance, Schriver, and Johnson he did toke.
Soon his jolly "Ho, Ho, Ho's" echoed down the long hall,
As they bounded and rebounded off of each and every wall.

LTC Johnson and Moore, MAJ Heinz and McKinney furiously in unison they did say,
"We're calling 99; you can't come in here smoking and carrying on this way!"
He lowered his sack to the floor with a grunt,
Then chuckled and winked, quite pleased with his stunt.

He was dressed in ACUs (Army Christmas Uniform) from his head to his foot,
And his IBAS and ACH were all tarnished with incinerator soot.
He pulled out his pipe and lit up with a puff.
MAJ Artis and Flynn were outraged! They'd had seen quite enough!

"Can't you read?" they cried out," You silly old clown?
There's oxygen going and sub standard wiring! You'll burn the place down!"
His eyes- how they twinkled, his voice so sorry, he spoke so sincere and easy,
About a sled, some deer, the Rhino express and restricted movement in the IZ.

(Continued next page)

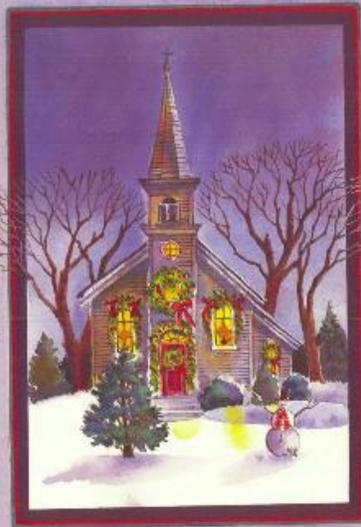
His cheeks were like roses, his nose like a cherry,
His droll little mouth was as both cagey as merry.
SFC Smoker, he knew just what to do, he handled VIPs like this before; both short and tall,
He picked up the phone, MSG Lopez and his elfin warriors, he did call...

LTC Groves, his mighty EMT's in tow did appear, to quickly evaluate that right jolly elf,
MAJ K was perplexed, how he'd slipped through security was anyone's guess.
With a wink of his eye, a funny little laugh and a tilt of his head,
He gave us all the feeling there was nothing to dread.

He spoke again softly, shedding a small little tear,
The toys are for your children please do not fear.
They know that you love them; they can feel you are near,
They know you will be home soon and are eagerly awaiting you there.

Then laying a finger on his nose, he gave us all a knowing smile,
My heart in its place, I knew all would be well,
He sprang to his sleigh, to his team gave a sharp whistle,
Across Baghdad they all flew like the down of a thistle.

I could hear him exclaim, as he flew out of sight,
"Happy Christmas Mountain Medics and,
may the peace of the Lord be with you and your families this night."



Peace On Earth