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MP's make a difference at Q-West

Story by 16th Sustainment Brigade Public Affairs

CONTINGENCY OPERATING BASE Q-WEST, Iraq — Sgt. 1st Class Robin Forrey, 16th Special Troops Battalion, 16th Sustainment Brigade, and Spc. Catherine Albright, 181st Brigade Support Battalion, 16th Sust. Bde., both work for the Mayor Cell as military police.

They provide security and safety to all personnel on Q-West.

Forrey volunteered to work with the mayor cell provost marshal section for two units. He assisted 76th STB with MP duties prior to the arrival of the current mayor cell, Headquarters and Headquarters Co., 181st BSB.

“He has been a great asset to the team and has provided great support and knowledge to other Soldiers he works with,” said 1st Lt. Alan Conway, 181st BSB.

Forrey volunteered to be the customs program manager for Q-West to assist units with customs inspections and expedited their departure from the base. He also has assisted the PMO section with traffic safety and patrols, investigations, and training.

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“Forrey has mentored Soldiers in the PMO section and was a great resource for special events and missions,” said Conway.

The 20-year veteran also volunteers as a lifeguard for the Mayor Cell and is at the pool four hours a day, five days a week on his off time.

“I only work at the pool to look good for my wife when I go home,” said Forrey, a Winston Salem, N.C. native.

Forrey’s MP comrade, Spc. Albright also volunteers at the pool, which has been beneficial to her the past few weeks after her level-two combatives training.

“I am bruised and sore after one week, but it is worth it,” said Albright. “I just won’t look great at the pool in a bathing suit.”

The Lacey, Wash., native has gained a wealth of experience during her deployment.

"She has learned a lot being deployed and has been a great asset to the team with her great personality and spirit,” said Conway.



Sgt. 1st Class Robin Forrey, 16th Special Troops Battalion, 16th Sustainment Brigade, inspects a wooden box. Forrey volunteered to work with the mayor cell provost marshal section for two units. He assisted 76th STB with MP duties prior to the arrival of the current mayor cell, Headquarters and Headquarters Co., 181st BSB. (Courtesy photos)

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Spc. Catherine Albright, 181st Brigade Support Battalion, 16th Sustainment Brigade, volunteers at the pool, which has been beneficial to her the past few weeks after her level-two combatives training. “I am bruised and sore after one week, but it is worth it,” said Albright. “I just won’t look great at the pool in a bathing suit.”